



January 25, 2026 ❖ Third Sunday in Ordinary Time



### Stewardship Reflection

“He called them, and immediately they left their boat and their father and followed Him.” *Matthew 4:22*

Just as Jesus called the first apostles, He calls each of us to follow Him. Not everyone is called to leave their business or family behind, but we are expected to put God first in everything. In gratitude to God, we should give our first

and best of everything to Him: our time in daily prayer, our talent in participating in one of our parish ministries and our treasure to support the financial needs of our parish mission.

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### ❖ Special Prayer Intention for Catholic Health Care ❖

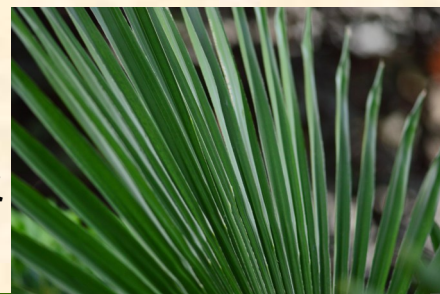
The court case involving St. Paul's Hospital continues to be heard by the B.C. Supreme Court. The case pertains to whether faith-based health care facilities are permitted to operate in accordance with their values by not providing Medical Assistance in Dying (MAiD). It will challenge Catholic healthcare and its place within Canada's publicly funded healthcare system.

*Lord Jesus, Divine Healer, you sought out the sick, the marginalized, and those cast aside. We pray for all who receive care at St. Paul's Hospital, for their families and loved ones, and for all healthcare workers who serve with compassion. We entrust this court case to your care. Grant wisdom to those who must decide it, that justice may prevail and that Catholic health care may continue its mission without compromise. Help us to protect those who are most vulnerable and to build a society where every human life is sacred.*



❖ Please return blessed palms from last year's Palm Sunday to the Church in the coming weeks. These palms will be burned to create the ashes used for the Ash Wednesday service on Feb 18, 2026.

Please place the used palms in the baskets located at the entrance of the Church. Thank You!





# CONGRATULATIONS TO THE NEW EXECUTIVES OF THE CWL AT OLPH



**NAMES & POSITIONS OF THE NEW EXECUTIVES IN THE PHOTO ARE: (from Left to Right)**

**Maria Rodrigues** - Communications and Memberships Manager

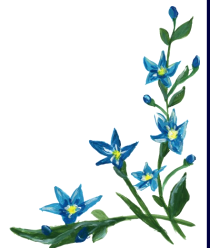
**Nadeeka Pereira** - Treasurer

**Amina Zamani** - President

**Michelle Glover** - Vice President

**Kate Carr** - Secretary

**Meg Knowling** - Treasurer



*Almighty God, we pray for Your guidance and inspiration for our new CWL leaders. Bless them with the gifts of the Holy Spirit and the guidance of Our Lady of Perpetual Help. Through the CWL's core values of faith, service and social justice, may the new members help create a welcoming environment that strengthens our Church and our parish community. Amen.*

## PROJECT ADVANCE 2025

***Thanks a Million For Your Generous Support!***

**We Have Met our 2025 Parish Fundraising Goal**

**May God Bless You All!**

***Here are the final results for the 2025 Project Advance Appeal***

**Annual Goal for the Archdiocese: \$52,200**

**Parish Fundraising Goal: \$130,000**

**Total Collected: \$164,565**

**REBATE AMOUNT TO OUR PARISH: \$108,531.47 (after expenses deduction)**



## NEWS & NOTICES

### ♦ ARE YOU ABLE TO HELP WITH THE FOOD REQUEST FOR SAKURA SO SHELTER HOME?



Sakura So Shelter Home is in need of sugar for their coffee program, as well as small paper or plastic bowls for cereal. There are collection bins located in the church foyer. Thank you for your care and generosity supporting these vulnerable neighbours of ours.

### ♦ VOLUNTEERING OPPORTUNITY



Thank you to everyone who helps make our weekly Sunday Coffee after the 9am Mass such a blessing. Together, we make a wonderful team! You create a welcoming space where fellow parishioners can share their faith, stories and fellowship, strengthening our faith community in the presence of Christ. We are looking for volunteers to help with Sunday Coffee during the month of February. If you could help please sign up here:

[https://www.signupgenius.com/go/904054CAEA728A7FC1-48231572-sunday#](https://www.signupgenius.com/go/904054CAEA728A7FC1-48231572-sunday#/)

### ♦ RECRUITING VOLUNTEERS FOR CHILDREN'S LITURGY TEAM

#### Children's Liturgy



We are hoping to expand Children's Liturgy to at least one additional Mass and are looking for volunteers to join this wonderful ministry. Children's Liturgy currently takes place during the 11am Mass on the 2nd, 3rd, 4th and 5th Sunday (if applicable). A dedicated group of volunteers brings children downstairs to the Madonna Room, where they enjoy their own Bible time with our catechists. This is a beautiful opportunity to pass on your faith to our young ones, and to experience what it truly means to "love God with a pure heart, like a child".

We are seeking more volunteers to help support and grow the ministry. You are asked to arrive 30 minutes before Mass to get things set up in the Madonna Room. Training and teaching materials will be provided.

If you are interested, please email Kathy at [communications.olph@rcav.org](mailto:communications.olph@rcav.org) Thank You!

### ♦ NATIONAL CATHOLIC HEALTH CARE WEEK

From February 1 to 7, 2026 we mark National Catholic Health Care Week across Canada. Inspired by Catholic social teaching, this year's theme Open Hearts, Healing, Hope reflects the profound belief that healing is communal. We are grateful for our Catholic health ministries as partners in the healing ministry of Jesus, fostering trust, promoting justice and respecting the dignity of every human person—body, mind and soul. Pray with us during the Week with special daily reflections and prayers. Learn more and find resources at [beholdvancouver.org/events](http://beholdvancouver.org/events)

### ♦ WORLD DAY OF THE SICK - MASS OF ANOINTING

On the memorial of Our Lady, February 11, the Church observes the World Day of the Sick, a day dedicated to prayer for those who are ill and for all who care for them. Archbishop Smith will celebrate Mass on the World Day of the Sick at 11am at Our Lady of Sorrows Parish Vancouver, followed by a reception in the Parish Hall. This celebration offers comfort and hope to those who are suffering, reminding them that the Church prays with them and accompanies them in their illness.



## WORLD DAY OF THE SICK ——— *Mass of Anointing*



Most Rev. Richard W. Smith  
PRINCIPAL CELEBRANT

Wednesday, February 11, 2026 at 11 a.m.  
Our Lady of Sorrows Parish  
555 Slocan Street, Vancouver  
*Reception to follow in the Parish Hall*

[rcav.org/world-day-of-the-sick](http://rcav.org/world-day-of-the-sick)



## MASSSES & 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](mailto:parish.olph@rcav.org)

Website: [www.olphchurch.ca](http://www.olphchurch.ca)

Our Lady of Perpetual Help Parish

2465 Crown Street, Vancouver, BC V6R 3V9

Parish Office: 604-224-4344

## 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

### Bookkeeper

Corinna Siy

Contact email: [csiy.olph@rcav.org](mailto:csiy.olph@rcav.org)

### OLPH School Principal

Deirdre O'Callaghan

### Jr. Kindergarten Director

Maria Cortese

### OLPH School

604-228-8811

Jr. Kindergarten:

[jrkindergarten@olphbc.ca](mailto:jrkindergarten@olphbc.ca)

## PARISH INFORMATION

### Pastoral Council

Donna Trasolini

[trasolini@telus.net](mailto:trasolini@telus.net)

### Finance Council

Kevin Chan

[kchanolph@gmail.com](mailto:kchanolph@gmail.com)

### Parish Education Committee

Ken Kwong

[pec@olphbc.ca](mailto:pec@olphbc.ca)

### Altar Guild

Adrienne O'Callaghan 604-376-4780

### Altar Servers

Kate Carr 604-730-5640

### Children's Liturgy

Kathy Mok

[communications.olph@rcav.org](mailto:communications.olph@rcav.org)

### Communion to the Sick

Mary Thompson 604-263-6008

### Craft Group

Elizabeth Hii [e1kmhii@gmail.com](mailto:e1kmhii@gmail.com)

### Development & Peace

Deirdre Webster 604-736-0714

### Eucharistic Ministry

Kathy Mok

[communications.olph@rcav.org](mailto:communications.olph@rcav.org)

### Friends of Liguori

Jesse Gemmell

[friendsofliquori.olph@gmail.com](mailto:friendsofliquori.olph@gmail.com)

### Hospitality Ministry

Gerry Macken 604-222-1369

### Ministry of the Word

Kathy Mok

[communications.olph@rcav.org](mailto:communications.olph@rcav.org)

### Music Ministry

Raphael & Blanche Dela Luna

[bolivar@shaw.ca](mailto:bolivar@shaw.ca)

### PREP

Claudia Mok

[prep.olph@gmail.com](mailto:prep.olph@gmail.com)

### Project Advance

Fr. Alfredo Medina Ramos

[amedinaramos@rcav.org](mailto:amedinaramos@rcav.org)

### RCIA

Fr. Alfredo Medina Ramos

[amedinaramos@rcav.org](mailto:amedinaramos@rcav.org)

### Rosary Groups

30min before Mass & Fri at 1pm

### Weddings

Bridget Bird 604-341-9180



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