

March 22, 2026 ❖ Fifth Sunday of Lent

❖ Holy Week 2026 ❖

Palm Sunday - MARCH 28/29

Saturday 5:00pm, Sunday 9:00am, 11:00am, 5:00pm

Holy Thursday - APRIL 2

Mass of the Lord's Supper at 7:00pm

Adoration of the Blessed Sacrament will continue in the sanctuary following Mass until 12:00 midnight (NO Morning Mass on this day)

Good Friday - April 3

Children's Good Friday Service at 11:00am

Celebration of The Lord's Passion at 3:00pm

Holy Communion will be distributed at both Services

**** Stations of the Cross at 7:00pm ****

Holy Saturday - April 4

Easter Vigil at 8:30pm

Followed by reception in the parish hall

(NO Morning Mass, NO 5:00pm Mass & NO Confession on this day)

Easter Sunday - April 5

Mass at 9:00am, 11:00am & 5:00pm

Easter Monday - April 6 - Mass at 9:00am





Archdiocese
of Vancouver

On track for JUSTICE

Share
Lent 2026



Development
and Peace
CARITAS CANADA



GIVE TODAY AND HELP BRING HOPE TO THE GLOBAL SOUTH

A Message from Archbishop Smith

This Sunday, March 22, we mark the Fifth Sunday of Lent – Solidarity Sunday – when our international development organization, Development & Peace – *Caritas* Canada, invites us to live out the Lenten practice of almsgiving by contributing to the Share Lent campaign.

The Lord Jesus Christ taught us, “As long as you did it for one of these, the least of my brethren, you did it for me” (Mt 25:40). This year’s Share Lent theme, “On Track for Justice”, invites us to align our Lenten sacrifices with this Gospel imperative, fostering solidarity that transforms lives and societies in the spirit of the Church’s social teaching. Pope Leo XIV says: “Justice becomes concrete when it reaches out to others, when each person is given their due, until equality in dignity and opportunity among human beings is achieved.”

Even in these uncertain times, our faith urges us to respond with hope and generosity. Last year you helped Development & Peace raise over \$19 million to support 59 life-changing projects in 34 countries across Africa, Asia, Latin America, and the Middle East. I encourage each of you once again to give as you are able in next weekend’s Share Lent collection, so as to journey with our suffering sisters and brothers in the Global South, advancing peace as the fruit of justice.

With gratitude for your steadfast care for the poor, I assure you of my prayers for you and your families as we approach the joy of Easter.

Yours sincerely in Christ,

Richard W. Smith
Archbishop of Vancouver

Your tax-deductible gift to this second collection:

- Supports projects that address the root causes of poverty in Africa, Asia, Eastern Europe, Latin America, and the Middle East
- Helps defend the South and protect its natural resources
- Mobilizes for change in unjust structures and systems, helping regain human dignity in impoverished communities
- Encourages global solidarity, guided by Catholic Social Teaching

EXPERIENCING GOD'S FORGIVENESS AND MERCY

Lenten Penitential Service at OLPH Thursday, March 26 at 7:00pm

Where am I, before God! Realistic self-perception is a very noble pursuit. Self-aware, graced and empowered to seek even small change in one's own life.



❖ *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 in the Church basement from 7:00 - 8:30pm :

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#/>



Sacramental Preparation First Holy Communion & Confirmation



❖ If you are a baptized Catholic from Vancouver College or Little Flower Academy, and have not yet received the Sacraments of First Communion or Confirmation, you are warmly invited to join us in celebrating First Communion on May 3; and Confirmation on May 22, which will be celebrated by Archbishop Smith. Please contact the parish office for more information.

🌀 NEWS & NOTICES 🌀

♦ 2025 DONATION TAX RECEIPTS

Please be advised that 235 Donation Tax Receipts were mailed out this past week. We sincerely appreciate those who picked up their receipts in person, helping us reduce postage cost.



♦ VOLUNTEERING OPPORTUNITY - SUNDAY COFFEE



Thank you to all of you who helped with our Sunday Coffee Social on Sunday mornings. Your great work is always appreciated by the community. We are looking for volunteers to help in the month of April. If you can help, please click here to sign up:

<https://www.signupgenius.com/go/904054CAEA728A7FC1-48231572-sunday#/>

♦ LENTEN REFUGEE PROJECT (PART II) AT OLPH



As we journey through this sacred season of Lent, let us remember our brothers and sisters who, in desperation, are fleeing their countries in search of a new and hopeful life in Canada. Your support to the Lenten Refugee Collection would be greatly appreciated. Donation envelopes are available in the Church. Thank you for your generosity and for supporting this meaningful Lenten Initiative.



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