



January 29, 2023 | Fourth Sunday in Ordinary Time

Zep 2:3; 3:12-13 | 1 Cor 1:26-31 | Mt 5:1-12a

Written by THE FAITHFUL DISCIPLE

**GROW AS A DISCIPLE | PRAY, STUDY, ENGAGE, SERVE**

**GROW:** I have a competitive streak. Whether it's guessing Wordle in one try, grabbing the last Doorbuster deal at Kohl's or snagging Boardwalk early in a game of Monopoly, I like to win. For this reason, the readings today especially challenge me. In a world that values success, wealth and "winning," today's readings turn things upside down when it comes to status and justice. In Zephaniah, God chooses the "humble and lowly." In the Sermon on the Mount, Jesus lays out a road map to lasting happiness that bears little resemblance to what the world tells us, and even what our own instincts may tell us, about being "happy." I'll still buy Boardwalk at the first opportunity, but Jesus' words invite me to focus on seeking righteousness, and to be merciful and "clean of heart." They encourage me to seek the happiness that only Christ can give. Through prayer and reflection on these words, we can ask the Lord to transform our hearts and lives to align with what it truly means to be blessed.

**GO EVANGELIZE | PRAYER, INVITATION, WITNESS, ACCOMPANIMENT**

**GO:** Pope Francis has referred to the Eight Beatitudes as a kind of Christian "identity card." (General Audience, Jan. 2020) And he had a suggestion for those of us, like me, who love to listen to the Sermon on the Mount but may not be sure where to start when it comes to living it. His suggestion is simple: "There are eight Beatitudes, and it would be nice to learn them by heart and to repeat them in order to keep this law that Jesus gives us in our mind and in our hearts." Perhaps we can place each Beatitude on a sticky note by the mirror, incorporate them into our morning prayers, teach them to our children or discuss them with friends. Practice makes perfect, yes? As Pope Francis reminds us, "the Beatitudes always bring you to joy; they are the paths to reach joy."

**STUDY:** Memorize the Eight Beatitudes. Learn about each one by reading the writings of Pope Francis or another theologian such as Bishop Robert Barron. Ask God to help you incorporate them into your daily life.

*A person without prayer is an animal without the use of reason. –St Philip Neri*



**ST. MONICA PARISH**

12011 Woodhead Road, Richmond, BC V6V 1G2

Tel. 604.278.0844 Fax. 604.279.0334

Website: [stmonicaparish.ca](http://stmonicaparish.ca) Email: [parish.smon@rcav.org](mailto:parish.smon@rcav.org)

January 29, 2023

**4th Sunday in Ordinary Time**

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**Liturgy of the Word**

*From a beatitude perspective, discipleship is worth the cost, and suffering will not have the last word.*

In the first reading, the prophet speaks of the humble and righteous remnant of Israel. In the second reading, Paul explains that God calls the weak and lowly so there can be only boasting in the Lord. In the Gospel Jesus goes up a mountain, where his disciples follow him, and he teaches them with a series of statements promising blessings and rewards for those who suffer, especially for his sake as disciples.

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**Today's Readings:**

*1st: Zephaniah 2.3; 3.12-13*

*Psalm: 146*

*2nd: 1 Corinthians 1.26-31*

*Gospel: Matthew 5.1-12*

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

DEACON: **Wilbur Victoria**

**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 SCHEDULES**

SATURDAYS: **4:30 pm—4:55 pm**

10 minutes before Daily Mass

**BAPTISM, WEDDING, FUNERAL,**

**HOUSE BLESSING, SICK CALL**

Please call the Parish Office

**BLESSED**  
ARE  
THE POOR IN SPIRIT  
FOR THEIRS IS THE KINGDOM OF HEAVEN  
**THOSE WHO MOURN**  
FOR THEY SHALL BE COMFORTED  
**ARE THE MEEK**  
FOR THEY SHALL INHERIT THE EARTH  
**THOSE WHO HUNGER**  
& **THIRST @ RIGHTEOUSNESS**  
FOR THEY SHALL BE SATISFIED  
MATTHEW 5:3-6

### **Matthew 7.7 Prayer Brigade – TODAY!**

Filipino Catholic Ministry and our Archdiocese invites you to the monthly Intercessory Prayers with Eucharistic Adoration and Scriptural Rosaries in our parish, St. Monica, Sunday Jan. 29, 2:00 to 4:30pm. Check out the poster on the board for more information.

### **Priest Replacement**

We thank Fr. Jim Comey for his availability and priestly ministries among us. God bless him!

### **Palms for Ash Wednesday**

Please bring back your 2022 palms, which will be used to prepare ashes for the beginning of Lent on Wed, Feb. 22. Thank you for your help.

### **Full Time Job at St. Paul, Richmond**

Custodian and General labourer position is available at our neighboring parish. Please check our notice board for more information.

### **2023 Pilgrimage to Turkey, Egypt, and Holy Land**

A few openings are still available for those hope to join this pilgrimage with Fr. Robert from April 23 to May 9. Please contact the Royale Orchid Tours at [royaleorchidtours@gmail.com](mailto:royaleorchidtours@gmail.com); [www.Royaleorchidtours.com](http://www.Royaleorchidtours.com)

### **Canonical Visit – Mark your calendar!**

On the first weekend of Lent, Archbishop Michael Miller is making his official visit to our parish on Feb. 24, 25 and 26 to meet with our parishioners in the different ministries and in our wider community by presiding Holy Masses for us. Please mark these important visit in your calendar and meet our Good Shepherd.

### **Pray the Ignatian Spiritual Exercises Retreat**

Join this intensive (9-month) retreat offered in the Archdiocese of Vancouver geared toward young adults looking to find God's will for their lives. The retreat begins in May 2023 at the John Paul II Pastoral Centre. Deadline for registrations is Jan. 31 2023. Learn more and register at [beholdvancouver.org/events](http://beholdvancouver.org/events).

### **Pro-Life Mass and Prayer Vigil**

Join this monthly Mass and vigil to pray for respect for all human life from its beginning to its natural end every first Saturday of the month from Feb. 4, 2023, until Aug. 6, 2023. Learn more at [beholdvancouver.org/events](http://beholdvancouver.org/events).

*Love our Lady. And she will obtain abundant grace to help you conquer in your daily struggle. –St Josemaria Escriva*

### **A Stewardship Moment**

In today's Gospel, Jesus begins his Sermon on the Mount with a series of blessings, the Beatitudes. The Beatitudes are a summary of the fundamental attitude of a Christian steward. This speech sets the themes and tone for Christ's public ministry. He calls for a radical change in how we respond to the human condition. Good stewards understand that conversion is a lifelong process and trying to live the Beatitudes is fundamental to this process. Make it a point to reflect on this Gospel reading during the week. Identify the blessing you relate to the most. Which one is the most challenging for you?

### **Week of Prayer for Christian Unity 2023**

The Week of Prayer for Christian Unity is an annual ecumenical celebration. Christians around the world are invited to pray for the unity of all Christians, to reflect on scripture together, to participate in jointly-organized ecumenical services, and to share fellowship. Join the prayer services for unity at various locations from Jan. 18 to 30. Learn more at [beholdvancouver.org/events](http://beholdvancouver.org/events).

### **Memorial Masses at Gardens of Gethsemani**

Join one of the two memorial Masses offered on the last Sunday of each month in 2023 for those buried at Gardens of Gethsemani and St. Peter's Catholic cemeteries. Mass times are 12:30 p.m. and 2:30 p.m. at the Evangelist Chapel on site. Learn more at [beholdvancouver.org/events](http://beholdvancouver.org/events).

### **Come and Serve: Discerning the Permanent Diaconate**

Would you like to know more about the vocation of a Permanent Deacon? Join us on **Saturday, Feb. 18**, for a special talk: **"Come and Serve: Discerning the Permanent Diaconate."** At Saint Nicholas Parish, Langley, from 9 a.m. to 11:45 a.m. Men interested in this ordained ministry, and their wives are invited. **Registration is required and accepted until Feb. 14.** Coffee and refreshments will be provided. Please register at [deacons@rcav.org](mailto:deacons@rcav.org). Learn more at [beholdvancouver.org/events](http://beholdvancouver.org/events).

### **Mass Intentions | Jan 29 - Feb 4, 2023**

Mon, Jan 30 - Marianne	Thu, Feb 2 - Gregorio Andres (INT)
Tue, Jan 31 - Alice/Lawrence Fernandes (INT)	Fri, Feb 3 - Rev Peter Chiang (+)
Wed, Feb 1 - John Lejeune (+)	Sat, Feb 4 - Deceased Rodriguez Family/Friends

*My children, jump, run & play, and make all the noise you want, but avoid sin like the plague and you will surely gain heaven. –St John Bosco*