

June 28, 2026 ❖ 13th Sunday in Ordinary Time



## The Icon of Our Lady of Perpetual Help is Rich in Meaning Every Detail Reveals Our Faith and Her Loving Care

**STAR ON OUR LADY'S VEIL**  
She is the Star of the Sea, who brought Christ' light to the darkened world.

**ARCHANGEL MICHAEL**  
Holds the spear, lance and sponge – instruments of the Passion.

**MARY'S HANDS**  
Her right hand points to Jesus, the way to salvation. Her left hand supports and protects us.

**MARY'S BLUE MANTLE**  
A symbol of her love, faithfulness and her protection over us.

**MOTHER OF GOD**  
The Greek letters MP ΘΥ (Meter Theou) honor Mary as the Mother of God.

**ARCHANGEL GABRIEL**  
Holds the Cross and the nails, symbols of the Passion.

**JESUS CHRIST**  
The Greek letters IC XC (Iesous Christos) mean Jesus Christ, our Savior.

**CHRIST'S HALO**  
The cross in His halo shows He is the Son of God.

**JESUS IN MARY'S ARMS**  
He seeks refuge in His Mother, showing His love for us and Mary's perpetual help.

**Happy Feast Day of Our Lady of Perpetual Help , June 27**

**HAPPY SUMMER HOLIDAY** As another school year comes to a close, we would like to take this opportunity to express our deepest appreciation to our principal, teachers, staff, and the Parish Education Committee. Thank you for your dedication and countless hours of service in supporting our students & our school. We also wish to express our sincere gratitude to our school families for their continued support, generosity, and love for the OLPH Parish and School community. Your partnership and involvement have been a true blessing.

As summer begins, we pray that God grants everyone a season of renewal and joyful moments with family and friends. May God keep you safe in His loving care. Have a wonderful summer! We look forward to welcoming you back in the new school year!

## NEWS & NOTICES

### VOLUNTEERING OPPORTUNITY



#### SANDWICH-MAKING OUTREACH FOR THE NEEDY IN DOWNTOWN EASTSIDE:

The Bible says we are to care for the poor, which involves feeding the hungry. As Catholics, let us live out the core act of service and compassion to those who have less. The Parish, through the Friends of Liguori and some of our youth, makes and delivers sandwiches to support a couple of shelters for the homeless in Downtown Eastside. We are looking for volunteers and parent supervisors to continue this endeavor during the summer months. We are looking for volunteers to make this mission possible on all of the Sundays in July & August, from 10 - 11am in the church kitchen. Please click here if you can help: [https://www.signupgenius.com/go/8050B4BAFAA2DA1FB6-64468493-sandwichmaking#/#/](https://www.signupgenius.com/go/8050B4BAFAA2DA1FB6-64468493-sandwichmaking#/)



**SUNDAY COFFEE:** Thank you to everyone who helped with Sunday Coffee Social on Sunday mornings. We are looking for volunteers to help with Sunday Coffee for the month of July. If you can help, please click here: [https://www.signupgenius.com/go/904054CAEA728A7FC1-48231572-sunday#/#/](https://www.signupgenius.com/go/904054CAEA728A7FC1-48231572-sunday#/) THANK YOU!

*Morning Mass will be at 9:00am on July 1st*

*We thank God for the many blessings bestowed upon our beautiful country, Canada.*

HAPPY  
CANADA DAY!



DONATE TODAY

### PROJECT ADVANCE CAMPAIGN IS NOW UNDERWAY AT OLPH

When you support Project Advance, you turn hope into action. The annual appeal provides critical funding to key ministries and projects in our Archdiocese as well as to our parish. This year, our parish fundraising goal is \$135,000. In addition to supporting important Archdiocesan initiatives, a portion of the funds raised will remain in our parish and be directed toward the renovation of our church sanctuary and other interior improvements. Donations can be made in person at the parish office, drop off in the Sunday collection baskets, or visit [projectadvance.ca](http://projectadvance.ca) to give online. Thank you for your support!

### MASSES & SERVICES

Saturday Anticipated Mass: 5pm

Sunday Masses: 9am, 11am, 5pm

Daily Mass : Mon – Fri 8:00am

Thurs OLPH Novena: After 8am Mass

Sat & Holidays: 9:00am Mass

Sat Adoration: 9:30am – 10:00am

Reconciliation: Sat 4:00pm – 4:45pm

Or by appointment: 604-224-4344

### OFFICE HOURS

Monday-Friday 9:30am - 4:00pm

Stat Holiday, Sat & Sun: Closed

Pastor: Fr. Leo English, CSsR

Parochial Vicar: Fr. Alfredo Medina Ramos, CSsR

### CONTACT

Our Lady of Perpetual Help Parish

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