

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

*Special Schedule
Friday March 6
Details Inside*

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: March 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:**

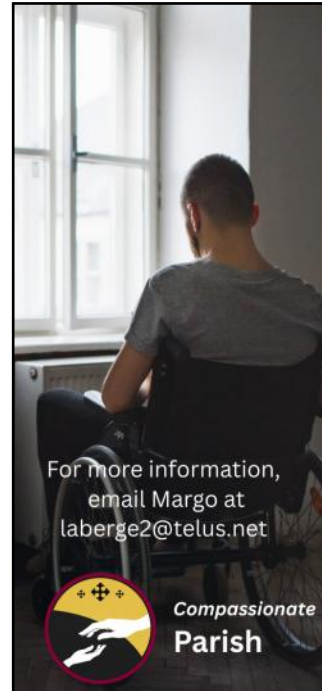
<https://www.youtube.com/@olphparishsherwoodparkab/streams>

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
March 1, 2026 ~ Second Sunday of Lent
We Remember, We Celebrate, We Believe
13 Brower Drive, Sherwood Park, AB T8H 1Y7 780-467-5470 www.olph.ca



Conversation Cafe!

Sunday, March 8, 1:45 pm | Hospitality Area (foyer)

“Does God want us to suffer?” Let’s talk about it.

Join **Dr. David Deane**, Newman Theological College’s newest professor, for this important conversation. Dr. Deane will guide us in exploring what "redemptive suffering" really means—how our pain, when united with Christ's suffering on the cross, can help bring about healing and salvation for ourselves and others. We'll see that the cross doesn't call us to suffering for its own sake. Instead, it's a loving invitation from Jesus to enter more fully into God's own life and love. Although we might not fully understand the mystery of suffering, our faith provides hope that our suffering will bear fruit that is everlasting.



OLPH YOUTH

Cards & Cookies!

JOIN US FOR OUR LENTEN SERVICE PROJECT! WE ARE BAKING TREATS FOR OUR PRIORITY SUNDAY HOSPITALITY & MAKING CARDS FOR THOSE IN A SENIORS HOME!

MARCH 13, 2026

6:15PM-9:00PM

JOIN US FOR MASS FOLLOWED BY A SIMPLE LENTEN MEAL AFTERWARDS.

BRING A FRIEND! GRADE 7+
RSVP TO NLAVIGNE@OLPH.CA

The Catholic Archdiocese of Edmonton
Pastoral Priorities

Eucharistic worship Confident witness service in Marriage & Family

The First Sunday of every month is PASTORAL PRIORITIES SUNDAY at OLPH.

Sunday March 1, 2026

Join us for **Coffee & Treats** in the foyer after each Sunday Mass this weekend, and for

Family-Friendly Eucharistic Adoration

2:30 pm - 3:30 pm

All are Welcome!
(Silence is NOT expected in the church during family-friendly Holy Hour.)



March 2-7

Monday ~ George Lucki†, Lennard Sebastian†, Pamela Crookes†, Augusto Bebe†, Joseph Sarget†, Holy Souls in the Purgatory†, Paul Thomsen, Fr. Warren Schmidt, Teresa Corrigan, Jeannette Paskevich

Tuesday ~ Carol Wolff†, All Deceased family of Pelagia†, Pauline Skubleny†, Mary Grace Loh, Rene & Kathy Rouleau, Marvin & Gail Weleschuk & Family, Fr. Ben Makkollil, Mary Siwak, Lovelee Llagrisola, Rick White, Franklin D'Mello

Wednesday ~ Sophie Starko†, Brunet Family Members†, Julio Gallenero†, Felipe Fernandez†, Leonard Sebastian, Bemvindo Palha, Jacob Isinger, Jeff Newman, Fr. Martin Carroll, Phyllis Alexander

Thursday ~ Gordon Seed†, Catharina Yoon†, Phyllis Kornder†, Herzog Family Members†,

Marvin & Gail Weleschuk & Family, Fr. John Hesse, Demetrio Gallenero, Uduak Akpan, Gerry Bolduc, Barb Owens

Friday ~ Debbie Winchester†, Dan Beaulieu†, Leonard Cunningham†, Wilf Rice†, Grant Olesky†, Umberto, Bernadette Veres, Judy Willette, Prayers in the Foyer, Sr. Mary Clare Stack, Tina Zubrowski

Saturday ~ Ladislao & Juana Solis†, Judy Westlake†, Terry Dawe Jr, Beth Ardin, Fr. Christopher Rayappan, Peggy Yanew, Fr. Warren Schmidt



Condolences to Ken Ball and family. His sister **Nora Waring** passed away in England on February 13, 2026.



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

INTEGRITY • COURAGE • MANLINESS • COMMITMENT • FIDELITY



MEN of INTEGRITY

Lead by Example!

St. Joseph

**IDENTITY AND MISSION:
SONSHIP TO SACRIFICE**

MARCH 6-7, 2026

**HOLY FAMILY PARISH
75 POIRIER AVE. ST. ALBERT**



EARLY BIRD REGISTRATION

\$60 MAN | \$45 STUDENT/SENIOR

AFTER FEBRUARY 1ST

\$70 MAN | \$55 STUDENT/SENIOR

AT THE DOOR

\$80 FOR ALL

REGISTER ON OUR WEBSITE

WEEKEND INCLUDES

ADORATION - CONFESSION

MASS ON FRIDAY AND SATURDAY

LIGHT BREAKFAST - LUNCH - SNACKS

TALKS - VENDORS - FELLOWSHIP

FRIDAY: 5:00-10:00PM

SATURDAY: 7:00AM-4:00PM

WWW.CATHOLICFAMILYMINISTRIES.COM | REGISTRATION QUESTIONS 780-920-7878

OLPH Financial Report

Week 7 February 22, 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	\$20,459.00	\$2,009.50	\$1,628.00
This week surplus/ shortfall	-\$6,466.00	-\$470.50	-\$917.00

- *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**

Catholic Community News

ALBERTA KNIGHTS OF COLUMBUS CHARITABLE FOUNDATION

ACF

50-50
CHARITIES APPEAL RAFFLE

Early Bird Draws x3
\$1000^{ea}
Draw Dates at 12:30 PM:
(One winning number will be randomly selected)
March 10th
March 24th
April 7th

*All tickets sold from the beginning of the raffle until 12 noon on the final date of the Early Bird draws are eligible to win an Early Bird prize and also the Grand Prize.

In support of:
Educational Institutions, Community Charities, Churches,
Youth and Seniors Activities across Alberta

WINNER takes 50% of total sales
\$202,500 maximum

BUY TICKETS ONLINE

1 for \$5
10 for \$20
50 for \$50
200 for \$100

www.acf5050.com

Ticket sales end at 6:00 PM on April 25, 2026

(OLPH) Archbishop MacDonald Council # 6083

Please Support Council

Grand Prize Draw April 25, 2026 | 6:30 PM
By ADLC approved Random Number Generator
AGLC Licence 767624

Local Charity

Early Bird Draw Location: St. John Bosco Catholic Church Hall, 13503 40 Street NW, Edmonton, AB T5A 3L9
Grand Prize Draw Location: Polish Canadian Cultural Centre, 3015 15 Street NE, Calgary, AB T2E 7L8
Tickets sold only in Alberta - Must be at least 18 years of age to buy tickets - 531,000 tickets available for purchase

HEROIC³⁰

RENEW MEN

FREE 31-DAY CHALLENGE
BUILD HEROIC VIRTUE
31 SHORT VIDEOS

SIGN UP NOW

HEROIC MEN

The Heroic 30 Challenge is a 30-day spiritual journey through the virtues of St. Joseph led by Heroic Men Canada (powered by God Squad Canada).

Each day features a short video reflection from bishops and Catholic leaders across Canada.

All the men of the Archdiocese of Edmonton are encouraged to sign up—individually or with a friend—for daily emails with videos, reflections, and prayer resources.

Register for free at:
heroicmen.org/h30

What's Happening at OLPH

ELK ISLAND CATHOLIC SCHOOLS

GROWING TOGETHER IN CHRIST'S LOVE

#GROW

Our Elk Island Catholic Schools are holding their annual FAITH & WELLNESS DAY
FRIDAY March 6, 2026
for all EICS district staff here at OLPH.
Please be aware of the following schedule of events taking place in the Church Nave:

- 7:30 am Adoration
- 8:00 am Rosary
- 8:30 am Indigenous Smudge Ceremony
- 8:35 am Mass (not 8:30 am as usual)**
- EICS Speakers following the Mass.

TOGETHER we serve
ONE CHURCH. ONE GIFT.

When you give to Together We Serve you can be confident that your gift is supporting organizations that share your Catholic beliefs and values.

GIVE TODAY

Your ONE gift helps St. Joseph Seminary form new diocesan priests for Western Canada and beyond...Newman Theological College educate priests, deacons, chaplains and parish pastoral staff for ministry... and the Diocese of Mackenzie-Fort Smith bring Eucharistic Worship to 28,000 Catholics across the vast Canadian north.

SCAN to give

caedm.ca/donate-to-tws



2026 - 2027 Registration Now Open!

Register online at: eics.ab.ca

What's Happening at OLPH



Seniors Residences & Care Center Masses This Week

- Tuesday March 3**
Cloverbar Lodge 10:00 am
- Wednesday March 4**
Summerwood 10:30 am
- Thursday March 5**
Silver Birch 10:30 am
Emerald Hills 1:00 pm
- Friday March**
Capital Care 10:30 am



Catholic Women's League

Ignite your Passion, Empower His Mission!
Our membership drive for 2026 continues.

Annual membership is \$40.00.

You can contact Arlene or Cathy with regards to obtaining a CWL membership at:

membership@cwloiph.ca

(Renewals should be in by February 28, if possible, to facilitate National CWL's transitioning to a new membership system.)



DEADLINE FOR BULLETIN SUBMISSIONS IS TUESDAY BY 12:00 PM.
SEND BY EMAIL TO:
INFO@OLPH.CA



All 2025 TAX RECEIPTS have now been MAILED OUT

A REMINDER ABOUT "PEW MANNERS"

When our church is filling up for Sunday Masses, **PLEASE CONTINUE TO BE CONSIDERATE** of your fellow parishioners and **SHARE** the space.

We all need to be willing to share the pews and sit next to one another at church.

Please respect the requests of our ushers - or your fellow parishioners - and shift around as needed to make room so everyone can have a place to sit for Mass.



Lent & Holy Week

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 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
**Multiple priests in the church throughout the day for the Sacrament of Reconciliation.*

Holy Week Schedule

**Please Note Changes to Regular Mass Times on Some Days!*
VOLUNTEERS PLEASE SIGN UP FOR LITURGICAL MINISTRIES AT WWW.OLPH.CA

PALM SUNDAY MARCH 29
Regular Sunday Mass times
8:30 am, 10:30 am, 12:30 pm & 7:00 pm

MONDAY MARCH 30
Regular 8:30 am Mass
**NO EVENING MASS at OLPH*
CHRISM MASS
7:00 pm at *St. Joseph's Basilica in Edmonton*

TUESDAY MARCH 31 and WEDNESDAY APRIL 1
Regular Weekday Mass and Adoration Times 8:30 am & 6:15 pm

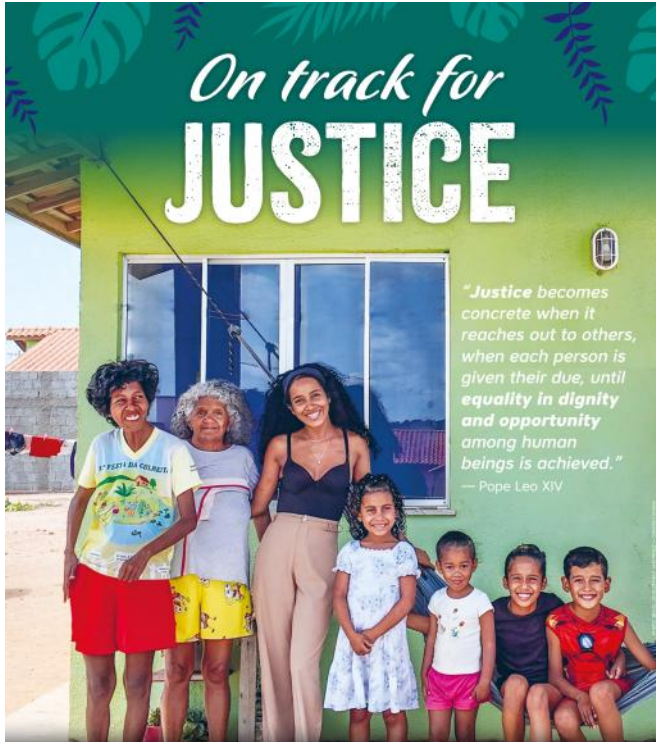
HOLY THURSDAY APRIL 2
7:00 pm ~ Mass of the Lord's Supper with Presentation of the Oils and Washing of Feet, followed by Adoration of the Blessed Sacrament until Midnight
Bring BELLS to ring at the Gloria!
(NO OTHER MASSES TODAY)

GOOD FRIDAY APRIL 3
10:00 am, 1:00 pm & 4:00 pm ~ Solemn Liturgy of the Lord's Passion and Veneration of the Cross
8:00 pm ~ Tenebrae
(NO REGULAR MASSES OR ADORATION TODAY)

HOLY SATURDAY APRIL 4
**No Masses at usual 8:30 am and 5:00 pm times*
12 noon ~ Blessing of Easter Foods
EASTER VIGIL MASS
Saturday Night at 8:00 pm
Bring BELLS to ring at the Gloria!

EASTER SUNDAY APRIL 5
Regular Sunday Mass times
8:30 am, 10:30 am, 12:30 pm & 7:00 pm**
Bring BELLS to ring at the Gloria!
****INCENSE** will be used at the 7:00 pm Mass

Lent & Holy Week



"The Church, like a mother, accompanies those who are walking." Pope Leo XIV (Dilexi te, §75)

Development and Peace - Caritas Canada's 2026 Share Lent campaign, *On Track for Justice*, has been launched!

Together, let's walk hand in hand with communities in the Global South who are working for justice, peace and dignity. *How?*

1. By donating online at devp.org/give or during the Solidarity Sunday collection here at OLPH on March 22, the fifth Sunday of Lent. Your generosity helps support over 59 projects in 34 countries around the world!
2. Get the Mini-magazine and follow the Solidarity Calendar with your family. Discover all the resources at devp.org/lent/resources.

Development and Peace -Caritas Canada, the official international development organization of the Catholic Church in Canada, is a democratic movement for global solidarity rooted in Catholic Social Teaching; addressing the root causes of poverty, oppression and inequality by working with partners in the Global South and by mobilizing Canadians in the common struggle for justice and dignity.

The organization also champions women and social movements as key agents of lasting change. To learn more, visit devp.org.

PLEASE GIVE GENEROUSLY!

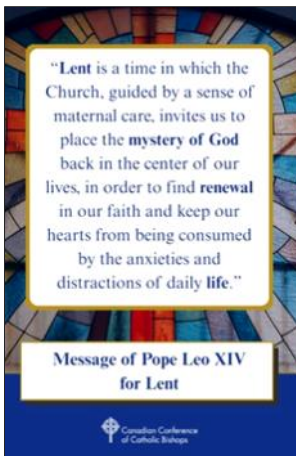
devp.org/give | 1-888-234-8533



Share
Lent 2026



Development
and Peace
CARITAS CANADA



Message of Pope Leo XIV for Lent 2026

"Listening and Fasting: Lent as a Time of Conversion."

In his message, the Holy Father writes: "Lent is a time in which the Church, guided by a sense of maternal care, invites us to place the mystery of God back in the center of our lives, in order to find renewal in our faith and keep our hearts from being consumed by the anxieties and distractions of daily life."

Read his entire message here:

<https://www.cccb.ca/announcement/message-of-pope-leo-xiv-for-lent-2026/>

What's Happening at OLPH

FORGIVEN™

THE TRANSFORMING POWER OF CONFESSION

Saturday, March 14

12:30 - 4:00 pm

Live online via Zoom

...with our Rite of Christian Initiation candidates!

Are you ready to grow in your relationship with Jesus? Then it's time to be forgiven! **FORGIVEN** is a half-day workshop on the Sacrament of Reconciliation. Whether you go to Confession regularly or haven't gone for decades, this workshop will answer your questions and guide you step-by-step through the deeper meaning of every aspect of the Rite – what it is, why we do it, and how it impacts your life.

To register, contact Billy at bspindle@shaw.ca or call/text 780.990.7981



**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

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



**Confirmation Mass with
Archbishop Hero
Sunday May 3, 2026 at
4:00 pm**

Annual St. Patrick's Day Dinner for the L'Arche Community

Hosted by our OLPH CWL

Sunday March 15 at 4:00 pm

in the Parish Hall

Everyone Welcome!

Main Course, Buns & Beverages Supplied.

Please bring a SALAD to share potluck style.





PRAYER Pt.2



The practice of *hope* in prayer is necessary in particular; because in every life of prayer, there is at times the experience of poverty in prayer.

It is said that prayer is a paradoxical reality. The saints of the Church have made this clear. At times, our prayer is hugely rewarding and almost euphoric in its substance (ie: “mountain top.”) At other times we feel a great emptiness, or aloneness, wondering if the Lord is present to us in our prayer moments. **Yes, He is.** The reality is that our Lord is present to us always, even when we are not present to Him. This does not mean that our conversations with him will not feel kind of one-sided at times. What are the reasons for this?

One: Prayer is not a technique, or a skill set that we can master. Driving a vehicle, operating a computer, hitting a good golf shot . . . these are skills that we can endeavor to master. But not so much in prayer. There are of course methods, protocols, and processes that we can follow. The rosary, time in the presence of the Blessed Sacrament, structured scriptural prayer like *Lectio Divina*. These are processes that we can practice, but they do not guarantee that our prayer will be more rewarding. Having said this, I believe when we do the right things consistently, the Lord does smile, and reward our efforts; but not necessarily in a tangible way. We remain dependent on God. We cannot manipulate or obligate God to respond in a particular way. I am aware that we all know this, but it seems that sometimes we think, or at least wish, we can.

Two: The deeper we enter into the wonder of God, the more we become aware of the great chasm between our Creator and us. God is God and we are not. The more we come to know who our God is, the more it becomes very evident who we are, and how small we are in the big picture of creation. Prayer brings us deeper into God’s presence. This can be very consoling and uplifting when we feel His love, His goodness, His tenderness. It can also be very difficult, and even painful, when the light of Christ reveals to us our own frailty and shortcomings. Sometimes we may feel we are even going backward on our spiritual journey. This is not necessarily the case. The reality is that as we enter through our prayer more fully into the light of Christ, Christ’s light illuminates our frailty and yes, sinfulness. It is not more there than before. Simply in our prayer we are able to see our failings greatly magnified under the light of Christ.

That is when the practice of hope comes in very handy! Practicing hope means saying, or praying, *“Lord, I am a sinful wreck, I fail in so many ways. But that is not a problem because, I do not place my hope in myself. I place all my hope in you. It is in you alone that I hope, it is you alone who will be my mercy, my forgiveness, and my salvation. Lord, I place my hope in you because without you I am nothing.”*

“The Lord hears the cry of the poor, (Psalm 34, 17).” Without Him, we can do nothing.

And He does hear us, and he does respond to us when we are humble enough to pray with hopeful hearts. We are invited to pray like the poor. To pray like those who do not rely on their own merits, but place all their hope in God’s mercy alone. This is a fundamental component of our spiritual journeys. We need to deprive ourselves completely of relying on anything other than God’s love and mercy. Our pride finds this hard to accept, but it is a grace and very freeing when we can let go, and let God.

Moments of great poverty in prayer are actually moments of grace, because they are moments of truth. They are opportunities to put all our hope in God alone. **“And hope does not disappoint, (Rom. 5, 5).”** If prayer were an exercise or a sport that we are trying to perfect, it would be impossible. But if our prayer is an offering to God,- of our weakness, our frailty, and our need of Him - all is possible with God.

So, we come to God in faith, in belief, and in hope, as we begin our prayer. It is, I am sure, clear to God, when we come to Him with sincere hearts. This same prayer can be rewarding and rich, or as dry as the Arizona desert. Sincere prayer offered in faith and hope expresses and deepens our love for the Lord. Pt III next week.

Blessings, Fr. Jim

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.