

## St. Therese’s Lessons for First Holy Communion

By Fr Edward Looney

One of the greatest saintly autobiographies we have comes from St. Therese of Lisieux, who was prompted by her blood sister and her religious sister in Carmel to write the story of her life. What St. Therese left behind was a spiritual legacy in which she recounted the key moments of her life. St. Therese shared a lot about her experience of First Communion. Saint Therese can help the young person in your life, whether that is a child or grandchild, niece or nephew, student or neighbor, enrich their First Holy Communion experience.

### Decide to Live A New Life

This really is the invitation for all believers each Sunday at Mass — to leave the Church after Mass and live differently because we have met the Living God in Word and Sacrament. St. Therese knew this reality. She writes, “One evening I heard you say that from the time one receives one’s First Communion, one had to commence living a new life, and I immediately made the resolution not to wait for that day but to commence the very same time as Celine”.

Celine was St Therese’s sister. Her older sisters inspired her in her spiritual life. Seeing her sisters receive their sacraments spurred Therese not to delay her own transformation. But with Celine, her much older sister, God invited her to begin living a new life as Christ’s disciple even before her First Communion. Remind the First Communicant in your life that, because they are privileged to receive Jesus in Holy Communion, He now invites them to live as He commands — to love one another: parents, brothers and sisters, friends and enemies at school. Ask them, “How will your life be different because of First Communion?”

### Remember the Special Day

The day of one’s First Communion is a special day. First and foremost because of the encounter with Jesus in the Holy Eucharist. It also is a day which families gather together and celebrate. St. Therese described the day of her First Communion in this way: “The time of my First Communion remains engraved in my heart as a memory without any clouds” (p.116). Encourage the First Communicant in your life to write a journal entry about their special day. What do they remember? What was their prayer? What made the greatest impact on them? Children have a special closeness to God and awareness of His presence. Give them an opportunity to share their thoughts and insights. They just might help us love Jesus and the Eucharist all the more!

### Tell Jesus You Love Him

When the priest holds up the host and says, “The Body of Christ” and we say Amen, this is Jesus telling us how much he loves us. He tells us, “I love you so much that now I feed you with my very body and blood.” The love Jesus extends to us, demands a response from us. St. Therese made this profession of love. She recalls, “Ah! How sweet was that first kiss of Jesus! It was a kiss of love; I felt that I was loved, and I said: ‘I love You, and I give myself to you forever!’” (121). Teach your First Communicant to go back to the pew, kneel, and to say a prayer telling Jesus how much they love Him and appreciate all He does for them.

### Remember Loved Ones

The celebration of Mass unites us to the saints in Heaven. Our earthly liturgy participates in the heavenly liturgy. Right before we chant the *Sanctus* (Holy, Holy, Holy), the priest invites us to join in the unending hymn of the angels and the saints. We offer Masses for those who have died to pray for them and to unite ourselves in prayer with those who have gone before us. St. Therese experienced the death of her mother at a young age. On that special day of her First Communion, she did not forget her mother. She writes, “On that day, joy alone filled my heart and I united myself to her who gave herself to Him who gave Himself so lovingly to me!” (p. 121). Her mother was a lover of God, and Therese desired to love Him with the same love that her mother had loved the Lord Jesus.

### Desire to Receive your Next Communion

The day of a person’s First Communion is only the beginning. They will make thousands of other communions in their life. Whatever role you have in the life of a First Communicant, encourage their parents or other family members to take the child to Church each Sunday. When they go, they have the opportunity to know that the God who is love, loves them by coming to them in Holy Communion. Many graces are given to us at each Mass we attend. Don’t miss out on all that God wants to do in your life. Just as they received their First Communion, each communion going forward should be done in a similar fashion: formulate an intention, give thanks, pray for someone in need, commit to serving the Lord in your life, and use it as a time to remember your loved ones.

[www.catholicexchange.com](http://www.catholicexchange.com)



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## OUR LADY OF PERPETUAL HELP PARISH

May 12, 2019

Good Shepherd Sunday

## Vocations Sunday: God Transforms Failures into Opportunities

[The following excerpt is from Fr Michael Brehl’s letter for the Feast of St Clement Hofbauer, March 15, 2019]

### Dear Confreres, Sisters, associates and friends,

The story of St. Clement Hofbauer offers us great hope and remarkable insights into the ways in which God calls people to share in the missionary vocation of our Congregation.

Clement Hofbauer was almost 33 years of age when he was accepted into the Redemptorist novitiate, along with his friend Thaddeus Hübl. Although he had a strong sense of vocation to the missionary life and to the priesthood, various obstacles kept disappointing his hopes of realizing this dream. Nevertheless, Clement did not stop searching for a way to respond to what he experienced as the call of God. He studied theology in Vienna, spent time as a hermit and catechist in Tivoli, read spiritual books (including some works by Alphonsus Liguori), developed a deep prayer life, and went on a pilgrimage to Rome. In Rome, he met the Redemptorist Missionaries working in the church of San Giuliano and requested admission to the Congregation.

Less than a year after their profession as Redemptorist Missionaries, Clement and Thaddeus once again crossed the Alps to bring the Congregation of the Most Holy Redeemer to new countries and to respond to new missionary needs. Within two years they established in Warsaw the first house of the Redemptorists outside Italy. Clement’s missionary dynamism converted the small church of St. Benno’s into a pastoral centre which attracted thousands. Young men joined the Congregation, new foundations were envisioned, a social ministry was developed, and new ways of evangelization were fostered. Time and again he repeated: The gospel must be preached anew, in every age and generation, in a language that ordinary people can understand. These words continue to inspire us as we ask God to revitalize our Vita Apostolica and our missionary charism today!

In the midst of such success, Clement continued to face serious obstacles. His friend, confrere, and companion, Thaddeus Hübl, died after a severe beating during a time of persecution. Many of the Redemptorist ministries were shut down by the civil authorities. He experienced a lack of support and jealousy from other priests and church officials. Eventually, he and his brother Redemptorists were expelled from Warsaw. For the next twelve years, Clement attempted to make numerous other foundations across Europe. Every one of these initiatives failed. He attracted many young men who desired to enter the Congregation and to give their lives for plentiful redemption in this missionary vocation. However, he could not establish a novitiate, and they were unable to live in the community. When he died on March 15, 1820, it seemed to some that all his efforts had come to nothing. Not a single foundation had survived. But God had other plans.

One month after his death, on April 19, 1820, the Emperor allowed the Congregation of the Most Holy Redeemer to establish foundations in the Austro-Hungarian Empire. Soon, those young men who had waited so long to embrace their missionary vocation were admitted to the novitiate. Before long, the Congregation spread from Vienna across Northern Europe, to North America, and then beyond. St. Clement Hofbauer was canonized in 1909, and he was declared the co-patron of Vienna more than 100 years ago in 1914. The life and vocation of St. Clement Hofbauer is an important witness to the power of God to transform our failures into opportunities, and to raise up missionary vocations in the most unlikely places.

May God continue to revitalize and renew our Congregation and our missionary vocation in the spirit of St. Clement. Through the grace and power of the Holy Spirit, may the Redeemer continue to call men and women to share this missionary vocation today. May Mary, our Perpetual Help, always accompany us in the mission.

Your brother in the Redeemer,  
**Michael Brehl, CSsR**  
C.S.s.R Superior General



### PRAYER FOR VOCATIONS

O God, you have chosen the Apostles to make disciples of all nations, and by Baptism and Confirmation, have called all of us to build up your Holy Church. We earnestly implore you to choose from among us, your children, many priests, deacons, brothers, and sisters who will love you with their whole heart and will gladly spend their entire lives to make you known and loved by all. Amen.

*We are his people, the sheep of his pasture. - Psalm 100*

### 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)

Children’s Mass: 9am 1st

Sunday of the month Oct-June

Children’s Liturgy: 11am

All Sundays except the 1st

Sunday from Sept- June

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

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## NEWS & NOTICES

**Happy Mother's Day:** Blessings to all the mothers of our parish. Thank you for everything you do!

**Weekly Collection:** Sunday Mass Offering May 4 & 5: \$5,608.40. Pope's Pastoral Works: \$5. Work of Vocations: \$10. Offering for the Needy: \$44. Good Friday/Holy Land : \$20. Catholic Press: \$20. Thank you for your faith-filled generosity.

**PEC Meeting:** The next PEC Meeting is on Tuesday May 14 at 7pm in the Madonna Room.

**OLPH Parish/School AGM:** All are welcome to attend this AGM at 7pm Thursday May 30 at OLPH School Gym.

**Madonna Group Meeting:** Madonna Group will meet this Wednesday May 15 at noon in the Church Hall. Please contact Monica at 604-7398837 for more information.

**School Closures:** School will be closed on Friday May 17 for Planning Day, Monday May 20 for Victoria Day and Tuesday May 21 for Pro-D Day.

**Mass Time:** Morning Mass on Victoria Day May 20 is at 9am.

**PREP Pre-Registration:** The Parish Religious Education Program (PREP) is for elementary school aged children who are not attending Catholic school. Pre-registration for the 2018/2019 school year is open till June 30. Please contact Elizabeth Towers at 604-440-8809 or email prep.olph@rcav.org for information.

**Choir Members for 11am and 5pm Mass:** The OLPH choir is seeking new members: we especially need singers who can commit to the Sunday 11am mass and Monday evening rehearsals (7-8pm). Please contact Music Director Catherine Walsh for more information: catherine.organist@gmail.com. If you are interested in helping out at the Sunday 5pm Youth Mass or joining OLPH Youth Ministry, please contact Theresa Barao: olphyouthmin@gmail.com.

**Birthright Vancouver - Mass and Crowning of Our Lady:** Please join us Saturday, May 18, for Mass at 12:10 p.m. preceded by the Rosary and followed by the Crowning of the Blessed Virgin Mary at Holy Rosary Cathedral, Vancouver. Reception to follow in Rosary Hall, 650 Richards Street. Donations of refreshments appreciated. All are welcome. For more info please contact Birthright Vancouver at 604-687-7223 or birthrightvancouver@gmail.com. Birthright Vancouver is a downtown crisis pregnancy centre. Birthright supports pregnant women and their children by offering them the love, care and support they need.

**Taizé Prayer Service:** Please join us for a contemplative prayer in the tradition of the Taizé community. The evening will feature candlelight, music, and time for quiet in the midst of our busy lives. All are welcome. Takes place on Wednesday May 22 from 7pm to 8:15pm at Immaculate Conception Church in Vancouver.

**Vancouver 2019 Marian Conference:** Six international speakers will share their testimonies and share about our Catholic faith and how Our Lady played an integral role in their lives. Be inspired and edified! Enjoy spending the day with other faith-filled believers who are all children of Mary! A concert by Flaviane Montenegro and the Stella Maris Concert Choir will provide music. Vigil Mass celebrant is Archbishop Michael Miller. Catholic Exhibitors & Concession Stands will be available for attendees. Takes place on Saturday, May 25, at the Vancouver Croatian Cultural Centre from 8:30 a.m. to 6:30 p.m. Buy your tickets online at eventbrite.ca or call 604-521-3406.

**Disalced Carmelite Secular Order - Information Meeting:** Takes place on Saturday, May 18, from 9:30 a.m. to 10:15 a.m. at St. Edmund's Church in Vancouver. Registration not required, phone the Western Canada OCDS for more information at 604-720-1628.

**Vocation Weekend at the Carmel:** Come and See! Are you discerning God's call to the religious vocation? You may be interested in spending a weekend of Prayer and Discernment at the Carmel of St. Joseph, the weekend of May 17 to May 19. Your chaplain will be Father Paul Simms, Vocations Director for the Diocese of Kamloops. Please RSVP at 250-546-8801.

## Stewardship Reflection

*"The disciples were filled with joy and the Holy Spirit." (Acts 13:52)*

The disciples heard Our Lord's call and were able to spread the Gospel message with strength and vitality. We, too, can experience that same joy if we make room for the Holy Spirit to fill our hearts. When we use our gifts in the way that God intends, He fills us with supernatural joy. A joy that others notice and are attracted to.

Stewardship Office, Archdiocese of St. Louis

## CALENDAR

MAY

### PEC Nominations

The PEC Nominating Committee (Maili Wong/Chair, Kate Nemeth/HR Subcommittee, Jutta Zeisler/CISVA Representative) is calling for nominations for two positions to the PEC at Our Lady of Perpetual Help School.

Who can stand for office?

- Practicing Catholic
- Approved by the Pastor
- Must be eligible to vote in the parish
- Must have reached the age of 21
- Excluded are: Teachers and principal of the school and other teachers and principals employed by CISVA, employees of the parish and/or school, past employees whose termination is less than three years ago, relatives of those excluded.

Who can nominate?

- Those that are eligible to stand for office.
- Nominations must be received by the Subcommittee in a sealed envelope no later than 10 days prior to Election Date.

Our PEC elections will be held after all the masses on the weekend of May 25/26, nominations must be received no later than May 15.

### 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. Email: olphchurchvolunteers@gmail.com. Or sign up in the foyer.

**Sunday May 19: Asia**

**Sunday May 26: Europe**

**Sunday June 2: The Americas**

**Sunday June 9: Pentecost Sunday BBQ**

## SACRAMENTS: CONFIRMATION

### Thoughts and Tweets from Grade 7 Confirmation Students



**Izza Karina Cajuday:** When the Chrism was spread on my forehead, I believed with all my heart, soul and mind. That Jesus died for us, so we should live for Him.

**Sooh Hong:** Personally, Confirmation was an opportunity to acknowledge the greatness of God and the close link I have with my faith.

**Eric Rosario:** For me the blessed sacrament of Confirmation was very exciting and memorable. #Jesus Christ # Confirmation #Blessed Sacrament

**Maryam Khosravi:** Confirmation was a beautiful thing to receive. Everyone looked amazing and I felt like I was closer to God. I loved when my parents saw me!

**Millie Lui:** Confirmation was a wonderful experience for all the Confirmandi. We spent lots of time preparing for the event and we had a great time.

**Cristina Banducci:** Had a great time with my friends and classmates at #Confirmation2019! Congrats to my fellow confirmands who have received this special sacrament and a big thanks to everyone else who came to support us.

**Grace Newman-Bennett:** Confirmation helped me become closer to God and understand what it means to live as Jesus did. I am happy I decided to receive Confirmation.

**Gabrielle Plaxton-Collingwood:** For me, Confirmation was an amazing experience that taught me more about my faith than I had ever learned in class.

**Jeffrey Brown:** Being raised as a Catholic my whole life I have done many things related to the Catholic faith but nothing compares to Confirmation.

**Chloe Wong:** I feel more connected to my faith after receiving the Confirmation. I am thankful for the support given, and ready to continue in my faith.

**Euan Corales:** Confirmation was one of the greatest nights of my life. I was really surprised when bishop Munroe did not ask any questions. I feel blessed!

**Frank Mazankowski:** During and after I was at Confirmation I felt like there was some kind presence in and around me helping me and guiding me in my actions.

**Ella Preis:** I thought that what the Archbishop said during the homily opened my eyes and made me feel inspired to get confirmed.

**Tiana Alexander:** After receiving Confirmation, I know that my religious journey with Christ has only just begun and that I am in the loving hands of God.

**Brogan Kennedy:** Confirmation was exhilarating and fun and the night will go down in my favorite nights ever as a kid and a Catholic.

**Stephanie Leong:** Confirmation was really fun with such a supportive community. I'm grateful that my classmates and my family were there to support me.

**Ethan Brown:** I really felt I was filled with the holy spirit and encourage others to think about getting confirmed.

**Hannah Barnes:** I felt blessed with the Holy Spirit, a sense of holiness, a feeling of joy, and love for God at Confirmation. I was sealed in my faith.

**Fenella Mackay:** Confirmation was scary for all of us, we knew that we were going to be asked about our faith, but the questions never came. Big relief.

**Elizabeth MacKay:** Being confirmed is a big step for me in my Catholic faith. #confirmed Girl

**Brian Yoo:** At Confirmation I was thinking about the satisfaction I would feel after I get blessed with chrism and officially be a follower of my faith.

**Luke Hawrish Blight:** Confirmation gave me a true understanding of our faith and what we believe. I am proud to now be called a Catholic and a member of the faith.

**Cash Pochynok:** Confirmation was so special. It was truly magical to experience the Holy Spirit filling my whole soul and body.

**Nicholas Velve:** On April 25th, my class and I took the sacrament of confirmation. The experience of confirmation was a great defining moment of faith for me.

**Thomas Rosario:** Confirmation was an amazing experience. When I got confirmed, I felt like a new person, and I felt that I was cleansed from all my sins.

**Sydney Van Pykstra:** Confirmation was a very big step in the confirmands faith journey, it was well put on by the Our Lady's Parish and was a good experience.

**Mona Grace Saché:** For me this sacrament made me feel like I was truly part of this religious community. I am now considered an Adult in the church and feel the responsibility to represent God at all times. I feel closer to God and, generally, more joyful. All in all, to me Confirmation was a magical and memorable sacrament and I feel blessed to have been able to receive it.