



January 21, 2018

3rd Sunday in Ordinary Time

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
Youth Ministry Coordinator
Theresa Barao


OLPH School Principal

Lora Clarke

IN RESIDENCE

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Fr. Jacques Philippe: Interior Freedom

With over one million copies sold in 24 languages, Fr. Jacques Philippe's writings on themes such as prayer, interior freedom, and peace of heart have become classics of modern Catholic spirituality. These are excerpts from Interior Freedom.

One of the essential conditions of interior freedom is the ability to live in the present moment. For one thing, it is only then that we can exercise freedom. We have no hold on the past—we can't change the smallest bit of it. People sometimes try to relive past events considered failures ("I should have done this . . . I should have said that . . .") but those imaginary scenarios are merely dreams: it is not possible to backtrack. The only free act we can make in regard to the past is to accept it just as it was and leave it trustingly in God's hands. (Pg 85)

If it's a mistake to add the burden of the past to the weight of the present, it's a still worse mistake to burden the present with the future. We are obliged to plan for the future and take thought for tomorrow. But we should do it without worrying, without the care that gnaws at the heart but doesn't solve anything—and often prevents us from putting our hearts into what we have to do here and now. Hearts anxious about tomorrow can't be open to the grace of the present moment. (pg 87)

We may spend our whole lives waiting to live. Thus we risk not fully accepting the reality of our present lives. Yet, what guarantee is there that we won't be disappointed when the long-awaited time arrives? Meanwhile we don't put our hearts sufficiently into today, and so miss graces we should be receiving. Let us live each moment to the full, not worrying about whether time is going quickly or slowly but welcoming everything given us moment by moment. (Pg 90-91)

Fr. Jacques Philippe belongs to the Community of the Beatitudes and answered the Lord's call to follow Him through this vocation.

A Big Thank You from Strathcona School



Last week, the parish received a big colourful thank you card from families of Strathcona Community School for the items our parishioners donated in the Giving Tree.

Here are some of their messages:

- Veronica: Thank you for making this Christmas holiday a blessing!*
- Faith & Family: Thank you for all your kindness...*
- Shannon: Thank you so very, very much!*
- Tammy: Thank you from the "top" of my heart!!*
- Zawad: Thank you for making our Christmas so festive!*
- Brook: Thank you for the nice Christmas hamper!*

CALENDAR

FEBRUARY

Valentine's Family Dance



The OLPH Youth Ministry is organizing a Valentine's Family Dinner Dance for our parish. Come join us for a night of good company, food, awesome auction and door prizes, great performances, and of course... dancing on Sat Feb 3 from 6-9:30pm at the Parish Hall.

Tickets: \$40 for adults and \$15 for children aged 3-12 years.

Auction Items: We are looking for donations of items for our auction such as gift certificates for restaurants or services, gift baskets, a weekend stay at a summer cottage. It would be fantastic if parishioners could donate a bottle of wine next weekend. Just leave it with the ticket sellers in the foyer!

Volunteer: If you're interested in helping out, we are looking for both parent and youth volunteers! Your help would be very much appreciated! For more info about this event, contact Theresa olphyouthmin@gmail.com.

Parish Lenten Retreat

Save the Dates: Our Parish Lenten Mission led by Fr Ray Douziech is scheduled to begin on the first weekend of Lent. The theme: A God For All Seasons which will take us through every season of our spiritual life. Please save the following dates: Sun Feb 18: 6pm (Following the 5pm Mass) Mon Feb 19: 7pm, Tue Feb 20: 7pm and Wed Feb 21: 7pm

Lord make me know your ways. - Psalm 25

NEWS & NOTICES

Door Is Open: The next Door is Open is on Tuesday February 6. About 20 volunteers are needed. Sign-up sheets are in the church foyer.

PEC Meeting: The next meeting is on Tuesday January 23 at 7pm in the Madonna Room.

Catholic Women's League News: The Catholic Women's League is continuing its new membership drive and old membership renewal this weekend before and after masses located in the Church foyer. Next meeting is Wednesday, January 24 at 7pm in the Madonna Room. The meeting will be followed by a presentation by Debbie Miotto from Birthright. Celebrating its 50th Anniversary, Birthright is a non-profit charitable organization that provides love and support to women facing unplanned pregnancies.

K of C Invitation: The Knights of Columbus will be meeting in the Hall on Sunday January 21 at 10:30am after serving coffee after 9am Mass. All are welcome to attend to see what the OLPH men are up to.

Craft Group: Do you like to knit, crochet or sew? The Craft gals are inviting you to join them Tuesday mornings 10 -12 in the Madonna Room. They contributed over \$2000 this year to the Charities the CWL supports. You wouldn't need to come every week if that is too great a commitment, just come and see if you'd like to.

Join the Choir: Scripture often tells us to sing to the Lord in gladness. There is also that oft-quoted line of St. Augustine "He who sings, prays twice." So, if you like to sing and can carry a tune, come and be part of a fulfilling experience with the OLPH choir. Rehearsals are on Mondays 7-8pm in the church. Please contact Catherine Walsh: catherine.organist@gmail.com for more information.

Youth Safety Awareness Workshop: Learn martial arts and physical safety that combines combative arts and psychology developed by instructor Robert Lynds of Dojang. It is a discipline which enhances your body, mind and soul. All teenagers welcome. This is a Youth Ministry sponsored event for OLPH church and school youth. No charge for attendees. Dates for this two-session workshop are Sat Feb 17 and Sat Feb 24. Time: 3:30pm - 4:30pm. Workshop is at Dojang at West 4th and Blenheim. For more details email Theresa: olphyouthmin@gmail.com.

University Mass 2018: Archbishop J. Michael Miller, CSB, in partnership with the community of Catholic Pacific College, cordially invites university and college communities to the University Mass. All students, faculty, and staff with their families from public and private post-secondary institutions are invited to this annual Mass on Saturday, Feb. 3, at 7:30 p.m. at Holy Rosary Cathedral. Confessions available at 6:30 p.m. Archbishop Miller will greet everyone at the reception following the Mass. rcav.org/universitymass.

St. Francis Xavier Relic Pilgrimage: The Archdiocese of Ottawa, the Jesuits in Canada, and Catholic Christian Outreach are collaborating to bring the famous relic of St. Francis Xavier to North America for the first time in generations. This is a once-in-a-lifetime opportunity to venerate the incorrupt first class relic of one of the greatest missionaries and evangelists since St. Paul the Apostle. All are invited to public veneration of the relic on Wednesday, Jan. 24, at St. Francis Xavier Church, Vancouver (Mass with Archbishop Miller at 7 p.m.) and Thursday, Jan. 25, at All Saints Church, Coquitlam. Visit rcav.org/event/sfx-relic-jan-24 for the relic pilgrimage schedule in Vancouver.

Pro-life Mass and Prayer Vigil: Join us for a peaceful, prayerful vigil for unborn children and their parents on Saturday, Feb. 3. Mass is at 9 a.m. at Blessed Sacrament, Vancouver, followed by the Rosary at B.C. Women's Hospital, Vancouver.

Winter Institute 2018: The Winter Institute is a day dedicated to ministry training and faith formation courses. Courses include writing and sharing your testimony; classroom management; and sexual orientation and identity. Join us Saturday, Jan. 27, from 10 a.m. to 4 p.m., at Holy Cross Regional Secondary, Surrey. Registration is \$40 on or before Jan. 22 (\$20 for half-day course). For course descriptions and registration, visit rcav.org/oc-winter-institute.

Stewardship Reflection

"Follow me and I will make you fishers of men." - Mark 1:17

Jesus' call to "Follow me" is a call to all Christians! The call is in the here and now, in our present circumstances, not when we think we are "ready" or have everything in order. Good stewardship of our God-given gifts means that things aren't always going to go according to our schedule and that God has a much better plan in store for each of us.

Stewardship Office, Archdiocese of St. Louis

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