



## Guardian Angels Parish

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Pastor: Rev. John Alex Pinto, OCD

July 10, 2020

Dear Parishioners,

In Vancouver, we have continuous rainfall which keep the trees green and vegetation alive. The rain helps to produce good produce for the crops and vegetation. This Sunday, we have the parable of seed and the sower. We are told in the parable the yield was different. Some of the seeds were simply wasted because they were sown or scattered on a wrong terrain. And, those who yield, yield differently. We are called to respond to the sowing of the word of God. Let us make an earnest effort to read, meditate and produce abundant fruit to the divine Word.

On July 16, Carmelite all over the world celebrate the Feast of Our Lady of Mount Carmel. Under the patronage of Our Lady of Mount Carmel, may they meditate on the Word of God and like prophet Elijah, proclaim this Word with courage and give living testimony to the divine work.

I wish all the OCDS and everyone a Happy Feast of Our Lady of Mount Carmel. I also invite everyone to pray for the Carmelites and support in their mission to live and ponder the Word of God and help others to attain that union with the Divine.

I request all our parishioners to follow in deeds and in spirit the guidelines offered by the provincial government and the Archdiocese in combatting the Corona Virus. Please follow specific guidelines that we have offered for us to safely gather and worship. Stay safe, pray for one another, and help those in need.

Prayers and blessings,

**Fr. John Alex Pinto OCD**

Pastor



*Happy Feast of Our Lady of Mount Carmel*

O most beautiful flower of Mt. Carmel, fruitful vine, splendor of Heaven, Blessed Mother of the Son of God, Immaculate Virgin, assist me in my necessity. O Star of the Sea, help me and show me you are my Mother. O Holy Mary, Mother of God, Queen of Heaven and earth, I humbly beseech you from the bottom of my heart to succor me in this necessity (make request). There are none that can withstand your power. O Mary, conceived without sin, pray for us who have recourse to thee. Sweet Mother I place this cause in your hands. Amen.

## **Scaling the Heights!**

*Fr. Paul D'Souza OCD and Fr. Silvestre D'Souza OCD (Editor)*

Mountains are mentioned over 500 times in the Bible because they dotted the landscape of the biblical regions. But they also have a religious symbolism in the Bible, since they are “closer to God” who was believed to dwell in the heavens (as in the sky). As a result, God often reveals himself on the mountaintop. The well-known mountains in the Old Testament are:

- Mount Sinai or Mount Horeb (where the ten commandments were given to Moses), becomes a symbol of God’s covenant with Israel.
- Mount Sion or Mount Zion (where the temple was located), was the highest point in Jerusalem.

For the people of Israel, the Temple of Jerusalem built on a mountain was the most holy place on earth. Prophet Isaiah describes the vision he had of all people streaming to the house of God at Jerusalem (cf. Is 2:2-23; also - Is 25:6-7 and Is 66:20).

In the New Testament (Mark and Luke to be precise), Jesus appoints the Twelve on a mountain. When we come to the gospel according to Matthew, we come across seven significant “mountain” scenes: Jesus’ temptation (4:8); the Sermon on the Mount (5:1); a number of healings (15:29); the Transfiguration, on Mount Tabor according to tradition (17:1); Jesus’ final discourse from the Mount of Olives (24:3); crucifixion at Golgotha or Mount Calvary (27:33); and commissioning of the Apostles in Galilee (28:16).

In most religions, the mountains are places of God-experience or even where the gods dwell. Indian cosmology (Hindu, Jain and Buddhist) believes that the sun, moon, and stars all revolve around the mythical Mount Meru, a sacred five-peaked mountain. The Himalayan mountain range bisects India from the rest of Asia and is the primary source of mighty rivers like Ganga and Yamuna. Many temples, like Tirupati or Tirumala (in Andhra Pradesh) are built on mountains. The Bible retains many of such popular beliefs, but purifies them.

Now we come to Mount Carmel which also has a rich biblical history. It is the famous mountain-range in the north of Palestine, EDITORIAL 6 Springs of Living Water JULY 2020 near the Mediterranean Sea (cf. Jer 46:18). The etymology of the name Carmel has been explained as vineyard or fruitful orchard or from its Mediterranean vegetation, a scrubby woodland rich in wild flowers and luxuriant growth, but not suitable for agriculture. So Karem El means vineyard of God.

We find allusions to the beauty associated with Mount Carmel in the Song of Songs: “Your head crowns you like Carmel, and your flowing locks are like purple” (Song of Songs 7:6), and the Prophet Isaiah: “... The glory of Lebanon shall be given to it, the beauty of Carmel and Sharon” (Is 35:1-2).

The splendor and beauty of Carmel is also used as a symbol to describe the beauty of the New Jerusalem, which surpasses that of the old: “The wilderness becomes a fruitful field (karmel) and the fruitful field a forest. Then justice will dwell in the wilderness and righteousness in the fruitful field” (Is 32:15-20).

Mount Carmel was already a place of worship in pagan times, but becomes famous through Elijah, one of the greatest prophets of the Old Testament. This is what a father of the Church, St Gregory of Nyssa writes: “Elijah lived on Mount Carmel, which is celebrated and illustrious above all because of the virtue and reputation of him who lived there.” It was at the east end of the ridge, at a place called el-Mukhrakah (i.e. the pace of burning), that Prophet Elijah the Tishbite had his encounter with the 450 priests of Baal, to whom the people had defected under King Achab and Queen Jezebel (1Kgs 18:19), and vindicated the honour and pre-eminence of Yahweh as Israel’s true God in the 9th century before the Christian era.

This mountain range is dotted with numerous natural caves, where some hermits gathered in the 12th century and dedicated themselves to contemplation and penance, after the example of St Elijah. The Carmelite Order arose from their spiritual experience and St Teresa of Avila reminds her sisters: “So I say now that all of us who wear this holy habit of Carmel are called to prayer and contemplation. This call explains our origin; we are descendants of men who felt this call, of those holy fathers on Mount Carmel who in such

great solitude and contempt for the world sought this treasure, this precious pearl of contemplation 6 7 JULY 2020 Springs of Living Water that we are speaking about” (Interior Castle V 1:2). “Fix your eyes always on the ancestry from which we come, those holy prophets. How many saints we have in heaven who have worn this habit” (Foundations 29:33).

A hill or mountain is an elevation of the earth above the surrounding level of land, sometimes narrowing till it reaches a peak. Physical elevations are capable of elevating some minds to metaphysical and spiritual uplifting of the mind even to mystical heights. Fr Bernardine of Laredo describes the journey to perfection in a book entitled: “The Ascent of Mount Sion.”

It is quite possible that St John of the Cross was influenced by Fr Bernardine in choosing “Ascent of Mount Carmel,” as the title to one of his classical works. In the third stanza of the Spiritual Canticle, the Bride-soul says:

“In search of my Love / I will go over mountains and strands.

Mountains, which are lofty, signify virtues, partly on account of their height and partly on account of the toil and labor of ascending them; the soul says it will ascend to them in the practice of the contemplative life.”

In the fourteenth stanza we read: “My Beloved is the mountains. Mountains are high, fertile, extensive, beautiful, lovely, flowery, and odorous. These mountains are what my Beloved is to me.”

In his reflection after Angelus on the 16th of July 2006, Pope Benedict XVI said: v “The Carmelites have spread among the Christian people devotion to Our Lady of Mount Carmel, holding her up as a model of prayer, contemplation and dedication to God. Indeed, Mary was the first, in a way which can never be equalled, to believe and experience that Jesus, the Incarnate Word, is the summit, the peak of man’s encounter with God. By fully accepting the Word, she “was blessedly brought to the holy Mountain” (cf. Opening Prayer of the Memorial), and lives forever with the Lord in body and soul.”

Mass Intentions			
Day	Intention		
Saturday	Jul 11	9am	Anonymous
		4pm	+Manuel & Estelita Seranilla+
		6pm	+Shamus Mulhern+
Sunday	Jul 12	9am	+Rosemarie, Ignatius, Frances Mascarenhas+
		11am	+Merlene Evers+
		12:30pm	Sp. Int. of Parishioners
Monday	Jul 13	8am	Anonymous
Tuesday	Jul 14	8am	Sp. Int. of Jay Carillo
Wednesday	Jul 15	8am	Sp. Int. of Jayson Carillo
Thursday	Jul 16	8am	Sp. Int. of Chace Carillo
Friday	Jul 17	8am	Sp. Int. of Mark Carillo



**KIDS & SENIORS CORNER**  
(Contributed by Nyles Fernandez)



**Facts on Bees and Honey.**

In every beehive there is a Queen Bee, worker bees (females), and drone bees (males).  
A productive queen bee can lay about 2500 eggs per day.  
Honey has approximately 17.8% water content.  
Darker Honey contains more nutrients, including vitamins, minerals & antioxidants.  
Honey is about 25% sweeter than table sugar.  
The name Melissa means Honeybee.

**Stewardship Reflection - July 12, 2020**

*“The seed sown among thorns is the one who hears the word but then the cares of the world and the lure of riches choke the word and it bears no fruit.” (Matthew 13:22)*

Does the lure of riches and material goods choke God out of your life? Are you so caught up in earthly activities that you have no time for God? Gratitude and generosity are virtues that we should strive to do on a daily basis. Every decision we make either takes us one step closer to God or one step further away. What we receive at Mass every Sunday should be shared with others all the other days of the week as well.

**Source: International Catholic Stewardship Council - July 2020 • e-Bulletin**

## **Christian Stewardship: Living Between Love and Fear**

*By Mary Ann Otto, pastoral minister for missionary discipleship, St. Mary and St. Joseph Parishes, Appleton, Wisconsin*

I was involved in a small group reflecting on one of Bishop Robert Barron's books, *The Seven Deadly Sins and the Seven Lively Virtues*. The beauty of this process is that we are called to a change of heart. The challenge of this process is that we are called to a change of heart.

Bishop Barron begins by suggesting that the polar opposite of love is fear. He suggests we are unloving because we are afraid of losing control, of others having more prestige, more possessions and of not accomplishing personal goals. Bishop Barron describes love as: "Allowing ourselves to be conduits of God's divine love." We are called to delight in each other's hopes, dreams, gifts and successes.

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Each day we make decisions either grounded in love or fear.*

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Parallels can be made between love, fear and our ability to be Christian stewards. Each day we make decisions either grounded in love or fear in regards, for example, to matters such as the depth of our gratitude, the time we make for prayer, the extent to which we are willing to offer our talents in service, and the extent to which we share generously of our treasure.

In light of this, I decided to do a self-check and reflect on where I fall between these two polar opposites of love and fear. The fear side of me suggests that I love and trust myself first, live independently and make self-actualization my goal. As a person of fear, I am afraid I might be less and have less.

On the love side of this love fear balance, I have placed my trust in God. My commitment to prayer and the work of the Holy Spirit are key components. Love would be the measure of my success. I would live life in gratitude, in relationship with Jesus, serve wherever I'm called and give generously of the treasure. I truly want the best for others and I want to do something about it!

So where am I between love and fear? Let's say I am intentionally traveling on the highway toward authentic love and take less off ramps than when I was younger. I know my road will end in front of the Master one day where perfect love exists. I hope that my life as a steward will reflect that I was "leaning into" the love side of the love-fear continuum all along.

## **Fifteenth Sunday in Ordinary Time Weekend of July 11/12, 2020**

In today's second reading, Saint Paul gives us reason to hope for a wondrous future beyond our imagination. He preaches this hope amidst the suffering of the early Christian communities. "Brothers and sisters: I consider that the sufferings of this present time are as nothing compared with the glory to be revealed for us" (Romans 8:18). Good stewards realize that by remaining faithful to the Gospel with persistence, fervor and endurance, our hope in the promises of Christ Jesus will be rewarded. Reflect this week on concrete ways you can remain faithful to the Gospel during these challenging times.

## **GUIDELINES & SAFETY MEASURES (CoViD-19)**

### **GUIDELINES and procedures in attending Mass**

- ◆ Arrive 15 minutes (5 minutes at the latest) before Mass
- ◆ Use the SIDE DOOR Entrance (Brown Gate by the Grotto)
- ◆ Upon arrival, please fall in line and maintain two (2) metres apart
- ◆ Provide your full name (surname first) and contact info to the volunteers for verification and attendance checking
- ◆ Present yourself to the volunteer for hand sanitation
- ◆ Proceed straight to the church after checking-in and sanitation. NO standing by, to avoid traffic by the entrance door and by the gate
- ◆ Always observe and maintain social distancing (2 metres)
- ◆ When possible, wear mask/face covering while inside the Church

### **RECEIVING HOLY COMMUNION**

- 1) Maintain the 2 metres distancing (follow green markings)
- 2) Upon reaching in-front of the Priest/Eucharistic Minister, stand on the green mark
- 3) With hands stretch forward, Step forward *after* responding the greatest “Amen” to the Priest or EM and when ready to receive the Sacred Host.

### **IMPORTANT Announcement (excerpts from the RCAF Guidelines)**

⇒ All those attending Mass do so at their own risk

- ◆ The following must stay home
  - i.) People with COVID-19 or who live with someone with COVID-19
  - ii.) People who have been exposed to someone with COVID-19
  - iii.) The sick, including those with even the slightest symptoms or feelings of sickness, especially if with upper respiratory or flu-like symptoms
  - iv.) Those who have recently travelled outside of Canada
- ◆ The following are encouraged to stay home
  - i) People who live with someone with upper respiratory or flu-like symptoms
  - ii) People, especially the elderly, with underlying or comprised medical conditions
  - iii) Family members who live with elderly people or those who are at risk

### **PRE – REGISTRATION (To attend any of the services, pre-registration is HIGHLY required)**

- ◆ by phone, please call the parish office at 604-684-5775
- ◆ by email, send an email to [parish.ga@rcav.org](mailto:parish.ga@rcav.org) (recommended)
- ◆ provide the following;
  - 1) Mass time you wish to attend (one time or on regular basis)
  - 2) Full Name (include all names of each family member that are coming to Mass)
  - 3) Phone number
  - 4) Email address

⇒ if registered on a regular basis, follow this registration schedule every week, failure to show up for two consecutive weeks without notifying the office, will result to losing your seat (you will be moved to standby list). This is done so to give chance to others who are on the waiting list.

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## ARCHDIOCESAN NEWS

### ⚠ Email Fraud Warning

The Archdiocese has received multiple reports from parishioners and priests who have fallen victim to a recent Internet email phishing scam. Imposters, posing as priests and using email addresses that are similar to those of our priests, have been emailing people asking for personal donations, gift cards, and other forms of financial assistance.

### Ministry to Divorced and Separated

This small group discussion is part of a series of online presentations, small group discussions and community prayer for the Archdiocese of Vancouver's Ministry to Divorced and Separated. Join us on Thursday, July 23 from 7:00 pm until 8:00 pm on Zoom. Register online at [beholdvancouver.org/events/2661](http://beholdvancouver.org/events/2661)

### Into the Deep: The Incarnational Nature of the Church with special guest Archbishop Miller

COVID-19 deprived many of the faithful of ready access to the Sacraments. In this context, Archbishop Miller will examine the importance of receiving the Eucharist and gathering physically as a community in our parishes, what the pandemic can teach us about the importance of the sacramental life and the reality of the Incarnational nature of the Church, and why we should invite people to return to the parish family. Join us on Zoom Friday, July 24 from 7 - 8:30 p.m. Register at [beholdvancouver.org/ev...](http://beholdvancouver.org/ev...)

### Catechesis of the Good Shepherd: The Underlying Principles

Please join us for the second in our series of networking gatherings in which we are exploring the underlying principles of Catechesis of the Good Shepherd. In this session we will consider the habits of a "master gardener" and discover how they relate to the habits of a well-formed CGS catechist. These gatherings will be helpful to those who have already participated in one or more levels of CGS formation as well as to those who would like to learn more about it. This event takes place on Thursday, July 16 from 7:00 pm until 8:30 pm. Register online at [beholdvancouver.org/events/2871](http://beholdvancouver.org/events/2871)

### Annual Courage Conference:

### 40 Years of Courage: A Legacy of Hope

The international conference, completely online, celebrates the 40th anniversary of the Courage apostolate with talks on the five goals of Courage. Deacon Hilmar Pabel, coordinator of the Courage and EnCourage apostolates in the Archdiocese of Vancouver, will speak on the fourth goal: friendship. The conference is for all those who wish to learn more about Courage in support of men and women who experience same-sex attraction, who in a commitment to chastity seek acceptance, fellowship, and friendship in the Church from fellow Catholics. Join us online on July 25-26 at [couragec.org/conference2020](http://couragec.org/conference2020)