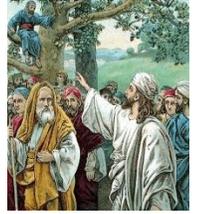


A Reflection from Fr. Joseph

Dr. Carl Menninger, the famous American psychiatrist, was asked to treat a woman with severe depression. He decided to visit her in her home. He found her slumped in a chair. Her house was dark and quiet. She admitted to him that she had struggled with depression since her husband died several years ago. As the two of them talked, Dr. Menninger noticed that this woman loved violets and grew them. Throughout her house there were pots filled with bright purple and pink and blue flowers. This led him to an unusual prescription. He asked the woman to look in the local papers every day and send a pot of violets to anyone who was experiencing a major event in their life: a birth, a death, a wedding, a graduation. Within a month the woman called Dr. Menninger and said that her life had changed dramatically. The people who had received these unexpected violets were often overwhelmed with the gesture. They would write back to thank her, send her a little present themselves, and even come to visit her. Over time people began to call the woman the "Violet Lady." Her life was changed because she had replaced her depression with an action, an action of service towards others.



Now, when we experience disappointments in life, when the people we love leave us, when we have to face rejection or failure, it is easy to slip into depression. Questions keep streaming through our consciousness: Why did this happen to me? Why is my life so unfair? Such questions are understandable, but they are largely questions without answers. Instead of helping us, they tend to pull us down more into sadness.

So how do we cope with this kind of discouragement? How do we pull ourselves out of a sort of pervasive depression? The surest way out of sadness is action - doing something, taking on a project, and giving ourselves in service to another. When we act, we take the focus off ourselves. Action redirects our pain, refocuses our lives and pushes depression aside.

Zacchaeus, in today's gospel, knows the same truth. If anyone had reason to be sad or depressed, it was Zacchaeus. Everybody in Jericho avoided him and shunned him. They tagged him as a sinner. His good actions were either ignored or ridiculed. When Zacchaeus heard that Jesus was coming to Jericho, he could have easily chosen to do nothing. He could have easily said, "What's the use? Why would Jesus ever be interested in me?" When he could not see Jesus because of the crowd, he could have thrown up his hands and sunk back down into his self pity. But that's not the choice Zacchaeus made. He chose to act. He ran out in front of the crowd, climbed up a Sycamore tree, made a fool of himself, in the hope that maybe he would have a chance to meet Jesus. His bet paid off big time. Not only did Jesus see him, but he called him down and said that he wanted to stay with him.

Zacchaeus is a model for us. When we get stuck in our sadness, Zacchaeus tells us that the way out is not by sinking, or sighing, but by acting. The way out is by doing something, by throwing ourselves into motion for our own good and for the good of others. The story of Zacchaeus tells us that action not only will push our depression aside, but also leads us to Jesus. And when we meet him, Jesus will say to us, ***"Today salvation has come to this house for the Son of Man has come to save the lost."*** Like Zacchaeus, we should rise up from our self-pity and run out to meet Jesus in good things that we choose to do.

DAILY SCRIPTURE READINGS

Mon. Nov. 4th - ST. CHARLES BORROMEIO, memorial

Rom. 11:29-36; Luke 14:12-14

Tue. Nov. 5th - Rom. 12:5-16a; Luke 14:15-24

Wed. Nov. 6th - Rom. 13:8-10; Luke 14:25-33

Thurs. Nov. 7th - Rom. 14:7-12; Luke 15:1-10

Fri. Nov. 8th - Rom. 15:14-21; Luke 16:1-8

Sat. Nov. 9th - THE DEDICATION OF THE LATERAN BASILICA

Ezekiel 47:1-2, 8-9, 12 or 1 Cor. 3:9b-11, 16-17; John 2:13-22

Sun. Nov. 10th - 32ND SUNDAY IN ORDINARY TIME

2 Maccabees 7:1-2, 7, 9-14; 2 Thess 2:16-3:5; Luke 20:27-38

**SUCCESSFUL 75TH ANNIVERSARY CELEBRATIONS**

We are grateful to Archbishop Michael Miller and to the priests who came to celebrate our Feast Day Mass with us. The Mass was solemn and was well attended. Thank you to our 75th anniversary organizing committee, lead by Mrs. Imelda Bateria, for all their hard work in preparation of this special event. We also thank all those individuals and parish groups who volunteered their services: altar servers, sacristans, choirs, ushers, Eucharistic ministers, CWL, K of C, El Shaddai, Couples for Christ and St. Jude School. We are grateful to all those who donated food and helped at the Sunday Masses and reception, last weekend. We also want to acknowledge and thank all our donors and sponsors for their contributions and support. We could not have done it without you!

**CATHOLIC WOMEN'S LEAGUE NEWS**

- **Friendship Day:** please join us this Sunday, Nov. 3rd after the 9 & 11 am Masses in the vestibule.

SQUIRETTES NEWS

Bake Sale: This Sunday after the 9 & 11 am Masses.

**ST. JUDE'S SCHOOL & PARISH CHRISTMAS RAFFLE FUNDRAISING**

Tickets are \$2 each / \$20 per book. First Prize \$3,000; 2nd Prize \$1,000 and 3rd Prize \$500. Draw date Dec. 14th.

MASS INTENTIONS FOR THE WEEK

Sat. Nov. 2 nd	5 pm Mass for James Jan Fong Chu, R.I.P.
Sun. Nov. 3 rd	9 am Mass for parishioners 11 am Mass for John Lui, R.I.P. 2 pm Mass for Arturo Destura, R.I.P. 5 pm Mass for Consolacion Vargas, R.I.P.
Mon. Nov. 4 th	8 am Mass for Corazon Belmonte, R.I.P.
Tue. Nov. 5 th	8 am Mass for all the souls in purgatory
Wed. Nov. 6 th	9 am Mass for Domenic Abbinante, R.I.P. 7:30 pm Novena Mass
Thur. Nov. 7 th	8:00 am Mass for Jaco Racic, R.I.P.
Fri. Nov. 8 th	8:00 am Mass for Adelaida Clado, R.I.P.
Sat. Nov. 9 th	9:00 am Mass for all the souls in purgatory

ALTAR SERVERS

Wed. Nov. 6th - 7:30 PM - Volunteers

Sat. Nov. 9th - 5:00 PM - J & M Cabuhayan, Anna, Lynn & Henry Cao.

Sun. Nov. 10th - 9:00 AM - C.Barraca, Jonah, Isaiah & Norah Chao, T.Johnson, C.Vu. **11:00 AM** - T.Laygo, W.Pham, E.Wong, C.Lee, J.Magbanua. **5:00 PM** - K.Alonzo, Z.Bambilla, M.Hong, E.Nguyen, A.Paredes, L. Soliman, K & K Tan.



Month of Holy Souls

In November, when the Church reminds us of our duty to pray for the dead, it is good to recall the meaning of Christian death as it is expressed in the rites of Christian burial. The Bishops of BC have issued guidelines to explain the Church's mind on the subject of funerals. www.rcav.org

MEMORIAL FOR YOUR DECEASED LOVED ONES
This Wednesday, Nov. 6th, at 7:30 pm you are welcome to bring pictures of the deceased members of your family, as we will pray for the repose of their souls at the Novena Mass.

PROJECT ADVANCE NEWS

Thank you to the 247 families and individuals who have generously supported our Project Advance campaign. If you did not have an opportunity to donate, your gift can be made online: www.rca.org/giving If you have pledged but not yet paid you have until Dec. 31st.

SCHOOL NEWS

- **School Mass:** This Wed., Nov. 6th, at 9 am. Join us!

Grade 7 Promotion - Fundraising

St. Jude's Grade 7 Class of 2020 is fundraising with Purdy's Chocolatier, just in time for Christmas - Avoid those line-ups and busy malls! Orders accepted until Monday Nov. 25th. Pick up your orders on Monday Dec. 9th at 3pm from St. Jude School - cafeteria. Please support us by visiting <https://fundraising.purdys.com/1033040-68657> or by calling 778-838-4559.

ARCHDIOCESAN NEWS

Up-Coming Events

Stewardship Reflections

"But Zacchaeus stood there and said to the Lord, 'Behold, half of my possessions, Lord, I will give to the poor, and if I extorted anything from anyone I shall repay it four times over.'" (Luke 19:8)

We are all called to gratefully give back to the Lord in proportion to the blessings we have been given. This means everyone isn't called to give the same amount, but is called to give equal sacrifice. No amount is too small or insignificant! Open your heart; how is God calling you to be more generous with your financial resources and possessions?

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E-MAIL FRAUD WARNING

The Archdiocese has received multiple reports from parishioners and priests who have fallen victim to a recent Internet email phishing scam. Imposters, posing as priests and using email addresses that are similar to those of our priests, have been emailing people asking for personal donations, gift cards, and other forms of financial assistance. Never respond to emails requesting Google Play cards, iTunes cards, or any other form of personal financial assistance, even if it appears to be from a priest, deacon, religious, parish staff or Archbishop Miller.

ANNUAL MASS FOR DECEASED BISHOPS, CLERGY AND CONSECRATED MEN AND WOMEN will be held at Holy Rosary Cathedral this Wed., Nov. 6th at 12:00 noon. All parishioners are most welcome to attend this special Liturgy concelebrated by the priests of the Archdiocese. Remember kindly in your prayers during the month of November those who have laboured for the Church in Vancouver and pray that the Lord will send more dedicated men and women to continue their ministry.

Remembrance Day Mass & Procession to the Cenotaph

We celebrate and honor the men and women who gave their lives so that we may have freedom. Our Mass will begin at 10 a.m. on Monday, Nov. 11, at Gardens of Gethsemani in South Surrey. Followed by a procession to the Cenotaph where we will lay wreaths.

Vocation Live-In at Seminary of Christ the King

On the weekend of Nov. 15 – 17, there will be a Vocation Live-In for boys or young men interested in the priesthood or the consecrated life. For more information call 604-826-8975.

Into the Deep: The Art of Community in Mental Health

How do we find hope and healing in relationship? Discover the vital role of community in mental health through Lisa Rumpel's journey to wellness and Stephen Ching's experience as a counsellor. With both personal and professional reflections on how community is an art to creatively foster, the gifts of presence, love, and kindness come to light. For we are hardwired for connection and are not meant to live alone. This free event takes place on Friday, Nov. 22 at 7 p.m. until 8:30 p.m. at the John Paul II Pastoral Centre in Vancouver. "Into the Deep" is a free bi-monthly series of talks, lectures and experiences for seeking disciples

