

Guardian Angels Parish

A welcoming community of faith sharing the light & truth of the gospel of Christ.

OFFICE HOURS: Monday to Thursday 9am to 12:30pm; 1:30pm to 4:30pm CLOSED on Weekends and Statutory Holidays



1161 Broughton Street, Vancouver BC V6G 2B3

Tel: 604-684-5775; Fax: 604-684-5757

Email: parish.ga@rcav.org; Website: guardianangelsvancouver.ca

Pastor: Rev. John Alex Pinto, OCD

In Residence/SPH Chaplain: Rev. Victor Fernandes, OCD

Parish Bookkeeper & Admin. Assistant: Leah B.

January 28, 2024 : Fourth Sunday in Ordinary Time

Stewardship Reflection

"Brothers and sisters: I should like you to be free of anxieties."

1 Corinthians 7:32

How much anxiety do we bring upon ourselves by constantly worrying about not having enough or attaining more things? God won't necessarily give you everything you want, but He will provide everything you need. Try this – use the word "pray" instead of the word "worry" in the future. Then spend your time praying instead of worrying.

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PARISH ANNOUNCEMENTS

Mass Intentions

Day		Intention	
Sat	Jan 27	4pm	Speedy Recovery of Leonila Mateo
Sun	Jan 28	9am	For the Parishioners
		11am	+Antonette & Secondo Brunello +
		12:30pm	+Jerich Yhuan, Caridad & Desiderio+
Mon	Jan 29	8am	Holy Souls in Purgatory
Tues	Jan 30	7pm	Holy Souls in Purgatory
Wed	Jan 31	8am	+Eliezer Bagaipo+
Thurs	Feb 01	8am	Holy Souls in Purgatory
Fri	Feb 02	7pm	Alerome Botor & Family

Jan 31: Memorial - St. John Bosco, Priest

Feb 02: Feast - The Presentation of the Lord

Feb 05: Memorial - St. Agatha, Virgin, Martyr

Feb 05: Memorial - St. Paul Miki & Companions, Martyrs

⚠ Email Fraud Warning

Scammers are still around. Please **DO NOT BE A FALLEN VICTIM** of these scammers. Imposters are posing as the Pastor or ministry coordinators. When in doubt please call the parish office.

SACRAMENTS

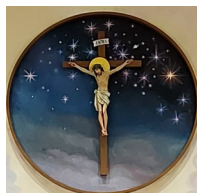
Confessions: Tuesday, 6:30pm to 6:50pm;

Saturday, 3:00pm to 3:45pm;

or by Appointment

For other Sacraments:

Please contact the Parish Office



MASS TIME

Weekdays: Monday, 8am; Tuesday, 7pm;

Wednesday to Friday, 8am;

First Friday Devotion, 6pm Adoration; 7pm Mass

Sunday Masses: Saturday, 4pm (Anticipated)

Sunday, 9am, 11am 12:30pm

February 02: First Friday Devotion (6pm to 7pm)

Eucharistic Adoration with Praise & Worship & Benediction



February 14: ASH WEDNESDAY

Universal day of fasting and abstinence from meat.

Distribution of ashes at Mass. - 8am, 6pm and 7pm.

Remember that you are dust and to dust you shall return. - Ecclesiastes 3:20

2023 Donations Tax Receipts

Tax receipts for your 2023 donations will be mailed in the first week of February. Please call or email the parish office if you wish to pickup your receipts.

Knights of Columbus - Guardian Angels Parish Council

Thank you everyone for your generosity in supporting our Parish Community Cupboard and Bottle Drive Fundraiser which proceeds goes to this initiative. Both parish initiatives are supported and managed by GAP Knights of Columbus headed by Keith Baia. Also, your donations of baby supplies of food, diapers and new clothing which goes to KofC program, "Aid and Support after Pregnancy," is highly appreciated. Your support has impacted many and is still needed.

Parish 75th Anniversary

Please get yourself involve in various committees. If you wish to volunteer, please contact Vanessa and Keith via email to mvabaya@gmail.com and keith.a.baia@gmail.com.

Amen App: Catholic Bible & Prayers

Lent is fast approaching, commit to a habit of daily prayer with Scripture and Catholic meditations to watch God transform your life. Download Amen today. Amen is the free Catholic app that brings you beautiful prayers, faithful meditations and nourishing Scripture to draw your mind, body and soul to rest in God.

Vocation Live-In

There will be a Vocation Live-In on the weekend of February 10 -11 at the Seminary of Christ the King in Mission, BC. Anyone wishing to enter the Seminary in the next couple of years is welcome. For more information phone 604-826-8975 or email rector.minors@sck.ca

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Reading Reflection From One of our Own

A man with an unclean spirit. --- (by: Agustin G.)

The Gospel of St. Mark tells us about a typical day in the public ministry of Jesus. He and His followers arrived at a small village near the Sea of Galilee called Capernaum and, on the Sabbath, they went to [the synagogue](#) to pray. Jesus also taught to the people, who responded to His teaching with astonishment, noticing that He taught with authority, which contrasted with that of [the Scribes](#). They also noticed the tension growing between Him and the Scribes and Pharisees, which would eventually increase until they will put Him to death. That day in the synagogue an astonishing thing happened. There was a man with an unclean spirit, who interrupted the teaching of Jesus, screaming out, "What have you to do with us, Jesus of Nazareth? Have you come to destroy us? I know who you are—the Holy One of God!" Jesus rebuked the unclean spirit and saying, "**Quiet! Come out of him!**" The unclean spirit convulsed the man and came out of him with a loud cry. All the presents were petrified and asked each other, "What is this? A new teaching with authority. He commands even the unclean spirits, and they obey Him." So, Jesus' fame spread everywhere throughout the whole region of Galilee (cf. Mk 1: 21-28) And as we will read in the Scriptures, Jesus frequently will order the unclean spirits and demons to be quiet, as He did this time, and get out of the possessed. The ability of Jesus to heal those possessed by demons was an indication for many of His power over evil proper of God. And although all illnesses in the time of Jesus were understood to be manifestations of evil and sinfulness, our understanding of illnesses and infirmities is different in our times. And we can interpret that the possession by unclean spirits may have been mental illness or other physical condition. Also, there were many kinds of exorcists and healers in the time of Jesus, but Jesus healed with unique authority, connecting His healing actions with the words of His preaching. This time, the crowds saw in the cure of the possessed man, affirmation of the authority of Jesus, which gave greater credence to His teaching. He impressed them, not only through words but by the deeds of an exceptional individual.

ARCHDIOCESAN NEWS

World Day of the Sick Mass

Archbishop Miller, CSB, will celebrate Mass for World Day of the Sick on Saturday, February 10, at 11:00 a.m. at Our Lady of Sorrows Parish (555 Slocan St. Vancouver). Reception to follow. All are welcome! Pray with us on this day. To learn more, visit chabc.rcav.org/wds2024.

Ecumenical Worship Service, St. Mark's UBC

Join us for a time of prayer and fellowship on Wednesday, January 31, 5:30 p.m. at St. Mark's College, UBC, in Vancouver. You are very welcome to invite your friends and family. Sermon to be delivered by Michael Weidman, Bridges International (Power to Change), UBC Chaplain. Learn more via beholdvancouver.org/events.

Lenten Parish Mission— Sts. Peter & Paul Church

Topic: The Most Holy Eucharist: Gift and Sacrament
When: Monday, Feb. 19 to Thursday, Feb. 22, 2024
Time: 7pm to 8pm

Mission Preacher: Fr. Wade Menezes, CPM

Together for Good Marriage Workshop

On Saturday, March 2, from 9:30 a.m. to 4:00 p.m. at Corpus Christi Parish in Vancouver. Cost is \$60 per couple. Enjoy an early bird rate of \$50 per couple when you register by Friday, February 2. Learn more and register via beholdvancouver.org/events