



# 19th SUNDAY IN ORDINARY TIME

1st Reading: 1 Kings 19.9, 11-13

2nd Reading: Romans 9.1-5

Gospel: Matthew 14.22-33

## STEWARDSHIP REFLECTION

### The Power of Silence

One of the things I hear most often in the confessional is, "During the Mass, I often get distracted and my mind wanders." I don't know if most people understand this but it is quite a natural thing to happen; our minds wander. When Buddhists meditate, they are actively fighting that same phenomenon. They call it 'monkey brain' because our mind cannot stop processing thoughts and if the task at hand is not compelling, then the mind will fill in the gap with 'monkey chatter' - thousands of thoughts about...well, about anything that you can think of. Our minds wander and it takes hard work to bring it back.

We live in a world that is calling for our attention in thousands of ways and most of that attention grabbing is noisy. We live in a sea of cacophony - noise. From the time we wake up until we go to sleep we are inundated with aural and visual noise. How can we make it stop?

Well, the Buddhists practice silent meditation, training their minds to empty themselves which is almost impossible but the attempt, the practice, is valuable and brings about a calm, peaceful demeanor. Christians practice contemplative prayer, centering prayer or meditation that focuses on God. This, by its nature, must be done in silence.

Thomas Merton said: "Contemplative prayer is finding that place in you, where you are here and now being created by God." In other words, creation is happening right now. God is continually

bringing us into being. When you pray you are connecting with that being, you're finding that center; you're finding the one thing that organizes your life into a harmony, we find a connection with God. Pope Francis tells us: "To pray is to find that silent place where God speaks."

Where does God speak? Elijah found him in the silence, not in the fury of the earthquake or the storm. Robert Cardinal Sarah, the Cardinal from Africa who was the prefect of Divine Worship at the Vatican wrote a book entitled "The Power of Silence". He writes:

**"Silence is more important than any other human work for it expresses God.** Without silence, God **disappears** in the noise. And this noise becomes all the more obsessive because God is absent. Unless the world rediscovers silence, it is lost."



So how do we hear God? By making silent our own voices, our own minds, our own worries, our preoccupations...Silence is the voice of the Lord...sshhh...

Peace,  
*Father Larry*

AUG 13, 2023

# BULLETIN



OUR LADY OF LOURDES  
COQUITLAM

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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, Fr. Larry.


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


**Pastor:** Fr. Larry Lynn


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## RECOGNITION BEYOND OUR PARISH

Congratulations to Apple Pilorin, the parishioner at Our Lady of Lourdes who has been making our flower arrangements. Apple won awards at the Rose Show held at the Dogwood Pavilion by the Rose Society, June 24-25, 2023. Though a novice, Apple won in two categories: 3rd Place in the Centerpiece Design (Tall Glass Flower Vase) and People's Choice - Best Floral Art Design (Vertical Flower Arrangement)- see photo



(more photos are posted in our website - under [Gallery](#)) Apple says she raises her arrangements in praise and honour to the Lord.

**CONGRATULATIONS**

We've started the Project Advance Campaign off gently this year. We have quite a few steps to climb, though. The slogan this year is "Empowering our Parish Vision". Our goal of \$70,000 will help us to install a new lift and renovate our basement that is ready to be transformed from a big dark empty place into a welcoming space that will attract people and help build community. Please help out as best you can - even if you can only give a small donation, it's the act of participation that is paramount.

Save time. Save paper. Save your handwriting! Make a safe, Easy & Secure Gift Online. Receive a tax receipt immediately. [www.projectadvance.ca](http://www.projectadvance.ca)

Donate

## THE MEN'S RETREAT

Hosted by Life Restoration, this retreat offers something for every man: adventure, brotherhood, powerful keynotes, prayer, Sacraments, and the rugged outdoor beauty of Rockridge Canyon in Princeton, B.C. Save the Date: Friday, September 29, to Sunday, October 1. The theme this year is "Yeshua" an exploration of the imminent Jesus. Our hope is for men to truly know and follow Jesus Christ. We are excited about what the Lord has in store this year. Registration is opening on August 19 at 9:00 am ([www.liferestoration.ca/mensretreat](http://www.liferestoration.ca/mensretreat)).

## Parish Religious Education Program

Wanted! Catholic children who attend public schools.

- Are you a parent of children who attend public school from Grade 1 to Grade 7?
- Do you know someone, or a family, who is in those circumstances?

Let's help those children to learn their faith. Speak to those families and let them know how important it is for the children to be well formed in the teachings of Jesus Christ.

**To register or to volunteer, please connect with Ana at the parish office.**



## The Chosen

The Chosen TV Series is returning to our parish - after Summer break - on **Tuesday, Sept. 5, 2023**. Save the date on your calendar so you won't miss out! The Chosen **"The best movie version of the life of Jesus ever committed to pixels!"** - Father Larry Lynn CSC (Canadian Society of Cinematographers, Life Member)

### 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

### CONFESSION SCHEDULE

Tues. to Sat. 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.

### 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.

# FORMED

## THE CATHOLIC FAITH ON DEMAND

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

Enter our parish name or  
postal code **V3K 2E6** and  
you're in.

Enjoy the content  
you want.

## THIS WEEK'S MASS INTENTIONS

12-Aug	Saturday	5:00 PM	✝	Real Bilodeau
13-Aug	Sunday	9:00 AM	INT	OUR LADY OF LOURDES PARISHIONERS
13-Aug	Sunday	11:00 AM	✝	Armand Bilodeau
14-Aug	Monday	8:30 AM	✝	Jansen Sarte
15-Aug	Tuesday	8:30 AM	✝	Gisele Bilodeau
16-Aug	Wednesday	8:30 AM	✝	Simone Bilodeau
17-Aug	Thursday	8:30 AM	✝	Carmencita Nava
18-Aug	Friday	8:30 AM	✝	Aida Bilodeau
19-Aug	Saturday	8:30 AM	✝	Jesus and Cresing Monroy



## Development and Peace

CARITAS CANADA

Development & Peace, Caritas Canada Vancouver council is hosting a Regional Assembly/Retreat from Friday afternoon, **September 22nd to Sunday morning, September 24th at Carmel Hill**, Little Flower Monastery, Deroche (after Mission), BC. This retreat is open to everyone. The theme is "Create Hope". For cost and registration or should you have any questions, please contact Pinky Pascual at [pinky.devpeace@gmail.com](mailto:pinky.devpeace@gmail.com) or 1-604-612-9677.

## Birthright Vancouver

For over 50 years, Birthright has been helping women with unplanned pregnancies. By offering love, hope, support, and resources, Birthright has grown to become a pregnancy support service with hundreds of centers throughout Canada, the United States, and Africa.

**How can we help?** If you have affordable accommodation, basement suite in the lower mainland to rent out to the pregnant women while they discern their next step, please email [birthrightvancouver@gmail.com](mailto:birthrightvancouver@gmail.com).



## Hike, Bike or Run for LIFE

Please mark the date, **Saturday September 9th**, The Life Compass Society's biggest fundraiser of the year. We will meet at Lions Park, Port Coquitlam and PoCo Trail. Event starts at **9:30 am** with distribution of prizes, take group photo and begin at about **10:00 am**. Hot dogs, cookies and drinks for participants. Let us support the unborn, handicapped and elderly. Together let us make a difference. Sponsor sheets available at church vestibule or parish office. Cheques payable to Life Compass Society. Thank you for your support!

## PRAYER FOR THE SICK

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

**Lina Aussant, Jamie Awa, Dr. Erb, Kathleen Lauzon, Ralph Roberts, Gilberte Collette and the Quek Family.**

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 AND 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 your fellow parishioners. This weekend we thank **the Choirs** for sponsoring.



## PARISH MINISTRIES

- 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
- Grief Support** Peter O'Reilly
- Lector** Suzanne Tkach
- Prayer Group** Alex & Nancy Lim
- PREP** Marilyn Sarte
- Project Advance** Kathy Gorkoff & Francis Gutierrez
- RCIA** David & Angela Kan
- Sacristan** Alex Lim
- Ushers** Robert Tang & Terry Charbonneau

**Contact parish office for info.**

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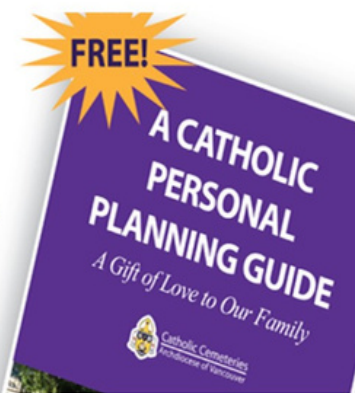
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**Please Remember Our Lady of Lourdes Parish in Your Will. Thank you!**