

10 RULES FOR A BLESSED DAY

Author Unknown

1. TODAY I WILL NOT STRIKE BACK . . .

If someone is rude, if someone is impatient, if someone is unkind, I will not respond in a like manner.

2. TODAY I WILL ASK GOD TO BLESS MY 'ENEMY'

If I come across someone who treats me harshly or unfairly, I will quietly ask God to bless that individual. I understand "enemy" could be a family member, neighbor, co-worker or stranger.

3. TODAY I WILL BE CAREFUL ABOUT WHAT I SAY . . .

I will carefully choose and guard my words being certain that I do not spread gossip.

4. TODAY I WILL GO THE EXTRA MILE . . .

I will find ways to help share the burden of another person.

5. TODAY I WILL FORGIVE . . .

I will forgive any hurts or injuries that come my way.

6. TODAY I WILL DO SOMETHING KIND FOR SOMEONE, (BUT I WILL DO IT IN SECRET . . .)

I will reach out anonymously and bless the life of another.

7. TODAY I WILL TREAT OTHERS THE WAY I WISH TO BE TREATED . . .

I will practice the golden rule. "Do Unto others as I would have them do unto me"- with EVERYONE I encounter.

8. TODAY I WILL RAISE THE SPIRITS OF SOMEONE WHO IS DISCOURAGED . . .

My smile, my words, my expression of support, can make the difference to someone who is wrestling with life.

9. TODAY I WILL NURTURE MY BODY . . .

I will eat less . . . I will eat only healthy foods. I will thank God for my body.

10. TODAY I WILL GROW SPIRITUALLY . . .

I will spend a little more time in prayer today. I will begin reading something spiritual or inspirational; I will find a quiet place (at some point during this day) and listen to God's voice.

Luke 10:27

He answered: " 'Love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind'; and, 'Love your neighbor as yourself.'"

Luke 10:27

We learn three principles about loving our neighbor:

(1) lack of love is often easy to justify, even though it is never right;

(2) our neighbor is anyone of any race, creed, or social background who is in need;

And (3) love means acting to meet the person's needs.

Wherever you live, there are needy people close by. There is no good reason for refusing to help.

Remember, today is a gift from God so treat it preciously.



ST. MONICA PARISH

12011 Woodhead Road, Richmond, BC V6V 1G2

Tel. 604.278.0844 Fax. 604.279.0334

Website: stmonicaparish.ca Email: parish.smon@rcav.org

PASTOR: **Rev. Mark Bautista**

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: **9:00 am & 5:00 pm**

SUNDAYS: **9:00 am, 11:00 am**

& 4:00 pm (YVR)

CONFESSION SCHEDULES

SATURDAYS: **9:45 am—10:30 am**

20 minutes before Daily Mass

BAPTISM every Saturday @ 11am

WEDDING – Please call the Parish Office at least 6 months in advance.

FUNERAL, HOUSE BLESSING, SICK CALL

Please call the Parish Office.

WEDNESDAY:

Perpetual Help Novena after 9am Mass

FRIDAY:

Holy Hour after 9am Mass

1st SATURDAY:

Rosary for Vocation after 9am Mass



Third Sunday of Easter

Weekend of April 13/14, 2024

An underlying lesson from all three readings this weekend is that the Risen Christ has wiped away our sins, not only for individuals, but throughout the world and its history. The terrible power of sin has now been reversed and our coming to perfection through the love of God is part of the Easter experience. As stewards of God's love we are called to participate in Christ's redemptive activity. The stewardship questions for us are many: How do we resist injustice at home or in the workplace? How do we confront violence in our language and attitudes? How do we bring Christ to others?

Project Advance 2024: Building our Parish Community

Your support of Project Advance will help grow our parish and expand the reach of Christ's love to those who need it most. Parish Projects for 2024: (1) Installation of acoustic panels in the church, (2) Installation of laser projectors in the parish hall, (3) repair of the hall roof.

Tax-deductible donations can be made in person at the parish or online. St Monica Parish goal is \$75,000.00.

Learn more and donate at projectadvance.ca.

How Churches Can Protect Youth from the Explosion in Cyber Exploitation

It is critical for Churches to comprehend the world we live in and create programs to protect youth from exploitation. Join this seminar hosted by Through God's Grace Ministry and learn what every Church needs to know about AI (artificial intelligence) and the technology transformation that endangers and empowers kids and their families. Our keynote speaker is Opal Singleton, a nationally recognized cyber exploitation expert and the author of the book *Societal Shift, A World Without Borders and a Home Without Walls*. On Saturday, April 20, 8:30 a.m. to 10:00 am, via Zoom. Learn more and register via

beholdvancouver.org/events.



The poster features a young boy with a halo, representing St. Pedro Calungsod. Text includes: 'FILIPINO COMMUNITY OF BRITISH COLUMBIA', 'ARCHDIOCESE OF VANCOUVER', 'THE CEBUANO SOCIETY OF CANADA', 'in collaboration with the FILIPINO CATHOLIC MINISTRY Archdiocese of Vancouver', 'invites The Devotees and Fellow Katagilungsod to witness the OFFICIAL ENSHRINEMENT OF SAN PEDRO CALUNGSOD', 'The Holy Mass will be presided by: His Excellency, Most Rev. J. Michael Miller, CSB ARCHBISHOP OF VANCOUVER', 'With His Excellency, Most Rev. Julito B. Cortes, D.D. BISHOP OF DIOCESE OF DUMAGUETE (PHILIPPINES)', and '6PM PST (Canadian Time), April 19, 2024, Saint Monica Parish, 12011 Woodhead Rd, Richmond, BC V6V 1G2, Canada'.

Official Enshrinement of San Pedro Calungsod

The Cebuano Society of Canada, in collaboration with the Filipino Catholic Ministry of the Archdiocese of Vancouver, invites devotees and all faithful to witness the official enshrinement of St. Pedro Calungsod, Filipino patron saint of migrants and youth. Archbishop J. Michael Miller, CSB will preside over the Holy Mass. On Friday, April 19, 6:00 p.m. at St. Monica's Parish in Richmond.

When we pray,
the voice of the heart must be heard more
than that proceeding from the mouth.
—St Bonaventure

ORGANIZATION MEETINGS

Legion of Mary every Tuesday @ 9:30am in the Crying Room

Legion of Mary Junior every Sunday @ 10am in the East Room

Cenacle Prayer Group every Thursday @ 9:30am in the Crying Room

Couples for Christ Ministries (CFC) every 1st & 3rd Saturday @ 12pm in the Upper Room

Catholic Women's League (CWL) every 2nd Saturday @ 10am in the South Room

El Shaddai Ministries every 2nd & 4th Saturday @ 6pm in the Upper Room

Knights of Columbus (KoC) every 3rd & 4th Saturday @ 10am in the Upper Room

Bukas Loob sa Diyos Community (BLD) every 3rd Sunday @ 2pm in the Upper Room

Families for Christ Community (FFCC) once a month @ 2pm in the Hall

(Please contact FFCC @ 778 872 4100 for exact dates)

ST. MONICA PARISH Kitchen Items For Sale

The Parish is selling kitchen items on Sunday, April 21 after the 9am & 11am Mass. For more details please call Marilyn Suba @ 778 522 1404 or email: marilyn_suba@yahoo.com.

ITEM	DESCRIPTION	QUANTITY	CONDITION
1	DINNER PLATES (big)	322	looks new
2	BREAKFAST PLATES (medium)	302	looks new
3	SOUP BOWLS	202	looks new
4	COFFEE CUPS	37	looks new
5	SAUCERS	39	looks new
6	MUGS	546	looks new
10	FORK	289	looks new
11	SPOON	222	looks new
12	TEASPOON	173	looks new
13	KNIFE	300	looks new
14	GLASS	359	looks new
15	WINE GLASS	372	looks new
16	TEA POT	23	very good
17	PITCHER (clear, plastic)	40	very good
18	STAINLESS PLATTER	6	looks new
19	BAKING TRAY (jumbo size)	18	looks new
20	SALT SHAKER	100	new
22	CHAFING DISH (set)	3	old, marks of burn
28	CLEAR GLASS BOWL (small)	11	good