

Mass Intentions

Saturday, August 31st, 2019, 5:00PM

Wisdom and Peace for Hong Kong by Angela Choi and Patrick Lau

Sunday, September 1st, 2019, 10:30AM

† Albert Chapleau by Carole Wepruk

† Vincente Cortez by Flora Lim and family

Healing Mass for Lourdes Estrada Salceda by Maria Salceda

Healing prayers for Mr. Desmond Malic and Birthday blessings

for Fe Quinto and Zachary Guloy by the Quinto Family

Thanksgiving prayers offered by the Comodero family

Tuesday, September 3rd, 2019, 7:00PM

Pro Populo

Wednesday, September 4th, 2019, 7:00PM

Death Anniversary of Urbano Laihee Sr. by Isabel Rosal ..

Thursday, September 5th, 2019, 9:00AM

† Albert Chapleau by Andy & Eileen Wepruk

† Georgette Carpentier Perron by Carole Wepruk

Friday, September 6th, 2019, 7:00 PM

† Fredenwinda Lopez and † Hermosisima Domingo by Mona Lisa Cartagena..

Saturday, September 7st, 2019, 5:00PM

Blessings for Mary Angeline Eguia Villannera as she prepare to take her board examine in Medicine

† Leona Panaganiban by Maureen Redrino

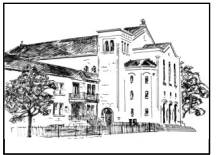
Sunday, September 8th, 2019, 10:30AM

Blessings for Mary Angeline Eguia Villannera as she prepare to take her board examine in Medicine

† Albert Chapleau by Carole Wepruk

St. Willibrord Roman Catholic Church
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Facebook: Find us under "Willibrord Parish Verdun QC"



September 1, 2019 —Twenty-Second Sunday in Ordinary Time

"He who exalts himself will be humbled"

True humility frees us to be our true selves as God sees us

What is true humility and why should we make it a characteristic mark of our life and action? True humility is not feeling bad about yourself, or having a low opinion of yourself, or thinking of yourself as inferior to others. True humility frees us from preoccupation with ourselves, whereas a low self-opinion tends to focus our attention on ourselves. Humility is truth in self-understanding and truth in action. Viewing ourselves truthfully, with sober judgment, means seeing ourselves the way God sees us (Psalm 139:1-4). A humble person makes a realistic assessment of himself or herself without illusion or pretense to be something he or she is not. The humble regard themselves neither smaller nor larger than they truly are.

True humility frees us to be our true selves and to avoid despair and pride. A humble person does not have to wear a mask or put on a facade in order to look good to others, especially to those who are not really familiar with that person. The humble are not swayed by accidents, such as fame, reputation, success, or failure.

True humility frees us to love and serve selflessly for the good of others

Humility is the queen or foundation of all the other virtues because it enables us to view and judge ourselves correctly, the way God sees us. Humility leads to true self-knowledge, honesty, realism, strength, and dedication to give ourselves to something greater than ourselves. Humility frees us to love and serve others selflessly, for their sake, rather than our own. Paul the Apostles, gives us the greatest example and model of humility in the person of Jesus Christ, who *emptied himself, taking the form of a servant, ...who humbled himself and became obedient unto death, even death on a cross* (Philippians 2:7-8). The Lord Jesus gives grace to those who seek him humbly. Do you want to be a servant as Jesus served?

"Lord Jesus, you became a servant for my sake to set me free from the tyranny of sin, selfishness, and conceit. Help me to be humble as you are humble and to love freely and graciously all whom you call me to serve."

———- *Servants of the Word*, source: www.dailyscripture.net, author [Don Schwager](#)

Pastor
Fr. Gregory Nunez

Office Staff
Anastasia Wargachuk
Administration

July 27-28, 2019—
\$600.65

August 3-4, 2019—
\$586.20

August Flea Market—
\$1,600.00

August 10-11, 2019—
\$1,204.05

August 17-18—
\$720.95

August 24-25—
\$585.35

I. The General Structure of the Mass

27. At Mass or the Lord's Supper the People of God is called together, with a Priest presiding and acting in the person of Christ, to celebrate the memorial of the Lord or Eucharistic Sacrifice.[37] In an outstanding way there applies to such a local gathering of the holy Church the promise of Christ: "Where two or three are gathered in my name, there am I in their midst" (Mt 18:20). For in the celebration of Mass, in which the Sacrifice of the Cross is perpetuated,[38] Christ is really present in the very assembly gathered in his name, in the person of the minister, in his word, and indeed substantially and uninterruptedly under the Eucharistic species.[39]

28. The Mass consists in some sense of two parts, namely the Liturgy of the Word and the Liturgy of the Eucharist, these being so closely interconnected that they form but one single act of worship.[40] For in the Mass is spread the table both of God's Word and of the Body of Christ, and from it the faithful are to be instructed and refreshed. [41] There are also certain rites that open and conclude the celebration.

<http://www.usccb.org/prayer-and-worship/the-mass/general-instruction-of-the-roman-missal/girm-chapter-2.cfm>

Postures for the Parts of the Mass

From the start of Mass until the first reading	Stand
From the first reading until the beginning of the Gospel Acclamation	Sit
From beginning of the Gospel Acclamation to the end of the Gospel	Stand
During the homily	Sit
From the beginning of the Creed to the end of the general intercessions	Stand
From the preparation of the gifts until the end of "Pray, brothers and sisters..."	Sit
From the beginning of the "May the Lord accept this sacrifice..." until the end of the Holy, Holy	Stand
During the Eucharistic Prayer:	Kneel
From the beginning of the Our Father until the beginning of the Lamb of God:	Stand
From the end of the Lamb of God until distribution of the Holy Communion	Kneel or Stand
When receiving Holy Communion	Stand
During the silence after Holy Communion	Sit or Kneel
From the Prayer after Communion until the end of Mass	Stand

ST WILLIBRORD PARISH

Mass Schedule

Saturday: 5:00 pm

Sunday: 10:30 am
(incl. Children's Liturgy)

Tuesday: 7:00 pm
(Rector)

Wednesday: 7:00 pm

Thursday: 9:00 am
(Rector)

Adoration Thursdays

9:30am to 11:30am (Rector)

Friday: 7:00 pm (Rector)

Please note the Mass, on Tuesday, Thursday and Friday will be held in the Rector

Anniversary and Birthday Blessings to all who are celebrating this week.
Thank you to Mike, Ann, Merly, Ruth, Jonas, Jarred, Hector and all of our dedicated volunteers
Thank you to our Flea Market volunteers, vendors, benefactors and visitors

DATE(S) TO REMEMBER

Meeting for Lectors, Lay Ministers and Choir Members:
will be held on September 8, 2019, following the 10:30AM Mass
Acolytes: Meeting will be held in the rectory, on September 7, at 9:00AM.
Flea Market: Saturday, September 7, 2019, 9:00AM to 3:00PM
Mass in Cameron Hall will take place on, Saturday, September 14, 2019.
The Soup Kitchen is closed for the summer but will be reopening on September 16, 2019

Upcoming Events in the planning stages

1. Taizé Evening . During the month of September there will be a Taizé evening. The singing of distinctive and much-repeated prayer chants during candlelit prayer services is one of its trademarks. Taizé music highlights simple phrases, usually lines from the Psalms or other pieces of scripture, repeated or sung in canon. The repetition is designed to help meditation and prayer
2. Pilgrimage to St Joseph's Oratory for an outdoor way of the Cross. Pilgrimage to St. Anne de Beaupré Sanctuary, Quebec City, Quebec. The Basilica of Sainte-Anne-de-Beaupré is a basilica set along the Saint Lawrence River in Quebec, Canada, 30 kilometres east of Quebec City, and one of the five national shrines of Canada. It has been credited by the Catholic Church with many miracles of curing the sick and disabled

St. John Brébeuf – Book Sale Sept. 6-7-8

When: Fri. Sept. 6, 5 – 7 p.m. / Sat. Sept. 7, 9 a.m.-6 p.m. / Sun. Sept. 8, 10 a.m.-12 noon
Where: 855 Bishop Power, LaSalle
There will be a Tea Room with homemade sweets on Saturday.
Donations of used books, CDs, DVDs: call 514-366-0131 ext. 223 to arrange drop off.

CONFESSIONS will be heard 15 minutes before each Mass weekdays and on weekends.
BAPTISM Parents wishing to have their child baptized are asked to contact the Parish Office at 514-769-9678. A meeting with Parents and Godparents is a pre-requisite. Godparents must be baptized and confirmed in the Catholic Church.
MARRIAGE Please contact the Parish Office or Father Gregory well in advance, as it is important to reserve the church before the Hall.