

**Church Open/Office Hours 7:30 am to 7:30 pm 7 days a week**  
*Mass, Adoration & Reconciliation at Our Lady of Perpetual Help Parish*

**Weekday Mass**

*Mornings:* Monday to Saturday 8:30 am

*Evenings:* Monday to Friday 6:15 pm

**Sunday Mass**

Saturday vigil 5:00 pm

Sunday 8:30 am, 10:30 am, 12:30 pm and 7:00 pm

*Sunday Mass in Tofield:* 11:00 am St. Francis of Assisi Parish

**Sacrament of Reconciliation**

Monday to Friday: *Immediately Following Morning and Evening Mass*

Saturday 9:15 am to 11:00 am

**Adoration**

**\*\*\*EVERY FRIDAY a Holy Hour prior to each daily Mass\*\*\***

**7:30 am prior to Morning Mass and 5:15 pm prior to Evening Mass**

Every Wednesday Holy Hour 5:15 pm prior to Evening Mass

*1st Wednesday hosted by Mary's Servants for Christ:* March 6

*2nd Wednesday hosted by Society of St. Vincent de Paul:* March 13

*3rd Wednesday hosted by CWL:* March 20

*4th Wednesday hosted by K of C:* February 28



**We have a NEW YouTube Channel!** For the benefit of the faithful whose health or other circumstances prevent them from attending the church in person, **all Masses and Adoration will now be livestreamed at:**

**<https://www.youtube.com/@olphparishsherwoodparkab/streams>**

**WATCH** the 8:30 am Mass, seven days a week, live on Telus Optik TV Channel 877.  
(Must be a Telus Optik subscriber.)

**LISTEN** to the 8:30 am Sunday Mass live – or anytime – from your landline or cell phone.  
Dial **888-OLPH-808** (888-657-4808) and then follow the simple instructions.



*Our Lady of Perpetual Help Parish ~ A Roman Catholic Christian Community*

**Sunday February 25, 2024 ~ Second Sunday of Lent**

*We Remember, We Celebrate, We Believe*

**13 Brower Drive, Sherwood Park, AB T8H 1Y7 780-467-5470 [www.olph.ca](http://www.olph.ca)**



**Thank you for your generosity!**

Archbishop Richard Smith sends his thanks and congratulations to Our Lady of Perpetual Help Parish for our efforts in the 2023

Together We Serve Annual Appeal.

**We exceeded our parish goal, raising \$134,767.00!**

**“Well done, good and faithful servants!”**  
*May God continue to bless our parish family with His abundant grace and mercy.*



[www.caedm.ca/TogetherWeServe](http://www.caedm.ca/TogetherWeServe)



**STATIONS OF THE CROSS**  
**every Friday evening during Lent, led by groups from our parish after the 6:15 pm Mass.**

- |          |                            |
|----------|----------------------------|
| Feb. 23  | Knights of Columbus        |
| March 1  | Altar Servers              |
| March 8  | ALPHA Team                 |
| March 15 | Mary's Servants for Christ |
| March 22 | Catholic Women's League    |



**SACRAMENTAL PREPARATION**

**Reconciliation First Eucharist and Confirmation**

**REMINDERS:**

- 1. First Reconciliation Celebration**  
Saturday February 24 at 11:00 am (for the families whose children have completed sacramental preparation)
  - Preparation for **First Holy Communion** starts next week, for families whose children have celebrated their First Reconciliation. Parents and children can attend their choice of opening Mass, followed by catechism:
    - Monday February 26 at 6:15 pm or
    - Thursday February 29 at 6:15 pm
  - 3. Confirmation Classes (grades 6 - 8)** are now underway! Lesson 1 (Jesus & Me) choice of:
    - Saturday February 24 at 8:30 am or
    - Tuesday February 27 at 6:15 pm
- To register your child for Sacramental Preparation at OLPH or to VOLUNTEER with this ministry, contact Natalie at the parish office 780-467-5470 or by email [sacraments@olph.ca](mailto:sacraments@olph.ca).**



A humble and heartfelt **THANK YOU** to everyone who supports the financial needs of our parish home with Pre-Authorized Debit (PAD), by bringing your Sunday Giving Envelopes to the church, or donating via INTERAC E-TRANSFER to:

[OLPH.etransfer@caedm.ca](mailto:OLPH.etransfer@caedm.ca)



**\*2023 TAX RECEIPTS  
HAVE BEEN MAILED OUT**



February 26 - March 2

**Monday** ~ Jessica Charlebois†, Chase Evan Gourlay†, Mike Sturmey†, Martha Manning†, Matthew McKay, Raymond Arthur Godard, Alma Ford, Wendy Middleton, Rose DeWolfe

**Tuesday** ~ Victor Garcia†, Jim Mitchell†, Rosario Roy†, Ken Gochanour†, Martha Manning†, Marvin & Gail Weleschuk & family, Angela Kryba, Prashanth Pereira, Ernesto & Jerome Lumague, Belle Perry

**Wednesday** ~ Leo Diederichs†, Ken Heykants†, Jude Santos†, Mike Sturmey†, DeWolfe family, Michelle McKay, Leonardo Sebastian Jr., Talia Mombourquette, Belle Perry, Denese Nekrash

**Thursday** ~ Anne Hogan†, Rogelio Rada Jr. †, Holy Souls of Purgatory†, Raymond Arthur Godard, Marvin & Gail Weleschuk & family, Linda & Marcelino de Sousa, Pat & Hank Penner, Ken Manning & family, Sheila Marie Agas, Cammille Fedun

**Friday** ~ Joseph Sarjas†, George Lucki†, Veronico Glipa†, Eduvigis Palomera†, Mike Sturmey†, Gurmit Riyait†, Danilo de Vera†, Creofe Yulores†, George Czrnys, Paul Wynnyk, Solomia Wasnea, Sara Caddel

**Saturday** ~ Antonio Pila†, Mary Jones†, Rosita Glipa†, Stephen Wynnyk†, Raymond Salé†, Pangilinan & Guevarra Family, Mavis D'Souza, Rick White, Jenny Velazco

**Your OLPH Parish Team**

**Pastor ~ Fr. Jim Corrigan**  
[jcorrigan@olph.ca](mailto:jcorrigan@olph.ca)

**Associate Pastor**  
**Fr. Ben Makkollil, CMI**  
[frben@olph.ca](mailto:frben@olph.ca)

**Associate Pastor**  
**Fr. Mario Villaraza, SDB**  
[frmario@olph.ca](mailto:frmario@olph.ca)

**Permanent Deacon**  
**Deacon Lynn Pion**  
[lpion@olph.ca](mailto:lpion@olph.ca)

**Business Coordinator**  
**Deacon Arden Playford**  
[aplayford@olph.ca](mailto:aplayford@olph.ca)

**Pastoral Assistant**  
Natalie Lavigne [nlavigne@olph.ca](mailto:nlavigne@olph.ca)

**Administrative Assistant**  
Jenny Velazco [jvelazco@olph.ca](mailto:jvelazco@olph.ca)

**Administrative Assistant**  
Angie DeWolfe [adewolfe@olph.ca](mailto:adewolfe@olph.ca)

**Volunteer Management**  
[vmteam@olph.ca](mailto:vmteam@olph.ca)

**Other Inquiries:** [info@olph.ca](mailto:info@olph.ca)  
**Parish Office 780-467-5470**

**Website:** [www.olph.ca](http://www.olph.ca)

**Follow Us on Facebook:**  
[facebook.com/olphsherwoodpark](https://facebook.com/olphsherwoodpark)

**Archdiocese of Edmonton**  
**Website:** [www.caedm.ca](http://www.caedm.ca)

**In event of an emergency,  
contact Fr. Jim at 780-470-2730**

**Parish & Community News**



**École Our Lady of Perpetual Help School**

- Grade 5&6 (English), Fall 2025!
- Structured and Accelerated Learning
- Classical Education & Academic Enrichment
- Teacher-directed Instruction
- Structured Environment
- Regular Homework
- Second-Language Instruction (French)
- Acceptance Upon Assessment

**Open House:**

- February 29, 6-8pm
- Info Session immediately following Principal Welcome in the Gymnasium
  - All Families Welcome!

**Interest Form:**



**OLPH Financial Report**

| Week 8<br>February 18, 2024       | Cost of Operating<br>the Parish | Building Fund<br>Target Amount | "Together We Serve"<br>Target Amount |
|-----------------------------------|---------------------------------|--------------------------------|--------------------------------------|
| Average weekly<br>amount required | \$25,000.00                     | \$2,480.00                     | \$2,310.00                           |
| Donations this week               | \$23,289.50                     | \$2,490.00                     | \$1,687.75                           |
| This week surplus/<br>shortfall   | -\$1,710.50                     | \$10.00                        | -\$622.25                            |

- Cost of operating the parish "average weekly amount" is 1/52 of the total annual amount of ordinary receipts projected in the 2023 budget
- Building fund target average weekly amount is based on total donations projected in 2021 budget.
- Together We Serve weekly amount is based on an annual target which is set by the Archdiocese.
- Together We Serve Collection - *First Sunday of every Month - March 3*
- Society of St. Vincent De Paul Poor Box Collection - *Third Weekend of every Month - March 16 - 17*

WESTERN CANADIAN CATHOLIC HOME SCHOOL CONFERENCE

*Steadfast*

**MARCH 7 - 9**

**PROVIDENCE RENEWAL CENTRE**  
3005 - 119 Street, Edm.

All parents and their young adults 14+ are welcome to attend.

**KEYNOTE SPEAKER:  
FR. STEFANO PENNA**

The weekend includes daily Mass, Adoration, Benediction, talks and vendors.

WCCHSCREG@GMAIL.COM  
WCCHSC.NET



## TOFIELD CORNER

~ **St. Francis of Assisi Parish** ~  
**Mass every Sunday at 11:00 am**

**2nd Sunday of Lent** ~ In this Sunday's readings we learn:

- Abraham is asked to do the impossible - sacrifice his son Isaac.
- We are told that "If God is for us, who is against us?" and
- Jesus shows that He is the Son of God.

We may not always understand why God asks us to do something. But it is our faith that carries us through, that God has a Divine Plan and will provide and reward us. Abraham couldn't imagine the results that took place because of his faith in God's plan. In what way can we apply this message to ourselves, to our parish? God is asking us, even in some little way, to grow and spread the love He has for us to others. Does it seem like an insurmountable mountain to be an active participant in His Divine Plan in our parish? How can we help make the Good News known and accessible to all in our community? Don't worry! God has a plan and He will provide. We just need to participate! We can't imagine the results that will take place if we just trust in God. Because ultimately He calls the shots and will provide. So, with that in mind ...

- This Sunday after Mass will be a **General Meeting** of **all** members of St. Francis of Assisi Parish. Please attend if you can. Or pass on your ideas to someone you know that will be attending.
- There is a **Men's Bible Study group** now in our parish. What a great way to grow in understanding God's word. Please call Jason at 780-446-5476 for more info.
- World Day of Prayer** will be held on Friday March 1, 7:00 -9:00 pm at Vegreville United Church. A free-will donation will be collected. For more info contact Sandy at 780-991-8956.
- Lent Quiet Day** will be held on Saturday March 9, 9:30 am - 2:30 pm at St. Mary the Virgin Anglican Church in Vegreville. Refreshments and a light hot lunch will be served. It's free, but donations would be accepted. For more info contact Sandy at 780-991-8956.
- There will be Stations of the Cross** every Friday at 6:30 pm during Lent at St. Francis of Assisi. Please join in when you can!
- Holy Week** schedule will be posted soon. Thank you for your patience.
- Next **Pot Luck Sunday** is March 3 after Sunday Mass! Yummy, yummy.

To post in the 'Tofield Corner' contact Kathy by phone 780-270-8652 or email [Kathleen.Anderson.one@gmail.com](mailto:Kathleen.Anderson.one@gmail.com). (Weekly bulletin deadline is Wednesday.)



## What's Happening at OLPH



Mary is your  
Mother - invite  
her to your  
home!  
(John 19:26-27)

Sign-up for hosting the Pilgrim Statue until June this year will be available after the 12:30 pm and 7:00 pm Mass on Sunday, March 3. We only have a few sign up slots available due to high demand from the last sign-up, therefore we will only be offering the sign-up after these two Masses. Two members of **Mary's Servants for Christ** will be at a table in the church foyer.

Over the last 6+ years, the Pilgrim Statue of Mary has visited over 100 homes in our parish community and travelled over 2,000 KM. Many hosts have shared the blessings and graces they have received from these visits. It is an opportunity for reflection and prayer whether alone or with family and friends.

When it is your turn to host the Pilgrim Statue of Mary you will be able to pick the Statue up at the church on Saturday morning after the 8:30 am Mass. Two members of Mary's Servants for Christ will meet you there to show you proper setup of the statue and how to clean the statue before returning it the following Saturday morning.

**JETS** *Inspirational Speaker Invitation*



This Friday, March 1, **come listen to an inspirational young man** share his 13-year incredible journey of recovery and resilience after surviving a stroke at a very young age.

Meet Evan Mudryk, who completed the final two years of his Arts Degree after his stroke and while dealing with aphasia. Evan is a motivational speaker, has his own YouTube channel on stroke-related topics, continues to write and is active in the stroke community at the Steadward Centre from Campus and Brain Care Centre.

**All parishioners are warmly invited** to join the JETS group directly after morning Mass on Friday and the presentation will begin at 9:30 am downstairs in the Large Meeting Room. The topic of Evan's presentation is *"Surviving a Stroke and Staying Positive"*. He will touch on the numerous life challenges he faces daily and how his life was saved by someone recognizing the signs of a stroke. A question and answer session will follow the talk and in-flight snacks will be served. Contact our flight deck captain of the day, Nicole, for more details [nicole@eazypeazydownsizing.ca](mailto:nicole@eazypeazydownsizing.ca).



Condolences to the Friesenhan & Robertson families on the passing of **Mary Friesenhan** on February 21 in Edmonton.



## Our Lenten Adventure Continues: Prayer, Fasting and Almsgiving

Last week we focused our attention on the importance of prayer as the most pragmatic, tangible means of communicating with God. Without effective prayerful communication with our Lord, our relationship with Him will not flourish. The result of course, is that if we struggle in our relationship with the giver of all that is good, there is no doubt the other important relationships in our lives will not reach their God-given potential either.

Fasting is the second pillar of focus during our Lenten journey. The importance of fasting is not to be minimized. It is the fourth precept of the Church. "You shall observe the days of fasting and abstinence established by the Church, (CCC 2043)." Of note, this **precept** refers to days of **fasting and abstinence** within the Church, not fasting alone.

For clarity, **fasting** refers to limitations on food and drink. "In the modern Church, the regulations for days of fast prescribed taking only one full daily meal, plus breakfast, and a light meal." **Abstaining** means refraining from certain kinds of food or drink, typically meat. From the first century, the day of the crucifixion has been traditionally observed as a day of abstaining from flesh, meat, to honor Christ who sacrificed his flesh on a Friday. In 1966, Pope Paul VI confirmed the following: **The universal days of Fast and abstinence are Ash Wednesday and Good Friday.** All Fridays in Lent are days of abstinence only. Some other act of penance should be followed on Lenten Fridays if abstinence from meat is not practiced.

In Canada, in accordance with the prescriptions of Canon 1253, the Canadian Conference of Catholic Bishops decrees that "the days of fast and abstinence in Canada are: Ash Wednesday and Good Friday. Fridays are days of abstinence, but Catholics can substitute special acts of charity or piety on this day."

"Church Law binds as follows: 1. The Law of abstinence (not eating meat) obliges those who have completed their fourteenth year. 2. The Law of fast only (one full meal each day, with nothing between meals) obliges those who have completed their eighteenth year until the beginning of their sixtieth year, (Catholic Source book p. 103)."

While we are on the topic of fasting and the plethora of obligations that come with them, a word on the **Eucharistic Fast**. Fasting before Communion has been a practice of

the Church from ancient times. It was universally practiced by the fifth century. Prior to 1953, the faithful were obligated to fast from midnight before Mass; including from food, water, and medicine. In 1957, Pope Pius XII reduced the time to three hours from food and alcoholic drink. In 1964, Pope Paul VI further reduced the fast to one hour, including all food and drink, but allowing water and medicine anytime. In 1973, the fast was reduced to fifteen minutes for the elderly and the sick.

"The seasons and days of penance in the course of the liturgical year (Lent and each Friday in memory of the death of the Lord) are intense moments of the Church's penitential practice. These times are particularly appropriate for spiritual exercises, penitential liturgies, pilgrimages as signs of penance, voluntary self denial such as fasting and almsgiving, and fraternal sharing (charitable and missionary works), (CCC 1438)."

So, lots of rules, ordinances, and obligations when it comes to the practice of fasting. At the end of the day, the reason we participate in these practices is for our own growth in holiness. As part of this journey, we need to be able to master that which tends to tempt us and lead us away from our spiritual focus.

My friends, I encourage you not to think of only food and drink when it comes to fasting. We can fast from TV and video games. We can fast from talking about our neighbor or ignoring our spouse. We can fast from negativity and judgement. But we need to be intentional about it. Once again the Church in her wisdom has blessed us with this time to be intentional. To focus our attention on removing the obstacles that impede a deeper, more meaningful relationship with our Lord. Fasting from worldly things can bless us with the time to engage in more meaningful spiritual prayer and meditation time. Fasting from worldly distractions can allow us to see with clarity that which is profoundly important.

Keep up the excellent work my friends. We are just over a week into our Lenten Adventure.

Blessings, Fr. Jim



In addition to the two daily Masses, Monday - Friday at 8:30 am and 6:15 pm here at OLPH, our priests celebrate an additional four or five Masses every week on rotation through the eight local Nursing Care Homes around Sherwood Park.

### Upcoming Masses for this week:

- Tuesday February 27 - Sherwood Care
- Wednesday February 28 - Country Cottage
- Thursday February 29 - Silver Birch and Emerald Hills
- Friday March 1 - Capital Care Strathcona

SAVE THE DATE:

Lenten Day of Confession at OLPH

Saturday March 23