

# May 3, 2026 ❖ Fifth Sunday of Easter



## STEWARDSHIP REFLECTION



“The stone which the builders rejected has become the cornerstone.” *1 Peter 2:7*  
Every person has been given gifts from the Holy Spirit. These are called “charisms” and they are used to build God’s kingdom of earth. While many people are able to recognize their natural talents and abilities, they may be unsure of their charisms. If you know someone who is struggling for a direction in life, give them a little encouragement. Help them discern their charisms and how God is calling them to use them. No gift is too small or insignificant in God’s salvation plan.  
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*Congratulations and God bless all the children who celebrate their  
First Holy Communion this Sunday.*

*May we hold these boys and girls in our prayers,  
that their hearts be open to the sacred presence of Jesus Christ.  
May this holy encounter with Jesus fill them with grace and joy.*



***Adult Confirmation Classes Will Begin This Week !***

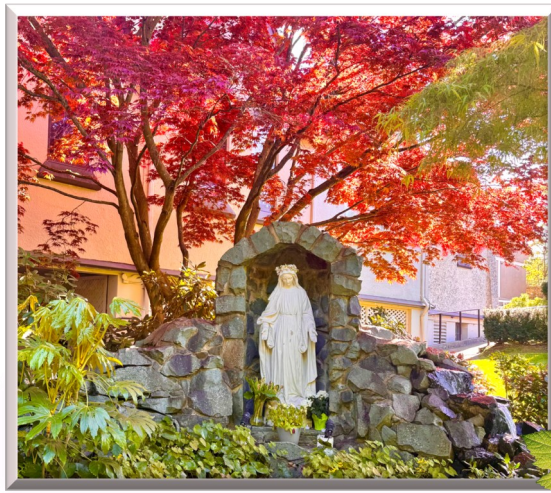
***Deadline to Register: May 4***



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 : 2026 - May 6, 13, 20**

To sign up, please click the link below or scan the QR code:  
<https://www.signupgenius.com/go/8050B4BAFAA2DA1FB6-62597711-adult#/>





## ***Why the Month of May is Dedicated to the Blessed Virgin Mary***

The Catholic Church dedicates the entire month of May to the Blessed Virgin Mary, mother of God and spiritual mother of all. In the plan of salvation, the Blessed Virgin Mary holds a special place. By virtue of her role to be the mother of the Son of God by divine election, she was conceived immaculately - without the stain of original sin - and by fidelity to her son has been crowned queen of heaven and earth.

Everything Mary said and did leads to Christ. Who knows a child better than a mother? And what good and loving child does not know his or her mother and love her with all of his or her heart? Mary knew and loved Jesus like no one else on earth - and she loves each of her children, human beings, with similar affection and tenderness.

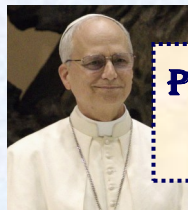
The Church, in its wisdom, asks its children to be especially devoted to Mother Mary during the month of May and to be particularly grateful for all of her care.

**A MODEL FOR EVERY CHRISTIAN** Mary, the most humble of all women, is a model for everyone, today, in the here and now. She is a model in a particular way for every woman, as expressed by Pope Francis. "There is only one model for you, Mary: the woman of fidelity, who did not understand what was happening to her but obeyed. The one who, as soon as she knew what her cousin needed, took off to help her, the Virgin of Promptness. The one who escaped as a refugee in a foreign country to save the life of her son,"

Mary, through Jesus, has brought heaven closer to us and her life is the best proof that it is possible to reach it. Pope Francis said it best: "She shows us that heaven is within reach, if we too do not give in to sin, we praise God with humility, and we serve others with generosity" ~ EWTN

***WE INVITE YOU TO JOIN US IN PRAYING THE ROSARY,  
30 MINUTES BEFORE OUR MORNING MASSES, MONDAY THROUGH SATURDAY***

**The Novena to Our Mother of Perpetual Help is prayed on Thursdays after the 8am Mass at our parish.**



**POPE LEO'S PRAYER INTENTION  
FOR THE MONTH OF MAY**

**THAT EVERYONE MIGHT HAVE FOOD.**

**Let us pray that everyone, from large producers to small consumers,  
be committed to avoid wasting food, and to ensure that everyone has access to quality food.**

The Holy Father asks for our prayers for a specific intention each month. You are invited to answer the Holy Father's request and to join with many people worldwide in praying for this intention each month.

## NEWS & NOTICES

### ♦ PARISH EDUCATION COMMITTEE (PEC) INFORMATION SESSION EVENING

 Our Lady of Perpetual Help  
Parish Education Committee



PEC Information Session Evening will take place on Thursday, May 7 at 7:00pm in the Parish Hall. Come join us for an open forum on serving the school and parish community through

PEC and other leadership roles. For information on the upcoming PEC Elections, please refer to the Election Bulletin included in this week's bulletin. Thank you.

### ♦ EVERY LIFE IS A GIFT - MARCH FOR LIFE 2026

**MARCH** for **LIFE** 

The annual "March For Life" will take place in Victoria on Thursday, May 14. Participants meet at Centennial Square and march down Government Street to a rally at the Parliament Building. The march is a public witness

to the sanctity of human life and a message to the provincial government of the need for changing the law to protect the most vulnerable, especially the unborn and the elderly. Bus transportation is available - the bus will leave St. Patrick's Parish on Main Street at 7:15am for the 9am ferry to Victoria. Mass will be celebrated at 12:00noon at St. Andrew's Cathedral in Victoria. Limited Seats Available!! To register, please contact St. Patrick's Parish or visit [www.m4lvictoria.ca](http://www.m4lvictoria.ca)

### ♦ VOLUNTEERING OPPORTUNITY - MEAL PREPARATION FOR THE NEEDY - May 9



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 Saturday, May 9.

Please sign up at [www.signupgenius.com/go/8050B4BAFAA2DA1FB6-46459533-inner#](http://www.signupgenius.com/go/8050B4BAFAA2DA1FB6-46459533-inner#/) if you are able to serve. Thank you very much.

### ♦ MAGNIFICAT VANCOUVER - SPRING PRAYER BRUNCH

Please join us at a brunch for Catholic women of Vancouver where we will share together in that same spirit of gratitude and praise. After brunch, there will be a time of prayer for the needs of all present and an opportunity to hear one woman's experience of the transforming love of Christ in her own life. Come and bring a friend to rejoice in the presence of the Lord! Saturday, May 23, 11:00 am - 2:00 pm at the John Paul II Pastoral Centre in Vancouver. Register at [magnificatvancouverchapter.com](http://magnificatvancouverchapter.com)



First Holy Communion	May 3	2:00pm
OLPH School Spring Concert	May 6	6:00pm School Gym
Mother's Day School Mass	May 8	9:00am
OLPH On the Green - Golf Tournament & Dinner	May 21	Please contact OLPH school
Sacrament of Confirmation	May 22	7:00pm
Parish Education Committee (PEC) Elections	May 30/31	At All Masses

## EASTER REFUGEE PROJECT AT OLPH

Thank you to everyone who responded so promptly to the Easter Refugee Project at OLPH. We are truly overwhelmed by your generosity and kindness. We are still seeking donations to support this campaign. Donations can be made at Mass, in person at the parish office or by E-Transfer to [autodeposit.olph@rcav.org](mailto: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](mailto: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](mailto:parish.olph@rcav.org)

Website: [www.olphchurch.ca](http://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](mailto: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](mailto:jrkindergaten@olphbc.ca)

## PARISH INFORMATION

### Pastoral Council

Donna Trasolini  
[trasolini@telus.net](mailto:trasolini@telus.net)

### Finance Council

Kevin Chan  
[kchanolph@gmail.com](mailto:kchanolph@gmail.com)

### Parish Education Committee

Ken Kwong  
[pec@olphbc.ca](mailto: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](mailto:communications.olph@rcav.org)

### Communion to the Sick

Mary Thompson 604-263-6008

### Craft Group

Elizabeth Hii [e1kmhii@gmail.com](mailto:e1kmhii@gmail.com)

### Development & Peace

Deirdre Webster 604-736-0714

### Eucharistic Ministry

Kathy Mok  
[communications.olph@rcav.org](mailto:communications.olph@rcav.org)

### Friends of Liguori

Jesse Gemmell  
[friendsofliquori.olph@gmail.com](mailto:friendsofliquori.olph@gmail.com)

### Hospitality Ministry

Gerry Macken 604-222-1369

### Ministry of the Word

Kathy Mok  
[communications.olph@rcav.org](mailto:communications.olph@rcav.org)

### Music Ministry

Raphael & Blanche Dela Luna  
[bolivar@shaw.ca](mailto:bolivar@shaw.ca)

### PREP

Claudia Mok  
[prep.olph@gmail.com](mailto:prep.olph@gmail.com)

### Project Advance

Fr. Alfredo Medina Ramos  
[amedinaramos@rcav.org](mailto:amedinaramos@rcav.org)

### RCIA

Fr. Alfredo Medina Ramos  
[amedinaramos@rcav.org](mailto: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