

July 5, 2026 ❖ 14th Sunday in Ordinary Time



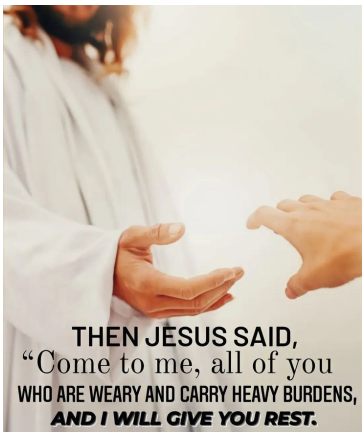
Stewardship Reflection

“Come to me, all you who labor and are burdened, and I will give you rest.”

Matthew 11:28

In the Gospel, Christ gives thanks to the Father for those who are humble for it was to them that the Father was revealing the Kingdom of God to. Humility is an important virtue to foster especially in the work of stewardship, for with humility we can see how much God is generous to us and how much we need Him. With humility, we can ask the Lord to help us carry our burdens, and He will make them light.

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THEN JESUS SAID,
“Come to me, all of you
WHO ARE WEARY AND CARRY HEAVY BURDENS,
AND I WILL GIVE YOU REST.”

Happy Celebration of the Feast of Our Lady of Perpetual Help



Our Lady of Perpetual Help, as we enjoy the blessings of summer, keep us under your loving mantle of protection. Watch over our families in our travels, our work, our play, and our rest. May this season be filled with peace, joy, and countless blessings. Amen.

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#/>



CHILDREN'S LITURGY CONTINUES THROUGHOUT THE SUMMER: In response to requests, we are pleased to announce that Children's Liturgy will continue throughout the summer during the 11:00am Sunday Mass. We are grateful to our dedicated volunteers whose generosity and commitment have made this ministry possible for our children. May God bless you for your faithful service & the love you share with our youngest parishioners.



The Pope's Monthly Intention July 2026

For Respect for Human Life

Let us pray for the respect and protection of human life
in all its stages,
recognizing it as a gift from God.



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!

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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