



February 8, 2026 ♦ Fifth Sunday in Ordinary Time



Stewardship Reflection

“Let your light shine before others, that they may see your good works and give glory to your Father who is in heaven.” *Matthew 5:16* The generosity of being a good steward of your gifts has a positive effect on people, and it is contagious! Good works encourage more good works. Generosity is a by-product of a grateful lifestyle. The more we recognize God’s gifts, the more we want to share them. Good stewards recognize that God is working through them, and they don’t put themselves above the people they have been called to help. ~ *Copyright © 2025 Catholic Diocese of Fort Worth*



OUR FIFTH SESSION WILL FEATURE LINDA CHEHAB AS OUR GUEST SPEAKER

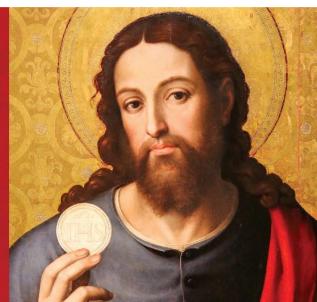
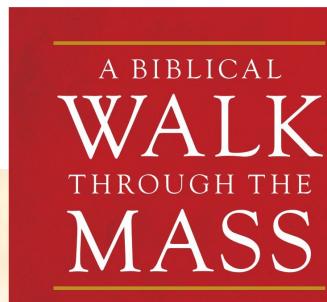
Linda, who has played an active role in faith formation for many years, has been involved in ministries such as Alpha, RCIA, Adult Bible Studies, CCO Faith Studies, among others.

TOPIC: THE TRINITY OF FAITH, PRAYER & SPIRITUALITY

MONDAY, FEBRUARY 9, 2026 / 7:00PM - 8:30PM IN THE PARISH HALL

Registration is not required.

We kindly ask that you bring along a non-perishable food item for food bank. Thank You!



THIS FASCINATING TOUR OF THE MASS WILL RENEW YOUR FAITH AND DEEPEN YOUR LOVE FOR AND DEVOTION TO THE HOLY EUCHARIST

LAST SESSION: FEBRUARY 11

7:00PM in the Parish Hall

We will be focusing on THE CONCLUDING RITE OF THE MASS



Lenten Refugee Project at OLPH Part II

Last year (2025) our community undertook the task of raising sufficient funds to enable our sponsorship of a refugee family to Canada. With amazing generosity, we received slightly over \$43,000 which was what we understood was required to sponsor a family of four.

You may recall that we are trying to sponsor a family of nine members and our hope had been to bring the first four and then work to bring the others. However, Immigration, Refugees, & Citizenship Canada (IRCC) has substantially changed its policies for accepting refugees and we have had to re-apply.

The very good news is that, with the help of the Refugee Program of the Archdiocese of Vancouver, we applied to IRCC for all nine members together – and they have been accepted! Now, that does not mean that they are on their way. It means that they are in the pipeline and as soon as IRCC completes its investigation of the family's claims, the pathway to Canada will be opened. (The family will go through an interview to confirm their refugee status; and then they must pass medical exams. This process could take a year or more.

In the meantime, we are committed to raising sufficient funds for nine persons and this will mean that we probably need to raise another \$55,000 to cover everybody according to the new financial requirements, due to inflation, to support the family during their first year here. While this is a lot of money, we can use this Lent to get a good start on it. So donation envelopes will be available beginning on the final Sunday before Ash Wednesday.

I have been involved in these sponsorship programs for over ten years and it is almost miraculous to see families who are otherwise desperate build a new and productive life in Canada.

Let us be generous.

Thank You in the Name of Our Lord,
Fr. Mark Miller



February 18, 2026
Mass with Distribution of Ashes
Morning Mass 8:00am
School Mass 9:15am
Evening Mass 7:00pm



❖ 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!



❖ NEWS & NOTICES ❖

♦ VOLUNTEERING OPPORTUNITY - MEAL PREPARATION FOR THE NEEDY

Meal preparation for those in need is a meaningful way to live out Jesus' teaching - "Whatever you did for one of the least of these brothers and sisters of mine, you did for me". We are looking for volunteers to help prepare meals for the needy on Feb 14. Please sign up at www.signupgenius.com/go/8050B4BAFAA2DA1FB6-46459533-inner#/ if you are able to serve. ** A reminder that participants must be at least 16 years of age or older. If you have signed up but can no longer make it due to last minute plan change, please be sure to find a substitute before removing your signup from the portal. Thank you for your generosity and cooperation.

♦ **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.

♦ **2026 SUNDAY OFFERING ENVELOPES** Please pick up your Sunday offering envelopes from the parish office if you have not already done so. If you have been assigned a box of Sunday envelopes, kindly refrain from using the blue visitors envelopes as these are intended for visitors. Thank you for your cooperation and support!



❖ WITH SYMPATHY ❖

The Funeral Mass for †Christine Sixta, a long-time parishioner of OLPH,
will be held at OLPH on Friday, February 13 at 11:00am

Eternal rest grant unto †Christine, O Lord, and let perpetual light shine upon her.
May the souls of all the faithful departed, through the mercy of God, rest in peace. Amen.

CATHOLIC BOOK FAIR

*Wednesday, February 18th
after the 8:00am Morning Mass*

*Location:
Parish Basement*



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

The mission of the Daughters of St. Paul is to proclaim the Gospel using the most effective media - including great Catholic books! Their Pauline Books & Media publishing house is just one expression of their mission to give Jesus to the world in the spirit of St. Paul.

During their visit to our Parish and School Community, the sisters will make available some of the award-winning books that are prayerfully written and/or published in collaboration with many talented Catholic authors and illustrators. We are praying that these books will spark wonder, inspire faith, and help families grow closer to God and each other. We look forward to seeing you at the Catholic Book Fair!



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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OLPH School Principal

Deirdre O'Callaghan

Jr. Kindergarten Director

Maria Cortese

OLPH School

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PARISH INFORMATION

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Kate Carr 604-730-5640

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Project Advance

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RCIA

Fr. Alfredo Medina Ramos

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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