



THE MOST HOLY BODY AND BLOOD OF CHRIST

June 6, 2021



From a work by Saint Thomas Aquinas, Priest

(Opusculum 57, in festo Corporis Christi, lect. 1-4)

O precious and wonderful banquet!



Since it was the will of God's only-begotten Son that men should share in his divinity, he assumed our nature in order that by becoming man he might make men gods. Moreover, when he took our flesh he dedicated the whole of its substance to our salvation. He offered his body to God the Father on the altar of the cross as a sacrifice for our reconciliation. He shed his blood for our ransom and purification, so that we might be redeemed from our wretched state of bondage and cleansed from all sin. But to ensure that the memory of so great a gift would abide with us for ever, he left his body as food and his blood as drink for the faithful to consume in the form of bread and wine.

O precious and wonderful banquet that brings us salvation and contains all sweetness! Could anything be of more intrinsic value? Under the old law it was the flesh of calves and goats that was offered, but here Christ himself, the true God, is set before us as our food. What could be more wonderful than this? No other sacrament has greater healing power; through it sins are purged away, virtues are increased, and the soul is enriched with an abundance of every spiritual gift. It is offered in the Church for the living and the dead, so that what was instituted for the salvation of all may be for the benefit of all. Yet, in the end, no one can fully express the sweetness of this sacrament, in which spiritual delight is tasted at its very source, and in which we renew the memory of that surpassing love for us which Christ revealed in his passion.

It was to impress the vastness of this love more firmly upon the hearts of the faithful that our Lord instituted this sacrament at the Last Supper. As he was on the point of leaving the world to go to the Father, after celebrating the Passover with his disciples, he left it as a perpetual memorial of his passion. It was the fulfillment of ancient figures and the greatest of all his miracles, while for those who were to experience the sorrow of his departure, it was destined to be a unique and abiding consolation.

RESPONSORY

Know that in this bread is the body of Christ
which hung upon the cross,
and in this cup, the blood of Christ
which flowed from his side.
Take, therefore, and eat his body;
take and drink his blood,
– and you will become members of his body.

Eat this sacred food,
so that your bond of unity with Christ may never be broken.
Drink this sacred blood, the price he paid for you,
so that you may never lose heart because of your sinfulness.
– And you will become members of his body.

BIBLE STUDY CORNER

Bible Studies Virtual Meetings:

1. Gospel according to Matthew - Tuesdays at 7:30pm
2. Jesus, the Way, the Truth and the Life - Saturdays at 10:30am
3. Bible Timeline - Saturdays at 10:30am
4. An Introduction to the Theology of the Body - Saturdays at 11:00am
5. St. Paul's Letter to the Galatians - Saturdays at 10am
6. Mary: A Biblical Walk with Mother Mary - class begins on June 26, 2021



For info, call Chito 604-808-4129 or Beth 604-231-9190

Reflections on Hebrews 9:11-15

St. John Paul II referred to the Letter to the Hebrews to show the presence of the Holy Spirit in the redemptive sacrifice of the Incarnate Word. In the sacrifice of the Son of Man, the Holy Spirit is present and active just as he acted in Jesus' conception, in his coming into the world, in his hidden life and in his public ministry. According to the Letter to the Hebrews, on the way to his departure through Gethsemane and Golgotha, the same Jesus Christ, in his own humanity opened himself totally to this action of the Spirit, the Paraclete, who from suffering enables eternal salvific love to spring forth. The Son of God desired that the Holy Spirit should turn his death into a perfect sacrifice. Only Christ in his humanity was worthy to become this sacrifice, for he alone was without blemish. But he offered it through the eternal Spirit, which means that the Holy Spirit acted in a special way in this absolute self-giving of the Son of Man, in order to transform this suffering into redemptive love. ("Dominum et Vivificantem", 40).

From the treatise On the Trinity by Saint Hilary, Bishop

(Lib. 8, 13-16: PL 10, 246-249)

The unity of the faithful in God through the incarnation of the Word and the sacrament of the Eucharist



We believe that the Word became flesh and that we receive his flesh in the Lord's Supper. How then can we fail to believe that he really dwells within us? When he became man, he actually clothed himself in our flesh, uniting it to himself for ever. In the sacrament of his body he actually gives us his own flesh, which he has united to his divinity. This is why we are all one, because the Father is in Christ, and Christ is in us. He is in us through his flesh and we are in him. With him we form a unity which is in God.

The manner of our indwelling in him through the sacrament of his body and blood is evident from the Lord's own words: This world will see me no longer but you shall see me. Because I live you shall live also, for I am in my Father, you are in me, and I am in you. If it had been a question of mere unity of will, why should he have given us this explanation of the steps by which it is achieved? He is in the Father by reason of his divine nature, we are in him by reason of his human birth, and he is in us through the mystery of the sacraments. This, surely, is what he wished us to believe; this is how he wanted us to understand the perfect unity that is achieved through our Mediator, who lives in the Father while we live in him, and who, while living in the Father, lives also in us. This is how we attain to unity with the Father. Christ is in very truth in the Father by his eternal generation; we are in very truth in Christ, and he likewise is in us.

Christ himself bore witness to the reality of his unity when he said: He who eats my flesh and drinks my blood lives in me and I in him. No one will be in Christ unless Christ himself has been in him; Christ will take to himself only the flesh of those who have received his flesh.

He had already explained the mystery of this perfect unity when he said: As the living Father sent me and I draw life from the Father, so he who eats my flesh will draw life from me. We draw life from his flesh just as he draws life from the Father. Such comparisons aid our understanding, since we can grasp a point more easily when we have an analogy. And the point is that Christ is the wellspring of our life. Since we who are in the flesh have Christ dwelling in us through his flesh, we shall draw life from him in the same way he draws life from the Father.

RESPONSORY

John 6:56; see Deuteronomy 4:7

Whoever eats my flesh and drinks my blood,
– he lives in me and I in him,
says the Lord, alleluia.

There is no great nation
which has gods as near to it
as our God is to us.
– He lives in me and I in him,
says the Lord, alleluia.



Stewardship Reflection:

“Then he took a cup, gave thanks, and gave it to them and they all drank from it.” - Mark 14:23

Jesus, the perfect steward, gave thanks, just before He gave Himself up for us, completely for our salvation. He offers us the same chance to drink from His cup. In the bread and wine, we meet Christ personally. If we follow Him, drinking from His cup means our own self-sacrifice, using all of our gifts for the benefit of others and to do His work on earth.

A Better Life



Reflection
June 6, 2021
Corpus Chirsti Sunday
Solomon Nguyễn

Jesus our Hope

Masses are now opening back up, thanks be to God! And while in person mass in the Church was on hiatus there were still opportunities to receive communion. I was awe struck by the amount of people who came daily to the communion times here at St. Paul's. People came for the same reason because they love Jesus and they are hungry to receive Him. For many being able to receive the Eucharist was their single hope and consolation in the midst of closed churches.

And while I saw this great devotion in many, I recalled once many years ago when I visited a first communion class and asked if they were excited to receive Jesus for the first time. To my surprise it was not a resounding "yes" but a mix of "no's" and "not really's." This was no fault of the teacher. The children knew the facts. They could answer the questions. But what the facts really mean had not penetrated into their hearts. And who could blame them? Their relationship with Jesus is still in its early stages. They have yet to really feel and know the love of Christ personally in their lives.

One way this love of Christ manifests in our lives is hope. Hope is easily misunderstood today. Some have a false understanding that it is wishful thinking or just being positive. Hope is the virtue "by which we desire the kingdom of heaven and eternal life as our happiness, placing our trust in Christ's promises and relying not on our own strength, but on the help of the grace of the Holy Spirit." (Catechism of the Catholic Church 1817) In other words it is the lived relationship of trust in somebody who we love, that is Jesus. Hope is not just wishing for good things to come our way, but trusting that when Jesus says something He means it. And that because He is God, it will happen.

The Eucharist is a surety of our hope in God. In the Gospel Acclamation it says "whoever eats this bread will live forever" this is echoed in the prayer after communion which says "that we may delight for all eternity in that share in Your divine life, which is foreshadowed in the present age by our reception of Your precious Body and Blood." The Eucharist is a taste of Heaven now. It builds our relationship with Jesus uniting ourselves more intimately with the whole body of Christ. This is the basis of our hope the fact that we know the love of God and have a relationship with God.

As Christians we need to live in hope. There's lots of bad news and anxiety being unearthed at every turn waiting to drag us down. And while it is easy to just say: "hope in God, trust in God" it is another thing to actually do it. But when we can pull through the dark times trusting in God, wonderful things can happen. I know of one family who went boating. Their daughter fell off the boat and they could not find her. The father dove in the cold water over and over again, trying to find her. His brothers had to pull him away from the water because he was exhausting himself. For a long time, this man questioned God. Why did God take his daughter away from him? But as time went on, he noticed something. The family was pulling closer. He reconciled with siblings that were estranged. It was not an easy process. But he eventually made his peace about the accident. He now says he has an angel in heaven waiting for the rest of them. While he was in the dark times, while he questioned, he never despaired. He kept praying. He kept asking. He kept going to Church and receiving Jesus. He held on to hope that God knew what was going on. And now you would not even know that there was something like that in the family if you met them. He held on to hope.

Things are opening up now and that's great. I think we are all praying that this keeps going and that we finally beat this virus once and for all. But even if it resurfaces, we cannot lose that hope. One way to increase our hope and trust in God is that after we receive the Eucharist to entrust one thing that is giving us anxiety or eating at us to Jesus who we just received. Hope grows only if we constantly place our trust in God. The more we do it the more we will trust.



Expression of Commitment Archdiocese of Vancouver

June 2, 2021

Dear First Nations governments and all Indigenous communities, families and citizens,

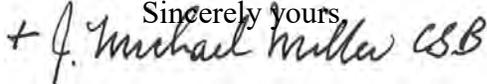
In light of the heartbreaking disclosure of the remains of 215 children at the former Kamloops Indian Residential School, I am writing to express my deep apology and profound condolences to the families and communities that have been devastated by this horrific news. Each time new evidence of a tragedy is revealed, or another victim comes forward, countless wounds are reopened, and I know that you experience renewed suffering.

I take this opportunity to reflect upon the apology I gave publicly before the Truth and Reconciliation Commission in 2013, words to which I remain committed and accountable: “I wish to apologize sincerely and profoundly to the survivors and their families, as well as to all those subsequently affected, for the anguish caused by the deplorable conduct of those Catholics who perpetrated mistreatment of any kind in these residential schools.” The Church was unquestionably wrong in implementing a government colonialist policy which resulted in devastation for children, families and communities.

If words of apology for such unspeakable deeds are to bring life and healing, they must be accompanied by tangible actions that foster the full disclosure of the truth. Truth comes before reconciliation. On behalf of the people of the Archdiocese of Vancouver, I commit to the following first steps in support of the Nations, families and communities impacted by the recent heartrending disclosure:

1. We will be fully transparent with our archives and records regarding all residential schools, and strongly urge all other Catholic and government organizations to do the same. Our records regarding the Kamloops Indian Residential School (Tk'emlúps te Secwépemc) were provided to the Truth and Reconciliation Commission and will remain available for review.
2. We will offer and support mental health support and counselling for family members and others whose loved ones may be buried on the site of the former Kamloops Indian Residential School.
3. We will offer to assist with technological and professional support to help the Tk'emlúps te Secwépemc and other affected Nations in whatever way they choose to honour, retrieve and remember their deceased children.
4. We commit to supporting the same process and resources to all Nations in whose territories Catholic-run residential schools were forcibly located, and which fall within the historical boundaries of the Archdiocese of Vancouver.
5. We will renew our efforts to listen to Indigenous Peoples to hear from you how we can best walk with you along the path of justice.

We recognize that there is so much work remains to be done, yet we hope that, if we persevere in these commitments with humility, we can restore the trust among us that will bring healing.

Sincerely yours,


+J. Michael Miller, CSB

Archbishop of Vancouver



Archdiocese
of Vancouver

Prayer to St. Joseph

Hail, Guardian of the Redeemer,
Spouse of the Blessed Virgin Mary.
To you God entrusted his only Son;
in you Mary placed her trust;
with you Christ learned to be man.

Blessed Joseph, to us too,
show yourself a father
and guide us in the path of life.

Obtain for us grace,
mercy and courage, and
defend us from every evil.

Amen.

Calm My Childish Fear

Here I am, Lord, sitting at your feet,
Awaiting Your command; Lord, what is it you
seek?
Am I to do a major thing or something oh so
small?
Whatever it is you ask, Lord, I will do it all.

For I know no matter what the task, I do not
tackle it alone,
For You are always there with me, carrying most
of the load.
From the small to the big, majestic or humble,
The task is always done by You—
I just happen to be convenient.

So what will it be that we do, my Lord;
What will it be that we do?
The only thing I know for sure is that it's what
You want from me.
I try to stay alert, my Lord, and hear the things
You say.
I try to be quick, my Lord, when You call my
name,
But if I ever falter when You want me near,
Have mercy on me, please, dear Lord, and calm
my childish fear.
Give me faith, ramrod faith, to walk tall in Your
sight
And do what needs doing, and to do it right

L. Lapiz



The Unity of The Body of Christ

*Although we're spread over the world we're following His
word*

With many expressions of faith and yet one in the Lord

And the schisms of doctrine will never keep us apart

For we're united by His Spirit with love in our heart

Royston Allen



What's happening in Saint Paul's Parish...

THIS WEEK

Second Collection: Catholic Missions in Canada
Friday The Most Sacred Heart of Jesus
World Day of Prayer for Priests
 Catholics worldwide are urged to pray for Priest today on the World Day of Prayer for Priests. The day was begun by Saint John Paul II in 2002 with the objective of having all Catholic faithful join in prayer for the sanctification of Priests. The World Day of Prayer for Priests coincides with the Feast of the Sacred Heart of Jesus.

Saturday The Immaculate Heart of the Blessed Virgin Mary

PRAYERS FOR THE SICK IN OUR PARISH

Elaine Winkler, Christine Bay, Bertha Romero, Myrna Moffat, Peter Murtagh, Jaime Pestano. *(Please notify the parish office of any changes)*

PROJECT ADVANCE 2021

Our Way Forward

Our annual archdiocesan appeal is here once more. There are many ways to give: complete the pledge form you receive in the mail; come to the parish office to make your donation; give online at <http://rcav.org/giving/>

YOUTH MINISTRY



Info: Jiggy @ 778-874-8569

LIFE TEEN has gone virtual with weekly Zoom nights! Contact Jiggy for the link.

Keep checking our social media for updates!



www.instagram.com/stpaulslifeteen



www.facebook.com/StPaulsLT



ST. PAUL YOUNG ADULTS COMMUNITY (SPYAC)

Info: Katherine Angustia at spyacteam@gmail.com



www.facebook.com/groups/208926245900606/



www.instagram.com/spyacteam

SPIRIT PRE-TEEN MINISTRY

Info: ministries.spirit@gmail.com



www.spirit youthministry.wordpress.com



www.instagram.com/stpauls.spirit/



LIVESTREAM MASSES

SUNDAY: 10:00AM

<https://stpaulparish.ca/livestream>

INFANT BAPTISM COURSE

Classes for parents seeking baptism for their infants - please call the Convent at 604-275-2844

PREP: Parish Religious Education Program

Online registration for the 2021/22 school year is available now on the Parish website.

First Communion for PREP students will be on Thursday, June 10. Confirmation for PREP students will be on Thursday, June 17.

If you have any questions, please contact Clay Imoo (PREP Director) at clayimoo@shaw.ca.



SCHOOL CONNECTION

Please keep our Grade 2 and Grade 7 students in our prayers as they receive the sacraments of First Holy Communion and Confirmation respectively.

May God fill each of them with the Spirit, and make them on in Christ in peace and love.

ACCESS TO THE PARISH OFFICE

If you need something from the office such as Mass cards, paperwork signed, parish registration, etc., please email us at parish.stpaulr@rcav.org or call 604-277-3213. Office hours are Monday to Friday, 8:30am to 4:30pm.

Most requests can be accomplished remotely. The office staff is available and willing to assist you but as per COVID-19 protocol, we want to limit our in-person contact. A mask is mandatory when visiting the office.



KNIGHTS of COLUMBUS

Membership Drive: Now through June 30, join Knights of Columbus for free online at <http://bit.ly/KofC2021> and use promo code MCGIVNEY2020.

STAY CONNECTED/STAY INFORMED

www.facebook.com/stpaulrichmond

www.instagram.ca/stpaulrichmond

ST. PAUL PARISH - DONATIONS



Since the beginning of the pandemic, it has been possible to make your regular offertory gift online, either by credit card or direct bank debit. Your parish relies on your regular offertory giving to both sustain itself and grow.

By making your pre-authorized offertory gift, you are providing crucial support to carry your parish during this difficult time.

To set up a pre-authorized gift to your parish, please [click here](#)

If you would like make a gift to any Second Collection, please [click here](#)



Archdiocese of Vancouver
DEVELOPMENT OFFICE

If you have questions regarding the process, or would like to make changes to your gift, please contact the Archdiocese of Vancouver Development Office at 604-683-0281 (ext. 50323).



What's happening in the Archdiocese...

IF YOU WOULD LIKE TO GET THE LATEST UPDATES FROM THE ARCHDIOCESE RIGHT TO YOUR INBOX, PLEASE SIGN UP HERE:

<https://rcav.org/newsletters/subscribers/new>

<https://beholdvancouver.org/>

<https://thesearch.rcav.org/>

<https://weareproclaim.com/>

Faith in the Home – Living Out the Domestic Church

While not always easy, faith can come alive in family life. Eric and Vanessa Chow will share ways their family lives this out, and how families can strengthen their relationship with Jesus. Wednesday, June 16, 8 - 9:30 p.m. Learn more and register at beholdvancouver.org/events.

Estate and Memorial Planning Webinar

This free presentation provides general information for preparing or updating your will and learning about the beauty of the funeral rite, and formulating pre-need arrangements. You'll be pointed to complementary guides, tools and practical resources. The event is sponsored and presented by the Gardens of Gethsemane cemetery, a ministry of the Archdiocese of Vancouver. Thursday, June 24 at 11 a.m. Learn more and register at beholdvancouver.org/events

From Isolation to Communion Through Christ, Our Lord

During this pandemic, many of us are dying of solitude. How is this mutual abiding possible? How can we collaborate with God to make this happen in our lives? What are the fruits of this union with Jesus? Join us on Saturday, June 5 at 7 p.m. with Fr. Pierre Leblond, OP. Learn more and register at beholdvancouver.org/events.

Vancouver Life Soldiers - Friday Night Zoom Rosary

Pray the rosary with us each Friday on Zoom at 8 p.m.

Sign-up at beholdvancouver.org/events.



Year of the Family

On March 19, the church celebrates five years since the publication of the Apostolic Exhortation Amoris Laetitia on the beauty and joy of love in the family. Pope Francis announced that a special year dedicated to the family will launch on the same day, which will conclude on June 26, 2022 on the occasion of the 10th World Meeting of Families in Rome with the Holy Father. "This special Year will be an opportunity to deepen further the content of the document Amoris laetitia, through proposals and pastoral tools. These will be made available to ecclesial communities and families, to accompany them on their journey." Learn more and view resources at rcav.org/year-of-the-family

PRH Who Am I? Workshop

Join a two-weekend workshop to help you: Discover the richness within yourself; Improve your relationships: family, friends, workplace ministry; Increase your productivity in life & ministry; and Find greater solidarity in decision-making. This is a four-day, 2-weekend workshop that takes place on June 12, 13, 19, 20 from 9 a.m. to 5 p.m. Learn more at beholdvancouver.org/events.



Year of St. Joseph

Pope Francis announced a Year of St. Joseph, beginning Dec. 8, 2020 and ending Dec. 8, 2021, in honour of the 150th anniversary of the saint's proclamation as patron of the Universal Church. The Pope established a Year of St. Joseph, who with the Canadian Martyrs is one of Canada's patron saints, so that "every member of the faithful, following his example, may strengthen their life of faith daily in the complete fulfillment of God's will." Visit rcav.org/stjoseph to learn more.

Body and Blood of Christ

Word-Find



M H Y B M A N Y O U L
 S O U L A S T C C O D
 R L D O S U H O H G I
 P Y A O S P I M R I V
 O B O D Y P S M I V I
 U R N R J E S U S E N
 R E D I M R Y N T N I
 E A T N G O W I N E T
 D D D K M E M O R Y Y
 C H A L I C E N G O D



See if you can find all the words written in CAPITALS.

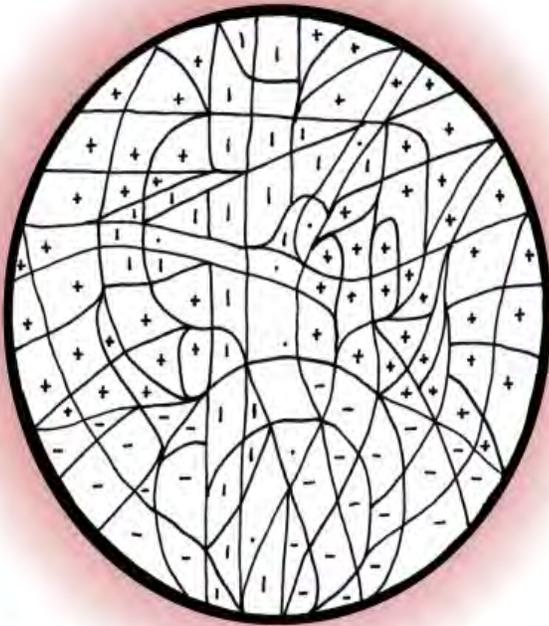
Use the left-over letters to fill in the blanks to make a little prayer you can say at Mass!

At the LAST SUPPER, after he had GIVEN thanks, JESUS took BREAD and said, "Take and EAT. THIS is my BODY." Then, taking the chalice of WINE, he said, "Take this, all of YOU, and DRINK from it. This is the CHALICE of my BLOOD, the blood of the new and everlasting covenant. It will be Poured out for you and for MANY for the forgiveness of sins. Do this in MEMORY of me."

That was the first MASS. When you go to HOLY COMMUNION, you really receive the Body, Blood, SOUL and DIVINITY of CHRIST, who is GOD!



!



What does the bread become when the priest consecrates it at Mass?

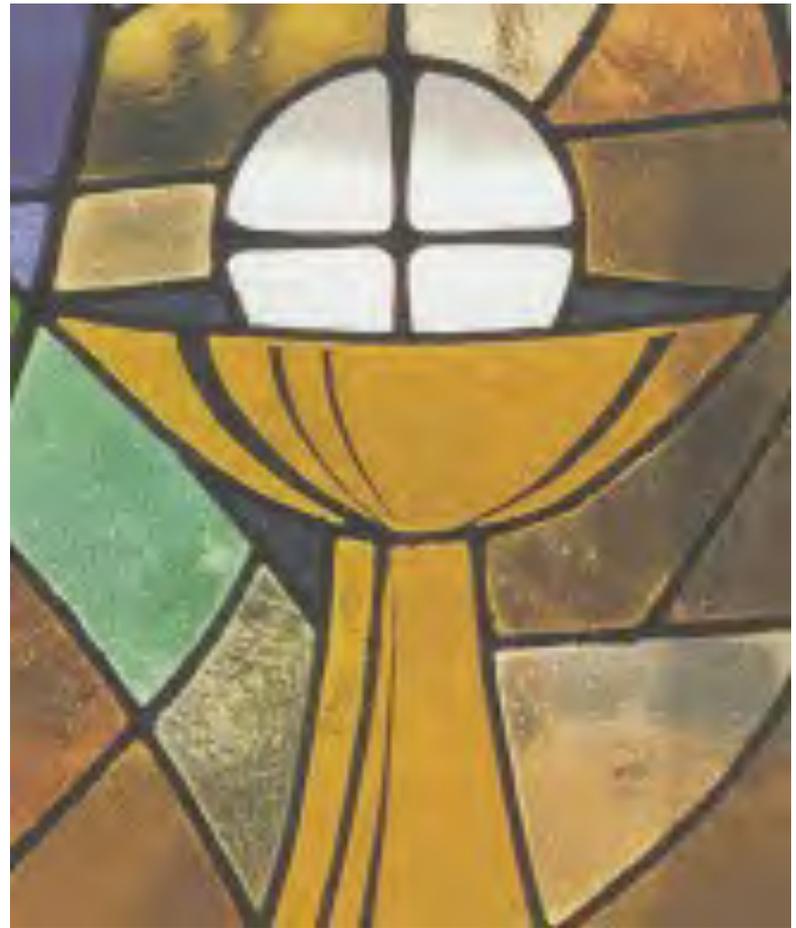
Use the colour code to find out:

- grey
- skin colour
- ! brown
- + blue

Blessed Anna Maria Taigi June 9



BECAUSE OF THE INSIGHT THAT GOD GAVE HER, BLESSED ANNA MARIA WAS ABLE TO HELP MANY PEOPLE TO LIVE GOOD LIVES AND DIE HOLY DEATHS. WE SHOULD PREPARE FOR OUR OWN DEATHS BY LIVING FOR GOD, SO THAT WHEN WE DIE WE WILL BE READY TO GO STRAIGHT TO HIM LIKE BLESSED ANNA MARIA.



The Body and Blood of Our Lord

Today we celebrate the feast of the Body and Blood of Our Lord in the Holy Eucharist.



At the Last Supper, Jesus changed bread and wine into His own Body and Blood. He has the power to do this because He is God. He did this because He wanted to stay with us even after He died and went into Heaven.

Jesus comes to us in every Mass.

The priest takes the place of Jesus, saying the words that Jesus said at the Last Supper, and the bread and wine become the real Body and Blood, Soul and Divinity of Jesus even though they still look like bread and wine.

How do I receive Communion well?

1. Be ready! Think about what is going to happen. Make sure that you don't have any big sins on your soul. If you do, then go to confession first.

2. Don't eat or drink anything other than water or medicine for an hour before going to Holy Communion. This is a sign of respect for Our Lord.

3. After receiving Holy Communion, take some time to thank Jesus for coming to you and talk to Him. He is your best friend and loves spending time with you!



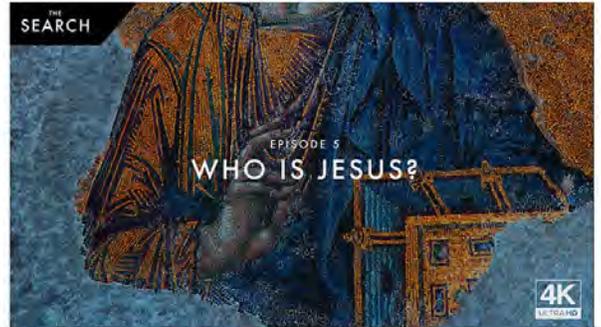
Answer to Word-Find: MY LORD AND MY GOD

June 6, 2021

WATCH

THE SEARCH: EPISODE 5 - WHO IS JESUS?

A beautiful part of our faith is that we can know God's love personally through Jesus. But how did this seemingly insignificant carpenter become the most pivotal figure in all of history? As we celebrate the Solemnity of the Sacred Heart, we invite you to become more familiar with Christ in this episode of The Search.



<https://bit.ly/3wXqUMP>

LEARN

FORMED NOW - THE FEAST OF CORPUS CHRISTI



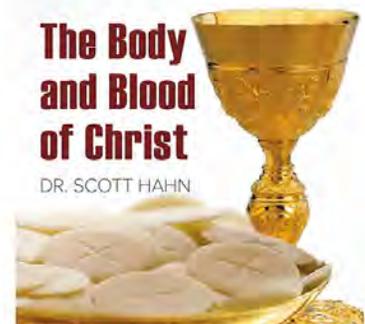
<https://bit.ly/3w5X20A>

Along with the Solemnity of the Sacred Heart, we also celebrate Corpus Christi this week. Join Dr. Tim Gray and Dr. Ben Akers for a conversation on the great Feast of Corpus Christi and the centrality of the Most Holy Eucharist in our lives.

LISTEN

THE BODY AND BLOOD OF CHRIST BY DR. SCOTT HAHN

In this presentation, Dr. Scott Hahn, a former Presbyterian minister, provides the Biblical basis for the Real Presence of Christ in the Eucharist and the significance of the Feast of Corpus Christi. This talk also gives us a greater understanding of our vocation to be the living presence of Christ in the world. “



<https://bit.ly/2RnkxmP>

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THE SEARCH

FINDING THE MEANING OF LIFE

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