



May 24, 2026 ❖ Pentecost Sunday

“To each is given the manifestation of the Spirit for the common good.” *1 Corinthians 12:7*

To receive the gifts of the Holy Spirit, you must open your heart and invite Him in!
Ask the Holy Spirit to guide your thoughts, words and actions every day. Be grateful for all the gifts
God has given you. Regardless of our individual circumstances, God has given all of us many blessings.

*O God,
send forth your Holy Spirit into my heart that I may perceive,
into my mind that I may remember,
and into my soul that I may meditate.
Inspire me to speak with piety, holiness, tenderness and mercy.
Teach, guide and direct my thoughts and senses from beginning to end.
May your grace ever help and correct me,
and may I be strengthened now with wisdom from on high,
for the sake of your infinite mercy.
Amen.*

~ by St. Anthony of Padua



**DON'T MISS OUT !
LAST 2 SESSIONS
BEFORE SUMMER BREAK**

THE JOURNEY OF FAITH

**TOPIC: WHAT MAKES A
HEALTHCARE INSTITUTION CATHOLIC
MONDAY, MAY 25, 7:00PM - 8:30PM
IN THE PARISH HALL**

**Our 8th Session will feature
Francis Maza**



**Vice-President
of Mission, Ethics & Spirituality at
Providence Health Care
as our guest speaker.**



CWL Tea and Faith Talk is only One Week Away

Join the Catholic Women's League for an afternoon of fellowship and faith on Sunday, May 31st from 12:15pm - 2:00pm in the Parish Hall.

Enjoy tea, coffee, and light refreshments while engaging in meaningful conversation.

Supervised childcare will be provided.

Open to all women of the parish and their friends.

Please RSVP to cwlcommunications.ca@gmail.com by May 26

Our Best Wishes to the seven adults who received the Sacrament of Confirmation on Pentecost Sunday.

May the Holy Spirit fill your hearts with grace, wisdom, and openness as you continue to love and serve our Lord with grateful hearts.

May this special day strengthen your faith all life long and guide you always in the journey with Jesus Christ.



CONGRATULATIONS TO OUR 51 YOUTH WHO WERE CONFIRMED BY ARCHBISHOP RICHARD SMITH ON MAY 22





Monday, JUNE 1 7:00pm - 8:30pm	Thursday, JUNE 11 9:00am - 10:30am	Monday, JUNE 15 7:00pm - 8:30pm
What is Palliative Care	Health Care	Adult Faith Formation
		
Palliative Care Supporting comfort, dignity and quality of life.	Advance Care Planning Future Health Decisions: Your wishes and who can make decisions for you when you can't.	Family & Faith - Transmitting Faith
Fr. Mark Miller Mali Elliott	Vancouver Coastal Health	James Borkowski

🌸 NEWS & NOTICES 🌸

♦ VOLUNTEERING OPPORTUNITY - SUNDAY COFFEE



Thank you to all of you who helped with Sunday Coffee Social on Sunday mornings. Your work is always greatly appreciated by the community. We are looking for volunteers to help with Sunday Coffee for the month of June. If you could help please sign up here: <https://www.signupgenius.com/go/904054CAEA728A7FC1-48231572-Sunday>

♦ JOIN BISHOP GARY GORDON FOR A TALK ON PERMANENT PASTORAL SYNOD

Come hear Bishop Gary Gordon, the Bishop of Victoria, share about their Permanent Pastoral Synod and how other communities can begin this journey of fostering a "listening church"? His address will take place on Tue, May 26 at 7:30pm at St. Patrick's Church hall, 2881 Main St., Vancouver. Free tickets and open to all! Register for in-person and online option here: www.thecccm.ca/sherlock-lecture Thank you to City in Focus for their sponsorship of this event. The lecture is hosted by Campus Life and Ministry at Corpus Christi College and St. Mark's College at UBC and UBC Catholic Campus Ministry at St. Mark's Parish in Vancouver, as part of the 2026 National Conference for Canadian Catholic Campus Ministry.

♦ BIRTHRIGHT'S 15th ANNUAL WALKATHON

You are warmly invited to join Birthright Vancouver for their annual walkathon. Funds raised will go toward supporting pregnant women and new moms in the Vancouver area. Date: Saturday, June 13 at 10am The group will begin from the Holy Name of Jesus Church (4925 Cambie Street) and walk/run for 3 km in Queen Elizabeth Park. For more information please contact birthrightvancouver@gmail.com

EASTER REFUGEE PROJECT AT OLPH

Thank you to everyone who responded promptly to this campaign. We are still seeking donations which can be made at Mass, in person at the parish office or by E-Transfer to autodeposit.olph@rcav.org (Please include "Refugee Project" in the note). For more information please contact Fr. Mark Miller at (604)224-4344 or by email to markmillercssr@gmail.com May God bless you!



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

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Jr. Kindergarten:

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PARISH INFORMATION

Pastoral Council

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Altar Guild

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Kate Carr 604-730-5640

Children's Liturgy

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Communion to the Sick

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Ministry of the Word

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Music Ministry

Raphael & Blanche Dela Luna
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PREP

Claudia Mok
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Project Advance

Fr. Alfredo Medina Ramos
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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