



OUR LADY OF PERPETUAL HELP PARISH

MASSES & SERVICES

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

Mon – Fri Masses: 8am
Thurs OLPH Novena: Following 8am Mass
Sat & Holidays: 9am Mass
Sat: Adoration 9:30am - 10am

Reconciliation

Sat 4pm – 4:45pm
Or by Appointment:
Call 604-224-4344

OFFICE HOURS

Monday-Thursday 9:30am-4pm
Friday 9:30am – 2:45pm

CLERGY & STAFF

Pastor

Fr. Babu Mathew, CSsR

Associate Pastor

Fr. Joseph Horo, CSsR

Office Manager

Virginia Fong

Pastoral Coordinator

Bertilla Watanabe, MA PS

Bookkeeper

Corinna Siy

OLPH School Principal

Lora Clarke

Jr. Kindergarten Director

Maria Cortese

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 Olphchurchvancouver



OLPH Church, 2465 Crown

December 19, 2021

Fourth Sunday of Advent

Making Quiet Time in the Midst of Busyness

Dear Parishioners,

The Gospel this Sunday draws our attention to the visit of Mary to her cousin Elizabeth. The visitation takes place soon after the Annunciation when the Angel Gabriel tells Mary that she is to be the mother of the Saviour. Just imagining the walk Mary's beautiful song of praise when Elizabeth greets her is known as the Magnificat, sometimes also called the Canticle of Mary. It is a powerful proclamation of the wonders God has promised to his people expressed in a spirit of humility and grace. As we approach our Christmas celebrations this week, this would be a really good prayer to meditate on. Mary's visitation is also part of the Joyful Mysteries of the rosary - a fitting prayer to say with the family.

In the busyness of these last few days before Christmas, it would be a good thing to set aside a little time each day for quiet prayer. The Redemptorists of UK have a [Christmas Novena](#) by St Alphonsus on their website which make for good meditation. The novena begins on Dec 16 if you wish to end it on Christmas Day but it's perfectly alright to begin it a few days later and round it off by the end of the Christmas Octave.

I will close with a prayer from the first day of the Meditation: Dear Jesus, give me the gift of love for you. Let me never again feel complacent over the trials you endured for me. I want to love you always. Give me perseverance in loving you. O Mary, Mother of God and my mother too, obtain for me from your son the grace to love him always, even unto death.

Please take note of the vaccination requirements at Christmas Masses mentioned in the News and Notices box below.

Yours in Christ,

Fr. Babu Mathew, CSsR

CHRISTMAS MASSES VACCINATION NOTICE

Please note vaccinations are required for all over 11 years of age attending Christmas Eve 4pm Children's Mass and Christmas weekend masses EXCEPT for the masses on Christmas Day at 5 pm and Sunday, December 26th at 5 pm. At these two 5pm Masses, attendance will be limited to 200 congregants. Ushers will use clickers to keep track of the number of people being admitted. Thank you for understanding.

CHRISTMAS MASS SCHEDULE

FRI DEC 24 CHRISTMAS EVE:

4pm (Children's Mass) / 7pm /
9:30 pm Caroling & 10 pm Mass
(No midnight Mass)

SAT DEC 25 CHRISTMAS DAY:

9am / 11am / 5pm
(No anticipated Mass for Dec 26)

SUN DEC 26 FEAST OF THE HOLY

FAMILY: 9am/11am/5pm

MON DEC 27 – FRI DEC 31:

Morning Mass 8am

SAT JAN 1 SOLEMNITY OF MARY,

MOTHER OF GOD: 9am & 11am

5pm Anticipated Mass for Jan 2

SUN JAN 2 EPIPHANY: 9am / 11am / 5pm

MON JAN 3: Morning Mass 8am

Restore us, O God; let your face shine, that we may be saved. – Psalm 80

NEWS & NOTICES

PROVINCIAL HEALTH OFFICE REQUIREMENTS

Gatherings of more than 50% should be for vaccinated people only, where the celebrant and all participants over the age of 11 years are vaccinated.

ALL indoor gatherings (including worship services) for groups that include non-vaccinated individuals must be limited to 50% of capacity.

Masks must be worn at ALL indoor events, except by:

- Celebrants, readers and soloists (subject to distancing requirements).
- People with a psychological, behavioural or health condition; or a physical, cognitive or mental impairment.
- People who cannot remove a mask on their own.
- Children under the age of 5.
- People who need to remove their masks to communicate due to another person's hearing impairment.

Churches must post signage at the entrance to all indoor areas that face coverings are required to be worn.

What is NOT required:

- Checking of vaccine passports.
- Faith communities have the flexibility to use their own system to ensure that all participants are vaccinated and are not required to use the provincial passport system.
- Contact information gathering.
- Social Distancing.

PENITENTIAL SERVICE IN PREPARATION FOR CHRISTMAS

There will be a penitential service at our church this Saturday Dec 18, 3:30pm - 4:30pm. A few priests will be available for Confessions.

CHRISTMAS EVE CHILDREN'S MASS

Christmas Eve Children's mass will be taking place on December 24th at 4pm. We still need children for the choir and the skit. Please use this link to sign up: <https://www.signupgenius.com/go/60B0945ADA82CA6FB6-olph>. Please note that if your child participates in the skit, they must be in Gr. 1 or older and they will need to attend 3 rehearsals (exact dates/times TBA) between December 18th-23rd. Readers will rehearse on December 23rd from 11-11:45am in the church. Thank you for your faith-filled dedication to our beautiful children's masses! If you have any questions, please contact Agata at kroondyk@aquinas.org. Thank you!

PROJECT ADVANCE & PARISH YEAR-END DONATIONS

Please make sure that your Project Advance or Parish year-end donations reach us by Thursday Dec 30 to allow time for processing so that you may be able to receive a 2021 tax receipt. To find out more about this year's Project Advance goals or make a donation, please use this link.

STRATHCONA SCHOOL CHRISTMAS OUTREACH

Thank you for your generous support to Strathcona Community School. The total value of gift cards donated by parishioners came to \$995. The gift cards were dropped off at the school on Monday morning. Thank you again for your kind support!

2022 DONATION ENVELOPES FOR PICK-UP

Donation envelopes for 2022 are available for pick-up in the church foyer before and after Masses this weekend till the end of December 2021. Please make sure you get the correct donation box as some last names and first names may be similar to your own. During the week and after the year-end, boxes will be available for pick-up at the parish office during office hours. If you are not able to find your box please email reception.olph@rcav.org. A box will be available for pick-up after January 4.

SUNDAY COFFEE SIGN-UP JANUARY/FEBRUARY

If you can help with Sunday coffee, please use the link below. More details are available on the sign-up page. <https://www.signupgenius.com/go/904054CAEA728A7FC1-sunday>

VOLUNTEER OPPORTUNITIES

Meal Prep Helpers: We are looking for more helpers for the Meal Prep Program. Please contact Lara Garcia, olphchurchvolunteers@gmail.com if you are interested in helping

Stewardship Reflection

The astonishment of Elizabeth in today's Gospel is easily understood when we know that the visitor in Mary's womb was the Son of God Incarnate. So great was Elizabeth's joy that the child in her own womb, John the Baptist, leaped at the sound of Mary's voice. Our own hearts should be aflutter as the Nativity of Our Lord approaches. Just as Elizabeth and the infant John were blessed by the visit of their Lord and Redeemer, we too have been blessed by the gift of Our Savior. Let us leap with joy and receive Him.

Stewardship Office, Archdiocese of Wichita

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