

PROJECT ADVANCE Building
2024 Our Parish
Community



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July 21, 2024 ❖ 16th Sunday in Ordinary Time

Stewardship Reflection

"He said to them, 'Come away by yourselves to a deserted place and rest a while.' - Mark 6:31

Do you spend time, every day, alone and in silence listening to how God is calling you? If not, you are missing out on a wonderful opportunity to develop a more personal relationship with Him. Unless we talk and more importantly, listen to God every day, how else will we know how He is calling us? Consider making a retreat this year, spend some "alone" time with God.

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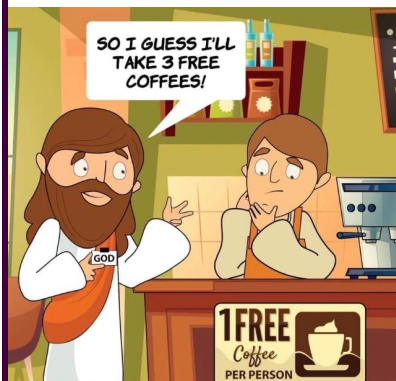
Create in me a clean heart, O God, and put a new and right spirit within me.

This beautiful line from Psalm 51 is the essence of these summer days. The excellent opportunity to recreate our spirit – to reenergize and experience deep rest. Positive self regard and care is part of a healthy spirituality. To refresh our bodies, minds, and spirits to better give witness to the presence of God within.

Certainly, that is my intention when I go home to NL in August. There will be many opportunities to re-engage with family and friends on a front veranda, overlooking a salmon river. People sometimes ask if I fish. My response is that "fish comes to me," through the great generosity of special neighbours and friends who always remember when Fr Leo is home "from away."

Fr Alfredo returns at the end of July and then I will leave on Aug 4th. May we all take to heart the words of the psalmist –" And put a new and right spirit within me. Sometimes it is good just to sit and "breathe and breathe deeply."

~ Peace with gratitude Fr Leo



THANK YOU to all of you who so generously help with our Parish Sunday Coffee. It is an act of love you give to everyone at the Parish, especially to those families who are new to the community. How wonderful it is sharing our faith on the holy ground! If you are interested in volunteering, please sign up at <https://www.signupgenius.com/go/904054CAEA728A7FC1-48231572-sunday#/om>

ALPHA
EXPLORE THE MEANING OF LIFE

ALPHA is coming to **OLPH**
First Session Oct 21
Registration **Alpha** begins in Sep
Stay tuned for more details

🌿 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 <https://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. For more info, contact Abigail aj.henick@outlook.com or Mariana marifribuqq@gmail.com, or meet us after the Sunday 5pm Mass. To join us, scan 

ARCHDIOCESAN EVENTS

♦ **ESTATE & MEMORIAL PLANNING SEMINAR** A free presentation on estate planning will be held at St. John the Apostle Parish in Vancouver on AUG 10 from 10-11:30am. You will receive information about making a Will, how to choose the right executor, and how the Probate and Power of Attorney work, the funeral rite, tax benefits of charitable giving, etc. To register visit sjaparish.ca/emp-seminar.



Feast of St. Alphonsus Liguori	Aug 1	Mass at 8:00am; Redemptorist History & Spirituality Storyboards will be on display in the hall.
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
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: First Session	Oct 21	6:30pm in the Parish Hall
Development & Peace Workshop	Oct 26	Time to be announced

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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