

Rebecca Ruiz of Loyola Press (www.ignatianspirituality.com)

Five Tips for Beating Loneliness from St. Ignatius

A **recent study** revealed an epidemic of loneliness in America. Loneliness and social isolation isn't limited to America, though; it's a global scourge that Pope Francis has addressed:

Today's culture seems to encourage people not to bond with anything or anyone, not to trust... At the root of so many contemporary situations is a kind of impoverishment born of a widespread and radical sense of loneliness. Running after the latest fad, accumulating "friends" on one of the social networks, we get caught up in what contemporary society has to offer. Loneliness with fear of commitment in a limitless effort to feel recognized. (Address to Bishops at the World Meeting of Families, September 27, 2015)

St. Ignatius Loyola knew from his experience of extreme penitence at Manresa that isolation is not healthy. By turning inward and focusing only on his own thoughts and the parts of himself that he despised, he neglected to recognize God's love for him. Years later, when he founded the Society of Jesus, he ensured that his brothers would always remain in community so as to avoid this pitfall.

What wisdom might Ignatius share with us today as we contend with this epidemic of loneliness?

1. Know your worth.

Recognize that God created you out of love for you and has placed you on earth at this time and place for a particular purpose. You are important. You are necessary.

2. Discern your mission.

Pope Francis tells us, "I am a mission on this earth; that is the reason why I am here in this world. We have to regard ourselves as sealed, even branded, by this mission of bringing light, blessing, enlivening, raising up, healing and freeing." (*Evangelii Gaudium* 273) In the Spiritual Exercises, St. Ignatius offers effective methods to help us **discern** our personal mission in life, which will lead to us living with more joy and encountering others with similar missions as we work together.

3. Maintain a support network.

We all need a trusted circle of friends and mentors who will keep us on track. And we need to keep our network strong by investing time in these relationships.

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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

May 27, 2018

Trinity Sunday

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Christ proclaims the three-fold unity of God and commands that we make disciples of all nations, baptizing them in the name of the Father, and of the Son and of the Holy Spirit. We have been called to relationship with our Triune God, and with one another.

### LITURGY OF THE WORD

In today's first reading, Moses instructs the people to know and fix in their hearts, that the Lord is God. They are to keep his statues and commandments. Paul, in the letter to the Romans, reminds us that through the Spirit we are God's adopted children and joint heirs with Christ. In the Gospel, Jesus delivers the Great Commission, sending his disciples throughout the world to baptize....

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Today's Readings:

1st: Deuteronomy 4.32-34, 39-40

Psalm: 33

2nd: Romans 8.14-17

Gospel: Matthew 28.16-20

PASTOR: **Rev. Robert Wong, SJ**

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 SCHEDULE

SATURDAYS: **4:30 pm – 4:55 pm**

CONFESSIONS: 10 MINUTES BEFORE DAILY

MASS OR BY REQUEST AT OTHER TIMES

NOVENA TO

OUR LADY OF PERPETUAL HELP

WEDNESDAYS: **7:00 pm**

MASS FOLLOWED BY NOVENA

& BENECTION

BAPTISM COURSE

EVERY 2ND TUESDAY OF THE MONTH AT **6 pm**

BAPTISMS

4th SATURDAY AFTER 9:30 am MASS

HOUSE BLESSINGS

PLEASE CALL THE PARISH OFFICE

PARISH UPDATES

40 Hour Eucharistic Adoration at St Monica – Our parish has been designated by the Vocation Office to have adoration of the Blessed Sacrament on **Wednesday, May 30 to June 1st.** We will have the exposition after the morning Mass. Please sign up for a time slot when at least one parishioner will be present before the Lord. Thank you for your availability.

MARIAN MONTH – May is the traditional month when we focus on the Virgin Mary, Our Blessed Mother. You are welcome to join us in praying the rosary before the daily Mass.

Singles for Christ Retreat Day – On **Saturday, June 2,** we are happy to host the “Singles for Christ” retreat in our parish.

PROJECT ADVANCE 2018 – “Support the Faith - Continue the Legacy” is the theme for this year’s Appeal. Our share is \$25,000.00. We have met the goal of the Archdiocese. Thanks to all our pledgers. We need your support to reach our goal of \$75,000.00, the same as previous year. May the Lord bless your generosity! *Our Project Advance volunteers are available in the foyer to assist with your gift donation. You may make your pledge online at www.projectadvance.ca*

Tree of Gratitude – A few new inscriptions of Leaf plaques have been added to the beautiful sculpture on the wall. Thanks to our generous parishioners and friends. May the Lord bless you with his love and grace!

Project Advance Stewardship Prayer

*O God, the Father of every gift,
all that we are and have comes from your hand.*

*In Jesus Christ, your Son,
you have given us the greatest of all gifts.*

*Fill our hearts with his love,
so that we may be parish communities
of faithful, caring people.*

*Grant us the grace to be good stewards
who, in the name and spirit of Jesus,*

*Share our gifts of time, talent and treasure
for the building up of your Kingdom
in our Archdiocese and throughout the world.*

*May we see Project Advance as our way
to live gratefully and give generously
for your honour and glory.*

Through Christ our Lord. Amen.

First Holy Communion and Confirmation –

Please pray for our candidates receiving First Holy Communion on **Sunday, June 3, 9am Mass and Confirmation on Saturday, June 9, 9:30am Mass.**

Men's Discernment Night

Do you have questions about discerning God’s call for your life? Vocations in Progress for single men, aged 17 and up, is an opportunity to meet priests, ask questions, and learn about their life and spirituality. The informal event will include prayer, dinner, and discussion at **St. Patrick's, Vancouver, on Wednesday, May 30, at 7 p.m.**

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4. Build bridges.

Pope Francis speaks of his desire to build a “culture of encounter.”

There indeed we find true healing, a fraternal love capable of seeing the sacred grandeur of our neighbor, of finding God in every human being...and seeking the happiness of others just as their heavenly Father does...Let us not allow ourselves to be robbed of community! (EG 92)

When we come into dialogue with a mutual respect for the other, listening deeply, we build bridges of trust and make our lives fuller and our communities stronger.

5. Live generously.

We serve, Pope Francis says, because “God created that person in his image, and he or she reflects something of God’s glory. Every human being is the object of God’s infinite tenderness, and he himself is present in their lives.” (EG 274) When we serve others, it helps us to gain perspective, inspires gratitude, and nourishes both giver and receiver, bringing us closer together.

As people of **hope**, we can turn the tide on loneliness. We might start by asking: *What gifts do I have that God is calling me to share with others? In what way is God calling me to participate in God’s work by answering the prayers of another?* Together, with the help of the Holy Spirit, we can infuse joy into our communities and banish the suffering of loneliness.

Stewardship Reflection

Trinity Sunday

Today’s second reading reminds us that we are the adopted sons and daughters — the heirs — of God. We are good stewards of our inheritance when we share our faith and fulfill Our Lord’s command to “go . . . and make disciples of all the nations.”



Mass Intentions

May 27-June 2, 2018

Mon, May 28— Salamao Gomes (RIP)
Tue, May 29— Fr Robert Wong, SJ (TG)
Wed, May 30 — 9am, Estrella Belleza (RIP)
7pm, Vicenta La Torre
Thu, May 31— Phil Folkard (RIP)
Fri, June 1— Alma & Aida (TG)
Sat, June 2— 9:30am, Josie Alaon-Ludwig (RIP)
5pm, Diego Lorenzo Salacup (RIP)