



1st Reading: Deuteronomy 18.15-20  
2nd Reading: 1 Corinthians 7.32-35  
Gospel: Mark 1.21-28

# BULLETIN



## What Do You Do?

Before my life changed drastically when my wife died and I was called to the seminary and eventually to the priesthood, I was a cinematographer. A what?

A cinematographer, the Director of Photography on a film, is the person responsible for the visual look of a film and works with the producers and the director to execute their vision of the film. My job was to make the film come alive off the script, through the vision of the director, striving to keep the audience's eye on the storyline, creating an appropriate environment for the actors while managing a major part of the budget overseen by the producers.

I suppose you could say that there are many different skills involved in bringing it all together. I developed many skills over the years, coming up through the ranks, being mentored and learning from people with more experience than I. And yet, I had to rely on a variety of skills that my crew members had that I did not possess. I learned the virtues of humility and teamwork.

**It takes teamwork to run a parish, yes, and humility.** Many of the skills I used in filmmaking are transferrable skills that I use as pastor every day. And two things I know, you don't make a film by yourself, and you don't run a parish by yourself. **It's teamwork.**

A few weeks ago, I printed a chart in the bulletin, simply showing the number of tasks, ministries, duties, and obligations that are inherent to the parish. I did that to give you a graphic idea of what

needs to happen in the parish. I thought that, perhaps I could twig a reaction from you, Dear Parishioner, and to help you see yourself somewhere in that picture.

I believe that everyone has some skills, maybe even a gift that has been given to them from God. Do you have musical skills? Can you play the piano? Can you sing a song? Can you fix a faucet? Mow a lawn? Tend a garden? Paint a wall? Are you a good listener? Can you visit someone who is perhaps old and shut in? Can you see yourself as an Extraordinary Minister of Holy Communion? Maybe you have skills in organizing a committee. Maybe you can count money. Maybe you can make coffee or prepare a meal? Are you interested in liturgical things? Maybe you could help out in the sacristy or help to serve Mass or be a leader with our youth. I could go on, but I won't.

The thing is, it takes a lot of work, teamwork, to be precise, to help the parish thrive – to be an inviting place where people may feel welcome. **We're here to bind up wounds** – most of us are hurting. Why not help yourself by helping out in the parish. **By helping others to heal, we heal ourselves.** That's the Law of Love.

So what do you do? Your skills and gifts are valuable assets. Money is necessary for the parish, for sure, and I am very grateful for the folks who contribute to the church. But your time and your talent are far more valuable. Please consider offering them back to God through his holy people, your fellow parishioners.

Peace,  
*Father Larry*

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## WELCOME

We welcome all visitors. If you are new to the Parish, please fill out the registration form available at the entrance to the Church. And please introduce yourself to our pastor, Father Larry.


## Our Lady Of Lourdes Parish | Paroisse Notre-Dame de Lourdes


Pastor: Fr. Larry Lynn



 [llynn@rcav.org](mailto:llynn@rcav.org)


Admin. Assistant: Ana C. Moura


 [ourladyoflourdesparish@gmail.com](mailto:ourladyoflourdesparish@gmail.com)


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## Catholicism Series at our parish Every Thursday – Starting Feb 1st @7:00pm

On **February 1st at 7pm** in Upper St. Anne's Hall, OLOL Parish will be undertaking a Journey around the world and deep into the heart of our Catholic Faith; by showing the THE CATHOLICISM SERIES created by WORD ON FIRE MINISTRIES of Bishop Robert Barron.

It is an engaging, formational program which uses the art, architecture, literature, music and all the treasures of the Catholic tradition, to illuminate the timeless teachings of the Church. Join us in this exciting journey – Come, bring your friends and Be Amazed – Register now to [ourladyoflourdesparish@gmail.com](mailto:ourladyoflourdesparish@gmail.com)

### ADORATION



**SERVE THE LORD  
IN SIMPLE PRAYER  
AND**

**CHANGE THE WORLD**

**WILL YOU COMMIT TO  
ONE HOUR A WEEK  
TO PRAY FOR PEACE?**

**Sign Up Sheet is available  
at Church**

**BECOME A TEAM LEADER.**

**SPEAK TO ANA IN THE OFFICE  
(604) 936-1311**

### Feast Day of OUR LADY of LOURDES – February 11

Let us celebrate the feast day of Our Lady of Lourdes with a **novena** that will start on Friday, Feb 2, 2024 after each daily Mass at 8:30 am and end on Saturday, Feb 10 (with the exception on Feb 3 it will be after 5:00pm Mass). And on Sunday, February 11, 2023 after the 11:00 am Mass we will have a **rosary and procession** honoring Our Lady of Lourdes on her feast day. Everyone is encouraged to participate in these activities to honour Our Lady of Lourdes and to invoke for her to intercede with her son, our Lord Jesus Christ to have mercy on us. We are blessed to have known Our Lady; we want others to know her too.

### Youth Table Tennis | Every Friday from 6:30–8:30pm

We have started a Youth table tennis program at our Parish on last Friday, January 26th, 2024. This is a weekly program, it takes place every Friday from 6:30pm to 8:30pm. Our program is designed to teach youth fundamentals of table tennis in a safe and supportive environment. If you are interested, please contact the office and give your name to Ana: (604) 936-1311



### A CALL for last year's palms to make into ashes

Hello everyone, please bring last year's palms to the church this weekend to make into ashes for **Ash Wednesday**. Thank you and God bless.



#### WEEKDAY MASS

Mon. to Sat.: Rosary at 7:55am and Mass at 8:30am  
Thursday Mass will be followed by Adoration.

#### SUNDAY MASS

English: Sat.: 5:00pm and Sun.: 9:00am  
English/French: Sun.: 11:00AM

#### FIRST FRIDAY OF THE MONTH

Masses: 8:30am and 7:00pm  
Adoration: 9:00am – 10:00am and 5:45pm – 6:45pm

#### FIRST SATURDAY OF THE MONTH

No morning Confession or Mass

#### CONFESSION SCHEDULE

Tues. to Fri. at 8:00am until 8:25am  
Sat.: 4:00 – 4:45 pm. Or by appointment.

#### HOLY COMMUNION

Anyone who is not able to attend Mass and wishes to receive the Eucharist, please contact the parish office.

#### BAPTISM

By appointment only.

#### MARRIAGE

All couples planning to be married in this Parish should contact the pastor at least 6 months in advance. Non-parishioners must obtain written permission from your parish.

#### FUNERAL

Contact Parish Priest before making arrangements.

#### SACRAMENTALS

For blessing of cars, religious articles and house blessings, please contact Parish Office.

**Pro-Life Mass & Prayer Vigil**

The next Mass and Vigil takes place on Feb 3 at 9:00am at Blessed Sacrament | 3040 Heather St., Vancouver. Our pastor Fr. Larry will be the Celebrant of the Mass.

**From March to August:**

- **March 2:** Guardian Angels (9:00am) | 1161 Broughton St, Vancouver
- **April 6:** Holy Trinity (**8:30 a.m.**) | 2725 Lonsdale Ave., North Vancouver
- **May 4:** St. Mary's (9:00am) | 5251 Joyce St. Vancouver
- **June 1:** St. Bernadette's (9:00am) | 6543 132 St., Surrey
- **July 6:** St. Clare of Assisi (9:00am) | 2888 Delahaye Dr., Coquitlam
- **August 3:** St. Joseph's (9:00am) | 32550 7th Ave., Mission

27-Jan	Saturday	5:00 PM	✝	Alice Nicholson
28-Jan	Sunday	9:00 AM	INT	Our Lady of Lourdes Parishioners
28-Jan	Sunday	11:00 AM	✝	Alice Nicholson
29-Jan	Monday	8:30 AM	✝	Alice Nicholson
30-Jan	Tuesday	8:30 AM	✝	Souls in Purgatory
31-Jan	Wednesday	8:30 AM	INT	Father Mario Fernandes
1-Feb	Thursday	8:30 AM	INT	Father Jerry de Souza
2-Feb	Friday	8:30 AM	✝	Benjamin Ong
2-Feb	Friday	7:00 PM	INT	Lucas Ataide
<b>3-Feb</b>	Saturday	8:30 AM		NO MASS

**BOOKING MASS INTENTIONS**

Mass intentions are offered to God as prayers of intercession and thanksgiving. Please connect with the parish office to request an intention.

**Spiritual Care Training Program**

One of the corporal acts of mercy is to 'visit the sick'. The Archdiocese of Vancouver is offering an eight week online via Zoom course **entitled** 'Spiritual Care Training Program' to run every Thursday starting on Feb.1 until March 21 from 1:30 pm to 4:00 pm. **This course will prepare you to be more available to seniors and others in the community 'who are experiencing profound loneliness and isolation'**. Our parish will cover the cost of \$30 to those who would like to volunteer in the ministry of visitation and distribution of Holy Communion to shut ins. Christ sent forth his disciples in pairs. Please invite a friend to take this course with you and walk together in this ministry. Contact Ana by email or call the parish office.

**Mercy From Age to Age:  
From Loneliness Toward  
a Culture of Encounter**

You've probably heard of John Paul II's theology of the body. But have you heard of **Pope Francis' theology of aging?** Pope Francis is convinced that the alliance between generations will save the human family. Come discuss and explore your role in promoting and living out this intergenerational solidarity. This workshop with **Amanda Achtman and Nicole Scheidl** will focus on the pope's catechesis that seeks inspiration in the Word of God on the **meaning and value of old age. On Tuesday, January 30, 7:00 p.m. at the John Paul II Pastoral Centre** in Vancouver. Cost is \$5. Learn more and register via [beholdvancouver.org/events](http://beholdvancouver.org/events).

**Our Parish is on FORMED** Diving into the beauty of the faith has never been easier: at home, on the go or from any internet connected device.

**Sign up for free: [formed.org/signup](http://formed.org/signup)**

Then type in our parish name or postal code **V3K 2E6** and you're in. Enjoy the content you want.

**PRAYER FOR THE SICK**

Please remember in your prayers our parishioners who are ill, especially:

**Lina Aussant, Dr. Erb, Kathleen Lauzon, Ralph Roberts, René & Gilberte Collette, the Quek Family, Father Lucien Larré and Teresita Cunningham.**

Through the intercession of St. John Paul II we ask that you heal them O Lord. Give them love and strength we pray, through Christ our Lord.

**COFFEE & DONUTS AFTER MASS**

Come and join us for coffee after the 9:00am and 11:00am Masses on Sundays. Celebrate with each other and get to know you fellow parishioners.

This weekend we thank **the choirs for sponsoring.**



**PARISH MINISTRIES**

- Alpha** Anthony Marroquin & Alex Lim
- Altar Servers** Alex Lim
- ACRSS Rep** Irenaeus Lim
- CWL** Josephine (Dollie) Basa
- Choir (Sun 9am)** Josephine (Dollie) Basa
- Choir (Sun 11am)** Roger De Villa
- Couples for Christ** Alejandro & Stella Delos Santos
- K of C** Danny Kusnardi
- Lector** Suzanne Tkach
- Prayer Group** Alex & Nancy Lim
- PREP** Marilyn Sarte
- Project Advance** Kathy Gorkoff & Francis Gutierrez
- Sacristan** Alex Lim
- Ushers** Robert Tang & Terry Charbonneau

**Contact parish office for info.**


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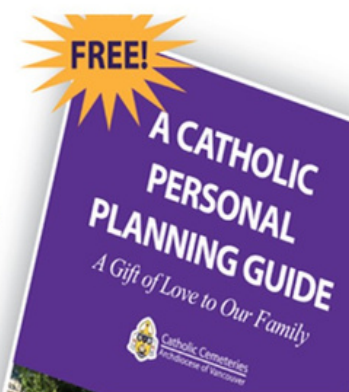
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