

# PARISH DIRECTORY

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## 2024: A Year to Rediscover Prayer

Last Sunday during the Angelus, Pope Francis officially declared 2024 will be the Year of Prayer. Pope Francis wrote: "In this time of preparation, (for the 2025 Jubilee Year) I would greatly desire that we devote 2024, to a great "symphony" of prayer.

Prayer, above all else, to renew our desire to be in the presence of the Lord, to listen to him and to adore him. Prayer, moreover, to thank God for the many gifts of his love for us and to praise his work in creation, which summons everyone to respect it and to take concrete and responsible steps to protect it. Prayer as the expression of a single "heart and soul" (cf. Acts 4:32), which then translates into solidarity and the sharing of our daily bread. Prayer that makes it possible for every man and woman in this world to turn to the one God and to reveal to him what lies hidden in the depths of their heart. Prayer as the royal road to holiness, which enables us to be contemplative even in the midst of activity. In a word, may it be an intense year of prayer in which hearts are opened to receive the outpouring of God's grace and to make the "Our Father," the prayer Jesus taught us, the life programme of each of his disciples».

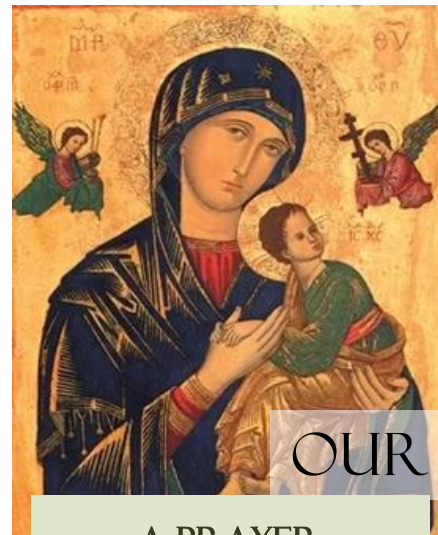
In order for the Jubilee to be an event that spiritually enriches the life of the Church and of the entire people of God, becoming a concrete sign of hope, it has to be prepared for and lived in individual communities with that spirit of expectation which is typical of Christian hope. The Year of Prayer fully corresponds to this need.

This is not a Year marked with particular initiatives; rather, it's a privileged time in which to rediscover the value of prayer, the need for daily prayer in the Christian life; a time to discover how to pray, and above all how to educate the people of today in prayer, in this age of digital culture, so that prayer can be effective and fruitful. We cannot deny the fact that our time manifests a profound need for spirituality. The louder the cry of technology that seems to correspond to all our desires, the deeper we discern the search for a true spirituality that brings each person back to encounter themselves in the truth of their existence and therefore in a coherent relationship with God.

There are many people who pray every day; perhaps, I dare say, everyone prays. No statistic can give us a true picture, with figures and percentages, of this very intimate experience of people who know the multi-faceted nature of prayer in a completely personal way. From those who quickly make the sign of the cross, to those who participate in the daily Eucharist, there is such a vast range of ways of praying that no one can fully describe them all. From quick to distracted prayer; from contemplative prayer to prayer filled with tears of pain ... prayer cannot be captured in a pre-established pattern because it is a manifestation of the believer's personal relationship with God himself within that intimate and exclusive relationship that distinguishes our faith. The Year of Prayer, therefore, fits into this context as a way of fostering the relationship with the Lord, offering moments of genuine spiritual rest. It is like an oasis sheltered from daily stress where prayer becomes nourishment for the Christian life of faith, hope and charity.

For this reason, the Dicastery has prepared a series of materials and aids for the coming months and which can constitute a 'symphony' of prayer forms that the Christian community and individual believers can use.

vatican.va



## OUR LADY OF PERPETUAL HELP PARISH

January 28, 2024  
 4<sup>th</sup> Sunday in Ordinary Time



### A PRAYER FOR THOSE IN RCIA

Heavenly Father,  
 you call each one of us by name,  
 to a loving and trusting relationship with you and your Son, Jesus Christ,  
 by the guidance of the Holy Spirit.  
 Open the hearts and minds of our brothers and sisters in RCIA as they journey toward a deeper understanding of the mysteries of salvation.  
 Prepare their hearts and minds to receive you with joy and eager anticipation for a new life lived in you through Baptism, Eucharist and Confirmation this Easter.  
 We ask this through Jesus Christ our Lord.  
 Amen.

### January 2024 Parish Financial Report

Dear Parishioners,

Our Lady of Perpetual Help needs the support of all parishioners. Your generosity over the years has allowed the parish to accumulate reserves to weather difficult times. We gratefully acknowledge all the many ways that you have supported this community of faith for over 100 years. As you can appreciate from your own homes – the cost of living is high and so it is with us: expenses are growing higher. Heat, lights, insurance, and salaries etc. are among our major expenses.

We ask to take note of the following:  
**Total collections for 2023 declined by 3.4% from 2022 while expenses increased by 9.2%.**

We respectfully ask that you consider increasing your contribution by whatever amount you can, so that we can continue serving your spiritual needs at Our Lady's.

The notable gain in attendance and continued support from parishioners will steer our financial health in the right direction. The OLPH Finance Council would like to encourage all parishioners to consider pre-authorized giving to ensure Sunday contributions are not missed and predictable. You can find more information about this by visiting the parish website, picking up a pamphlet at the back of the church or contacting the parish office.

Contributions	2018	2019	2020	2021	2022	2023
<b>Collections</b>	\$526,163	\$565,031	\$516,339	\$489,667	\$511,523	\$493,962
<b>Operating Expenses</b>	\$571,999	\$617,927	\$506,189	\$513,843	\$563,744	\$608,859

Sincerely,  
**Kevin Chan, OLPH Finance Council Chair**  
 Council Members: Jing Linde, Mike Fernandes,  
 Rebecca Graham, Sandra Weitz, Trevor Armstrong

*O that today you would listen to the voice of the Lord.  
 Do not harden your hearts. – Psalm 95*



## 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-Friday 9:30am-4pm

### CLERGY & STAFF

**Pastor**  
 Fr. Leo English, CSsR  
**Associate Pastor**  
 Fr. Alfredo Medina Ramos, CSsR  
**In-Residence**  
 Fr. Mark Miller, CSsR

### Reception

Kathy Mok  
 Available Mon/Wed-Fri  
**Office Manager**  
 Virginia Fong  
 Available Tue - Thurs  
**Bookkeeper**  
 Corinna Siy  
 Contact email: csiy.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



Use this QR code to visit our website, Instagram or Facebook page.  
 OLPH Church, 2465 Crown Street, Vancouver BC, V6R3V9

## NEWS & NOTICES

### 2024 Sunday Offering Donation Boxes For Pick-Up

Please pick up your 2024 Sunday Offering box in the church foyer. Note, 2023 envelopes cannot be used. Using envelopes from the past may result in your donation being credited to someone else.

### Collection of Used Palms

If you have used palms from previous Palm Sunday celebrations at home, feel free to bring them to church by Sunday Feb 4 and drop them into the palm collection box in the church foyer. These palms will be used to make ashes for this year's Ash Wednesday Masses on Feb 14.

### Ushers' & Hospitality Ministry Workshop

Hospitality —being friendly, welcoming and generous —is one of the pillars of a good parish. One of the simplest ways we can show others the love of God is by letting them know they are wanted, valuable and welcome. Come and be part of a ministry which welcomes others and is a presence of Go among us. Our workshop is on Tuesday January 30, 7-8pm, OLPH Church. New volunteers welcome! If online, [sign up here](#).

### Spiritual Care Training Program

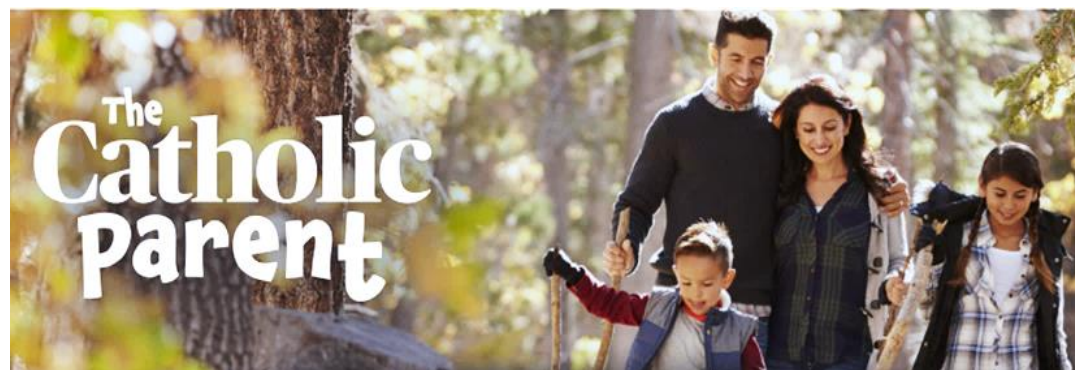
Pope Francis has challenged everyone to think about their brothers and sisters in a new way as many are experiencing profound loneliness and isolation. The Archdiocese of Vancouver is offering the Spiritual Care Training Program as one way to answer this call. The eight-week course teaches how to make yourself more available to seniors and others who can benefit from your genuine concern and presence in their lives. Some topics covered include aging, communication, boundaries and self-care. The training is offered online via Zoom every Thursday, from February 1 to March 21, from 1:30 p.m. to 4:00 p.m. Cost is \$30. Learn more and register via [beholdvancouver.org/events](http://beholdvancouver.org/events)

### Pro-Life Mass and Prayer Vigil

This monthly Mass and vigil for respect for all human life takes place on the first Saturday of each month at 9am (8:30 am in April), with Mass, rosary and Adoration. All are welcome! Next meet - Sat, Feb 3 at Blessed Sacrament Parish in Vancouver at 9am. Learn more at [beholdvancouver.org/events](http://beholdvancouver.org/events).

### Grief to Grace Healing Retreat

Grief to Grace is a retreat program to help those who have endured physical, emotional, sexual, and/or spiritual abuse to find healing. Centered on Jesus Christ, the five-day program is facilitated by mental health professionals and will be held in Kelowna, B.C. from Tuesday, May 14, to Saturday, May 18. Due to the confidentiality and sensitivity of this retreat, the exact address will only be shared to those who register. For more information, please email [griefftogracekelowna@gmail.com](mailto:griefftogracekelowna@gmail.com) or make a confidential phone call to 250-808-6403. Register at [griefftograce.org](http://griefftograce.org).



## THE SUNDAY OFFERING Some Thoughts on Being A Good Catholic Steward

Each of us builds up the Church by returning a portion of God's gifts of time and talent through parish and diocesan ministries and programs – especially by participating in ongoing faith formation initiatives – and by returning the gift of financial resources through the weekly offertory, special collections, and random acts of generosity.

Intentional stewards plan their giving in advance according to what they have earned through the grace of God. Simply put, Christian stewards give as an expression of their gratitude to God for the gifts He entrusted to them.

You know you have become a sacrificial giver when the offering that you place before the altar fully expresses your gratitude. It isn't about giving until it hurts, but rather giving until it feels good. Perhaps your long-term desire is to return something like 10% back to God through the parish offertory. If you find yourself at 2% now, a sudden increase to may not be practical.

Consider taking a step to become a 5% steward: for households earning \$34,000 annually, your weekly offering would be \$34. With annual income of \$57,000, your weekly offering would be \$57. And, for those with annual earnings of \$72,000, your weekly offering would be \$72. Trust God, and take that step. (Each of the above examples is technically 5.2%, but neither God nor your parish will mind.)

But the fruits of our stewardship need not end when eternal life begins. A permanent endowment, designated to fund one or more of your treasured Catholic ministries will exist in perpetuity (forever) so your assets yield a significant return over time while continuing to build God's Kingdom.

[independentcatholicfoundation.org](http://independentcatholicfoundation.org)

## UPCOMING EVENTS

Food Bank Donations	Every Weekend	Before and after Masses, Foyer
Usher's /Hospitality Ministry Workshop	Tuesday Jan 30	7pm – 8pm Church
Ash Wednesday Masses	Wednesday Feb 14	8am & 7pm (9am OLPH School)
Fridays of Lent	Feb 16, 13, Mar 1, 8, 15 & 22	6:30 Stations of the Cross 7pm Soup & Presentation

## Accompany Our RCIA Newcomers Into the Faith Life

As our catechumens prepare for Easter, we are looking for supporters to help accompany them in this exciting phase of their lives. Here is a guideline.



### The Ministry of the Sponsor

- To be a sponsor is to accompany, not be a teacher, spiritual director or an expert in the Catholic faith.
- A sponsor is a living example of what it means to be an ordinary, happy Catholic.
- A sponsor supports the candidate through the gift of her or his presence, consistently and intentionally.
- A sponsor is a witness of the candidate's spiritual journey into the Catholic Church.
- A sponsor helps the candidate discover the Church as a living, practical, day to day reality.
- A sponsor presents the needs of his or her candidate to God daily in prayer.

### Basic Requirements of a Sponsor

To be a sponsor, you must...

- Be at least 16 years of age.
- Have received the sacraments of baptism, confirmation, and Eucharist.
- Be someone other than the parent of the catechumen/candidate.
- Be a practicing Catholic in good standing with the Church.
- (Preferably) be a registered member of the parish.
- (Preferably) be someone other than the spouse or significant other of the catechumen/candidate.

## The Catholic Parent

By Catholic Parents for Catholic Parents on Formed.org

The Catholic Parent is an empowering video series created to help young families deal with the struggles of raising a family in the Faith. This series of six short episodes will empower parents to:

- Faithfully take your family to Sunday Mass
- Commit to praying as a family even when life is hectic
- Receive Jesus' forgiveness and mercy in the Sacrament of Confession
- Live sacrificially for each other out of love
- Give generously to those in need even when it's tough
- Raise the next generation of saints...now!

To watch this series, sign up for free to OLPH Parish's subscription of [Formed.org](http://Formed.org) using our zip code V6R3V9.