

Capturing the Catholic Spirit of Halloween

By Constance T. Hull  
It can be easy in our culture to forget that Halloween is none other than the beginning of the Feast of All Saints. After all, it is All Hallows’ Eve, or All Saints’ Eve. As with the tradition of Christmas Eve, the Solemnity of All Saints begins at sundown and continues on into the next day. This is a tradition that has long been established in Judaism and adopted by the Church. In Western culture, Halloween has taken on a macabre, grotesque, and somewhat occult dimension over the last two centuries. The reasons for this are varied, but has more to do with the modern sentimentality towards a long-lost paganism of imagination than any pagan religion of old.

The feast of All Saints has a long history in the Church and at one point enjoyed the pride of place of Octave, which is only reserved for Christmas and Easter these days. As Fr. Grunow points out at Word on Fire, the feast began in earnest in the 7<sup>th</sup> Century:  
*The practice of a festival day to honor the whole communion of Saints, rather than just a single saint, seems to have begun in the Catholic Church with the consecration of the Pantheon as a public place for the Church’s worship. This happened in the year 609. Boniface displaced the images of the gods from their shrines and gave the building over to the Saints of the Church, particularly the Martyrs. By this gesture, Boniface was saying that the old gods have been defeated by the faith of the Church’s Martyrs.*

All Saints is a beautiful feast day that serves as a reminder to the faithful of the glorious triumph of Jesus Christ and the Communion of Saints who are united with us and the souls in Purgatory in Him.

What are some ways we can re-capture the truth, beauty, and tradition of this feast day?  
The secular version of Halloween does serve to remind human beings of their mortality and the evil of the devil. Catholics have an opportunity to share the belief that sin, death and Satan have been conquered through Jesus Christ, and that there are many who can witness to this fact through the lives of the saints. Catholics have an opportunity to bring the good, beautiful and true through Halloween festivities like trick-or-treating.

**Seek Friendship with the Saints**  
In order to grow in love of All Saints, we must bring the saints into our lives and our families. The Church’s liturgical calendar provides the faithful with the rhythms and celebrations that help us to live out our faith more deeply. Begin to look into the lives of various saints you see on the calendar. Find those who speak to you and with whom you sense a deep kinship. Perhaps begin with your own namesake or re-visit your Confirmation saint. The saints desire our friendship in order to do good for us as they stand before the glory of God. Saint Dominic said: “Do not weep, for I shall be more useful to you after my death and I shall help you then more effectively than during my life.” While Saint Therese said: “I want to spend my heaven in doing good on earth.”

**Go to Mass**  
All Saints is no longer a holy day of obligation everywhere. Regardless of what day it falls on each year, there is no greater way to celebrate a feast day than through the Holy Sacrifice of the Mass. The truest and greatest celebration we can give to a saint is the reception of the Real Presence of Jesus Christ in the Holy Eucharist.

**Celebrating the Solemnity of All Saints in the Home**  
To be Catholic is to be counter-cultural. That is a reality we have to come to accept. It does not mean that we do not appreciate the goodness and beauty within our culture, but it does mean that on many occasions we will have to operate differently. It means that we should encourage our children to embrace true heroes and heroines who can be found in the Communion of Saints. Dressing up as St. George or St. Elizabeth of Hungary is to still allow our children to be Knights and Princesses or Queens for trick-or-treating. There is nothing wrong with imagination and make-belief.

For Halloween, we have an opportunity to bring the Catholic tradition of the feast to the forefront by honouring the saints. All Saints is a day to rejoice in the heroes of the Catholic Faith who have followed Jesus Christ to their eschatological end. They are our examples of how we too can persevere on the journey and stand before the Beatific Vision upon our death. Children live a simple, but profound faith, and trick-or-treating as a Catholic saint can serve as a beautiful witness.

One of the great ways people celebrate is through a special meal. All Saints is a great time to cook up a harvest meal or comfort food to enjoy with family and friends. Make the meal a party and bring out pictures and statues of the saints you have around the house. One of the great blessings of being Catholic is the year-round celebrations that occur and can be adopted by families.

It is a time to live in the knowledge that we are surrounded by “a great cloud of witnesses” and that we do not journey alone. There are countless saints cheering us on.

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**MASSES & SERVICES**  
- Saturday Anticipated Mass: 5pm  
- Sunday Masses: 9am, 11am & 5pm  
- Monday – Wednesday Masses: 8am  
- Thursday Mass & Novena: 8am & 7pm  
- 1<sup>st</sup> Thursdays: 8am Mass/ Novena & 12pm Mass/Novena/Healing Prayer  
- Friday, Saturday, Holidays: 9am Mass  
- Fridays in July & August: 8am  
- Children’s Mass: 9am 1st Sunday of the month Oct-June  
- Children’s Liturgy: 11am All Sundays except the 1<sup>st</sup> Sunday from Sept- June  
- Reconciliation  
Saturday: 4pm - 4:45pm  
- Adoration  
Saturday 9:30-10am  
**OFFICE HOURS**  
Monday-Friday: 9am-4pm  
**STAFF**  
**Pastor**  
Babu Mathew, CSSR  
**Associate Pastor**  
Joseph Horo, CSSR

**Office Manager**  
Virginia Fong  
**Pastoral Coordinator**  
Bertilla Watanabe  
**Bookkeeper**  
Corinna Siy  
**Youth Ministry Coordinator**  
Theresa Barao  
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Lora Clarke  
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OUR LADY OF PERPETUAL HELP PARISH  
October 27, 2019 30<sup>th</sup> Sunday in Ordinary Time

A Time to Remember Loved Ones We Have Lost

Dear Parishioners,  
  
November 1 is All Saints Day. Even though it is not a holy day of obligation here, it is certainly a good day to go to Church. The following day is All Souls Day which has also traditionally been a day to offer up a Mass for loved ones we have lost and for souls in purgatory.  
  
Like all Christians, Catholics believe in life after death. But unlike some Christians who believe that the divide between our life here on earth and the life of those who have died and gone to Heaven is unbridgeable, Catholics believe that our relationship with our fellow Christians does not end with death. Catholic prayer to saints is a recognition of this continuing communion.  
  
As Catholics, we believe that our life doesn't end at death but simply changes. Those who have lived good lives and died in the faith of Christ will, as the Bible tells us, share in His Resurrection. While we live together on earth as Christians, we are in communion or union with one another. But that communion doesn’t end when we die. We believe that the saints, the Christians in heaven, remain in communion with those of us on earth. We call this the Communion of Saints, and it's an article of faith in every Christian creed from the Apostles' Creed on.  
  
But what does the Communion of Saints have to do with praying to saints? Everything. When we run into trouble in our lives, we frequently ask friends or family members to pray for us. We ask them for their prayers because we believe in the power of prayer. We know that God hears their prayers as well as our own, and we want as many voices as possible asking Him for help. The saints and angels in Heaven stand before God and offer Him their prayers, too. And since we believe in the Communion of Saints, we can ask the saints to pray for us, just as we ask our friends and family to do so.  
  
You may have noticed that we are holding a special Memorial Mass on All Souls Day, Saturday Nov 2<sup>nd</sup> for parishioners who have lost loved ones in the past year. All are welcome to join us for Mass and the reception that will follow. May Mary, Queen of all Saints, lead us all in prayer this holy month of November.

**Yours in Christ, Fr. Babu Mathew, CSSR**  
**Prayer for All Saints Day**  
Dear God, thank you for the example of the Saints. I desire to join in their company, worshipping you forever in Heaven. Please help me follow their footsteps, and yours, Jesus Christ. Please help me to conform myself to Your image, seeking Your will in all things, as the Saints did. Please help me to devote myself, and all that I do, to Your glory, and to the service of my neighbors. Amen.  
  
www.praymorenovenas.com



Christ Glorified in the Court of Heaven by Fra Angelico, 1430, London National Gallery

NEWS & NOTICES

**Weekly Collection:** Sunday Mass Offering Oct 19 & 20: \$5,320.80. Evangelization of Nations: \$1,122. Offering for the Needy: \$55. Thank you for your faith-filled generosity.

**Madonna Group Meeting:** The Madonna Group will meet on Wed. 6th Nov., at 12pm in the Madonna Room. There will be an Early Bird Display of the crafts which our ladies intend to sell at the Christmas Fair.

**Becoming Catholic:** If you are interested in finding out more about the Catholic faith, you are welcome to register for the Rite of Christian Initiation for Adults (RCIA). We gather between 9am and 10:30am on Sundays. Registration forms are available in the church foyer and the parish office. You can email your completed form to Bertilla. Her email: [bwatanabe@rcav.org](mailto:bwatanabe@rcav.org).

**Vancouver College Open House:** Vancouver College, British Columbia’s only K-12 Catholic, independent school for boys is holding its annual Open House for prospective students and their families on Tuesday, November 26, 2019, from 6:30 - 8:30 PM. Please visit [vc.bc.ca/apply](http://vc.bc.ca/apply) for further details.

**Spiritual Direction and the Journey to God:** Based on his book, Navigating the Interior Life: Spiritual Direction and the Journey to God, Dan Burke will speak on prayer, growth in the interior life, the universal call to holiness, contemplation, and the three ways of the interior life. If you are looking to deepen your faith and prayer join us for this free event on Friday, Nov. 15, from 7 p.m. until 9 p.m. at the John Paul II Pastoral Centre in Vancouver. Dan Burke is an award-winning author/editor of seven books on Catholic spirituality. He is also a sought-after speaker on Catholic spirituality, sharing a contagious love for Jesus and his Church. Dan is the Founder and President of the Avila Institute for Spiritual Formation.

**Gold Mass for Scientists with Archbishop Miller:** A Gold Mass for scientists will be celebrated at St. Mark’s Church, UBC, on Friday, Nov. 15, at 5:30 p.m. with Archbishop J. Michael Miller, CSB, as celebrant. The Gold Mass began as an initiative of the U.S.-based Society of Catholic Scientists which exists to “witness to the harmony between the vocation of scientist and the life of faith.” This Mass follows in the tradition of special Masses for members of a particular profession. The colour gold reflects the colour of the hoods worn by those graduating with a Ph.D. in science and because St. Albert the Great was an alchemist who worked to turn base metals into gold. Light refreshments will be served after Mass. All are welcome to attend.

**Vocation Live-In:** On the weekend of November 15 - 17, there will be a Vocation Live-In for boys and young men interested in the priesthood or the consecrated life, at the Seminary of Christ the King, Mission, BC. For more information call 604-826-8975.


**Fiat - Women's Discernment Group:** Join the women’s discernment group for an evening of recreation from 5:00 p.m.until -8:30 p.m. at the convent of the Salesian Sisters at Our Lady of Good Counsel in Surrey. The evening includes dinner, games, Night Prayer, and a chance to meet sisters and other young women in a fun and informal setting. This event is open to single, Catholic young women ages 18-35. Check Vocations Vancouver on Facebook or contact the Vocations Office at 604-443-3254 or by email at [womensvocations@rcav.org](mailto:womensvocations@rcav.org) to RSVP or for more information.

**Pro-Life Mass and Prayer Vigil:** One of the fundamental answers to abortion is prayer. Please join your voice with ours as we pray on the first Saturday of each month at a different parish for a new culture of life. Mass will be Saturday, Nov. 2, 8:30 a.m. at St. Francis Xavier Church in Vancouver. For upcoming dates, visit [rcav.org/pro-life-mass-and-prayer-vigil](http://rcav.org/pro-life-mass-and-prayer-vigil)

PROJECT  
ADVANCE

Live gratefully,  
give generously.

You can make a donation to Project Advance by filling out the pledge form you received in the mail or using the detachable envelope on the leaflet. You can also go to [www.rcav.org](http://www.rcav.org). Just indicate that your parish is OLPH.



Stewardship Reflection

“... for whoever exalts himself will be humbled, and the one who humbles himself will be exalted.” (Luke 18:14)

Pride and ego is the root cause of most of our sins. Thinking your time is so valuable, your talent is better than anyone else and your money gives you status is another way of making those things “gods” before God. Remember all those gifts were God-given. Instead we should be humbled by God’s abundant generosity and our hearts should overflow with gratitude.

Stewardship Office, Archdiocese of St. Louis

CALENDAR

NOVEMBER

Memorial Mass

November is the month to pray for souls. A Memorial Mass and Reception will be held for all those who wish to offer up prayers for their loved ones. We will also remember in a special way, parishioners who died this past year whose funerals were held in our parish. Mass is on Saturday November 2 at 9am. Reception in the hall immediately after.

OLPH Christmas Fair



The annual OLPH Christmas Fair is scheduled for Saturday November 23, 2019 and will run from 11am until 3pm. There may be some goods on sale on Sunday after the Masses. As always, we are encouraging all parishioners and school families to join us. We will be selling crafts and home-made baked goodies. You can also enjoy a delicious assortment of sandwiches and sweets in our Tea Room. This year's fair will feature a larger tea area and the same beloved crafts and baked goods. Please sign up to donate sandwiches and baked goods at the back of the church.

Raffle Ticket Sale

The Knights of Columbus will be selling raffle tickets after mass in support of the Kits Shower program and Mary’s Place. Tickets are \$2 or a book of 10 tickets for \$20. If you fill in the top ticket in a book of 10, the Knights will fill in the rest for you. Thank you for giving generously to support Kits Shower program which brings comfort to our local unhoused people and Mary’s Place which supports women at risk.

Youth Pie Sale



Thank you parishioners and friends for all your support for our pie sale. Frozen pies are still available at \$15 each. If you missed the sale or would like to make sure you have some pies stocked up in your home freezer for your next family gathering, please email Theresa at [olphyouthmin@gmail.com](mailto:olphyouthmin@gmail.com)

FEAST OF ALL SAINTS

How to Become a Saint?  
Overcome Pride, Grow in Humility



The word “humility” comes from the Latin term humus, which means “earth,” “soil,” “dust,” or “dirt.” It reminds us of God’s word to us in the book of Genesis: “You are dust, and to dust you shall return” (Gen. 3:19.) In the spiritual sense, this earthy etymology also reminds us that we are called to cultivate the garden of the soul so that it can bring forth good fruits — good works and virtue. Anybody who has done any gardening knows well that you can’t grow anything unless you have the right kind of soil. In the spiritual life, the good soil is always humus — humility. Humility reminds us that every good thing we have and every gift we enjoy come from God and not from within ourselves. The Apostle St. Paul expresses this beautifully in his Second Letter to the Corinthians: “But we have this treasure in earthen vessels, to show that the transcendent power belongs to God and not to us” (2 Cor. 4:7).

True Humility

True humility should not be confused with timidity and mediocrity. True humility does not deny the gifts, talents, and abilities that God has given us. But it does mean that we don’t claim those gifts as our own; rather, we recognize them as having come from God, knowing that He wants and expects and demands that we use those gifts to build up the Body of Christ, the Church, on earth for His greater honor and glory and for the salvation of souls. In my years in the priesthood, I have known people who have a false conception of humility, people who will fall back on false humility as an excuse to do nothing — people who have plenty of time and talent on their hands that they just don’t use. This is a very wrongheaded notion of what it means to serve God in humility. The key point is that the virtue of humility and trust in God go hand in hand. Part of humility, therefore, is being open to God’s plan for us.

Jesus told St. Paul, “My grace is sufficient for you, for my power is made perfect in weakness,” which prompted the evangelist to write, “I will all the more gladly boast of my weaknesses, that the power of Christ may rest upon me” (2 Cor. 12:9). In another letter St. Paul said, “God chose what is low and despised in the world, even things that are not, to bring to nothing things that are, so that no human being might boast in the presence of God” (1 Cor. 1:28–29). St. Teresa of Avila is said to have remarked, “God plus one is an army.” We are all little in the sight of Almighty God, and without Him we can do nothing. But thanks be to God, He is the One Who makes something out of nothing.

Called to Be Saints

Why is pride so dangerous? Because we all want to be somebody. We all want to excel. We all want to stand out from the crowd. We all want the respect and admiration of others. In God’s plan, however, there is only one way to excel and to succeed, and that is to be what God created us to be: saints. That’s what it’s all about. We are all called to greatness in life, but we’re called to be humble while we’re called to be great. In fact, in the sight of Heaven, humility is an essential part of greatness. Think of the life of our Blessed Mother Mary, the humblest of all of God’s creatures especially her words in the Gospel of St. Luke: *My soul magnifies the Lord, and my spirit rejoices in God my Savior, for he has regarded the low estate of his handmaiden. For behold, henceforth all generations will call me blessed; for he who is mighty has done great things for me, and holy is his name. (Luke 1:46–49)* Mary always acknowledged the great things God had done for her. She didn’t try to hide it, but rather always gave God the praise and the glory; she always directed everything back to God.

Greatness in God’s eyes is not what greatness is in the eyes of the world. We know all the things that the world holds in high esteem — wealth, success, status, power, pleasure, fame, physical beauty, athletic prowess — but all those things have no value whatsoever in the eternal view of Almighty God. What you truly are is what you are in the sight of the Lord — nothing more, nothing less. That is reality. Greatness in the sight of Heaven is the perfect fulfillment of God’s Word and God’s Will in your life. No matter how simple or hard it might be, greatness is found in following God’s Will even in the most ordinary circumstances of your daily life. That is to say, greatness is holiness, and holiness is the alignment of the human will with the Will of Almighty God. That is how even the littlest, simplest, most hidden, humble soul can be great. And that’s what makes a saint.

Discern Pride Within

How can you discern the movements of pride within yourself? Here is a little diagnostic test:  
In your heart of hearts, do you see yourself as being better than others because of who you are, what you have, or what you know?  
In conversation with others, do you always seem to bring the subject back to yourself?  
Are you overly concerned about what people think of you?  
Are you always trying to make yourself look good in the sight of others?  
Are you always ready to stretch the truth — lie, that is — if that’s what it takes to build yourself up?  
Do you hold on to your own opinions even when they are proven to be wrong?  
Do you find it easy to dissent from the teaching of the Church on faith and morals?  
Do you think that you know better than the Holy Spirit, the Holy Scriptures, the whole Church, and the whole company of the saints?

How do we grow in the virtue of humility?

The first thing to do always is simply to pray for it. The humble soul prays constantly out of radical dependence on God. The Bible says, “The prayer of the humble pierces the clouds, and he will not be consoled until it reaches the Lord” (Sir. 35:17). Second, remember that ordinarily God humbles us through humiliations, which come to us in big and small ways every day. We should accept these moments as permitted by God for our sanctification. Third, we should have a sense of humor — about ourselves most of all. Fourth, we should cultivate joyfulness in our lives. The humble soul is at peace in the hands of God.

And finally, most important of all, we must imitate the One Who is the perfect model of humility, Jesus Christ, the Son of God; Jesus, Who said, “Blessed are the poor in spirit, for theirs is the kingdom of heaven” (Matt. 5:3); Jesus, Who humbled Himself to share in our humanity; Jesus, Who taught His disciples to take the lowest place, who washed the feet of the Apostles, who came to serve and not to be served, and who said, “Take my yoke upon you, and learn from me; for I am gentle and lowly in heart” (Matt. 11:29).

Jesus Christ, the Eternal Word made Flesh, the Second Person of the Holy Trinity, the King of Kings and Lord of Lords, allowed Himself to be spat upon, abandoned, betrayed, denied, scourged, mocked, and crucified for love of us. For our salvation, He gave Himself up to a shameful public death. That, dear friend, is the humility of God.