

## Four Ways to Find and Keep Your Peace in Tumultuous Times – *Rebecca Ruiz* of Loyola Press

In 1871, Spafford was a successful Chicago lawyer. He had it all: money, power, fame, and a beautiful family. However, in October of that year, he lost most of his business to the Great Chicago Fire. Two years later, he lost his four beautiful daughters in a shipwreck.

In the weeks after his daughters perished, Spafford wrote “It is Well with My Soul.” Learning the tragic story of how it came to be, I couldn’t help but wonder how this 19th-century Job figure could find it within himself to pen the words of this hymn right after such tremendous losses? *“When peace, like a river, attendeth my way, When sorrows like sea billows roll; Whatever my lot, Thou hast taught me to say, ‘It is well, it is well with my soul.’”*

What is this “peace” of which he speaks in the midst of such sorrow? Everywhere we turn—television, radio, newsfeed—there is news of strife, tragedy, and devastation. The more news we hear, the more it steals our peace. So how can we keep our peace during these tumultuous times? How can we find the strength to sing, “It is well with my soul,” when it seems that things just aren’t well at all?

### 1. Dwell on the good.

One of the easiest ways to dwell on the good is to just shut off the stream of bad news. Shut off the TV. Shut off the radio. Shut off the newsfeed. Monitor what you allow into your mind. Guard your peace. If you keep the channel on or keep checking that newsfeed, more likely than not, you will find yourself saddened, angry, and stressed. Instead, dwell on the good. Wherever you find God in your day—in a pleasant exchange, the beauty of a flower, the glint of the sun, a beautiful seascape, or a child’s laugh or smile—stop and acknowledge the beauty and the goodness around you, and take a moment to thank God.

### 2. Have a “heart-to-heart” with Jesus.

St. Ignatius urged his followers to envision themselves **sitting with Jesus and conversing just as one would with a friend**. So talk with him; go to Adoration, go to Mass, and pray during the day. Wherever you are, take your concerns to Jesus. All that bad news is not for you to shoulder. He’s got it. Talk about what’s going on in the world, the nation, your home, and your life, and how it makes you feel. Let it all out and be honest! Why not? He already knows what’s in the depths of our hearts, right?

One of my frequent personal prayers these days, recalling Ignatius’s advice about prayer as conversation, is: “Really, God? Again? I thought we were done with this! I need your help. We need your help. God, please help us.”

*(Continued on page 3)*



## ST. MONICA PARISH

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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

& BENECTION

### BAPTISM COURSE

EVERY 2<sup>ND</sup> TUESDAY OF THE MONTH AT **6 pm**

### BAPTISMS

4<sup>th</sup> SATURDAY AFTER 9:30 am MASS

### HOUSE BLESSINGS

PLEASE CALL THE PARISH OFFICE

January 13, 2019

## Baptism of the Lord

Today we are reminded in word and sacrament that God’s saving grace is found in Jesus Christ. As we renew our baptismal promises, let us thank God for the blessings we enjoy because of his Love. We can respond by spending time with Scripture, coming to Mass regularly and thanking God for his never-ending love.

### LITURGY OF THE WORD

In the first reading, Isaiah prophesies the Lord bringing peace and victory to Israel. He also foretells the ministry of John the Baptist. Paul’s letter to Titus reminds his listeners of God’s saving rooted in Jesus Christ. In the gospel, at the baptism of Jesus, the Holy Spirit appears in the shape of a dove. God the Father’s voice is heard proclaiming Jesus as his beloved son.

### Today’s Readings:

1st: Isaiah 40.1-5, 9-11

Psalm: 104

2nd: Titus 2.11-14; 3.4-7

Gospel: Luke 3.15-16, 21-22

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## PARISH UPDATES

## ARCHDIOCESAN EVENTS

**Clergy Substitution** – Please welcome Fr. Jim Comey to our parish, January 14 to 28. He'll be presiding the daily Eucharist and helping with other pastoral ministries while Fr. Robert is making his retreat/pilgrimage to Central America. We thank Fr. Comey for his availability. Your prayers are most welcome!

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**The Khumpis** – During our Parish Pastoral Council Meeting, we have composed a resettlement committee to assist the family originally from Myanmar. If you wish to participate and share your expertise, please contact the parish office. Meanwhile, please keep this family and our efforts in your prayers. Thank you.

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**Celebrating Christian Unity Week of Prayer** – An Ecumenical Musical Evening of songs and praise will be held in our church on Sunday, January 20, 7pm. Social and refreshments in the hall. All are welcome.

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**Madonna House Vancouver** – You are cordially invited to join in their next reflection on *'Our Lady, the air we breathe'* – a talk and a time of silent reflection, followed by fellowship, sharing, and mid-day prayer. Saturday, January 19, 9:30 am to 12noon at St. John the Apostle Parish Hall (5457 Trafalgar St, Vancouver).

### **March For Life, Washington, D.C**

Fr. Larry Lynn is going to Washington, D.C., to march for joy, love, peace, and life at the U.S. March for Life Jan. 18. He is inviting clergy, youth ministers, old-guard pro-lifers, and anyone interested to join him in Washington and help him bring the beautiful energy generated by 500,000 people, all celebrating life, back to B.C. If interested, please contact Fr. Larry Lynn at 604-926-6881 or visit <https://rcav.org/event/march-for-life-3>

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### **World Day for Consecrated Life**

The World Day for Consecrated Life was instituted by Pope John Paul II in 1997, a day of prayer for women and men who have devoted their lives to God in consecrated life. Join Archbishop Miller, CSB, in celebrating and witnessing the renewal of vows of those consecrated to God at Mass on Saturday, Feb. 2 at 12 p.m. at St. Patrick's Church, Vancouver. All are welcome. Please pray for all who have made commitments in the consecrated life. <https://rcav.org/world-day-for-consecrated-life>

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### **Holy Hour of Prayer for Vocations**

Join Fr. Rodney Nootebos, Director of Vocations and Seminarians, along with other members of the faithful throughout the Archdiocese, in a monthly Holy Hour of prayer, intensely focused on asking the "Lord of the Harvest to send forth labourers into the harvest." This month's Holy Hour will take place on Friday, Jan. 18 at 6 p.m. at St. Joseph's Parish in Langley. <https://rcav.org/event/holy-hour-of-prayer-for-vocations>

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### **3. Embrace peace.**

As you talk with Jesus, let go of fear and trust that he has it all covered. When you do this, you make room for him to fill you with "the peace the world cannot give."

### **4. Spread peace.**

**Pope Francis** reminds us that when we know Jesus, "Moved by his example, we want to enter fully into the fabric of society, sharing the lives of all, listening to their concerns, helping them materially and spiritually in their needs, rejoicing with those who rejoice, weeping with those who weep; arm in arm with others, we are committed to building a new world" (*Evangelii Gaudium* 269). Centered in the love of Christ and the peace that he gives, each one of us has the power to change the world, one small action at a time.

Once we regain our peace, we are impelled, as stewards of his peace, to share it. All it takes is one flame to break through the darkness. Rev. Dr. Martin Luther King, Jr. reminded us that, "Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that" (*A Gift of Love: Sermons from Strength to Love and Other Preachings*). It is up to each one of us to share of that light and that love that inspired the anthem, "It Is Well with My Soul," so that, together, we may again find our peace.

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### **Stewardship Reflection**

Jesus, whom God called "my beloved Son," is also the "servant" of whom Isaiah speaks in the first reading. We who are baptized in Christ must follow His example and use our time and resources in the service of God and neighbour.

See Luke 3:22

### **Mass Intentions**

#### **January 13—19, 2019**

Mon, Jan 14—	Marcelino Revita (RIP)
Tue, Jan 15—	Maria Angela Salacup (RIP)
Wed, Jan 16—	9am, Macario Naval Jr (RIP) 7pm, Victoria Coronel (RIP)
Thu, Jan 17—	Fr. Charles Ryan, FSSP (TG)
Fri, Jan 18—	John Lau (RIP)
Sat, Jan 19—	9:30am, Felisa Ong-Lim Hing (RIP) 5pm, Joseph Ramos (RIP)