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**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 25, 2024 ❖ 21st Sunday in Ordinary Time**

**✠ Stewardship Reflection ✠**

"If it does not please you to serve the Lord, decide today whom you will serve. As for me and my household, we will serve the Lord." - Joshua 24:15

When we commit to serving the Lord, we become disciples in His work. A disciple is someone who dedicates time to daily prayer, joyfully participates in charitable works, and generously supports their local parish and the Church's mission. If we claim to serve God, our words and actions should reflect the Gospel message to others.

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**LORD, TO WHOM SHALL WE GO?**  
**You Have The Words of Eternal Life.**

(John 6:68-69)

**We have come to believe and know that**  
**You are the Holy One of God.**

In this week's Sunday Gospel, Jesus told the people the plain truth about the Holy Eucharist - "Unless you eat the flesh of the Son of Man and drink His blood, you have no life in you." Many disciples turned and walked away from Jesus. Jesus then turned towards His twelve and asked if they would like to go away as well. Peter answered Him, "Lord, to whom shall we go?"

Let us ponder on Peter's answer to Jesus. Come think of it .. Is there an alternative to God? If we cannot find joy and peace following the footsteps of God, where else can we turn? Like those who walked away from Jesus, there are many times we walk away from God when our desires are not met. We begin to question the existence of God. It is precisely at such moments that we should say with Peter, "Lord, to whom shall we go?" Peter chose to put his trust in God although he himself did not understand fully what Jesus meant by "eat His flesh and drink His blood." It is impossible that we trust God because we know everything about God. We trust because we believe He is all we have. Like the Holy Eucharist, there are still many things about God that remain mysterious to us. Let us remember that God has not changed and will never change. Just hold on. Do not quit on God.

*Let us pray .. Heavenly Father, when I feel like giving up, speak Your word to the depths of my heart. Deepen my love for You and work through me always. Through Christ our Lord. Amen.*

# 🌿 NEWS & NOTICES 🌿

## ◆ SUNDAY COFFEE VOLUNTEER SIGN-UP



Thank you to all those who helped out with our Sunday Coffee Social on Sunday mornings. If you are interested in volunteering, please sign up at: <https://www.signupgenius.com/go/904054CAEA728A7FC1-48231572-sunday#/> Thank You!

## ◆ 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](mailto: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/](http://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](mailto:aj.henick@outlook.com) or Mariana [marifribuqq@gmail.com](mailto:marifribuqq@gmail.com), or meet us after the Sunday 5pm Mass. To join us, scan 

◆ **BAPTISMAL FONT RESTORATION** 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! Everyone is Welcome!

## 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

Our Lady of Perpetual Help Parish  
 2465 Crown Street, Vancouver, BC V6R 3V9  
 Parish Office: 604-224-4344  
 Email: [parish.olph@rcav.org](mailto:parish.olph@rcav.org) Website: [olphchurch.ca](http://olphchurch.ca)