

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

See inside for Special
HOLY WEEK Schedule

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: April 15, 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 22, 2026 ~ Fifth Sunday of Lent
We Remember, We Celebrate, We Believe
13 Brower Drive, Sherwood Park, AB T8H 1Y7 780-467-5470 www.olph.ca



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**



**CALL FOR
SUBMISSIONS**

**EASTER SUNDAY
BULLETIN DEADLINE!**

To have your News, Events, Recruitment etc., featured in the annual **SUPER-SIZED, FULL-COLOUR EASTER SUNDAY BULLETIN**, please submit to the Parish Office **BEFORE Monday March 30.**

Send to INFO@OLPH.CA



Share
Lent 2026



Development
and Peace
CARITAS CANADA



March 23-28

Monday ~ Helena Pereira†, James & Nancy Young†, Ellen Desnoyers†, Mervyn Lynch†, Fr. Paul Kavanagh, Wilson Miranda, San Geronimo Peter Aguadua, Enzo Fiorini, Bridget Francisco, Elodie Kingston, Janet Akpan

Tuesday ~ Rebecca Walter†, Phyllis Kornder†, Raymond Artur Godard†, Max Pattison†, Alvaro Iriarte†, Merle Moriarty†, Rene & Kathy Rouleau, Marvin & Gail Weleschuk & Family, Jim & Rose DeWolfe, Trina Kot, Donna Coldham

Wednesday ~ Francesca Wong†, Scott Shea†, Leoncia Untalan†, Peter Gamroth†, Chase Evan Gourlay†, Molly Isaiah†, Phyllis Kornder†, Caileigh Martin, Jeff Newman, Jordan Van Den Bruel, Fr. Andrew Szablewski

Thursday ~ Angelina de Belen†, Patricia Ziebart†, Graham Gill†, Lawrence Kallal†, Raymond Artur Godard†, Annie Boychuk†, James Burkinshaw†, Marvin & Gail Weleschuk & Family, Connie Hartman, Jojo

Friday ~ Cheryl Robb†, Kitty Morgan†, Bob de Frece†, Pat Drew†, Ivy Gracias, Roberta McKale, Claddy Noda, Brody Anderson Lockhart, Katelynn Baska

Saturday ~ Mark Gramlich†, Zenaida Sto. Domingo†, Holy Souls in the Purgatory†, Patricia Ziebart†, Mary Marchak†, Phil McKerihan†, Nora Waring†, Trina Kot, Michel Gerow, Terry Dawe Jr.



Donated potted *Easter Lilies & Hydrangea* flowers to decorate the Altar can be dropped off on the table outside of the Parish Office starting Saturday March 28.

(no sooner please)



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

What's Happening at OLPH

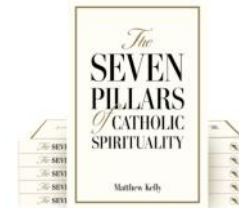
OLPH PARISH SPRING BOOK STUDY

Father Jim and his Pastoral Team, in partnership with the OLPH Alpha Team, are offering a six (6) week book study and discussion on Matthew Kelly's Christmas gift book entitled **The Seven Pillars of Catholic Spirituality**.

THURSDAY EVENINGS

April 23 - May 28

7:15 pm - 8:30 pm in the Parish Hall



Visit [Our Lady of Perpetual Help \(Sherwood Park\)](#) // [Flocknote](#) or **SCAN QR CODE** to register:



Save The Date

Friday May 1, 2026

2:30 pm to 4:00 pm

Annual Strawberry Tea & Fashion Show

Sponsored by OLPH CWL



Stay tuned for more details after Easter!

Volunteers needed for General Clean-up of the Nave & Sanctuary

March 26 & 27

from 9:30 am - 11:00 am

Contact the Parish office to sign up or

SCAN QR CODE to register:

**Please bring your favorite tools to help out with the dusting, mopping, sweeping...etc.*




OLPH Financial Report

Week 11 March 15, 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	\$21,924.25	\$2,813.00	\$1,640.50
This week surplus/shortfall	-\$5,000.75	\$333.00	-\$904.50

- *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 - April 15, 2026*

What's Happening at OLPH

 **REMINDER:** The Knights of Columbus Planning Meeting is on Tuesday March 26. Contact Br. Blake for details. 780-690-5028 or blake.e.krause@gmail.com

SHERWOOD PARK AGAINST HUNGER Meal Packaging Event
Saturday May 9
at OLPH Parish Hall

You are invited to participate in a very rewarding event, packaging meals for well-deserved people. Together with your help, our goal is to package 75,000 meals. We need approximately 220 volunteers (110 per shift) from ages 6 and up to help package the meals in an assembly line fashion. It is a fun way to spend time with friends and family for a wonderful cause!

- 1st shift : 9:00 am-11:30 am
- 2nd shift: 1:00 - 3:30 pm.
- Cleanup :3:30 - 7:00 pm.



For more information or to sign up, scan the QR code or visit:

<https://www.signupgenius.com/go/10C0B44A9AB29A2FFC52-62442738-sherwood>

Thank YOU in advance for volunteering your time for this very worthy cause!

****Note that hair nets and gloves are mandatory for all volunteers and will be provided at the venue upon entry. Bottled water will be provided.*



We still need more Adult Volunteers (Bible Story Group Leaders, Craft Helpers, etc.) 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



The word "Tenebrae" comes from the Latin word for "darkness" or "shadows."

A singular feature of this service is the gradual extinguishing of candles as chants are sung, scripture readings proclaimed, and choral pieces are sung. For a brief time we are enveloped in darkness, meditating on the mystery of Christ's death and the apparent victory of darkness and evil in our lives, only to be startled by a loud noise, symbolizing the earthquake at the time of Jesus's death. The atmosphere of this service is contemplative and it invites your participation, prayer and quiet reflection.

Everyone welcome!

What's Happening at OLPH



AN EVENING OF DIVINE MERCY

Tuesday, March 24
6:30-8:30 pm
Online via Zoom

Do you want to learn more about Divine Mercy and how to prepare for Divine Mercy Sunday? Join us for this inspiring educational session.

Through a video presentation by Fr. Chris Alar, instruction, and group discussion you will learn how to: trust in the power of God's mercy, prepare for the Feast of Divine Mercy Sunday, and incorporate the devotion of Divine Mercy into your life.

No materials are required for this workshop.

To register, contact:
 Michelle at michellemfoisy@gmail.com
 or 780-886-1338


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.



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)

 **Mass Schedule**

Seniors Residences & Care Center Masses
This Week

Tuesday March 24 ~ Sherwood Care
 10:30 am

Wednesday March 25 ~ Country Cottage
 10:30 am

Thursday March 26 ~ Silver Birch
 10:30 am and Aster Gardens 2:00 pm



STATIONS of the CROSS

Friday March 27 at 7:00 pm
Led by the Altar Servers



ALMSGIVING



In past weeks, we have reflected on PRAYER as our primary means of communicating - both speaking and listening - to our Lord and Saviour Jesus Christ. We understand FASTING as a means of making room and even creating a desire to focus on the other. Our one hour fast prior to reception of Holy Communion is meant to symbolically help us long for fulfillment; drawing us to reflect on the spiritual food that the Holy Eucharist is for us. Fasting from our electronic devices and social media can make room for other activities in our day. For instance: family, hobbies, prayer. Fasting from food can draw us to reflect on the sacrifice our Lord Jesus made for us, with no strings or qualifiers attached.

So how about ALMSGIVING? The first thought that goes through my mind when I consider the term Almsgiving is financial, ie: giving of money. That leads me to think about Church and her needs, partially because I tend to associate the term “alms” within a church context. Of course, there are many needs out there, and the Church is only one of them. Yes, one of the five precepts of the Church is, “*You shall provide for the needs of the Church.*” From a financial/ almsgiving perspective, there are many people, and many worthy causes, which deserve and need our care and attention. However, that is a topic for a different day. I prefer that we do not put almsgiving in a box, but look at it in a broader context.

How about almsgiving from the perspective of giving of ourselves for the benefit of the other? In other words, can we view almsgiving in the light of sharing our Time, Talent, and our Treasure for the good of the other? “Willing the good of the other” refers to the meaning of love, as defined by St. Thomas Aquinas. We acknowledge and are grateful for the many blessings that our God bestows upon us daily. These blessings are gifts from God; not because we deserve them, but because of His love for us, His children. Almsgiving comes down to *how* is it that we are sharing the gifts and blessings that we have received from our God, who is perfect love. How is it that we can mirror the love of God, in the way we share our Time, Talent, and Treasure for “the good of the other?”

Our Time and our Talent are the unsung heroes of our almsgiving arsenal. A poignant example of the sharing of Time and Talent has been particularly visible in the last few months, during the major renovations to the nave of our beautiful Church. I have no idea how many trips up and down those stairs our sacristans, adult servers and AV techs have made as we pivoted from Sunday Mass in the nave of the Church to weekday Masses in the parish hall, and back to the nave. I have no idea how many short notice clean up campaigns have transpired, to beautify and clean the nave, making it ready for our Sunday celebrations and funerals.

Perhaps what is most striking to me is the vast amount of manual labor that has transpired in removal and reinstallation of our pews as the staged replacement of the flooring (carpet and rubberized tile) has taken place. The setting up and removal of many chairs, to facilitate the celebration of the Holy Mass, compensating for unavailable pew seating. These crews of generous-

hearted men and women come into the nave, receive their marching orders, then do what needs to be done; not for their good, but for, “the good of the other.” Then they go, but then they come back, in a wild cycle of activity and movement of furniture. This has been a beautifully choreographed, collaborative effort, by many dear souls, who simply desire to do their part, in sharing their Time, Talent, and Treasure.

I know you are aware that Time, Talent, and Treasure are the hallmarks of the gifts that a grateful steward shares for “the good of the other.” “*Almighty God, I give thanks for all that I have and all that I am, but most of all I give thanks for the great gift of your Son Jesus.*” The almsgiving of self that has transpired these past months for the beautification of God’s house is nothing short of a magnificent expression of love of God, and love of “the other.” Thank you one and all, for your generous hearts, and your sharing of the Time, Talent, and Treasure, that has made all these renovations possible.

Do you remember the musical duo of Simon and Garfunkel from the early seventies? Remember their song “Sounds of Silence?” Think about that song the next time you lower your pew kneeler to pray at the consecration during the Holy Mass. Our talented group of Time and Talent folks have found a method to reduce the noise that in the past sounded like a blast from a machine gun. It is beautiful and it is remarkable. Thank you, thank you, thank you. For our part, we need to raise and lower the kneelers gently, and we will be reminded of the sounds of silence for sure.

Happy Lent.
Blessings , *Fr. Jim*



Our Lady of Perpetual Help

PALM SUNDAY MARCH 29 Regular Sunday Mass times 8:30 am, 10:30 am, 12:30 pm & 7:00 pm	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)
MONDAY MARCH 30 Regular 8:30 am Mass <i>*NO EVENING MASS at OLPH</i>	HOLY SATURDAY APRIL 4 <i>*No Masses at usual 8:30 am and 5:00 pm times</i> 12 noon ~ Blessing of Easter Foods
CHRISM MASS 7:00 pm at St. Joseph's Basilica in Edmonton	EASTER VIGIL MASS Saturday Night at 8:00 pm *Bring BELLS to ring at the Gloria!*
TUESDAY MARCH 31 and WEDNESDAY APRIL 1 Regular Weekday Mass and Adoration Times 8:30 am & 6:15 pm	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
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)	

St. Francis of Assisi in Tofield

PALM SUNDAY MARCH 29 Regular Sunday Mass at 11:00 am	GOOD FRIDAY APRIL 3 Solemn Liturgy of the Lord's Passion and Veneration of the Cross at 11:00 am
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 10:00 pm *Bring BELLS to ring at the Gloria!*	*NO EASTER VIGIL MASS* EASTER SUNDAY APRIL 5 Regular Sunday Mass at 11:00 am *Bring BELLS to ring at the Gloria!*