



OUR LADY OF LOURDES
COQUITLAM

MARCH 8, 2026
3rd Sunday of Lent

BULLETIN



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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.

Active Love Is Labor and Fortitude

In the Dostoevsky novel, *The Brothers Karamazov*, that great 19th century Russian masterpiece, there is a character, Father Zossima, a priest who is a celebrated elder, a healer, a holy man of God. People come to him from all over to be healed or just to hear his words of wisdom. Father Zossima never disappoints. One such person who comes to him for counseling is only known in the book as "a lady of little faith". "What if I've been believing all my life and when I come to die there's nothing but weeds growing on my grave? How can I get back my faith? How is one to prove it, that God exists?"

Father Zossima tells her *"There is no proving it. But you can be convinced of it."*

"How?" she says.

"By the experience of active love. Strive to love your neighbor actively and tirelessly. In as far as you advance in love you will grow surer of the reality of God and the immortality of your soul. If you attain to perfect self-forgetfulness in the love of your neighbor, then you believe without doubt, and no doubt can possibly enter your soul. This has been tried. It is certain."

It is certain!

Have you tried it? Have you ever noticed that when you are helping someone for no other reason than you want to help, that you forget about yourself and are only thinking about the other person, that your sentiments are positive. You feel good about what you've done and perhaps there's that stirring of quiet joy in your soul. No need for thanks or compensation; just helping someone out.


When this happens repeatedly, we begin to feel the presence of God and know that he is with us. It's just the plain, simple truth. No, it's not always easy or convenient and it may cost us something in terms of time, money, anguish, but that's the cost of living a life of service to others. That is active love and it requires labor and takes fortitude, but the reward is a joyful life.

Peace,


Father Larry

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

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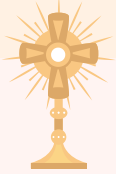
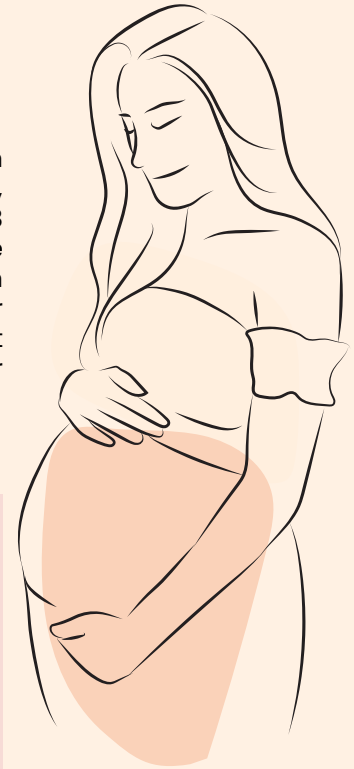


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40 DAYS FOR LIFE

THE BEGINNING OF THE END OF ABORTION

Join the 40 Days for Life campaign this Lent to fight for the dignity of all human life, from conception to its natural end. OLOL parishioners will gather on **Friday, Mar 20** or **Saturday, Mar 28 anytime from 7 am to 6 pm**. The vigil site is at 4818 Willow St in Vancouver, beside the JP II Pastoral Centre. Car pooling will be arranged for those who need transportation. Please sign up at the church entrance. Other opportunities to join the Campaign are: signing up for Eucharistic Adoration for this purpose or joining the nightly Rosary via zoom at beholdvancouver.org/events or personal prayer. Collect a pledge card on your way out after Mass to remind yourself of your options and commitment.



EUCCHARISTIC ADORATION

*Any day and time
After Morning Mass
9:00 AM - 6:00 PM*



VIGILS

*Fri., Mar 20
7:00 AM - 6:00 PM
Sat., Mar 28
7:00 AM - 6:00 PM*



PLEDGE CARD

*Any day and time within
Feb 18 - Mar 29*



40 Days for Life: Nightly Rosary

*@ 8:00 PM
Feb 18 - Mar 29*

Penitential Services

All the Catholic faithful are encouraged to attend a Penitential Service during this holy season of Lent. During Confession, we come before the Lord with the burden of our sinfulness seeking the healing that comes from being forgiven and the grace of a new beginning. Nearby Penitential Services are listed below. For a complete listing of all parishes in the archdiocese, visit rcav.org/lent

- Tues., March 10 - All Saints, Coquitam
- Wed., March 11 - Our Lady of the Assumption, PoCo
- Tues., March 17 - Our Lady of Fatima, Coquitlam
- Tues., March 24 - St. Joseph's, Port Moody
- Wed., March 25 - St. Clare's, Coquitlam
- Thurs., March 26 - Our Lady of Lourdes, Coquitlam**
- Fri., March 27 - St. Luke's, Maple Ridge
- Sat., March 28 - St. Patrick's, Maple Ridge



Stations of the Cross

Join us every Friday during Lent at **6 pm** for the Stations of the Cross as we reflect deeply on the extreme love of Jesus Christ for us.

Walking through each Station, from his condemnation to the tomb, helps us enter his sacrifice with greater gratitude and peace. The Stations of the Cross will be followed by Mass at **7 pm**.

WEEKDAY MASS

Mon. to Sat.: Rosary at 7:55am and Mass at 8:30am
There is no morning Mass, Confession or Adoration on the First Saturday of the Month.

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

CONFESSION SCHEDULE

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

ADORATION

Tues. to Sat. starting at 9:00am (following Mass). The Church will remain open until 6:00 pm.

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 the Parish Office.

Momentum Single Mothers Weekend Retreat

Looking for spiritual renewal as a single mom? All Catholic single mothers and their children are invited to a two-night retreat at Stillwood Camp and Conference Centre (Lindell Beach) from **March 20-22**. The weekend includes faith-filled talks and programming for mothers, family time, children's activities, as well as Mass and Confession. Childcare is provided, so you can fully enter into prayer and fellowship. **Register by March 9** at beholdvancouver.org/events.

THIS WEEK'S MASS INTENTIONS

7-Mar	Saturday	5:00 PM	✝	Paul Dollery
8-Mar	Sunday	9:00 AM	INT	Our Lady of Lourdes Parishioners
8-Mar	Sunday	11:00 AM	✝	Marion Velda May Coulter
9-Mar	Monday	8:30 AM	✝	Andiso family
10-Mar	Tuesday	8:30 AM	✝	Carmen H. Odulio
11-Mar	Wednesday	8:30 AM	✝	Angela Leung
12-Mar	Thursday	8:30 AM	✝	Nap Bilodeau
13-Mar	Friday	8:30 AM	✝	Angela Leung
13-Mar	Friday	7:00 PM	✝	Julieta Macli-Ing
14-Mar	Saturday	8:30 AM	✝	Elaine Perera

World Youth Day 2027 - Information Session



We are inviting all young adults in our parish, **ages 19 and up**, to an information session about World Youth Day 2027. If you're curious, excited, or simply want to learn more, this is the perfect opportunity. The session will be held on **Tuesday, March 24 at 6:30pm** at All Saints parish hall, 821 Fairfax St., Coquitlam. To register for this event, please scan the QR code. For more info please contact Cecilia at ceciliacostorio@yahoo.com



TLA Annual Walkathon Fundraiser

Traditional Learning Academy is having its annual walkathon fundraiser on Friday, March 13 to continue raising funds for the seismic upgrade of the school. Parishioners Krystyn and Kristian are collecting walkathon pledges for their school. Donations of \$25 and above are eligible for a tax receipt. Please help the students to have a stronger and safer school.

Celebrating "the Scrutinies"

The Scrutinies are liturgies celebrated on three Sundays during Lent for the sake of those in RCIA who are preparing to enter the Church at the Easter Vigil. Their purpose is twofold: first, to uncover and heal all that is weak, wounded, or sinful in their hearts; and second, to bring out and strengthen all that is upright, faithful, and good in them. At their core, the Scrutinies are rites of self-examination and repentance, reinforced by solemn prayers that ask God to free, protect, and strengthen those preparing for baptism. The Church recognizes that those preparing for Christian initiation may experience a time of spiritual testing in the weeks leading up to the completion of their preparation so, through the Scrutinies, we support them during this final period through the prayers of the Church. The Scrutinies take place on **March 8 at the 9 am Mass, March 14 at 5 pm, and March 22 at 11 am.**

PRAYER FOR THE SICK

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

Kathleen Lauzon, Gilberte Collette, Fernand Finnigan, Ozina Finnigan, Father Alan Boisclair, Jose (JoJo) Alonco, Ralph & Marguerite Roberts, Anna, Sister Claire Marie and Robert Magri.

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

PARISH MINISTRIES

Alpha Anthony Marroquin
Altar Servers Marilyn Sarte
ACRSS Rep. Sam Delli Santi & Elga Gonzalez
CWL Josephine (Dollie) Basa
Choir Roger De Villa & Agnes Wan
Couples for Christ Sydney and Noemi Tanudtanud
K of C Anthony Marroquin
Lector Dinah Lescano
Prayer Group Alex & Nancy Lim
PREP Marilyn Sarte
Pro-Life Ting and Nercy Barona
Project Advance Kathy Gorkoff & Francis Gutierrez
Ushers Robert Tang & Terry Charbonneau

Contact parish office for info.

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