



## Parish Soup & Bread Lenten Series for 2017

Once again during Lent, the Parish is hosting the Lenten Series in support of Development and Peace.

### Format of the evening held in the Parish Hall:

**5:45 – 6:30p.m.** Grace begins our delicious, but simple supper of homemade soup and fresh bread, which also supports our Lenten fasting. A suggested donation of what it costs for your own supper goes to the Share Lent program of the Canadian Catholic Organization for Development and Peace.

(Highchairs are available for the younger ones.)

**6:30 – 7:00p.m.** Each week features a guest speaker on a variety of topics concerning Social Justice in our community and our world.

**7:15 – 7:45p.m.** (approx) Stations of the Cross led by parish ministries and groups. Reconciliation to follow.

Plans are still being made by our committee. Our tentative schedule is as follow:

### Guest Speaker

**March 10** **Speaker:** Theodore & Jonhansel Ng - parishioners and participants in World Youth Day 2016

**Soup provided by:** Junior Young Disciples

**Stations of the Cross:** Junior Young Disciples

**March 17** **Speaker:** Kelci Tookey, Team Leader of Building Dreams 2011-present. She will be sharing her experience finding joy in the depths of Dominican poverty over the past 6 years and stories of the most incredible people she met in the most terrible conditions.

**Soup provided by:** JETS

**Stations of the Cross:** JETS

**March 24** **Speaker:** Brother Joe Glaab, OFM, Pastoral Assistant at OLPH, will speak on his recent pilgrimage to Assisi, Italy and the life of St. Francis.

**Soup provided by:** People of Thanks/Alpha

**Stations of the Cross:** People of Thanks/Alpha

**March 31** **Speaker:** Father Jim Holland, pastor of Sacred Heart Church of the First People.

**Soup provided by:** Knights of Columbus

**Stations of the Cross:** Secular Franciscans

**April 7** **Speaker:** Stef Michniewski, parishioner, former teacher and Executive Director of Alberta Catholic Schools Trustees Association, speaking on his SSVP trips to the Arctic-Gjoa Haven, Taloyoak.

**Soup provided by:** RCIA

**Stations of the Cross:** Altar Servers

*We Remember, We Celebrate, We Believe*

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## Our Lady of Perpetual Help Parish

*A Roman Catholic Christian Community*

*We come together at our Lord's invitation to worship God, celebrate the sacraments, and deepen our faith. We strive to be thankful, generous and welcoming,*

*and are sent forth to help advance God's Kingdom on earth*

*by proclaiming the Gospel and serving others.*

*March 5, 2017 First Sunday of Lent Cycle A*

### All Day Confession At OLPH Parish

**March 8th 8:00 am - 8:00 pm**

Pope Francis says, "It is not easy to entrust oneself to God's mercy, because it is an abyss beyond our comprehension. But we must! ... 'Oh, I am a great sinner!' All the better! Go to Jesus: He likes you to tell him these things! He forgets, He has a very special capacity for forgetting. He forgets, He kisses you, He embraces you and He simply says to you: 'Neither do I condemn you; go, and sin no more.'" (Jn 8:11).

On Wednesday, March 8th, you are invited to celebrate the Sacrament of Reconciliation on the annual Day of Confessions. Priests are available all day for confession.

#### Schedule for the Day of Confessions is as follows:

8:00 am - 10:00 am Fr. Pierre Ducharme

10:00 am - 12:00 pm Fr. Jack Hamilton

12:00 pm - 2:00 pm Fr. Raj

2:00 pm - 4:00 pm Fr. John Hesse

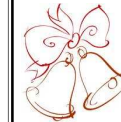
4:00 pm - 6:00 pm Fr. Sylvio Lacar

6:00 pm - 8:00 pm Fr. Jack/Fr. Raj



### Fr. Jack's trip to Greece in The Footsteps of St. Paul

A reminder for those who might be interested: There will be an information meeting on Tuesday, March 7th, at 7pm. Come and have your questions answered. No obligation. For further information or to book for the trip, please contact **Audrey Edwards** at Algonquin in the Park at **780-464-9727**.



### Wedding Congratulations

Our congratulatory prayers and best wishes go out to:

**JJ Wiesner & Lisa Pion**

who were married here at

Our Lady of Perpetual Help Church

February 24, 2016



### Low Gluten vs Gluten Free Hosts

Based on the feedback we have received from our parishioners who are celiac and/or gluten intolerant we are revisiting the use of gluten free hosts. In the interest of being inclusive and pastoral we have decided to continue to use the gluten free hosts until such time that this matter can be more fully resolved.

**Liturgy Schedule**  
**Mon. Mar. 6 - Sun. Mar. 12**

**Mon:** 8:45 am Morning Prayer  
**Tues:** 8:45 am Morning Prayer, 6:15 pm Mass - Bereaved  
**Wed: All Day Confession 8:00 am - 8:00 pm, No Mass**  
**Thurs:** 8:45 am Morning Prayer, 6:15 pm Mass  
**Fri:** 8:45 am Morning Prayer, 9:00 am Mass  
**Sat:** 10:00 am Reconciliation, 5:00 pm Mass  
**Sun:** 8:30 am Mass, 10:30 am Mass, 5:00 pm Mass

**Mass Intentions.....**

**Tues. Mar. 7:** Dominic Gomes† Neil McIntyre† John & Patricia McIntyre, Maria Nascimento Martins†  
**Wed. Mar. 8:** All Day Confessions  
**Thurs. Mar. 9:** CWL Members, Steve Quarles, Myrian Chidiak  
**Fri. Mar. 10:** Graham & Barbara Otway, Linda Poznanski, Jeanette Paskevich, Roger Peel† Luisa Perez† Herman Kieser†

**† In Loving Remembrance....**

We extend our deepest sympathy and the assurance of the prayers of God's people here at Our Lady of Perpetual Help to:  
Dennis & Theresa Penner, Alan & Patti Penner and Family. Denis & Alan's mother, **Emma Penner** died February 22<sup>nd</sup> in Edmonton.



**Lenten CD's Available.** Is LENT getting you down? Then get back up with some inspiring, informative and **UP-LIFTING** Catholic talks from our Lighthouse Media Stand! The stand has been restocked for Lent with favourite Titles like "My Beloved Son" by Father Baron, and "Seven Last Sayings of Christ" by Scott Hahn, as well as many more brand new titles - "Who Am I to Judge" by Edward Sri, "Answering Atheism" by Ken Hensley, and "Lectio Prayer" by Tim Gray, to name just a few. You will find the CD stand in the front foyer.

**Office Hours - Weekdays**

**Mon-Thurs**

8:30 a.m.- 9:00 p.m.

**Friday**

8:30 a.m.- 4:30 p.m.

**Office is closed from**

**12 p.m. - 1 p.m. weekdays**

Please note Office is closed on Weekends.

**Sacrament of Reconciliation**

Saturday 10:00 am-11:00 am

Or by appointment.

**Serving St. Francis of Assisi  
Tofield, AB**

**Mass: Sundays at 11:00 am**

**Pastor**

**Msgr. Jack Hamilton** - jack.h.vg@gmail.com

**Associate Pastor**

**Fr. Raj Savariappan** - rajfather@olph.ca

**Assistant Pastor**

**Fr. Pierre Ducharme, OFM**

pducharme@olph.ca

**Pastoral Assistants**

Betty Donovan- pastoralcare@olph.ca

Sue Boyne - pastoralcare@olph.ca

Monna Senez - msenez@olph.ca

Brother Joe Glaab, OFM - jglaab@olph.ca

Raylene Yuzyk - ryuzyk@olph.ca

Pat Lemire-plemire@olph.ca

**Business & Facility Manager & Volunteer  
Coordinator**

Brenda Frederick - bfrederick@olph.ca

**Administrative Assistants**

Lorraine Dotto - ldotto@olph.ca

Jenny Velazco - jvelazco@olph.ca

**Society of St. Vincent de Paul**  
**(780) 416 - 0931**

**Help Line: ext 1, Donations: ext 2**

**2 Rites for the Catechumens**

This weekend 2 Rites for the Catechumens will take place. The Rite of Sending Catechumens for Election by the Archbishop will take place here on Saturday, March 4 at the 5:00 Mass, followed by The Rite of Election and Enrollment of Names at St. Joseph's Basilica on Sunday, March 5 at 2:30. Both of these Rites focus on those journeying in the RCIA process who are not yet baptized and are seeking to receive the Sacraments of Baptism, Confirmation and First Holy Communion at the Easter Vigil. At The Rite of Sending for Election, Bailey, Katie, Kelci and Keri, along with their Godparents and sponsors proclaim to us, the faith community of OLPH, that they believe that God has called them to participate in the Sacraments of Initiation. We, the Church, testify that they have been called and we are responsible to support them along their journey, to pray and to fast for them. We send them forth to St. Joseph's Basilica to celebrate the Rite of Election and Enrollment of Names on Sunday with Archbishop Smith. There the Archbishop will inquire of their Godparents whether or not they have faithfully listened to God's word and are beginning to walk in God's presence sharing in our community and joining us in prayer. He will ask the Catechumens if they wish to enter into the life of the Church through the Sacraments of Baptism, Confirmation and the Eucharist. They will answer "I do!" and the Archbishop will ask them to offer their names for enrollment and declare them as members of the Elect to be initiated into the sacred mysteries at the Easter Vigil. Let us keep them in our prayers as they journey through Lent to the life-giving waters of the Easter Vigil.

**Renewal Through RCIA**

**RENEWAL THROUGH RCIA**

Presented by: Bishop Emeritus Gerry Wiesner, OMI

**A Workshop for RCIA Team Members**

**...and those in other parish ministries who would like to know more about RCIA.**

**Saturday, April 1, 2017**

**9:30 am – 3:30 pm**

**OLPH Parish, Sherwood Park**

Bishop Gerry Wiesner has been affectionately called "the guru of RCIA" by those who have been blessed to learn from him. This is your opportunity to deepen your understanding of RCIA and find out how this ministry can bring renewal of faith to individuals, lay ministers and whole parishes.

**Cost:** \$25 per person (includes lunch) by cash or cheque payable to "OLPH Parish."

**Pre-registration is REQUIRED. Please register by March 24, 2017.**

**To register,** contact Lorraine at the parish office at 780-467-5470 or [ldotto@olph.ca](mailto:ldotto@olph.ca) and provide your name and parish name.

## Parish News



At OLPH we are incredibly blessed with generous parishioners who give so willingly of their time, treasure and talent. Recently, through this generosity, we have acquired a beautiful votive stand. The stand was purchased through St. Andrew's Church Supply in Vancouver and the votive glasses come to us from Universal Church Supplies in Edmonton. This votive stand will be placed in front of the Icon of Our Lady of Perpetual Help on the weekend of March 11<sup>th</sup>. The candles themselves are battery operated and will remain lit for six hours. While it would be nice to have real candles, our fire marshal is much happier with these and the risk of burning the church down is significantly reduced. As a Parish community, we wish to extend a heartfelt thank you to our anonymous donor. This will be treasured for many years to come.

## Help Needed

The Liturgy Council here at OLPH is looking for a volunteer Recording Secretary for their meetings. The Liturgy Council meets on the 3rd Wednesday of the month (September to June, incl.) from 7:00pm to 9:00 pm. If you're interested, please contact the Parish office at 780-567-6470. (This position will be open in September of 2017).

## 2016 Tax Receipts Ready for pick up!

The 2016 income tax receipts for donations to the parish are available for pick up in the hallway outside of the Parish office. Please stop by and pick yours up as you leave today. If you do not reside in Sherwood Park and your tax receipt is not in the box, it has been mailed out.

## Women's Health and Wellness Session offered Friday, March 10th

You are invited to come and explore mindfulness practices and meditation from a Christian perspective, offered by our guest speaker, Barbara Ritter.

In a gentle and comfortable setting, Barb will introduce us to mindfulness, which is a practice of being in the moment. Cultivating a mindfulness practice both formally and informally leads one to a place of listening to your heart with grace, compassion and acceptance. This Friday, then, we will explore a variety of mindfulness practices such as a body scan, mindful eating, mindful movement, and a sitting meditation focused on our breathing.

Please wear comfortable clothing to move and sit in. Bring an exercise mat, a cushion to sit on, or a light blanket, and a water bottle. Be prepared to move around in socks or bare feet. As an option, movement exercises and sitting meditation can be done in a chair.

This Health and Wellness Session is being sponsored by the JETS Group and is open to all women of the Parish. Please join us in the Big Meeting Room beginning at 9:25 am and our session will commence at 9:45 am. Babysitting is available for a nominal fee and refreshments and nibbles will be offered immediately following our mindfulness practices. Hope to see you out at what promises to be a relaxing morning.



## Children Sacraments/Programs

### First Reconciliation and First Communion 2016/2017

*The retreat for First Communion will be held on:*

**Saturday, March 11th** at OLPH Parish from 1-3pm



You may book your child's First Communion for any Mass following Easter Sunday.

**If you have any questions please contact Raylene at the Parish Office 780-467-**

**5470 or [ryuzyk@olph.ca](mailto:ryuzyk@olph.ca)**

### Confirmation 2017 (Grade 6 and older)



**If your child is not registered for Confirmation please contact Raylene at 780-467-5470 or [ryuzyk@olph.ca](mailto:ryuzyk@olph.ca).** Preparation Day for Confirmation is Saturday, March 18th from 12:30 – 6:00 pm at OLPH Parish.

**NOTE DATE CHANGE-** The Celebration of Confirmation will be held on **Monday, May 8<sup>th</sup> at 7:00pm** or on **Sunday, May 14<sup>th</sup> at 2:00pm.**

## Lenten Walk with the Lord

### Lenten Walk with the Lord 2017 - 40 Acts of Kindness "A Kindness a Day during Lent"

The Edmonton Archdiocese is presenting an additional or optional way to enhance and enrich your Lenten commitment and experience. "Lenten Walk with the Lord" invited you to do one simple act of kindness for each of the 40 days of Lent. Here are some examples of kindness.

- Visit or call someone who is sick or elderly and bring them a simple meal, soup, or loaf of homemade bread;
- Give someone a smile who needs it-spend some time with them to help cheer them up;
- Yield the right-of-way to another driver or give up a parking space-give them a wave and smile rather than frown;
- Bring someone a coffee who would appreciate it;
- Help out at home where needed;
- Contribute or help at a soup kitchen or similar facility;
- Help an elderly person get their groceries or offer them a drive in the cold/slippery weather;
- Babysit for a young couple or single mother so that they can enjoy an evening out;
- Run an errand for someone who needs it;
- Spend some time listening to someone because many times people are too busy to do so;
- Open a door for someone;

## OLPH WEBSITE

Check out our new website at [www.olph.ca](http://www.olph.ca) and subscribe to receive your electronic bulletin.

## Reflections & Readings

### Stewardship Reflections: March 5 – First Sunday of Lent

The battle between good and evil is written large in literature, drama and religion. Today's readings- indeed, all of Scripture-reveal a truth we know all too well. Even the best of us has experienced the powerful attraction of what we should not do. Our tradition tells us even more profoundly that the story is larger than temptation or failure. We hear, instead, what is possible: Grace, justification, obedience, righteousness and life are the real end of the story.

*"All these I shall give to you, if you will prostrate yourself and worship me." At this, Jesus said to him, "Get away, Satan!" Matthew 4:9-10*

### Weekly Readings For: March 6 - March 12

**March 6** - First Reading: Leviticus 19.1-2, 1-18; Gospel: Mark 25.31-46

**March 7** - First Reading: Isaiah 55.10-11; Gospel: Matthew 6.7-15

**March 8** - First Reading: Jonah 3.1-10; Gospel: Luke 11.29-32

**March 9** - First Reading: Esther 14.1, 3-5, 12-14; Gospel: Matthew 7.7-12

**March 10** - First Reading: Ezekiel 18.21-28; Gospel: Matthew 5.20-26

**March 11** - First Reading: Deuteronomy 26.16-19; Gospel: Matthew 5.43-48

**March 12** - First Reading: Genesis 12.1-4; Gospel: Matthew 17.1-9



### OLPH Prayer Laudators

We pray for others. Prayers of praise and intercession are offered to God our Father. Confidentiality is respected at all times. Contact: **Doreen at 467-0597** or **Josie 467-0197**.

## Welcome Breakfast to New Parishioners

### Dear Parishioner:

We at Our Lady of Perpetual Help Parish, would like to welcome you to our parish community. You have joined a rich and vibrant spiritual community of forty-seven hundred families, with over one thousand volunteers involved in Parish ministry.

We recognize that in such a large Parish, it can be difficult to get to know each other. That is why every year we host an annual Mass and breakfast to welcome you, our newcomers to our Parish community. I hope that you, your family and friends will join us on:

**March 19, 2017 at our 10:30 am Mass,  
followed by breakfast in the Parish hall.**

Our Parish team looks forward to seeing you.



### Marian Gift Shop Hours

The Marian Gift Shop will be opened on Saturday after 5:00 pm Mass, Sunday after 8:30 am & 10:30 am Mass

### Attention Contribution Envelope users

**Please Do Not Use your 2016 envelopes as the 2017 numbers are not the same.**

## Parish News

### Called To Protect Training

It is a diocesan policy that **ALL** volunteers must attend a 2.5 hour Called To Protect presentation. The parish will host presentations on **Wednesday, March 15<sup>th</sup>** and **Monday, April 24<sup>th</sup>, 2017**. All sessions begin at 7:00 pm. Registration is necessary. **Please call the Parish office to register at 780-467-5470.**



### EASTER BAG PROJECT and INNER CITY PASTORAL MINISTRY (ICPM) at the BISSELL CENTRE

We as a Parish are going to participate in this Easter project again this year. We will be handing out the empty bags and asking parishioners to fill the bags with requested items on the weekend of March 4/5. These gift bags will then be handed out to Inner City residents on Easter Sunday.

Please return the Easter Bags no later than the weekend of March 18/19. **THANK YOU** for helping brighten some Inner City resident's Easter!



## Community News

### Helping in the Program for Nutritious breakfast for Ben Calf Robe Elementary School

Students at Archbishop Jordan and Holy Redeemer are *collecting nutritious breakfast cereals* for Ben Calf Robe Elementary School in Edmonton. Ben Calf Robe has a breakfast program to ensure that their students are receiving a nutritious breakfast so their students can succeed academically. If you would like to donate cash or cereal to their efforts please contact Melissa Damur (ABJ Chaplain) at [melissad@eics.ab.ca](mailto:melissad@eics.ab.ca) or by phone 780-467-2121 ext. 1360. Thank you in advance for your generosity!!

### Western Canadian Catholic Home School Conference

All parents & young adults are welcome to attend the Western Canadian Catholic Home School Conference, March 9-11 at Providence Renewal Centre, Edmonton, Alberta  
Keynote, Holly Pierlot with Fr. Penna, John Carpay, Karen Hanlon, and a panel of seminarians & religious.

Information: [www.wcchsc.net](http://www.wcchsc.net),  
Veronica [780-467-8410](tel:780-467-8410) or email: [wcchscgreg@shaw.ca](mailto:wcchscgreg@shaw.ca)

### 10th Annual Alberta March for Life ALL LIVES MATTER from BEGINNING to END

Thursday, May 11, 2017; Churchill Square, 110 St. & 102 Ave., Edmonton at 12:00 pm Noon

### Prayer for the Sanctity of Human Life

God, we thank you for your love which has given us life, a sacred gift from the moment of conception to our natural last breath. Guide us in our journey of life so that all people here and throughout the world will become instruments of your eternal love to reverence the sanctity of all human life. Amen

--Composed by Peter Kruczko, Love Life Ribbon Foundation