

PROJECT ADVANCE Building
2024 Our Parish
Community



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THE REDEMPTORISTS

Our Lady of Perpetual Help Catholic Church

SUNDAY MASS 9:00 & 11:00AM 5:00PM SATURDAY 5:00PM
WEEKDAYS 8:00AM RECONCILIATION SATURDAY 4:00-4:45PM

Use this QR code to visit our
website, Instagram or
Facebook page.



August 18, 2024 ❖ 20th Sunday in Ordinary Time

✿ Stewardship Reflection ✿

"Whoever eats my flesh and drinks my blood remains in me and I in him." - John 6:56

Jesus is really present in the bread and wine that are consecrated at Holy Mass. It is His actual body and blood that we consume. This is the greatest gift we can receive. The Eucharist shows us how great Jesus' love is for each of us.

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JESUS CHRIST IS TRULY PRESENT IN THE EUCHARIST

O God, we give You thanks that in the meal of communion, You set before us a feast, the body and blood of Your Son. By Your Spirit strengthen us to serve all in need and to give ourselves away as bread for the hungry, through Jesus Christ our Lord, Amen.



"Christ Jesus, who died, yes, who was raised from the dead, who is at the right hand of God, who indeed intercedes for us," is present in many ways to his Church: in his word, in his Church's prayer, "where two or three are gathered in my name," in the poor, the sick, and the imprisoned, in the sacraments of which he is the author, in the sacrifice of the Mass, and in the person of the minister. But "He is present .. most especially in the Eucharistic species." ~ CCC #1373

The mode of Christ's presence under the Eucharistic species is unique. It raises the Eucharist above all the sacraments as "the perfection of the spiritual life and the end to which all the sacraments tend." In the most blessed sacrament of the Eucharist "the body and blood, together with the soul and divinity, of our Lord Jesus Christ and, therefore, the whole Christ is truly, really, and substantially contained." This presence is called 'real' - by which is not intended to exclude the other types of presence as if they could not be 'real' too, but because it is presence in the fullest sense: that is to say, a substantial presence by which Christ, God and man, makes himself wholly and entirely present.

~ CCC #1374

- How will you bring Christ to the world today?
- What will you do to show God's love to others?
- Empowered with the love of God in the Eucharist, what will you do to help meet the greatest needs you see in your everyday life?

It is by the conversion of the bread and wine into Christ's body and blood that Christ becomes present in this sacrament. ~ CCC #1375

🌿 NEWS & NOTICES 🌿

♦ CATHOLIC FAITH FORMATION FOR CHILDREN NOT IN CATHOLIC SCHOOL



If your child is in Grade K-7 (or beyond G.7 if they are not yet Confirmed) who does not attend Catholic school, consider joining PREP for Sacramental Preparation for First Reconciliation, First Holy Communion and Confirmation. To register, visit <https://olphchurch.ca/join/prep/> or email prep.olph@gmail.com for more information.

♦ ARE YOU THINKING OF BECOMING CATHOLIC?



Have you been wondering what it means to be Catholic? What does life mean to you? If you want to become Catholic, you will participate in a process called RCIA (Rite of Christian Initiation of Adults). Classes will begin in September. If you are interested, visit olphchurch.ca/join/become-catholic/ or contact the Parish office.

♦ OLPH YOUTH GROUP We are excited to announce the formation of a Youth Group for young adults aged 18-




35 at our Parish. Our goal is to create a supportive community where we can explore our faith and find our place in the world as young Catholics. Contact Abigail aj.henick@outlook.com or Mariana marifribuqq@gmail.com, or meet us after the Sunday 5pm Mass. To join us, scan



🌿 Parish Wishlist 🌿

♦ We have a box of Nativity Set needs to be brought over to the rectory from Toronto. Do you know anyone who can take this to Vancouver from Toronto by car? These are fragile items therefore it is not preferred to send in the mail. The size of the box is slightly bigger than a document storage paper box. Thank You!

♦  A beautiful Baptismal font has been sitting in the rectory basement. We would like to have it refurbished and restored in the Church. Do you know anyone who can do the work? We would love to be able to use it at Easter 2025. Please contact the Parish office for details.



ALPHA Promo Weekend	Sep 7 & 8	At all Masses
Commissioning Mass & Back to School BBQ	Sep 15	11:00am Mass
Lectors Workshop	Sep 21	10:00am - 11:30am
Parent Info Session: Catholic School Identity	Sep 25	Via Zoom
Baby Go Round Collection	Sep 28 & 29	At All Masses
Harvest Fair	Oct 5	At School
Parish Ministries Fair	Oct 5 & 6	At All Masses
Alpha: Explore the Meaning of Life (1st Session)	Oct 21	6:30pm in the Parish Hall

Alpha is coming to OLPH. Registration begins in September!

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 – 10:00am
 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

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