

THANKSGIVING: Food for Thought

Thanksgiving: The Power of a Thankful Heart

By Debbie Przybylski

It is not always easy to give thanks, but this is the very thing we must do in order to see God's will accomplished in our lives. This is how we move into higher realms of faith for ourselves, for our city, and for our nation.

Thanksgiving has great power to bring joy and break the power of the enemy. Whenever you give thanks to God, despite the most difficult circumstances, the enemy loses a big battle in your life. When you give thanks in the midst of difficulty, you bring pleasure to God's heart. He is looking for Christians who live in a realm of praise and thanksgiving where the enemy no longer has an ability to hold or manipulate that person. Satan is defeated when we have a thankful heart because thankfulness during difficulty is a sacrifice pleasing to God.

Are you thankful? Are you thankful for your present circumstances? Are you thankful for your salvation, your friendships, and your job? Thankfulness is a key to your life. It is the key that turns your situation around because it changes you, your outlook, and your attitude. There is power in a thankful heart.

Begin to thank God for all the blessings he has given you instead of dwelling on the negative. Discontent dries up the soul. To love God is to love His will. It is to wait quietly for life to be measured by one who knows us through and through. It is to be content with His timing and His wise apportionment. It is to follow in the steps of the Master, as did Paul, who was able to say that he had learned contentment no matter what the circumstances. His circumstances when he wrote that? Prison. No easy lesson, but great gain which is the sum of godliness plus contentment (1 Timothy 6:6).

"Be joyful always; pray continually; give thanks in all circumstances, for this is God's will for you in Christ Jesus." - 1 Thessalonians 5:16-18

Look at the example of Jesus. He followed the will of His Father to the very end. He obeyed without complaint. In Philippians 2:5-8, Paul says that we should have the same attitude. Jesus made himself nothing and took on the very nature of a servant. He humbled Himself and became obedient to death. We also are to have this same attitude with a humble and thankful acceptance of God's will for our lives.

3 Ways to Practice an Attitude of Thankfulness in Everyday Life

1) Thank and praise God for everything in your life. Thank Him for even the difficulties. It is a sacrifice to do this. But He can turn troubles to triumph. "Through Jesus, therefore, let us continually offer to God a sacrifice of praise -- the fruit of lips that confess his name" (Hebrews 13:15).

2) Don't allow yourself to complain about anything. During the difficult times, be very careful to watch your tongue. Instead of complaining, think of ways you can verbally offer God the sacrifice of thanksgiving.

3) Don't compare yourself with others. Don't wish that your life was different. God knows what is best. The Bible says having a thankful heart is God's will for you in Christ Jesus. When we begin to thank God for what we have rather than comparing ourselves with others, it opens the door for God's blessings.

www.crosswalk.com



The First Thanksgiving at Plymouth by Jennie Augusta Brownscombe (1914)

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B.C. V6R3V9
ESTABLISHED 1923

MASSES & SERVICES

Saturday: 5pm

(Anticipated Mass)

Sunday: 9am, 11am & 5pm

Monday – Wednesday 8am

Thursday Mass/Novena:

8am & 7pm

Friday, Saturday, Holidays: 9am

(Fridays in July & August: 8am)

Reconciliation

Saturday: 4-4:45pm

Adoration

Saturday 9:30-10am

Library Hours

Sunday: 10-10:45am, 4:30-5pm

OFFICE HOURS

Monday-Friday: 9am-4pm

STAFF

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Associate Pastor

Joseph Horo, C.Ss.R.

Office Manager

Virginia Fong

Pastoral Coordinator

Bertilla Watanabe

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 olphchurchvancouver



OUR LADY OF PERPETUAL HELP PARISH

October 8, 2017

27th Sunday in Ordinary Time

Remembering the Origins of Thanksgiving

Dear Friends & Parishioners,

Although Thanksgiving is not on the official liturgical calendar it has been traditional for us to remember this weekend at Mass with hymns that celebrate the beauty of God's creation and the wonders of his works.

Although turkeys, pumpkins and cranberry sauce seem to come together on Canadian and American dining tables the origins of the two celebrations are different. Ours was a celebration of English explorer Martin Frobisher's arrival in the New World in Newfoundland. The American one, the story more often heard, is that of the pilgrims helped by the indigenous peoples to cultivate a good crop to save them from starvation. The elements of these two stories have merged in our minds to become a happy celebration of harvest, abundance and among those of us with faith, gratitude to God for his bountiful goodness.

A few people asked me about the colourful star-decorated quilt I was given on our recent Youth trip to Saskatoon. Our group had attended a talk on how the church in Saskatoon includes traditional aspects of First Nations people into the celebration of Mass. Redemptorist Fr. Graham Hill who works closely with the indigenous communities gifted me with a "Star Blanket" to mark our gathering. A star blanket is a native handiwork created to mark important occasions. It was a nice way to remember my own connections with First Nations people when I was there several years ago.

Last week, the Canadian Conference of Catholic Bishops published a report on their website about their own efforts to build bridges and make connections with Indigenous Peoples. In March 2016, the Conference spearheaded the formation of a group of Catholic institutions to bring a common Catholic voice to some of the important Indigenous issues of our times and to foster more collaborative relations with Indigenous Peoples in keeping with the Gospel's message of unconditional love and in response to the Truth and Reconciliation Commission. These efforts are indeed noteworthy. We need to continue to raise the awareness and appreciation among our young people about the issues and concerns and the rich traditions of the Indigenous Peoples. To those of you who went on last Sunday's downtown Walk for Reconciliation... three cheers!

With thanksgiving to God for his blessings, I wish you all a happy Thanksgiving.

Yours in Christ,
Fr. Babu Mathew, C.Ss.R



Happy Thanksgiving!

The vineyard of the Lord is the house of Israel. - Psalm 80

NEWS & NOTICES

Thanksgiving Weekend: Thanksgiving Monday is a public holiday. Mass is at 9am that day.

PREP Teachers Needed: Prep teachers and teaching assistants are urgently needed for PREP classes which began recently. Please call Elizabeth Towers at 604-440-8809 if you can help.

Sunday Coffee Helpers: Hospitality is a very important aspect of our parish community. For years we have served coffee after the 9am Mass and it has always been a great gathering spot for newcomers to our parish. We need more helpers to keep this tradition going. Please look for the sign-up sheets in the church foyer if you can help. It would be very much appreciated!

Join the Music Ministry: If you have a love for music and have some experience singing with a choir, please consider sharing your talents with us. We rehearse on Mondays 7-8pm. For more info please contact Catherine Walsh Email: catherine.organist@gmail.com.

LFA Open House: Little Flower Academy welcomes all prospective 2018-2019 candidates and their families to an Open House on Wednesday, October 11, 2017 from 6:00–8:00 pm. Doors open at 5:30 pm. Welcome Address starts at 6:00 pm in the auditorium (1625 Nanton Avenue in Vancouver) and is followed by guided tours. For more information and online application, please visit our website (www.lfabc.org) or contact Kathi Wilson, Registrar at wilsonk@lfabc.org or 604-738-9016 ext. 114.

Paid Volunteers for Extreme Weather Response: The Men's Hostel is looking for paid volunteers for our Extreme Weather Response program. This upcoming winter, we will need people to come in and help the staff supervise the shelter from 7:30 pm to 11:30 pm. Overnight shifts are also available. All shifts are paid. If interested, please call Frances Cabahug at 604-443-3292 or email fcabahug@rcav.org for more information.

Chinese Mass and RCIA in Vancouver West: Starting this Saturday (October 7) St. John the Apostle Parish (5457 Trafalgar St., Vancouver) will have Mass in Cantonese every Saturday at 4:00 pm. Confessions will be heard 20 min. before Mass. There is also Cantonese RCIA class on Saturday at 2:30 pm and Mandarin RCIA class on Wednesday at 6:00 pm. For more information, please contact Father Anthony Ho at fatheranthonyho@gmail.com.

Men's Discernment Night (Monthly): Do you have questions about discerning God's call for your life? Vocations in Progress for men is an opportunity to meet priests, ask questions, and learn about their life and spirituality. The informal event will include prayer, dinner, and discussion. Save the dates: Nov. 8, and Dec. 6 from 7 pm to 10 pm at St. Patrick's Parish in Vancouver. Contact Fr. Rodney Nootebos at 604-443-3254 or go to rcav.org/event/mens-discernment-night-3

White Mass: The Annual White Mass with Archbishop Miller for all Healthcare Workers and their families, 7pm Friday October 27 St. Augustine's Church, 2028 West 7th Ave Vancouver. Join us to pray for protection of conscience.

Infant Loss Awareness Mass with Archbishop Miller: October 15 is National Infant Loss Awareness Day. On that day, we remember our little ones who have gone too soon. To honour them, Archbishop Miller will be celebrating Mass at the Evangelist Chapel at the Gardens of Gethsemani. We will light up the cemetery in their honour, so please come and join us for this special Mass. Register at rccav.org/events/128.

SEPTEMBER COLLECTIONS: THANK YOU FOR YOUR GENEROSITY!

	SEPTEMBER
Sunday Offering	\$31,754.00
Collection for the Needy	\$1,899.25
Redemptorist Pension	\$3,445.10
Initial Offering	\$30.00
Needs of the Canadian Church	\$1,168.40
Food Bank	\$773.00

Stewardship Reflection

"The stone the builders rejected has become the corner stone..." - MATTHEW 21:42

Jesus was the corner stone and He was rejected by the religious and political leaders of his day, as well as ordinary citizens. Living a stewardship lifestyle may cause you to be "rejected" by others in today's society. For example, saying grace before a meal in a restaurant may attract some strange looks from some. But to others it is sign that God is alive and well!

Stewardship Office, Archdiocese of St. Louis

CALENDAR

OCTOBER

Becoming Catholic

If you are interested in finding out more about the Catholic faith or if you have not been fully initiated into the Church with the sacraments of Eucharist and Confirmation, please join us in RCIA (Rite of Christian Initiation for Adults). We meet on Sunday mornings at 9am in the Madonna Room. Pick up an application form in the church or at the parish office. The commitment to RCIA is from September 2017 to June 2018.

OLPH School Harvest Fair



NOVEMBER

Hearts on Fire Concert

OLPH Youth Ministry will present Hearts on Fire: A Musical Journey with St. Alphonsus on Saturday Nov 4 at 7pm at OLPH School Gym. The group presented this concert at two Redemptorist parishes over the summer – one in Grande Prairie and the other in Saskatoon. We hope you will enjoy it too. Admission is by donation.

Christmas Tea & Craft Fair

Save the date for the annual Christmas Tea & Craft Fair at OLPH Parish Hall on Saturday Nov 25.

Grand Knight Plans More Parish Involvement

By Bertilla Watanabe

Peter Dodge is the new Grand Knight of our parish's Knights of Columbus. He took office in June this year. Peter and his wife Meg Knowing have been with OLPH parish for 25 years. We caught up with him recently to chat about his new role in the parish.

Peter, what made you and Meg move from St Mark's to OLPH Parish?

We switched to OLPH from St. Ignatius (at UBC) where we were married when our son applied to OLPH school. We felt we should support the community our children attended.

When did you become a member of the Knights of Columbus?

Doug McFeeley, the former Grand Knight and I were recruited together to form the Knights Chapter here. The original Council was formed in the early 1950's but it later became inactive. We were allowed to retain the old KofC number with the new name, St. Alphonsus Liguori.

What do you hope to accomplish in this term as Grand Knight?

I hope to get many more men active in our OLPH community to share experience, faith, and work. I hope the Knights will become more visible as Catholic men and become engaged in our broader community. I hope that the Knights will create an environment of Trust to openly discuss our Faith and Community Issues.

In what areas have the Knights taken a leadership role in our parish?

This was the first year of formation, where internal organization and fellowship were the primary focus. We have gotten to know each other more deeply in a year where we have buried 3 of our core members. Each deceased member had lived an exemplary life of faith which was largely unknown to others in our Parish. We hope that the wisdom and experience of our senior members will inspire others to get more involved. We understand that everyone is busy these days, especially those with young families. Our meetings will be on Sundays. We hope the 3rd Sunday meeting time will allow more men to get involved without disrupting family priorities.

What are some of the service activities the KofC have carried out since its inception?

Since inception, the Knights have focused on the organization requirements of the Knights of Columbus. Under Doug McFeeley's leadership, we attained "Star Council" status. This was a significant achievement. Many KofC members want more direct involvement in OLPH community activities, with fewer meetings.

The KofC Meetings have been shifted to every third Sunday at 10:30 after serving coffee to Parishioners. We invite participation from all interested men. The meetings will now be open and new members and their wives are encouraged to attend as observers, but not to vote until they become full KofC members. This should dispel any mystery about who the OLPH Knights are, and what we are doing going forward. The next meeting will be at 10:30am on Sunday October 15 to organize our involvement in the Christmas Fair.

So the KofC will be working with the CWL on the Christmas Fair?

The KofC are participating in the Christmas Fair this year to share the organizing work and organize the Raffle to raise funds for our community work. In most successful parishes, the Knights work closely with CWL on their parish activities.

WE INVITE ALL PARISHIONERS TO CONSIDER JOINING THE KNIGHTS ON OCTOBER 15TH FOR COFFEE AT 10:30am IN THE HALL.



The First Canadian Thanksgiving with Communion

The first official, annual Thanksgiving in Canada was celebrated on 6 November 1879, though Indigenous peoples in Canada have a history of celebrating the fall harvest that predates the arrival of European settlers. Sir Martin Frobisher and his crew are credited as the first Europeans to celebrate a Thanksgiving ceremony in North America, in 1578. They were followed by the inhabitants of New France under Samuel de Champlain in 1606. The celebration featuring the uniquely North American turkey, squash and pumpkin was introduced to Nova Scotia in the 1750s and became common across Canada by the 1870s. In 1957, Thanksgiving was proclaimed an annual event to occur on the second Monday of October. It is an official statutory holiday in all provinces and territories except Prince Edward Island, New Brunswick, Nova Scotia, and Newfoundland and Labrador.

The first Thanksgiving by Europeans in North America was held by Sir Martin Frobisher and his crew in the Eastern Arctic in 1578. They ate a meal of salt beef, biscuits and mushy peas to celebrate and give thanks for their safe arrival in Newfoundland. They celebrated Communion and formally expressed their thanks through the ship's Chaplain, Robert Wollfall, who, according to explorer Richard Collinson, "made unto them a godly sermon, exhorting them especially to be thankful to God for their strange and miraculous deliverance in those so dangerous places."

FOCUS ON STEWARDS



Peter Dodge, Grand Knight