



February 15, 2026 ❖ Sixth Sunday in Ordinary Time



Stewardship Reflection

“For I tell you, unless your righteousness exceeds that of the scribes and Pharisees, you will never enter the kingdom of heaven.” *Matthew 5:20*

The Pharisees lived according to the letter of the law, and they used this to elevate themselves above the other people. Jesus is clear – it’s the love that you have in your heart, for God and others, that will get you to heaven. Simply following church rules to the letter and not out of love, does not necessarily put you on the path to heaven. Attending Sunday Mass and then gossiping about a fellow parishioner in the parking lot is an example of being a modern-day Pharisee.

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February 18, 2026

Mass with Distribution of Ashes
Morning Mass 8:00am
School Mass 9:15am
Evening Mass 7:00pm

God of comfort and healing, we pray for the victims, families, and all those impacted by the tragic incident in Tumbler Ridge. May You grant eternal rest to those who died, strength and peace to those who mourn, healing to the injured, and comfort to the entire community in this time of sorrow. Amen.

Peace Prayer of St. Francis

Lord, make me an instrument of your peace:

where there is hatred, let me sow love;

where there is injury, pardon;

where there is doubt, faith;

where there is despair, hope;

where there is darkness, light;

where there is sadness, joy.

O divine Master, grant that I may not so much seek

to be consoled as to console,

to be understood as to understand,

to be loved as to love.

For it is in giving that we receive,

it is in pardoning that we are pardoned,

and it is in dying that we are born to eternal life.





GO A LITTLE DEEPER - LENT 2026

During the holy season of Lent, we will gather to pray the Stations of the Cross each Friday evening at 6:30pm in the Church. Following the prayer, all parishioners are warmly invited to join us downstairs for a simple meal of soup and bread.

The meal is complimentary; however, a free-will offering will be gratefully accepted in support of Development and Peace. We also kindly ask that you please bring a non-perishable food item for Sakura So, an inner-city ministry serving the east side of Vancouver. We look forward to journeying with one another in faith throughout this Lenten season.

Stations Of The Cross

FRIDAYS during LENT	MINISTRY
February 20	RCIA - Team, Candidates, Catechumens
February 27	Friends of Liguori
March 6	OLPH School Children
March 13	Development and Peace Committee
March 20	Ministry of the Word (Lectors)
March 27	Catholic Women's League (CWL)
Good Friday, April 3	The Redemptorists



VANCOUVER WEST DEANERY LENTEN PENITENTIAL SERVICES

PARISH NAMES	DATES OF SERVICE *** OLPH ~ March 26 at 7pm		
Blessed Sacrament	March 4 at 7pm	St. Augustine's	March 10 at 7pm
Immaculate Conception	March 11 at 7pm	Holy Name of Jesus	March 12 at 7pm
Sts. Peter & Paul	March 18 at 7pm	St. John the Apostle	March 18 at 7pm
St. Marks's	March 22 at 2:30pm	St. Anthony of Padua	March 29 at 6:30pm

Lenten Refugee Project at OLPH Part II

We are pleased to begin Part II of our Lenten Refugee Project. Donation envelopes are available in the church. Thank you for your generosity and continued support of this meaningful Lenten Initiative at OLPH.



NEWS & NOTICES

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



A heartfelt thank you to our parishioners for their generosity and continued support of Sakura So Shelter Home. Your prompt response and kindness are deeply appreciated by the most vulnerable neighbours of Sakura So. At this time, they are in need of the following kitchen items - **Cereal (any kind including oats), sugar, spoons, forks, coffee, creamer and bowls.**

Collection bins are available in the Church foyer for your donations. Thank you very much!

♦ LENTEN VIDEO REFLECTION SERIES WITH THE REDEMPTORISTS



This Lent, the Redemptorist priests, brothers, and lay associates of Canada invite you to deepen your faith through our special Lenten Video Reflection Series, "Lent: A Season of Renewal." The series begins on Ash Wednesday, February 18, and will offer weekly reflections to accompany you on your Lenten journey of prayer, renewal, and

spiritual growth. New reflection videos will be released every Friday throughout Lent on the social media channels of the Redemptorist Province of Canada.

♦ 2025 DONATION TAX RECEIPTS



We will be preparing the 2025 donation tax receipts shortly. If you have moved, please update your address with the parish office. To help reduce postage costs, if you prefer or are able to receive your tax receipts by email, please let us know as well. Thank you very much.

♦ CONGRATULATIONS TO MRS. ANGELLE REYNO



Congratulations to Mrs. Angelle Reyno, our dedicated art teacher at Our Lady's School, on receiving recognition for 25 years of faithful service with the Catholic Independent Schools of Vancouver Archdiocese. We are grateful for the creativity, passion, and inspiration she has shared with our students and school community throughout the years.

♦ HOW TO SERVE IN HEALTHCARE AS A CATHOLIC

Are you a student considering a career or vocation in healthcare? Come join us for a morning of guidance, connection, and formation as practicing Catholic healthcare professionals share their experiences navigating school application, coursework, professional formation, and faithful practice in today's complex healthcare landscape. You will also meet and connect with other students and healthcare professionals as you explore the integration of faith and professional vocation in clinical settings. Date: March 7, with Mass at 9 am at Holy Name of Jesus Parish in Vancouver, followed by a discussion until 12pm. All students in university, college, high school and anyone else are welcome. Register before March 6 at beholdvancouver.org/events.

CATHOLIC BOOK FAIR

Wednesday, February 18th

8:30am - 3:00pm

Location:

Parish Basement



The Daughters of St. Paul will be visiting OLPH on February 18 with a Catholic book fair.

The Catholic Book Fair is a wonderful opportunity to provide your family with quality books, find gifts, and support your school. A percentage of the proceeds go directly to Our Lady's School library to purchase NEW books!

Visa, Mastercard, and debit cards accepted. Check out the books on their website paulinestore.ca
We look forward to seeing you there to support The Daughters of St. Paul and Our Lady's School!



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

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

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PARISH INFORMATION

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Project Advance

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RCIA

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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