



# St. Anthony's Parish West Vancouver

24 Sunday in Ordinary Time  
September 17, 2023

**Pastor: Rev. Wilfred Gomes**

[wgomes@rcav.org](mailto: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

## MASS INTENTIONS

**Monday, September 18**

9:00 am - † Lorraine Perkins

**Tuesday, September 19**

9:00 am - † Michael Torresan

**Wednesday, September 20**

9:00 am - *Sp. Int. of Loretta Van Unen*

**Thursday, September 21**

***St. Matthew, Apostle***

9:00 am - *Sp. Int. of Fr. Craig Scott*

**Friday, September 22**

9:00 am - *Sp. Int. of Bishop Gary Franken*

**Saturday, September 23**

***St. Pius of Pietrelcina***

9:00 am - *Sp. Int. of Margaret Chung & Gary Ho*

4:30 pm - *Sp. Int. of Emmanuel Abuan*

**Sunday, September 24**

***25<sup>th</sup> Sunday in Ordinary Time***

8:30 am - *Sp. Int. of Tess Little*  
10:30 - Parishioners

## PARISH ACTIVITIES & EVENTS

**SAT—SEP 9<sup>TH</sup>**

**9:30 AM**

**St. Anthony's Spiritual Adoption Birthday**

**SAT—SEP 9<sup>TH</sup>**

**9:30 AM**

**Welcoming Ministry Meeting**

**TUE—SEP 14<sup>TH</sup>**

**7:00 PM**

**ALPHA TRAINING SESSION**

**WED—SEP 20<sup>TH</sup>**

**6:00 pm**

**First Day of PREP**

**TUE—SEP 21<sup>ST</sup>**

**1:00 PM**

**CRAFT GROUP IS BACK**

**TUE—SEP 26<sup>TH</sup>**

**6:30 pm**

**CWL mass & Meeting**

**SAT—SEP 30<sup>TH</sup>**

**9:30 AM**

**EMHC Meeting**

MON — SAT

8:15 am — 8:30 am

Morning prayers

MONDAYS

10:00 am

Catholic Faith in Plain

TUESDAYS

7:00 pm

Christian Meditation (*starting Sep 19<sup>th</sup>*)

WEDNESDAYS

4:00 pm

Marian Movement Cenacle

WEDNESDAYS

6:00 PM

PREP (Starting Sep 20<sup>th</sup>)

THURSDAYS

1:00 pm

Craft Group (*starting Sep 21*)

THURSDAYS

7:00 pm

RCIA (*Starting Sep 21*)

FRIDAYS

9:30 am—4:00 pm

Adoration of the Blessed Sacrament

FRIDAYS

3:00 pm

Divine Mercy

3<sup>RD</sup> SATURDAYS

9:30 am

~~St. Philomena Prayer Group~~  
*Cancelled in September*

3<sup>RD</sup> SATURDAYS

6:30 pm

Charismatic Prayer Group

**PROJECT  
ADVANCE  
2023**

2347 Inglewood Ave., West Van,  
Tel: (604) 926-6881

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[www.stanthonywestvan.com](http://www.stanthonywestvan.com)

Follow us on Instagram: @stanthonyswv

**ONLINE GIVING OFFERTORY:**

**CLICK HERE**

# News in and around the Parish

## JOHN PAUL II'S THEOLOGY OF THE BODY COURSE

Do you want to explore more on Theology of the Body, led by local experts? How is the human body a path unto God? In what ways do we, as sexed creatures, noun and verb, participate in the life of God?

St. John Paul II's profound theological anthropology, famously known as a theology of the body, provides a response to these questions. Join Dr. Andrew Kaethler, Dr. David Henderson, and Dr. Carly Henderson and put out into the deep (*duc in altum*) with St. John Paul II's profound vision of the human person.

Sessions are every other Thursday evening beginning Oct. 5 and ending Nov. 16 from 7:00 pm - 8:00 pm at the John Paul II Pastoral Centre in Vancouver. Cost is \$100.

Register online at [beholdvancouver.org/events](http://beholdvancouver.org/events)



## VIRGINIA FORSYTH BURSARY

*Congratulations to this year's recipients*

**Zoe Markwick**

**Mikhaela Panagsagan**

**Luke Frith**

**Harrison Estropia**

*We wish you all the best in your studies*

**God Bless!**

## SUNDAY REFLECTION

A married couple was going through a rough time. In the process, they both said and did things that hurt one another deeply. With patience and commitment, they worked things out, and began moving forward together, however not completely. One day the wife complained, "Why is it that you keep bringing up my past mistakes? I thought that you had forgiven and forgotten." "I have forgiven and forgotten," said the husband, "but I don't want you to forget that I have forgiven and forgotten."

When someone hurts us, it is very difficult to forgive and to forget. This is what makes today's gospel so challenging. Jesus is relentless in his insistence that we do not forgive people once, or seven times, but seventy times seven. What are we to make of that strange violent verse that ends the gospel, where Jesus assures us that our heavenly Father will hand us over to the torturers unless we forgive from our hearts, our brothers and sisters? What is that about? Whatever happened to a compassionate and understanding God?

As strange as it may seem, that violent verse at the end of the gospel is the key to understanding the parable itself. For it is not telling us what God will do, but in fact what will happen to us if we do not forgive. If we refuse to forgive, we will live in torment, unless we change our minds. For the simple human truth is this: when we have been injured deeply, we can never recover until we forgive.

Now we should be clear on what forgiveness is and what it is not. Forgiveness is not pretending that everything is fine. It is not making an excuse for the person who offended us. It is certainly not putting ourselves back into the same situation where we can be hurt again. What forgiveness is, is realizing that we cannot change the past and refusing to let what we cannot change control us. If we refuse to forgive, if we choose to feed our hurt, that hurt can grow and deepen and compound with anger and hatred. That hurt will rule our lives and hold us captive.

This is an old truth. Centuries before the birth of Christ, the Greek play, *Medea* was written. In this drama Medea kills her own children to exact revenge on her husband, who committed adultery. When her husband asks her, how could she kill her own flesh and blood just to spite him, Medea calmly answers, "Because I hate you more than I love them." Feeding a hurt creates a monster, a monster that can destroy us. The only way to slay that monster is forgiveness.

We are called to forgive our enemies, not because they deserve it, but because we need it. For if we try to build a future based on hatred and revenge, we will become what we hate. Mahatma Gandhi, a man who knew much about humanity and world relations, once said, "If we base our relationships to one another on revenge, if we deal with one another based upon 'an eye for an eye,' soon the whole world will be blind."

Jesus is not being cruel in today's gospel. He is warning us about a hard truth. Feeding a hurt will destroy us. What happens in our life is not always fair; it is not always right. If we want to be free, if we want to be at peace, if we want to live, we must forgive our brothers and sisters from our hearts.

*Fr. Joseph*

# News in and around the Parish



## The Holy Mass, the Eucharist, and Adoration

All are welcome to hear Fr. Chris Alar, MIC, speak on *The Holy Mass, The Eucharist, and Adoration* on **Monday, September 18, from 7:00 p.m. to 9:00 p.m. at Corpus Christi Parish** in Vancouver. No registration required. A free will love offering will be collected for the Marians of the Immaculate Conception.

For more information, please contact Ethelyn David at

**604-889-3842** or

[mediatrixconferences@gmail.com](mailto:mediatrixconferences@gmail.com).

## PREP REGISTRATION

Registration for our parish religious education program (PREP), providing religious education for children in Grades 1-7 not attending Catholic school, is open. 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 click

**[HERE](#)**

If you are interested in becoming a PREP teacher, please email Rev.

Wilfred Gomes at

[parish.sawvv@rcav.org](mailto:parish.sawvv@rcav.org)

## The Way of Beauty: Encountering Jesus in Scripture and the Arts

The Canadian Conference of Catholic Bishops (CCCC) invites leaders of catechesis and evangelization to **The Way of Beauty** webinar, which reflects on beauty and its powerful witness in the life of the Church.

The last session of the series, *Beauty and Liturgy* by Fr. Paul Massel, will be held on

**Thursday, September 21, at 10:00 a.m. via Zoom.**

A recording and reflection guide will be available for later release.

Learn more and register at

[beholdvancouver.org/events](http://beholdvancouver.org/events).



## FUNERAL FOR MRS. WIEHELMINA FRANKEN

It's with great sadness that we inform you of the funeral Mass for **Mrs. Wihelmina Franken** held last Friday, Sep 15th, at 11:00 am at St. Mary's Parish

Our deepest condolences and prayers for the families.

## THE ALPHA COURSE

Alpha

## 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!**

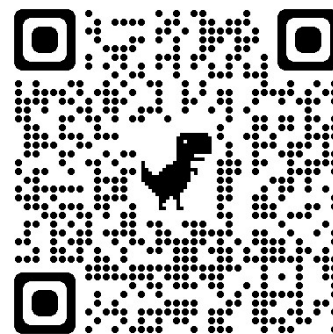
To register go

**[Alpha RegistrationForm](#)**

**Or use the QR code below.**

Watch this video to learn more!

**[What is Alpha?](#)**



# News in and around the Parish

## SAVE THE DATE: THE MEN'S RETREAT 2023

SEPT 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.

Friday, September 29 to Sunday, October 1

## WORLD DAY FOR MIGRANTS AND REFUGEES

SAT, SEP 23<sup>RD</sup>, AT 5:00 PM  
@ ST. PAULS PARISH RICHMOND

Reception with food and following Mass in the Gym.

Learn more  
at [beholdvancouver.org](https://beholdvancouver.org).

## Stewardship Reflection

*"For if we live, we live for the Lord, and if we die, we die for the Lord; so then, whether we live or die, we are the Lord's."*

– Romans 14:8

This is the essence of stewardship – everything we have and everything we are is a gift from God. We aren't "owners" of anything, we are merely "stewards" of the gifts that God has given us, especially our very own lives.

Pray to God, daily, and ask Him how He is calling you to live the life that He intended for you.



## 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](mailto:reholman@telus.net)

Early bird special before Sept. 5.

Registration closes Oct. 17, 2023

You both deserve it!

[Click HERE to register](#)

## The Early Christian Tradition and the Active Imagination

Discover the hidden depths of Christian tradition! Join Fr. Scott Lewis, a member of the Society of Jesus and Dean Emeritus of Regis College, as he delves into the early Christian apocrypha, exploring lost gospels, letters, and prophecies. The last session of the series, *'Acts' of the Various Apostles*, will be held on Thursday, September 21, at 4:00 p.m. via Zoom. A recording will be available for registrants.

Learn more and register at

[beholdvancouver.org/events](https://beholdvancouver.org/events).

## ST. THOMAS AQUINAS SCHOOL CORNER

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!

The STA Alumni Association, in conjunction with STA Campus Ministry, is hosting a pilgrimage to the Medjugorje Youth Festival and Italy from July 22nd - August 8th, 2024. All STA alumni and their families (18+) are invited to join. Find more information at:

<https://www.aquinas.org/alumni>



## UPPER ROOM CONFERENCE 2023: REGISTRATION STILL 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

