



Guardian Angels Parish

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Pastor: Rev. John Alex Pinto, OCD

July 03, 2020

Dear Parishioners,

Hope all of you had joyful celebration of Canada day. May God bless Canada and all its residents.

Freedom is a gift beyond compare. When prophet Zechariah proclaimed the message in the first reading of this Sunday, they were in a different situation. Israel was not an independent nation. It was a colonized country by other nations. The prophet calls people to rejoice because the end of suffering was in sight, the Messiah was coming. The Responsorial Psalm, therefore, gives a right tone to the sentiments of the Prophet, *"I will extol you, my God and King, I will bless your name forever and ever ... all thy works will give thanks to thee, O Lord, all the Saints shall bless thee, they shall speak of the glory of thy Kingdom and tell of thy power (Psalm 145)*. The land and environment in Canada can invite us to give praise and thanksgiving for the beauty of creation.

The Gospel of this Sunday calms every fear an individual can have when he approaches Jesus. Christ extends to us a gentle invitation, *"Come to me, all you who labor and are burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am meek and humble of heart; and you will find rest for yourselves. For my yoke is easy, and my burden light." (Matthew 11: 28-30)*. The keyword in this passage is, "Yoke". At the time of Jesus, slaves were required to pass beneath the yoke as a token of their subjection and slavery to their master. This kind of yoke would create fear and could cause lots of stress. Living in the land of freedom for Canadians may not have this kind of fear but hardships that can cause to press a panic button. We should be assured of the gentle presence of the gentle Saviour who can take away all these conditions and give us freedom of spirit. As St. Paul encourages us in *Romans 8: 14-15*, *"For those who are led by the Spirit of God are children of God. For you did not receive a spirit of slavery to fall back into fear, but you received a spirit of adoption, through which we cry, "Abba, Father!"* Then, St. Paul continues in the same chapter verse 18 *"I consider that the sufferings of this present time are as nothing compared with the glory to be revealed for us."*

I pray that God will safely lead us through the present pandemic and truly enjoy the freedom of the children of God. Please observe provincial and diocesan guidelines in moving forward.

Prayers and blessings,

Fr. John Alex Pinto OCD

Pastor

Stewardship of Leisure Time: Refreshing Our Spirits

This time of uncertainty really has our personal “worlds” turned upside down. Schedules are no longer the same. Planning has gone awry. Calendars look like a mess. And the rhythm of our days has met a new “abnormal.” Many of us have neither the time nor the resources for a vacation, but all of us can resonate with the need to really “get away” from the stress of our daily grind. Good stewardship of our bodies, minds and souls obliges us to get away on a regular basis (see Luke 5:16).

As Christian stewards, we aren’t just encouraged but obligated to consider how we approach our stewardship of leisure time. Stewards are aware of their need to be busy doing God’s work, but often forget that down time is equally important to spiritual growth. Leisure time, whether it’s our evenings, our weekends, or our vacation, provides spiritual, physical, mental and emotional recharging. Leisure is necessary for human wholeness. Leisure reconnects us to the wider mysteries of our world and our God. It helps us daydream, imagine, pray. It refreshes our spirit.

July offers an opportunity to reconnect with the rhythms of God and nature.

Today, connectivity has become almost an obsession. People check their emails, their messages and calls with alarming repetitiveness. Accidents, both pedestrian and automobile, happen because people can’t put down their phones. Employers expect their workers to be available for evening emails. The lines between work and free time increasingly blur, as do the lines between solitude and always being present “online.” We can’t imagine putting aside screens for a two-week vacation. But we must give ourselves time to renew and recharge, not just two weeks of the year, but each day and each week.

July offers an opportunity to reconnect with the rhythms of God and nature. We need to take time off from screens and phones, and practice giving undivided attention to the things before us. When we pray, we commit time and silence. When we enjoy time with our friends and family, we practice being totally present. When we sit on the patio or at the beach, we give ourselves wholly to the wind or the waves. Be a good steward of your body, mind and soul. Don’t overschedule your time off. Listen to the quiet whisper of God encouraging you to relax.

Fourteenth Sunday in Ordinary Time Weekend of July 04/05, 2020

One of the most well known and beloved passages in scripture is the gentle invitation of our Lord in today’s Gospel reading: “Come to me, all you who labor and are burdened, and I will give you rest.” When we need physical rest, we sleep or take a nap. When we need emotional rest, we take a break, go for a walk, or when the opportunity presents itself, take a few days off. But how do we find spiritual rest? How do we discover Christ’s peace as we grapple with this time of uncertainty and its complex issues deep in our hearts? Good stewards find their rest in the Lord. Reflect this week on what you do to welcome the peace of Christ into your heart.

Mass Intentions



Day			Intention
Saturday	Jul 04	9am	+Deceased Parents-Trenciansky & Nitriyova+
		4pm	+Andre Filion+
		6pm	Anonymous
Sunday	Jul 05	9am	+Jason du Perron+
		11am	Sp. Int. of Parishioners
		12:30pm	Anonymous
Monday	Jul 06	8am	+Federico Minaves+
Tuesday	Jul 07	8am	+Jose Macalanda+
Wednesday	Jul 08	8am	Sp. Int. of Joemarie Cordero
Thursday	Jul 09	8am	Sp. Int. of Jose Christian Cordero
Friday	Jul 10	8am	Sp. Int. of Leslie Carillo

KIDS & SENIORS CORNER

(Contributed by Nyles Fernandes)



Canada has more lakes than the rest of the world's lakes combined. Canada has the largest coastline in the world. The name "Canada" most likely comes from 'Kanata' an Iroquois word, meaning 'village'. The 'Beaver' is the national animal of Canada. The Canadian province of Alberta has been 'rat free' for more than 50 years. The 'Robertson screw and screw driver' was invented by a Canadian Peter Robertson in 1908. The humble 'Paint Roller' was invented by a Canadian Norman Breakey in 1940. 'Insulin' was invented by a Canadian Dr. Frederick Banting in 1921. The 'Snow blower' was invented by a Canadian Arthur Sicard. The best: The 'Mall of America' in Minnesota is owned by Canadians.

Stewardship Reflection

14th Sunday in Ordinary Time
- July 05, 2020

*"For my yoke is easy, and my burden light."
(Matthew 11:30)*

When we think of being good stewards, we may think that God is asking too much of us when He calls us to generously share our time, talent, and treasure. However, we must remember that we are not "owners" of anything, we are merely "stewards" of the gifts God has given us. All He is asking is that we give back a small portion, in gratitude, of what He has already given to us.

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A Solemn Commemoration on the Solemnity of Our Lady of Mount Carmel

July 16, 2020
Eucharistic Celebration at 7 pm
(with Live Streaming)

There will be NO 8 am Mass



Please call or email (recommended) the parish office to PRE-register.

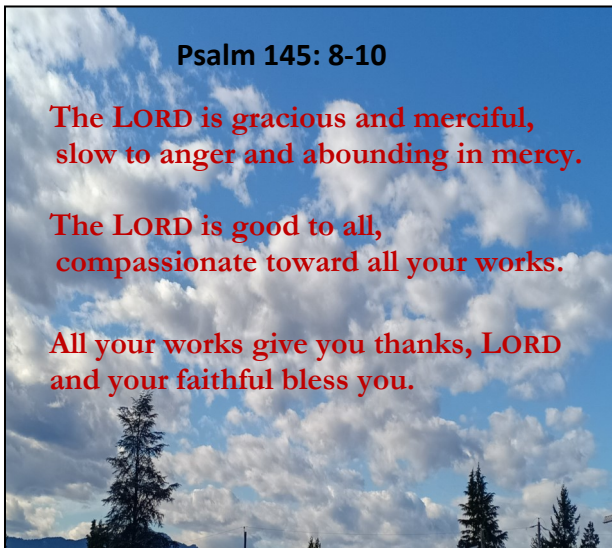
Due to Covid-19 situation, provincial and diocesan guidelines will be followed strictly and there will be no reception.

Psalm 145: 8-10

The LORD is gracious and merciful,
slow to anger and abounding in mercy.

The LORD is good to all,
compassionate toward all your works.

All your works give you thanks, LORD
and your faithful bless you.



Thank you for your GENEROSITY!

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<https://guardianangelsvancouver.ca>



(Picture's credit to Roman Catholic Archdiocese of Vancouver office)