

## Lent 2024 – Our Lady of Perpetual Help Parish and School Family

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We mark ourselves with Ashes to begin the sacred pilgrimage into the passion, Death and Resurrection of Jesus. We begin with the ashes and travel all the way to the fire of Pentecost. From the ashes to the Fire!

During this time, we might adopt some small, short term manageable objectives to mark *our journey to the inside*. Here are ten things we could adopt as opportunities, to make Lent 2024 something different. We can lay down certain things and start others. Feast on and fast from!

Suggestions between February 14<sup>th</sup> and March 31<sup>st</sup> – six short weeks.

1. Make a special effort to come to at least one daily mass.
2. Why not spend time in eucharistic adoration on a Saturday morning after mass – ½ hour of silence is pure gold.
3. A daily visit to the church or grotto – going to or going from school, as an example. The church is open at 7:00am to approximately 8:30pm each day. Drop in and make a visit so that when you get to the pearly gates, someone can't say "Who is it?"
4. Join us after mass every Thursday morning at approximately 8:30am for Devotions to Our Mother of Perpetual Help. An adult faith session follows from 9:00am – 10:00am with coffee and light refreshments.
5. Make it a point of going to confession. A priest is available at any time by appointment or come on Saturday evening between 4:00pm and 5:00pm. There is a Parish Reconciliation Service on Wednesday, March 6<sup>th</sup> at 7:00pm. We will be providing information on all such services throughout Vancouver West.
6. Bring a non-perishable food item each time you come to the church. Have kids carry the food and explain why they are bringing food to the church!
7. Come and pray the Stations of the Cross on any Friday evening throughout Lent. Stations at 6:30pm, followed by soup and a bun and a short presentation. Entrance fee is a non-perishable food item. (What we do for the poor is our passport into heaven)
8. Pray each day for those seeking full communion into the Catholic church at the Easter Vigil.
9. Try and watch something on *FORMED* – the parish has purchased a subscription.
10. Turn off your phone or screen for a portion of time each day, stop scrolling.

**"Lent is a time of renewal for the whole church, for each community and for every believer. Above all, it is a time of grace." Pope Francis**



February 18, 2024  
 1st Sunday of Lent

## OUR LADY OF PERPETUAL HELP Sacred Communions

Each time we come to church; we encounter any number of sacred communions. To receive the Most Holy Body of Christ is a sacred communion that pales all others. It is the nourishment that sustains us on our pilgrimage back to God. The Eucharist is the source and summit of our Catholic faith. All sacraments of our faith find their source and their completion in the Eucharist. How graced we are to receive such a gift!

Hearing God's sacred word from the scriptures is a sacred communion. We recall the fidelity of a loving and merciful God through the centuries. We remember, we remember, and we remember! It is in these words that we find the command of Jesus to come to the table of the Lord and do as he did for us.

In each of the sacraments of the church we encounter sacred communions. Moments of God's grace and faith resting upon us. These moments in time accompany us on the journey of life and remind us that we never face our perils alone. Like the popular hymn "We are companions on the journey."

The great season of lent and the sacred pilgrimage from the Ashes to the fire of Pentecost is a monumental sacred communion. It is on the way through these days that we recall the central saving mysteries of our faith. We acknowledge what God has done for us: through the mission of His Son Jesus Christ: His passion, death, resurrection, ascension, and the fulfillment of a promise the descent of the Holy Spirit at that first Pentecost. The meta-narrative of Sacred Communion! Our life's journey is about seeking these sacred communions~ the moments of daily life when we experience the, in breaking of God into the world and our lives. Words of forgiveness, after I have spoken in anger, an act of charity when the chips are down, a listening ear, a tender heart, an acknowledgement of beauty. a reverent silence, praying for deceased loved ones and the list goes on. *These are sacred communions all around us and within us.* This season of Lent asks us to be more mindful of these abundant moments of grace. The secret to life is that God is everywhere – what is missing is awareness. Thomas Merton says it best:



Fr. Leo





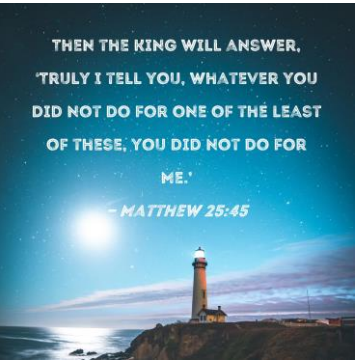
## NEWS & NOTICES

### Sacred Opportunity

We are actively seeking men and women of our parish community who will have their feet washed on Holy Thursday night. We all know how awkward and self-conscious we can feel, especially about our feet. However, this is an act of service for our brothers and sisters. To have your feet washed allows others into experience in very tangible ways the actions of Christ Himself. *All of us are instruments of grace in the master's hands.* Please consider this sacred opportunity. Please get in touch with Fr. Leo or Fr. Alfredo. We need you!

### Almsgiving

We are so grateful to those who bring non-perishable food items for the food bank. Matthew 25 tells us clearly whatever we do to one of the least of these, you do it to me. Let us be Matthew 25 kind of people and remember those who have less. My father used to say, "Leo, a high tide rises every boat" – Let us lift up others for in doing so, we all rise. Almsgiving is a great tenet of the Lenten season.



### 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.

### Baptisms during Lent

During Lent we will not be scheduling baptisms. Lent has two major purposes: It recalls or prepares for baptism and emphasizes a spirit of penance. For the six weeks of Lent we are in the desert *preparing* for new life – the resurrection. Baptism is when we first encounter new life with Jesus. Therefore, we will not celebrate baptism during Lent as we are *preparing* for baptism. We will resume celebrating baptisms on Easter Sunday.



The Parish Office will be closed on Monday, February 19, 2024 for Family Day.

## UPCOMING EVENTS

Food Bank Donations	Every Weekend	Before and after Masses, Foyer
<b>Fridays of Lent</b>	February 16 & 23 March 1, 8, 15 & 22	6:30 Stations of the Cross 7pm Soup & Presentation
<b>Holy Thursday</b>	March 28	7:00pm Mass of the Lord's Supper – Adoration until 11:00pm
<b>Good Friday</b>	March 29	11:00am Children's Mass 3:00pm Solemn Celebration of the Passion of the Lord 7:00pm Stations of the Cross
<b>Holy Saturday</b>	March 31	9:00pm Easter Vigil
<b>Easter Sunday</b>	March 31	9:00am, 11:00am & 5:00pm Masses
<b>Easter Monday</b>	April 1	9:00am Mass

## 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

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

### ST. PATRICK'S PARISH LENTEN SPEAKER SERIES

## SLOW DOWN BE PRESENT

- Tuesday, February 20**  
Sr. John Mary Sullivan, FSE  
Eucharist: The Sacrament of Love
- Tuesday, February 27**  
Fr. Gilles Simard, OP  
A Lenten Reflection
- Tuesday, March 5**  
Fr. Jaroslaw Dziuba, SDS  
Divine Mercy: Hope for Our Time
- Tuesday, March 12**  
Fr. Ernie Rush,  
I have told you these things that My Joy may be in you and that your joy may be complete
- Tuesday, March 19**  
Archbishop J. Michael Miller, CSB  
Living Holy Week with the Church

ALL ARE WELCOME | REGISTRATION NOT REQUIRED | STPATSVAN.COM



## 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](https://www.formed.org) using our zip code V6R3V9.