



What are the Sacraments in the Catholic Church?
Why is Mary so important?
How do Catholics pray?
Why do Catholics go to Mass every week?
Why do Catholics go to confession?
Who is going to heaven?

Have you been asking your spouse or friends these questions? Are your kids asking you these questions as

they begin to prepare to celebrate their Sacraments of Reconciliation, First Communion or Confirmation? Do you feel God calling you to become a member of the Catholic Church? Then RCIA is the place for you! To begin your journey towards full participation in the Catholic Church. Contact Pat at 780-467-5470 or pat@olph.ca



-The word 'Christmas' comes from old English, the Mass of Christ or Christ's Mass. Even the word 'holiday' is derived from the phrase 'Holy Day'

Did??
You??
Know??

-Candy canes are shaped as shepherd's staffs, because Jesus is the Good Shepherd. They are traditional red and white striped, the white symbolizing the purity of Jesus, the sacrificial lamb. The red symbolizing the blood the Lamb shed for our sins. And the candy cane upside down looks like the letter 'J' for Jesus. And too, the stripes call to mind the prophecy of Isaiah "by His stripes we are healed" (Isaiah 53:5).

-The Holly bush used for wreaths is a thorny bush, marking the crown of thorns He wore during His Passion. The red berries of the holly represent the drops of His blood.

-Bethlehem in English means "House of Bread"

I am the Bread of Life. He who comes to me will never go hungry! (John 6:35)

Take this Bread and eat it, It IS my body... (Mark 14:22)

The Manger, Christ's first crib, was a lamb's feed box

Behold the Lamb of God sent to take away the sins of the world! (John 1:29)

I am the living bread that came down from heaven. If anyone eats of this bread, he will live forever.

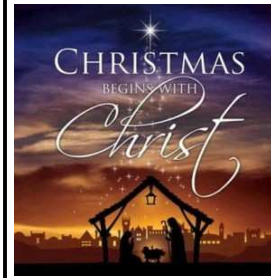
This bread is my flesh, which I will give for the life of the world. (John 6:51)

So, the living Bread was delivered to the House of bread in a food dish for His sheep to eat.

-The Christmas tree is an evergreen, to remind us of God's everlasting love. The star on top of the tree symbolizes the star of Bethlehem.

We Remember, We Celebrate, We Believe

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 email: info@olph.ca Website: www.olph.ca Archdiocesan website: <http://www.caedm.ca>



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.

December 25, 2019 The Nativity of the Lord Cycle A

(Holy Day of Obligation)

December 31, 2019 Mary Holy Mother of God

New Year's Eve

5:00 pm-Vigil Mass

Adoration of the Blessed Sacrament 6:00 pm until 8:00 am on January 01, 2020

January 1, 2020 Solemnity of Mary, Holy Mother of God

New Year's Day Masses

8:30 am

10:30 am

12:30 pm

7:00 pm

Tofield Mass 11:00 am



Merry Christmas

"Heavenly Father, Thank you for sending Your Son Jesus to earth. We not only celebrate His birth in the manger, but also the reason for His coming -- His death on the cross. We thank You for providing eternal life for each person who will accept His free gift of salvation. "Father, I thank you for my family. Life is not always easy for us, but we know that You are always with us. As Your Word says, You will never leave us nor forsake us. Thank you for the love that holds us together and for always meeting our needs. Draw us closer together through this coming year. We love You and want our time of celebration to be memorable today. In Jesus' name, Amen."



**Welcome to our Newest OLPH Parishioners
 who was baptized on December 22, 2019**

Roux Franklin

May God's Love be with you and guide you throughout your life.

Liturgy Schedule

Weekday Mass 7 days a week at 8:30 am

Tuesday and Thursday evenings at 6:15pm

OLPH Parish has Adoration the First Friday of every month and Tuesday & Thursday prior to evening Mass

Weekend Mass Times:

Saturday: 5:00 pm

**Sunday: 8:30 am, 10:30 am, 12:30 pm,
7:00 pm Mass**

St. Francis of Assisi, Tofield, AB
Mass: Sundays 11:00 am

RECONCILIATION

Reconciliation 1/2 hour prior to all weekday Masses and from 9:15 am to 11:00 am on Saturday or by appointment.

OFFICE HOURS:

Monday - Sunday 7:30 am - 8:30 pm

Open during lunch hour

Mass Intentions For The Week

Mon. Dec. 30: Annette Brunner†, John Meier†, Phil & Phyllis Redl†, Craig & Jim Wallace†, Gloria & Jim Wallace†, Carol Brassard, Emmanuelle, Sr. Rita Gleason, Lynne & William Jones, Billy and Marie-Therese Spindler

Tue. Dec. 31: Tim Healy & Shirley Reinhardt†, Troy, Uduak & Udene Akpan, Rebecca Winczura, Marvin & Gail Weleschuk, Marc, Mary Ann Fowler, Martha & Ken Manning, Rita Deck, Joan Gilbert, Marie Aline

Wed Jan. 1: No intentions

Thurs. Jan. 2: Sara Katska†, Celine Regheline, Ken Hummel, Fr. Jim, Ruby Fiorini, Mary Cusack, Bob Gerow, Marvin & Gail Weleschuk,

Fri. Jan. 3: Baby Isaac Montes†, Phil Byrne†, Jenny Velazco, Alexander Klassen, Fr. Jim, Jan Garcia, Montes Family, Jason Newly, Marvin & Gail Weleschuk

Sat. Jan. 4: Jenny Marchack, Fr. Sathia, Marie & Hugh McLaughline, Lorraine Dotto

Pastor

Fr. Jim Corrigan - jcorrigan@olph.ca

Associate Pastors

Fr. Sathiaseelan Kulandaisamy SDB

Fr. Sathia - frsathia@olph.ca

Fr. Balraj Antony Samy, SDB

frbalraj@olph.ca

Pastoral Assistants

Betty Donovan - bdonovan@olph.ca

Monna Senez - msenez@olph.ca

Natalie Lavigne - nlavigne@olph.ca

Pat Lemire - pat@olph.ca

Tricia Murphy - tmurphy@olph.ca

Business Coordinator

Debbie Musch - dmusch@olph.ca

Volunteer Management

Monique Lamoureux-Veley

Monique.Lamoureux-Veley@caedm.ca

Administrative Assistants

Lorraine Dotto - ldotto@olph.ca

Jenny Velazco - jvelazco@olph.ca

Website: www.olph.ca

Facebook: facebook.com/olphsherwoodpark



Grief As A Journey

When we experience loss of a loved one, we need to grieve. At OLPH church we offer a ten week program called: "Grief As A Journey". It starts on Wednesday, January 08th 2020, and ends on March 11th, 2020. It is held from 1 to 3 pm in the St. Theresa room on the lower level of the church. This program is open to anyone who feels that they could benefit from such a session. To register please leave a message including phone number and email address for Betty at OLPH Parish. 780-467-5470 or email bdonovan@olph.ca

UPCOMING PARISH EVENTS

Tuesday, January 7 - Catholicism 101 at 7:00pm (weekly)

Wednesday, January 8 - Catholicism 101 at 9:30am (weekly)

Wednesday, January 8 - Grief as a Journey 1:00pm (weekly until Mar. 11)

Thursday, January 9 - Rediscover the Saints - Book Study at 7:15 pm

Tuesday, January 14 - Baptism Preparation 7:00 pm

Sunday, January 19 - Pancake Breakfast after 8:30 am & 10:30 am Mass

Sunday, January 19 - Baptisms 2:30 pm

Friday, January 24 - Parish Potluck (Winter Carnival) at 6:30 pm

Sunday, January 26 - Baptisms 2:30 pm

Just got Engaged? Interested in learning more about Marriage? Planning a wedding?

Contact:

Monna Senez

780-467-5470 ext. 226

msenez@olph.ca

Marriage Preparation Course:

Call Monna to register

Option 1:

February 28, 2020 Friday 7:00pm-9:00pm, February 29, 2020 Saturday 9:00am-4:00pm
March 1, 2020

Sunday 9:00am -12:30pm/Mass

Option 2:

April 24, 2020 Friday

7:00pm-9:00pm, April 25, 2020 Saturday 9:00am-4:00pm

April 26, 2020

Sunday 9:00am -12:30pm/Mass



Holy Days of Obligation



The Canadian Catholic Church observes 2 Holy Days of Obligation. Holy Days of Obligation are feast days on which Catholics are required to attend Mass and to avoid (to the extent that they are able) servile work. The observance of Holy Days of Obligation is part of the Sunday Duty, the first of the Precepts of the Church, and are listed in Canon 1246 of the 1983 Code of Canon Law. Holy Days of Obligation are days other than Sundays on which Catholics are required to participate in the Mass, the primary form of worship. The Canadian Days of Obligation is every Sunday, Christmas Day and New Year's Day. Christmas Day is well understood but why the 1st of January? January 1st is the Solemnity of Mary.

What does the Solemnity of Mary mean?

BY GINNY KUBITZ MOYER JANUARY 2, 2011
The Solemnity of Mary, Mother of God is a liturgical celebration observed on January 1st. It is a holy day of

obligation for Catholics, meaning that Mass attendance is required.

(The use of the word "Solemnity" here is not a statement about Mary's personality. It is a designation used for certain days within the liturgical (church-based) calendar of the Church. Solemnities are the highest rank of liturgical celebration, higher than feast days or memorials. By celebrating a solemnity dedicated to Mary's motherhood, the Church highlights the significance of her part in the life of Jesus, and emphasizes that he is both human and divine.

Though New Year's Day may seem more like a day for football and hangovers than for Mary, there's a beautiful spiritual significance in celebrating her during the heart of the Christmas season. Pope Paul VI, in his apostolic exhortation *Marialis Cultus* (1974), called the Solemnity of Mary "a fitting occasion for renewing adoration of the newborn Prince of Peace, for listening once more to the glad tidings of the angels (cf. Lk 2:14), and for imploring from God, through the Queen of Peace, the supreme gift of peace."

Baptism Preparation Classes



Baptism Preparation is a pre-requisite for all parents seeking baptism for their children. You are required to contact the parish office two to three months prior to the preferred month of baptism of your child. Please refer to our Parish website www.olph.ca for dates and times of baptism prep and baptism celebrations. For more

information please contact Betty Donovan at 780-467-5470 or email bdonovan@olph.ca



Reminder 2019 Income Tax Receipts

PLEASE NOTE: All contributions to be recorded for 2019 must be received by the Parish **NO LATER than December 31, 2019.**
Thank you for your generous donations

Parishioners using contribution envelopes

Your 2020 envelopes are available for you to pick up in the foyer of the church.

**Please Note: Starting January 1, 2020
OLD ENVELOPES MUST NOT BE USED**

Do you have questions about: Annulments

A declaration of nullity (annulment) is a decision from the Catholic Church that a particular union was in fact an invalid union as the Church defines marriage. If you are divorced and wish to make inquiries regarding the annulment process, please contact **Fr. Jim at 780-467-5470 ext. 227** or **Monna at 780-467-5470 ext. 226**



Irregular Marriages

Catholic Church law ordinarily requires baptized Roman Catholics to marry before a priest unless dispensation from canonical form has been granted. If you have questions about your marriage and would like to have it recognized or blessed, please contact **Fr. Jim 780-467-5470 ext. 227** or **Monna at 780-467-5470 ext. 226**

Parents

Have circumstances prevented you from celebrating your children's Sacraments within the common time frame?

Worried that it is "too late", that your child is too old or that you might be judged or "in trouble"?

This is simply not true. **ALL ARE WELCOME!! SACRAMENTS DO NOT HAVE AN EXPIRATION DATE!!**

Come register your child for Baptism, First Reconciliation, First Communion and Confirmation. We will work with you and your child to receive the gift and the grace of our Catholic Sacraments. If you have any questions/concerns please contact **Natalie Lavigne** at the parish Office at 780-467-5470 ext. 223 or nlavigne@olph.ca.



OUR LADY OF PERPETUAL HELP PARISH

A Roman Catholic Christian community.

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A 2019 recap from Fr. Jim:

December 24, 2019

My Dear Our Lady of Perpetual Help Sisters and Brothers in the Lord;

It has now been just over two years that we have laboured in His vineyard together. In this update I wish to share with you the highlights of 2019. I also, on behalf of our parish Team, wish to thank you for your faithful presence and participation in so many wonderful liturgies and programs occurring within OLPH parish community. We continue to offer an enormous number of exceptional faith formation evangelizing opportunities and other activities that occur here seven days a week. At OLPH you can attend Mass at 08:30 a.m., seven days a week, 365 days per year, accompanied with the opportunity for Reconciliation six days a week prior to Mass, or by appointment. We have adoration of the Blessed Sacrament for an hour prior to Mass 3 times per week, as well as First Fridays for the entire day. We celebrate Mass on a weekly or bi-weekly basis at six seniors/assisted living centers in our community for our seniors and the incapacitated. Our three priests visit our nine Catholic schools each week, doing classroom visits, successfully building relationships with our young people.

A year ago, we moved the 5:00 p.m. Sunday Mass to 7:00 p.m. We continue to see growth in attendance, particularly as we promote this Mass as a youth Mass, which of course, is meant for all parishioners. We reinstated the 12:30 Mass one year ago and it continues to gather its own nucleus of 12:30 faithful Mass folks. We have been blessed to bring some very zealous and engaged new team members on board this year, as we said farewell and thank you to some long-time faithful servants of the Lord. A staffing highlight is the addition of a part time parish Youth Minister, Mrs. Tricia Murphy. Tricia is also a teacher and Chaplain at Archbishop Jordan High School. This is a wonderful collaboration between our parish and our Elk Island Catholic school district. An initial fruit of this collaboration is that we now have youth choirs, a middle school group, "Unite", and high school youth, "Veritas", meeting in the parish on a weekly basis. Our visioning groups continue to unveil new initiatives with the goal of more fully engaging our parishioners into our parish community. I daresay, that OLPH is a leader within the Archdiocese in the area of faith formation and evangelization opportunities for our parishioners, as well as the Catholic community at large. I sincerely believe this is simply the beginning of what we will continue to do, in order to engage and support our OLPH parish community.

Our Inner-City Pastoral Ministry group continues to serve lunch in the inner city a couple of times per year. This year we continued our St. Vincent De Paul led relationship with the good people of Paulatuk. A sea can filled with much needed commodities went north to Paulatuk earlier this summer. Our SSVP folks have also developed a working relationship with the good people of Saddle Lake. They have begun the establishment of a food bank and clothing depot within the parish Church in Saddle Lake. This year through our Parish Sacrificial Giving Program (2% of our regular Sunday receipts goes to community outreach), our parish donated seven thousand dollars to the Building Bridges community outreach program here in Sherwood Park, to assist Moms and their

children get established after leaving unhealthy domestic situations. Through our PSG program, we also made the decision to assist our brothers and sisters at Sacred Heart Church of the First Peoples in downtown Edmonton, with their constant shortfall in weekly operational expenses. Sacred Heart received a cheque for twenty thousand dollars from OLPH to assist them with their operational funding challenges. OLPH parishioners have very giving and generous hearts.


This past year, with the activation of a very gifted and engaged Maintenance committee, we have made significant changes and efficiencies in the infrastructure of our forty-year young parish facility. These changes included thorough reviews of existing service provider contracts, with tendering and cost-saving changes being made in areas of IT, security, and mechanical services. We are hopeful that our roof, after much diligent research and repair, is now relatively waterproof. The parking lot recurbing and landscaping is now almost fully completed. The exterior leakage (by the parish office doors) to the downstairs has been completed. Our kitchen's walk-in cooler came to the end of its life in the fall. After consultation and cost comparisons (cooler replacement cost minimum of \$50,000.00), it was decided to replace the cooler with new, more energy and cost efficient, reach in refrigerators. "Let there be light." With the exception at this time of the parish hall and the foyer, we are pleased to say that nearly every light in the parish nave and downstairs area have been replaced with energy efficient long service LED lighting. A major feat, when one considers the magnitude of our parish structure.

All this to say; our vibrant flourishing parish community needs significant resources from the faithful as an integral component essential to providing a high-quality level of spiritual and faith growth support, amid a secular world, that is far from Christ-centered. Please be assured, that I am cognizant and place high importance on being a good and faithful steward of the resources of Time, Talent and Treasure, you have entrusted to us.

Our mission and our goal at OLPH parish is to engage and evangelize each and every Catholic here in the Sherwood Park area. My friends, we are grateful for our strong relationships with our nine Catholic schools and our prayer is that all Catholic families will make OLPH their parish Church on a weekly basis. If you are new in our community, we welcome you. If you have been away for a while, welcome back. All this to say, there is a plethora of great things happening at Our Lady of Perpetual Help parish and we sincerely want you and your families to be part of these exciting times on our parish journey. Please make OLPH part of the life of your family in this coming year. You will never regret bringing the Lord into your home on a weekly basis. If you have any questions or concerns, please be in touch with me. We will continue to serve the Lord in His vineyard here at OLPH. However, my friends, we need you and your family in order for us to truly be successful companions of the journey.

On behalf of Our Lady of Perpetual Help parish Team, I wish you all of God's blessings during the celebration of our Lord's nativity. May you and yours be blessed with a very Merry Christmas and a happy, healthy and holy year of our Lord 2020

Your Brother in Christ,


Fr. Jim Corrigan, Pastor

Our Lady of Perpetual Help Catholic parish
780-467-5470 ext. 227 780-470-2730 cell jcorrigan@olph.ca

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