

August 30, 2026 ❖ 22nd Sunday in Ordinary Time

THE REDEMPTORISTS

Our Lady of Perpetual Help Catholic Church

SUNDAY MASS 9:00 & 11:00AM, 5:00PM SATURDAY 5:00PM
WEEKDAYS 8:00AM RECONCILIATION SATURDAY 4:00-4:45PM

Stewardship Reflection



"What profit would there be for one to gain the whole world and forfeit his life?" - *Matthew 16:26*
Jesus reminds us that if we wish to follow him on the path of discipleship, we will have to pick up and carry our own cross. Just as Jesus was willing to give his all to fulfill the Father's will, we must be willing to give our all to fulfill his will in our lives. It is only through such sacrifice that we will experience the fullness of joy and life. ~ *Faith Catholic*



CATECHISM CLASS FOR CHILDREN (Parish Religious Education Program)

If your child is in Kindergarten through G.7 (or beyond G.7 if they are not yet Confirmed), consider joining our Parish Religious Education Program - it provides children an opportunity to grow in Catholic faith while preparing to receive the Sacraments of First Reconciliation, First Communion and Confirmation. PREP Classes will be held on Tuesday evenings from 6:30pm - 7:30pm. Our first class will begin on Tuesday, Sep 15th, 2026. To register or for more info, please visit <https://olphchurch.ca/join/prep/> or email prep.olph@gmail.com



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. Our first class will begin on Tuesday, Sep 1st, 2026. Please visit <https://olphchurch.ca/join/become-catholic/> for more information. *Please Note: Registration Deadline - September 15, 2026*

STAY TUNED for the schedule of all 9 sessions
Registration is not required
Free Admission
Please bring a non-perishable food item
for food bank

Adult Faith Formation
Sep 2026 - June 2027

THE JOURNEY OF FAITH

First Two Sessions At A Glance :

DATE	TOPIC	GUEST SPEAKER
SEPTEMBER 14	GRIEF	IVY CLARK
OCTOBER 19	WOMEN IN BIBLE	FR. NICK MEISL

*With
Deepest Sympathy*

❖ We are saddened to learn of the passing of †Mary Ann Waldmann, a long-time faithful parishioner of OLPH. Let us keep †Mary and her family in our prayers. **Funeral Mass will be held on Friday, September 4 at 11:00am.** A reception will follow in the parish hall.

Eternal rest grant unto †Mary, O Lord, and let perpetual light shine upon her. May the souls of all the faithful departed, through the mercy of God, rest in peace.

NEWS & NOTICES



♦ **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 September. If you can help, please click here: https://www.signupgenius.com/go/904054CAEA728A7FC1-48231572-sunday#/ THANK YOU!

ARCHDIOCESAN EVENTS

♦ **GARDENS OF GETHSEMANI FALL OPEN HOUSE** You are invited to the Gardens of Gethsemani for their annual Fall Open House on September 18-19. Discover the peace, beauty, and sacred tradition of your Catholic cemetery. Come tour the grounds, meet our caring team, and explore options that reflect your faith and legacy. For info, visit <https://rccav.org/event/fall-2026-open-house/>



NEPAL FLOODS - A DILUVIAN DISASTER - TOGETHER, WE CAN HELP!

On the morning of August 26, catastrophic flash flooding inundated the Bhotekoshi-Trishuli river system of Nepal, near its border with the Tibet Autonomous Region. The disaster having occurred in peak tourism and pilgrimage season, the human toll has been heavy. News media were reporting 584 deaths and over 2,000 people missing. These numbers are expected to increase substantially in the coming days.

Communication links have been severed, and all roads have been washed away, leaving helicopters as the only viable means of transport. Hundreds of homes have been destroyed, and many thousands of people, including at least 17,000 children, have been affected. **The people of Nepal certainly need all the “divine assistance and protection” that Pope Leo XIV has invoked on them in the telegram that was sent to them on his behalf.**

Caritas Nepal is coordinating closely with the authorities, helping with rescue efforts and providing food and emergency supplies to displaced families. They need your help urgently. **Please give generously to help the people of Nepal. To make a donation, please visit https://devp.org/en/make-a-donation/?tfa_1955**

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

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