

Guardian Angels Parish

A welcoming community of faith sharing the light & truth of the Gospel of Christ.

July 19, 2026 – Sixteenth Sunday in Ordinary Time

Pastor's Message

Dear Parishioners,

Happy Feast of Our lady of Mount Carmel.

We were in our Monastery and retreat house attending our meeting together with all the Friars and visitors from Rome. Our meeting concluded with the celebration of the feast of Our Lady of Mount Carmel on July 16th.

This Sunday, Mathew recounts the parable of wheat, the mustard seed and the yeast. Paul tells us that spirit helps in our weakness and book of wisdom offers us clemency for all our wrong doings.

We Carmelites want to share our spirit and joy by celebrating feast of our Lady of Mount Carmel this Saturday & Sunday. We have the parish barbecue to enhance our joy and fellowship. The Mountain is High place, which is the area of solitude and Prophet Elijah experienced the fruits of divine contemplation as he paced himself in this quiet surroundings. Jesus also spent quiet time (some time during the day and the other time at night). The apostles were so impressed that they wanted to pray like him and taught them to pray. Feast of Our lady of Mount Carmel invites to climb the High Mountain so that we can encounter the Divine in solitude.

We had a good year of faith formation through many courses such as Alpha, RCIA, PREP...We hope to have faith studies in the fall. All parents, please register your children for PREP. Those who are not confirmed can join RCIA for their faith formation. We encourage parishioners to come forward to be sponsors and God parents for our RCIA Candidates, thus be part of our evangelization family.

Please pray for me and all the Carmelites, - Cloister nuns, Friars and Secular Carmelites.

Love and prayers,

Fr. John Alex Pinto OCD

Pastor



Happening this weekend!

This weekend, July 18 & 19, celebrate with us at all Sunday Masses as we honor Our Lady of Mount Carmel, Patroness of the Carmelites.

"Bring us, O Mary, to the summit of Carmel, to Christ our heavenly life."

Happening this Sunday!

Parish Summer



Beginning at noontime outside the church in the garden.

FIFA Final game show on the big screen in the parish hall. Come, enjoy and have fun!!! Everyone is welcome - we hope to see you there!



WELCOME VISITORS, "Thank you for being with us today!"

"God Our Father, guide and protect our visitors, especially those travelling from afar, keep them in your presence with peace and joy and allow them to reach safely to their final destination, through Christ our Lord. Amen."

Touched by the Spirit: Witnesses of Grace and Gratitude



I, Slawek, joined as a participant to get more engaged in the parish, to make connections in the community, and to learn more about my religion and my faith. Those expectations were not only met but also I have made a few friendships that now exist beyond the Alpha program. Joining later, as a volunteer, has opened profound opportunities to make new friends as well as to develop existing connections. Each season brings different perspectives about God and Christianity; the participants help me to understand the Creator's presence in the world and in every person. I now recognize community as an essential part of

the Catholic Church and its mission. Being a part of the volunteer team gives me the motivation and support I need to have a feeling of belonging, to be engaged, and to have an impact in the parish. Each season brings new positive and touching stories; awareness that I was a little help is extremely fulfilling.

I, Julianne, first heard about Alpha at a Christmas Mass at Guardian Angels, this lovely parish that I now call home. I had been away from Mass for some time, and I was carrying a heavy heart full of uncertainty. When Father John made the invitation to attend Alpha, I somehow felt compelled to say yes to this program where there is no "wrong question" and where there is an opportunity to make friendships. I did not find all my answers there, but I found something just as precious: faith, hope, and the comforting reminder that I was not alone. Somehow, I received so much more in my heart than I ever expected. I came to understand what it means to believe in Jesus' love and to let myself be loved exactly as I am. Alpha helped me to open my heart and it gave me purpose, and a sense of belonging. Today, I am grateful to serve as a volunteer and to be part of this community.

Alpha has been running for 4 seasons now and continues to bless folks in remarkable and extraordinary ways. We have the privilege to hear from a couple of our committed volunteers about how God has shown up in their lives on the Alpha program. If you also feel the nudge to participate in the Alpha program, it will be running in the Spring of 2027. Guardian Angels and Saint Anthony, pray for us.

My journey with Catholicism and the RCIA began in the spring of 2025. For some time I had been feeling like something was missing in my life. I had gainful employment, material success, good relations with my family and friends, but I still felt empty.

With some trepidation, I joined the RCIA class in the fall of 2025. For much of my adult life, doing something like this would have been unthinkable. The classes were a wonderful journey learning about God and the Catholic Faith. I formed strong bonds with my class mates, as well as the Catechists, that persist to this day.

I noticed significant changes in the way I felt and how I perceived the world. Anxiety was replaced with equanimity, impatience with grace and anger with peace. That empty feeling has been lessened by trying to emulate Jesus; to bear my cross and to overflow with self-giving love.

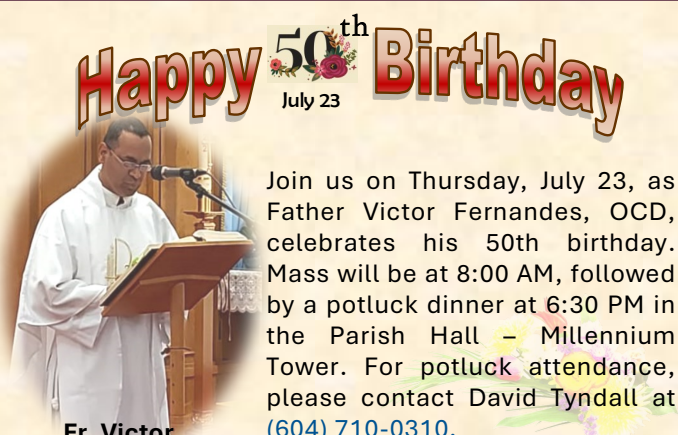
RCIA invites you to discover the joy of faith, community and belonging. It is a safe place to ask, learn and grow in the Catholic faith. If you sense God's invitation and the gentle prompting of the Holy Spirit—whether for yourself, a friend, or a family member—we encourage you to come and journey with us. Our next RCIA session begins this Fall - September 2026. Please contact the Pastor at parish.ga@rcav.org.



PARISH ANNOUNCEMENTS

Guardian Angels Parish			
Statement of Activities			
For the Six Month Period Ending June 30, 2026			
Recurring Revenue			
	Ordinary Collections	\$	117,962.00
	Diocesan/Remittable Collections		9,404.00
	Building Fund		57,826.85
	Diocesan Grant		7,000.00
	Grants/Private Giving		2,688.50
	Income from Sales		852.30
	Rental Income		8,305.00
	Interest Income		23,400.00
	Other Donations		5,687.81
	Room and Board		7,600.02
	Other Revenue		4,724.45
Total Recurring Revenue		\$	245,450.93
Expenses			
	Salaries and Benefits	\$	64,950.03
	Property Taxes		2,202.00
	Maintenance & Janitorial		17,777.92
	Utilities		10,464.06
	Diocesan Assessment		15,624.00
	Altar Supplies		7,205.75
	Parish & Ministries Activities		7,438.72
	Local Poor		1,785.10
	Insurance		6,528.67
	Office & Equipment Lease		6,494.90
	Household Expenses		5,091.96
	Diocesan & Other remittable Coll		8,247.00
	Publications & BC Catholic		4,139.75
	Other Expenses		7,130.72
Total Expenses		\$	165,080.58
EXCESS OF REVENUE OVER EXPENSES		\$	80,370.35

Mass Intentions				
Day				Intention
Sat	Jul	18	9am	+Saverun Angie & Dannis Letawski+
			4pm	+Linda Clearly+
Sun	Jul	19	9am	For the Parishioners
			11am	+Barbara Doyle+
			12:30pm	Holy Souls in Purgatory
Mon	Jul	20	8am	Thanksgiving - Mary Cyril Dizon
Tues	Jul	21	7pm	Thanksgiving - Vilma Corpuz
Wed	Jul	22	8am	Thanksgiving - Carmela Dizon
Thurs	Jul	23	8am	+Linda Clearly+
Fri	Jul	24	8am	+Julio Treyes Misa+



Happy 50th Birthday

July 23

Join us on Thursday, July 23, as Father Victor Fernandes, OCD, celebrates his 50th birthday. Mass will be at 8:00 AM, followed by a potluck dinner at 6:30 PM in the Parish Hall – Millennium Tower. For potluck attendance, please contact David Tyndall at (604) 710-0310.

Fr. Victor

Parish Religious Education Program

PREP offers religious classes to children in Grades I to VII who are attending public schools. Let us help you teach your children the principles of the Catholic Faith and prepare them to receive the Sacraments of - First Reconciliation, First Holy Communion and Sacrament of Confirmation. Registration is ongoing for school year 2026-2027 and classes will commence in September of this year. Registration forms are available at the church foyer and parish office.

July 27 | Evening Reflection



Join us for an evening reflection with Sylvia Dillman on Monday, July 27 at 7:00 PM in the Rectory Basement Hall. Sylvia will offer an inspiring talk titled "Infuse Wisdom and Signal Graces," a thoughtful exploration of grace, insight, and spiritual renewal.

Project Advance

Diocesan Goal - \$23,100 | Parish Goal - \$50,000

In the past years, our parish has shown remarkable generosity. Looking forward for your continued support and prayerful consideration to those who have not yet participated. Thank you to all who have already contributed! Your donation makes a difference.

Support Guardian Angels via Interac e-Transfer

We are now able to receive donations through **Interac e-Transfer**. Please send your offering to autodeposit.ga@rcav.org. Please email or call the parish office for details.

Parish E-mail Listing

Join and register in the parish email list. By joining this list, you agree to receive parish internal communications via email, including but not limited to parish weekly bulletin. This initiative helps the parish reduce paper waste and minimize cost. To join and register, copy and paste the below "private" link on your browser:

<https://guardian-angels-vancouver.tilmapplatform.com/collections/events/email-listing-registration>

July 22: Feast - St. Mary Magdalene, Disciple of the Lord
 July 25: Feast - St. James, Apostle
 July 26: World Day for Grandparents and the Elderly

Thank you parishioners and visitors

for your untiring support and generous donation.

ADVERTISERS

ARCHDIOCESAN NEWS

Stewardship *Reflection*

"The kingdom of heaven may be likened to a man who sowed good seed in his field...He who sows good seed is the Son of Man, the field is the world, the good seed the children of the kingdom."

- Matthew 13:24, 37-38 -

As children of God, we are all "good seeds". We are blessed by God with the potential to accomplish much good in the world. We fulfill God's plan when we spend time in prayer every day, use our skills to help others and share our financial gifts to help build God's kingdom on earth. Through our example of gratitude and generosity we sow "good seeds" on earth and ultimately help each other get to heaven!

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This communication is not intended to cause or induce breach of an existing agency agreement.

* Catholic Family Summit 2026

Join with other families from around the Archdiocese to discover on the beauty and power of God's Word through activities for all ages. The day will also include a Eucharistic procession, anticipated Sunday Mass, and dinner. The cost for this event is \$15/adult and \$10 for children 5 and older; families are capped at \$65 each.

Saturday, August 8, 1:00 p.m. to 7:30 p.m. at Christ the Redeemer Parish, West Vancouver. Learn more and **register by July 27** at beholdvancouver.org/events.

* Registration deadline extended

* Ordination of Jerome Robles to the Diaconate

With praise and thanksgiving to Almighty God, the Archdiocese of Vancouver joyfully announces the Ordination of Jerome Robles to the Diaconate.

The ordination will take place through the laying on of hands and the invocation of the Holy Spirit by Archbishop Richard W. Smith. It will be held on Friday, October 16, 2026 at 7:00 p.m. at Holy Rosary Cathedral. The faithful are warmly invited to attend and join in prayer for Jerome as he prepares to serve the Church as a deacon.

Pilgrimage to the Our Lady of Lourdes Grotto

St. Joseph's Parish, Mission, invites you to the historic Fraser River Heritage Park on August 15 to celebrate the Holy Eucharist in honour of Our Lady at 1:00 p.m. The principal celebrant will be Archbishop Richard Smith. After the Mass, there will be a procession to the grotto where the rosary will be prayed, followed by the Benediction of the Most Blessed Sacrament. All are welcome! Please bring your own picnic lunch and chairs. Confessions will be heard on site at 10:00 a.m. Learn more at beholdvancouver.org

Archdiocesan Employment Opportunities

- ♦ Administrative Assistant, Archbishop's Office
- ♦ Manager of Family Services, Gardens of Gethsemani
- ♦ Administrative Assistant, Vocations Office
- ♦ Administrative Assistant to the Senior Director, Ministries and Outreach

For details please visit rcav.org/careers.

SACRAMENTS

Confessions: Tuesday, 6:30pm to 6:50pm;
Saturday, 3:00pm to 3:45pm;
or by Appointment
For other Sacraments:
Please contact the Parish Office



MASS TIME

Weekdays: Monday, 8am; Tuesday, 7pm;
Wednesday to Friday, 8am;
First Friday Devotion, 6pm Adoration; 7pm Mass
Sunday Masses: Saturday, 4pm (Anticipated)
Sunday, 9am, 11am, 12:30pm

OFFICE HOURS: Monday to Thursday 9am to 12:30pm; 1:30pm to 4:30pm CLOSED on Weekends and Statutory Holidays
1161 Broughton Street, Vancouver BC V6G 2B3 | Tel: 604-684-5775; Fax: 604-684-5757 | Email: parish.ga@rcav.org | Website: guardianangelsvancouver.ca
Pastor: Rev. John Alex Pinto, OCD
In Residence Chaplains: Rev. Victor Fernandes, OCD (SPH); Rev. Ronald Sequeira, OCD (VGH) | Parish Bookkeeper & Admin. Assistant: Leah B.