



ST. IGNATIUS CATHOLIC CHURCH

MONTHLY ENGLISH BULLETIN

August – September 2021

MAINTAINING AND ENHANCING OUR MENTAL HEALTH (in these difficult times)

by Sr. Flor Florece, F.I.

We have already seen, heard, and read so much about this prolonged pandemic from mainstream media – global/national statistics, debates among government officials and medical experts, economic analysis of its repercussions, complexities brought to educational institutions, advisories released by the Church, etc. But for us ordinary people, in these difficult times, **how are we affected?** Are we aware of its emotional, psychological impact on us, across time? It has been more than a year and a half already! How do we maintain our well-being and enhance our mental health, so that we can help ourselves and be more effective in accompanying others?

On August 21, 2021, the John de Britto English Center organized a two-hour ZOOM webinar on Mental Health as part of the formation of its regular members and volunteers. They were joined by some members of the Japanese community and invited guests: religious sisters, lay missionaries, church leaders, and educators from other places in Japan and abroad. The speaker was Fr Roberto Buenconsejo, a priest of the Philippine Province of the Society of Jesus, an experienced pastoral counselor.

Fr Buenconsejo started his talk by defining mental health. It refers to our emotional and psychological well-being. It affects what we think, how we feel and act as we cope with life. He emphasized that mental health and well-being are just as important as our spiritual and physical health.

He discussed factors that contribute to mental health problems. He gave examples of warning signs that one's mental health is not well. The spectrum could be: **Depression ↔ Flourishing**. And in-between, is **Languishing**. "Which

state are you in now, in these difficult times? Are you depressed? flourishing? or languishing?", he asked. The participants broke into groups according to ministries and sharing groups.

Impact of the Pandemic on Mental Health. Fr Buenconsejo said that the psychosocial footprint associated with a major emergency, such as this pandemic, is typically larger than the medical footprint. Some examples are being faced with new realities of working at home, or emotional reactions to threat, loss, and change. There is also a collective trauma. Cases of PTSD (Post Traumatic Stress Syndrome) are rising.

WE HAVE A CHOICE, WE CAN DECIDE to be healthy and loving persons with God's grace, a lot of effort, and the help of people who care for us, according to Fr Buenconsejo. We can develop **active coping** which involves Self-efficacy and Self-determination, Connectedness, and Hope.

He then gave many practical tips and expounded on how to maintain or enhance our mental health and well-being: (1) Value yourself and be compassionate with yourself. (2) Be aware of what you are feeling inside. (3) Get professional help. (4) Choose fact-based and reliable social media. (5) Practice Gratitude. (6) Avoid negativity. Choose to be positive. Choose to reclaim your energy. (7) Choose to commit to life-saving habits. (8) Follow specific health practices. (9) Develop active and positive coping skills. (10) Do volunteer work. (11) Break the monotony. (12) Eat nutritious meals.

Spirituality of Hope. "I sense that, spiritually, we are going through the 'dark night of the soul.' This pandemic is a global phenomenon. You cannot see

anything clearly. All is dark. It is a very purifying process. ... Rich and poor, we all share in the same boat of humanity, of human suffering. But we are in it together. That itself is a gift. We are able to be more compassionate, be healing instruments to one another," Fr Buenconsejo said.

He continued, "Hold on to your faith ... 'All shall be well and all manner of things shall be well,' our Lord said to St Julian of Norwich. Christian hope is certain even if we cannot control the future. Meanwhile, "Rejoice in hope, be patient in tribulation, be constant in prayer" (Romans 12:12). Gather the resources you have (inner strength, relationships) and realize that God is present within you and around you. At the end of his talk, he shared this PRAYER:

Dear Lord,

It is difficult to let go of our anxiety when we cannot see the evidence of what you are doing and when we cannot understand or see your purpose or plan.

Today, I choose to believe in you - again. As I scan my personal horizon, I know that I also must look to you alone for the power and possibility that is my future. I ask for your guidance so that I might walk fully in your path – a path that you have blessed. I ask for your face to shine on us individually and as a family.

Give me a heart of wisdom to hear your loving Voice. Please make me strong through your favor and grace. Cast out the spirit of despair in me and grant me a vibrant hope and a dynamic faith. I ask this in Jesus' Name.

Amen.



That every year, from August 6-15, the Church of Japan holds **Ten Days of Prayer for Peace**? According to Archbishop Kikuchi, its aim is to “look back on war and think about peace, and to remember that peace requires concrete action, not just a desire.” This year, he appealed to the faithful to pray for peace in conflict-torn Myanmar and to make special donations to the Myanmar Church, a sister Church of the Tokyo Archdiocese.



That it is not just Myanmar that needs our prayers? Pope Francis likewise exhorted us to remember our brothers and sisters in Afghanistan and in Haiti, too. See this poster, courtesy of Manila Cathedral, Philippines.

THE MANILA CATHEDRAL

Years of Christianity in the Philippines

LET US PRAY FOR *Haiti*.
I want to express my closeness to the dear people hard hit by the earthquake. May the solidarity of all alleviate the consequences of the tragedy.

LET US PRAY FOR *Afghanistan*,
so that the clamour of weapons might cease and solutions can be found at the table of dialogue. Only thus can the battered population of that country return to their own homes and live in peace.

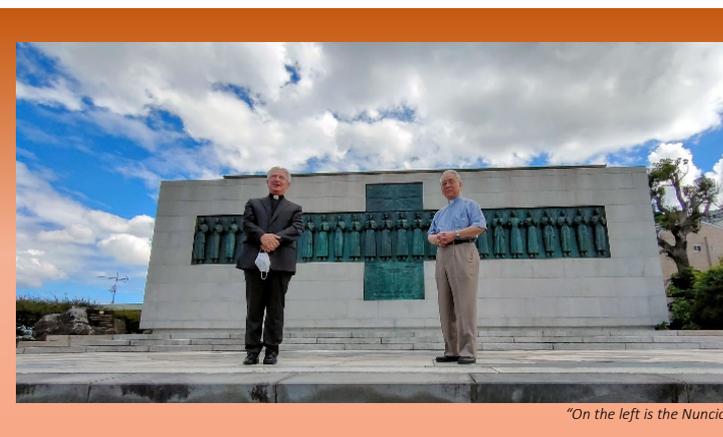
Franciscus



That the Archbishop of Tokyo gives a weekly message every Saturday at 18:00 via the Internet? It serves as an aid to “Spiritual Communion” and the title is “Weekly Archbishop.” Check the channel “Catholic Tokyo Archdiocese” on YouTube. Now that live Masses and Church activities have been suspended because of the “Fifth Wave,” all the more should we “hear” the Shepherd’s voice!



Source: stignatius.jp



“On the left is the Nuncio”

That His Excellency Monsignor Leo Boccardi is already here? He was appointed Apostolic Nuncio of Japan last March by Pope Francis but due to the corona virus, his coming to Japan was delayed. He was an invited guest of the Jesuits during their celebration of the St Ignatius feast day. Also, in early in August he visited Nagasaki in conjunction with the Atomic Bomb Anniversary. We hope that he will include St Ignatius Church in his itinerary soon!

(Photo taken from the Catholic Central Council Homepage: <https://www.cbcj.catholic.jp/2021/03/11/22281/>)

That we really must pray for Pope Francis? In July, he spent 10 days in hospital for colon surgery. On August 9 he received a perceived threat on his life. The Italian police intercepted an envelope containing three pieces of 9-millimeter bullets and a message referring to financial operations in the Vatican. Let us pray that God may touch the hearts of people who sow fear and violence, lie, and violate human rights. The Pontiff is scheduled to visit Hungary and Slovakia in mid-September.

(Taken from <https://www.manilatimes.net/2021/08/12/news/church>)

More on the Ignatian Year...

That the Faith Formation Group of John de Britto Center, which meets monthly for formation, has unearthed additional resources to deepen our knowledge of St Ignatius and the Ignatian Year? Here are some of them:

1. The opportunity of the Ignatian Year 2021-2022
<https://www.youtube.com/watch?v=8irFThL0ntQ>
2. Who was St Ignatius de Loyola
<https://www.youtube.com/watch?v=LgLwiMIkol4>
3. What are the Spiritual Exercises invented by St Ignatius?
<https://www.youtube.com/watch?v=OeFWcqk7Kgo>



More in the next issues of the Bulletin...

The Catholic Faith

Let our five senses become Five loaves of Compassion
 Multiply those Loaves of Compassion in Myanmar
 Feed our people with bread of healing and peace.



HOMILY (abridged)

by Cardinal Charles Maung Bo, SDB
 Archbishop of Yangon – Myanmar

My dear people of Myanmar,

The Peace of the Good Shepherd, the eternal Healer, be with you all!

Week after week, our hands are raised in prayers of anguish to the Lord: Save us, Lord, from the burden of this pandemic, the burden of conflict, the burden of starvation!

These are apocalyptic times: starvation, struggle for oxygen, long queues in the cemeteries, and the persisting virus of conflict and poverty among our people. We plead with those who rule: be Good Shepherds, save our people! Unless there is peace, hundreds will be buried every day. Peace is the only vaccine against what is turning into an apocalypse of death and disease.

In today's readings we are presented with soothing words in moments of darkness. A united people knocking at the doors of God can work wonders.

The core theme in all today's Readings is: SHARING. It is seen in the First Reading, in which Elijah feeds the hungry people, and in the Gospel, where Jesus does the same. The Second Reading identifies the obstacle to that sharing: DISUNITY. We realize how fitting these readings are to describe the plight of Myanmar today!

After six months of unbearable suffering, many people are asking: Where is God in all this multi-layered suffering? The world cries along with our people. The Pope continues to pray with us in these poignant words: "I, too, kneel on the streets of Myanmar and say: Stop the violence! I, too, extend my arms and say: Let dialogue prevail!"

There are two desperate situations in today's readings: both the first reading and the Gospel talk of hunger. The Bible says that God intervenes in all this: first

through his prophets, but then through his own Son.

There is a similar situation in Myanmar today as we cry out: Lord, we are hungry, hungry for our daily bread, hungry for another breath of oxygen, hungry for medical care, hungry for peace based on justice.

The Lord has not forgotten us. Just look at our land. God seemed to be biased in our favor when he gave so much to the Myanmar people. Above the ground there is the great wealth of forests, rivers, rich soil, and a wonderful people. Under the ground there are rich natural resources: jade, rubies, gold, oil, gas.

Yes, God gave five loaves to Myanmar to feed generation after generation. Five loaves! If only equitable sharing were possible, the UN would not call us the least developed country. God has given us everything, but instead of feeding 55 million people, God's gift is still eluding us.

God gave us a land that should be flowing with "milk and honey." But instead of milk and honey, tears and blood flow in our streets. Though being one of the richest countries in the world, starvation is a reality.

But Jesus has not given up on us. The readings of the last three weeks point out one of the most touching qualities of Jesus. Jesus is moved by human suffering. He is Karuna: the incarnation of God's Compassion.

Jesus sees that our people "are harassed and helpless." Yes. He sees our people dying without oxygen, without medicine. He sees our people waiting at the cemeteries to bury their dear ones. He sees the tears and brokenness of our displaced people. We pray that he will give us the five loaves of consolation, healing, peace, justice, and prosperity.

God never remains silent. God responds when the innocent cry out to him. But in Myanmar the wicked seem to prosper. Why do the wicked still prosper and become very powerful? But God will act. God hears the cry of our people. His response will start with each one of us. God helps those who help others. Yes,

my dear people, let us start helping others.

We are asked to share. As Christians, we celebrate together, as St Paul says to the Ephesians: One Body, one Lord, one faith and one baptism. We too can perform the miracle of five loaves and share what we have with thousands. God has given us five senses. They are like five loaves: Seeing, Hearing, Smelling, Tasting, and Reaching out with touch. These are our five loaves.

Thousands are in need and Jesus is telling every Christian today: "You give them something to eat" (Luke 9:13). Yes, in the name of Jesus let our five senses become the five loaves as the pandemic rages.

1. The bread of **Sight**. Let us see the suffering of our people with the compassionate eyes of Jesus.

2. The bread of **Hearing**. The Lord Jesus heard the cries of people who were sick and healed them. Thousands are now crying for help, for oxygen, for medicine. How can we respond?

3. The bread of **Taste**. We feel the pain of our people, we taste their sorrow and reach out to them.

4. The bread of **Smell**. Pope Francis asks the Church to go to the sheep and return with the smell of the sheep on us.

5. The bread of **Reaching Out**. Jesus went in search of the sick and healed them with his touch. In the Care Centers and homes where the infected live, the Lord is calling us to reach out to them.

Through our prayers, through our concern for one another, let us multiply the five loaves of compassion and share with our people. Jesus promises us, "If anyone gives you even a cup of water because you belong to the Messiah, I tell you the truth, that person will surely be rewarded" (Mark 9: 41).

Let our five senses make us miracle makers. God will reward us a hundred-fold. We shall join our fellow citizens, for whom **Karuna and Metta** (Compassion and Mercy) are the two eyes of human existence. Let us break bread on our knees.

Stay safe, stay blessed. May God's protection be with you all!

St. Ignatius Church News and Events

Ignatian Youth Day

by Renzo Carlo Gonzales (SIYM)

As part of the commemoration of the 500th anniversary of St Ignatius' conversion and the Ignatian Year, the young people in St Ignatius parish organized an Ignatian Youth Day (IYD) to honor our patron saint, Ignatius of Loyola.

With safety measures in place, the event was held in the main church on August 1, it being a Sunday, instead of July 31, St Ignatius' real feast day. This year's theme was **"Advancing our Mission as Disciples of God"**, fitting and reflective of how we, as young people in Japan, can forge ahead in our journey, with one another as companions, while facing together the adversities brought about by the situations currently prevailing around the world. We are called to look at the **"now"** with fresh eyes – to "see all things new in Christ."

The event was marked by a celebration of the Holy Mass together - in English, Vietnamese, Indonesian, and Japanese, with our parish priest Fr Ryuichiro Hanafusa SJ as main celebrant, and Fr Antonius Firmansyah SJ, Fr. Gabriel Kiyoshi Shibata SJ, Fr. Robert Chiesa SJ, Fr. Bony James SJ, and Deacon Nguyen Van Toan SJ as concelebrants. The homily was shared by four Jesuits, each one speaking in their own native language and offering a different and fresh perspective on the Word of God.

It was interesting to see too how the youth collaborated in preparing for the event, despite differences in culture and language. The liturgy was read mainly in Japanese, while each group offered prayers and intercessions in their mother tongue, with translations available for others to follow. Even the songs were sung in different languages manifesting the beauty of the liturgical music of each culture. Some wore their native attire. To cap it off, there was a virtual choir presentation of the song **"Amare Et Servire"** sung in different languages. Joining the youth were some Jesuits and Sisters involved in Youth Ministry. It was moving to see everybody united "loving and serving the Lord" in the midst of the pandemic.



Other Celebrations (July – August)

#SACRAMENTS

#August 15 Feast of the Assumption (OBON Holiday in Japan)



Infant Baptism (June 20, 2021): Four new members were added in our Church



Confirmation: (July 25, 2021) Second of a series of three Rites. It was officiated by Fr. Hanafusa. Two candidates came from the English Center. The 3rd Ceremony will be on November 21 at the 10:00 a.m. Japanese Mass.



Matrimony: the Vietnam Community had one, almost every weekend, but one Saturday, they had three wedded couples in one Eucharistic Celebration!



The Church also remembered to offer prayers for the Departed in all the Masses.

#Universal Apostolic Preference - To Walk with the Poor (UAP 3)



Amount gathered by the SIIYM for families affected by COVID in Pune, India – 200,000 yen
 Mass Offerings for Myanmar gathered from all Masses - 605,000 yen as of date

#Upcoming Events (Subject to change)

- Church Clean-up Month which was postponed last June will be held Saturday and weekdays in October. Places to be cleaned up are St. Joseph Hall, Teresia Hall and outdoors.
- Church Foundation Anniversary, October 10. There will only be one mass that day - an International Mass. Please see posters and flyers for further details.

Special Feature

THE OLYMPICS THAT (ALMOST) WERE!

by Sr. Flor Florece, F.I.

The Archdiocese had been preparing for it for some years already. In fact, a Special Committee was formed for the purpose. The original idea was “so that each parish may be able to address the spiritual needs of the many people who would come to Japan for this international event.” (Letter of Archbishop Kikuchi dated July 12, 2021). Some 195,000 athletes were expected to come, not counting their support staff, local and foreign spectators. Several thousands of specially made rosaries were ordered by the Archdiocese as souvenirs to those who would come, to show “omotenashi” (Japanese hospitality).

Then came the pandemic. It stretched to more than a year and a half. Tokyo Olympics 2020 were moved to 2021! Since then, the government has declared three States of Emergency in Tokyo and these reverberated in the Church. Strict protocols and on-line registration for Masses were imposed, live streaming of Sunday Masses was encouraged. And just two weeks before the Opening of the Olympics, the number of corona virus cases rocketed. The public was split about holding or not holding the Olympics. Parishioners were ambivalent about receiving visitors. They were worried about the possibility of corona virus infections and its emerging variants. The 4th State of Emergency was imposed, and the Tokyo Archdiocese cancelled all plans related to the Olympics and Paralympics, firm to its commitment that “we will not be infected, nor will we allow others to be infected.”

We wondered what if, despite the announcements, some from the Olympic Village or other foreign visitors come and we find them already in our doors? What shall we do? How do we receive them? These were some of the questions of the Parish Council during their July meeting. Likewise, in the John de Britto English Center. Obviously, the latter was concerned as it the “international service arm” of the Parish.

An Ad-Hoc Committee Meeting was called by the Team of Coordinators of the English Center to brainstorm such a possibility. Where do we place them? Who will receive them? How? “But they will be placed in a ‘bubble!’ not allowed to leave their area!” came an update from one youth Olympic Volunteer. “Besides, there might be no spectators at all.” “It is better to have some contingencies rather than none at all!” said the coordinators, feeling responsible.

In the few remaining days before the Opening, the Parish Council and the English Center started collaborating with one another. The English website prominently posted the ADVISORIES both of the Archbishop of Tokyo and our Pastor, Fr Hanafusa. The Parish Council posted enlarged printed copies in prominent places such as at the main gate and entrance door of the church. The English Center had extra staff manning its telephone line in case there would be inquiries. Registration forms for walk-ins were made. Translators were on call. St Joseph Hall, St Mary’s Chapel, and Xavier Chapel were readied, including facility for live streaming so that visitors would not be mixed in with the regular parishioners attending the Sunday Masses. In every Mass, an additional Intercessory Prayer was inserted, “for an orderly, peaceful, and safe Summer Olympics.” For all these to function, we had to look for additional volunteers!

Did the Olympic visitors come? Two came, aboard a special taxi with the name of their country emblazoned with the Olympics logo. They stayed only a few minutes after dropping by the Xavier Chapel and taking pictures outside. They preferred not to write their names. Some reportedly came on weekdays, wearing Olympic jackets and shirts. There were no telephone inquiries related to the Olympics throughout the period. How many viewed live streaming of the Mass? We do not know. But there was a remarkable increase in the number of hits on the English website.

August 15, Sunday. Alarmed with the soaring statistics of infected individuals, deaths, overwhelmed hospitals with lack

of beds and personnel, etc. as reported everyday by the authorities, another directive was issued by Archbishop Kikuchi. Everything was suspended **again**. The doors of the St Ignatius Church were again closed to the public and all church activities cancelled. This time, Fr Hanafusa cancelled all AD HOC activities related to the Para-Olympics, which began August 24. We are in the “Fifth Wave.”

July 23 to September 5, 2021...
THE OLYMPICS THAT (ALMOST) WERE!



Church Advisory in the Gate



Olympics Rosary Souvenirs



Ready for Olympic Walk-ins

John de Britto English Center

More on the Mental Health Webinar

WEBINAR on Mental Health



by Fr. Roberto Buenconsejo, SJ

It was good to hear and listen to Fr. Bob. For me, it was another grace, that is, to share it with people I work with. Many become depressed because of changes in schedule and fewer jobs. They open up to us. Father's message was a healing process for everyone.
(Maria Koreti, Altar Servers)

Thank you for organizing this seminar. I was also touched by the sharing we had - the four of us in the group. I realized we usually do not have the chance to talk or share about our "languishing" experiences. I was moved by the sharing of others, and I think it made us feel closer to one another.
(Izumi Sakura, Praise and Worship Group)

"Thank you very much Father Bob for your time and all the resources you put into the preparation of this very informative and thought-provoking seminar.

Not only did you teach us what mental health is; why it is important to have positive mental health; how to interpret the signs and symptoms related to mental health and assess whether we are depressed, languishing or flourishing; but you also gave us a very tall list of how to cope with our situations and work in order to become well again. We are grateful to learn that to seek help is a sign of strength. We are going to do our best to cling to hope and faith so we will be able to live our lives to the full, as God wants us to."

(Raymond Gasu, Extraordinary Ministers of the Holy Eucharist or EMHE)

The Seminar was very viable, timely and time well spent. Fr. Bob's presentation was extremely useful, not only for us ourselves. The information, techniques he shared could help us take care of each other...be more CHRIST-CENTERED! I personally felt a great calm afterwards. "Be still and know that I am your God!" echoed in my heart. It helped me realize God's way-time-plan for all of us... We are blessed!

(Douglas Marvin, Faith Sharing Group)

It was our first time to attend an all-English Seminar. We were a little nervous. However, the Father explained in easy English and we were able to share our feelings comfortably. We understood our feelings and we now know how to spend a better and happier life!
(Japanese Usher in the English Mass)

Thank you very much for your prayers and understanding. (He registered but was not able to attend). I will watch the video and try to make the most of it for myself and also for helping others. I pray that God will continue to bless you and your wonderful activities.
(Parish Council member)

I was so excited and could not wait for Saturday to come. I told the others about it. I told them they will miss a lot if they don't attend.
(After the seminar)... It really touched my heart...
(Francisca Okada, Ushers' Group)

Feedback from invited guests

What is going on in me? This is a question I asked God before I listened to the talk of Fr. Bob. As he was talking, I identified myself as swinging from "flourishing to languishing". I was so productive before, but less productive now, happy before, but not so happy now. I felt life was less exciting, I had difficulty concentrating and was indifferent at times. But when I heard the talk, God answered my question: "Rejoice in hope, be patient in tribulation, be constant in prayer." Fr. Bob's talk was not just HIS TALK but GOD'S TALK in my deepest core. I am GRATEFUL!

(Educator and Parish Leader, Shimane-ken)

Very informative, enriching. A time to introspect and see myself where I really am now. It was like attending a retreat. (After the seminar) I felt normal, after all... I wish there had been more time to reflect on the points presented by Father. I hope there will be a Part 2.

(Parish leader, Archdiocese of Tokyo)

Sister, just let me vent for now. I lost two more family members last week, both due to Covid. I thought my mental health would probably collapse, but surprisingly I'm OK. I'm thankful that we had the Seminar on how to cope with loss...

(Church leader, Archdiocese of Tokyo)

Fr. Roberto Buenconsejo, SJ, S.T.L. After his M.A. in Theology at the Ateneo de Manila University, Philippines, he proceeded to Loyola University, Chicago, USA, where he earned an M.A. in Pastoral Counseling. Upon his return, he worked in the Guidance Office of Loyola Schools, and then served as Director of Loyola Schools Campus Ministry Office at Ateneo de Manila, while teaching Theology in the College. Thereafter, he was assigned to San Jose Seminary, a diocesan seminary run by the Jesuits. Up to the present, he continues to do formation work as Director of Spiritual and Psychological Formation and Director of the Off Seminary Formation. He is currently preparing for a doctorate in Spirituality at the Ateneo.

He loves plants and dogs, which according to him, keeps him "sane and humane". Thank you, Fr. BOB, for everything!

Important Notices

(As of end of August 2021)

As the number of corona infection cases continue to go up, St. Ignatius Church observe the following guidelines:

1. All public masses on weekdays and Sundays are suspended until September 12(Sun) or until further notice. This also includes the Adoration of the Blessed Sacrament.
2. Sunday Masses in four languages (10:00AM Japanese, 12:00NN English, 1:30PM Spanish, 3:00 PM Vietnamese) are livestreamed. The 4:30 pm English mass is as of now suspended.
3. Confessions on fixed time (on Sundays and weekdays are cancelled. However, confession is possible on personal request.
4. The church and church premises will be open for the public from 10 am to 7 pm to visit and pray. Parish office is open from 10 am until 5:30 pm

PLEASE regularly visit the English website, www.stignatius.jp/en/ for regular updates of call the Parish Office, 03-3263-4584.

Mission 2030 Prayer Intention:

September 2021

We pray for the happiness of all the elderly. With the help of people, may they have peace of mind and get rest every day.

Pope's Prayer Intentions for September 2021

An Environmentally Sustainable Lifestyle

We pray that we all will make courageous choices for a simple and environmentally sustainable lifestyle, rejoicing in our young people who are resolutely committed to this.

Staff of St. Ignatius Church

Pastor: Fr. Ryuichiro Hanafusa, S.J.

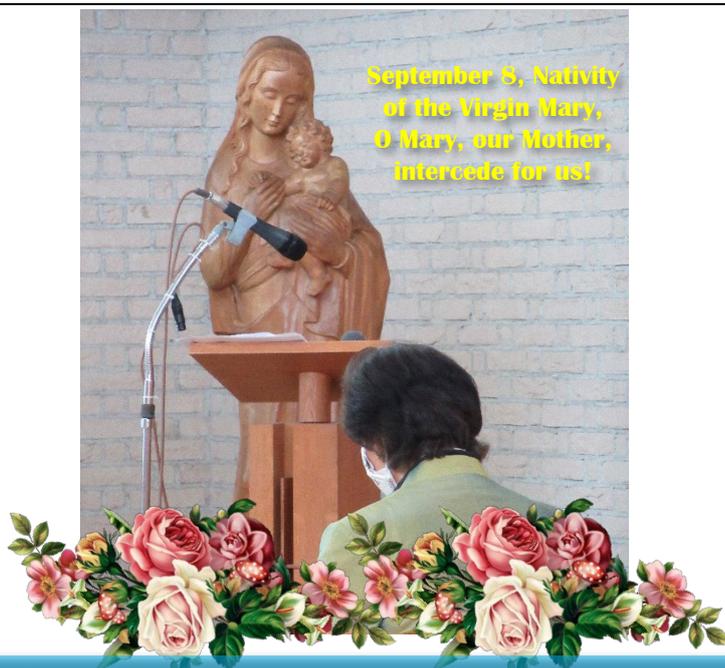
Associate and Support Priests:

- | | |
|--------------------------|--------------------------|
| Fr. Kiyoshi Shibata S.J. | Fr. Bony James S.J. |
| Fr. Manuel Silgo S.J. | Fr. Generoso Florez S.J. |
| Fr. Javier Garralda S.J. | |

- | | |
|----------|---------------------------|
| Brother: | Bro. Hiroaki Yoshiba S.J. |
| Sister: | Sr. Ivette Sanchez, M.C. |

John de Britto English Center:

- | | |
|--------------------------------------|---------------------|
| Fr. Bony James, S.J. Director | |
| Sr. Leny Fery FdCC | Sr. Flor Florece FI |



For all those who made this Monthly Bulletin possible, we express our deepest gratitude. THANK YOU VERY MUCH and GOD BLESS!



<http://www.stignatius.jp/>



<https://www.facebook.com/stignatius.jp/>

English Mass
Registration Links

12:00 NN



4:30 PM



Present QR Codes for on-line registration is suspended until further notice.

