

July 19, 2026 ❖ 16th Sunday in Ordinary Time



Stewardship Reflection

“The kingdom of heaven may be likened to a man who sowed good seed in his field...He who sows good seed is the Son of Man, the field is the world, the good seed the children of the kingdom.” *Matthew 13:24, 37-38*

As children of God, we are all “good seeds”. We are blessed by God with the potential to accomplish much good in the world. We fulfill God’s plan when we spend time in prayer every day, use our skills to help others and share our financial gifts to help build God’s kingdom on earth. Through our example of gratitude and generosity we sow “good seeds” on earth and ultimately help each other get to heaven!

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Are You Thinking About Becoming Catholic ?

Whether you are considering becoming Catholic or simply want to learn more about the Catholic faith and the teachings of Jesus Christ, we welcome you on this journey of faith and conversion. RCIA (Rite of Christian Initiation of Adults) will be held on Tuesday evenings from 6:30pm – 8:00pm in the parish hall, beginning in September 2026. If you are interested in joining the RCIA program, please visit <https://olphchurch.ca/join/become-catholic/>



Weekly Catechism Class for Children Not In Catholic School

If your child is in Grade K-7 (or beyond G.7 if they are not yet Confirmed) who does not attend Catholic school, consider joining PREP (Parish Religious Education Program) for Sacramental Preparation for First Reconciliation, First Communion and Confirmation. Classes will begin in September 2026. To register, visit <https://olphchurch.ca/join/prep/> or email prep.olph@gmail.com for more information.

✿ With Deepest Sympathy ✿

We are saddened to share the news of the passing of †Nim Michailides, a long time parishioner of OLPH. †Nim was devoted to our parish family and reverently prayed for our community whenever she was in the Church. Her Funeral Mass will be held on Friday, July 24 at 11am.

Please also keep †San Deep in your prayers. †San Deep, a young man, was the nephew of one of our choir members, Naresh. Let us remember both families and their loved ones in our prayers.

Eternal rest grant unto †Nim and †San Deep, O Lord, and let perpetual light shine upon them. May the souls of all the faithful departed, through the mercy of God, rest in peace. Amen.

✿ NEWS & NOTICES ✿

♦ VOLUNTEERING OPPORTUNITY: SANDWICH-MAKING OUTREACH FOR THE NEEDY IN DOWNTOWN EASTSIDE:



The Parish, through the Friends of Liguori and some of our volunteers, makes and delivers sandwiches to support a couple of shelters for the homeless in downtown eastside. We are looking for volunteers to make this mission possible on all of the Sundays in the summer - July & August, from 10am - 11am in the church kitchen. Please use this link to sign up if you can help: <https://www.signupgenius.com/go/8050B4BAFAA2DA1FB6-64468493-sandwichmaking#/>

✿ ARCHDIOCESAN EVENT ✿



♦ **PILGRIMAGE TO THE OUR LADY OF LOURDES GROTTO** St. Joseph's Parish, Mission, invites you to the historic Fraser River Heritage Park on August 15 to celebrate the Holy Eucharist in honour of Our Lady at 1 p.m. The principal celebrant will be Archbishop Smith. After the Mass, there will be a procession to the grotto where the rosary will be prayed, followed by the Benediction of the Most Blessed Sacrament. All are welcome! Learn more at beholdvancouver.org



PROJECT ADVANCE CAMPAIGN IS NOW UNDERWAY AT OLPH

DONATE TODAY



When you support Project Advance, you turn hope into action. 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 to give online. Thank you for your support!

MASSSES & 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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