

Lent: A Journey of Hope

Our Lady of Perpetual Help Parish



March 9, 2025
First Sunday in Lent



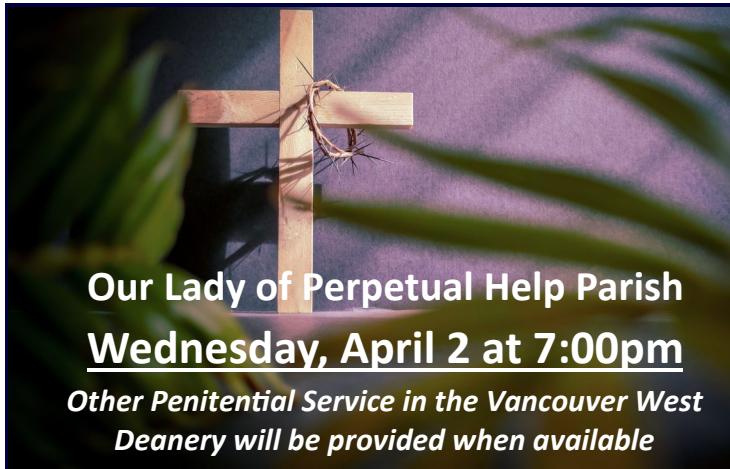
❖ During the great season of Lent, we will pray the Stations of the Cross on each Friday night at 6:30pm in the Church. After the prayer, all parishioners are invited downstairs for a bowl of soup and bread. There will be free will offering towards the work of Development and Peace.

Please bring a non-perishable food item for Sakura So, an inner-city ministry on the East Side of Vancouver.

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|------------------------|-----------------------|
| March 7 th | Alpha Team |
| March 14 th | Music Ministry |
| March 21 st | Rosary Group |
| March 28 th | Eucharistic Ministers |
| April 4 th | Ushers |
| April 11 th | OLPH School Children |
| April 18 th | The Redemptorists |

OUTDOOR STATIONS OF THE CROSS

Come Pray at Your Own Time & Pace ~ Digital Version of Prayers Available On Site



Our Lady of Perpetual Help Parish
Wednesday, April 2 at 7:00pm

*Other Penitential Service in the Vancouver West
 Deanery will be provided when available*



❖ On the Monday evening of Lent please join us for Faith Formation Evenings Sponsored by Development & Peace and The Parish - Six Engaging Evenings from 7:00pm – 8:30pm on Social Justice Teachings of the Church and a Faith Series on Catholicism. Come watch a video, have a coffee and engage fellow parishioners in a conversation. *Come join us! No Charge!*
Please bring a non-perishable food item for Sakura So - An inner-city ministry on the east side of Vancouver.

- March 10th Catholicism Series of Bishop Robert Barron –
 “Amazed and Afraid: The revelation of God Become Man.”
- March 17th Social Justice
- March 24th Catholicism Series of Bishop Robert Barron – “Happy are We - The Teachings of Jesus”
- March 31st Social Justice
- April 7th Catholicism Series of Bishop Robert Barron –
 “The Indispensable Men: Peter, Paul, and the Missionary Adventure. “
- April 14th Social Justice

LENTEN ASHES

We enter the season of Lent by putting ashes on our foreheads. What’s symbolized here? Perhaps the heart understands better than the head because more people go to church on Ash Wednesday than on any other day of the year, including Christmas. The queues to receive the ashes in many churches are endless. As a symbol, ashes are blunt, primal, archetypal, and speak the language of the soul.

Something inside of us knows exactly why we take the ashes. Ashes are dust, soil, humus; humanity and humility come from these. To put on ashes, to sit in ashes, is to say publicly and to yourself that you are in a penitential mode, that this is not “ordinary time” for you. Smudging oneself with ashes says that this is not a season of celebration for you, that some important work is going on inside you, and that you are, metaphorically and really, in the cinders of a dead fire, waiting for something fuller in your life.

All of this has deep roots. There’s something innate in the human soul that understands that every so often, one must descend, be smudged, lose one’s luster, and wait for ashes to do their silent work. All ancient traditions, be they religious or mythical, abound with stories of having to sit in the ashes. For example, we all know the story of Cinderella. This is a centuries-old, wisdom-tale that speaks about the value of ashes in life. The name Cinderella itself speaks to this. Literally, the name Cinderella means, “the young girl who sits in the cinders, the “ashes”. Moreover, as the tale makes plain, before the glass slipper is placed on her foot, before wearing the beautiful gown, before going to the ball, before dancing with the prince, and before marrying him, there must first be a period of sitting in the cinders, of being humbled, of being waiting patiently, while you are being readied for a sublime joy and consummation. In the story of Cinderella, we can see a spirituality of Lent.

The church taps into these deep wells of wisdom when it puts ashes on our foreheads at the beginning of Lent. Lent is a season for each of us to sit in the ashes, to spend our time, like Cinderella, working and sitting among the ashes, grieving some of the things we’ve done wrong, refraining from the dance, refraining from the banquet, refusing to do business as usual, but rather waiting in patience as some silent growth takes place within us.

Lent is a time to be still so that the ashes can do their work.

~ Fr Ron Rolheiser omi

NEWS & NOTICES

♦ HAND-CARVED OLIVE WOOD RELIGIOUS ARTICLES FROM THE HOLY LAND: March 8 & 9



The group that sells religious olive wood carvings from the Holy Land are visiting our Parish this weekend on March 8 & 9. These articles are handcrafted by the Christians of the Holy land who are seeking your support today to assist them in staying rooted in the land of Christ. 70 years ago, the Christian population was 20 % of the whole population, now they are only 1.0%. It is also a way of preserving a local cultural heritage which is in danger of being lost as more Christians feel pressured to leave their homeland for economic and political reasons. These religious articles can be used as gifts for first communions, Christmas and other occasions. Please note: **ONLY CASH** is accepted as payment. Please support the Christian community in the Holy Land.

♦ SACRAMENTS OF FIRST HOLY COMMUNION AND CONFIRMATION



First Holy Communion will be celebrated on Sunday, May 4 at OLPH. If your child is Catholic and currently a grade two student at Vancouver College, you are welcome to join us in celebration of the sacrament. 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 in the spring.

♦ 2024 CHARITABLE DONATION RECEIPT



2024 donation tax receipts are now ready for pick up from the Church. Tax receipts will be sent to you in the mail on March 17 if they are not being picked up in person. If you have moved, please update your address with the Parish office. If you would like to receive your tax receipt by email, please contact the Parish office (parish.olph@rcav.org). Thank you very much for your generosity and support!

♦ VOLUNTEER OPPORTUNITY: SUNDAY COFFEE



We are looking for volunteers to help with our Sunday Coffee Social in the month of March. Your kind efforts enable your fellow parishioners to share their stories of faith, to support each other, and to meet those who are new to our community. If you are able to help please click this link to sign-up: https://www.signupgenius.com/go/904054CAEA728A7FC1-48231572-sunday#

♦ CAN YOU HELP US IN PROVIDING THE PRODUCTS REQUESTED BY THE NEEDY?



The Sakura So Society would like to extend their gratitude towards your support in providing the hygiene products for their residents. That was a tremendous help! The society has reached out this past week for Nix lice treatment products as they are having a tough time getting them. Let us do more this Lent to share our care and love to those who have less. There are collection bins in the church foyer. Thank you for your support!

❖ ARCHDIOCESAN EVENT ❖

ST. JOSEPH'S SOCIETY SECOND COLLECTION - SUPPORT OUR RETIRED PRIESTS

This Sunday's second collection supports our retired priests who have dedicated their entire life to the Church. Your generous support ensures a comfortable living environment, quality medical care, and other essential services for our retired priests. The Society provides financial assistance to help our priests live with dignity and security in their retirement. Your donation will express your gratitude to them. You can make a tax-deductible donation to St. Joseph's Society in-person at the parish or online at rcav.org/joseph.



OUR LADY OF
PERPETUAL HELP SCHOOL

OLPH School Annual General Meeting will be held on Wed, April 9 at 7:00pm via Zoom. Pre-registration is required. Please email the school office@olphbc.ca to register and to receive the link.



Spring Forward
DAYLIGHT
SAVINGS TIME STARTS
SET YOUR CLOCKS AHEAD ONE HOUR
Sunday, March 9, 2025, AT 2:00 AM



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

Email: parish.olph@rcav.org

Website: www.olphchurch.ca

Our Lady of Perpetual Help Parish

2465 Crown Street, Vancouver, BC V6R 3V9

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CLERGY & STAFF

Pastor

Fr. Leo English, CSsR

Parochial Vicar

Fr. Alfredo Medina Ramos, CSsR

In-Residence

Fr. Mark Miller, CSsR

Parish Secretary

Kathy Mok

Available Mon & Wed - Fri

Administrative Assistant

Carolina Demaria

Available Tue - Thurs

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Corinna Siy

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Jr. Kindergarten Director

Maria Cortese

OLPH School

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