

## Make this Your Holiest Week

By Fr Ed Broom, OMV

Each year God showers us with countless blessings, especially in the Season of Lent, Holy Week, culminating in Easter—the Resurrection of Our Lord and Savior Jesus Christ, His triumph over sin, the devil, and death itself. However, the effects of these Holy days are in direct proportion to our interior disposition of soul, openness to God’s grace, and docility to the inspirations of the Holy Spirit. In other words, we should enter into these sacred Paschal mysteries of the suffering, passion, death and Resurrection of Jesus with an ardent longing to truly love God totally, unreservedly, with every thread of our being.

### Live Out the Easter Triduum to the Max

The Easter Triduum consists of three days culminating in Easter (Holy Thursday, Good Friday, Holy Saturday)—the Resurrection of Our Lord and Savior Jesus Christ. Let us offer some short and simple ideas, reflections and challenges to derive the most abundant fruit from these holy days and arrive at an authentic transformation of our lives.

### Holy Thursday

On this day we commemorate with love, awe, tenderness, and gratitude beyond human expression the institution of two Sacraments, generously given to all of humanity from the depths of the most Sacred Heart of Jesus for our sanctification and salvation: The Sacrament of the Most Holy Eucharist, and Holy Orders (The Priesthood). The most logical disposition and movement of our hearts should be to praise and thank Our Lord Jesus for having bestowed upon the Church until the end of the world the greatest of all gifts—the most Holy Eucharist, that we can receive in Holy Communion every day (if we are properly disposed). The most Holy Eucharist is truly and substantially the Body, Blood, and Divinity of Jesus the Lord. “Eucharist” means “thanksgiving”. Our whole beings should overflow with the most exalted and sublime expression of thanksgiving!

**Holy Orders.** On the same day and in the same historical context Jesus instituted Holy Orders—the Catholic Priesthood. This was in the Upper Room (Cenacle), at the Last Supper which was the first Mass when Jesus said the words: “Do this in memory of me”. At that precise moment the Apostles were transformed into the first priests as well as the first Bishops. Every Holy Thursday, while participating in the Mass of the Last Supper and the washing of the feet, we should pray for priests.

### Good Friday

On Holy Thursday we contemplated Jesus at the Last Supper blessing us with the two Sacraments of the Eucharist and the Priesthood. On Good Friday our attention, gaze and contemplation is lifted on high to the cross. Let us unite our hearts with the famous prayer attributed to Saint Francis of Assisi: “We adore you O Christ and we bless you because by your holy cross you have redeemed the world.”

**Contemplate the Cross and Resurrection.** Spend some time in silence and contemplation before a graphic image of Jesus crucified. One specific aspect worthy of meditation and contemplation is the Precious Blood of Jesus. With love, reverence, devotion and a spirit of reparation, contemplate the various outlets of His Precious Blood. Start with His thorn-crowned head, the pierced brow, penetrated by long and piercing thorns and the Blood that He shed for your salvation. Jesus suffered His most excruciating Passion for all of humanity, but also for you and me personally.

**Contemplate the nail-driven hands.** These hands that blessed the little children, these hands that touched and restored sight to the blind, these hands that touched lepers healing them instantaneously of their incurable disease, these sacred hands that turned bread into His Body and Blood, these hands are now nailed to the cross from which His Precious Blood oozes out dripping to the ground.

**Contemplate His feet.** These were the feet that walked to bring good news to the aliens, the abandoned, the poor and despised. He came to set the captives free. Now these feet can no longer move, but only shed blood so that we can walk the paths of purity, justice and peace.

**His Sacred Heart.** Finally let us contemplate His most Sacred Heart pierced with the lance. From this fountain of life, blood and water came gushing forth, the source and fountain of our sacramental life. The water is symbolic of the Sacrament of Baptism and Confession. The Blood is symbolic of the most Holy Eucharist! In all of our troubles, fears, anguishes and sufferings may we always seek our secure refuge in the pierced and open Sacred Heart of Jesus.

### Holy Saturday: The Sorrowful Heart of Mary

One short suggestion to live out Holy Saturday would be to live this most special day with the Blessed Virgin Mary!

**The Tone and Sentiments for Holy Saturday.** For many, Holy Saturday is barely understood. This day should not be full of unnecessary noises but silence to cultivate a contemplative spirit of prayer. On Good Friday fasting is obligatory. While it is not so on Holy Saturday, it is highly encouraged.

**Our Thoughts and Heart.** Our thoughts and our heart should be with the Blessed Mother, Our Lady of Sorrows! The Church recommends that we spend some quality time with Our Lady reliving what happened a few hours earlier. That is to say, we should enter into the Sorrowful Heart of Mary, who stood at the foot of the cross and relive the Passion, suffering and death of Jesus. In a word, on Holy Saturday, we should contemplate in our hearts the passion of Christ through the eyes and heart of Mary! Nobody every penetrated the height, width, and depth of the suffering and passion of Jesus better than His Immaculate Mother Mary.

In conclusion, let us enter into the Triduum with great love and gratitude for Jesus who gave Himself up for me, shedding every drop of His most precious Blood for me as if I were the only person in the created universe. How great is the love of Jesus for you and for me!

www.catholicexchange.com

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## OUR LADY OF PERPETUAL HELP PARISH

April 14, 2019

Palm Sunday

## Enter into Holy Week by Meditating on the Cross

Dear Parishioners,

As we begin Holy Week, it is important for us to take time out of our busy schedules to meditate on the tremendous significance of God’s saving work for us. We can begin by turning our hearts and minds to that most profound symbol of our faith – the Cross.

Pondering the Cross is not some theological exercise which has no relevance in our daily lives. It is central to our Christian lives. The cross is the meeting point of God’s love and his powerful sense of justice.

St Thomas Aquinas said it well when he prayed: “May you have the power to understand, as all God’s people should, how wide, how long, how high and how deep his love is.” Hands outstretched convey Jesus’ good works, the height of the beam suggests forbearance, the beam moving upwards represents the head of the crucified Christ because he is the one whom hopeful souls desire and the hidden wood of the tree to which the Lord is nailed, expresses the depth of the gratuity of grace.

It is fitting then that earlier this week we installed a display of crosses in the loft of the church. The crosses were part of a parishioner’s private collection which has been donated to us. Each cross is unique. I encourage you to not just take a look at the display but to spend some time in contemplation. The idea behind it is to draw our hearts and minds to a deeper appreciation of the Passion of our Lord.

As you know, the Cross will be central to the solemn liturgy of Good Friday. On this day, the priest will unveil it in three stages. The first partial unveiling symbolizes the sharing of the good news by the apostles to a select few disciples, the second unveiling signifies the spread of the Gospel after the descent of the Holy Spirit to the Jews and the third unveiling is the spread of the news of redemption to the Gentiles and the world beyond the Roman Empire. The faithful are then invited to venerate the Cross by kneeling, kissing or laying one’s hand on it. It is a profoundly moving service which I encourage all of you to be part of.

May our Blessed Mother who stood by the cross, help us to arrive at a deeper appreciation of the love of the Father and Son as we prepare for Good Friday and Easter.

Yours in Christ,  
Fr. Babu Mathew, CSsR



## EASTER TRIDUUM 19-21 APRIL

My God, my God, why have you forsaken me? - Psalm 22

## NEWS & NOTICES

**Weekly Collection:** Sunday Mass Offering April 6 & 7: \$7,103.70. St. Joseph's Society: \$25.00. Food Bank: \$744.35 Offering for the Needy: \$65.00. Share Lent: \$4,556.30. Thank you for your faith-filled generosity.

**PEC Meeting:** The next PEC Meeting is on Tuesday April 16 at 7pm in the Madonna Room.

**Spring Institute 2019:** One-day courses for ministry training, faith formation and general interest open to all on Saturday April 27, 10am to 4pm at Holy Cross Secondary in Surrey. For complete course listing information visit [rcav.org/oc-spring](http://rcav.org/oc-spring).

**No Thursday Evening Devotions on April 25:** There will be no evening devotions on Thursday April 25 because of the Grade 7 Confirmation Mass. Apologies for any inconvenience caused.

**Let's fill our Easter Baskets:** Time to give our guests staying with us at our emergency homeless shelter NEW pairs of socks and underwear! We host over 120 men every night in our beds who benefit greatly by having fresh clothes. Please bring your items to our shelter on 828 Cambie Street, at the JPPI Pastoral Centre, or your parish church office.

**Taize Prayer Service:** You are invited to participate in an ecumenical service of song and contemplative prayer in the tradition of the Taize community. The evening will feature candlelight, music, and time for quiet in the midst of our busy lives. All are welcome. Wednesday, April 17, 7-8:15 p.m. at Immaculate Conception church, Vancouver. For questions, contact Kelden at [kelden.formosa@icschoolvancouver.com](mailto:kelden.formosa@icschoolvancouver.com).

**Madonna House Morning of Recollection:** Angelyn Dee will speak on Near the Cross is an Empty Tomb: An Easter Reflection on God's Mercy seen through the Cross and Resurrection. Please join us for a talk, fellowship, and mid-day prayer. Saturday, April 27th from 9:30 am to 12 noon at St. John the Apostle Parish Hall (5457 Trafalgar St, Vancouver).

**Stations of the Cross on Good Friday:** Join us for the Way of the Cross at Queen Elizabeth Park Friday, April 19, starting 10am at the fountains next to Bloedel's conservatory parking lot proceeding through the trails of the park with prayers, meditations and songs. For more information, contact [communionliberationvancouver@gmail.com](mailto:communionliberationvancouver@gmail.com).

**Quo Vadis - Men's Discernment Events:** Open to single Catholic men ages 18+ who want to answer the question: What is God calling me to do with my life? Join us for a Discernment Evening with Fr. Juan Lucca who will be talking about celibacy Wednesday, April 24, 7-9 p.m. at St. Patrick's Parish, Vancouver. Please register at least one week in advance by contacting the Vocations Office at [vocations@rcav.org](mailto:vocations@rcav.org) or call 604-443-3254

**Dying Healed:** All are invited to the Dying Healed program by LifeCanada Saturday, April 27, 9:30 a.m. to 3:30 pm. Receive formation and knowledge on end-of-life issues, understanding of human suffering, human dignity, and the power of human presence. Cost \$45/person. Workbook, lunch, and refreshments included. Register today: <https://rcav.org/event/dying-healed>

**Who Am I?:** Join us for a weekend workshop to help you discover the gifts you bring to parish work; improve your relationships in leadership; increase your productivity in parish ministry; and develop your unique strengths as a parish leader, coordinator, or catechist. April 27-28 and May 4-5, 8:30 a.m. to 4:30 p.m. at John Paul II Pastoral Centre, Vancouver. Register here: <https://rcav.org/event/who-am-i-9>

**Marriage Anniversary Mass 2019:** Celebrate your Milestone Anniversary with us! This Mother's Day, Archbishop Miller will be honouring couples celebrating their 5th, 10th, 15th, 20th, 25th, 30th, 35th, 40th, 45th, 50th, 55th & 60th+ years of marriage. Mass will be on Sunday May 12 at 3:30pm at St. Paul Parish, Richmond. Reception to follow in St. Paul Parish Centre. All are welcome to witness and celebrate the milestone anniversaries of others! Register today: <https://rcav.org/marriage-anniversary>

**New Evangelization Summit 2019:** On Saturday, May 4, the annual NES will be held in Ottawa and streamed to 54 host-sites across North America including four parishes in the Archdiocese of Vancouver: St. Anthony of Padua in Vancouver, St. Luke's in Maple Ridge, Star of the Sea in Surrey, and Holy Eucharist Ukrainian Catholic Cathedral in New Westminster. Cost is free but you must pre-register and choose your location at [www.newevangelization.ca](http://www.newevangelization.ca).

## Stewardship Reflection

*"I tell you, Peter, before the cock crows this day, you will deny three times that you know me." (Luke 22:34)*

How many times have you heard someone make a disparaging comment about Jesus or our Catholic faith? How did you react? Do you remain quiet not to cause a disturbance? Or, do you remain quiet because you believe people will think negatively about you? Pray for the courage to speak up and enter into a respectful dialogue when the opportunity arises.

Stewardship Office, Archdiocese of St. Louis

## CALENDAR

### APRIL

#### Holy Week Schedule



#### Sunday April 14

Usual Mass Times: Palm Sunday  
Blessing of Palms and Procession from the Grotto at all Masses

**Mon – Wed April 15 - 17**  
8am Mass as usual

#### Holy Thursday April 18

(No morning Mass)  
7pm Mass of the Lord's Supper  
8pm – 10pm Exposition of the Blessed Sacrament

#### Good Friday April 19

12 noon: Prayer/Soup & bread  
3pm Celebration of the Lord's Passion  
7pm Stations of the Cross

#### Holy Saturday April 20

9am Morning Prayer (No Mass)  
4 – 5pm Confessions  
8:30pm Easter Vigil & Reception

#### Easter Sunday April 21

Usual Sunday Mass Times

## Easter Egg Hunt

#### Sunday April 21

There will be Easter Egg Hunts on the Church lawn on Easter Sunday after the 9am and 11am Masses. Bring your little Easter baskets!

## International Festival

Our International festival gatherings leading up to Pentecost Sunday are back! We invite parishioners to share the food and aspects of their culture with short music or dance presentations after the 11am Mass. If you are participating, please contact Lara. Her email is [olphchurchvolunteers@gmail.com](mailto:olphchurchvolunteers@gmail.com).

#### Sunday May 19: Asia

#### Sunday May 26: Europe

#### Sunday June 2: The Americas

#### Sunday June 9: Pentecost Sunday BBQ

## PARISH DEVELOPMENTS



## A Beautiful Display of Crucifixes in the Loft

A collection of 77 crosses went up on display this week in the choir loft of the church. The crosses were donated by Henry Ewanchuk who was a neighbor of the original collector of the crucifixes and crosses, Ed Klewiada.

Ed was born and raised in Portland, studied art and theatre design and went on to join the Air Force. He met his wife in Tokyo and in the years after the war, spent his time travelling extensively while in the Forces.

Ed had an eye for beautiful art and became a collector of paintings, sculpture, jewelry, furniture and among other things, crosses. Henry first saw the collection in Ed's house on Bainbridge Island, Washington. Henry expressed his interest in the collection and acquired it sometime later. He has since decided that it would be a beautiful thing to share with the parish. Indeed it is! Thank you Henry.

## Good Start to Centennial Development Info Session

On April 6th, the Parish held an Information Meeting regarding the potential development of the current rectory lands. There was much interest and many questions. Fr. Babu set out the mission of the Redemptorists and described the wish of the Redemptorists to build a legacy at OLPH in part to thank the parishioners for their generous support of the Redemptorists over the past 95 years.

A general discussion relating to the potential development included the background of Columbus Charities Association (operated by the Knights of Columbus) and a general description of the development.

The intention is for Columbus Charities Association to acquire the rectory lands and to build and operate a seniors' housing project for independent living (people over 55 years of age), which would also include permanent rectory facilities and a limited number of rental units for teachers at OLPH School.

The project is at a very preliminary stage at present. The units would be offered on the basis of a Life Lease contract, rather than the typical fee simple interest.

There were many questions about how a Life Lease works. A Life Lease is a contract often used by non-profit societies in the form of a lease with a fixed term of 29 years. The purchaser pays a fixed amount upon entering into the Life Lease and that amount, less 5 to 8% for maintenance or refurbishment of the unit, is returned to the purchaser at the end of the term of the Life Lease. The purchaser would also pay monthly maintenance fees similar to strata fees.

Life Lease contracts are often used by non-profit societies in order to fund projects instead of relying on traditional bank financing.

If you have any questions regarding the potential development of the rectory lands or the Life Lease, please contact the Parish Infrastructure Renewal Committee at [olphirc@gmail.com](mailto:olphirc@gmail.com).

