

PARISH DIRECTORY

Pastoral Council

Donna Trasolini
trasolini@telus.net

Finance Council

Kevin Chan
kchanolph@gmail.com

Parish Education Committee

Ken Kwong pec@olphbc.ca

Parish Fundraising Committee

Sandie Weitz sweitz20@gmail.com

COORDINATORS

Altar Guild

Bridget Bird 604-341-9180

Altar Servers

Kate Carr 604-730-5640

Children's Liturgy

Kathy Mok

communications.olph@rcav.org

Craft Group

Elizabeth Hii elkmhii@gmail.com

Development & Peace

Deirdre Webster 604-736-0714

Eucharistic Ministry

Kathy Mok

communications.olph@rcav.org

Friends of Liguori

Jesse Gemmell

friendsofliguori.olph@gmail.com

Hospitality Ministry

Gerry Macken 604-222-1369

Madonna Group

Monica Cheung 604-739-8837

Ministry of the Word

Kathy Mok

communications.olph@rcav.org

Music Ministry

Theresa Barao

theresabarao@gmail.com

Communion to the Sick

Mary Thompson 604-263-6008

PREP

Claudia Mok

prep.olph@gmail.com

Project Advance

Bertilla Watanabe

bwatanabe@rcav.org

RCIA

Bertilla Watanabe

bwatanabe@rcav.org

Weddings

Bridget Bird 604-341-9180

A Time of Holy Longing for God

By Ron Rolheiser, OMI

Pierre Teilhard de Chardin once suggested that peace and justice will come to us when we reach a high enough psychic temperature so as to burn away the things that still hold us apart. In saying this, he was drawing upon a principle in chemistry: Sometimes two elements will simply lie side by side inside a test-tube and not unite until sufficient heat is applied to bring about unity.

That's wonderful metaphor for Advent. What is Advent? Advent is about getting in touch with our longing. It's about letting our yearnings raise our psychic temperatures so that we are pushed to eventually let down our guard, hope in new ways, and risk intimacy.

John of the Cross has a similar image: Intimacy with God and with each other will only take place, he says, when we reach a certain kindling temperature. For too much of our lives, he suggests, we lie around as damp, green logs inside the fire of love, waiting to come to flame but never bursting into flame because of our dampness. Before we can burst into flame, we must first dry out and come to kindling temperature. We do that, as does a damp log inside a fire, by first sizzling for a long time in the flames so as to dry out.

How do we sizzle psychologically and spiritually? For John of the Cross, we do this through the pain of loneliness, restlessness, disquiet, anxiety, frustration, and unrequited desire. In the torment of incompleteness our psychic temperature rises so that eventually we come to kindling temperature and there open ourselves to union in new ways.

Nobel Prize winning author, Toni Morrison describes it this way:

"There is a loneliness that can be rocked. Arms crossed, knees drawn up, holding, holding on, this motion, unlike a ship's, smooths and contains the rocker. It's an inside kind – wrapped tight like skin. Then there is a loneliness that roams. No rocking can hold it down. It is alive, on its own."

All of us know the roaming kind of loneliness that haunts the soul and makes us, too restless to sleep at night and too uncomfortable to be inside our own skins during the day.

What's the lesson in this? What we learn from loneliness is that we are more than any moment in our lives, more than any situation we are in, more than any humiliation we have experienced, more than any rejection we have endured, and more than all the limits within which we find ourselves. Loneliness and longing take us beyond ourselves. How? Thomas Aquinas once taught we can attain something in one of two ways: possession or desire. Possession is limited, desire is infinite. Possession sets up fences, desire takes down fences.

To quote Karl Rahner, only in the torment of the insufficiency of everything attainable do we know that we are more than the limits of our bodies, our present relationships, our jobs, our achievements, and the concrete situations within which we live, work, and die. Loneliness and longing let us touch, through desire, God's ultimate design for us. In our longing, the mystics tell us, we intuit the kingdom of God. What that means is that in our desires we sense the deeper blueprint for things. And what is that?

Scripture tells us that the kingdom of God is not a matter of eating and drinking, of simple bodily pleasure, but a coming together in justice, peace, and joy in the Holy Spirit. Ultimately, that is what we ache for in our loneliness and longing: consummation, oneness, intimacy, completeness, harmony, peace, and justice.

Our loneliness and longing are a hunger and an energy that drive us, always, beyond the present moment. In them we intuit the kingdom of God. Advent is about longing, getting in touch with it, heightening it, letting it raise our psychic temperatures, sizzling the damp, green logs into fires of intimacy, and intuiting the kingdom of God by seeing what the world might be like if a Messiah were to come and, with us, establish justice, peace, and unity on this earth.

ronrolheiser.com



December 3, 2023
1st Sunday in Advent

OUR LADY OF PERPETUAL HELP PARISH



A Prayer For Advent For the Family

Heavenly Father,
your Son, Jesus, is your
greatest gift to us,
a great sign of your love.
Guide us as we strive to
walk in that love
together as a family
this Advent.
As we prepare our hearts
for Christmas,
bring us closer to each
other and to your Son.
Give us the grace
and strength we need
every day.
Help us to always
trust in you.
Come, Lord Jesus,
lead all people
closer to you.
Come and dispel the
darkness of our world
with the light
of your love.
Amen.

dynamiccatholic.com

Preparing Our Hearts This Advent

Dear Parishioners,

The start of Advent this Sunday, marks the beginning of the new liturgical year. You may know, the Church has six liturgical seasons.

The four weeks of Advent lead us to Christmas. This season ends with the Feast of Epiphany. A few weeks of Ordinary Time follows and leads us, almost too quickly, to the 6-week period of Lent. After that comes Easter, the high point of the liturgical calendar. The Easter season continues for 50 days and concludes with three big feasts – Pentecost, the Feast of the Holy Trinity and then Corpus Christi. Following this is the second block of Ordinary Time which takes us all the way to the end of the cycle and the next Advent.

Each season has special prayers and unique opportunities for spiritual growth. Advent, the season of preparation for Christmas, is a wonderful time to develop an intimate relationship with Jesus, Son of God, so powerful yet so humble... humble enough to come as a little child.

Just as we declutter and beautify our homes to celebrate this incredible act of love, we can do the same for the space in our hearts. That's what the Advent Penitential service is for – to come together as a community in prayer and praise and then to be reconciled with the Lord in Confession. You can do this here at our parish on Wednesday Dec 6 at 7pm. Or if you can't make it that day, attend a penitential service at some other parish. The schedule of Penitential Services offered around the West Deanery is printed here for your reference.

Fr Leo

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

VANCOUVER WEST DEANERY
ADVENT PENITENTIAL SERVICES

WEDNESDAY DEC 6TH at 7:00pm
Our Lady of Perpetual Help Parish

SUNDAY DEC 10TH at 2:30 pm
St. Mark's Parish

TUESDAY DEC 12TH at 7:00pm
Saints Peter & Paul

WEDNESDAY DEC 13TH at 7:00pm
Blessed Sacrament

WEDNESDAY DEC 13TH AT 7:00PM
Saint Augustine's Parish

WEDNESDAY DEC 13TH AT 7:00PM
Saint John the Apostle Parish

THURSDAY DEC 14TH AT 7:00PM
Holy Name of Jesus Parish

THURSDAY DEC 14TH AT 7:00PM
Immaculate Conception Parish

SUNDAY DEC 17TH at 6:30pm
Saint Anthony of Padua Parish



MASSES & SERVICES

Saturday Anticipated Mass: 5pm
 Sunday Masses: 9am, 11am, 5pm
 Mon – Fri Masses: 8am
 Thurs OLPH Novena: After 8am Mass
 Sat & Holidays: 9am Mass
 Sat Adoration: 9:30am – 10am
 Reconciliation:
 Sat 4pm – 4:45pm
 Or by appointment: 604-224-4344

OFFICE HOURS

Monday-Thursday 9:30am-4pm
 Friday 9:30am – 1:30pm

CLERGY & STAFF

Pastor
 Fr. Leo English, CSsR
Associate Pastor
 Fr. Alfredo Medina Ramos, CSsR
In-Residence
 Fr. Mark Miller, CSsR
Pastoral Coordinator
 Bertilla Watanabe, MA PS
 Available Mon - Thurs
Reception
 Kathy Mok
 Available Mon/Wed-Fri
Office Manager
 Virginia Fong
 Available Tue - Thurs
Bookkeeper
 Corinna Siy
 Contact email: csij.olph@rcav.org

OLPH School Principal

Deirdre O'Callaghan
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
 Facebook: olphchurchvancouver

OLPH Church, 2465 Crown Street,
 Vancouver BC, V6R3V9

NEWS & NOTICES

A Note of Appreciation

The OLPH Catholic Women's League council would like to thank all donors, volunteers and customers who so generously contributed to the success of our Christmas Tea and Craft and Bake Sale. We could not have done it without you. Thank you!

Volunteer Opportunity

Volunteers are needed to help with meal prep for Inner Hope Society on the second Saturday of each month. The sign-up for Jan – Apr 2024 is up. Please [use this link](#) to find out more and sign up.

Project Advance Update

Dear friends, we are drawing close to the end of this year's Project Advance appeal. Our pledges are currently at \$108,279. All we need is another \$22,000 to hit our target. To all who've given thus far, thank you! If you have not donated yet, please pray about how you can support this year's appeal. Please submit your donation by 11am Friday Dec 29 to allow processing time for a 2023 tax receipt. Please submit online donations by Sat Dec 30.

Development & Peace Fall Campaign

Development and Peace-Caritas's *Create Hope: Stand for the Land* campaign is supporting defenders of human rights and the environment in Honduras this year. Communities are being displaced. Rights, violated. Access and rights to water, denied. Find out more on devp.org/campaign. Then join us in signing the petition at all Masses this weekend.

The Changing Face of Catholic Moral Teaching

Join us for this engaging lecture, hosted by the Center for Christian Engagement at St. Mark's College. Fr. Mark Miller, CCSR, will discuss how the Church can provide moral guidance in a world increasingly thirsty for compassion and empathy, as we explore the question "Who do we want to be as followers of Christ?" Wednesday, December 6 at 7:00 p.m. at St. Mark's College at UBC. Register online at beholdvancouver.org/events

Applications to Our Lady of Perpetual Help School

We are now accepting applications to our parish school for the 2024 - 2025 school year. Please visit the school website at www.olphbc.ca for the link to complete the application form. We are looking forward to welcoming many new families next year!

Advent Retreat for Divorced and Separated

Join us as, Jody Garneau, through her life experience and formal education, leads participants through a process of self-awareness, healing, and growing in trust. This retreat will take place on December 9 from 9:30 a.m. to 2:30 p.m. at St. Matthew's Parish in Surrey. Registration is \$15. Learn more and register online at beholdvancouver.org/events



PROJECT ADVANCE

STAND FOR THE LAND

D&P Signing Campaign in Church Foyer After All Masses This Weekend

Standing with the Defenders of Guapinol

Development and Peace — Caritas Canada has been asked by its partner ERIC-Radio Progreso to raise awareness of the tragic plight of the communities of Guapinol and the San Pedro sector. We stand with them as they defend their right to water and fight to obtain:

- Justice
- Reparations and protection
- The cancellation of the irregularly granted mining concession
- The restoration of the national park



"The Government of Honduras must act diligently and suspend these extractive activities, which are carried out illegally and with total disregard for the environment."
 — Elvin Hernández, human rights investigator, ERIC-Radio Progreso

A question of Water and Life for Daniel

José Daniel Márquez, a 44-year-old farmer, is one of the Guapinol Eight who were detained for over two years. Their "crime" was defending the Carlos Escaleras National Park, home to the sources of the Guapinol and San Pedro rivers. Worryingly for the community, the Guapinol has also been considerably depleted since 2018, even running dry in places. The situation remains very tense for the Guapinol defenders. They continually fear for themselves or their children. Daniel no longer dares to go out alone.

"In our country, the authorities only listen to big companies that wield economic power. The people who protect water sources suffer because they are not listened to. On the contrary, they are condemned, persecuted, imprisoned and, in the worst cases, killed. It is urgent to cancel all mining in this area of our park. The company must be stopped. All the damage it has caused to our rivers and mountains must be repaired."



TAKE ACTION!

Defend the defenders of water and land



By **February 25, 2024** (i.e., two years after the Guapinol Eight were released), we want to send **32,000 signatures** (1,000 for each of the 32 people charged at the Guapinol camp) on a letter to the Honduran ambassador to Canada.

Your signatures will add weight to the letter, which presses the Government of Honduras to:

- **Bring to justice** everyone involved in murdering the three Guapinol defenders
- **Fairly recompense** the Guapinol Eight and their families
- **Better protect** all Honduran human rights and environmental defenders
- **Stop** all mining activities in Carlos Escaleras National Park and restore it
- **Cancel** all irregularly granted mining permits

UPCOMING EVENTS

First Reconciliation & Reception	Saturday Dec 2	10:00am Church/Hall
Food Bank Donations Start	Every Weekend	Before and after Masses, Foyer
Advent Concert & Light-Up	Saturday Dec 2	7:00pm – 8:30pm Church/Grotto
D&P Campaign	Sat & Sun All Masses	Signing Campaign
Children's Mass & Coffee	Sunday Dec 3	9am Church/Landing
Penitential Service	Wednesday Dec 6	7pm Church
Advent Retreat	Saturday Dec 16	9:30am – 3:30pm Church
4th Sunday of Advent Masses	Saturday Dec 23 Sunday Dec 24	5pm (Anticipated Mass) 9am & 11am
Christmas Eve Masses	Sunday Dec 24	4pm (Children's Mass) 11:45pm Caroling 12am Midnight Mass
Christmas Day Masses	Monday Dec 25	9am, 11am & 4pm
Christmas Week	Tues - Sat Dec 26 – Dec 31	9am Morning Mass
Feast of the Holy Family	Saturday Dec 30 Sunday Dec 31	5pm (Anticipated Mass) 9am, 11am & 5pm
New Year's Day Masses	Monday 1 January	9am & 4pm

ADVENT RETREAT

Come as a Child:
 An Advent Retreat
 for Men and Women

9:30am – 3:30pm
 December 16,
 2023
 OLPH Parish Hall

Presenter:
 Allan Forsberg

