



April 21, 2024 ❖ Good Shepherd Sunday

✪✪ Pastor's Pen ✪✪

The Sacramental Life of our Parish Family

Here we are, on the sacred pilgrimage towards Pentecost Sunday and the outpouring of the Holy Spirit. Along the journey I am so conscious of so many who dedicate hours of service in all aspects of life at the parish. Truly we walk together!

Among those walking in a particular way closer to the Lord Jesus, are those preparing to celebrate sacraments in this post Easter Spring season. I invite you to remember in your thoughts and prayers the grade twos of our Parish Family who will receive the Eucharist on Sunday May 5th at 2:00 pm. What a great example that they set for us!

The grade sevens are preparing to celebrate confirmation with Archbishop Miller on Monday June 3rd at 7:00 pm. They are truly ambassadors that we will send forth from our parish family as they move on to other schools in September. May the gentleness of God's Holy Spirit rest upon them, so that they will have good judgment and solid discernment as they navigate teenage years at High School.

Dear parents and grandparents - I appreciate how children "growing up" is bittersweet. You seek to give your children "roots and wings". A firm grounding with the anchors of faith combined with the necessity of letting them grow as individuals graced by God.

In the month of May we will be working with a group of baptised adults of our own parish and of other parishes who are seeking the sacrament of Confirmation at Pentecost. And we want to pray for our couples who are entering into the sacrament of marriage over the summer.

Pope Francis has wisely said that "the sacraments are the manifestation of the Father's tenderness and love towards each of us. "

The Catechism tells us that sacraments are efficacious signs of grace, instituted by Christ and entrusted to the Church, by which divine life is dispensed to us. In other words, a sacrament is a sacred and visible sign that is instituted by Jesus to give us grace, an undeserved gift from God.

Lord help us to deeply appreciate the generosity of your grace and presence in the Sacraments of our Church. May we hunger and thirst for you in the Eucharist on a regular and consistent basis, for in doing so, we set an example for others to follow.

~ Fr. Leo

EVERYDAY LIFE AS SACRAMENT

For Christians, ultimately the whole world is holy and everything in it, especially the physical, is potential material for sacrament. Our belief is that the universe shows forth God's glory, that each of us is made in God's image, that our bodies are temples of the Holy Spirit, that the food we eat is sacramental, and that in our work and in our sexual embrace we are co-creators with God.

That's a stunning belief, and it separates us from most other religions, where so much of the purpose of religion is to free oneself from the physical, the earth. But in Christianity "the word becomes flesh", God enters the physical and thus everything that is physical is potentially sacramental. It's noteworthy that scripture, in that famous line about God becoming flesh does not simply say that God became a man, a human being. It says more: "God becomes flesh", physical, earth. Therefore, everything physical is potentially a sacrament.

But we struggle with this. Our daily lives are often so distracted, dram, and fixed upon things that seem un-holy that the idea that everything is a sacrament can appear more like wishful thinking than theology. The world doesn't always show forth the glory of God, what we do with our bodies at times makes us wonder whether we really are temples of the Holy Spirit, the mindless way that we so often eat and drink doesn't speak much of sacramentality, and the language we use to speak about our work, sex, and our lives in general rarely hints at the fact that we are co-creators with God.

Why? Why aren't we more habitually alert to the fact that we are standing on holy ground and that are everyday activities come laden with sacrament?

There are many reasons, mostly rooted in the fact that we are human, that life is long, and that it isn't easy to sustain high symbols, high language, and high ideals in the muck and grime of everyday life. Eating, working, and making love should be holy, but too often we do them more for survival than for any sacramentality and "getting by" is about as a high symbol as we can muster on a weekday. I say this with sympathy. It isn't easy, day by day, hour by hour, to experience sacrament in the ordinary actions of our lives.

But there's another reason why we have lost the sense of sacramentality in our lives, namely, we have too little prayer and ritual around our ordinary actions. We too seldom use prayer or ritual to connect our actions – eating, drinking, working, socializing, making love, giving birth to things – to their sacred origins.

My parents and their generation did this too, in their own way: They had their fields and workbenches and bedrooms blessed, they prayed grace before and after every meal, and some of and some of them would go into a church to propose marriage to another. That was their way of telling the story of the sacred origins of water before drinking it.

We live, eat, work, and make love without these high symbols. Generally, we don't connect our food to its sacred origins, don't consider our work as co-creation with God, don't bless our workplaces and board-rooms, and would shrink at the very thought of blessing a bedroom where sex takes place.

We are the poorer for that, not just religiously, but humanly. When our everyday activities aren't sacramental, they soon become flat, and we unconsciously compensate for that by increasing the dosage.

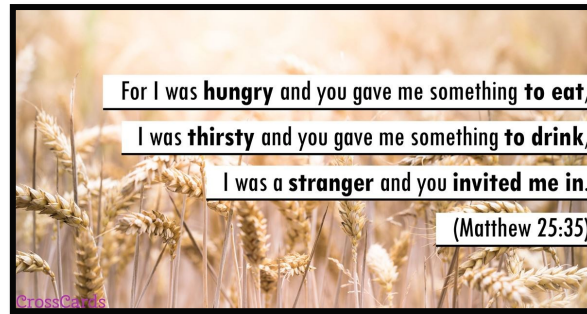
I'm not sure where we should go with all of this, since we are drawn neither to the myths or the piety of old, but unless we find prayer and rituals to connect our eating, working, and making love to their sacred origins, ordinary life will remain just that, ordinary life, nothing special, just the muck and grime of slugging along.



~ FR RON ROLHEISER OMI

❧ NEWS & NOTICES ❧

❖ Zoom meeting for the Food Preparation Program ❖



- ◆ Did you know that we have teams of volunteers who regularly buy, prepare, and cook food in our Parish Hall kitchen? This food is then taken to the Inner Hope Society in Vancouver. This is a great expression of Matthew 25 – when I was hungry, and you gave me to eat. We would like to expand this program with more volunteers and more recipes. We need you! Training will be provided. To this end we will have a Zoom meeting on Monday evening April 29th at 8:00 pm for new and old volunteers. Will you help us to be the hands and feet of Christ? Call the parish office and register your email - we can send you the link.
- ◆ **Having a heart of mercy and compassion.** Please remember to bring a nonperishable food item to the church when you come. We especially invite you to have your children bring the items as this can be a great opportunity to deepen their awareness of gratitude and deepen their consciousness of the many who have less. Your good deed might seem invisible, but they leave a trail that is imprinted on the hearts of others.
- ◆ 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 3rd.
- ◆ 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#/>
- ◆ The next Children's Mass is on Sunday, May 5 at 9am. We hope you will join us as we celebrate this children-led Mass. Please sign your child(ren) up for **ONE** role using the following link: <https://www.signupgenius.com/go/60B0945ADA82CA6FB6-olph#/>

❧ UPCOMING EVENTS ❧

Food Bank Donations	Every Weekend	Before and after Masses, Foyer
Food Preparation Program	April 29	8:00 pm via Zoom
Children's Mass	May 5	9:00 am
First Holy Communion	May 5	2:00 pm
Confirmation	June 3	7:00 pm

❧ OLPH SCHOOL NEWS ❧

Celebration of Learning	April 26	9am - 3pm OLPH School - for school families only
Mother's Day School Mass	May 10	9:00 am
Parish Education Meeting (PEC)	May 14	7:00 pm at School (please inform the school if you plan to attend)



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

CONTACT

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