



## 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

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OLPH School: 604-228-8811

Jr. Kindergarten:

jrkindergarten@olphbc.ca

November 29, 2020

1<sup>st</sup> Sunday of Advent

## Keeping Our Spirits Up During Advent

### Dear Parishioners,

It can be easy to fall into a mood of despondency about the latest Covid restrictions on worship. This is no doubt a challenge for all of us. However if we remember why we are asked to do this, that sense of cooperation for a greater good will give us strength. So I urge all of you to keep your spirits and your prayers up.

Starting this weekend we will livestream the Saturday 5pm Mass which you will be able to watch on Sunday at the usual Mass times - 9am, 11am and 5pm. The Youtube link for this is <https://youtu.be/foOu6mCW-os>. Please go to our parish webpage to make your Sunday Donation <https://olphchurch.ca/online-giving/>.

Our Advent Concert and Prayer Service has unfortunately been cancelled but I will say the blessing prayer over the Advent wreath. The church exterior is decked out in lights. Perhaps you might enjoy a family drive-by to view them. Better still, pay a visit to our Lord in the Blessed Sacrament. The church is open for prayer everyday till 6pm.

Let us ask our Blessed Mother to help us get through this pandemic and for help in keeping our hearts and minds focused on the coming of Jesus our Messiah.

With you in Christ,

**Fr. Babu Mathew, CSsR**

## How Is It That Mary Is Full of Grace?

The angel Gabriel said to Mary, "Hail, full of grace, the Lord is with you" (Luke 1:28). How is it that Mary is full of grace? One reason is that she was chosen from all eternity to be the Mother of Jesus, not an insignificant role in the history of salvation. But did Mary have free will? Yes. Like every human person, Mary had free will.

In fact, one can say that Mary's free will was truly free because she did not suffer from concupiscence. By her Immaculate Conception, Mary was free from the stain of Original Sin from the moment of her conception. By the grace of God and her free response, Mary remained free of any personal sin for her entire life. She exercised her free will in the most perfect way and merited for herself, and for the whole world, an abundance of grace. Our Blessed Mother conformed her will to God's will at each moment and cooperated perfectly with every grace given to her by God. She fulfilled her vocation faultlessly, and in doing so, Mary merited and obtained the fullness of grace fitting for her role as the Mother of God and Mother of the Church.

Mary is full of grace not only because she is the Mother of God but also because she is the most perfect of all the disciples of Christ. In fact, Jesus pointed to Mary's discipleship, rather than her motherhood, as being worthy of praise. In the Gospel of Luke, we read: "A woman in the crowd raised her voice and said to him, 'Blessed is the womb that bore you, and the breasts that you sucked!' But he said, 'Blessed rather are those who hear the word of God and keep it!'" (Luke 11:27-28). Jesus was saying that Mary is blessed not because she is His Mother but because she hears and observes the word of God in a flawless manner.

[Full article on Catholic Exchange.com](https://www.catholicexchange.com)

### Live-Streaming of Sunday Masses

Until further notice from the Archbishop in accordance with provincial health authorities, there will be no public Masses being celebrated. You can however attend OLPH's livestreamed Mass on Sat 5pm which will be repeated at 9am, 11am and 5pm. Please see the livestreaming link below  
**OLPH Livestreaming Link**  
<https://youtu.be/foOu6mCW-os>

### Link for Sunday Offerings:

<https://olphchurch.ca/online-giving/>

### GIFT CARDS FOR STRATHCONA SCHOOL OUTREACH

Due to the pandemic, we will not be doing our annual Giving Tree but would like to continue our outreach to Strathcona Elementary School. This year, we would like to do a drive for gift cards of any denomination from either No Frills or Superstore. Gift cards can be dropped off at the parish office. If the office is closed, gift cards can be put through the mail slot in an envelope marked "For Strathcona School" from now until Sunday, Dec 13. They will be delivered to the school first thing Monday morning, Dec 14. Thank you in advance!

### ADVENT RETREAT WITH FR. IVEL

Fridays Dec 4, 11 & 18, 7pm

Fr Ivel Mendanha, CSsR is a much-sought speaker to bishops, priests, religious and seminarians.

The themes for the 3 days

1. The Meaning of Advent
2. Two Important Messengers of Advent: Isaiah and John the Baptist
3. Advent and Hope

**Zoom Retreat: 7pm Dec 4, 11 & 18**

<https://us02web.zoom.us/j/81095292344?pwd=b25rT3RwY3ZNd3poQVJ6ZUVoT3RFZz09>

**Meeting ID: 810 9529 2344**

**Passcode: 773976**

 Olphchurchvancouver



**OLPH Church, 2465 Crown Street, Vancouver BC V6R3V9**

*Lord, make us turn to you; let us see your face and we shall be saved. – Psalm 80*