

Vinita Hampton Wright of Loyola Press writes:

As we move into the **summer season**, let's consider recreation—as in play, amusement, or leisure. How can we recreate?

1. Turn off all your screens.

Because I work on words all day, I often relax by watching TV or movies—mostly from eras past or from other countries. But too much screen time—whether television, computer, or phone—actually sets us into a passive frame of mind. True recreation involves action of some sort. It may be minimal action, such as sitting on bleachers watching the grandkids play Little League baseball, but it requires you to engage, to be part of something. If you really want to play this summer, put down the devices and scoot yourself away from the easy, no-commitment TV watching.

2. Commit to outdoor time.

Allergies notwithstanding, we generally do better when we spend time around plants, water, fresh air, and creatures. Plan recreation that will take you out of the house: a walk to explore a neighborhood, a fishing boat on a lake or a raft trip on a river, a camping trip with family or friends, a sport you enjoy, a city walk through gardens or parks and along waterways.

3. Hang out with youngsters.

We tend to be more active when there are kids or grandkids to keep up with. I remember how I learned to play again when a family moved in next door, years ago, and their four-year-old decided we were part of the family too. Those of us who have no youngsters at home can still help with **Vacation Bible School** or community activities; such programs always need volunteers. You may think that you're not that interested in doing crafts or playing games on the lawn. But once you step inside that circle of kids, before you know it, you are playing—and enjoying yourself.

4. Hang out with friends.

We are more likely to stay active when we're around people with whom we feel comfortable, with whom we can be ourselves. I will learn to paddle a canoe when my husband and I join other friends for a trip down the river—and it's more fun when multiple canoeing couples and friends are making the same mistakes and looking ridiculous together. It's more enjoyable to visit an outdoor art fair or attend a play when we're with even one or two other people who share that interest. Being in the presence of people who care about us and accept us frees us to engage in the activity and enjoy ourselves.

How do you play? What are your favorite forms of recreation?



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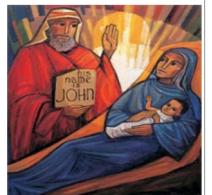
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June 24, 2018

Nativity of St John the Baptist

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Today is primarily a Sunday, the Lord's Day: John the Baptist is commemorated as the forerunner of the Messiah. He prepares the Lord's coming not only by his preaching, but in the circumstances of his birth and of his death. He is witness to the Paschal Mystery which is the focus of our Sunday Celebration.



### LITURGY OF THE WORD

In the first reading, we hear that God calls and forms his servants from the womb. The reading from Acts speaks of those whom God raised up to do his work, including John the Baptist. Elizabeth, in the gospel of Luke, gives birth and proclaims that the boy's name will be John. He is the one who prepared the way for Jesus and his ministry.

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Today's Readings:

1st: Isaiah 49.1-6

Psalm: 139

2nd: Acts 13.22-26

Gospel: Luke 1.57-66, 80

PASTOR: **Rev. Robert Wong, SJ**

PARISH OFFICE HOURS

Monday – Friday

9:30 am – 1 pm / 1:30 pm – 4:30 pm

MASS SCHEDULES

WEEKDAYS: **9:00 am**

SATURDAYS: **9:30 am & 5:00 pm**

SUNDAYS: **9:00 am & 11:00 am**

CONFESSION SCHEDULE

SATURDAYS: **4:30 pm – 4:55 pm**

CONFESSIONS: 10 MINUTES BEFORE DAILY

MASS OR BY REQUEST AT OTHER TIMES

NOVENA TO

OUR LADY OF PERPETUAL HELP

WEDNESDAYS: **7:00 pm**

MASS FOLLOWED BY NOVENA
& BENEDICTION

BAPTISM COURSE

EVERY 2ND TUESDAY OF THE MONTH AT **6 pm**

BAPTISMS

4th SATURDAY AFTER 9:30 am MASS

HOUSE BLESSINGS

PLEASE CALL THE PARISH OFFICE

PARISH UPDATES

Vocation Promotion – We welcome Fr. Rodney Nootebos, Vocation Director of the Archdiocese, and we thank him for his ministry. May God bless him with many fruits of his labour.

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Parish Pastoral Council Meeting – **Tuesday, June 26th, 7:00pm**, parish group’s representatives need to attend this meeting before the summer break. There are not meeting in July and August. Thank you for your priority!

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Roof Repairs – Our church roof has water drainage problems. The repair work will be finished soon. Thanks for your patience.

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Kudos – A special thanks to everyone who served our parish ministries in any capacity. May the Lord bless you always!

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Our 2018 Property Tax – Richmond City has increased our property tax from **\$6,630 in 2016 to \$11,673 in 2017; and this year to \$15,056. That’s a 76% from 2016 to 2017 and 29% from 2017 to 2018.** If you have a good suggestion of how we can ‘challenge’ this latest increase, please let the office know.

There is no more evident sign that anyone is a saint... than to see them leading a good life and at the same time a prey to desolation, suffering and trials.— St. Aloysius Gonzaga

B.C. Sacred Music Symposium - Sts. Joachim & Ann Parish will host the inaugural B.C. Sacred Music Symposium, **July 20-22**. This symposium aims to bring together musicians of all skill levels, and all people of good will with a general interest in sacred music, for a weekend of instruction, collaboration and fellowship. There will be an opportunity to attend practical workshops (beginner, intermediate and master-class) and to experience the riches of the Church’s musical tradition in the celebrations of Mass (in both the Ordinary and Extraordinary Forms) and the Divine Office. Keynote speaker and celebrant of the symposium’s principal Mass will be Bishop Joseph Perry, Auxiliary Bishop of the Archdiocese of Chicago. For more info and registration, visit <http://rcav.org/event/bc-sacred-music-symposium>

Mass for Chinese Martyrs—Join us for a special Mass for Chinese martyrs on **Monday, July 9, at 6 p.m. at Precious Blood Church, Surrey.**

Vocation Live-In—On the weekend of **July 6 – 8**, there will be a Vocation Live-In for boys or young men interested in the priesthood or the consecrated life, at the Seminary of Christ the King, Mission, BC. Cost: \$25. For more information, call 604-826-8715.

Pilgrimage of Our Lady of Namacpacan in Vancouver—The eight-foot image of Our Lady of Namacpacan from Luna, La Union, Philippines, one of the canonically crowned images of St. Mary’s patron saint, will be staying inside St. Mary’s Parish, Vancouver, from **June 29 to Aug. 30**. Activities during the pilgrimage include a welcoming Mass, celebrated by Archbishop Miller, and dinner, novena, and a Thanksgiving Mass and Banquet. For more details, visit: rcav.org/event/pilgrimage-of-our-lady-of-namacpacan-in-vancouver.

ARCHDIOCESAN UPDATES

Mass Wedding for Civilly Married Couples

Have your church wedding this summer! If you got married civilly and would now like to have your marriage recognized by the Church there will be a great opportunity to do so again this year on **Saturday, August 25, at 1:30 p.m. at Our Lady of Good Counsel, Surrey**. Archbishop J. Michael Miller, CSB, will be celebrating a wedding Mass for a large number of civilly married couples (participants must be both baptized and married only once). You will need a copy of your marriage registration, a recent copy of your baptism certificates, and to complete some forms. **Registration deadline: July 31**. To register or for more info, contact the parish office at 604-278-0844 or Deacon Greg Barcelon at 604-771-2975 or email filipinoministry@rcav.org.

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Rose Prince Pilgrimage—The Diocese of Prince George hosts its annual Rose Prince Lejac Pilgrimage **July 6-8 at Lejac, B.C.**, with guest speaker Graydon Nicholas, former judge, lieutenant-governor of New Brunswick, and member of the Tobique First Nation. For more info or to view the full schedule, please visit: <http://rcav.org/event/rose-prince-pilgrimage-2018>

A man was sent from God, whose name was John. He came to testify to the light, to prepare a people fit for the Lord.—John 1.6-7

PROJECT ADVANCE 2018 – “Support the Faith - Continue the Legacy” is the theme for this year’s Appeal. Our share is \$25,000.00. We have met the goal of the Archdiocese. Thanks to all our pledgers. We need your support to reach our goal of \$75,000.00, the same as previous year. May the Lord bless your generosity! *Our Project Advance volunteers are available in the foyer to assist with your gift donation. You may make your pledge online at www.projectadvance.ca*

Stewardship Reflection

Nativity of St John the Baptist

“...Behold, one is coming after me; I am not worthy to unfasten the sandals of his feet.” – Acts 13:25 Stewardship is a lifestyle, it’s not a program or a process. It’s how we are called to live our lives 24 hours a day, seven days a week! It challenges us to live “God-centred” lives, not “self-centred” lives. Reflect on your daily activities, do you do them for the glory of God or for the glory of your own name?

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Mass Intentions

June 24-30, 2018

- Mon, Jun 25— Salamao Gomes (RIP)
- Tue, Jun 26— Julie Dean (RIP)
- Wed, Jun 27 — 9am, Suhailaih Barssoom (Int) 7pm, Fr Anthony Boniface (TG)
- Thu, Jun 28— Pamela & Graham Slack (TG)
- Fri, Jun 29— Rev Fr Robert Wong SJ (TG)
- Sat, Jun 30— 9:30am, Teresa Ho (RIP) 5pm, Fe, Joseph, Lib, Al, Joan Mendoza (TG)