

Church Open/Office Hours 7:30 am to 7:30 pm 7 days a week
Mass, Adoration & Sacraments 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

Tofield Mass

Sunday 11:00 am

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.***

Sacrament of Baptism

Celebrated the Third and Fourth Sundays of Every Month at 2:30 pm.

(Contact the Parish Office minimum 1 month in advance to register for Baptismal Preparation.)

Eucharistic Adoration

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

1st Wednesday hosted by Mary's Servants for Christ: August 5, 2026

2nd Wednesday hosted by Society of St. Vincent de Paul: August 12, 2026

3rd Wednesday hosted by CWL: August 19, 2026

4th Wednesday hosted by K of C: August 26, 2026

5th Wednesday hosted by Clergy: September 30, 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
Sunday August 9, 2026 ~ Nineteenth Sunday in Ordinary Time

We Remember, We Celebrate, We Believe

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



Job Opening for Evening/Weekend Parish Office Admin Staff

We are seeking an energetic, outgoing candidate to perform a variety of reception and clerical duties.

Hours of Work: Must be flexible. On weekends, staff rotate to cover the office from 7:30 am to 7:30 pm, Saturday & Sunday. Weekday afternoon/evening admin shifts will vary.

Applicants must be: Mature, have a welcoming attitude of service and helpfulness towards assisting individuals and groups. Honesty, flexibility, and a good sense of humor are very necessary for this position as it is a vital initial point of contact for the parish. Confidentiality is mandatory. This position requires a demonstrated ability to work with minimal supervision and to carry out written and verbal instructions. Computer competency is a must.

Please apply by email to OLPH Business Coordinator,
Bridget Francisco bridget.francisco@olph.ca



**Knights of
Columbus**

**LOCAL KNIGHTS OF COLUMBUS COUNCIL 6083
RECEIVES TOP AWARD**

NEWS

Archbishop MacDonald Knights of Columbus Council 6083 has received the distinction of Star Council, the international organization's top award for local councils. The Star Council Award recognizes overall excellence in the areas of membership, promotion of fraternal insurance benefits, sponsorship of faith formation programs and service-oriented activities.

Our council participates in the annual Chilifest, organizes Pancake Breakfasts, and provides scholarships and charitable donations in our parish and community at large. This is accomplished through our raffles, fundraising, and events like the St. Valentine's Dance. This year we are embarking on an initiative to raise funds for the first palliative care beds in Sherwood Park as part of the improvements at Sherwood Care.

For information on joining the Knights of Columbus contact Grand Knight, Blake Krause (780-690-5028 or email grandknight@kofc6083.org)

RSVP



MOVIE NIGHT

**OLPH
YOUTH**



Mass followed
by pizza,
popcorn and a
movie honoring
St. Maximilian
Kolbe!

**FRIDAY,
AUGUST 14
6:15PM TO 9PM**
**GRADE 7-12
BRING A FRIEND!**



PG-13



August 10-15

Monday ~ Victoria Ewert†, Cortland Gilbert†, Ross Foster Gibson†, Kay Finney†, Antonio Cruz†, Pravin Patelia†, Roy & Scott Burnard†, Bob Lafontaine†, Ron Stephens†, Darla Glosser†

Tuesday ~ Concetta Monterosa†, Mervyn Lynch†, Bob Love†, Joyce Burnard, Fr. Paul Kavanagh, Marvin & Gail Weleschuk & family, Shannon Hedley, Aila Torres, Don Weleschuk, Sandy Cordingly

Wednesday ~ Chase Evan Gourlay†, Maria do Carmo Tavares†, Missionaries of Charity, St. Paul, Myrna Prosser, Martin Alexander, Mary Anne Fowler, Zaldy Reyes, Susan Spindler, Andrew Holzman, Shirley Elliot

Thursday ~ Horacio Rodriguez†, Jerry Kresse†, Claude Tebbutt†, Darren John Chichak†, Claudette & Peter Wlodarczak, Fr. Jim Corrigan, Marija, Marvin & Gail Weleschuk & family, Jeff Newman, Jennifer Lee Cormier

Friday ~ Peter Yurkish†, Rosalie Ramos†, Ross Foster Gibson†, Violet Fernandez†, Tom & Kathy Kenny, Joyce Burnard, Marcelino & Linda De Sousa family, Fr. Rowland Agomuo, Violet & Victoria Fletcher, Barry MacDonald

Saturday ~ Monserat Gallenero†, Betty-Lou Lawrence†, Hank Penner†, Nicanor Soliano†, Ron Stephens†, Amelita Inoc†, Connor Groves†, Baylon family, Leonard Sebastian, Donal Wolff



Condolences to the family of
Clayton Fougere who passed away in Nova Scotia.



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. Arun Malayappan Jayamary

SDB arun.malayappan@olph.ca

Permanent Deacon

Deacon Lynn Pion

lpion@olph.ca

Transitional Deacon

Deacon Andrew Sheedy

andrew.sheedy@caedm.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



August 14 - 15, 2026

Skaro Shrine



Annual Pilgrimage 2026



FRIDAY, August 14

6:30 p.m. - Reconciliation
7:00 p.m. - Rosary
7:30 p.m. - Vespers
8:00 p.m. - Mass at the Grotto

*Solemn Mass
Presided by His Excellency
Most Rev. Bishop Stephen Hero*

*The Blessed Sacrament
Procession with lit candles
will follow the blessing of the
religious articles.*

SATURDAY, August 15

10:00 a.m. - Mass at the Grotto
with the Sacrament
of the Sick



WINDOW

Sign up for our Archdiocesan
weekly newsletter to stay
connected with your Catholic
community

Sign up at
caedm.ca/window
or scan here



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

Tofield Financial Report

Report for July 2026	2026 Monthly Budget	Donations this Month	Surplus/Shortfall	TWS July 2026 2026
	\$2,198.00	\$2,072.00	\$-126.00	\$160.00

OLPH Financial Report

Week 31 August 2, 2026	Cost of Operating the Parish	Building Fund Target Amount	"Together We Serve" Target Amount
Average weekly amount required	\$29,135.00	\$2,480.00	\$2,625.00
Donations this week	\$27,448.00	\$2,138.25	\$2,974.25
This week surplus/ shortfall	-\$1,687.00	-\$341.75	\$349.25

- 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 2026 budget
- Building fund target average weekly amount is based on total donations projected in 2026 budget.
- Together We Serve weekly amount is based on an annual target which is set by the Archdiocese.
- Together We Serve Collection - *First Sunday of every month - September 6, 2026*
- SSVP Poor Box Collection - *Third Sunday of every month - August 16, 2026*

What's Happening at OLPH



The Knights of Columbus
and CWL will be hosting



The 2nd Annual Chili Fest!

Submit your inquiries and entry request to Grand Knight Blake Krause
(blake.e.krause@gmail.com)

by August 14, 2026
for Saturday October 3, 2026

We invite other groups or individuals to participate in our fun chili-making competition this year.

- Limited to 6 participants/groups
- Estimate serving size is for 25, 10oz portions
- Must be prepared in Parish Commercial Kitchen
- Cover own costs



The Bible Timeline
The Story of Salvation

"The Bible Timeline series has changed my life... I simply adore Scripture. It has given me such insight into the Catholic Faith."

"This course has been quite simply, AMAZING! My eyes have been opened where I learnt so much more than I could have imagined."

Learn more about this life-changing Bible study.

Free Information Session
Tuesday, August 25

In-person at OLPH Parish @ 2:00 pm
or on Zoom @ 7:00 pm

COURSE STARTS TUESDAY, SEPTEMBER 15

Presented by OLPH Growing in Faith Together (GIFT)
To register or for more information, contact Alana at alaperle@telus or call 780-446-9009

What's Happening at OLPH



Mass
Schedule

Seniors Residences & Care
Center Masses This Week

Tuesday~ Sherwood Care 10:30 am
Wednesday ~ Country Cottage 10:30 am
Thursday ~ Silver Birch 10:30 am and
Aster Gardens 2:00 pm
Friday ~ Capital Care 10:30 am



THE CLOTHING NOOK
is OPEN for Shopping:

Tuesdays 1:00 pm - 3:00 pm

August 11 & 25,
September 8 & 22

Saturdays 10:00 am - 12:00 pm

August 15 & 29 September 12 & 26

Volunteer Opportunities



Our **Monday Cleaning Team** is currently in need of volunteers.

Email Priska

stricklerpriska@gmail.com



The **AV team** is looking for more volunteers to serve Mass from the sound booth. Email Bob bgerow@olph.ca to learn more.



The **Marian Gift Shop** is looking for more volunteer staff. Email Laurie lauriejmj@ymail.com



OLPH Youth Group needs more adult leaders/supervisors for separate Jr. High and Sr. High group activities. (1-2 evenings per month.) Email nlavigne@olph.ca.

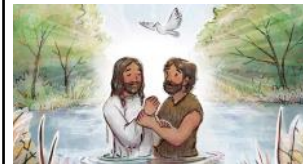
BAPTISM opens the door to the rest of our Catholic Sacraments. *If your child attends Catholic school but is not yet baptized, we have special support for your family!*

FAMILY BAPTISM PREPARATION CLASS
Tuesday August 11, 6:15 - 8:30 pm

(Both mother and father, and any child ages 7-10 must attend. Godparents are also encouraged to attend.)

After parents and children have completed their preparation, your child can join one of our summer Baptism celebrations scheduled for **August 16 or August 23 at 2:30 pm.**

Your child will then be able to join their classmates in Grade 2-5 preparing to celebrate First Reconciliation and First Holy Communion next school year.



To register call
780-467-5470 or email
sacraments@olph.ca

Grief as a Journey

When we experience loss of a loved one, we need to grieve. OLPH offers a ten-week program called "**Grief as a Journey**", open to anyone who feels they may benefit from it.

Monday Evenings 6:30 pm - 8:30 pm
September 14 - November 23
(excluding Thanksgiving October 12)

*To register for the upcoming session, please call the Parish Office
780-467-5470 or email info@olph.ca.



CATECHESIS OF THE GOOD SHEPHERD

A Montessori-inspired catechesis program for 3-6 year old children at OLPH

CGS welcomes children ages 3-6 years old into our atrium. A specifically designed space for the children where everything is their size, real and beautiful!

In the atrium, the adult (catechist) serves solely as match-maker between the child and Jesus, their Good Shepherd. Over the last year, this has led to children spontaneously exclaiming things like:

"God gives us joy!"

"God gives us everything!"

"We are quiet so we can hear Jesus' whispers"

"I'm asking the Holy Spirit for Fear of the Lord, for sure!"

Registration is now open!

CGS will run from October 2026- May 2027.

Forms with more information are available at the parish office or online on the OLPH website.





Proper Disposition For Holy Communion

How often should/can I receive Holy Communion?

A question that is not uncommon for me to be asked, “Is a person allowed to receive Holy Communion more than once on the same day?” This question arises for example, because a person may have attended a morning Mass and then plans to attend a funeral Mass on the same day. To add to the potential mix, if this was a Saturday, and perhaps the individual is a regular Saturday vigil Mass (Mass in anticipation of Sunday) attendee. The general norm of Canon 917 (code of Canon Law 1983) states the following. “In the Latin Church, a person who has already received Holy Communion may receive it a second time on the same day, but only within a Eucharistic celebration in which the person is participating.” The very legal interpretation of code 917 clarified that the faithful may receive Communion only twice in one day, not once at every Mass they attend, (Dicastery for legislative texts).

What is the reason for this rule?

The rule is not based on the idea that receiving Holy Communion a second or a third time is wrong. “The Church teaches that the faithful should receive Communion whenever they participate properly in Mass and are suitably disposed, (Catechism of the Catholic Church 1388).” The guiding principle is to protect the reverence that is due to the Holy Eucharist. The goal here is to prevent repeated reception of the Blessed Sacrament from becoming automatic or casual in nature. There is nothing casual about receiving the Real Presence, the Body, and Blood of Jesus in the Holy Eucharist.

What are the conditions for receiving Holy Communion?

One must be properly disposed and free from unconfessed mortal sin. One must observe the Eucharistic fast and abstain from food or drink (except for water and medicine). To receive a second time, this must take place during a Eucharistic celebration in which you are fully, actively, and consciously participating.

In the **Latin Catholic Church**, there is **no fixed age at which someone is automatically exempt** from the Eucharistic fast. The ordinary rule is to abstain from all food and drink for **at least one hour before receiving Holy Communion**, except for water and medicine. The hour is counted backward from the time of receiving Communion, not from the beginning of Mass. **Who is exempt?** Canon 919 §3 gives an exemption for: **The elderly, The infirm, and those who care for the elderly or infirm.** They may receive Communion even if they have eaten within the preceding hour. **The law does not specify a numerical age**, such as 60, 65, or 70. Whether someone is “elderly” depends on the person’s actual circumstances, including age, health, frailty, and practical ability to observe the fast. The exemption is not limited only to those confined to bed or living in a nursing home. In short if you feel the need for some sustenance because your health will be negatively affected, please eat or drink something. The Eucha-

ristic fast is meant to assist us in preparing our hearts to receive Jesus, not to cause us illness.

How often do I need to go to confession?

“The Church requires confession at least once a year after reaching the age of reason (seven years of age), specifically for confessing grave, or mortal sins.” Note that this is the *minimum obligation, not the ideal frequency*, (Code of Canon law 989).” So, confession a minimum of once per year if you have grave sins to confess (code 989), and before receiving First Communion in the case of children. The church strongly recommends regular frequent confession, even when you are not conscious of mortal sin. Regular confession of venial sins helps form our conscience and helps us resist sin. I go to confession once a month. I find this helpful in tracking how I am doing on my spiritual journey. Attending Reconciliation monthly allows me to be conscious of and be more aware of my sins by type, and by number. For me personally, it is a more tangible way of checking to see if I am moving forward or backward in different areas of my life. The goal of confession is to assist us in becoming holy. This is a wonderful opportunity to obtain grace and to assist us to grow in our desire for sanctity.

What must be confessed? “After a careful examination of conscience, all remembered types of mortal sins must be confessed and number of times committed, as far as reasonably possible. Deliberately withholding a mortal sin invalidates the confession. An honest failure to remember does not, (ccc 1388).” “Venial sins, may be forgiven through prayer, and acts of charity, but confessing them sacramentally remains spiritually fruitful, (Pope John Paul II March 1999).”

Bottom line, confession once a year is a minimum requirement. Confession before Communion is necessary when one is conscious of mortal sin. Regular monthly confession is strongly recommended to assist us in our spiritual growth. Whether we state it explicitly or not, we want to become holy, we want to grow in our relationship with our Lord, and we want to get to heaven. The sacraments, particularly those that are repeatable like the Holy Eucharist and Reconciliation are wonderful vehicles to assist us on our pilgrim journeys to the Promised Land.

Fr. Jim



ALPHA FALL 2026

ALPHA is back. Join in the Alpha Program commencing on Thursday, September 10/26. It runs weekly from September thru November.

The program delivery assists in equipping our OLPH Parish in it’s mission to help people

encounter Jesus. You might be asking why Alpha? How will this program help in my search for a loving relationship with Jesus?

If you are curious about growing in faith and have a desire to strengthen a personal encounter with Jesus....Alpha is for YOU! Alpha brings attendees together weekly in thoughtful video presentations followed by honest and fruitful conversations together.

You will experience a series of key weekly Alpha talks. Table discussions follow. During table discussions you are free to share your thoughts and feelings. In essence, it is an opportunity to unpack Christian faith together.

No pressure. No judgement. Just a weekly connection with Jesus. All attendees are welcome!

**Sign up through
Flocknote:
Alpha Fall 2026.
Contact Mary Anne
780-940-5542
mkroetsch1@gmail.com**