

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: 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 8 2026 ~ Third Sunday of Lent

We Remember, We Celebrate, We Believe

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

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.



Today!

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.



For more information,
email Margo at
laberge2@telus.net



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





March 9-14

Monday ~ Peter Wozney family†, Patrick McGuigan Jr.†, Phyllis Kornder†, Ben Lozinski†, Bob de Frece†, France Johnston, Jonette Sagong, Justin Almeida

Tuesday ~ Don Riley†, Judy Roma†, Joseph & Patty Wesko†, Hans Schnepfer†, Ian Arnold†, Marvin & Gail Weleschuk & Family, Baptism Families, Chris Kavanagh, Rene & Kathy Rouleau, Ella

Wednesday ~ Chase Evan Gourlay†, Mervyn Lynch†, Hans Schnepfer†, Ben Lozinski†, Jeff Newman, Rann del Chad Sebastian, Tamara Locskai, Stuart Lugo

Thursday ~ Phyllis Kornder†, Mrs. Jeanne Syrenne†, Marvin & Gail Weleschuk & Family, Pam Dawe, Katelynn Baska, Anne MacLennon, Bonnie

Friday ~ Charles Rodrigues†, Grant Olesky†, Debbie Winchester†, John Miranda†, Celidonio Pereira†, Mrs. Jeanne Syrenne†, Judy Westlake†, Augustine Genuis

Saturday ~ Mafalda Mauro family members†, Betty-Lou Lawrence†, Terry Dawe Jr., Fr. Christopher Rayappan



Condolences to the family of **James Burkinshaw** who passed away on February 18, 2026. Funeral Mass will be at OLPH on Saturday March 14 at 1:00 pm.

Upcoming Funerals at OLPH:
Phyllis Kornder – Saturday March 7, 2026 at 11:00 am.
Judy Roma – Monday March 9, 2026 at 10:00 am.

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 Ora *Welcome*

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



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

On Track for Justice - Share Lent 2026

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.

OLPH Financial Report

Week 8 March 1, 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	\$28,428.25	\$4,402.00	\$3,441.50
This week surplus/shortfall	\$1,503.25	\$1,922.00	\$896.50

- 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

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



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.

What's Happening at OLPH



Mass Schedule

Seniors Residences & Care Center Masses This Week

Tuesday March 10
 Sherwood Care 10:30 am

Wednesday March 11
 Country Cottage 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.



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 NLAUVIGNE@OLPH.CA



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

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



Save the Date for Vacation Bible Camp at OLPH

Who: For Children entering Grades Kindergarten through 6 in September

When: July 6-10, 2026

9:00 am - 12:30 pm daily
\$70.00 per child

Registrations will be open at the beginning of May.



We are looking for 2 Adult Volunteers to help in the Craft Room!

All volunteers will need a Police check, Intervention check and must take the online Safe Environment courses (Praesidium Academy)

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



We are looking for 2-3 more strong individuals to join our team of Caregivers!

This childcare ministry runs Wednesday mornings, 9:15am - 12 Noon. (Volunteer commitment would be one or 2 Wednesday per month)

**All volunteers working with children in the Church will need a Police check, Intervention check, and must complete the online Safe Environment courses (Praesidium Academy).*

Contact Vanessa by email for more information:
mmorningout@gmail.com



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

Catholic Community News

ALBERTA KNIGHTS OF COLUMBUS CHARITABLE FOUNDATION



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 sale until 12 noon on the day of the Early Bird draws are eligible to win. Early Bird prizes 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

Council # 6083

Please Support Council

Grand Prize Draw
April 25, 2026 | 6:30 PM

by AGLC approved Random Number Generator
AGLC Licence 767624






ELK ISLAND CATHOLIC SCHOOLS
Seeing Christ in Everyone

2026 - 2027 Registration

Now Open!

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



Carlo was canonized September 7, 2025.

Saturday, March 14 at 2 pm: 75-minute presentation

Sunday, March 15 at 2 pm: 75-minute presentation

Followed by a time of veneration of a first-class relic as well as a time of Adoration
In Saint Vital Church, 4905 50th street, Beaumont, Alberta Phone: 780 929 8541

Exhibition of the Eucharistic Miracles (work of Saint Carlo Acutis) free circulation in the church, continuity of reflection

Free Event – Free Offering will be appreciated (tax receipt available)

Please note **AFTER** the presentation: **SALE** of a variety of *religious objects* related to Carlo Acutis. **PAYMENT METHODS:** cash, check, bank transfer (e-transfer).

St. Carlo Acutis Lenten Retreat at St. Vital parish in Beaumont, choose either March 14 or 15:

What's Happening at OLPH



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

***Special 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 **AND a ROCK to paint.**

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

Any questions contact Natalie by email

sacraments@olph.ca



Bringing beautiful and faithful Catholic content to parishes, families, and individuals. There is something for everyone here: award-winning studies and parish programs, inspiring audio content, movies, e-books, and family-friendly kid's programming.

All parishioners can log in to create a FREE account on the subscription paid for by OLPH Parish!

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1. On your internet browser, go to formed.org signup
2. Click on the blue button "Continue to Sign up/Login"
3. On the new screen titled "Sign In or Create an Account", enter your preferred email address
4. The "Next" button will turn from grey to blue. Click on it.
5. Registrant is required to confirm email and enter first and last name. Phone number is optional.
6. Check the box for "I have read and agree to the Terms of Use and Privacy Policy."
7. The "SIGN UP" button will turn from grey to blue. Click on it.
8. On the new screen titled "Join your parish", enter the postal code "T8H 1Y7" and select "Our Lady of Perpetual Help 13 Brower Dr" from the drop down menu. (By using the postal code, it narrows the results quicker.)
9. The "Submit" button will turn from grey to blue. Click on it.



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/>

What's Happening at OLPH



Become the hands and feet of Christ this Friday

"Go to the poor. You will find God."
-St. Vincent de Paul-

With this brilliant thought in mind by St. Vincent, the JETS Women's Airline is taking flight this **Friday, March 13**, to learn about the wonderful works of the Society of St. Vincent de Paul (SSVP)

here at OLPH Parish. Check-in is at 09:45 am at our Boarding Gate, also known as the **Large Meeting Room**, located in the lower level of OLPH Parish. The flight session takes off promptly at 10:00 am. We will be welcoming fellow parishioners Jo-Anne Brady, past Chair of OLPH's SSVP Ministry and Carol Brassard, current President. Jo-Anne and Carol will talk with us about why SSVP was formed, what the Society does, who it serves and what we can do to help.

All parishioners are sincerely invited to attend and complimentary in-flight snacks and beverages will be served.

For further details, kindly contact Edwina, our Flight Captain of the Day at nevigas@gmail.com.



If we are faithful to God, we will lack nothing." St. Vincent de Paul



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@cwlolph.ca

Our next general meeting is Monday, March 9 at 6:30 pm in the Meeting Room. We welcome Guest Speaker, Michelle Lamer from St. Michael's CWL, Leduc who will share with us 'Resolution 2025-02 Amend Criminal Code Section 223(1) defining when a child becomes a 'human being'. Come join us and bring a friend! Everyone is welcome. If you need a ride, we can make that happen. Contact: info@cwlolph.ca



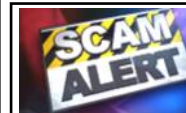
LOST & FOUND

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!



REMINDER:
Beware of Emails from a "Fake Fr. Jim!"

No one from OLPH will EVER send you emails asking for money or gift cards or other favors. Beware of scams from fake email addresses pretending to be someone from our parish.



PRAYER Pt.3



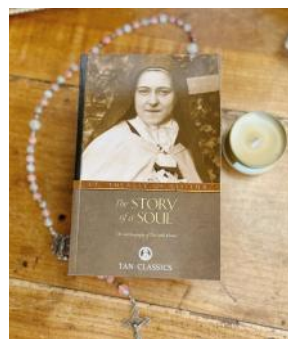
In our relationship between God and humanity, it is pivotal that we remember that it is always God who loves us first. *“Not that we loved God but that he loved us and sent his Son to be the atoning sacrifice for our sins, (1 Jn 4, 10).”*

Much as it is important for our prayer to be an act of hope, it must also be an act of love toward God. Therefore, it is just as important, that we welcome the love God offers us. We approach our prayer not as a task or a job, but as an act of love. Within this act of love, we welcome God’s love for us with trust and gratitude.

This of course is easier said than done. How could he love me, sinner that I am? I am not worthy to be loved by God. Does this sound familiar? Remember, love is “willing the good of the other”, (Aquinas). A love freely given must be reciprocated. If I am convinced that I love God - God who is perfect love - God must certainly love me. We don’t have to deserve his love - because we don’t - but we do have to welcome it, and allow our hearts to be transformed by it.

You and I are not going to make God anymore all powerful, all loving, all merciful. He is all of that, in perfection, already. So, to pray, is not first and foremost to do something for God. We already agreed, we cannot. To pray, primarily, is to receive and welcome the love of God into our hearts. Prayer is about that friendship Jesus wants with all of us. Prayer is going forward in faith, in hope, in trust; and welcoming God, who loved us first, into our hearts.

St. Therese of Lisieux is an example of a great saint who struggled with dryness in her prayer life, but also as one who really understood what prayer was. The following is what she said about her challenges with prayer: “I should be desolate for having slept (for seven years) during my hours of prayer and thanksgiving after Holy Communion. Well, I am not desolate. I remember that little children are as pleasing to their parents when they are asleep as well as when they are wide awake (Story of a Soul, p. 165).”



St. Therese’s commentary on what would appear a lack-lustre prayer life expresses a profound truth of value to all of us. Prayer is not what we do, but what God does. And God, whose love is perfect, never ceases to love us whether we are awake or asleep. St. Therese was not focused on making beautiful prayers that were pleasing to her. She focused on being receptive to God’s love for her, and not her own personal agenda.

My watershed moment in prayer and faith came to me in (2 Cor.12, 7-10). A thorn in the

flesh is given to St. Paul. *“Three times I asked the Lord to remove it, but he said my grace is sufficient for you, for power is made great in weakness. Therefore, I boast all the more of hardship, weakness, persecution, for Christ’s sake. For power is made great in weakness. For when I am weak, then I am strong.”* St. Paul is afflicted, by we know not what. He repeatedly asks the Lord to heal this affliction. The Lord’s response. “My grace is sufficient for you.” It is in his weakness, in his poverty, that St. Paul comes to know of his great need for Jesus in his life.

It is important for us to be faithful to our prayer practices and regimes. This is a way of expressing our love, and our desire for friendship with Jesus. We will encounter dry patches, perhaps more often than not. Let us make our prayer an act of faith, an act of hope, and act of trust, not in ourselves but in God’s love for us. May our poverty, our wretchedness and our failings allow us to hope, trust, and in faith know, how much we need our Lord in our lives. Because we do.

Happy Lent my friends. Celebrate your poverty. It is a sure mode of coming to know our need for Jesus in our prayers.

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.