

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
Parish website: ologhope.rcav.org

Father Gordon A. Cook, OMI

Twenty-second Sunday in Ordinary time – September 1, 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

\$ Envelopes Number of envelopes:
\$ Loose
\$ 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 **30 families** of our Parish who have **donated \$19,480**. 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!*

**CWA Meeting at 10:00 PM on September 11 in the Parish Hall.
Ladies of the Parish are welcomed to attend the meeting.**

PREP – Parish Religious Education Program for Children

Grades 1 and 2 - Tuesday – October 22 at 3:00 PM – 40 minutes
Grades 3 to 7 – Wednesday – October 23 at 3:00 Pm – 1 hour
Please call Michelle – 604.869.2571 – to register

**First Friday Exposition of the Blessed Sacrament
September 6, 2019 – 9:30 AM to 11:00 AM
Everyone is invited to spend an hour with Our Lord**

The Men's Retreat is for every man searching for a deeper relationship with God and a fuller understanding of what it means to live as a son of the Father. Get away from the busyness and demands of our schedules to personally encounter God the Father and experience His generous love. Join us **Sept. 20 – 22nd**, at Rockridge Canyon, Princeton, 2000 Willies Ranch Rd. Register today! <http://rcav.org/mensretreat/> (**Please see bulletin board for more information**)

Humility

Humility is at the heart of this week's readings both in the Book of Sirach chapter 3 and in St. Luke's Gospel chapter 14:7-14. **Humility** defined from Merriam Webster *is "freedom from pride or arrogances."*

Sunday is the **Twenty-Second Sunday in Ordinary Time**. We are encouraged to embrace humility. The first reading from the **Book of Sirach** says it simply: *"The more you humble yourself, the greater you are, and you will find favour in the sight of the Lord."* In **Luke's Gospel** is a beloved story of Jesus saying, *"do not recline at table in the place of honour"* at a banquet. *"For every one who exalts himself will be humbled, but the one who humbles himself will be exalted."*

As we prepare for Sunday, we can begin to reflect upon giving up the honours in our lives. We can begin each day praying, *"Lord, help me humble myself today, put myself last in caring for my family, in doing my job with a more selfless sense of service. Help me forgive people who aren't performing well or behaving well. Help me see the way you give me life in this surrender, in this freedom to spend brief moments today in talking with you, friend-to-friend, in heart-felt connection with you, for others."*

Dependent on God

Children tend to remember more easily that they are not God. They know that they are dependent on their parents for food, shelter, and everything else, so it's natural for them to accept being dependent on God as well.

A couple years ago at a Catholic summer Bible camp, one of the seven-year-olds won the silver medal in the mini-soccer competition. He was so happy that he wore it around his neck all the time. On the last day of the camp this boy left one of the counselors a note. It mentioned that he had left his medal in the chapel.

The counselor went to the chapel but couldn't find it. When the campers had gone home and the counselors were taking one last look around to gather up any left over items, the same counselor went back into the chapel and found the medal somewhere he would never have thought to look; **it was on the crucifix**. The boy had stacked up three chairs so that he could reach high enough and put it around Christ's neck.

Humility means that we should remember that we are not God, that God is God, and we are dependent on Him. True humility is joyful, because it opens the door to a real relationship with God which arrogance does not allow.

Let's Learn Humility from Jesus in the Mass

Jesus says, *"Learn from me"* only once time in the Gospels; the phrase concludes *"For I am . . . humble of heart."* Jesus is God, and He wasn't afraid to enter into the messiness of human existence. He didn't claim His rights as God; He came to serve us and to die for us. We can grow in our own humility by contemplating Christ, and we do that above all in the Mass.

The Mass makes present in an unbloody manner the death of Jesus on the Cross. He did not exalt Himself but humbles Himself for our salvation. And Jesus does something else in the Mass too. He transforms ordinary bread and wine into His Body and Blood. God desires to be with us so much that He comes under the humble appearance of bread and wine.

We're about to receive the eternal love and power of God in the Holy Eucharist. Before we do, we all say something together, *"Lord, I am not worthy to receive You, but only say the word and I shall be healed."* As we contemplate Christ's humility, let's say those words with conviction today. Let's learn from Jesus how to be truly humble of heart.

Correcting the Wrong Idea of Humility

One common misconception is that being humble means having low self-esteem. **That's not true**. Being humble means having the solid and lasting foundation for real self-esteem that we can have: knowledge: that our lives and our happiness are gifts from a God who knows us through and through and loves us unconditionally.

Humility is about living life to the full, by stepping off the dark throne of arrogance and into the bright throne-room of Christ the King.