



## OUR LADY OF PERPETUAL HELP PARISH

### MASSES & SERVICES

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

**Mon – Wed Masses:** 8am  
**Thurs Mass & OLPH Novena:**  
8am

**Fri, Sat & Holidays:** 9am Mass  
**Fri in July & August:** 8am Mass

### Reconciliation

By Appointment: Call the Pastor  
604-2244344

### OFFICE HOURS

Monday-Friday 9am-4pm

### CLERGY & STAFF

#### Pastor

Fr. Babu Mathew, CSSR

#### Associate Pastor

Fr. Joseph Horo, CSSR

#### Office Manager

Virginia Fong

#### Pastoral Coordinator

Bertilla Watanabe

#### Bookkeeper

Corinna Siy

#### 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

November 15, 2020

33<sup>rd</sup> Sunday in Ordinary Time

## Pope Francis' Tips on the Secret to Happiness

Dear Parishioners,

It seems we are constantly bombarded with news that bring us stress and anxiety these days. Whether it's the outcome of a presidential election down South or the latest news on the coronavirus – there's always something. That's why the following interview of Pope Francis published in the Joan of Arc website is such a comforting read. It is titled:

### Pope Francis' Secret to Happiness

1. "Live and let live." Everyone should be guided by this principle, he said, which has a similar expression in Rome with the saying, "Move forward and let others do the same."

2. "Be giving of yourself to others." People need to be open and generous toward others, he said, because "if you withdraw into yourself, you run the risk of becoming egocentric. And stagnant water becomes putrid."

3. "Proceed calmly" in life. The pope, who used to teach high school literature, used an image from an Argentine novel by Ricardo Güiraldes, in which the protagonist – gaucho Don Segundo Sombra -- looks back on how he lived his life.

"He says that in his youth he was a stream full of rocks that he carried with him; as an adult, a rushing river; and in old age, he was still moving, but slowly, like a pool" of water, the pope said. He said he likes this latter image of a pool of water -- to have "the ability to move with kindness and humility, a calmness in life."

4. "A healthy sense of leisure." The pleasures of art, literature and playing together with children have been lost, he said. "Consumerism has brought us anxiety" and stress, causing people to lose a "healthy culture of leisure." Their time is "swallowed up" so people can't share it with anyone. Even though many parents work long hours, they must set aside time to play with their children; work schedules make it "complicated, but you must do it," he said. Families must also turn off the TV when they sit down to eat because, even though television is useful for keeping up with the news, having it on during mealtime "doesn't let you communicate" with each other, the pope said.

5. Sundays should be holidays. Workers should have Sundays off because "Sunday is for family," he said. You can read the full interview and more tips here:

<https://www.saintjoanofarc.org/news/pope-francis-secret-happiness>

Let us be bearers of peace, calm and happiness to those around us whenever we can. May our Blessed Mother be our inspiration in this regard.

With you in Christ,  
Fr. Babu Mathew, CSSR

## Stewardship Reflection

*Well done, my good and faithful servant. Since you have been faithful in small matters, I will give you great responsibilities.* - Matthew 25:21

God calls us to nurture and develop the gifts He has given us and then generously return a portion with increase. He doesn't want us to waste or hoard the gifts He has given us. He expects us to grow our gifts, use them wisely and be generous with them.

Stewardship Office, Archdiocese of St Louis

*Blessed is everyone who fears the Lord. – Psalm 128*

### SIGN UP FOR MASSES

Sign up for Masses is restricted to 50 OLPH parishioners including the pastor and helpers. Please note that if you are not able to reserve a spot, Masses are available online.

The faithful are dispensed from attending Sunday Mass if these options are unavailable to them. Despite all precautions being taken, please note that anyone attending Mass does so at their own risk. Please sign up using the link below.

**If you're unable to attend Mass after signing up, please go back to this link to remove your name so that someone else can take that slot.**

**Weekend Mass Signup Nov 14 & 15:**  
<https://www.signupgenius.com/go/8050B4BAFAA2DA1FB6-olph49>


**Weekday Mass Signup Nov 16 – 21:**  
<https://www.signupgenius.com/go/8050B4BAFAA2DA1FB6-olph50>

### FOOD BANK DRIVE

A Food Bank drive for non-perishable food items – canned goods and pasta only – will be held on the weekend of Sat, Nov 14/Sun, Nov 15 at all Masses. Volunteers will be in the foyer 15 mins before and 15 mins after all Masses to collect items. Cash donations will also be accepted. Expiration date on food items should be no earlier than September 2021. No drop-offs at the office please. Thank you.

### STRATHCONA SCHOOL OUTREACH

If anyone would like to help with the outreach to Strathcona School in December please contact our parish volunteer coordinator, Lara Garcia-Carton, at [olphchurchvolunteers@gmail.com](mailto:olphchurchvolunteers@gmail.com)

 Olphchurchvancouver



OLPH Church, 2465 Crown Street, Vancouver BC V6R3V9