



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

 Olphchurchvancouver



OLPH Church, 2465 Crown Street, Vancouver BC V6R3V9

February 21, 2021

1st Sunday of Lent

Mastering the Flesh with the Spirit at Lent

Dear Parishioners,

Tomorrow is Ash Wednesday, one of only two days in the liturgical year when the Church asks of its family to fast and abstain from meat. By doing this we are following the example of Jesus who went to the desert to fast and pray for 40 days. How was such a feat possible for the Lord? Only through sustained prayer and determination to offer himself fully to his Father.

Sacred fasting is thus a way of mastering the flesh with the spirit. The discomfort of physical deprivation is offered up as atonement for sins. It is a way of raising our hearts and minds to matters of the spirit while turning away from our creature comforts. Health issues may not permit us all to fast. But if you are well and over 14 years old, you are encouraged to abstain from meat. Those aged 18 - 60 should have no more than 2 light meals on Ash Wednesday and Good Friday.

In keeping with the traditional prayers of Lent, we will begin the Stations of the Cross this Friday. You can join us over Zoom at 7pm every Friday using the Weekday Mass link. If you prefer to pray it on your own outdoors, the Way of the Cross has been set up on the church grounds. You are welcome to come by any time, bearing in mind the usual Covid safety rules if there are others around.

Lent Program & Spiritual Resources

- Feb 17: [Ash Wednesday Masses over Zoom](#) at 8am and 7pm. Walk-through distribution of Eucharist and ashes at 8:30am and 7:30pm, both times in the church.
- Stations of the Cross: 7pm Friday over Zoom [Click here to join](#)
- [Meditations on the Cross](#): reflection from the writings of St Alphonsus featuring the crosses in our choir loft. Set aside a few minutes each day in Lent to meditate on the passion of our Lord.
- Lenten Faith Study, *No Greater Love*: A faith study with a choice of twodays. Friday Feb 19, 11am - 12pm or Sunday Feb 21, 2pm - 3pm. [Click here to sign up.](#)

With you in Christ,
Fr. Babu Mathew, CSsR



NEWS & NOTICES

WEEKDAY MASS ZOOM LINK

Monday – Friday 8am
Ash Wednesday 8am & 7pm
<https://us02web.zoom.us/j/88681050215?pwd=ODN6NUgwUFRsYmpSV3lGOEpaclpLdz09>
Meeting ID: 886 8105 0215 |
Passcode: 966564

SAT 5PM/SUNDAY MASS LIVESTREAMING LINK

<https://www.youtube.com/channel/UCLWUJI97tg3ZUFgrYrXXFUQ/live>

LINK FOR SUNDAY OFFERING

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

COMMUNION SCHEDULE

Please attend a livestreamed Mass at home. The following ways to receive Communion will remain for as long as restrictions to in-person gatherings at Mass are in effect. Please attend a livestreamed Mass before you receive Communion.

WALK-THROUGH COMMUNION

Monday - Friday: 8:30am - 9am
Receive Communion at the tabernacle in the church on weekdays. Ash Wednesday: Ashes and Communion at 8:30am & 7:30pm

DRIVE-THROUGH COMMUNION

Saturday: 6pm - 6:30pm
Sunday: 10am - 10:30am / 12pm - 12:30pm

Drive up or walk to the Communion station on Crown Street at the front of the Church to receive the Eucharist after attending a live-streamed Mass at home. Stay in your car, roll down your window and extend your arm to receive Communion then move on. To keep traffic moving, please avoid making a left turn onto West 10th Ave.

SUNDAY ENVELOPES PICK-UP

Sunday Offering envelopes are available for pick-up at the Parish Office during office hours Monday - Friday, 9:30am - 4pm.

Your paths Lord are love and faithfulness for those who keep your covenant. – Psalm 25