

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

Sunday Mass

Saturday vigil 5:00 pm
Sunday 8:30 am, 10:30 am,
12:30 pm and 7:00 pm

Weekday Mass

Mornings: Monday to Saturday 8:30 am
Evenings: Monday to Friday 6:15 pm

Sacrament of Reconciliation

Every Saturday 9:15 am to 11:00 am

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

******If you wish to celebrate Reconciliation after a weekday Mass, please ensure you are AT THE CONFESSIONAL BY THE TIME MASS ENDS. The priests will not wait if no one is there after Mass, and will only stay for as long as there are people waiting.***

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: August 6, 2025
2nd Wednesday hosted by Society of St. Vincent de Paul: August 13, 2025
3rd Wednesday hosted by CWL: August 20, 2025
*4th Wednesday hosted by K of C + **Face to Face Ministries**: July 23, 2025*
5th Wednesday hosted by Clergy: October 29, 2025

*****FIRST SUNDAY OF EVERY MONTH Family-Friendly Holy Hour *****
2:30 pm (children of all ages WELCOME, silence is NOT expected in the Church)



Did you know we have a 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 are 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 July 20, 2025 ~ Sixteenth Sunday in Ordinary Time
We Remember, We Celebrate, We Believe
13 Brower Drive, Sherwood Park, AB T8H 1Y7 780-467-5470 www.olph.ca



This week OLPH hosts Face to Face Ministries for IGNITE JUNIOR, a three day Catholic summer camp for youth grades 6-8, designed to introduce and deepen a relationship with Jesus while having outrageous fun with friends!

Youth will be spending time in Eucharistic Adoration each day of Ignite. ***On Wednesday July 23, Face to Face Ministries will be leading our youth, and all parishioners, in prayer and music during the regular weekly 5:15 pm Holy Hour.***

Everyone welcome!

THANK YOU to our OLPH Catholic Women's League, Knights of Columbus and Couples for Christ groups for each hosting a supper for the campers and leaders during the camp. ***Please keep our youth and the F2F Ministries team in your prayers this week!***



Lac Ste. Anne Pilgrimage

Once again this year, our OLPH Knights of Columbus Council 6083 is volunteering to prepare and serve (sell) breakfast at the annual **LAC STE. ANNE PILGRIMAGE**.

*****This is an urgent request to the parishioners of OLPH to assist the Knights of Columbus to prepare breakfast on the morning of Tuesday July 22, and possibly also on Wednesday July 23.**

Arrival time at Lac Ste. Anne is 6:00 am. Breakfast runs from 7:00 am - 10:00 am. **This can be a family event! 4 - 6 more volunteers required.**

If this is something you are interested in, please contact Grand Knight Daryl Boyden for more information or to sign up: boydendg@telusplanet.net or call/text 780-686-4283





July 21 - 26

Monday ~ Aniela Niejadlik†, Mervyn Lynch†, Mark Gramlich†, Anthony Reghelini†, Dennis Staniland†, Lenora Arnes, Maureen Stegan, Sandra, Bob Gerow, Cynthia Bartolome

Tuesday ~ Fr. Jack Hamilton†, Sean Cordwell†, William Mullen†, Holy Souls in Purgatory†, Norma A. Sayson†, Marvin & Gail Weleschuk & family, Lesya Dariychuk, Labonne Family, Bernie & Penny Draganiuk, Christine Lavita

Wednesday ~ Rob Page†, Gloria Lyons†, Leslie Park†, The Dumont family, Maureen Stegan, Janet-Alma & Milot family, Lenora Arnes, Terry Dawe, Cynthia Bartolome, Paul Phillips

Thursday ~ Stan Hood†, Conrado & Adoracion Apelo†, Paul Dumont†, Lennard Sebastian†, Marvin & Gail Weleschuk & family, Ann MacLennon, Uduak Akpan, James family, Joanna Cavanagh, Lindsay Lipsett

Friday ~ Adeline Hope†, Molly Isaiah†, Ross Foster Gibson†, Rene de Fries†, Grant Olesky†, Holy Souls in Purgatory†, Fr. Jim Corrigan, Fr. Chad Miciak, Lise Kent

Saturday ~ Rita Prince†, Hank Lipovski†, Maria Adora Magsino†, Alec Trynchy†, Deceased members of the Athanas family†, Maria Elena Corazon Sebastian, Merle & Lisa Draganiuk, Rodel & Gemma Atienza, Ida Gillis, Amy Busch

AT OLPH, WE PRAY FOR ONE ANOTHER.

Contact Doreen 780-467-0597 or
Josie 780-467-0197 with your prayer requests.



Our condolences to Theresa Walker, her sister **Patronella (Pat) Moormann** passed away on July 8, 2025 in Grande Prairie AB. To the family of **Eric Over** who passed away July 13, 2025.

Upcoming funerals at OLPH:

Gloria Lyons – Monday July 21, 2025 at 10:30 am
Nadine Hooper – Tuesday July 22, 2025 at 11:30 am
Ben Stein – Friday July 25, 2025 at 10:30 am

Your OLPH Parish Team

Pastor ~ Fr. Jim Corrigan
jcorrigan@olph.ca
780-470-2730

Associate Pastor
TBA

Permanent Deacon
Deacon Lynn Pion
lpion@olph.ca

Business Coordinator
Deacon Arden Playford
aplayford@olph.ca

Pastoral Assistant
Natalie Lavigne nlavigne@olph.ca

Administrative Assistant
Jenny Velazco jvelazco@olph.ca

Administrative Assistant
Angie DeWolfe adewolfe@olph.ca

WEEKEND Admin Support
tempreception@olph.ca

Volunteer Management
vmteam@olph.ca

Other Inquiries: info@olph.ca
Parish Office 780-467-5470

OLPH Website: www.olph.ca
Archdiocese of Edmonton
Website: www.caedm.ca

**In case of Emergency, call or
text Fr. Jim at 780-470-2730**

Catholic Community News



**Are you being
called to the
Catholic
Church?**

**Whether you are just *CURIOUS*
or already feel a deep hunger for communion with
our Lord and His Church, RCIA is for you!**

**Contact Billy at bspindle@shaw.ca
or call/text 780-990-7981. *All inquirers welcome!***

TOFIELD CORNER

~ St. Francis of Assisi Parish ~

5523-50 Street, Tofield

Mass every Sunday at 11:00 am



We are taking a break from writing for the “Tofield Corner” of the Sunday bulletin for the summer months of July and August BUT if there is any need to reach out to our church just call Kathy at the number below.

Remember the First Sunday of the Month is always POTLUCK SUNDAY after Mass at St. Francis of Assisi: August 3.

Thank you so much!! Have a great summer and see you in the fall.

Contact Kathy Kathleen.Anderson.one@gmail.com or by phone 780-270-8652

OLPH Financial Report

Week 29 July 13, 2025	Cost of Operating the Parish	Building Fund Target Amount	“Together We Serve” Target Amount
Average weekly amount required	\$26,925.00	\$2,480.00	\$2,545.00
Donations this week	\$21,217.50	\$2,311.10	\$1,436.40
This week surplus/ shortfall	-\$5,707.50	-\$168.90	-\$1,108.60

- 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 ETRANSFER to: OLPH.etransfer@caedm.ca
- **Cost of operating the parish “average weekly amount” is 1/52 of the total annual amount of ordinary receipts projected in the 2025 budget**
- Building fund target average weekly amount is based on total donations projected in 2025 budget.
- Together We Serve weekly amount is based an annual target which is set by the Archdiocese.
- Together We Serve Collection - *First Sunday of every month - August 3, 2025*
- SSVP Poor Box Collection - *Third Sunday of every month - July 20, 2025*

REGISTER NOW!

BRAVE

MATTHEW 28: 8, 10

FAMILY CONFERENCE 2025

AUGUST 9-10, 2025
BEVERLY HEIGHTS COMMUNITY LEAGUE HALL
4209, 111 AVE NW, EDMONTON, AB

CFC KIDS FOR CHRIST

SCAN ME TO REGISTER!

What's Happening at OLPH



Mass
Schedule

**Seniors Residences &
Care Centers This Week**

Tuesday July 22 ~ Sherwood Care 10:30 am
Thursday July 24 ~ Silver Birch 10:30 am

THE CLOTHING NOOK IS OPEN FOR SHOPPING

Saturdays 10:00 am - 12:00 pm July 19, August 2, 16 & 30, September 13 & 27, October 11 & 25

Tuesdays 1:00 pm - 3:00 pm July 29, August 12 & 26, September 9 & 23, October 7 & 21



Grief as a Journey

When we experience loss of a loved one, we need to grieve. OLPH offers a ten-week program called "Grief as a Journey", open to anyone who feels they may benefit from it.

Fall Session will run

Monday Evenings 6:30 - 8:30 pm

September 8 - November 17 (Excluding Thanksgiving Day October 13)



To register for the upcoming session, please call the Parish Office 780-467-5470 or email info@olph.ca.



We pray for each other...We bear each other's burdens.

In Catholic teachings, "bear each other's burdens" (Galatians 6:2) means actively supporting and helping those who are struggling with difficult situations or trials in life. Through prayer we show compassion and emotional support to those in need, thereby fulfilling the "law of Christ," which is based on love and service.



OUR FATHER, WHO ART IN HEAVEN,
HALLOWED BE THY NAME.
THY KINGDOM COME.
THY WILL BE DONE,
ON EARTH AS IT IS IN HEAVEN.



SOCIETY of St. VINCENT de PAUL (SSVP)
OUR LADY of PERPETUAL HELP CONFERENCE

HELP LINE 780-416-0931

Press 1 to Request HELP
Press 2 to DONATE

**SSVP MONTHLY POOR BOX
COLLECTION THIS WEEKEND**





Martha & Mary

It is interesting where the inspiration comes from for topical matter on my weekly writing. In this week’s gospel, we encounter Jesus paying a visit to the home of Martha and Mary. A couple of thoughts go through me when I reflect on this reading. One is, am I a Martha or a Mary? Of course, I always land on the side of Martha. The other thought is, how would I manage things if Jesus were to come and visit my home? One thing is for sure, if I had any warning, I would make sure all my dishes were put away, and the vacuuming was done. That said, what if I did not know He was coming and He just dropped in for a visit? Of course, I am speaking of a literal visit, but it is reasonable to say that our Lord stops by for a visit every day, in a figurative but real sense, in our daily lives. I am probably understating this. Our Lord in the person of the Holy Spirit is with us always and everywhere. The challenge for us, is to be aware of, and embrace His presence.

For most of us, summer is typically when things slow down and we have an opportunity to take a breath, revitalize, and rejuvenate. I recognize that this is not the case in all families. Perhaps January is more the right time for some to travel back home and do the R and R thing. My meandering revolves around the concept of being a Martha or a Mary, or at least labeling ourselves in that way. I slot myself in as a Martha, but in my heart I wish to be more Mary-like, in the sense of prayerful, reflective time with the Lord. Please know I am not putting my agenda or any agenda forward. However, I do not consider that being a Martha is a character flaw, or a shortcoming in our personality, if we approach it with an appropriate perspective. I do think balance is an essential element in our lives, no matter in which camp we pitch our tent.


St. Therese of Lisieux coined the expression “The Little Way” as a way of offering praise and worship to our Lord Jesus. Her premise was that whatever she was tasked with - washing floors, cooking meals, praying in the chapel - she offered these activities as a prayer of praise to her Lord and Saviour. So, in fact whatever she was doing, no matter how mundane it might seem, it gave her the opportunity to be in a prayerful disposition every day all day. What is a prayerful disposition? It is simply an intentional method of being in relationship with Jesus. It is a way of recognizing that all we are, all we have, and all we do, are pure and simply gifts of love from our Lord Jesus. In my life, I find it challenging to simply “be.” It is something that I do strive for, but my mind wanders and I am thinking about the next thing, whatever it is. St. Therese passed at the age of twenty-four and she has been named a Doctor of the Church; a title held by very few, so it is reasonable to attach some credence to her approach to spirituality.

For me, I am grateful for sure. The Lord has been so incredibly good to me. My gratitude feels like it needs to be expressed in action. But the reality is that for me, gratitude can/should also be expressed in the quiet of the Church or the Blessed Sacrament chapel. This might be construed as a self-reflection, but I am inviting you to be part of this reflection, regardless of whether you self-identify as a Martha or a Mary. The other part of this conversation that I believe to be pertinent, is what stage are we at on our journey of life. When you were raising your children, you likely did not have ten minutes, or ten cents to rub together. Now the kids are grown, perhaps the grandkids, and great grandkids as well. Maybe now it is time to see what Jesus meant when He said Mary has chosen the better part and it will not be taken away from her.

Finally, the really good news is that our Lord Jesus knows our hearts better than we ourselves. We all have a God-given Martha or Mary proclivity, which does not make us any more or less a child of God. The key for you and me, is to be honest in our introspective discernment, about what we are desirous to accomplish. The Lord already knows what is in our hearts. If we are endeavoring to serve the Lord in a healthy, holy way - whether in the chapel or in the kitchen - all will be well. Going back to my mid-July comments though, perhaps this is a time for us to sit out on the deck and take the time to have a conversation with the Lord. The topic being, how it is we can best grow in our relationship with Him, in whatever “Little Way” we are called. The challenging part for most of us is to be intentional in our listening. We are generally fairly good at telling the Lord what we need. Listening for His response is where the rubber meets the road.

Summer blessings, Fr. Jim






The Archdiocese of Edmonton

WINDOW

Sign up for our Archdiocesan weekly newsletter to stay connected with your Catholic community

Sign up at caedm.ca/window or scan here





ELK ISLAND CATHOLIC SCHOOLS
Seeing Christ in Everyone

2025 Catholic School Trustee Election

October 20, 2025

Passionate about Catholic Education?
Interested in serving your community?

For more information:
<https://www.eics.ab.ca/trustees/trustee-election-2025>

Rooted in Christ.
Serving our Catholic Communities

