

FEAST: OUR LADY OF SORROWS

Seven Sorrows, Seven Graces & Four Promises

By Joseph Pronechen

The feast of Our Lady of Sorrows falls on Sept. 15 linking it to the Feast of the Exaltation of the Holy Cross celebrated on Sept. 14. The connection is most obvious but not so obvious are the promises Our Lady made for those with a devotion to her seven sorrows. First, a quick glance at where the devotion originated.



The Church has celebrated the Exaltation of the Holy Cross from 326 when on Sept. 14 St. Helen discovered Christ's True Cross on Calvary. The feast became prominent in the west in the 7th century after Heraclius rescued the True Cross from pagans who took it from Jerusalem in 627.

Also in the 4th century Ephrem the Syrian and St. Ambrose celebrated and venerated Mary's sorrows and compassion. In 1239 the sorrows of Mary standing under the cross became the main devotion of the new order, the Servants of Mary or Servites. In his major book *The Glories of Mary*, St. Alphonsus Ligouri explains how in that year Our Lady appeared to seven of her servants "with a black garment in her hand, and told them that if they wished to please her, they should often meditate upon her dolours (sorrows)." These seven servants became the founders of the Servants of Mary, the Servites. The Holy See granted them a feast of the Seven Dolours. Centuries later, in 1814, the Holy See placed the feast of Our Lady of Sorrows on the Roman calendar.

The Seven Sorrows of Mary

1. The Prophecy of Simeon
2. The Flight into Egypt
3. The Loss of Jesus for Three Days in the Temple
4. Meeting Jesus on his way to Calvary
5. Jesus' Crucifixion
6. Jesus Taken Down from the Cross
7. Jesus Laid in the Tomb

In *The Glories of Mary*, St. Alphonsus presents these in great detail, quoting major saints with their understandings into Mary's sorrows as well as insights to saints given by the Blessed Mother herself and Jesus.

Promises of Our Lady

"So much does the Crucified Lord desire humanity to ponder, along with His own saving Redemption, the co-redemption of his Mother, that He has attached to the prayerful meditation of the seven principal historical events of Our Lady's sufferings promises of grace and mercy that are nothing short of extraordinary and miraculous," reveals Marian expert Mark Miravalle. Our Blessed Mother revealed these seven promises to St. Bridget of Sweden in the 14th century. Our Lady said she would bestow seven graces to those souls honoring her daily by saying seven Hail Mary's while meditating on her tears and sorrows.

1. I will grant peace to their families.
2. They will be enlightened about the divine Mysteries.
3. I will console them in their pains and I will accompany them in their work.
4. I will give them as much as they ask for as long as it does not oppose the adorable will of my divine Son or the sanctification of their souls.
5. I will defend them in their spiritual battles with the infernal enemy and I will protect them at every instant of their lives.
6. I will visibly help them at the moment of their death—they will see the face of their mother.
7. I have obtained this grace from my divine Son, that those who propagate this devotion to my tears and dolours will be taken directly from this earthly life to eternal happiness, since all their sins will be forgiven and my Son will be their eternal consolation and joy.

The Four Promises of Jesus

In *The Glories of Mary*, St. Alphonsus also lists the four promises Jesus made for those devoted to his Mother's sorrows. Alphonsus recounts the revelation made to St. Elizabeth of Hungary that after the assumption of the Blessed Virgin into heaven, St. John the Evangelist desired to see her again. The favor was granted him. His dear Mother appeared to him with her son, Jesus Christ. The saint then heard Mary ask her Son to grant some special grace to all those who are devoted to her dolours. Jesus promised her four principal ones:

1. That those who before death invoke the Divine Mother in the name of her sorrows should obtain true repentance of all their sins.
2. That He would protect all who have this devotion in their tribulations, and that He would protect them especially at the hour of death.
3. That He would impress upon their minds the remembrance of His Passion, and that they should have their reward for it in heaven.
4. That He would commit such devout clients to the hands of Mary, with the power to dispose of them in whatever manner she might please, and to obtain for them all the graces she might desire.

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OUR LADY OF PERPETUAL HELP PARISH

September 8, 2019

23rd Sunday in Ordinary Time

Lots to Look Forward to in the Coming Year

Dear Parishioners,

I hope you had a wonderful summer. It's great to hear the sound of children playing the school yard again. I would like to take this opportunity to welcome all of you to our parish community and the neighborhood if you've just recently moved.

One of the best ways to get to know people in the community is by taking an active part in parish events and school activities. We already have three special events lined up. You'll see these in the bulletin calendar.

The first one, next Sunday, is the Commissioning of Teachers at the 11am Mass. This will be followed by a barbeque in the school courtyard. Later in September we have the Parish Golf Outing which is a parish fundraiser. You don't have to be a golfer to take part. I've been told that there are many fun activities and a nice lunch you can enjoy as you get to know others in the community. I am counting on your enthusiastic support to make this first-time event a success. The next event to look forward to is the Harvest Fair which is a school fundraiser. This has always been a wonderful, fun event and a very successful fundraiser. I know many of you will be present at this event.

We strive to be a welcoming parish family. However, it takes time to get to know all of you. If you are not sure how you can get engaged in parish life, feel free to drop in and see me at the parish office and we can talk about what opportunities are available that might interest you. There's always lots to do! May Our Blessed Mother aid all our families as we transition into a new season and a new school year.

Back to School: Meeting Old Friends, Making New Ones

Yours in Christ,
Fr. Babu Mathew, C.Ss.R



Lord, you have been our blessing place in all generations. - Psalm 90

NEWS & NOTICES

Weekly Collection: Sunday Mass Offering Aug 31 & Sept 1: \$6,052.10. Offering for the Needy: \$60. CSsR Pension: \$25. Evangelization of Nations: \$5. Needs of Canadian Church: \$5. Thank you for your faith-filled generosity.

Children's Liturgy: In this program, children up to 7 years are taught the Gospel message of the day in simple and engaging ways. Children's Liturgy is available at the Sunday 11am Mass starting Sept 22.

Children's Mass: Children's Mass will resume again on Sunday October 6 at 9am and will be held on the 1st Sunday of the month during the school year. There are occasional changes to the first Sunday schedule so please check the bulletin for updates.

Sunday Morning Coffee: The work of hospitality is a beautiful service to the parish community. We need helpers on Sunday mornings for the 9am after-Mass coffee. It's a wonderful service for the whole family to work on together - kids can select the kind of donuts or cookies to serve, dad can make the coffee and mom can help with serving. Everyone helps with clean-up! Please sign up on the sheet in the church foyer.

Becoming Catholic: If you are interested in finding out more about the Catholic faith, you are welcome to register for the Rite of Christian Initiation for Adults (RCIA). The journey of getting to know Jesus and finding out more about the Catholic church begins on Sunday Sept 22. We gather between 9am and 10:30am. Registration forms are available in the church foyer and the parish office. You can email your completed form to Bertilla. Her email: bwatanabe@rcav.org.

PREP: The Parish Religious Education Program (PREP) is for elementary school aged children who are not attending Catholic school. PREP begins on Tuesday Sept 24th. Please contact Elizabeth Towers at 604-440-8809 or email prep.olph@rcav.org for information.

PREP Teachers & Teaching Assistants Needed: If you are a registered parishioner or high school student needing volunteer hours and would like to help with teaching Catechism, please contact Elizabeth Towers at 604-440-8809 or email prep.olph@rcav.org.

Theology of the Body: Come and discover human nature as the "Gift of Self" in our relationship with God and one another. Discover holiness intimately connected with human nature. Discover how the sacraments, particularly the Eucharist, redeem human nature. Discover what this tells us about life on earth and Eternal Life with God. Courses are Tuesdays from Sept. 10 to Dec. 3 (except Sept. 17, Nov. 12) from 7 p.m. - 9:15 p.m. at the John Paul II Pastoral Centre in Vancouver. Register online at rcav.org/tob.

Pro-Life Mass & Prayer Vigil: Join us for a peaceful, prayerful vigil for unborn children and their parents. Mass is Saturday, Sept. 7, at 9 a.m. at St. Edmund's Parish, North Vancouver. One of the fundamental answers to abortion is prayer. Please join your voice with ours as we pray on the first Saturday of each month at a different parish for a new culture of life. More information at 604 683-0281.

Magnificat Breakfast: Ladies, you are invited to our Magnificat Breakfast on Saturday, October 5, from 9:30 a.m. to 12:30 p.m. located at 4885 Saint John Paul II Way, Vancouver. As part of the Breakfast, there will be a time of prayer for the needs of all present and an opportunity to hear Heather Khym's experience of the transforming love of Christ in her own life. Register at magnificatvancouver@telus.net include your name, phone number, email address and names of guests. Or Call 604-946-0099. Cost \$25 (nonrefundable).

Mass of the Holy Spirit: All are welcome to join the Community of St. Mark's at UBC in celebrating the opening of the academic year on the Vancouver campus at UBC. Mass will be celebrated on Sunday Sept 15 at 7pm at St Mark's College Chapel by Archbishop J. Michael Miller, CSB, of the Roman Catholic Archdiocese of Vancouver, and Reverend Dr. Robert Allore, SJ, Chaplain of UBC and Pastor of Saint Mark's Parish. Light refreshments will be served after Mass. Parking is available at the North Parkade, a quick 5-minute walk to St. Mark's College.

PROJECT ADVANCE Live gratefully, give generously.

You can make a donation to Project Advance by filling out the pledge form you received in the mail or using the detachable envelope on the leaflet. You can also go to www.rcav.org. Just indicate that your parish is OLPH.



Stewardship Reflection

"Every one of you who does not renounce all his possessions cannot be my disciple." (Luke 14:33)

When we first hear this statement, it seems that Jesus is making an unrealistic demand upon us. How can we renounce all of our possessions? We need them to live. However, what we must renounce is the belief that they belong to us. Everything that we have belongs to God alone. All of our resources are entrusted to us not only for our own use, but also so that we can help others. Once we renounce the idea that we possess or are entitled to anything, it is much easier to share the many gifts that God has given us. Then we truly are His Disciples.

Stewardship Office, Archdiocese of St. Louis

CALENDAR

SEPT/OCT

OLPH WELCOME BACK BBQ

OLPH Teachers, PREP teachers and members of the Parish Education Committee will be commissioned at next Sunday's 11am mass. A BBQ will be held in the school courtyard after Mass. All are welcome!

OLPH GOLF OUTING

The OLPH Parish will be hosting their 1st Annual Family Golf Day on Saturday, September 28, 2019. We invite parents, students, staff and parishioners to participate in this new event that will be both a community builder and fundraiser for the Parish.

Don't golf? No problem! Come socialize with the OLPH community by joining for lunch. Since golf rounds will be staggered, we recommend an 11:30am arrival time if you are joining for the lunch only portion.

Musqueam Golf Course

3904 West 51 Avenue, Vancouver

Tee Time: 9:00 AM - RAIN OR SHINE

Ticket Prices: Adult \$85/ Student \$80

Lunch Only Option \$35

With the exception of the "lunch only option", your ticket purchase includes: a 9-hole golf round, a bucket of practice golf balls (used at the driving range), pull cart, and a burger lunch: french fries, salad, dessert & beverage included.

OTHER EXCITING OPPORTUNITIES

50/50 Tickets - \$20

Longest Drive - \$20

Raffle Tickets - \$20



GEARING FOR A FANTASTIC SCHOOL YEAR WHILE ENJOYING THE REST OF THE SUMMER



By Emily Jaminet

Every morning my sister drinks out of her coffee mug that states, "Too Blessed To Be Stressed." This is the season where we need to slow down a bit and remember that we should not be bogged down with back to school stress.

First and foremost, moms and dads need to slow down and gain a perspective on children going back to school. Our job is to seek the graces we need from the Lord to help us get the kids ready for school while keeping our inner peace.

Work of Mercy or Service Project: Consider practicing a work of mercy together: bring a meal to a needy person, write letters or visit the imprisoned or an elderly neighbor, spread the faith through doing some type of mission work. Or do the simple task of having another parent's children over for a play date so the couple can have a date and attend adoration.

Step Outside of Your Daily Routine And Have Fun: Consider getting out of your normal routine and having fun in a unique way. Here are a few of our family's favorites: pizza pool side, campfire with S'mores (in the backyard will do), an evening family bike ride or spontaneous ice cream outing after a trip to visit Jesus in adoration or daily Mass... Children love to be surprised with extra special fun!

School Supplies and the Stuff of School: Take the pressure off by ordering these items online or shop without children to reduce the stress of extra buying. If you are hunting down specific items like uniforms, ask other parents if they have extra uniforms that their children have outgrown or go out of your way to offer these items to others.

Send the Kids Outside to Play: Parents, your children need you to turn off their devices! Remember, our job is to encourage children to go outside and play and have screen-free time. Oftentimes in my house it comes down to "clean or play outside" and they always choose to play and are happy they did so. As parents, we need to understand that rarely will a child put down a device on their own and head outside to shoot basketball hoops.

Clean Out and Clean Up: If you don't need it: pass it along or pitch it! Too much stuff is stressful and when we purge we will feel better prepared for the rest of the school year. Try to find someone who will find your items a real blessing.

Work On Setting Your School Schedule Now: When we take time out to properly plan our logistics it makes a big difference, and it reduces stress for everyone when we know what the plan is. Good communication helps reduce stress especially in family life. Consider how many activities you plan to say yes to such as sports, clubs and dance classes and what needs to go by the wayside. Set up carpools and find other children who can join your child in the fun, this will make a big difference in the long run.

Backyard Fun: Yes, believe it or not just one night of camping (even if it is in your backyard) can help children to connect with nature and unwind. All my children love to go camping, from the 17-year-old on down. We bought a pop-up camper with which to go camping but it does have an air conditioner and a mini-refrigerator, so I am not sure if that counts.

Bring It To Prayer: This is a great month to recommit yourself to daily prayer and allow this season of transitioning children to school to be a great chance to increase your daily prayer time. Consider reconnecting with or offer up a special novena to help the children as they begin the school year. Prayer is a powerful tool to reduce stress.

Develop A Board of Thanksgiving: At the top of our upstairs we have a whiteboard where we write out the things we did or things we have, which are meaningful and special. The kids and I add new experiences as a way to look back on the day and remember all our blessings.

www.catholicmom.com



SCHOOL COMMUNITY



A Message from the Parish Education Committee

My name is Maili Wong, and I serve as the Chair of the Parish Education Committee (PEC), a board of volunteers authorized by the Archdiocese to act as the governing body that oversees the day-to-day operations of the school, in accordance with the CISVA Board's regulations. The PEC makes decisions and sets policies with respect to the budget, operational and financial management and maintenance of OLPH School.

The PEC recognizes that the physical, emotional, moral and spiritual dimensions of human development stem from a personal synthesis of faith and life in each student. Thus, rooted in excellence in Catholic values, we aim to promote the development of the whole child to his or her potential, so they may become responsible leaders and citizens, and life-long learners.

We view the parish as a family of families, as one community. Through the school, the parish supports parents in their role as the primary educators of their children, especially in the transmission of the faith. As well, through the school, parents and children are linked to the wider community of the parish.

The PEC and I welcome and encourage parents of Our Lady's School to be actively involved in their children's school through participation in councils, activities, committees and regular collaboration with school staff, which enriches both the parish community and the children's experience, overall.

My husband and I have two children at OLPH School, and we are grateful to be part of this wonderful community. If you would like to know more about the Parish Education Committee or have any questions or concerns, please email me at pec@olphbc.ca.

Sincerely,
Maili Wong

OLPH PEC Members:

Pastor: Father Babu Mathew C.Ss.R.
Chairperson: Maili Wong
Vice-Chairperson and Technology: Patrick Burkart
Treasurer: Phil Leong
Fundraising: Janine Mendes
Parent Participation: Sarah Guizzo
Maintenance: Fred Tewfik
Delegate to CISVA: Jutta Zeisler
Human Resources: Kate Nemeth
Secretary: Rosanna Wisden