



May 21, 2023 | The Ascension of the Lord

Acts 1:1-11 | Eph 1: 17-23 | Mt 28: 16-20

Written by THE FAITHFUL DISCIPLE

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

GROW: *Actions speak louder than words.* How many of us have heard or said this exact phrase? I suspect most, if not all of us are quite familiar with this old adage. In fact, this is exactly what we are being told by Jesus himself in today's Gospel when he says, **"Go, therefore, and make disciples of all nations."** Jesus continues his direction of *action* by telling us to baptize **"in the name of the Father, and of the Son, and of the Holy Spirit."** We are not directed to simply speak about Jesus with our families and church communities, we are told to GO among all nations and add to Jesus' flock. We continue Christ's mission when we seek to spread his love. Before Jesus joined his Father in heaven, his instructions were very clear. This is an opportunity to think about the commission we were given as part of the baptized community, and how Jesus is asking us to take action in his name.

GO EVANGELIZE | PRAYER, INVITATION, WITNESS, ACCOMPANIMENT

GO: *Easier said than done.* We've all heard that one as well. It's hard to feel equipped to spread the word and the will of God. We worry our words will fail us and we will look foolish. We know we are not perfect, and wonder if that means we cannot possibly be Christ's hands and feet on this earth. However, today's reading from Ephesians provides us with the perfect prayer to give us hope and faith in the Holy Spirit as we set out to fulfill the Great Commission given to us in this week's Gospel: **"I pray that the God of our Lord Jesus Christ, the Father of glory, may give you a Spirit of wisdom and revelation as you come to know him,"** We are challenged to act for God, but not without being given the tools to do so with confidence.

PRAY: Meditate on today's second reading from Ephesians. Read it as if your priest was giving you a blessing before you head out of your house each morning. Let it fill your soul with love and awe for our Father, and let it give you the confidence you need to play an active role in building his kingdom until he comes again.

A church that does not join the poor in order to speak out from the side of the poor against the injustices committed against them is not the true Church of Jesus Christ.
—St Oscar Romero



ST. MONICA PARISH

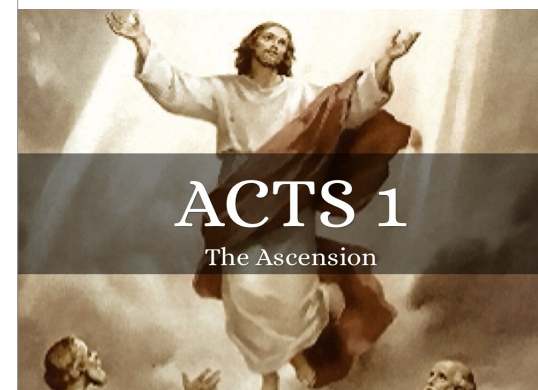
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PASTOR: **Rev. Robert Wong, SJ**
DEACON: **Wilbur Victoria**

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**

May 21, 2023

Ascension of the Lord

Liturgy of the Word

Jesus, lifted to glory, is present to all his disciples in every age.

In the opening verses of Acts, St. Luke describes how Jesus ascended to the Father, having first entrusted his Apostles with the task of spreading the Gospel throughout the whole world. In the second reading, Paul prays that all who hear his words might experience the wisdom and power of the ascended Christ, who now reigns in glory over all creation. Matthew recalls the ascension of Jesus and his promise to be with them to the end of the age.

Today's Readings:

1st: Acts 1.1-11

Psalms: 47

2nd: Ephesians 1.17-23

Gospel: Matthew 28.16-20



PROJECT ADVANCE 2023

“Empowering Our Parish Vision” is this year’s appeal. The vision for our parish is doing our share in energy consumption by retrofitting the lighting system to LED. Our archdiocesan goal is \$23,400 and plus administrative expenses. Our parish goal is \$35,000 which goes toward the LED lighting in the Upper Room, the Parish Centre and Office. Thank you for your participation in PA2023!

FIRST HOLY COMMUNION AND CONFIRMATION

On Sunday, May 28, feast of Pentecost at 9am Mass, Grade 2 class will receive their First Holy Communion. On Saturday, June 3, 11:30am Mass, Grade 7 class will receive their confirmation. Your prayers are welcome!

MOMents of Grace: Moms Retreat

This retreat is tailored to give moms some quiet time to pray, reflect and connect. Gather with other moms as Catherine M. Kelly, M.Div. offers inspiring insights on how to find and celebrate unique moments of grace in the busyness of motherhood. The morning retreat engages scripture, poetry, art, music, plus quiet time for personal prayer, and spiritual small group conversation. Moms of all ages and stages are welcome! Childcare available with advance registration. Sliding scale registration fees apply. On Saturday, May 27, from 9:00 a.m. to 12:00 p.m. at St. Mark’s Parish in Vancouver. Learn more and register at beholdvancouver.org/events.

The "4n4n4" Young Adults Online Retreat

Young adults are invited to join this retreat and learn the practical fundamentals of prayer, discernment and spirituality. Hosted by the Jesuit Spirituality Apostolate of Vancouver, the four-week online retreat consists of four prayer periods and four sessions of spiritual direction. Starts on Friday, June 16. Cost is \$30. Bursaries are available. **Registration deadline: Friday, May 19.** Learn more at beholdvancouver.org/events.

Annual Birthright Mass

Please join us for this year’s Birthright Mass at Holy Rosary Cathedral on Saturday, May 20, at 12:10 p.m. The Mass is offered for pregnant women and birthright mothers, their babies and their volunteers. It will be preceded by the praying of the Rosary. *Birthright Vancouver is a downtown crisis pregnancy service that provides free, non-judgmental, confidential, loving support to women, helping her make a realistic plan for her future and her unborn child's.* Learn more at beholdvancouver.org/events.

Instead of trying to avoid hardships, ask God for the grace to bear them well.

–St Andre Bessette

A Stewardship Moment

In today’s Gospel Jesus charges his followers to “make disciples of all nations.” What exactly is going on here? What is this Great Commission anyway? Good stewards know they are directed to share what they exercise stewardship over: their life of faith in Christ Jesus. They know Jesus didn’t direct them to go to church and to keep quiet about it; or to go out into the neighborhood, workplace or marketplace and just be nice. Christ’s Good News is meant to be shared. Many people in our communities don’t know about Jesus Christ. Does that bother us? Do we care? Do we realize we are supposed to do something about it?



Gifts of the Holy Spirit

[Gifts of the Holy Spirit | Loyola Press](#)

In the Book of Isaiah 11:2-3, the Gifts of the Holy Spirit are described. In the passage the gifts are considered ones that the Messiah would have possessed. Through Jesus, we also receive the Gifts of the Holy Spirit in the Sacrament of Confirmation.

Wisdom helps us recognize the importance of others and the importance of keeping God central in our lives.

Understanding is the ability to comprehend the meaning of God's message.

Knowledge is the ability to think about and explore God's revelation, and also to recognize there are mysteries of faith beyond us.

Counsel is the ability to see the best way to follow God's plan when we have choices that relate to him.

Fortitude is the courage to do what one knows is right.

Piety helps us pray to God in true devotion.

Fear of the Lord is the feeling of amazement before God, who is all-present, and whose friendship we do not want to lose.

Mass Intentions | May 21-27, 2023

Mon, May 22 - Joan L Mendoza (INT)	Thu, May 25 - Vicente Festejo Sr (+)
Tue, May 23 - Rev Peter Chiang (+)	Fri, May 26 - Rev Robert Wong SJ (INT)
Wed, May 24 - T Leung	Sat, May 27 - Rita Bernal