

IS SINGING PRAYING TWICE?

An excerpt from Catholic Exchange
By Caitlin Marchand

From whence comes this “to sing is to pray twice” line? Father Z gives a thorough and interesting answer which determines that St. Augustine never wrote the phrase but did write that singing belongs to one who loves. It seems that he eventually went with his inclination to approve of singing. Still, I think the misquoted line has merit. It may not be from Augustine, but it isn’t wholly wrong. I believe it can be argued that to sing can be in a sense to pray twice.

Of course this isn’t a mathematical formula, as grace never works in such a way. 1 sung prayer does not equal 2 times 1 spoken. Yet, singing provides unique aids to mindful prayer. When we pray we form the words in our mind and then speak them. However this is such second nature to us that it can be done almost without thinking. To sing well requires careful formation of the words and notes. How easily we can mumble a Hail Mary. Not so singing Ave Maria. Furthermore, when we sing we add another step. After thinking and then forming the words, we then hear and enjoy them as they return to our ears in song. In this way we essentially pray twice: once as the orator and once as the congregation. Thus we are given the opportunity to focus more fully on the prayer we sing. This I think particularly applies to the simple yet pleasing hymns and chant. We are undistracted by aggressive accompaniment but relish the words of the melody.

Catholics are a sacramental people.

We believe in the good of the world around us and the body. The senses of the body are good and the things which appeal to those senses can be as well. So worship can call upon all the senses. Taste and see. And hear and feel and even smell. Incense, beautiful art, and song all serve as aids to worship.

When teaching children we try to engage as many senses as possible to appeal to the memory and thus lock information in. This theory applies also to the things of God. I still remember the statues that stood in the church where I was baptized, although I have not returned since I was seven. I still smell the clouds of incense and felt a burst of joy listening to a hymn at my wedding that echoed through my whole childhood.

As a domestic church our family employs singing throughout the year. Singing forms a daily part of family worship. We sing hymns appropriate to the season, we sing hymns appropriate to the trials and triumphs of the family. We have sung at the grave, and sung around the Christmas tree. We find that our children quickly memorize the tune and words of complex lyrics while they may still struggle to recite a complete Our Father without prompting. Singing is also a particularly communal form of prayer. The more voices are raised the fuller and more beautiful the song. We can delight each other with the sounds of our voices and delight together in songs of praise.

So the words are not St. Augustine’s. But he was certainly right to “acknowledge the great utility of this custom.” Perhaps I possess one of those weaker minds stimulated to a devotional frame by singing. Still I believe that in a sense, to sing is to pray twice and to sing praise as a family is a great addition to the Catholic culture and spiritual life of the home.

You will find the full article on [Our Lady of Perpetual Help Facebook page](#) where we hope to bring you interesting articles and news about the parish. Become a fan: www.facebook.com/olphchurchvancouver

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REDEMPTORISTS

2465 CROWN STREET
VANCOUVER
B.C. V6R3V9
ESTABLISHED 1923

MASSES & SERVICES

Saturday: 5pm
(Anticipated Mass)
Sunday: 9am, 11am & 5pm
Monday – Wednesday 8am
Thursday Mass/Novena:
8am & 7pm
Friday, Saturday, Holidays: 9am
(Fridays in July & August: 8am)
Reconciliation
Saturday: 4-4:45pm
Adoration
Saturday 9:30-10am
Library Hours
Sunday: 10-10:45am, 4:30-5pm

OFFICE HOURS

Monday-Friday: 9am-4pm

STAFF

Pastor

Babu Mathew, C.Ss.R.

Associate Pastor

Joseph Horo, C.Ss.R.

Office Manager

Virginia Fong

Pastoral Coordinator

Bertilla Watanabe

Bookkeeper

Corinna Siy

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OUR LADY OF PERPETUAL HELP PARISH

November 22, 2015

Jesus Christ, King of the Universe

Dear Parishioners,

On the solemnity of Jesus Christ, King of the Universe, we honor the crowning glory of Jesus. One of the greatest testaments of this is in today’s reading of Daniel “To him was given dominion and glory and kingship, that all peoples, languages and nations should serve him.”

I had a particular wish to get this message across when we celebrated the Mass for All Souls at the beginning of the month. This is captured by the image in front of the altar in which you’ll see the white burial cloth draped over the cross. Our prayers for our loved ones are pinned on this hope and trust in God’s mercy and his great love.

Our Mass for the Bereaved in which we commemorated the passing of nine parishioners, was another powerful reminder that we are people of the Resurrection. Death does not have power over us because of the sacraments Jesus has given to us. The Mass offering for our loved ones releases us from darkness and despair. Thank you to all who were present to make the event so meaningful and memorable.

In last week’s bulletin, you may have read about Jim Cameron who has been an exemplary steward of the parish. Due to Jim’s considerable responsibilities, he is stepping down from the Parish Education Committee. He will continue to serve as a Lector for the parish. My sincerest thanks to Jim for his kind service and cheerful manner in all that he does.

To fill this place in the PEC, I have appointed Doug Spaeth, a retired urban and environment planner. Doug and his wife, Lily, have been active in the OLPH community for many years. When their two daughters were attending OLPH School, the Province was just beginning to subsidize Catholic education. At that time, Doug served as School Committee Maintenance Chairman and Treasurer. He maintains a strong interest in strengthening the bond between School and Parish.

May our blessed Mother guide us in all our endeavors this week and always.

Yours in Christ,
Fr. Babu Mathew, C.Ss.R.

The Lord is king; he is robed in majesty. - Psalm 92

NEWS & NOTICES

PREP Candy Collection: The children from the PREP program will be collecting candy for the Door is Open and Missionaries of Charity at all Masses next weekend. If you have candy please bring it to Mass next week. We will also accept cash donations.

Hospitality Ministry Help: Welcoming the faithful as they gather for Eucharist is an essential component of the Sunday gathering. If you can help by being a greeter or usher, you would be playing an important role in making our Mass gathering special for parishioners and visitors. Help is needed at all Masses. With extra Masses at Christmas, help is especially needed for the Christmas Eve 5pm Family Mass, 7pm and Midnight Mass. If you can help, please contact Gerry Macken 604-222-1369 or email bwatanabe@rcav.org

9am Coffee Fellowship: The 9am Mass volunteers who have been making coffee and serving refreshments so faithfully are looking for new volunteers to help. This is an important aspect of the Hospitality Ministry which you may wish to carry out as a family. Please contact Bertilla if you would like to know more about what is involved. Email: bwatanabe@rcav.org.

Madonna Group Outing: The group is going to UBC Golf Club for a Christmas Mistletoe Buffet Lunch on Wed Dec. 9 at noon. Please contact Monica Cheung 604-739-8837 if you wish to join them. The cost is \$40 per person.

Food Bank Support: Proceeds from this week's Food Bank purchases will go to Sacred Heart Parish, St Paul's Parish and St Kateri Centre, collectively called the Downtown Eastside Parishes. They are hoping our parish can raise \$1000 for Food certificates for families unable to meet their financial needs. Your support would be much appreciated.

Christmas Giving Tree: The Christmas Giving Tree will be up again this year from Nov 29. Look out for information in next week's bulletin about the charities we will be supporting this year.

PEC meeting: Our next PEC Meeting is on Tuesday Nov 24 at 7pm in the Madonna Room.

Christmas Carol Cruise: The OLPH 3rd Annual Christmas Carol Ship Cruise is on Friday Dec 11 from 7pm -11pm. With traditional turkey dinner and all the trimmings, coffee, tea and dessert, it's a wonderful treat for the whole family. Tickets are \$72 per adult and \$42 for children 3-12 years old. The deadline for ordering tickets is Friday Nov 27. Please fill out an order form at the church entrance and hand it in with your payment at the Parish Office.

Support the CWL Christmas Tea and Crafts Fair: This event is on Sat Nov 28 and we are counting on your support. For our Treasure Trove and the book sale we are looking for gently used items such as fine china, glassware, silverware and books. The Bake Sale is looking forward to your contributions of handmade loafs, cookies, cakes and preserves. Our Craft Groups will gladly accept handmade needlework, soaps, paper crafts and similar items. Please no used clothing. All items can be dropped off at the church hall on Friday, November 27, between 10 am and 12 noon. For further information, please contact Jutta Zeisler at (604)224-4081. See you all at the Fair!

Contemplative Outreach: You are invited to An Advent Taste of Silence Retreat on Sat Nov 28 – a day set apart to prepare for the coming of The Light of Christ into our midst, to refresh and create in an atmosphere that encourages inner solitude and silence. Time: 9:30am -3:30pm Gloria Dei Lutheran Church, 1110 Gladwin Drive, North Vancouver. Light lunch provided. Suggested donation \$25. Further information Jan Miko 604-261-2651.

Archdiocesan News: For info about Archdiocesan events, please subscribe to the Friday Report. You can sign up at rcav.org/Friday-report/.

Stewardship Reflection

“Jesus answered, ‘My kingdom does not belong to this world.’ (John 18:36)

How often do we put all our time and energy into building a kingdom here on earth, forgetting that life here is short? The real kingdom is in the next life. Yet, how much time and energy do we invest in working for that eternal kingdom?

- Stewardship Office, Archdiocese of St. Louis

JUBILEE CALENDAR

NOVEMBER EVENTS



Christmas Tea & Crafts Fair

The CWL will hold its annual Tea and Crafts Fair on Sat Nov 28 from 11am-3pm. Details of how you can help are in the News & Notices section.

DECEMBER EVENTS

Door Is Open Outreach

Thank you for signing up to help at the Door Is Open. We have enough volunteers for this outreach event. The next one is on Tuesday Feb 2. Look out for the sign-up in January.

Fr. Babu's Mass of Installation with Archbishop Michael Miller

Join us for this special Mass at 11am Sun Dec 6. All are invited to the Christmas celebration which will follow the Mass. There is a sign-up sheet for donations of cookies and squares at the church entrance. Thank you!

Christmas Carol Cruise

The Christmas carol cruise is on Friday Dec 11. Make sure you reserve your spot early. Details are available on the sign-up form at the church entrance.

Advent Meditations

Meditate on the coming of the Christ child with beautiful music and prayer led by the combined choirs of OLPH from 7-8pm on Sunday Dec 13.

PRAYER REQUEST

Please pray for the soul of David Chu-Chong (son of Marion Chu-Chong) whose funeral was held here on Wed 18 Nov 2015.

“He makes me lie down in green pastures; he leads me beside still waters; he restores my soul!”

Psalm 23: 2-3

CATHOLIC TRADITIONS



Remembering Loved Ones from Our Parish who have Passed Away

Last Saturday, a special Mass for those who lost a loved one was held to commemorate parishioners who died in the past year.

A special candle with the name of each person was lit and placed at the foot of the altar during the Intercessory Prayers so that each one of them may be remembered in the remaining days of the month of November when we pray for souls.

A candle was lit for the following:

Catherine Thelma Barker
Brian Charles Bentz
Jenny Chan
Shirley Cunningham
Colleen Denise Fanning
Elizabeth Lyson
Marcelle Paris
Margaret Mary Rogers-McKay
Danielle Henriette Uliana

The candles were placed next to the Resurrection Commemorative covered with the names of other friends and loved ones who have died for whom we have been praying since All Souls Day.

We ask you to pray for all of them especially in the remaining days of November.

A lunch reception was held in the hall after the Mass. Members of the Catholic Women's League were at hand to help with the reception.

In Purgatory and on Earth, Mourning Has Power to Free Souls

It is our duty to pray for ourselves and for those who are asleep in Christ, so that, together, one day we might all share in his glory.

By FATHER DWIGHT LONGENECKER

Some years ago, I was counseling a middle-aged woman I'll call Jane, who suffered from low self-esteem and constant insecurity. Her anxiety led to stress-related illnesses. It was as if she lived in a state of fear, worry and dread.

As I got to know more about her life and situation, it emerged that when Jane was a girl, her mother had lost a brother in a car accident. The mother, who was now also deceased, had not gone to the funeral and, because of distance, had never visited his grave. She began to live under a cloud of grief and sadness, and Jane said she couldn't remember living any other way. I suggested that we have a funeral Mass for both her mother and her uncle. Maybe if they were both mourned properly and prayed for, Jane's sadness and anxiety would lift. That is exactly what happened.

The next week, at an ordinary daily Mass, we celebrated a requiem for Jane's mother and uncle. When I saw her two weeks later, Jane explained that the night after the Mass she couldn't sleep and felt she was on an emotional high. Over the next few days, she realized the cloud of grief and sadness she had lived with for so long had started to dissipate. It took another six months of counseling and prayer for Jane's life to be completely realigned, but the breakthrough was when we celebrated Mass for her departed family members.

In this month of November, it is the Church's tradition to pray for the holy souls. We do so specifically on All Souls' Day, Nov. 2. We continue to do so throughout the month. Unfortunately, the custom of having Masses said for the repose of the souls of our loved ones is fading away. It's unfortunate because praying for the dead is a righteous, just and healthy thing to do. The custom comes to us from the Hebrew religion. In the 12th chapter of the Second Book of Maccabees in the Old Testament, after a great battle, the general Judas sent silver to Jerusalem for sacrifices to be made for the dead. The chapter concludes, "It is, therefore, a holy and wholesome thought to pray for the dead, that they may be loosed from sins."

We conclude from this that it is not only a good thing to offer the sacrifice of the Mass for the dead, but that it is efficacious. It is vital to remember that the Mass is not just a dead symbol or an empty religious ritual. The sacraments effect what they signify. To put it bluntly, they do something. When we offer the sacrifice of the Mass for our departed loved ones, they are helped in their journey through purgatory. Mystics of the Church, including St. Padre Pio, have had visitations from souls in purgatory affirming that Masses said for them free them from their temporal suffering and assist them on their way to heaven. This amazing webpage (MysticsoftheChurch.com) recounts the visions and messages received by numerous approved mystics on the truth of purgatory and the power of prayers and masses for the souls who are there.

From my experience with Jane and other individuals, I am convinced that prayers for the souls in purgatory also help those who are still on this earth. Living souls can remain under a shadow of grief and sadness when, for whatever reason, they have not grieved properly. Sometimes they carry a burden of guilt because their relationship with their loved one was stained with sin. Maybe for many years they were bearing a grudge and never forgave the person before that person died. When they finally offer a Mass for the souls of their loved ones, the bondage is broken. They are delivered — and by Christ's power receive reconciliation, healing and release.

Father Dwight Longenecker is a priest of the Diocese of Charleston, South Carolina. Read more: <http://www.ncregister.com/daily-news/holy-souls-prayer-and-healing/#ixzz3rgLByU7W>