

ADVERTISE IN OUR BULLETIN

To advertise, please email the Parish Office. Advertisement will commence on January 1, 2026.
See below sizes & fees. Note that sizes are not on grid.

2.5" x 1.25" **5" x 1.25"**
\$350.00 **\$700.00**

2.5" x 2.5" **5" x 2.5"**
\$700.00 **\$1400.00**

ANNUAL ADVERTISING FEE

Start Date:

Company Name:

Contact Person:

Email:

Tel No:



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5. Observe the Prescribed Days of Fasting and Abstinence.

Fasting and abstinence are acts of penance that cultivate self-discipline, repentance, and spiritual growth. Catholics are also encouraged to support the material needs of the Church according to their ability.

These precepts are not merely rules but are intended to nourish spiritual life, strengthen moral discipline, and maintain communion with the Church. While they represent the minimum obligations, Catholics are encouraged to go beyond them to deepen their faith and love for God and neighbor

WHY DOES THE CHURCH HAVE PRECEPTS?

Some people ask:

"If we already have the Ten Commandments, why does the Church also have precepts?"

The answer is simple.

The Church, as a loving mother and teacher, provides practical guidance that helps Catholics fulfill their Christian responsibilities.

The precepts encourage Catholics to:

- * Worship God faithfully.
- * Receive the Sacraments regularly.
- * Practice repentance.
- * Observe spiritual discipline.
- * Support the mission of the Church.

They are not burdens imposed by the Church but aids to spiritual growth.



PARISH CRUISE 2027

Join us in celebrating St Monica's 80th Year.
For information, contact Maricar Bernardo @ 604 369 0859.

THE FIVE PRECEPTS OF THE CHURCH

Understanding the Minimum Obligations of Catholic Life

The Precepts of the Church are basic obligations established by Church authority to help Catholics live their faith faithfully. They are the minimum requirements that help us remain connected to God, the Sacraments, and the Church.

1 ATTEND MASS ON SUNDAYS AND HOLY DAYS OF OBLIGATION

Participate in Holy Mass on Sundays and Holy Days of Obligation unless prevented by a serious reason.

Sunday is the Lord's Day that commemorates Christ's Resurrection and the foundation of our Christian life.

2 CONFESS YOUR SINS AT LEAST ONCE A YEAR

Catholics who have committed serious sin must receive the Sacrament of Reconciliation at least once each year.

Confession is an encounter with Christ's mercy and a powerful step in our conversion and spiritual healing.

3 RECEIVE HOLY COMMUNION AT LEAST ONCE DURING THE EASTER SEASON

Receive the Body and Blood of Christ at least once during the Easter season, provided you are properly disposed and in a state of grace.

The Eucharist is the source and summit of Christian life. It keeps us united to Christ and His Church.

4 OBSERVE THE PRESCRIBED DAYS OF FASTING AND ABSTINENCE

Catholics are called to practice fasting and abstinence on the days established by the Church, especially during Lent.

These practices help us grow in self-discipline, unite ourselves with Christ's sacrifice, and remember the needs of others.

5 HELP PROVIDE FOR THE NEEDS OF THE CHURCH

Each Catholic is called to support the mission and needs of the Church according to their abilities.

This includes financial support, service, sharing our talents, and helping the Church carry out her mission of evangelization, worship, and charity.

These precepts guarantee the minimum necessary in the spirit of prayer, in the celebration of the sacraments, in moral efforts, and in the growth of love of God and neighbor.

— CCC 2041

@CATHOLICDAILIES

WHAT THE PRECEPTS ARE NOT

They are minimum requirements.

They are the foundation, not the finish line.

We are called to strive for holiness every day.

A faithful Catholic goes beyond the minimum by growing in prayer, charity, virtue, and love for God and neighbor.

IN SUMMARY

The Five Precepts of the Church are:

1 Attend Mass on Sundays and Holy Days of Obligation

2 Confess sins at least once a year

3 Receive Holy Communion at least once during the Easter season

4 Observe the days of fasting and abstinence

5 Help provide for the needs of the Church

"You are Peter, and on this rock I will build my Church."
— Matthew 16:18

TODAY, REFLECT:
How can you faithfully live these precepts and grow closer to Christ this year?

BE PRAYERFUL. BE INSPIRED.

catholicdailies



June 28, 2026 | 13th Sunday in Ordinary Time

Vision Statement:

St Monica Parish is a community of faith committed to the call of Christ to holiness.

Mission Statement:

We, the parishioners of St Monica, sharing our spiritual & cultural values commit to:

- Inspire people to love the Eucharist.
- Promote devotion to Our Lady of Consolacion, St Monica & St Pedro Calungsod.
- Evangelize people through a life of love and service.
- Renew, strengthen & uphold the sanctity of life, marriage & family.
- Support & enhance the life of the youth & elderly.
- Pursue Catholic Social Teaching.
- Encourage ecumenical & interfaith dialogue.
- Foster camaraderie in the community through fellowship.

WEEKDAY MASS

Monday to Saturday: 9:00am

SUNDAY MASS

Saturday: 5:00pm
Sunday: 9:00am & 11:00am
Sunday: 4:00pm @ YVR

CONFESSION

Monday to Friday: 8:40am until 8:55am
Saturday: 9:45am to 10:30am

PERPETUAL HELP NOVENA

Wednesday after the 9:00am Mass

HOLY HOUR

Friday after the 9:00am Mass
(1st-Sacred Heart, 2nd-Mary, 3rd-Vocations, 4th-Peace in the World, 5th-General Intentions)

HEALING SERVICE

First Saturday after the 9:00am Mass

BLESSING OF MONTHLY BIRTHDAY CELEBRANTS & WEDDING ANNIVERSARIES

First Weekend of the month
(Sat:5pm, Sun:9am, Sun:11am)

ST MONICA PARISH

12011 Woodhead Road, Richmond, BC V6V 1G2

WEBSITE: stmonicaparish.ca

email: parish.smon@rcav.org

TEL: 604 278 0844 | FAX: 604 279 0334

PASTOR: Rev. Mark Bautista

Deacon: Wilbur Victoria

Office Hours: Tue—Fri

9:30am—1:00pm | 1:30pm—3:30pm

Find us on Facebook: SMon Monica

WELCOME

We welcome all visitors. If you are new to the Parish, please fill out the registration form available at the foyer. And please introduce yourself to our pastor, Father Mark.

HOLY COMMUNION

Anyone who is not able to attend Mass & wishes to receive the Eucharist, please contact the parish office.

BAPTISM

Saturday @ 11:00am. Parents are requested to set an appointment with the Pastor at least one month before the requested date. Please bring filled out Baptism request form and Godparents form.

MARRIAGE

All couples planning to be married @ St Monica should contact the Pastor at least 6 months in advance. Non-parishioners must obtain written permission from your parish.

FUNERAL

Please contact the Pastor before making arrangements.

SACRAMENTALS

For house blessings, cars & religious articles, please contact the parish office.

HALL RENTAL

Please set an appointment with the Pastor at least 1 month before your event.

PRAYER FOR THE SICK

Please remember in your prayers our parishioners who are ill, especially Betty K-M, Nancy A, Jean L, Mary L, Amelia G, Norman P, Milagros V, Fe Arias, Lina Dimayuga. Email the office to be included in this list. *(Note: Only first name & initials will be published for privacy reasons).*

Please DO NOT call or text Fr Mark on his day-off every MONDAY.

THE FIVE PRECEPTS OF THE CHURCH

Understanding the Minimum Obligations of Catholic Life

“Most Catholics are familiar with the Ten Commandments, but fewer are aware that the Church also provides a set of basic obligations known as the Precepts of the Church. These precepts are not additional commandments competing with the Gospel. Rather, they are practical guidelines that help Catholics remain connected to the sacramental life of the Church and grow in their relationship with Christ.”

The Church recognizes that spiritual growth requires more than good intentions. Just as a healthy life requires regular nourishment, prayer, and discipline, the Christian life requires certain practices that help believers remain faithful to God.

For this reason, the Church proposes a minimum framework known as the Five Precepts of the Church.

These precepts represent the minimum obligations expected of Catholics and serve as a foundation for a mature Christian life.

WHAT ARE THE PRECEPTS OF THE CHURCH?

The Precepts of the Church are basic obligations established by Church authority to help Catholics live their faith faithfully. The Catechism of the Catholic Church explains that these precepts are intended to guarantee the minimum necessary participation in the life of prayer, sacramental worship, moral effort, and love of God and neighbor.

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THIS WEEK'S MASS INTENTIONS

27-Jun	Saturday	9am	Eduardo & Rebecca Talusan (INT) Lydia San Diego (INT) & Bayani San Diego +
27-Jun	Saturday	5pm	
28-Jun	Sunday	9am	Bemo Abuyuan + Lydia San Diego (INT) & Bayani San Diego +
28-Jun	Sunday	11am	PRO-POPULO
29-Jun	Monday	9am	Lydia San Diego (INT)
30-Jun	Tuesday	9am	Lydia San Diego (INT) Fr Francis Galvon SA (INT)
01-Jul	Wednesday	9am	Maria Ruschenski +
02-Jul	Thursday	9am	
03-Jul	Friday	9am	
04-Jul	Saturday	9am	Loree Baula (INT)
04-Jul	Saturday	5pm	

Hospital Visits

If you want a priest to visit you for sacraments, please ask your nurse to forward your request to the hospital spiritual coordinator when you get admitted or email the parish office at parish.smon@rcav.org. Due to its sensitive nature, we recommend that only immediate family members to contact us.

Stronger Together - Project Advance 2026

Each year, your support of Project Advance strengthens the life of your parish. Your generosity sustains ministries, outreach, and pastoral care while supporting the wider mission of the Church across the Lower Mainland. Together, we care for one another, serve those in need, and grow our faith community. Every gift — no matter the size — makes a difference. Prayerfully consider supporting Project Advance 2026, because when we support one another, we are truly Stronger Together.

St Monica Project Advance Goal is \$80,000.00

PARISH MINISTRIES/LEADERSHIP TEAM

Worship

Extraordinary Ministers of the Eucharist (EOM)

Lectors

Altar Servers

Music Ministry

Ushers

Altar Guild

Candles

Flowers

Aguinaldo Mass

Evangelization

Parish Religious Education Program (PREP)

Rite of Christian Initiation for Adults (RCIA)

Adult Formation &

Couples for Christ (CFC), Witness to Love

CFC-Youth

Kids for Christ (KFC)

El Shaddai

Community Development

Airport Ministry

Catholic Women's League (CWL)

Knights of Columbus

Legion of Mary

Legion of Mary (Junior) &

Bereavement Ministry

Interfaith Alliance

Handmaids of the Lord

Social Events

Website, Social Media

Temporalities

Project Advance

Religious Goods

Building Development & Renewal

Tel Decena

Michelle Irineo

Addie Comilang

Sonny Magno

Michael Goco (11am)

Chris Mok (9am)

Jeff Abiera (5pm Sat)

Mario Parayno

Luisa Carsula

Anna Horvath

Tess Aldaba

Maricar & Serg Bernardo

Jeff Abiera

Teresa Santos

Tuesday | 6:30pm—7:45pm

Jeff & Jigs Abiera

Thursday | 6:30pm—8:30pm

Erick & Rhona Cadlaon

1st Saturday | 6pm—10pm

Ivan Jadulang/Raziel Cabrera

1st & 3rd Saturday | 12pm—4pm

Jaycee/Yeh Peleo

3rd Saturday | 4pm-6pm

Cristy Santos

2nd & 4th Saturday | 3pm-9pm

Henjie San Juan

Deacon Wilbur Victoria

Lucita Manese

2nd Saturday | 10am-12pm

Alvin Cabrera

Executive:

3rd Saturday | 10am—12pm

General:

4th Saturday | 10am-12pm

Rufina Cruz

Tuesday | 10am—12pm

Sunday | 10am—12pm

Fe Arias

Gigi Magno

Marilyn Suba

Maricar & Serg Bernardo

CV San Pedro

Aimee Inocencio

Baby & Ed San Jose

Linda Zamora

Cesar Lopez & Chito Bolos

Thirteenth Sunday in Ordinary Time Weekend of June 27/28, 2026

In today's gospel reading the Twelve hear Jesus speak these words: “Whoever does not take up his cross and follow after me is not worthy of me.” This is the first time Matthew mentions the word “cross” in his Gospel, and it is not in direct reference to Jesus’ crucifixion but as a prerequisite to following him. Good stewards recognize that the call to discipleship requires them to “take up the cross” and align their goals in life and their fate with that of Jesus, that is, with suffering, opposition, resistance and even death. Reflect this week on the crosses you need to take up daily in order to comprehend the way of Jesus Christ.

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They are not meant to limit holiness. Rather, they provide a minimum standard that helps Catholics remain spiritually healthy. Just as attending school regularly is the minimum requirement for education, the precepts establish a minimum framework for Catholic life.

The Five Precepts:

1. Attend Mass on Sundays and Holy Days of Obligation

Catholics are required to participate in the Eucharistic celebration every Sunday and on designated holy days, resting from work that could impede worship. This precept emphasizes the importance of sanctifying the Lord's Day and remaining connected to the Christian community.

2. Confess Your Sins at Least Once a Year

The sacrament of Reconciliation prepares Catholics for the Eucharist and continues the work of Baptism by offering forgiveness and conversion. Annual confession ensures spiritual reflection and accountability.

3. Receive Holy Communion at Least During the Easter Season

Catholics must receive the Eucharist at least once a year, typically during the Easter season, to participate fully in the Paschal mystery and the central celebration of the Christian liturgy

4. Keep Holy the Holy Days of Obligation.

In addition to Sundays, Catholics are obliged to observe principal feast days honoring the Lord, the Virgin Mary, and the saints. This precept reinforces the rhythm of liturgical life and devotion .

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St Monica Feast Day—August 27. Mass will be @ 6pm. There will be no mass @ 9am.