

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: April 1, 2026
- 2nd Wednesday hosted by Society of St. Vincent de Paul: April 8, 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 15, 2026 ~ Fourth Sunday of Lent
We Remember, We Celebrate, We Believe
13 Brower Drive, Sherwood Park, AB T8H 1Y7 780-467-5470 www.olph.ca

Today!
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.



Welcome Father Michael Aro SDB to the OLPH team!

Our new Associate Pastor Fr. Michael Arockiasamy Pancras SDB (Salesians of Don Bosco) has arrived from India! Ordained to the priesthood in 2012, he holds three Masters degrees (English, Philosophy and Business) and also a Doctorate in English literature. He has extensive experience in academic leadership, serving as Principal, Director, Head of Department, and Dean across several colleges in India. Fr. Michael Aro has dedicated ten years to pastoral service as an Associate Pastor in three other parishes. **We are so glad to have you here!**

**Until Fr. Michael Aro obtains his Canadian Drivers License, we are in need of VOLUNTEER DRIVERS to bring him to and from the parish. Please contact the office 780-467-5470.*



OLPH DAY OF CONFESSION
Saturday March 28
DROP IN
9:15 am - 4:30 pm

**Multiple priests will be in the church throughout the day to offer the Sacrament of Reconciliation*

LENTEN PARISH RECONCILIATION SERVICE





March 16-21

Monday ~ Leonardo Sebastian†, Bruce Donovan†, Monserat Gallenero†, Sophie Starko†, Filomena Quimingu†, Leonard Cunningham†, James Burkinshaw †, Pat Keith, Roxanne Popowich, Erik Storvold

Tuesday ~ Jack Santos†, Luz Robielo†, Gerard McCoy†, Patrick McManus†, Lynne Moorhead†, Roger Roy†, Marvin & Gail Weleschuk & Family, Burkinshaw Family, Chris Kavanagh, Vivien Iris Robielos

Wednesday ~ Kerry McCurdy†, Gerard McCoy†, Fr. Len Cadieux†, Donald Pomieto†, James Burkinshaw†, CWL, Marcelino & Linda de Sousa & Family, Jeff Newman, Jim Cordoviz, Lilly Genuis

Thursday ~ Joseph Lucki†, Benny Stein†, Phyllis Kornder†, Judy Brunet†, Veronica Short†, Raymond Artur Godard†, Marvin & Gail Weleschuk & Family, Aila Torres, Trina & Devin Charteris, Phina Garcia, Gerry Dotto

Friday ~ Ida Mary McGreevey†, Joan Olesky†, Joan Wispinski†, Ken Heykants†, Raymond Artur Godard†, Fernando Solano†, Maria Elena Corazon Sebastian, Shawn McCambley, Avery & Gerald Draganiuk, Don, Rebecca Genuis

Saturday ~ Jacqueline Ng†, Gary Berry†, Fr. Abraham Durai, Terry Dawe Jr., Isabel Weleschuk, Ekemini Akpan-Nsien, Mateo Silveira, Joyce Hearn, Chantal Isinger, Mike Zakowiecki



Our Condolences to the family of **Walter Kozakewich** who passed away on March 6, 2026.

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



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

Fr. Michael Aro. Pancras SDB

michael.aro@olph.ca

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

2026 - 2027 Registration Now Open!

Archbishop Jordan Catholic High School Grades 9 to 12 French Immersion / Ukrainian Bilingual abj.eics.ab.ca	École Our Lady of Perpetual Help Catholic School Grades 5 to 8 Cogito Academy / French Immersion olph.eics.ab.ca
École Père Kenneth Kearns Catholic School Pre Kindergarten to Grade 4 French Immersion epk.eics.ab.ca	Holy Redeemer Catholic School Pre Kindergarten to Grade 8 hr.eics.ab.ca
Holy Spirit Catholic School Pre Kindergarten to Grade 4 hs.eics.ab.ca	Madonna Catholic School Pre Kindergarten to Grade 4 Cogito Academy mcs.eics.ab.ca
St. Isidore Learning Centre Grades 1 to 12 Online & Continuing Education silc.eics.ab.ca	St. Luke Catholic School Pre Kindergarten to Grade 8 stl.eics.ab.ca
St. Nicholas Catholic School Pre Kindergarten to Grade 4 Ukrainian Bilingual stn.eics.ab.ca	St. Theresa Catholic School Grades 5 to 8 Ukrainian Bilingual stt.eics.ab.ca

Considering **Classical Education?**

SHADOW FOR A DAY

Experience a *Joyfully Catholic, Classical High School*

What You Will Experience

- Classical Learning
- Socratic Seminars
- Faith-Centred Community

Tues, Mar 31 & Thurs, Apr 9
8:30 - 3:30
Lunch Provided

CHESTERTON ACADEMY OF ST. ISIDORE Offering Grades 9-12

REGISTER FOR A SHADOW DAY
chesterton.eics.ab.ca/shadowday

OLPH Financial Report

Week 10 March 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	\$26,863.37	\$2,183.00	\$2,065.50
This week surplus/shortfall	-\$61.63	-\$297.00	-\$479.50

- 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 - **GOOD FRIDAY - April 3, 2026**
- SSVP Poor Box Collection - **Third Sunday of every month - March 15, 2026**

Lent & Holy Week

NEXT WEEKEND, March 22 is SHARE LENT Solidarity Sunday!

This Lent, please give generously.

Your donation transforms the lives of some of our most vulnerable sisters and brothers across the world.

Help create hope for and fulfil the dreams of the communities we support in the Global South by giving to our Share Lent parish collection or online at devp.org/give

Thank you for your solidarity!



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

What's Happening at OLPH



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



THIS WEEKEND: Monthly Poor Box Collection After All Masses

Please give what you are able.

NEXT WEEKEND: "Small Kitchen Wares" Drive to restock the SSVP Edmonton Distribution Centre. One Time Only!

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 Conferences with the 'smalls' they require. So we have been requested to help. Will you help us?



Mass
Schedule

Seniors Residences & Care
Center Masses This Week

Tuesday March 17

Cloverbar Lodge 10:00 am

Thursday March 19

Silver Birch 10:30 am
Emeral Hills 1:00 pm

Wednesday March 18

Summerwood 10:30 am

Friday March 20

Capital Care 10:30 am

All 2025 TAX RECEIPTS

have been mailed out!

Please notify the Parish
Office if you have not
received yours in the
mail.



Please join us for our MASS OF HOPE & HEALING
Monday March 23 at 7:00 pm


For families and friends suffering the loss of loved ones from suicide, assisted suicide (MAID), drug overdose or death under other traumatic circumstances. You are invited to write your loved one's name on a card to hang on our *TREE of REMEMBRANCE* in the foyer.

"With a profound sigh... Jesus wept." ... and the Jews said, "See how much he loved him." (John 11:34-37)


What's Happening at OLPH

Wedding Congratulations to

Brett KINCADE & Rosemary MENDITA
United in Holy Matrimony
March 7th, 2026



Lost & Found Clearance Reminder
 We will soon be tidying and clearing out the Lost & Found area. If you believe you may have misplaced any items, please take a moment to check the collection and retrieve your belongings.
Thank you for your cooperation!



MEETING NOTICE  **DATE CHANGE!**


The Knights of Columbus Planning Meeting originally on March 17th has been rescheduled to Tuesday March 26th.

Contact Br. Blake for time and location details.
 780-690-5028
 or blake.e.krause@gmail.com

Catholic Community News

 **Minute of Grace**
 Parents are a child's first teachers in faith, but we know life is busy! The EICS GrACE Committee is launching Minutes of Grace—**weekly, bite-sized ways to weave faith into your existing routine.** Whether it's drive time or bedtime, it only takes a minute to create a sacred moment. Look for our first tip this week!
 #MinuteOfGrace #EICSGrACE
 Follow @graceeics on Instagram 

Corpus Christi Parish in Edmonton
 Celebrating 10th Year Anniversary of Dedication
March 19, Thursday, 7:00 pm
 Fr. Jim Corrigan & Fr. Martin Carroll
 Guest Homilist & Guest Presider


 **The Calix Society**
 We substitute the cup that sanctifies for the cup that stupefies

Calix is an association of Catholic alcoholics, drug addicts, and family members and friends affected by addiction, who are maintaining their sobriety through participation in their Catholic faith and a 12 Step program.

A monthly meeting will be held on the last Tuesday of each month at OLPH Parish in Sherwood Park. Mass begins at 6:15PM, followed by fellowship and the Calix meeting at 7:15PM in the St. Joan room.

For more information about Edmonton Unit meetings, contact us at: edmcalthsecretary@shaw.ca

For more about CALIX visit: <https://www.calixsociety.org/>



OLPH YA SWING DANCE



FRIDAY 20. MARCH 2026 | **AGE 18 & OVER SUGAR SWING BALLROOM**



DETAILS + RSVP HERE

MUST RSVP BY TUESDAY MARCH 17

@OLPH_YA
 @OLPHYOUNGADULTSS@GMAIL.COM


COME AND JOIN US

STATIONS OF THE CROSS

OLPH YOUTH

Join us as our youth group comes together in prayer to reflect on our Lord's Passion & Death.

March 20, 2026
615PM TO 745PM



 **TIM FRANCIS PRESENTS SIGNS FROM GOD ~ MIRACLES AND THEIR MEANING ~**

From altar boy to party boy; From non-denominational mega church back to the Roman Catholic Church. **Tim Francis shares with us his quest for truth.**

This is a LIVE presentation hosted by Tim Francis. Few things you will hear and see:
 • A statue of Christ weeping human tears and bleeding human blood.
 • Multiple communion hosts tested by science that transformed into human heart
 • Lady being filmed & tested before, during, and after Stigmata
 • •• Much more!
 The meaning of suffering. Why be Catholic after all the confusion? Are all Religions the same? Why confess sins to a man when he might be just as sinful? etc....

He has since conducted over 100 parish missions conveying the meaning of the miracles with results similar to this:
Fallen away son returns after Mother drags him to presentation:
 "I wanted to thank you for changing my life. My mom went to day 1 of the 3-day mission... she got me to attend the second day... I was an occasional Mass attendee, mostly holidays. After your talk I made a good confession and now attend Mass DAILY..."

WATCH TIM EXPLAIN WHAT THIS IS ALL ABOUT ON THIS SHORT VIDEO:
WWW.SCIENCETESTSFAITH.COM/CANADA

Holy Family Parish
 75 Poirier Ave, St. | Albert, AB, T8N 6A1, Canada

Sunday, March 15th 1:00pm - 3:30pm (with an intermission) **5:00pm Holy Mass	Monday, March 16th 6:30pm - 9:00pm (with an intermission) **6:00pm Holy Mass	Tuesday March 17th 6:30pm - 9:00pm (with an intermission) **6:00pm Holy Mass
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*****Same Presentation Each Day*** Choose one



 **Registration for our 2026 summer camping season is now OPEN!**

For young people from grades 4 to 12. Experience faith, fun, and community at camp! Celebrate the Sacraments, make friends, and learn new skills like archery. Owned and operated by the Catholic Archdiocese of Edmonton.

www.OLVC.ca

What's Happening at OLPH

Baptism Preparation for Families with School-Age Children

BAPTISM opens the door to the rest of our Catholic Sacraments. *If your child (age 7-10) attends Catholic school but is not yet baptized, we have special support for your family!*

FAMILY BAPTISM PREPARATION CLASS

Tuesday April 14 ~ 6:15 pm - 8:30 pm

(Both mother and father and any child age 7 or older must attend. Godparents are also encouraged to attend with you.)

Contact Jenny at the Parish Office 780-467-5470

or email sacraments@olph.ca to register.

After parents and children have completed their preparation, speak to Jenny to schedule a baptism date for your child. The sacrament of Baptism is celebrated here at OLPH on the 3rd and 4th Sunday of every month (excluding Lent.)

Baptized children who are in grade 2 or older can then join their classmates preparing to celebrate First Reconciliation & First Holy Communion after Easter!



What's Happening at OLPH

Presence

THE MYSTERY OF THE EUCHARIST

Saturday, March 28

12:30 - 4:00

Live online via Zoom

...with our Rite of Christian Initiation candidates!

What is so special about the Eucharist? Although the Eucharist appears to be simple bread and wine, it is actually the "source and summit" of the Christian life. In this half-day workshop, we will explore the truth and beauty of Christ's real presence in the Eucharist, from its origins in Sacred Scripture, to its profound role in the life of the Church and her members.

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



JETS *Book your Lenten Journey to Joy*

TRIVIA TIME Come immerse yourself in a beautiful morning of Lenten Joy via the JETS Women's Airline this **Friday March 20.**

Check-in begins at 9:45 am at our **Large Meeting Room Boarding Gate** with departure set for **10:00 am.**

Our flight itinerary includes a Lenten Team Trivia Challenge and a connecting flight to Stations of the Cross with the theme "*for our time*". No need to study - just come and learn!

For further details, kindly contact our Flight Captains of the day, Nancy at 780-464-5356 or Edwina at neviegas@gmail.com.

Lent is a time of grace, a time for conversion, a time to come home to God. St. Maximilian Kolbe



Save the Date for Vacation Bible Camp at OLPH

July 6-10, 2026

9:00 am - 12:30 pm daily

We need **2 more Volunteers** to lead a Bible Story Group to run camp this summer!

Please consider helping out!

VBS Leaders Meeting
Saturday March 28 at 10:00 am
in the St. Joan Room

For more info contact:
Sharon at sdarbyshire@olph.ca



LESSON 2 (of 5) **"INITIATION"**

RSVP for your Choice of:

- Saturday March 14, 8:30am
- Tuesday March 17, 6:15 pm
- Wednesday March 18, 6:15 pm

Remember: BRING A ROCK TO PAINT

***Other Reminders:** Remember your Baptism! Which SAINT had their Memorial/Feast on (or close to) your Baptism Day? Bring a Picture/Keepsake from your Baptism or First Holy Communion for Show & Tell.

Always: Watch and discuss the email videos before coming to class. Be on time for Mass and remember to bring your Workbooks, DuoTang & Water Bottle!

Any questions contact Natalie by email

sacraments@olph.ca



FASTING



For the past 3 weeks, we have reflected for the past three weeks on the importance of prayer as our means of being in communication with, and in relationship with, our God. Prayer, I daresay, is the key vehicle we use to relate to our God, who desires to be in relationship with us. (Scripture, the sacraments, and action, rank up there as well.) But prayer is our one-on-one time with Jesus, who is God, and who is *“the way, the truth and the life; no one comes to the Father except through me (ie: HIM) (Jn. 14, 6).”*

Fasting is what makes extra space in our busy lives; for the prayer, the Scripture, the sacramental life of the Church. Also for the action, that is an outcome, and essential to a meaningful relationship with our Creator.

We may tend to think of food or drink when we use the term fasting. Yes, these are part of the fasting picture. The two days of fast and abstinence in the Catholic Church are Ash Wednesday and Good Friday. The law of abstinence (not eat meat) obliges those who have completed their fourteenth year. The law of fast (only one full meal each day, nothing between meals, two smaller meals that equal one regular meal) obliges those who have completed their eighteenth year, until the beginning of their sixtieth year. If one is unable to abide by the law of fast and/or abstinence (from meat), one can do an act of penance (sacrifice), or a charitable work, in place of these requirements. All Fridays during Lent of days of abstinence from meat.

These devotional practices assist us in creating awareness in our hearts of the penitential nature of the Lenten season. They call attention to the great sacrifice of love our Lord made on our behalf. Practically speaking, the goal or purpose of fasting is to **make more room**, either physically or emotionally, for our Lord in our lives. So, with this goal in mind, we can think about other forms of fasting that will assist us in growing in and focusing on our relationship with Jesus.

What about fasting from screen time, from binge watching television, from scrolling aimlessly on our cell phones? Some potential benefits that can be outcomes of fasting from our electronics: 1) It is important for us to be clear about what we possess, and what possesses us. In other words, by being aware and intentional about scrolling on my cell, perhaps I can actually break the habit that scrolling is. Is the dog wagging the tail or is the tail wagging the dog? Sometimes it is a little of both.

2) When I fast from playing solitaire on my laptop, it frees up time for me to do something else. The job I have been procrastinating, the conversation, phone call, or email that I have been putting off. Perhaps an additional moment of time to pray an intention which we

never seem to be able to find time for. Heaven forbid that I now have time to go for that walk, the pool, or the gym. What can I use for an excuse now? I have time. Oh my, I can get the eight hours sleep that I like to dream about, because I did not watch television until later than I should have. I will have to get creative with my avoidance excuses, and techniques. Some of these comments are a bit cheeky. I am sure I have used most of them, so I am fairly sure you know what I am speaking about.

The reality of fasting, regardless of how we engage in it, is that it makes room for something else. Our goal during the Lenten season should be to grow in our relationship with our Lord, and to be better people than when we entered our Lenten journey. Suffice to say, both goals are admirable and desirable. Fasting, making room, freeing up time, appreciating what it is to be hungry, all assist us in becoming more aware of our own circumstances and life situations. Then with some extra time available to us, we can be intentional and make inroads in areas that we do not normally give the attention we might like.

Next week, everyone’s favorite topic: Almsgiving.

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.



REGISTER FOR SPRING SACRAMENTAL PREPARATION CLASSES WITH YOUR CHILDREN GRADE 2 AND UP: First Reconciliation & First Holy Communion

Please Register by April 7.
(First day of class is April 8.)

Registrations forms and full class schedules are available in the foyer info station, at the Parish Office, or online at <https://www.olph.ca/sacraments/>

Contact Natalie
780-467-5470 or by email:
sacraments@olph.ca

