



March 15, 2026 ❖ Fourth Sunday of Lent

Stewardship Reflection

“For the Lord does not see as mortals see; they look on the outward appearance, but the Lord looks on the heart.” 1 Samuel 16:7

How often do we invest our time, talent and treasure in creating an appearance that does not matter at all to God? We strive to impress with our clothing, home, career, possessions, car and other marks of distinction. But none of these illusions of greatness will impress God. Instead, He will look into our hearts to see how much we loved Him, how much we loved others and how we showed that love by the way we used our time, talent and treasure here on earth.

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*Experiencing God's Forgiveness and Mercy
Lenten Penitential Service at OLPH
Thursday, March 26 at 7:00pm*



❖ *Adult Confirmation Classes* ❖

If you are a Baptized Catholic over the age of 16 years and have not been confirmed, please join our Adult Confirmation Classes to prepare yourself to be confirmed. You will receive the Sacrament of Confirmation on **Pentecost Sunday, May 24, 2026** in your home parish.

Classes will be held over 3 Wednesdays from 7 - 8:30pm in the Church basement :

Wednesdays - 2026 - May 6, 13, 20

❖ *MANDATORY ATTENDANCE OF THE 3 CLASSES*

For more information or to sign up, please click the link below or scan the QR code:

<https://www.signupgenius.com/go/8050B4BAFAA2DA1FB6-62597711-adult#/>



2025 DONATION TAX RECEIPTS

Please Note: 2025 Donation Tax Receipts are now available for pick-up at the Church before and after Masses this weekend. We kindly ask that you collect your receipt in person to help reduce our postage cost. **All receipts not picked up will be mailed out next week.**

If you prefer to receive your tax receipt by email, please contact Kathy - communications.olph@rcav.org Parish Office (604)224-4344. Thank you for your generosity and your continued support of the Parish.

Weekly Reflection

WEEK 4

How were your eyes opened?



On track for JUSTICE



Share
Lent 2026

Development
and Peace
CARITAS CANADA

In John's Gospel, Jesus's disciples assume that a man born blind must have sinned, seeing only his limitation rather than the person himself. Jesus, moved with compassion, instead heals him. When the healed man is brought before the Pharisees, many refuse to recognize the miracle. They focus on the fact that Jesus healed on the Sabbath rather than celebrating the man's restored sight, showing how rigid beliefs can prevent people from accepting new realities.

This story challenges us to ask whether we are open to new ways of seeing or if we cling to familiar perspectives. Organizations like *Justiça nos Trilhos* and Development and Peace - Caritas Canada help people look beyond first impressions, raising awareness of the struggles faced by the marginalized and the poor. In a world flooded with both true and false information, important realities are often overlooked. Through its Lenten campaign, Development and Peace - Caritas Canada supports partners in the Global South who work with grassroots communities to address social, environmental, and economic challenges, strengthening resilience and solidarity.

❖ *Online Lenten Reflection - week 4* ❖

Every Wednesday we will have our Online Lenten Reflection - A spiritual conversation where we get to share stories of hope and solidarity, listen to each other, and examine where we feel a call to action. We will reflect on our need for ecological conversion and our solidarity with our partner *Justiça nos Trilhos*, on the Apostolic Exhortation of His Holiness Pope Leo XIV *Dilexi Te*, and on the 800 Jubilee year of Saint Francis of Assisi. The point of the gathering is for us to walk alongside our brothers and sisters in the Global South, reflect on the meaning and challenges to be a "Church for the poor", and also to gain inspiration from one of our most revered saints.

Mar 18th: *Dilexi Te* Chapter 5 "A Constant Challenge" ; Mar 25th: Saint Francis of Assisi

When: Every Wednesday from 7 p.m. to 8:30 p.m. PST Where: [Online on Zoom](#)

To register and for more information: please contact our regional animator Raphael Freston at rfreston@devp.org

Share Lent Second Collection Next Weekend - March 21 & 22

Next week's second collection supports Share Lent 2026, a campaign that helps communities around the world break free from poverty and injustice. Your tax-deductible gift supports grassroots projects in the Global South. Thank you for your generosity and support. You may also donate online at rcav.org/sharelent.



SCRUTINIES ARE CELEBRATED AT OLPH DURING LENT

The SCRUTINIES are special liturgies celebrated during Lent for the Elect - those preparing to receive the Sacraments of Initiation at Easter. Their purposes are twofold: First, to uncover and heal whatever that is weak, wounded, or sinful in the hearts of the Elect, and second, to bring forth and strengthen all that is good, upright, faithful within them.

SCRUTINIES are rites of self-examination and repentance, accompanied by solemn prayers asking God to free, protect and strengthen those preparing for Baptism. The Church recognizes that the final weeks before Christian initiation can be a time of spiritual testing. Through the Scrutinies, the Elect are supported during this important period by the prayers of the universal Church and the local parish community. These celebrations remind the community to pray for and encourage the Elect as they continue to preparing the new life of Christ at Easter.

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 and visitors 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 bring a non-perishable food item for Sakura So, an inner-city ministry serving the east side of Vancouver. We look forward to walking with you in faith throughout this Lenten season.



FRIDAYS during LENT

MINISTRY

March 20

Ministry of the Word (Lectors)

March 27

Catholic Women's League (CWL)

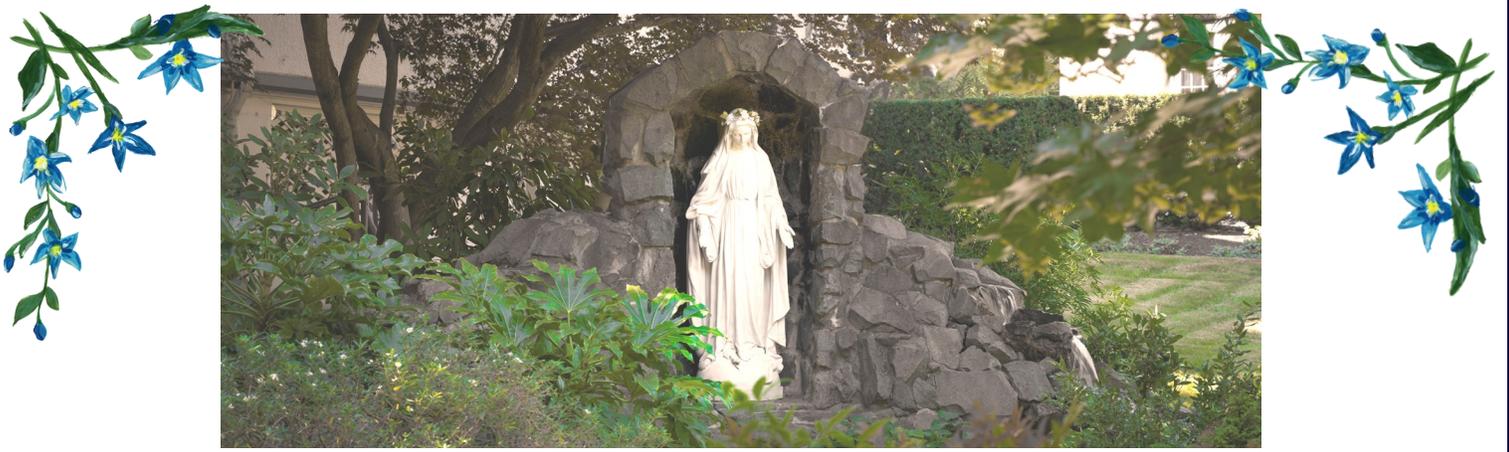
Good Friday, April 3

The Redemptorists



BRAVO TO OLPH SCHOOL CHILDREN
For Leading the Stations of the Cross on MARCH 6 in the Church.
WELL DONE !





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

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

Contact email:

csiy.olph@rcav.org

OLPH School Principal

Deirdre O'Callaghan

Jr. Kindergarten Director

Maria Cortese

OLPH School

604-228-8811

Jr. Kindergarten:

jrkindergaten@olphbc.ca

PARISH INFORMATION

Pastoral Council

Donna Trasolini
trasolini@telus.net

Finance Council

Kevin Chan
kchanolph@gmail.com

Parish Education Committee

Ken Kwong
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

Communion to the Sick

Mary Thompson 604-263-6008

Craft Group

Elizabeth Hii e1kmhii@gmail.com

Development & Peace

Deirdre Webster 604-736-0714

Eucharistic Ministry

Kathy Mok
communications.olph@rcav.org

Friends of Liguori

Jesse Gemmell
friendsofliquori.olph@gmail.com

Hospitality Ministry

Gerry Macken 604-222-1369

Ministry of the Word

Kathy Mok
communications.olph@rcav.org

Music Ministry

Raphael & Blanche Dela Luna
bolivar@shaw.ca

PREP

Claudia Mok
prep.olph@gmail.com

Project Advance

Fr. Alfredo Medina Ramos
amedinaramos@rcav.org

RCIA

Fr. Alfredo Medina Ramos
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