



14th SUNDAY IN ORDINARY TIME

1st Reading: Zechariah 9.9-10 2nd
Reading: Romans 8.9, 11-13 Gospel:
Matthew 11.25-30

STEWARDSHIP REFLECTION

Summertime – Time to Practice the Virtue of Eutrapelia!

Those lazy, hazy days of summer! Those days of soda and pretzels and beer!

We follow the rhythm of the seasons – the four seasons and the liturgical cycle. For both types of seasons, this time of year is a time that is less industrious than the rest of the year. We tend to slow down in the summer. As one parishioner wrote, “Summer has a different kind of schedule for the sun, and for rest and family.” We plan vacations and have relaxing get-togethers with soda, hotdogs and burgers, pretzels and beer. It’s a great time of year.

Following this rhythm, I thought it would be a good time to make our parish liturgy a little more basic, no frills liturgy for a couple of weeks and allow the dedicated volunteers to take a break. The choirs could have a rest for a few weeks, we can do without the bulletin and the coffee and donuts after Mass for a few weeks because, after all, these things require a lot of hard work and sacrifice. It is very good that we have the volunteers to do this work, but there comes a time when we must encourage each other to practice the virtue of **eutrapelia**.



What’s that, you say? Eutrapelia? What in heaven’s name is eutrapelia? Well, it’s a virtue. I would call it a welcome virtue that we should learn to practice. St. Thomas Aquinas, no less, taking up from Aristotle, describes it as “mental relaxation and honorable fun.” I found another definition that is a little more colorful:

“Eutrapelia is the virtue that enables us to give ourselves fully to the very serious business of enjoying the delights of friendship and love, family and friends, books and games, wine and Guinness.” Of course, Guinness.

Taking my own advice, I am planning to visit my children and grandchildren in Montreal and spend time with them and my brothers and sisters, getting together as family, sharing in the sheer delight that we see in each other.

We need to embrace the rhythms of the seasons, in other words, slow down in the heat of the summer, practice the virtue of eutrapelia: spend more time with those we love, read books, play music, play board games, have a glass of wine and give all glory, praise and thanksgiving to God.

Have a Happy and Virtuous Summer!

Peace,

Father Larry

JUL 9, 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

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llynn@rcav.org

Admin. Assistant: Ana C. Moura

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Summer Schedule

We are approaching Summer and starting next Sunday, July 16 some of our ministries will be on a Summer break, and we will return on August 13. All Masses and confession times will remain the same as we are blessed to have Father John Tritchler cover the sacraments in the parish while Father Larry is away (July 11 until August 5). Mass intentions during this break time will be posted on the church board and in the website (under bulletin).

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 you handwriting! Make a safe, Easy & Secure Gift Online. Receive a tax receipt immediately. www.projectadvance.ca

Donate

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.



Help Line Operators Needed

Domestic Abuse Services – Our Lady of Good Counsel Society: A new Help Line training session

is starting September 15, 2023. If you're ready for a challenge and want to help in the most meaningful way, join our team of Help Line Operators. They are the vital link between survivors of domestic abuse and a LIFE WITHOUT FEAR. Training is free and online. Register now at 604.585.6688 | operationsmgr@domesticabuseservices.ca. www.DomesticAbuseServices.ca

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.

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THIS WEEK'S MASS INTENTIONS

| | | | | |
|--------|-----------|----------|-----|----------------------------------|
| 8-Jul | Saturday | 5:00 PM | INT | Ana Moura |
| 9-Jul | Sunday | 9:00 AM | INT | OUR LADY OF LOURDES PARISHIONERS |
| 9-Jul | Sunday | 11:00 AM | ✝ | Wendy Hampe |
| 10-Jul | Monday | 8:30 AM | INT | Foong Tze Lin |
| 11-Jul | Tuesday | 8:30 AM | ✝ | Helen Ho |
| 12-Jul | Wednesday | 8:30 AM | ✝ | Francesco Bertani |
| 13-Jul | Thursday | 8:30 AM | INT | Bette McLeod |
| 14-Jul | Friday | 8:30 AM | ✝ | Jack Robertson |
| 15-Jul | Saturday | 8:30 AM | INT | Lawren Do |

Reverently Laying to Rest Service – July 29th

The Gardens of Gethsemani is offering families a no-cost service to inter cremated remains in a communal crypt. The prayer service and inurnment will begin at 11:00 am on July 29th. Donations to the Works of Mercy fund would be appreciated. Arrangements, including paperwork, for interring remains in the crypt must be completed by July 14th. To register please email Anne-Marie White at awhite@rccav.org.

YOUTH DEVELOPMENT

When I arrived at Our lady of Lourdes Parish, I was struck by the seeming absence of children. The last three parishes in which I served, had elementary schools attached to them and consequently, we would see lots of kids in church and in programs. Youth at Our Lady of Lourdes seemed to me to be few and far between. But **few is not 'none'**. The young people we have, come through our PREP Program and they have become dedicated altar servers, lectors, contributing parishioners. **We have a core group of youth and we want to see that group expand.** It will help us a great deal if we can **continue to offer activities for these young folks.** We have started something called the **Youth Development Fund**, money which, up until now, has come uniquely from donations for coffee and donuts. We will continue to develop that fund in a variety of ways. The main point is: **we must support our youth in order to have parishioners in the future.** Bring your children to Mass, bring them to the PREP program if that is appropriate. Let's give these kids a chance to live their Catholic faith with each other.

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 CWL** 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** Irenaeus Lim
- Project Advance** Kathy Gorkoff & Francis Gutierrez
- RCIA** David & Angela Kan
- Sacristan** Alex Lim
- Ushers** Robert Tang & Terry Charbonneau

Contact parish office for info.



One Year in the Parish

My Dear Brothers and Sisters in Christ,

One week shy of one year in the parish and it seems like a good time for me to recollect some of the things that have happened since last July 14. What a year it's been. It is my first year as pastor, not only at Our Lady of Lourdes, but as pastor, period! Believe me, it is way different than being an assistant pastor. The learning curve is sharp. The complexities of human nature always factor into the mix. Basic human interaction is delightful, most of the time and yet, we must allow for differences of all kinds. Holy discontent is a legitimate attitude about some issues. What I have learned in the last year cannot be taught in the seminary.

But most of all, what I really want to say is this:

THANK
YOU

Thank you for responding so positively and welcoming me into your parish community. I am eternally grateful for that. Your willingness to open up your hearts and respond to the initiatives that were offered is heartwarming.

As I was making a list of the things we accomplished as a parish this year, I was kind of dumbstruck when I realized how much we have done.

Here are some highlights in no particular order:

- We started the coffee and donuts after the 9:00 and the 11:00 Masses. The effects of this go way beyond what I thought might be possible.



- People came together and delighted in each other's company; new families arrived and felt welcomed into the parish family. It is such a joy to see. Thank you to the groups and the many individuals who supported and gave their time to allow this to happen. (CWL, Choirs, Knights of Columbus. Couples for Christ, PREP Parents).
- Youth development Fund: it came directly out of the coffee and donuts. People gave donations for the coffee and donuts and eventually we accrued money to send two of our youth to Arise!, the Archdiocesan Youth Leadership Retreat. We took the youth out for a day: Mackin House Museum, a Historical tour of Maillardville, lunch at Boston Pizza, and bowling at PoCo Bowling. If we continue to support our youth, we'll go a long way to building a youth culture in our parish. And to think it was paid for by the generosity of those who enjoyed our coffee and donuts.



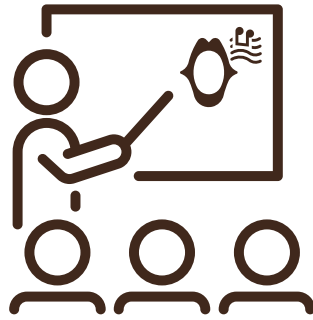
- We have hired a new administrative assistant, Ana Moura. She brings a very positive and gentle and welcoming attitude to the parish office.
- RCIA – We had one candidate baptized and confirmed and one woman who was welcomed back into the Church.
- We offered a showing of the TV series "The Chosen" on Tuesday mornings in St. Anne's Hall. It was very well attended and created its own community for discussions of biblical themes. This will continue in the Fall.



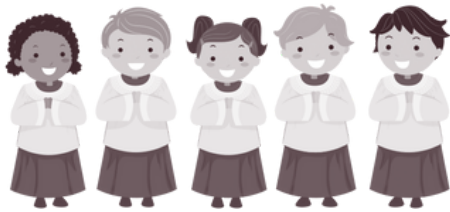


One Year in the Parish

- We brought in a musician to work on improving the choirs. All of the choir members were enthusiastic recipients of some special training.



- We offered training for the altar servers which resulted in good fellowship among the servers and more beautiful liturgies. But most especially, the Holy Week and the Easter Vigil went far beyond what one would think our little parish could pull off.



- Our church steps have finally been completed. Well, almost.
- We have revamped our bulletin and the website. The website is much more active and interesting and informative than before.

- We have begun the preliminary steps toward finishing the basement of the church. The renovations will include a lift to allow people to go to the basement to use the washrooms much more easily. We hope to have that work finished before this time next year.



- We are on Formed, a wonderful platform for receiving great Catholic media: movies, educational programs, children's shows, something for everyone. I encourage you to check it out, watch a movie, learn more about our faith. The parish pays for it so it can be free to our parishioners.
- We are using social media to promote the parish on Facebook and Instagram.
- Our Project Advance campaign last year was very successful, not only with the amount that was donated, but by the number of donors. We hope to repeat that success this year.

PROJECT ADVANCE 2023 Empowering our Parish Vision

- We brought back the procession around Laval Square on the Feast Day of Our Lady of Lourdes on February 11. Next year, that will be a Sunday.



- We brought back the Eucharistic Procession on the Solemnity of Corpus Christi and will likely expand it for next year.



- We have welcomed 40 new families into the parish which means 67 new parishioners.

Suffice it to say there is much going on in our rather active little parish. Congratulations! I'm looking forward to even more growth in the years to come. Let us embrace the summer, take delight in our families and friends, enjoy the beautiful weather and practice the virtue of eutrapelia! (see my Stewardship reflection to know what that means. 😊)

Peace,
Father Larry

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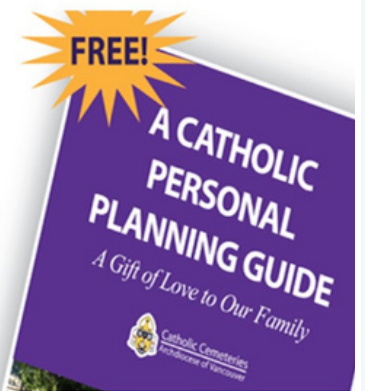
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