Pastor: Rev. Wilfred Gomes

wgomes@rcav.org

Parish Deacon: Dcn. Tony Gray Accounting: Isabella Raynard Adm. Assistant: Cleiser Oliveira

SUNDAY MASSES

SAT 4:30 pm (anticipated mass) SUN 8:30 am | 10:30 am

DAILY MASSES

MON — SAT 9:00 am 1ST FRIDAY 6:30 pm

CONFESSIONS

MON — SAT 8:30 am — 8:50 am SAT 3:30 pm — 4:15 pm

MASS INTENTIONS

Monday, September 04
9:00 am - Sp. Int. of Bishop Gary & parents

Tuesday, September 05 9:00 am - *Sp. Int. of Mary Creedon*

Wednesday, September 06 9:00 am - Sp. Int. of Ausma Vicic

Thursday, September 07 9:00 am - † Emma Radziminski

Friday, September 08

The Nativity of the BVM

9:00 am - Pro-Life intentions

Saturday, September 09 9:00 am - *Sp. Int. of Pat Aldous* 4:30 pm - † Beverly Sommerville

Sunday, September 10
23rd Sunday in Ordinary Time
8:30 am - Sp. Int. of Abeir Haddad
10:30 - Parishioners

2347 Inglewood Ave., West Van, Tel: (604) 926-6881 Email: parish.sawv@rcav.org / www.stanthonywestvan.com

Follow us on Instagram: @stanthonyswv

ONLINE GIVING OFFERTORY:

CLICK HERE



PARISH ACTIVITIES & EVENTS

Mon — Sat	8:15 am — 8:30 am	Morning prayers
Mondays	10:00 am	Catholic Faith in Plain (starting Sep 4 th)
TUESDAYS	7:00 pm	Christian Meditation (starting Sep 19 th)
TUE-SEP 26TH	6:30 pm	CWL mass & Meeting
WEDNESDAYS	4:00 pm	Marian Movement Cenacle
WEDNESDAYS	6:00 PM	PREP (Starting Sep 20 th)
THURSDAYS	1:00 pm	Craft Group (starting Sep 21)
THURSDAYS	7:00 pm	RCIA (Starting Sep 21)
THU—SEP 7TH	7:00 pm	Parish Ministry Leaders Meeting
FRIDAYS	9:30 am-4:00 pm	Adoration of the Blessed Sacrament
FRIDAYS	3:00 pm	Divine Mercy
1ST FRIDAYS	7:00 pm	Holy Hour
1ST SATURDAYS	2:00 pm	Men's Shelter Collection
SAT-SEP 9TH	9:30 AM	St. Anthony's Spiritual Adoption Birthday
SAT-SEP 9TH	9:30 AM	Welcoming Ministry Meeting
3 RD SATURDAYS	9:30 am	St. Philomena Prayer Group Cancelled in September
3RD SATURDAYS	6:30 pm	Charismatic Prayer Group
SAT-SEP 30 TH	9:30 AM	EMHC Meeting
SUN—SEP 3RD	6:00 PM	CENTENNIAL PARISH PICNIC

News in and around the Parish



Alpha at St. Anthony's

Alpha at St Anthony's is starting on

Thursday, October 5 at 7 pm!

Alpha provides a space to ask all your questions about life, faith, and meaning in a friendly environment. Each Alpha session includes a short video, time to connect over a meal, and plenty of time to discuss.

Join us and make new friends at the parish! Bring a friend!

To register go

Alpha RegistrationForm

Or use the QR code below.

Watch this video to learn more! What is Alpha? Would like to volunteer? Find out how at our ALPHA training session on

Thursday, Sep 14
At 7 pm!



SUNDAY REFLECTION

here is a difficult line in today's gospel. Jesus says, "If you wish to save your life, you will lose it. However, if you lose your life for my sake, you will find it." Now what are we to make of this saying? Are we not supposed to try to save our lives, and how can we find something by losing it? There are many ways that one might try to understand this passage, but here is the one that makes most sense to me. If we try to save our life by turning inward, it will lead us nowhere. If we lose our life in service to others, we can find happiness.

I was probably ordained about two years and serving at Holy Rosary Cathedral in Vancouver when a woman of the parish made an appointment to see me. She was in her late fifties, with two grown children who were living out of town. She came into my office, and the first thing that she said was, "Father, tell me why I should go on living." Now that was a dramatic opening, and she caught my attention. "Why, what's wrong?" I asked her. "My life is empty," she replied, "It has no meaning." As we talked, it became clear that she had no crisis in her life. There was nothing wrong with her health or her marriage or her finances - her only dilemma was emptiness. As she continued to go on and on about her search for meaning, I thought, "This woman is bored!", but I was not sure I should say that to her. I was becoming more frustrated trying to figure out what I should say. As my impatience within myself grew, I heard her say, "Father what should I do?" Without thinking, I blurted out, "Do something!" Shocked by my blunt remark she said, "But do what?" Again, without much reflection, I said, "Do something good!"

Now you can tell by this brief description that I am not a very good counselor. We had stumbled in a direction, and I followed it through. I suggested maybe she find some volunteer work and see if that helped. It made some sense to her, and she left. I had no idea whether I had helped her in any way. A couple months later after Mass, she told me that she had begun to bring food through Meals on Wheels to people who were homebound. She said that she felt much better. If we try to save our life by turning inward, we may only find emptiness. If we lose our life in generosity to others, we can be happy. Jesus' words in today's gospel are a reminder that the true meaning of life is found in giving ourselves to something beyond us. Losing our life in doing good is the surest way to happiness.

At many periods of our life, the good thing before us is clear. When we are raising children, when we are in the midst of a demanding and satisfying career, when we are dealing with family problems, there is no doubt that we have a direction and a purpose. However, as children grow up and move out, as our career comes to an end, as health issues begin to limit our possibilities, we can find ourselves falling into an empty routine and begin to ask, "What am I living for?" Jesus' words in today's gospel tell us that when we face this kind of emptiness, it is not time to turn inward, to watch more television and drink more beer. It is the time for us to lose ourselves in some kind of new service, to find something good and do it. This is the way to happiness. This is how we find our life again.

Fr. Joseph

News in and around the Parish

PREP REGISTRATION OPENING AUGUST 31

Registration for our parish religious education program (PREP), providing religious education for children in Grades 1-7 not attending Catholic school, will open on Friday, August 31. Classes will be held at the parish on Wednesdays from 6-7:15 p.m. starting on September 20 and continuing every Wednesday while school is in session. We look forward to welcoming you and your family!

To register please contact the parish office at 604-926-6881. If you are interested in becoming a PREP teacher, please email Rev.
Wilfred Gomes at

parish.sawwv@rcav.org

CATHOLIC FAITH IN PLAIN ENGLISH

MONDAY, SEP 4 AT 10 AM

Learn about the rich teachings and practices of our Catholic faith from Father Vincent Hawkswell and Maureen Creelman in their course The Catholic Faith in Plain English.
This free, 36-week-long course will be offered both in person (Sundays at the John Paul II Pastoral Centre and Mondays at St.

Anthony's Parish in West Vancouver, at 10 am) and online this year, starting on Sunday, September 3. This course is suitable for all adult learners, including non-Catholics.

For more information and to download the course content, please click HERE



Join us for our

Centennial Parish Picnic

ALL ARE WELCOME

SUNDAY, SEP 3rd AT 6 PM

Bring your best "go-to" dessert to share with us! The best entry will win a prize!

Join the fun!

Please RSVP and/or volunteer to help on the signup sheets in the foyer!



ANTHONY'S SPIRITUAL ADOPTION BIRTHDAY

SAT, SEP 9th, AT 9:30 AM

The nine-month parish spiritual adoption program is concluding. All are welcome to the "birthday" party after the morning Mass on Saturday, September 9th. Come for fellowship. Donations are welcome to the North Shore Pro-Life Society (NSPL),

PARISH MINISTRY LEADERS FOLLOW-UP MEETING

We invite you to join us for the Parish Ministry Leaders Meeting on

THU, SEPTEMBER 7TH AT 7 PM.

The parish ministries/groups, please plan your activities for the year and submit them to the parish office by Tuesday, September 05, so that we can the update the for the meeting. Your ideas for the centennial year

are very important to us.

We look forward to seeing you there!

CWL CENTENNIAL THRIFT SALE

SATURDAY, SEP 16 FROM 10:00 AM TO 2:00 PM

Don't miss our amazing thrift sale! Donate your gently used items and help us make a difference in the world. We accept donations from

SEPTEMBER 11TH AFTER 9:30 A.M. UNTIL SEPTEMBER 15TH AT 1:00 PM

We appreciate your generosity and support for our local community in

need.

We are looking for:

CLOTHING: All ages and sizes, clean and good condition

COLLECTIBLES: China, tea cups, platters, figurines, etc.

JEWELLERY: Fine and costume, bracelets, earrings, necklaces, watches, etc.

HOUSEWARES: Dishes, glasses, baking trays, cutlery, etc.

LINENS: Bedding, pillowcases, blankets, etc.

TOYS/GAMES: Lego, puzzles, boardgames, cards, stuffed animals, dolls, action figures, cars, etc.

BOOKS: Fiction, non-fiction, thrillers, bestsellers, artbooks, , etc.

HOME DECORATIONS: Vases, artwork, mirrors, knickknacks, etc.

ART: Paintings, prints, etc.

ODDS/ENDS: Golf gear, fishing gear, tools in good condition, etc.

DUE TO LIMITED SPACE, PLEASE NO FURNITURE OR ELECTRONICS

Come and shop for great bargains and treasures at our thrift sale!



News in and around the Parish

THE WAY OF BEAUTY: ENCOUNTERING JESUS IN SCRIPTURE AND THE ARTS

The Canadian Conference of Catholic Bishops (CCCB) invites leaders of catechesis and evangelization to The Way of Beauty, a webinar series that reflects on its powerful witness in the life of the Church.

Thu, Sep 7, 14, and 21 at 10 a.m.

All sessions will be held via Zoom.

Learn more and register at

beholdvancouver.org/events.

TO LIVE OF LOVE: SILENT RETREAT WITH ST. THÉRÈSE

You are invited to this special silent retreat with St. Thérèse of Lisieux in celebration of her 150th birthday, 100 years of her beatification, and 25 years of her nomination as Doctor of the Church.

Sep 8 to September 10, at Westminster Abbey in Mission. Cost: \$215 To learn more and register, please email Angelina at angelina@vidahumanaedu.org.

RED MASS AND DINNER 2023

The Red Mass is celebrated in honour of the legal profession as a vocation in the service of justice and the common good.

The Mass will be celebrated by Archbishop Michael Miller, CSB, at Holy Rosary Cathedral on Thursday, September 14, at 5 p.m., followed by dinner at 6:30 p.m. at Terminal City Club in Vancouver. Cost is \$150. (sponsorship opportunities available) Learn more and register at beholdvancouver.org/events.



WORLDWIDE MARRIAGE ENCOUNTER

Rekindle the romance, remind yourselves why you fell in love and learn how to make a good marriage even better! WWME is offering a weekend marriage retreat this fall.

Oct. 27-29, 2023.

For more information email Randy and Elizabeth from our parish at reholman@telus.net

Early bird special before Sept. 5.
Registration closes Oct. 17, 2023
You both deserve it!

Click HERE to register

INCREDIBLE INDIA

JAN 11 - JAN 29, 2024

Join Fr. Gomes on a trip to India, where you will explore the rich culture, history and beauty of this amazing country.

ALL FOR CAD \$6300.

*tips of USD\$120 not included INFORMATION MEETING Sep 10, at 4pm 2023 at the Parish Hall

ST. THOMAS AQUINAS SCHOOL CORNER

The first day of school at St. Thomas
Aquinas Regional Secondary School is
Tuesday, September 5, 2023. The
Administration office is open from
Monday to Friday, 8:00am to 4:00pm.
Join us for a back-to-school
celebration for our inaugural STA
Homecoming. The event will take
place at Fen Burdett Stadium and is
open to all STA students, families,
alumni and relatives.

Thursday, September 21

Bring your own equipment to enjoy:
basketball, skateboarding and
pickleball. Watch for the
complimentary registration link for
catering purposes. We can't wait to
see you there!

WORLD DAY FOR MIGRANTS AND REFUGEES

SAT, SEP 23RD, AT 5:00 PM

The Archdiocese of Vancouver is home to Catholics from many countries and where the Holy Mass is celebrated in over twenty-two languages.

Sunday, Sep 23 at 5 p.m. at St. Paul's Parish, Richmond. Reception with food and following Mass in the Gym. Learn more

at beholdvancouver.org.

SAVE THE DATE: THE MEN'S RETREAT 2023

SEP 29 TO OCT 1

Hosted by Life Restoration, this retreat offers something for every man: adventure, brotherhood, powerful keynotes, prayer, Sacraments, and the rugged outdoor beauty of Rockridge Canyon in Princeton, B.C.

Save the Date: Friday, September 29, to Sunday, October 1

UPPER ROOM CONFERENCE 2023: REGISTRATION NOW OPEN!

Proclaim's Upper Room conference connects hundreds of Catholics in pursuit of transforming their parishes into missionary outposts. Join us on Saturday, Sep 23, from 8 a.m. to 6 p.m. at Pacific Academy in Surrey. Cost is \$75, inclusive of food and two breakout sessions. Parking is free. To qualify for a \$10-discount, simply gather a group of 8 or more people and register together with a parish coupon code. Learn more and register at upperroomvancouver.com.



St. Anthony's Parish Planner - September 2023

					ember 2023	
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		WELCOME BACK School			18.30 am: Confessions 9 am: Mass ADORATION DAY 9.30 am - 4pm: 3 pm: Divine Mercy 4 pm: Benediction 6.30 pm: Mass 7 - 8pm: Holy Hour	2 8.30 am: Confessions 9 am: Mass 2 pm: Men's Shelter Collection 3.30 pm: Confessions 4.30 pm: Mass
3 22 nd Sunday 8.30 am: Mass (After Mass Social) 10.30 am: Mass (After Mass Social) 6 pm: Centennial Parish Picnic	4 8.30 am: Confessions 9 am: Mass 10 am-noon: Catholic Faith in plain English	58.30 am: <u>Confessions</u> 9 am: Mass	68.30 am: Confessions 9 am: Mass 4 pm: Marian Cenacle	7 8.30 am: Confessions 9 am: Mass 7 pm: Parish Groups Leaders Meeting (2) (Planning for Centennial Celebration)	8 Nativity of the BVM 8.30 am: Confessions 9 am: Mass ADORATION DAY 9.30 am - 4pm: 3 pm: Divine Mercy 4 pm: Benediction	98.30 am: Confessions 9 am: Mass 9.30 am: Welcoming Miniatry, Meeting 9:30am Spiritual Adoption birthday 3.30 pm: Confessions
10 23 rd Sunday 8.30 am: Mass (After Mass Social) 10.30 am: Mass (After Mass Social)	118.30 am: Confessions 9 am: Mass 10 am-noon: Catholic Faith in plain English	128.30 am: Confessions 9 am: Mass	138.30 am: <u>Confessions</u> 9 am: Mass 4 pm: Marian Cenacle	14 The fivalitation of the Holy Cross 8.30 am: Confessions 9 am: Mass 7 pm: Alpha Training Session	15 8.30 am: Confessions 9 am: Mass ADORAHON DAY 9.30 am - 4pm: 11 am: Door's Open Collection 3 pm: Divine Mercy 4 pm: Benediction	16 8.30 am: Confessions 9 am: Mass 3.30 pm: Confessions 4.30 pm: Mass 6.30 pm: St. Charismatic Prayer Meeting
17 24th Sunday 8.30 am: Mass (After Mass Social) 10.30 am: Mass (After Mass Social)	188.30 am: Confessions 9 am: Mass 10 am-noon: Catholic Faith in plain English	19 8.30 am: Confessions 9 am: Mass 7 pm Christian Silent Meditation	20 8.30 am: Confessions 9 am: Mass 4 pm: Marian Cenacle 6 pm: PREP	218.30 am: Confessions 9 am: Mass 7 pm: RCIA 1 pm Craft Group	22 8.30 am: Confessions 9 am: Mass ADORATION DAY 9.30 am - 4pm: 3 pm: Divine Mercy 4 pm: Benediction	238.30 am: Confessions 9 am: Mass 3.30 pm: Confessions 4.30 pm: Mass
24 25th Sunday 8.30 am: Mass (After Mass Social) 10.30 am: Mass PREP Mass (After Mass Social)	25 8.30 am: Confessions 9 am: Mass 10 am-noon: Catholic Faith in plain English	26 8.30 am: Confessions 9 am: Mass 6.30 pm: CWL Mass & Meeting 7 pm Christian Silent Meditation	278.30 am: Confessions 9 am: Mass 4 pm: Marian Cenacle 6 pm: PREP	28 8.30 am: Confessions 9 am: Mass 7 pm: RCIA 7 pm: PLT Meeting 1 pm Craft Group	298.30 am: Confessions 9 am: Mass ADORATION DAY 9.30 am - 4pm: 3 pm: Divine Mercy 4 pm: Benediction	308.30 am: Confessions 9 am: Mass 9.30 am: EMHC Meeting 3.30 pm: Confessions 4.30 pm: Mass

St. Anthony's Parish Planner - October 2023

Cundov	Monday		Wodnosday	Thursday	Eridov	Caturday
Sunday 1 26th Sunday 8.30 am: Mass (After Mass Social) 10.30 am: Mass (After Mass Social) 1 pm: Pet's Blessing	2 8.30 am: Confessions 9 am: Mass 10 am-noon: Catholic Faith in plain English	Tuesday 3 8.30 am: Confessions 9 am: Mass 7 pm Christian Silent Meditation	Wednesday 4 8.30 am: Confessions 9 am: Mass 4 pm: Marian Cenacle 6 pm: PREP	5 8.30 am: Confessions 9 am: Mass 1 pm Craft Group 7:00 pm Alpha 7 pm: RCIA 7 pm - CWL Executive Meeting	6 8.30 am: Confessions 9 am: Mass 9.30 am - 4pm: 3 pm: Divine Mercy 4 pm: Benediction 6.30 pm: Mass 7 - 8pm: Holy Hour	7 8.30 am: Confessions 9 am: Mass 9.30 am: Lectors' Meeting 2 pm: Men's Shelter Collection 3.30 pm: Confessions 4.30 pm: Mass
8 27th Sunday 8.30 am: Mass (After Mass Social) 10.30 am: Mass Parish Student Mass (After Mass Social)	9 Thanksgiving 8.30 am: Confessions 9 am: Mass 10 am-noon: Catholic Faith in plain English	10 8.30 am: Confessions 9 am: Mass 6 pm: PLT Meeting 7 pm Christian Silent Meditation	11 8.30 am: Confessions 9 am: Mass 4 pm: Marian Cenacle 6 pm: PREP	12 8.30 am: Confessions 9 am: Mass 1 pm Craft Group 7 pm: RCIA 7:00 pm Alpha	13 8.30 am: Confessions 9 am: Mass 9.30 am - 4pm: 3 pm: Divine Mercy 4 pm: Benediction 5:30 pm - Unbound	14 8.30 am: Confessions 9 am: Mass 10:00 am - Unbound 3.30 pm: Confessions 4.30 pm: Mass
15 28th Sunday 8.30 am: Mass (After Mass Social) 10.30 am: Mass (After Mass Social)	16 8.30 am: Confessions 9 am: Mass 10 am-noon: Catholic Faith in plain English 10:15 am CCO - Trust	17 8.30 am: Confessions 9 am: Mass 12 pm Community Lunch 7 pm Christian Silent Meditation	18 8.30 am: Confessions 9 am: Mass 4 pm: Marian Cenacle 6 pm: PREP	19 8.30 am: Confessions 9 am: Mass 1 pm Craft Group 7:00 pm Alpha 7 pm: RCIA	208.30 am: Confessions 9 am: Mass ADORATION DAY 9.30 am - 4pm: 11 am: Door's Open Collection 3 pm: Divine Mercy 4 pm: Benediction 5:30 pm - Unbound	21 8.30 am: Confessions 9 am: Mass 9.30 am: St. Philomena's Prayer Meeting 10:00 pm - Unbound 3.30 pm: Confessions 4.30 pm: Mass 6.30 pm: St. Charismatic Prayer Meeting
22 29th Sunday 8.30 am: Mass (After Mass Social) 10.30 am: Mass (After Mass Social)	23 8.30 am: Confessions 9 am: Mass 10 am-noon: Catholic Faith in plain English 10:15 am CCO - Trust	24 8.30 am: Confessions 9 am: Mass 6 pm: PLT Meeting 7 pm Christian Silent Meditation	25 8.30 am: Confessions 9 am: Mass 4 pm: Marian Cenacle 6 pm: PREP	26 8.30 am: Confessions 9 am: Mass 1 pm Craft Group 7:00 pm Alpha 7 pm: RCIA	278.30 am: Confessions 9 am: Mass ADORATION DAY 9.30 am - 4pm: 3 pm: Divine Mercy 4 pm: Benediction	28 8.30 am: Confessions 9 am: Mass 3.30 pm: Confessions 4.30 pm: Mass
29 30th Sunday 8.30 am: Mass (After Mass Social) 10.30 am: Mass (After Mass Social)	30 8.30 am: Confessions 9 am: Mass 10 am-noon: Catholic Faith in plain English 10:15 am CCO - Trust	31 8.30 am: Confessions 9 am: Mass 6.30 pm: CWL Mass & Meeting 7 pm Christian Silent Meditation				