

## **Our Lady of Good Hope Roman Catholic Church**

P. O. Box 159, 671 Water Ave., Hope, BC V0X 1L0  
Parish phone number: 604-869-5382 Parish email: [ologhope@telus.net](mailto:ologhope@telus.net)  
Parish website: [ologhope.rcav.org](http://ologhope.rcav.org)

Father Gordon A. Cook, OMI

### **Thirteenth Sunday in Ordinary Time – June 30, 2019**

#### **Weekday Masses**

Tuesday to Saturday 9:00 AM

#### **Sunday Masses**

Saturday – 4:30 PM (anticipated Mass)  
Sunday – 9:00 AM

#### **Confessions**

Weekdays Tuesday to Saturday – 8:30 AM to 8:45 AM  
Saturday - 3:30 PM to 4:00 PM  
Always available upon request.

**Please pray for all our parishioners who are ill, at home, or in the hospital, in particular:**

May Our Lord sustain, comfort and heal them through their faith.

Dolores Hampton, Marilyn McKay, Galdino Berti, Yunha Kim, Theresa Witjes, Dolores Azevedo,  
David De Beer, Brian Lloyd, Brian Sparkes, Maxwell Paller, Art Pottie

#### **Last Sunday Offering**

\$1,109 Envelopes      Number of envelopes: 39 (52%)  
\$ 155 Loose  
\$1,490 Weekly Anticipated Expenses

Thank you for your generous support of your Parish.

***Project Advance update:*** We reached our Diocesan goal of \$6,000. The donations exceeding the Diocesan goal of \$6,000 will be returned to our Parish. We sincerely thank the **23 families** of our Parish who have **donated \$15,180**. We invite all parishioners to participate to this year's appeal. Please place an envelope marked "*Project Advance*" into the offertory basket. *A heartfelt thanks to all those who has contributed so far!*

**Rose Prince Pilgrimage – Fraser Lake, BC – July 5, 6, 7 – See Bulletin Board for more information**

#### **Permanent Diaconate Still Accepting Applications!**

Do you feel called to be a Permanent Deacon? Men between the ages of 35 and 60 interested in ordained ministry are invited to apply for our fourth cohort! For more information, please contact the Permanent Diaconate Office at 604.683.0281 ext. 50431 or email [deacons@rcav.org](mailto:deacons@rcav.org)

*To follow the practice of previous years there will be no bulletin during the summer months of July and August. I will make important announcements at the end of Mass.*

#### **First Friday Exposition of the Blessed Sacrament**

**July 5, 2019 – 9:30 AM to 11:00 AM**

***Everyone is invited to spend a hour with the Lord.***

### **Reflection on Today's Gospel**

*Jesus says, "No one who puts a hand to the plough and looks back is fit for the kingdom of God."*

In C. S. Lewis' book *The Lion, the Witch, and the Wardrobe*, a young girl named Lucy stumbles into a big wardrobe crowded with fur coats. She scrambles to the back of it, only to find that she has stepped into the land of *Narnia*. As she is about to enter this new land, *Lucy looks back* for a moment and considers returning to the safety of the wardrobe. *Narnia* is a strange place, and she is alone. *Should she really be doing this?*

*Lucy decides to keep moving forward instead of back*, and it makes a huge difference in her life. Not only does she meet new friends, but her courage and character are tested through dangerous adventures, and she grows in maturity and wisdom.

We might feel a similar hesitation at different points in our spiritual journey. *Do I follow Jesus and not look back?* But this is the road that leads to life, both now and forever! Yes, it can be difficult at times. Yes, it is costly. And no, it doesn't guarantee a problem-free life. But Jesus knows this, and still *He asks you to keep moving forward*. He promises to be Your Saviour and guide when you face obstacles or temptations along the way. He has given you His Church and the Sacraments to strengthen you if you should stumble along the path. And He has given you traveling companions who can help you and encourage you when life gets difficult.

Whatever adventures, or misadventures, befall you on the path, you can be sure of one thing: Jesus is there to help you. *So, don't look back. Keep looking ahead* to all the blessings God has in store for you. (excerpt from Word Among Us June 25 2019)

### **Four Pillars of the Spiritual life**

Anchoring our hearts in heaven gives us a **source of courage** so that we can follow Christ faithfully here on earth. But how can we **set** the anchor and **keep it firmly in place**? This is what the **spiritual life** is all about. And there are **four pillars** to a healthy spiritual life.

**First, and most important, is prayer:** Prayer is a lifting of the heart and mind to God, asking good things from God, and conversing with God. We need to begin and end each day with prayer. And we need to set aside a few minutes every single day just to be alone with the Lord, our Creator, our God. This is a **daily God-time**. In these 5 to 10 minutes alone with the Lord, we can read and reflect on the Bible or another good spiritual book. We can write in a spiritual book. We can simply speak to the Lord from our hearts, or even engage in meditation. Without prayer, it is impossible to keep our hearts anchored in heaven.

**Second, we have the Sacraments.** All the Sacraments unite our souls to God and they strengthen us and nourish us with God's grace. This is especially true of Holy Communion and Confession. These Sacraments should be as regular a part of our lives as eating and sleeping.

**Third, we need to make a daily effort to follow Christ's teaching and example** in all of our words, actions, and relationships.

**Fourth, we need true Catholic fellowship.** We can't do it alone, we are not meant to. Catholics are not lone rangers. It is important to gather together at each Sunday Mass as a family and be involved in your parish. **This coming Saturday, June 16**, make an appointment to attend the Parish Pasta Potluck to enjoy fellowship with other members of your parish.

**By weaving these four means for spiritual growth** more and more deeply into our lives, prayer, the Sacraments, Christ-like virtue, and Catholic fellowship, we will do our part to keep our lives anchored in heaven, so that no difficulty, opposition, or challenge can throw us off course.

Jesus is here with us today as we gather in His name at our Eucharistic celebration. Through our communion with Jesus and with each other in the Holy Eucharist, we will find the strength to continually grow in holiness, carry our cross and live more faithfully as His disciples.

*Lord Jesus, thank you for this Sunday, the day we celebrate Your Resurrection. I believe that You walk with us, Lord. I believe that You have come into our parish today, "Our Lady of Good Hope," and bring Your message of salvation of love. Lord, I want to know You and to be known by You. Draw me closer to Yourself, Lord Jesus. Amen.*