

How to get Unstuck – Vinita Hampton Wright (Senior Editor at Loyola Press)

I believe that one of the biggest obstacles to a person living her values is the ease at which we get stuck on any given day. And it's rarely the big events that hold us back but the smaller, relentless thoughts, attitudes, and fears that show up all the time.

When I encounter a big problem, such as a job change or a death in the family, I'm on high alert for whatever opposes God's goodness in my life. I'm probably praying more than at other times. I'm also more likely to take better care of myself, because I recognize that I'm going through a hard time.

But on an "ordinary" day, perhaps I'm not so alert. Or I'm looking only for big problems. So, what stops me in my tracks? Less obvious stuff:

- the suspicion that a certain person doesn't like me
- my ongoing judgment against myself for being overweight or forgetful
- the guilt that won't go away, because I still haven't returned that phone call
- the event or responsibility I've added to my calendar without discerning how important it is and if I should have accepted it

Getting unstuck is not a matter of making a huge change or declaring yet one more big promise to God or to myself. Getting unstuck is a matter of one small step forward. And usually the first step is an honest check-in with yourself. When you realize, midday, that you're spinning your wheels, feeling stuck, try this process or some version of it:

1. **Get quiet with yourself for a few moments.** Ask, *What emotion am I feeling?* Name that emotion.
2. **Now ask, Why am I feeling this? What is this emotion attached to?** Pray for the discernment to identify the conversation (a rather sharp exchange with a colleague ten minutes ago) or the belief (I'm not [blank] enough.) or the worry (Is that check going to bounce?).

Choose one action you can take to counteract what's going on. Replay that unpleasant workplace conversation from more distance. Perhaps you feel deflated because that person really was unkind or unfair, in which case you can ask God to help you process these well-founded feelings or even go back to the person and try to clarify what's really going on. If you feel that you are not enough, then get pragmatic about it. Has anyone else pointed out that you're lacking—or is there any evidence whatsoever that you fall short? If not, it's time to tell yourself the truth. (*I'm spinning falsehoods again, which only works against me. Lord, forgive me for going down that road again. Help me see myself as you see me.*) If the bank account is a worry, schedule one step of action, and ask for reinforcements if necessary.

Moving forward so often involves paying attention to *what is* rather than to what we imagine or fear. When you feel yourself grinding to a halt, allow that stop to trigger some on-the-spot awareness.

St. Ignatius advised people to "act against" whatever thwarted their spiritual progress. It isn't enough to claim oneself a victim to falsehood, hardship, or roadblocks. The Holy Spirit is on our side, and we have the power to make good choices and take specific action. So, when false and hurtful self-talk is sabotaging your steps, use true words and images to combat it. When you feel overwhelmed by a task, break it into smaller tasks, and start with one of them. When your deep-seated feelings are dragging you to a stop, face them with courage. God designed us to experience a range of emotions, because life requires them. They are not moral choices but important clues. Grab hold of a clue and look for the rest of the story. It's your story, after all. You can own it and work with it—and God provides the grace to do just that.



ST. MONICA PARISH

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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
& BENECTION

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

October 21, 2018
29th Sunday in Ordinary Time

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The coming of the kingdom has renewed all creation. Its fulfillment in Christ will bring complete renewal and hope. The difficult issue of suffering is changed because it has become an opportunity to serve and to be intimately joined to Christ, the Suffering Servant.

**LITURGY OF THE WORD**

The prophet Isaiah foretells the burden to be borne by the Suffering Servant, and how through that suffering the world would find redemption. The writer of Hebrews reminds us that Christ, in sharing our human condition, truly understands our struggles and temptations. In the Gospel, Jesus teaches the close interconnection between discipleship and suffering.

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Today's Readings:

1st: Isaiah 53.10-11

Psalms: 33

2nd: Hebrews 4.14-16

Gospel: Mark 10.35-45

PARISH UPDATES

Kudos – A big Thank You to Fr John Tritschler for sharing his priestly ministries with us. May the Lord bless him always.

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October, Rosary Month – Pope Francis is encouraging all the faithful to pray the rosary daily, invoking the intercession of Mother Mary and St. Michael to defend us against the devil. The Apostleship of Prayer ministry has produced a video, www.thepopevideo.org/prayforthechurch/

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Icons of the Saints Sponsorship – The Sponsorship form is now available at the Parish Office for anyone who wishes to sponsor the 8 icons, which has been commissioned to the iconographer, Andre Prevost. Thank you for your interests and support.

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Thank you to Fr Anthony Boniface & Maryanne McVicker for their 10+ years of service to St Monica Parish. Join us for a Farewell Pot-luck after 5pm mass next Saturday, October 27.

Prayer to St. Michael

St. Michael the Archangel, defend us in battle; be our defense against the wickedness and snares of the devil. May God rebuke him, we humbly pray; and do you, O prince of the heavenly host, by the power of God, thrust into hell Satan and the other evil spirits who prowl about the world for the ruin of souls. Amen.

PROJECT ADVANCE 2018 – “Support the Faith - Continue the Legacy.” We have met our Archdiocesan commitment of \$25,000. THANK YOU for all our pledgers. We need others who have yet to make a gift to respond to the appeal. The rebates will help to recover expenses for the new sound system in the hall and the repairs of the church roof. Our parish total goal is \$75,000. Please see one of our Project Advance volunteers. God Bless YOU!

You may also make your pledge online at www.projectadvance.ca anytime.

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CWL promotes this month – **Pornography Hurts Campaign.** *Pornography can form serious addictions in the brain, damage relationships and affect society.* It is linked to crimes of child pornography, prostitution and human trafficking. Be aware of the signs that raises awareness; encourage users to seek counselling. Pray for healing for those who suffer from pornography addiction and those affected by their addiction.

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The regular Wednesday Zumba gold class starts from October 24, 7:30PM to 9:00PM. Drop in fee is \$5/person.

**O Mary, conceived without sin,
pray for us who have recourse to you.**

St. Joseph, pray for us.

St Monica, pray for us.

St. Michael, pray for us.

All the angels and saints in heaven, pray for us.

ARCHDIOCESAN UPDATES

Archbishop’s Dinner 2018—

Join us on Tuesday, Oct. 30, at 7 p.m. at Hyatt Regency, Vancouver. Reception at 6 p.m. Archbishop Miller has designated the proceeds of the Seventh Annual Archbishop’s Dinner to help the Archdiocese meet the costs of its intensive and comprehensive formation program for our future permanent deacons, along with the continuing education of those already ordained. Your donation and support will ensure well-trained ministers to bless our parishes, serve the poor, and contribute to the Church’s presence in hospitals, First Nations communities, ports, and ecumenical gatherings, among many other places. Purchase tickets today at rcav.org/dinner2018.

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Candles for Hallowtide Triduum

The faithful are called to pray for the dead especially in November, the month of Holy Souls. Light a candle in remembrance for those who have passed away. In lighting candles our prayers rise up to heaven day and night.

The word of God is living and active, sharper than any two-edged sword. Hebrews 4.12

**Stewardship Reflection –
World Mission Sunday**

All discipleship involves mission. The US bishops’ pastoral letter on stewardship reminds us, “Every member of the Church is called to evangelize, and the practice of authentic Christian stewardship inevitably leads to evangelization.”

**Mass Intentions
Oct. 21—27, 2018**

- Mon, Oct 22— Patrick & Dana Liu (TG)
- Tue, Oct 23— Teresita Lopez Drexler (RIP)
- Wed, Oct 24 — 9am, Mark Suezo (TG)
7pm, Fay D’Silva (RIP)
- Thu, Oct 25— Suhaila Barzoom (TG)
- Fri, Oct 26— Julie Dean (RIP)
- Sat, Oct 27— 9:30am, John Lau (RIP)
5pm, J V (RIP)