

**Breathe Hope By *Rebecca Ruiz*, you can follow her writings on [www.ignatianspirituality.com](http://www.ignatianspirituality.com)**

Pope Francis's words of wisdom on Christian hope compiled in the book, *On Hope*, speak almost prophetically to our times:

*Christian hope...is very important, because hope never disappoints. Optimism disappoints, but hope does not. We have such need in these times that can appear dark, in which we sometimes feel disoriented by the evil and violence that surround us, by the distress of so many of our brothers and sisters. We need hope. We feel disoriented and even rather discouraged, because we are powerless and it seems this darkness will never end. We must not let hope abandon us, because God, with his love, walks with us.*

We do need hope! We need hope as we witness the distress of our brothers and sisters who are suffering with the virus. We need hope as we are barraged by stories about the pandemic and its economic toll. We need the hope that these days of social distancing—these days that seem to blend one into the other—will not last forever. We need hope that we will be able to return to our routines and some semblance of life as we knew it.

As long as we are well, there is one thing that we do have control over: our breath. Well, the ancient Hebrews would argue that we don't even have control over that, because our breath is breathed into us by God. Their word for breath, *ruah*, also means "spirit" as well as, "air in motion: sometimes the wind; at other times breath or vitality and life-giving power" (Boadt, *Reading the Old Testament*). Jesuit Anthony de Mello, in his book, *Sadhana: A Way to God*, speaks further of the *ruah*: "If a man lived, it was because God kept putting his breath, his 'spirit' into this man. It was the presence of this Spirit of God that kept the man alive." The *ruah*, then, was God's continuous breath within the individual, God's continuous gift of life.

So, while we may not control the breath that God breathes into us, we at least can control our *awareness* of our breath, and this will affect our spirit as well. De Mello offers an exercise that I have found particularly helpful in these stressful times when I observe myself holding my breath.

A bit of preparation will help us get the most out of this exercise. Go to a quiet place in your house or outside in nature. Sit upright and plant your feet firmly on the ground. Feel the ground beneath your feet. Imagine that your feet are rooted to the ground. You are stable and grounded.

While still remaining in an upright posture, relax your body, slowly, from head to toe. Now, very slowly, breathe in deeply through your nose, and then breathe slowly out through your mouth.

Now begin de Mello's contemplation:

*While you breathe in, be conscious of God's Spirit coming into you...Fill your lungs with the divine energy he brings with him...*

*While you breathe out, imagine you are breathing out all your impurities...your fears...your negative feelings...*

*Imagine you see your whole body becoming radiant and alive through this process of breathing in God's life-giving Spirit and breathing out all your impurities... (Sadhana: A Way to God)*

For these days, I add:

Breathe in God's promise of new life; breathe in hope.



## 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

& BENEDICTION

### 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

November 8, 2020

**32nd Sunday in Ordinary Time**

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*Let us remain vigilant as we await Jesus' return.*

Do we live each day as if we were to meet God at any moment? As Christians, we know that this life is not the end. But we must stay awake and be prepared to meet the Lord, because we don't know the day or the hour of his return.

### LITURGY OF THE WORD

The first reading says that wisdom is *radiant and unfading* and can be found by those who seek her. In his letter to the Thessalonians, Paul writes that Jesus' resurrection enables them to have hope that those Christians who have preceded them in death will also rise in Christ. In the Gospel, Jesus tells the parable of the ten bridesmaids: *Five of them were foolish and five were wise.*

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### Today's Readings:

*1st: Wisdom 6.12-16*

*Psalms: 63*

*2nd: 1 Thessalonians 4.13-18*

*Gospel: Matthew 25.1-13*

### Remembrance Day Mass and Commemoration

Join us for Mass and prayers as we remember those who gave their lives for our country. Mass and a special ceremony will take place on Nov. 11 at 10:00am in the Evangelist Chapel at Gardens of Gethsemani in South Surrey. Pre-registration is required at [rccav.org/events](http://rccav.org/events)

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### Sunday Missal 2020 - 2021

We have ordered 350 copies of the *Living with Christ*, same as in previous years, anticipating our church will return to the normal schedule before the First Sunday of Advent. Meanwhile, you are encouraged to own a copy of the Missal for your perusal at home. \$5 a copy is a great investment for your faith life all year round. This new missal is available NOW. You can get your copy at the Office or in the church foyer. Thank you for keeping up your spiritual life with the Word of God.

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### Project Advance 2020

Many parishioners have made your donation online via the RCAV.org website. THANK YOU for your support and generous response of our parish commitment to this year's appeal of the Archdiocese. Our share is \$13,000. Our total goal is \$40,000 plus expenses for the refurbished new floorings in the Parish Centre and classrooms. PA2020 continues until December 31. May the Lord bless you always!

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### Virtual Catechists Evening with Archbishop Miller

Come and join the hundreds of catechists in the Archdiocese of Vancouver for this annual event where Archbishop Miller will honour, celebrate, thank, commission and give his annual exhortation to those involved in the catechetical ministry - PREP, RCIA, Liturgy of the Word with Children (LWC) and CGS (Catechesis of the Good Shepherd). This event takes place on Friday, Nov. 13 from 7:00 pm - 8:30pm. Register online at [beholdvancouver.org/events](http://beholdvancouver.org/events)

### A Stewardship Moment

Jesus compares the kingdom of heaven with ten bridesmaids who took their lamps and went out to meet the bridegroom. Five of them were foolish and five of them were prudent. The foolish did not prepare for the wait, they brought no extra oil to keep their flames burning bright. The prudent bridesmaids brought extra oil just in case the wait was longer than they had expected. And the wait was long. Some of those who were supposed to be waiting were not prepared for the wait, with disastrous consequences. Good stewards heed Jesus' warning: Be prepared to wait for the Lord's return. Is your faith strong enough to endure the wait? Will the "flames" of passion for the Lord endure? What are you doing to keep your passion for the Lord from burning out?

### The Pope's Prayer Intention for November 2020

#### Artificial Intelligence:

We pray that the progress of robotics and artificial intelligence may always serve humankind.

### November – All Souls

This month we remember our deceased family, relative and friends. Special All Souls envelopes are available for your Mass offering. You may obtain the envelope at the back inside the church. You can bring it to the parish office or put it in the Sunday collection basket. Thank you!

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**The Feast of All Saints** is a time for the Church to honour and celebrate all the saints and martyrs in Heaven - both known and unknown. We especially honour the saints who have not been canonized or do not have a special feast day. Throughout the month of November, Catholics also pray for souls in purgatory who may be undergoing a process of purification before entering into the presence of God. Sign up to receive Holy Souls prayers in your inbox for each day of November at [rccav.org/november](http://rccav.org/november)

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One way for you to pray this month is through lighting a candle as a way of showing solidarity with the person on whose behalf the prayer is offered. We will place a lit candle on the grave of a loved one during Halloween if they are interred at Gardens of Gethsemani. Order online at [rccav.org/store](http://rccav.org/store)

*My soul thirsts for you, O Lord my God.*

*Psalm 63*

### Knights of Columbus

#### 59th Annual Charity Appeal

**Tickets only \$3 - WIN \$177,000 in prizes - Limited Tickets!**

**1<sup>st</sup> Prize \$100,000**

**2<sup>nd</sup> Prize \$50,000**

**3<sup>rd</sup> Prize \$10,000**

**4<sup>th</sup> Prize \$5,000**

**5<sup>th</sup> Prize \$2,000**

**6<sup>th</sup> to 15<sup>th</sup> \$1,000 each**

**BUY YOUR Tickets ONLINE -**

**[KofCDraw.net/C12861](http://KofCDraw.net/C12861)**

**Prizes will be drawn with the grand prizes and 12 consolation prizes on Saturday January 30, 2021**

### Mass Intentions

#### Nov 8-14, 2020

Mon, Nov 9 - 9am, Elsa Florendo (INT)  
Tue, Nov 10 - 9am, Joe Resing (+)  
Wed, Nov 11 - Christian Wolf (+)  
Thu, Nov 12 - 9am, Betty Welsh & family (INT)  
Fri, Nov 13 - 9am, Conrado Salandanan (+)  
Sat, Nov 14 - Lala Revita (INT)  
Francis Remil Cruz (+)