



Welcome to Star of the Sea Parish

14th Sunday in Ordinary Time — July 5, 2026

PARISH OFFICE:

2250 – 150th Street
Surrey, BC V4A 9J3
604-531-5739

OPEN: Monday – Friday
8:30am – 4:30pm
(closed Noon-1pm)

Email:
parish@starofthesea.ca

Website:
starofthesea.ca

FOR AFTER HOURS

EMERGENCIES:
604-831-1162 or
604-541-8036

PARISH TEAM:

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aobiwumma@rcav.org

ASSISTANT PASTOR:
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ekulling@rcav.org

OFFICE ADMINISTRATOR:
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parish@starofthesea.ca

ADMIN ASSISTANT:
Avryn Mendez
avrynm@starofthesea.ca

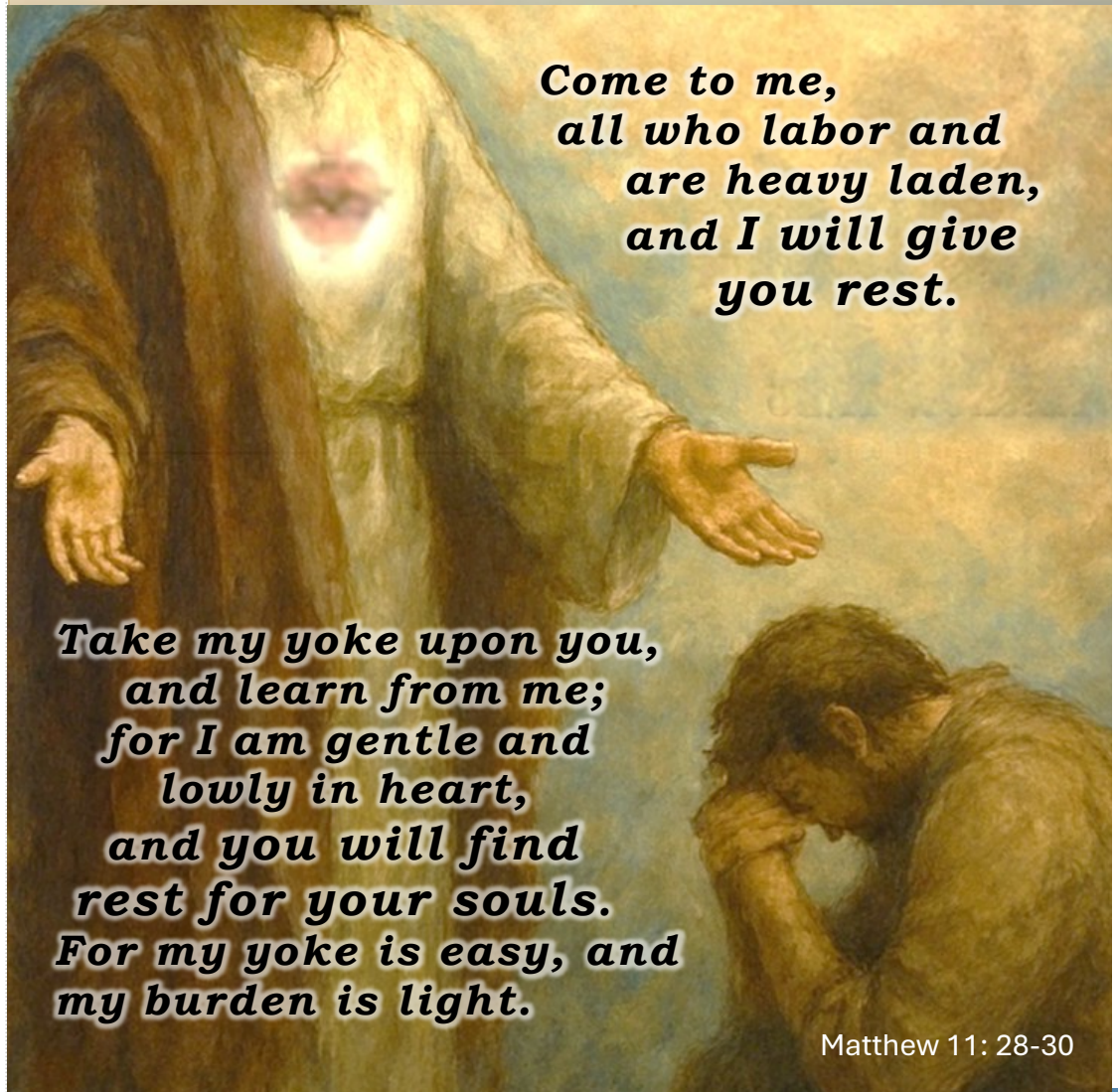
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MUSIC MINISTRY:
Paul McFadden
music@starofthesea.ca

FACILITIES:
Alex Leonardo
alexL@starofthesea.ca



**Come to me,
all who labor and
are heavy laden,
and I will give
you rest.**

**Take my yoke upon you,
and learn from me;
for I am gentle and
lowly in heart,
and you will find
rest for your souls.
For my yoke is easy, and
my burden is light.**

Matthew 11: 28-30

OUR PARISH MISSION STATEMENT:

To follow Jesus Christ and to invite others to do the same.

GOOD SHEPHERD CHURCH
2250 - 150th Street, Surrey, BC V4A 9J3

Weekday Mass
Monday to Saturday 9AM
First Friday 6:30PM
Benediction and Adoration
follows First Friday Masses

Weekend Mass
Saturday 5PM
Sunday 9AM 11AM 7PM



 **LIVESTREAM Mass 11AM**
[@SOSParish](https://www.youtube.com/@SOSParish)

Weekly Confessions at Good Shepherd
Wednesdays 6:30PM
Saturdays 10AM

STAR OF THE SEA CHURCH
1153 Fir Street, White Rock, BC V4B 4A8
Weekend Mass
Saturday 4PM
Sunday 10:30AM



*Our Lady,
Star of the Sea,
Pray for us!*

Dear Parishioners,

As you may know, our parish has had some staff changes recently: supporting administration in our parish office is **Avryn Mendez** – many of you have already met this joyful, faithful young mother of 3. Please pop into the office to say hello!

And of course, many of you already know that our Music Director for the past 27 years, **Trudi Stammer**, has now officially retired and Paul McFadden who you will already know as our organist has stepped. From the bottom of our hearts, we thank Trudi for sharing her musical talents which have added so much to our liturgies.

Dear Trudi -- The position you held may be filled by others, but in our hearts, you are simply irreplaceable! On behalf of all the pastors and parishes you have served in, we thank you for your tireless dedication to our music ministry. We wish you a peaceful and joyful retirement.

You also may have heard announced at the 11am Mass last weekend that our music ministry serving at Mass wants to welcome new members. Although choir practices are on summer break right now, practices will resume in September. We invite you to share your musical gifts with our parish. Singing in the choir is a wonderful way to praise God, build new friendships, and help our community pray.

Here, I want to take the opportunity to elaborate a bit more on the purpose of music at Mass. The main reasons for liturgical music are to glorify God, to unite the congregation, and help people pray. Saint Augustine famously said that "*whoever sings well prays twice over*". Singing together brings believers together as one community. It also helps make the Mass more beautiful and solemn.

The Constitution on the Sacred Liturgy (Sacrosanctum Concilium) teaches us that all who are present at Mass should fully and actively participate by rite of baptism. This participation makes Christ truly present in the celebration of the liturgy, in the same manner as He is present in the word, the sacraments (especially the Eucharist), and the celebrant. By our participation in word and song, Christ is revealed and made present to us. This means that it's not just the choir's job to sing and Mass choirs are *not* meant to be performative. The choir leads the congregation, but each of our voices serves as a crucial part of the greater mystery we are celebrating: **Christ's sacrifice being united to the Father through the Holy Spirit. As Catholics at Mass, why we sing is to make this a reality.**

Some people don't even open their mouths at Mass. Some of us don't sing because we feel awkward, self-conscious because we don't think we sing well enough, or we are not always be in the mood to sing; and sometimes the words we sing don't correspond to the convictions in our hearts – we are heavily burdened with loneliness, fear, despair... at other times, we are distracted or preoccupied by the cares of the world. But Christ always invites us to rise above our own preoccupations, and to give our entire selves to the hymn of his Paschal Sacrifice *for the praise and glory of His name, and for our good and good of all his holy Church*. You see, Mass is not about us! It's about Him who never holds back anything from us, but instead gives us everything.

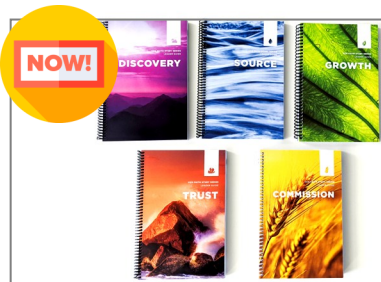
Music has the ability to add deep emotion and meaning to the spoken words of the Mass. This is what St. Augustine's famously saying about prays twice alludes to. Music helps us lift our minds, our hearts, our whole selves to God. Music, like poetry, has a way of allowing us to experience beauty, joy, and even sorrow—speaking directly to our soul.

Furthermore, when everyone sings the same songs together, it unites us as one -- as the Body of Christ. Not many of us can sound like Trudi when we sing solo, but when our voices join as one, we sound pretty good together! We raise our praise and our needs to God in one unique voice of prayer.

Our God is so good that though He is perfect in Himself, and does not need us, He wants a relationship with you, with me – a personal, intimate relationship. Prayer, spoken or sung, fosters intimacy, trust and dependence on God. Imagine that: Though our God can accomplish anything with or without you and me, He invites you and I to be part of His plan! He allows us to participate in His work – to participate in what He is doing in the world.

So my dear parishioners, whether you think you have a good voice or not, ***sing at Mass***. Participate. Only you can give God what He uniquely blessed you with.

Fr. Augustine



Join us for **Catholic Christian Outreach (CCO) faith studies** focused on Scripture, discipleship, prayer, and living the Gospel in everyday life.

Open to adults at all stages of faith who desire to grow deeper in their relationship with Jesus, become more confident in sharing their faith, and respond more fully to God's call to go forth and make disciples.

Whether you are seeking renewal, deeper formation, or a stronger sense of mission in your faith journey, all are welcome.

Mondays 6:30pm

Good Shepherd Church Meeting Room. Register at: <https://holyjourney.ca/cco-2/> or contact: nasrink@starofthesea.ca

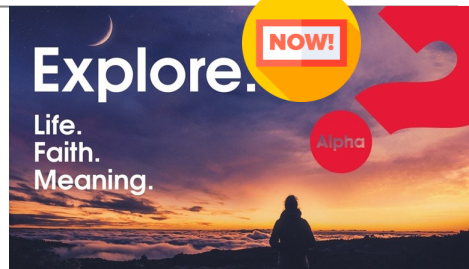


Mom's Bible Study

Join us for **Opening Your Heart: The Starting Point** as we explore the fundamental questions of our Catholic faith and our relationship with Jesus Christ.

Good Shepherd Church
Tuesdays beginning **October 6**
9AM-10:30AM

For more information or to register, contact Kayla or Mary-Ann
openheartmoms@gmail.com



Alpha is a welcoming space to explore life, faith, and meaning through conversation, community, and honest discussion. Each session includes food, a short video, and open discussion in a relaxed environment.

Perfect for anyone curious about Christianity, returning to faith, or wanting to invite a friend.

Saturdays 10:30am

in Good Shepherd Church Meeting Room

Register at: <https://holyjourney.ca/alpha/> or contact: nasrink@starofthesea.ca

Teen Helpers Needed for Alpha

Our Alpha program is looking for responsible teenagers to assist with childminding during Saturday sessions at Good Shepherd, 10:30 AM-12:30 PM

If you enjoy spending time with children and would like to be part of supporting families in our parish, please contact Nasrin at nasrink@starofthesea.ca

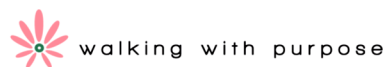


The Couples for Christ community warmly invites you to our upcoming Christian Life Program (CLP) beginning **July 18, every Saturday** after mass from **6PM-9PM**, Good Shepherd Church Meeting Room.

The Christian Life Program is a series of inspiring talks designed to help you grow in your personal relationship with Jesus Christ, deepen your understanding of the Catholic faith, and experience the love and power of the Holy Spirit. It is a wonderful opportunity not only for individuals but also for couples and families to grow together in faith, love, and service to God.

Whether you are searching for a deeper purpose, longing for spiritual renewal, or simply wanting to know Christ more personally, this program is for you. Everyone is welcome—single, married, young adults, and seniors. Feel free to invite your family members, relatives, friends, and neighbors to join you on this life-changing journey.

If you missed signing up after Mass this weekend, or for more information, please contact Noel Armea 7783870929 Marie Armea 6047243518



www.walkingwithpurpose.com



Congratulations to those recently Baptised:

Carson Xie & Carly Guo
Olivia & Sophia Han
Anthony Fabroa
Victoria Dela Cruz

Please pray for:

Jack Koning, John McMillan,
Joseph Russell, Mary Miekelson,
Norman Landry, Inge Nasato,
Michael Askin, Elsie Hoday,
Anthony & Joyce Jongedijk,
Jean-Guy Tardif, Josh Pereira,
Lola Kennedy, Rollin Theabeau,
Maria Passerelli, Clare Marshall,
Nancy Murchinson, Julia Nadon,
Diane Val.Camp, Desrey Lennon,
Ray Weber, Amber O'Connor,
Baby Natalie Hohmann,
Ken Wharton, Jose Coelho,
Paulie Tomé, Norah Jode,
Aurelio Ralar Jr., Melissa Kisielius,
Sr. Glenys, Therese Desrochers,
Bill Rivard, Ewald Stammer,
Donna Usselman, David Usselman,
Rory Usselman, Manal Ibrahim,
Monika Kessler, Dolores Alvarado,
Wade Carpenter, Marie Hosseini,
Corrie van den Boogaard,
Nicole Larouche, Odette Slezas,
Maria Seo, Anita Perrault,
Elizabeth Armas, Lynn Carruth,
Ed Wingenbach, Shirley Riehl,
Vanessa York, Glenn Brooks,
Ann Conte, John Becher,
Christine Algard, Margaret Benoit,
Lorne & Cathy Houldson,
Jack Plain, Marian Nadelko,
Carmina Raponi, Marilyn Wolfe

Adoration Chapel

Open 8AM-9PM
7 days a week



How honoured is the vocation of the perpetual adorer who is privileged to kneel in the presence of the Blessed Sacrament each week. The adorer makes a solemn homage of adoration, thanksgiving, reparation and petition in the name of the Church, and becomes the channel of immense treasures of grace which God pours out upon all mankind.

Hours in need of a weekly adorer:

Sunday, 12:00pm-1:00pm
Sunday, 1:00pm-2:00pm
Sunday, 5:00pm-6:00pm
Monday, 11:00am-12:00pm
Monday, 2:00pm-3:00pm
Monday, 5:00pm-6:00pm
Tuesday, 11:00am-12:00pm
Tuesday, 12:00pm-1:00pm
Tuesday, 4:00pm-5:00pm
Wednesday, 1:00pm-2:00pm
Thursday, 3:00pm-4:00pm
Friday, 9:00am-10:00am
Friday, 11:00am-12:00pm
Friday, 1:00pm-2:00pm
Friday, 2:00pm-3:00pm

Hours needing a Substitute:
Tue., July 7, 14 – 12:00-1:00pm
Fri., July 10, 17, 24
– 9:00-10:00am
Fri., July 10, 17, 24 – 2:00-3:00pm

For more information or to schedule a Holy Hour of Adoration please call:
Donna Sali 604 542 3070

The Next **Baptism Preparation Class** for parents wanting Baptism for their child(ren) is on **Saturday, August 15, 10AM—Noon** in Good Shepherd Church



This class is mandatory for parents/godparents. Please register for the class by contacting the parish office 604-531-5739 parish@starofthesea.ca

Charismatic Prayer Group

All are welcome to come for **praise and worship** in song and sharing the Word. **Weekly on WEDNESDAYS 7PM** in Good Shepherd Fireside Room.

Contact: Anna ACanino@shaw.ca

FRIDAY 7AM MENS GROUP

is open to ALL MEN of the Parish who seek to become THE BEST VERSION OF THEMSELVES. Meet and Join others for coffee and avid discussion.

Fridays 7AM in Good Shepherd Fireside Room

Contact: BillDBUK@icloud.com

YOUNG ADULTS

Ages 19—35

FRIDAYS | 7PM GOOD SHEPHERD

Come meet other Young Adults

We get together to learn about our faith and grow closer to our Lord Jesus Christ through different activities.

Contact: Andy 778-873-2970

Venezuela Earthquakes - Donations matched until July 14

Following the devastating earthquakes in Venezuela, please consider donating to Development and Peace — Caritas Canada, the official international solidarity organization of the Catholic Church in Canada. Donations will support its local partner, Caritas Venezuela, in providing urgent help to affected communities, including food, water, shelter, clothing, hygiene supplies, medication, and other emergency assistance. Every dollar donated for Venezuela until July 14 will be matched by the Government of Canada, doubling the impact of your gift.

Please give generously online at devp.org/en/make-a-don

Stronger Together PROJECT ADVANCE 2026

STEWARDSHIP IN THE EYES OF GOD

True success in the eyes of God isn't measured by our material goods, but by how we use them to draw closer to Him.

God calls us to share what we have to help others. This year, your gift to Project Advance will directly support various programs of evangelization, helping us share the Gospel and build a vibrant community of faith.

By supporting vital Church ministries, Project Advance offers everyone a beautiful opportunity to exercise Christian stewardship.

Your gift directly strengthens our parish and supports Archdiocesan charities, youth programs, and Catholic education.

Thank you so much for your generous and prayerful support! **Ways to Give:**

By Phone: Call 604-683-0281

In-Person: Drop by our parish office

Online: Use QR Code



Safe Environment Policy for Archdiocesan and Parish Volunteers

Our parish is in the process of updating and implementing the Safe Environment policy which ensures that all adults acting in a volunteer position and working with minors and vulnerable adults are provided with the proper training with respect and care. 'Vulnerable adult' is defined as an individual at least nineteen (19) years of age who is susceptible to abuse or exploitation by virtue of his/her significant mental or physical impairment.

If you as a parish volunteer receive an email requesting that you obtain a police clearance certificate, please follow the steps to obtain a valid clearance. Contact the parish office if you have any questions
604-531-5739
email: avrynm@starofthesea.ca

The Archdiocese faces significant staffing needs right now. Here are 2 priority positions:

Administrative Assistant, Archbishop's Office

The Archdiocese of Vancouver is hiring an Administrative Assistant to support the day-to-day workflow of the Archbishop's Office. This includes sorting incoming correspondence, responding to inquiries, liaising with parishes, coordinating the Archbishop's travel arrangements, and other related duties and projects. Learn more and apply at rcav.org/careers

Manager of Family Services, Gardens of Gethsemani

Gardens of Gethsemani Catholic Cemetery is hiring a Manager of Family Services to provide strategic and pastoral leadership to their advisors, ensuring families receive attentive, respectful, and high quality service during times of need. Through mentorship, collaboration, and a strong ministry mindset, the Manager will help foster meaningful relationships with families, parishes, and the broader community. Learn more and apply at rcav.org/careers. Learn more and apply at rcav.org/careers



CAR WANTED

A parishioner is looking for a dependable vehicle with a low cost of ownership. If you have one or know of a friend selling one, please let the parish office know. Thank you!

Reflection on Today's Gospel: **What are You Yoked to?**

by Tanya Rybarczyk <https://uscatholic.org>

Christ says: *"Take my yoke upon you and learn from me, for I am meek and humble of heart; and you will find rest for yourselves. For my yoke is easy, and my burden light."*

We don't believe him, do we? We've seen yokes, those thick wooden cross beams placed over the necks of oxen in order that they might pull a heavy plow through untilled fields. It seems treacherous, to have such a beam on our shoulders and around our necks, someone else steering our steps, leading us to, literally, God knows where.

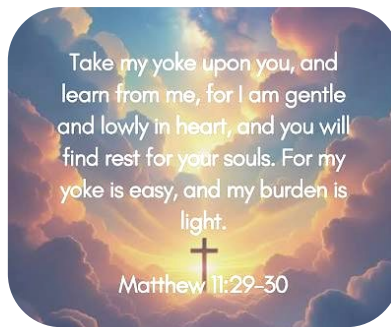
Maybe some of us, who have gone down our own dark paths and found them empty, now welcome the yoke. And maybe some of us were born with a gift of faith such that the yoke seems a diamond necklace around our necks rather than a restraint. But most of us, I imagine, are want-our-cake-and-eat-it-too kind of people. We love Jesus, truly, and we desire to walk with him, and experience his peace, but, if we're honest, we kinda want to do it when it suits us, and preferably on our terms. To truly give up our will? That is something else altogether.

And no wonder. Everything in our culture cautions us against this. We are born and raised (especially if we are part of the dominant culture) absolutely steeped in the notion that we can will, and with a little discipline, achieve our own good, as defined by us. We can will and work our bodies into perfect fitness. We can climb the corporate ladder, if only we lean in. We can find success in whatever we wish if we are passionate enough and just work hard enough. Give up our wills to be yoked? In our minds, this sounds equivalent to being in bondage, to giving up our freedom. And besides, we're told that if we yoke ourselves to Christ, we might have to carry a cross, and that doesn't sound fun.

But here is the dilemma friends: We're almost always in bondage to something, yoked to something—to other people's opinions, the pursuit of money, maintaining a certain image, the belief that we're owed what we desire, to addiction to any number of things, to an outlook or philosophy, a person or group, to some old hurt, or even some old hope. We humans are idol factories. None of us move through the world perfectly free.

Jesus is telling the truth. Compared to the burden of chasing after whatever our fickle hearts desire, his way is easy, his burden is light. We might be led on paths not otherwise encountered, some marvelous, some rocky and hard, but either way God remains with us. When we are yoked to God, it means God is yoked to us. We have the God of heaven and earth walking with us, and this changes everything. This means no matter what comes our way, we are not alone, and God's love envelopes us and protects our spirit.

Of course, being yoked to God only makes sense inside of God's love, knowing and trusting that God's will for us is nothing but love. And if our heart is packed with hurt or fear, it can take some effort to open it to such a powerful love. God doesn't care if it takes a little, or even a lot of time. God's got all the time in the world. It's an open invitation: Come to me, and I will give you rest.



BURSARIES FOR POST-SECONDARY EDUCATION



The Knights of Columbus Council 7015 are pleased to award four bursaries of \$1000.00 to PARTICIPATING members of the Star of the Sea Parish who have been accepted to post secondary education. This year, we are asking candidates to include an essay of no more than 800 words describing what they have done or are doing to encourage Christian Leadership. The essay may be attached or entered in the "Other Relevant Information Page of our application form. The application form can be found at:

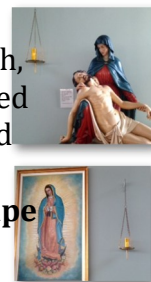
<https://sosknights.ca/educational-bursaries>

Return all completed forms to the Parish office by October 31, 2026

Vigil Candles

The purpose of vigil lights (from the Latin *vigilia*, which means "waiting" or "watching") accompanied by prayers is a way of extending one's prayer and showing solidarity with the person on whose behalf the prayer is offered. At Good Shepherd Church, the vigil candles located at the **Pietà** statue and at the portrait of **Our Lady of Guadalupe** burn for 1 week each. Suggested donation is \$10.

Please make arrangements to 'sponsor' a vigil candle thru the Parish Office.



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