

September 6, 2026 ❖ 23rd Sunday in Ordinary Time



*You are warmly invited to join us for a series of
Adult Faith Formation*

beginning Monday, September 14 from 7:00pm - 8:30pm in the parish hall.

Our First Session on **September 14** will feature **Ivy Clark**,
a trained grief-informed Spiritual Director, as our guest speaker.

TOPIC: GRIEF

~ Walking with God through Grief ...

The session on **Grief** is an insightful and meaningful experience that help us understand the emotional impact of loss. Grief is a natural process and that everyone experiences it differently. The session highlights the importance of acknowledging our feelings instead of suppressing them. We will discuss the different stages and expressions of grief, including sadness, anger, confusion, and acceptance. Healing takes time and that it is important to be patient and compassionate with ourselves and others who are grieving. Together, we will reflect on finding hope, comfort, and strength through faith.



*Registration is not required.
We kindly ask that you
bring along a non-perishable
food item for food bank.
Thank You!*



For Our Upcoming Fall Events

Monday, September 14	Faith Formation Series #1, 7:00pm in the parish hall Grief Presentation - by Ivy Clark
Sunday, September 20	OLPH School Staff Commissioning Mass at 11:00am
Saturday, September 26	Harvest Fair - School Gym
Monday, October 12	Thanksgiving Day - Mass at 9:00am
Monday, October 19	Faith Formation Series #2, 7:00pm in the parish hall Women in Scripture - by Fr. Nick Meisl
Wednesday, October 28	First Reconciliation Meeting on Zoom
Monday, November 2	Mass of Remembrance at 7:00pm
Thursday, November 5	Archbishop's Dinner at Hyatt Regency
Saturday, November 14	St. Mark's College Breakfast Fundraiser
Saturday, November 14	CWL Christmas Fair
Saturday, November 14	Sancta Maria House Fundraiser - Performer Clifton Murray
Saturday, December 5	Sacrament of First Reconciliation



**Happy Labor Day
September 7, 2026**

Morning Mass will be at 9:00am
Parish Office is closed



WELCOME BACK

All New & Existing School Families,
Principal and School Staff
to OLPH Parish & School Community.

We hope you have had a
fantastic summer!



♥ A PRAYER ♥ FOR NEW SCHOOL YEAR

Lord, bless and fill our
Parish and School community
with love, truth and goodness.
As our students begin a new
school year, keep them in your care
and send the Holy Spirit
to open their minds to all
that is good and beautiful.
May the presence of
Your Spirit
fill the hearts
of our school families,
teachers and everyone
in the community.
Amen.





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 ?

RCIA has just started on Sep 1. 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. Please visit <https://olphchurch.ca/join/become-catholic/> for more information. ***Please Note: Registration Deadline - September 15***

NEWS & NOTICES

♦VOLUNTEERING OPPORTUNITY - MEAL PREPARATION FOR THE NEEDY - SEPTEMBER 12



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 Sat, Sep 12. Please sign up at www.signupgenius.com/go/8050B4BAFAA2DA1FB6-46459533-inner# if you are able to serve. Thank you very much.

ARCHDIOCESAN EVENTS

♦CATHOLIC END-OF-LIFE PANEL

Join us for a panel discussion on end-of-life care, tailored for Practicing Catholic physicians and nurse practitioners. Share your successes, questions and challenges in end-of-life patient care. Meet and connect with fellow Catholic physicians and nurse practitioners. Discuss how to advance end-of-life patient care rooted in the Catholic faith. At Holy Name of Jesus Parish Hall. Sept 26 at 8:30 a.m. Register and learn more at beholdvancouver.org

♦ARCHBISHOP'S DINNER 2026 The faithful of the Archdiocese of Vancouver are invited to attend the 15th annual Archbishop's Dinner on Thursday, November 5, 2026. This year's Dinner will raise funds for local Catholic initiatives that promote mental wellness, strengthen our parishes, and support those who serve on the front lines of care. The deadline to register is October 23. Learn more at rcav.org/dinner2026



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 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

Website: 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

OLPH School Principal

Deirdre O'Callaghan

Jr. Kindergarten Director

Maria Cortese

OLPH School

604-228-8811

Jr. Kindergarten:

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PARISH INFORMATION

Pastoral Council

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Parish Education Committee

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Altar Guild

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Altar Servers

Kate Carr 604-730-5640

Children's Liturgy

Kathy Mok

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Communion to the Sick

Mary Thompson 604-263-6008

Craft Group

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Development & Peace

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Ministry of the Word

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Music Ministry

Raphael & Blanche Dela Luna

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PREP

Claudia Mok

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Project Advance

Fr. Alfredo Medina Ramos

amedinaramos@rcav.org

RCIA

Fr. Alfredo Medina Ramos

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