

## LATIN MASS ON AUGUST 15, 6:30PM

There will be a special Latin Mass at the Cathedral to celebrate the Feast of the Assumption of Our Lady on Thursday, August 15 at 6:30PM. All are welcome to attend.

## GREECE & TURKEY PILGRIMAGE

Join Father Pablo Santa Maria & Dr. Peter Kwasniewski on a 12-day pilgrimage in the footsteps of Saint Paul to Greece & Turkey. To register and for more info. please visit:



stcharlespilgrimages.com/kwasniewski or follow the QR code.

## DIVINE MERCY PAINTING

If you are interested in donating towards the Divine Mercy painting please contact the Cathedral office. An income tax receipt is available for the full amount donated to this special project

## ASSUMPTION PROJECT CHORISTERS NEEDED

Registration is open for choristers to sing in a Traditional Latin Mass on the Feast of the Assumption, August 15. Over six weeks in July and August, singers will rehearse Guerrero's *Missa Congratulamini mihi* with MOTET Chamber Choir, culminating in a vigil mass in English at Our Lady of the Assumption in PoCo, and a festal mass in Latin at Holy Rosary Cathedral. Singers can view details and sign up at [www.motet.ca](http://www.motet.ca) under 'Projects'. Rehearsals begin Monday 8 July.



## SFA SCHOOL ACCEPTING NEW STUDENTS

Openings are available at St. Francis of Assisi Preschool and Elementary School in the heart of Grandview Woodland! Located at Victoria and Venables in Vancouver, this vibrant school has space for your family. The 78-year-old elementary school is undergoing a seismic upgrade this summer to enhance safety for students and staff. We encourage anyone interested to reach out for more information: 604-253-7311 or via email at [office@sfaschool.ca](mailto:office@sfaschool.ca). For more information, visit [www.SFASchool.ca](http://www.SFASchool.ca).

## PRO-LIFE MASS AND PRAYER VIGIL, AUGUST 3

Monthly Mass and vigil to pray for respect for all human life from its beginning to its natural end. Next month, join us in praying for women who have had abortions at St. Joseph's parish in Mission on Saturday, August 3 at 9 AM.

Please visit our website and follow our social media accounts.

[@holyrosarycathedral](https://www.instagram.com/holyrosarycathedral)



# CATHEDRAL OF OUR LADY OF THE HOLY ROSARY

ARCHDIOCESE OF VANCOUVER



July 7 2024  
XIV SUNDAY IN  
ORDINARY TIME

646 RICHARDS STREET, VANCOUVER, BRITISH COLUMBIA, V6B 3A3

**ARCHBISHOP**  
**RECTOR**  
**VICE-RECTOR**  
**ASSISTANT PRIESTS**

Most Rev. J. Michael Miller, CSB  
Very Rev. Stanley Galvon  
Rev. Pablo Santa Maria, JCL  
Rev. Arsene Dutunge, JCL  
Rev. Tomson Egirious  
Rev. Peter Ha  
Rev. Meletius Mlingi  
Rev. Jose Thomas, OP  
Rev. Mr. Alvin Rint  
Rev. Mr. Richard Chau



**DEACONS**

**SUNDAY MASS SCHEDULE**  
Saturday 5:10 PM anticipated Mass  
Sunday 8 AM, 11 AM, 1 PM, 4 PM in Latin  
6:30 PM in Spanish, 8 PM

**WEEKDAY MASSES**  
7:15 AM, 12:10 PM and 5:10 PM  
Latin Mass: Fridays at 6:30 PM

**CONFESSIONS**  
Mon - Sat. 11 to 11:45 AM & 4 to 4:45 PM  
Sundays from 9 to 9:30 AM  
Spanish Confessions: Sundays from 6 to 6:25 PM

**CATHEDRAL OFFICE INFORMATION**

**office@vancouvercathedral.org**

**646 Richards Street, Vancouver BC, V6B 3A3**

**Phone:** 604 682 6774 | **Website:** holyrosarycathedral.org

**Office Manager:** Krystyna Kasprzak | **Cathedral Secretaries:** Maria Watson & Marina Ubalde

**Groundskeepers:** Peter Dziuk & Rolando Dauz | **Security:** Jojo Dauz

**DEVOTIONS & SPIRITUAL LIFE**

**Sunday Vespers and Benediction:** 5:30 PM

**First Friday devotions to the Sacred Heart:** After 6:30 PM Latin Mass

**Rosary:** Monday to Saturday at 11:40 AM & 4:40 PM

**Adoration:** Fridays from 12:45 PM to 3:30 PM



**CATHEDRAL LIFE**

**BAPTISMS**

Baptisms are held on most Sundays at 2:30 PM. Baptism are for Cathedral parishioners or those who live in the boundaries of the Cathedral. Please call the Cathedral office to find out more.

**MARRIAGES**

Bookings should be made at least six months in advance. Couples please contact the Cathedral office for information.

**MUSIC & CHOIRS AT THE CATHEDRAL**

Please contact music director, Catherine Walsh at [catherine.organist@gmail.com](mailto:catherine.organist@gmail.com) for more info.

**KNIGHTS OF COLUMBUS**

For more info, please contact: Father Stanley Galvon .

**HRC YOUNG ADULTS**

Contact: [hrcyoungadults@gmail.com](mailto:hrcyoungadults@gmail.com);  
<http://facebook.com/hrcyoungadults>

**LATIN MASS AT THE CATHEDRAL**

At the Cathedral we have a Traditional Mass community. Masses on Friday (6:30 PM) and Sundays (4 PM). Coordinator: Daniel Chan.

**CATHOLIC WOMEN'S LEAGUE**

Contact Jane Rosenthal at [janemrose@telus.net](mailto:janemrose@telus.net).

**LEGION OF MARY**

If you would like to get involved please contact Ave, (778)896 0649.

**ALTAR MINISTRY**

The Cathedral has a team of dedicated men who serve at specific Masses. To become an Altar Server or a reader please contact the Master of Ceremonies, Fr. Santa Maria: [psantamaria@rcav.org](mailto:psantamaria@rcav.org)

**HANDMAIDS OF THE LORD**

This is an all-women ministry of the Couples for Christ Info. Grace Inonog: [grace.inonog@yahoo.com](mailto:grace.inonog@yahoo.com)

**HISPANIC COMMUNITY**

The weekly Spanish Mass now caters to the Spanish -speaking community in our parish: [comunidadhispanahrc@gmail.com](mailto:comunidadhispanahrc@gmail.com)

**CATHEDRAL BELL RINGERS**

Our eight bells are rung by hand by a dedicated band of bell ringers. Visit [www.vscr.ca](http://www.vscr.ca) for more info.

Picture on Cover: The Cathedral of Vancouver 2024 PSMW ©

**SUMMER MODESTY & DECORUM**

The summer season is here and with it comes the temptation to wear clothing that is at times inappropriate and immodest. This is influenced by the current fashion trends in clothing.

Although it is true that current fashions do not favour the practice of the virtue of modesty, this should not be an excuse or justification for forgetting these virtues and thinking that we can now dress as we please. that is, without respecting the parameters these virtues call us to.

When you have a job interview, a wedding or an event with the King, it doesn't cross your mind to arrive in runners, disheveled in your pyjamas or in a swimsuit with flip-flops. In our case, when we enter the church, we are going to visit the King of kings, God, and he we owe it to Him to dress with modesty and decorum.

At the heart of modesty and decorum is that Christ knows your inner self, he knows us better than we know it ourselves. Taking care of the inner beauty, our predisposition to go to mass, this must also be reflected on the outside which translates into respect and decorum.

We know that the lack of modesty can be scandalous and that it can lead to sin, and this is a another reason for us to consider dressing modestly and with decorum.

The Church's teaching is helpful to understand this further and in a deeper way:

The Catechism of the Catholic Church states that: "Purity requires modesty, an integral part of temperance. Modesty protects the intimate center of the person. It means refusing to unveil what should remain hidden. It is ordered to

chastity to whose sensitivity it bears witness. It guides how one looks at others and behaves toward them in conformity with the dignity of persons and their solidarity. (N. 2521)

"Modesty protects the mystery of persons and their love. It encourages patience and moderation in loving relationships; it requires that the conditions for the definitive giving and commitment of man and woman to one another be fulfilled. Modesty is decency. It inspires one's choice of clothing. It keeps silence or reserve where there is evident risk of unhealthy curiosity. It is discreet." (N. 2522)

"There is a modesty of the feelings as well as of the body. It protests, for example, against the voyeuristic explorations of the human body in certain advertisements, or against the solicitations of certain media that go too far in the exhibition of intimate things. Modesty inspires a way of life which makes it possible to resist the allurements of fashion and the pressures of prevailing ideologies." (N. 2523)

So let us not be afraid to state forcefully that modesty is still a virtue, and a very important one, given the consequences suffered when we neglect it.

One of the world's greatest fashion influencers, Coco Channel, once stated: "It's not the looks, it's the essence. It's not the money, it's the education. It's not the clothes, it's the class." At the end of the day "Beauty Should Begin in the Heart and Soul, otherwise cosmetics are useless. " If we apply this in our lives, everything that is in our soul will be reflected on the outside.

Fr. Pablo

