

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

Please Note: Daily 5:15 pm Holy Hour will resume after the Nave renovations.

Wednesday Holy Hour at 5:15 pm prior to evening Mass

1st Wednesday hosted by Mary's Servants for Christ: March 4, 2026

2nd Wednesday hosted by Society of St. Vincent de Paul: March 11, 2026

3rd Wednesday hosted by CWL: March 18, 2026

4th Wednesday hosted by K of C: February 25, 2026

5th Wednesday hosted by Clergy: April 29, 2026



ALSO: Friday Holy Hours at 7:30 am and 5:15 pm prior to the daily Masses

AND First Sunday of Every Month FAMILY-FRIENDLY Holy Hour at 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

February 22, 2026 ~ First Sunday of Lent

We Remember, We Celebrate, We Believe

13 Brower Drive, Sherwood Park, AB T8H 1Y7 780-467-5470 www.olph.ca

Knights of Columbus
CALLING ALL MEN!
JOIN US!

What does it mean to be a Knight?

We are Catholic Men who **LEAD, SERVE, PROTECT AND DEFEND.** We share a desire to be better **HUSBANDS, FATHERS, SONS, NEIGHBORS AND ROLE MODELS** and to put charity and community first.

Help us serve, protect and defend those in need. Join 1.9 million Catholic men on a path where faith leads the way.

MEMBERSHIP RECRUITMENT DRIVE
This Weekend February 21-22 After all Masses



Join us EVERY FRIDAY DURING LENT, for Mass at 6:15 pm, followed by STATIONS OF THE CROSS led by groups from our parish.

February 20 - OLPH Parish Team
February 27 - Knights of Columbus
March 6 - Franciscans
March 13 - Catholic Women's League
March 20 - OLPH Youth Group
March 27 - Altar Servers



LENTEN DAY OF CONFESSION

Saturday March 28, 2026 DROP IN

9:15 am - 4:30 pm

Several Priests will be available all day



ELK ISLAND CATHOLIC SCHOOLS
Seeing Christ in Everyone

2026 - 2027 Registration Now Open!

Register online at: eics.ab.ca



February 23-28

Monday ~ Fr. Don Stein†, Antonio Pila†, Mervyn Lynch†, Bruce Donovan†, Eugene Frison†, Neil Gillis†, Fr. Joseph Aipe, Rene & Kathy Rouleau, Mckayla Paranych, Jenny Velazco

Tuesday ~ Rae Bolduc†, Paula Hart†, Patrick & Gabriel†, Marvin & Gail Weleschuk & Family, Karina Holzman, Jacob Isinger, Ben Isinger, Arlene Rogers, Jenny Velazco

Wednesday ~ Chase Evan Gourlay†, Nicole Nelson†, Molly Isaiah†, Christine Skoryeko†, Anastasio & Imeresiana†, Darlene McGeough†, Andrew Holzman, Debbie Tapping, Neil Kozaik, Pana Nicholson

Thursday ~ Olga Jacobson†, Angelina de Belen†, Paula Hart†, Carol Chmilar†, Douglas Heaton†, Cheri Penner, Jeff Newman, Marvin & Gail Weleschuk & Family, Fr. Abraham Durai, Bonnie Kirk

Friday ~ Darrell Bellanger†, Angela Di Tulio Fiorini†, Bob De Frece†, Debbie Winchester†, Jim Nicholas†, Mark Patenden†, Joey Jacobs†, Mckayla Paranych, Mickaela Mendoza, Abbey Starko

Saturday ~ Arlene Forbes†, Connie San Diego†, Augusto Bebe†, Phyllis Kornder†, Marcelino & Linda de Sousa & Family, Fr. Andrew Szablewski, Kathryn & Baby Milo, Terry Dawe Jr, Leonardo Sebastian, Jacob Pittet



Condolences to the family of **Judy Roma** who passed away on February 12, 2026. Funeral Mass at 10:00 am on Monday, March 9.

To Dave Kornder and family, his wife **Phyllis Kornder** passed away on February 15, 2026. Funeral Mass at 11:00 am on Saturday, March 7.

To the family of **Sophie Starko** who passed away on February 16, 2026. Funeral Mass at 11:00 am on Friday, February 27.

The funeral for **Robert de Frece** will be on Saturday, February 28 and 11:00 am.



DO YOU NEED SOMEONE TO PRAY FOR YOU?

Contact one of our *Prayer Laudators*,
Doreen 780-467-0597 or Josie 780-467-0197

Parish Office 780-467-5470

General Inquiries: info@olph.ca

OLPH Website: www.olph.ca

Your OLPH Parish Team:

Pastor ~ Fr. Jim Corrigan

jcorrigan@olph.ca

Cell 780-470-2730

Associate Pastor

TBA

Permanent Deacon

Deacon Lynn Pion

lpion@olph.ca

Business Coordinator

Bridget Francisco

bridget.francisco@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

reception@olph.ca

Volunteer Management

vmteam@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



All homeschooling parents, and those interested in homeschooling, are invited to attend to the annual

WESTERN CANADIAN CATHOLIC HOMESCHOOL CONFERENCE

The weekend includes daily Mass, Adoration, Benediction, talks, vendors and time for parents to visit.

Early bird pricing until February 20, 2026:
individual-\$100 couple-\$140.

BE NOT AFRAID

MARCH 12-14, 2026

PROVIDENCE RENEWAL CENTRE
3005 119 ST NW, EDMONTON

For more information and to register, please visit:

WCCHSC.NET

or email wccscreg@gmail.com

OLPH Financial Report

Week 6 February 8, 2026	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	\$22,030.00	\$7,133.50	\$1,343.00
This week surplus/shortfall	-\$4,895.00	\$4,653.50	-\$1,202.00

- 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 - March 1, 2026*
- SSVP Poor Box Collection - *Third Sunday of every month - March 15, 2026*

What's Happening at OLPH

Unique House Tour

The JETS Women's Group are setting their course on a southwestern flight into Edmonton this Friday, February 27, to learn about Wellspring Edmonton House. Located at 11306 65 Avenue NW, we are meeting on site at **10:00 am** to have a tour of this warm and inviting home-like centre, where people facing cancer can access information, programs and services, all free-of-charge.

This non-profit organization offers non-medical emotional, social, spiritual and psychological support plus one-to-one peer opportunities, nutrition and so much more. The Centre also supports caregivers.

A carpool will be leaving from the church parking lot in front of the office doors at 9:15 am sharp. If you'd appreciate a ride, you need to email our Flight Captains of the Day: Natalie at nengler0@gmail.com or Edwina at neviegas@gmail.com, to be added to the list.

You are invited to also contact Natalie or Edwina if you have any questions. There is limited free parking at Wellspring. Complimentary in-flight snacks will be served after the tour.

Note - scheduled maintenance for the JETS Airline will take place from February 28 to March 12. Watch the bulletin for our next interesting Flight on March 13 to Society of St. Vincent de Paul Island.



What's Happening at OLPH



Mass Schedule
Seniors Residences & Care Center Masses This Week

Tuesday February 24
Sherwood Care 10:30 am
Thursday February 25
Country Cottage 10:30 am
Friday February 26
Silver Birch 10:30 am and
Aster Gardens 2:00 pm



FINAL CHANCE TO REGISTER
Youth in Grades 6-8

Call Natalie at the Parish Office
780-467-5470 (ext 225)
or email sacraments@olph.ca

Registration Forms and Class Schedule are available at the Parish Office, in the entrance foyer Info Centre or ONLINE at:
<https://www.olph.ca/sacraments/confirmation-2/>

OPENING MASS & ORIENTATION
Wednesday February 25, 6:15 pm - 8:00 pm

LESSON 1 - JESUS & ME

RSVP for Your Choice:

- Saturday February 28, 8:30 am - 10:45 am
- Wednesday March 4, 6:15 pm - 8:30 pm
- Thursday March 5, 6:15 pm - 8:30 pm

Confirmation Mass with Archbishop Hero will be Sunday May 3, 2026 at 4:00 pm.



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

SAVE THE DATE AND DONATE!
SAINT VINCENT DE PAUL REQUESTS YOUR NEW OR GENTLY USED KITCHEN WARES

Here is your chance to donate those new or used, in-good-condition kitchen items from your spring cleaning.

We will have a 'weekend drive' on March 21 - 22 to help restock the SSVP Distribution Centre in Edmonton with SMALL KITCHEN WARES!

HOW YOU CAN HELP:

This year we are asking OLPH parishioners to SAVE THE DATE for this special collection weekend. As a ONE TIME ASK, we are looking for new or gently used dishes, cutlery, pots and pans, kitchen utensils or small kitchen appliances.

We ask that all items be **boxed** (no bags or loose items please) to assist in the ease of transportation.

The SSVP Truck will be parked in front of the church, so you can drop off your donations on your way in for Mass the weekend of March 21-22.

(Please do not drop off outside of that time frame.)

Why Edmonton you ask?

The Edmonton Distribution Center supplies all SSVP Conferences with the 'smalls' they require to serve local clients. So we have been requested to help. Will you help us?



SAVE THE DATE AND DONATE!

Pre-Kindergarten and Kindergarten Extension Programs available with Nature at the core of learning!

Faith-based learning within a community of learners.

Check out our NEW LEARNING EXTENSION opportunities!

Grade 5-8 Sport Teams!

Before and After School Care Available!

St. Luke Catholic School Open House

FEB 26 AT 6:00 PM

ALL families and students are welcome!
Enter a draw for a pair of OILER Tickets!
Bring a friend who's new to the area! If they join our STL family, have your name entered into a draw for **FREE Activity fees** for a student for next year!

Come meet our teachers, tour the school, and learn about our amazing Pre K - Grade 8 programs!

[CLICK](#) for Registration Info

Join Our Team of Volunteers!
Vacation Bible Camp
Camp Set-Up: June 29 - July 2nd | Camp: July 6 - 10th, 2026

Camp is run entirely by volunteers!
We need YOUR help to make this summer's Bible Camp happen!

How You Can Help:

Craft Helpers Assist with crafts prep & activities.	Bible Story Leaders Guide kids through Bible lessons.	Decorating Team Set up camp decorations.
Bible Story Coordinator Support our Bible leaders.	Clean-Up Crew Take down and pack up after camp.	Director's Assistants Help our Camp Director.

Volunteer for a day, a week, or join the planning team!

To Volunteer, Contact Sharon:
VBSCamp@olph.ca

*All volunteers require Police-Check, Intervention Check & Safe Environment Training.



PRAYER *Pt. 1*



“Faith, hope, and love, and the greatest of these is love, (1Cor. 13, 13)”

“Prayer, Fasting and Almsgiving, and the greatest of these is prayer.” -FJ

I am not interested in penning a new maxim or a quotable quote. What I am interested in, is assisting us in assessing our spiritual priorities. I offer these thoughts about prayer, fasting, and almsgiving. There are some people who, because of life circumstances, cannot participate in almsgiving. There are some people who, because of age or health circumstances or other challenges, are unable to fast. **There is literally no one who is unable to pray if they are inclined to do so.**

My friends, prayer, simply, is the way we communicate with our God, the Creator of the heavens and the earth. And really, big as that may sound, prayer is really a friend talking to a friend. That is who our Lord Jesus is. He is indeed the Savior of the world, yet simply He is God, who desires us to respond to His invitation to friendship.

So prayer, concisely, is our mode of communicating and relating with our God. Our prayer is a primary means of facilitating a healthy, holy, relationship with our God. Prayer, first and foremost, is not something we do for God; but primarily prayer is to receive, and to welcome His presence, and His love, in our lives.

We need to be wary not to make prayer as simply another activity, another task on our to-do list. Prayer, essentially, is welcoming God, who gives Himself freely and fully to us, into our daily lives. Our prayers unite us with God and open us up to the grace we need. We strive for our prayer to be an act of faith, an act of hope, and an act of love. We can certainly pray in many ways, but what is ultimately important is not our methodology of prayer, but the inner attitude we bring when we pray. It is our inner disposition that is critically important.

Fundamentally, we can say that all prayer is an act of faith. We trust in faith in the existence of God, in His love for us. It is a way of us demonstrating to our God that He is worth our time and our friendship. It is the attitude or disposition of our faith that allows God to enter the deepest recesses of our hearts. This attitude of faith will sometimes come with “mountaintop” emotions and graces, which can be rich and exhilarating. But certainly, as we are all aware, this is not always the case. Sometimes the prayer we come to in faith is dry, dark, distracting, and feels empty. This should not discourage us for a couple of reasons. When we encounter these moments of dryness, there is a tendency to blame ourselves; particularly that we feel we are lacking in faith, hence the dryness of our prayer. Even faith that feels shallow, if it is well meant and desired, will allow our Lord to act within us. Our Lord, who knows all things, knows well what we desire with our prayer. He knows our hearts. We cannot always see, feel, or understand; but my friends, we can always believe. The beauty is that our faith, whether it feels strong or weak, al-

lows us to go forward in confidence. Because our frailty, our weakness, allows us to trust in faith that God hears, knows, and responds, to our needs. Why? Because my friends, He knows our hearts better than we ourselves know them.

“Faith, hope, and love, and the greatest of these is love, (1Cor. 13, 13).” The second theological virtue, hope, is especially important in prayer. Whenever we pray, we are making an act of hope. We lean on our Lord and confidently expect something good to come from Him. Eternal life is the big picture hope, but hope allows us to know our daily needs will be met in our daily prayers. “Give us this day our daily bread,” is not just a group of words. We are, in faith and hope, asking the Lord to give us what we need daily, for quality and sanctity of life.

One of the most common things I hear, is how the faithful feel distracted in their prayers. I am not sure if even the great saints were able to stay completely focused at all times in their prayer. The key for you and I, is to maintain fidelity to our prayer routine, and to always approach our prayer in faith. Remember, no one can stop you from having faith. No one can stop you from believing. See you next week for part II.

Blessings, Fr. Jim (FJ)

THE THREE PILLARS OF LENT



"Prayer makes your heart bigger, until it is capable of containing the gift of God himself". -St Teresa of Calcutta
Prayer strengthens our personal relationship with God.



"Fasting is the support of our soul: it gives us wings to ascend on high, and to enjoy the highest contemplation!"
-St John Chrysostom
Fasting helps us to fight temptation, strengthen our will, and rely on Jesus in a deeper way.



"For it is in giving that we receive."
-St Francis of Assisi
Almsgiving engages us in the virtue of charity, uniting us to Christ in his poverty.