



OUR LADY OF LOURDES
COQUITLAM

MARCH 15, 2026
4th Sunday of Lent
Laetare Sunday

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.

I Confess

*I confess to Almighty God
And to you, my brothers and sisters,
That I have greatly sinned
In my thoughts, in my words,
in what I have done and in what I have failed to do.*

So, there we are, standing at the beginning of Mass and we are saying out loud that we have sinned, admitting we are sinners to our brothers and sisters and everyone in the church. And then we ask the Blessed Mother, all the angels and saints and each other to pray for us.

Do we ever stop to think what we're saying? We are collectively admitting to our sins. But do we just say these words by rote without considering the meaning? Or have we thought about the sins we are confessing in that moment? Because this "Confiteor - I Confess" is the set up for the rest of the Mass during which these venial sins we have committed will be forgiven and absolved. We are talking about venial sins as opposed to mortal sins. Mortal sins must be confessed in the sacrament of reconciliation because a mortal sin completely breaks our relationship with God and we need to speak the sins out loud to God through the instrument of the priest and gain absolution from him. We are truly blessed that Jesus gave us this sacrament so that we can repair the damage we have done to our relationship with God. All it takes is bringing a truly contrite heart and a humble spirit into the confessional and admit our sins. In his powerful mercy he forgives anything we have ever done, no matter how heinous. He loves us that much.

But venial sins are forgiven, if we ask for

it, during the Mass. If you just arrive at Mass with no preparation, no thought about what you are participating in, for what will you be forgiven? If you suddenly stand and say the words of the prayer, I confess, to what are you confessing? Sure, there's a general admittance that I've sinned but if I haven't thought about it, I'm not sure what sins I've committed. We need to examine our conscience.

Venial sins are those smaller breeches in our relationship with God. Those breeches, if left unattended, will develop into larger and more grave sins and steadily draw us farther from our Lord.

These sins can be things we thought. Inappropriate thoughts can and should be dismissed rapidly, but if we dwell on them, it begins to be sinful. Eventually these thoughts can lead us to mortal sin.

The sins might be something we said. Maybe we spoke harshly or said something hurtful to another person. We sin in our actions - in small ways and large and we sin by omission - things we have failed to do, perhaps we have failed to ease someone's pain.

The next time you come to Mass, think "What did I do that offended God this week?" consider it and bring it to mind as we approach the penitential act at the beginning of the Mass. God bless you.

Peace,

Father Larry

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

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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.



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



Seasons of Hope Bereavement Group

Grieving is a sacred process, and expressing loss is essential to healing. You are invited to participate in the upcoming Seasons of Hope Bereavement Group at Gardens of Gethsemani. This is a free, 6-week series that runs every Saturday from April 18 to May 30. Come and be comforted by one another by receiving Christ's love and consolation. Please register by Monday, April 13 at beholdvancouver.org/events.

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 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.

Share Lent Second Collection Next Week

Please consider making a tax-deductible donation to the Share Lent Second Collection next weekend. Your gift supports struggling communities in the Global South, with a special focus this year on those affected by mining and industrial pollution in Brazil along the Carajás railway. Please give generously: rcav.org/share-lent



THIS WEEK'S MASS INTENTIONS

14-Mar	Saturday	5:00 PM	✝	Agueda Lavilla
15-Mar	Sunday	9:00 AM	INT	Our Lady of Lourdes Parishioners
15-Mar	Sunday	11:00 AM	✝	Roger Finnigan
16-Mar	Monday	8:30 AM	✝	Luckhart & Conway families
17-Mar	Tuesday	8:30 AM	✝	Venida family
18-Mar	Wednesday	8:30 AM	✝	Jaime Deduque
19-Mar	Thursday	8:30 AM	✝	Jansen Sarte
20-Mar	Friday	8:30 AM	✝	Adelina Lamzon
20-Mar	Friday	7:00 PM	✝	Angela Leung
21-Mar	Saturday	8:30 AM	✝	Dalocanog family

Late term Abortion Petition

Did you know that Canada is the only country in the world where a woman can get an abortion right up to, and including, the **9th month** of pregnancy? It Starts Right Now, in partnership with the Burnaby Pro-Life Society, has launched a national petition campaign asking the Parliament of Canada to pass legislation to restrict late-term abortion after 20 weeks (approximately 5 months) of pregnancy. Please sign the petition at the church entrance to stop this horrific practice and protect the life of these small but formed babies in the womb. For more information, visit itstartsrighnow.ca or email scott@itstartsrighnow.ca



Scan this link
to sign the petition
on-line



Human fetus at 18 weeks

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 **Couples for Christ** 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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