



April 14, 2024 ❖ Third Sunday of Easter



**Sacrament of Confirmation
5 Spiritual Effects**

- ◆ **We are a child of God**
It roots us more deeply as children of God.
- ◆ **Getting Closer to Jesus**
It unites us more firmly to our Savior Jesus Christ.
- ◆ **Gifts of the Holy Spirit**
It increases the gifts of the Holy Spirit in us. They are wisdom, counsel, understanding, knowledge, fortitude, piety and fear of God.
- ◆ **Fully Catholic**
It strengthens our bond with the Catholic Church.
- ◆ **Defend the Faith**
It gives us a special strength to spread and defend the faith as true witnesses of Jesus Christ.

*First Holy Communion
May 5 at 2:00pm*

**Sacrament of Holy Communion
5 Fruits & Blessings**

- ◆ **We are granted sanctifying grace**
It unites us with Christ because we receive Christ himself, the author of grace.
- ◆ **We receive the sacramental grace**
This grace is nourishing because it is the food of the soul that comforts and invigorates our spirit.
- ◆ **Our venial sins are forgiven**
We are forgiven for venial sins, and we receive strength to resist temptations and sins.
- ◆ **Unity as mystical Body of Christ**
Through the Eucharist, we are united with other Christians, on earth as well as in Heaven & Purgatory.
- ◆ **Commits us to the poor**
We are better able to see the face of Christ in the poor and grow in charity.





❖ Please pray for our children receiving the Sacraments of First Holy Communion and Confirmation. May the children grow in the light and love coming from our Lord Jesus Christ. Please also pray for those who will be confirmed on Pentecost Sunday. May they be guided by the Holy Spirit on their faith journey.

NEWS & NOTICES

- ◆ For the present time, the Church will be closed after all daily and weekend Masses for security reason. Please visit the grotto for private prayers.
- ◆ If you are a baptized Catholic in a Catholic high school and have yet received the Sacrament of Confirmation, please contact the Parish office if you are interested in joining our celebration on June 3.
- ◆ If you are a Catholic over 18 but missed out on Confirmation or any other sacraments, please join our Adult Confirmation Classes in May to prepare yourself to enter fully into the Church. To signup, please visit <https://www.signupgenius.com/go/8050B4BAFAA2DA1FB6-48272477-adult#/>

UPCOMING EVENTS

Food Bank Donations	Every Weekend	Before and after Masses, Foyer
First Holy Communion Parent Meeting	April 17	By Zoom
First Holy Communion	May 5	2:00pm
Confirmation	June 3	7:00pm

OLPH SCHOOL NEWS

OLPH 2024 Gala	April 20	6:30pm Westin Bayshore Hotel / To make a donation, please visit https://olphbc.ca/olph-gala-donate/
Celebration of Learning	April 26	9am - 3pm OLPH School - for school families only

MASSES & SERVICES

Saturday Anticipated Mass: 5pm
 Sunday Masses: 9am, 11am, 5pm
 Daily Mass :
 Mon – Fri 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
 Stat Holiday, Sat & Sun: Closed
 Pastor: Fr. Leo English, CSsR
 Associate Pastor: Fr. Alfredo Medina Ramos, CSsR

CONTACT

Our Lady of Perpetual Help Parish
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