



Get up and do not be afraid. - Mt 17: 7

The Transfiguration of Christ
By Titian c.1488-1576, Oil on panel.

As the prophets float towards Christ, the apostles fall backwards gravitating towards the viewer. Voluminous in character they express intense emotions. Impulsive Peter at the bottom left leans on one elbow while raising his other arm to cover his eyes. He is distinguished by his famous knife, a symbol of imminent danger in the garden of Gethsemane.

Next to him lies the twisted figure of James attempting to shield himself from the great light. Innocent John raises his hands in prayer. In sacred art, these three apostles connote the three primary Christian virtues. Peter signifies faith through his shielded eyes, the raised arm of James indicates hope while the red robes of John personify charity.

The Grace of Transformative Moments

By Philip Shano, SJ

The Second Sunday in Lent which includes the story of the Transfiguration holds a significant spiritual lesson for us. We are often tempted to hold on to mountaintop experiences, but, like the companions of Jesus in the Gospel, we have to descend from the mountain and return to our ordinary lives.

Think of a literal mountaintop experience. When we stand on the top of a mountain or large hill, we pause and look back at the physical journey we've traveled and look ahead to the return to the ground with the energy and exhilaration of the peak experience. The spiritual journey isn't so different.

Peter, John and James have a privileged moment with Jesus. They are witnesses to the Transfiguration and to the dialogue Jesus has with Moses and Elijah. While Jesus was praying, "the appearance of his face changed, and his clothes became dazzling white."

The disciples knew that something significant took place on the mountaintop. Peter spoke for them. "Master, it is good for us to be here; let us make three dwellings, one for you, one for Moses, and one for Elijah." How wonderful it would be to stay here in this beautiful moment!

However, Jesus has work to accomplish. He was speaking with Moses and Elijah about his movement toward Jerusalem. His encounter on the mountaintop deepens his energy and zeal for the mission. Jesus has many kilometers to travel before he reaches Jerusalem.

Our mountaintop experiences may look and feel different than the Transfiguration of Jesus. But that is not to deny their significance. Have you ever had a profound spiritual experience? Have you had a deep sense of God's presence? Have you been in a difficult situation in life when you have an unexplained moment of peace where you realize God's reminder to you, "Get up and do not be afraid."

Peak experiences don't have to be profound moments of prayer. They don't even have to be confined to religious experiences. It's just a felt sense that all is right with my world and that God hasn't abandoned me. These moments don't come along every day and they may not last more than a few minutes.

The grace of those transformative moments has the potential to give us power when we most need it. They lift us out of self-pity. We cannot stay on the mountaintop, but we can carry within us that memory of the mountaintop. One of the suggestions that St. Ignatius offers for dealing with consolation in our lives is to prepare ourselves for the ensuing desolation: "Store up a supply of strength as defense against that day."

We emerge from that moment of peace with the same issues as before. My physical situation hasn't changed. My financial struggles are still there. I still struggle to relate to problematic people. I haven't conquered my sinfulness. But, even if just for a moment, I've found peace.

As we continue our Lenten journey, let us be as open as we can to the reception of God's grace and the transformative moments that can sneak into our ordinary lives.

www.ignatian.ca

PARISH DIRECTORY

Pastoral Council

Donna Trasolini
trasolini@telus.net

Finance Council

Kevin Chan
kchanolph@gmail.com

Parish Education Committee

Maili Wong
pec@olphbc.ca

Parish Fundraising Committee

Sandie Weitz
sweitz20@gmail.com

COORDINATORS

Altar Guild

Bridget Bird 604-228-9180

Altar Servers

Kate Carr 604-730-5640

Catholic Women's League

Meg Knowling
MKnowling@Outlook.com

Children's Liturgy

Kathy Mok
communications.olph@rcav.org

Craft Group

Elizabeth Hii e1kmhii@gmail.com

Development & Peace

Deirdre Webster 604-736-0714

Eucharistic Ministry

Pamela Brammall 604-228-9206

Hospitality Ministry

Gerry Macken 604-222-1369

Knights of Columbus

Peter Dodge 604-649-1111

Friends of Liguori

OLPH Office 604-224-4344

Madonna Group

Monica Cheung 604-739-8837

Ministry of the Word

Roger Poirier 604-224-0426

Music Ministry

Catherine Walsh
catherine.organist@gmail.com

Communion to the Sick

Mary Thompson 604-263-6008

PREP

Elizabeth Towers 604-440-8809

Project Advance

Bertilla Watanabe 604-224-4344

RCIA

Bertilla Watanabe
bwatanabe@rcav.org

Volunteers Coordinator

Lara Garcia Carlton
olphchurchvolunteers@gmail.com

Weddings

Fr. Babu Mathew 604-224-4344



MASSES & SERVICES

Saturday Anticipated Mass: 5pm
Sunday Masses: 9am, 11am, 5pm

Mon – Wed Masses: 8am

Thurs Mass & OLPH Novena:

8am & 12pm Noon

1st Thurs: 12pm Mass/Novena/

Healing Prayers

Fri, Sat & Holidays: 9am Mass

Fri in July & August: 8am Mass

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 4pm - 4:45pm

Adoration

Saturday 9:30-10am

OFFICE HOURS

Monday-Friday 9am-4pm

CLERGY & STAFF

Pastor

Babu Mathew, CSsR

Associate Pastor

Joseph Horo, CSsR

Office Manager

Virginia Fong

Pastoral Coordinator

Bertilla Watanabe

Bookkeeper

Corinna Siy

Youth Ministry Coordinator

Theresa Barao

OLPH School Principal

Lora Clarke

Jr. Kindergarten Director

Maria Cortese

CONTACT

Email: parish.olph@rcav.org

Website: www.olphchurch.ca

Parish Office: 604-224-4344

OLPH School: 604-228-8811

Jr. Kindergarten:

jrkindergarten@olphbc.ca

OLPH Church, 2465 Crown

Street, Vancouver BC V6R3V9

Olphchurchvancouver



OUR LADY OF PERPETUAL HELP PARISH

March 8, 2020

2nd Sunday of Lent

Measures for Safety as We Continue to Worship

Dear Parishioners,

The spread of the Coronavirus is certainly a time of trial for everyone. In order for us to keep our Mass gatherings a safe place for all, we have already begun to take a few precautionary measures. You may have noticed that we have hand sanitizers at the church entrances, we do not have holy water in the fonts and for now we have stopped offering Communion from the cup. It would be helpful for us to heed the following precautionary measures as well.

- Ministers of Holy Communion should wash their hands before Mass begins, and/or use an alcohol based anti-bacterial solution before and after distributing Holy Communion.
- Liturgical lay ministry should not serve if they are sick.
- Parishioners who are sick should stay home. Missing Mass is not a sin if you are sick.
- All parishioners are encouraged to wash their hands frequently with soap and water.
- At the Sign of Peace, a no-touch acknowledgement such as a smile, nod or wave is fine.
- Use alcohol-based hand sanitizer if someone shakes hands with you.
- Parishioners who have sick family members should protect others by abstaining from receiving Communion on the tongue.

Let us ask our Blessed Mother to tend to all those suffering from illness or who have lost someone to this virus. Let us pray also for researchers to find a vaccine that will keep us all safe.

Yours in Christ,
Fr. Babu Mathew, CSsR

RCIA Catechumens Say 'Yes' By the Grace of God

Congratulations to all those in RCIA who attended the Rite of Election last Sunday at Holy Rosary Cathedral. Sponsors, family members and RCIA Team members were present to mark this important milestone of the group's faith journey by signing the Book of the Elect in which they publicly declare their desire to become Catholic. Archbishop Michael Miller said: "By signing your names in the Book of the Elect, you have made a response, a response of faith to this invitation. Let us rejoice in this simple yet profound truth: God loves us, God loves you: he has called you here today and you have said 'yes' to this call, a 'yes' made possible by the gift of his grace."



Let your love be upon us, Lord, even as we hope in you. - Psalm 33

NEWS & NOTICES

Weekly Collection: Sunday Mass Offering Feb 29 & Mar 1: \$6,692.31. February Pre-Authorized Giving: 18,998.58. St Joseph's Society: \$1,394. Offering for the Needy: \$385. Share Lent: \$50. Initial Offering: \$50. Good Friday/Holy Land: \$5. Thank you for your faith-filled generosity.

Email/Text Fraud: The Archdiocese has received multiple reports from parishioners and priests who have fallen victim to a recent Internet email phishing scam. Imposters, posing as priests and using email addresses that are similar to those of our priests, have been emailing people asking for personal donations, gift cards, and other forms of financial assistance. Never respond to emails requesting Google Play cards, iTunes cards, or any other form of personal financial assistance, even if it appears to be from a priest, deacon, religious, parish staff or bishop. If you have any doubt, please contact the sender by other means to verify any requests.

Stations of the Cross: Join us for the Stations of the Cross to meditate on the suffering of the Lord every Friday of Lent at 7pm followed by our Lenten Series Video & discussion.

Volunteer Opportunities: Volunteers are needed for our 1st Thursday Soup service after the noon Mass every month. Help is needed for coffee service after the 9am Mass on Sunday. Please email: olphchurchvolunteers@gmail.com if you are available to help.

2020 Envelope Box Pickup: Your 2020 Sunday envelopes will no longer be in the Church foyer for pickup. Envelope boxes will be kept in the parish office and can be picked up Monday- Friday during office hours.

Badminton: Join fellow parishioners for a fun afternoon of badminton every Saturday 1-3pm in the school gym. Rackets will be provided if you don't have your own.

Lenten Reflection: Lent: *An Invitation to More - Discipleship of the Blessed Virgin Mary* by Fr James Hughes, Pastor of St Patrick's Church, 2881 Main St. Vancouver. Thursday, March 12, 2020. Mass at 7pm followed by talk at 7:30pm. Sponsored by Immaculate Conception Praesidium of the Legion of Mary. All are welcome.

Into the Deep: Stop the Buying! Stop the Violence: Join us on Friday, March 27 from 7 p.m. until 9 p.m. at the John Paul II Pastoral Centre in Vancouver and hear from Sr. Nancy Brown. Canada has a good law with regard to prostitution but it needs to be enforced by police, judges and prosecutors. Come and hear more about what the dynamic of prostitution is, who it affects and who the buyers are. We will discuss the differences between the abolitionist model, legalization and full decriminalization as it currently is in Germany and New Zealand. All will be presented within the social justice teachings of the Church with respect for the dignity of the human person and preferential option of the poor.

Fiat Women's Discernment Group - Movie Night: Join the Fiat Women's Discernment Group for a movie night on Saturday, March 14 from 5 p.m. to 8:30pm at the convent of the Franciscan Sisters of the Eucharist. We'll begin with Evening Prayer and then enjoy pizza and the classic Catholic movie, *The Scarlet and the Black*, followed by a discussion. This event is open to all single Catholic young women ages 18-35. Please RSVP to womensvocations@rcav.org or on the Facebook event page at facebook.com/events/127458215343905/

40 Days for Life: Help save lives by praying for an end to abortion and euthanasia in your community on Feb. 26 - Apr. 5. Join us on Willow Street at W 32nd Avenue in Vancouver from 7am until 7pm. You can sign up for the vigil hours that you would like to help with. Learn more at www.40daysforlife.com.



SHARE LENT

During this year's Lent, learn, reflect, pray and act in solidarity with the peoples of the Amazon and the Earth, our common home.

Today's first two readings reveal that God calls each of us in a unique way, and so we all have the potential to have these "Lord, it is good for us to be here" moments. God guides us towards them by blessing each of us with a unique set of talents, relationships and opportunities. Understanding how to use these to answer God's call for us requires reflection—opening our hearts and gearing our senses towards where God is calling us to go. Let's ensure that everyone has a chance to answer God's call to them. And on this International Women's Day, let us be especially mindful that women must have equal opportunities as men to use their unique gifts to build the Kingdom. And let us also remember that God has a plan for all our sisters and brothers, however distant and different they may seem to us and however far their views may be from our own. At the end of the day, let's always remember that it is good for ALL of us to be here. **More info:** www.devpp.org

Stewardship Reflection

"Go forth from the land of your kinsfolk and from your father's house to a land that I will show you." (Genesis 12:1)

God calls all of us to leave behind our old ways and to follow Him, placing our complete trust in Him. Some of the old ways that we may have to struggle to leave behind might be materialism, selfishness, and greed. Yet God promises to show us a new land and a better way to live. Remember what St. Teresa of Calcutta said, "God does not call us to be successful, God calls us to be faithful."

Stewardship Office, Archdiocese of St. Louis

CALENDAR

MARCH

Lenten Series



Following Christ takes more than simply believing in him or doing what he asks of us. Jesus wants you to be more than just a believer — He wants you to be his disciple and friend. *Follow Me: Meeting Jesus in the Gospel of John* is your guide to a personal encounter with Christ. As the Good Shepherd, Jesus seeks after us. He comes to meet us and beckons us to follow him. He calls us to be his disciples, to trust him, to open ourselves to his merciful love, and to love others as he has loved us. *Follow Me* invites you to experience the joy of a renewed friendship with Christ.

7:20 – 8pm Parish Hall
Every Friday of Lent after the Stations of the Cross at 7pm

Lenten Retreat



Redemptorists Associates Retreat: Meditations on the Cross by St Alphonsus Liguori Saturday March 28. Coffee at 9:30am in the Hall. 10am – Noon. Talks & Meditation in the Church.

REDEMPTORIST NEWS

Redemptorists Commemorate 200th Anniversary of St Clement Hofbauer

Next Sunday we celebrate the 200th anniversary of a very important saint who was a Redemptorist. In the coming months you will hear more about St Clement Hofbauer and his good work. Below is a letter from Redemptorist Superior General in Rome, Fr Michael Brehl, about the Jubilee year in honour of St Clement.

Dear Confreres, Sisters and Partners in Mission, March 15, 2020, marks the bicentenary of the death of St. Clement Maria Hofbauer, often referred to as “the apostle of Warsaw and Vienna” and the “second founder of the Congregation”. The contribution of St. Clement to the history and development of the Congregation of the Most Holy Redeemer has left a lasting mark on our spirituality and mission.

For this reason, the General Government decided to proclaim a Jubilee Year in honour of St. Clement, from March 15, 2020, to March 15, 2021. During this Jubilee, we remember once again the person and work of our brother Clement, whose “life was based on love for God and the Holy Church and the desire to lead souls to God” – as those who knew him personally affirmed.

Clement lived in a very difficult period from the political and religious point of view. It was a period hostile to the Church and to religious life, and he opened a road to Christian renewal. Thanks to him, the revival of religious life in Warsaw and Vienna took place. Because Clement lived in a historical era very different from our own, it would be a mistake to simply imitate or copy his work and spirituality. On the other hand, Clement teaches us about certain aspects of the religious vocation which are very relevant today: the value of prayer and faithfulness to God, evangelical missionary zeal and care for the abandoned and the poor, partnership in mission with laymen and women, fidelity to the Church and perseverance in the charism of our Congregation.

From Clement we can learn how to live in communion with God and, at the same time, to be zealous apostles, dedicated to proclaiming the Gospel to the poorest and most abandoned. Like St. Alphonsus, his genius lies in the harmonious fusion of the interior life and apostolic activity. These two dimensions of holiness often run the risk of being separated. For Redemptorists, the interior life without an active mission in the world will not build up the Reign of God. The active missionary apostolate and care of people, without passion and the inner warmth of heart, would be reduced to purely external action. Clement's strength and zeal in carrying out the apostolate were rooted in his unflinching faith and total trust in God. He often repeated to his confreres: “Let God guide you and all will be well”. We must not forget that he often ministered in a very hostile environment, confronted with fierce enemies of the Church. In discussions with people who attacked him, he would repeat without hesitation: “Surely I am a great sinner, a man full of miseries, yet I possess a treasure that God has given me, the treasure of faith, and of such a strong faith that I wouldn't want to exchange it with anyone else's. I am Catholic from head to toe “.

A constant concern of Clement was to form committed lay men and women as apostles. Shortly after his arrival in Warsaw, he began to gather groups of lay people, whom he formed and prepared for the apostolate in various fields in the life of the Church. In 1788 he gave birth to a community of lay faithful, called Oblates, that is, those consecrated to God. Clement directed them that the main purposes of the Oblates included sanctifying one's own life, following Jesus with all one's strength, listening to the word of God, participating in prayer circles and the sacramental life of the Church, cultivating trust in the Holy Father and the teaching of the Church, and spreading the Catholic press, particularly good books. Arriving in Vienna, his presence became a “mission centre”, a meeting place especially for young people, particularly for university students who had chosen him as a teacher, as a counsellor and as a friend.

Clement also distinguished himself by his great love for the Church and for the Holy Father. In his sermons, he often repeated: “Whoever refuses to have the Church as a mother will not have God as Father”. He urged all to pray for the Holy Father and to encourage others to do the same. Such prayer would strengthen their Catholic identity, and also assist the Pope in his responsibilities. Clement also nurtured great esteem and filial love for our Founder, St. Alphonsus Maria de Liguori, and he tried with all his might to remain faithful to the charism of the Congregation. He instilled in his confreres a love for the Founder and for the Congregation, as one of them testified during the process of beatification: “It is he, Clement, who instilled in me the love for St. Alphonsus and his Congregation. I had listened to him personally, and he always spoke with the greatest love of his Italian confreres in Rome, and so he was inflaming me with a great love for St. Alphonsus and the Congregation.” In the spirit of Alphonsus, Clement constantly strove to live and work together with his confreres in the apostolic community, even when the civil authorities placed many obstacles in his way.

Clement's love for his neighbour, especially for the poorest and most abandoned, sprang from his great love for God. He was called “father of the poor”, because the poor, the abandoned and the marginalized found in him a companion and sincere friend. He lived close to the poor, being himself poor and, whatever he had, he generously shared with them. He often spent time with the sick and dying, preparing them, through the sacrament of reconciliation, for their encounter with Christ the Redeemer.

Dear brothers and sisters, I would like to conclude with these words of Clement, addressed to his confreres over two hundred years ago. These words have such a universal character that they can also encourage us to entrust our lives and our mission to God and to seek the will of God in all that we do. “Courage! God is the Lord! He guides everything for His glory and for our good and nothing is able to oppose Him. All human plans, even if designed in the greatest detail, serve only for the fulfilment of His will ... I notice that everything that seems to be made to hurt us, leads us there, where the Lord wants ... Let us be guided by God and all will be well ... My dear brothers! Let us be wary of sin and strive for perfection; this is the only thing we have to keep in mind, let us be strong in heart and encourage each other to do good. Let us treat one another with love. I greet you all in the heart of Jesus.” May this Jubilee Year help us to continue the mission of the Congregation with courage! Like St. Clement, may we preach the Gospel ever anew as prophetic witnesses of the Redeemer in solidarity for mission in a wounded world!

I encourage every Unit and each local community to plan some activity or event to celebrate St. Clement during this Jubilee Year, and to make Him known among those to whom we are sent today. May his missionary spirit and apostolic zeal animate all our Apostolic Plans!

Your brother in Christ our Redeemer,
Michael Brehl, C.Ss.R.,
Superior General

