



OUR LADY OF LOURDES

COQUITLAM

MARCH 23, 2025

BULLETIN

Stewardship Reflection  
Third Sunday of Lent

Contrition, Confession, Penance, Forgiveness =  
Liberation

*My sacrifice, O Lord, a contrite spirit. A humbled, contrite heart you will not spurn*  
*Psalm 51: 19*

The Sacrament of Penance, also known as the Sacrament of Reconciliation, or simply, Confession, is the sacrament instituted by Christ out of sheer mercy for us fallen human beings. We, who have lost grace, who have turned from God, sometimes gravely and sometimes only through our inability to live saintly lives, where and how do we recover grace and rise anew to the life brought to us by Christ in our baptism?

It happens in the confessional, in the Sacrament of Reconciliation.

In God's wisdom, knowing that we don't always get it right, that we in fact, slip away from our path to glory, he pardons us, he has pity on us, and he is all merciful to us. **Pardon** presupposes debts to be forgiven; **pity and mercy** can only exist where there is **misery**. And what is **mercy**? St. Thomas allows that **"it is the taking of another's misery into one's own heart."** That's what God does with our misery and our sin; in his mercy, he takes it to himself.

We are all sinners, some more than others, it's only a question of degree. St. John tells us,

*"If we say we have no sin, we deceive ourselves and the truth is not in us."*  
*(John 4: 8)*

The sacrament of Penance was instituted by Jesus Christ for the remission of sins, so that we can, in our feeble humanity, always return to his Divine love and that our souls may be again filled with his grace as our sins are wiped away, **absolved**.

But what is necessary on our part? What obligations do we need to meet to accept such an immense and life-

saving gift? In order that this unlimited grace of forgiveness may act in our soul, all obstacles opposed to this action must be removed. And what are the obstacles? Sin and the attachment to sin.

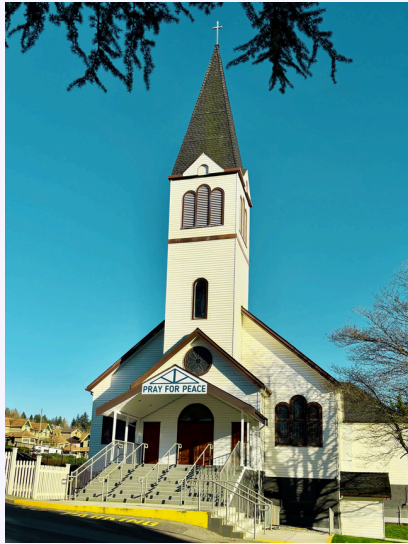
To disavow ourselves of sin and our attachment to it, the first thing we need is **a contrite heart**. Contrition is the sense of sorrow that enlightens the soul to its unhappy state and its offence against God. With it comes a resolve not to commit the sin again. It is the most important element that we bring to the sacrament. Before confession, we need to ask the Lord for the sentiment of repentance and humility which will lead us to contrition.

And contrition leads us to the confessional where we declare our sins out loud to God through the instrument of another human being, a priest. It is there that we accuse ourselves of just how we have offended our Lord. That is the confession, another most critical element to the sacrament. It must be made from the heart.

After that comes the penance. All forgiveness is granted us in virtue of the penance.

Forgiveness comes from God through the priest who represents him. The priest is *in persona Christi* when he says the words of absolution, "I absolve you from your sins in the name of..." It is at this point that pardon is bestowed on us and Divine life is restored to us. It is here that we find liberation from the effects of sin in our lives.

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: Leanne Penco

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



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## Stations of the Cross

The Stations of the Cross are a prayerful, powerful way to focus on Jesus' Passion. There are short prayers at each of the 14 Stations, allowing us to pray and meditate on each specific part of Jesus' final journey. All are invited **every Friday during Lent at 6 pm**, followed by **Mass at 7 pm**.



## How is your Lent going?

Halfway through Lent sometimes our enthusiasm fades a little and we struggle to keep our Lenten promises. Remember their purpose; it is a time for spiritual renewal, not an exercise in willpower. When we keep our focus on Jesus and his extreme sacrifice for us, our "giving something up" is brought into proper perspective. When we turn to him, even to ask for help in keeping our Lenten promises, our self-giving becomes a gift to him and easier for us. Keep going! The rewards, both now and eternally, far outweigh any excuse we might give ourselves.

## Mustard Seed



Have you taken some brochures and envelopes to your family and friends? Pick some up at the entrances and help us realize the dream for our church basement.

The 40 Days for Life campaign consists of 40 days of prayer, fasting, and a peaceful vigil at 32nd Ave. and Willow. Why participate? Because prayer works. Because lives are saved. Because the need is great. Because all life has dignity.

You can participate in many ways, including: Join us for one hour of prayer in front of the St. Joseph's Residence for Retired Priests (32nd Ave. and Willow in Vancouver) on **March 26 and April 5**; Attend Eucharistic Adoration for 40 Days for Life every Wednesday 9 am to 9 pm; Daily prayers of Reverence for Life; Nightly Rosary via Zoom on Behold Vancouver.

## Lenten Penitential Services

Confession is a beautiful sacrament in which we receive God's forgiveness, mercy and love. There are many opportunities for Confession this Lent. Penitential Services at nearby parishes, all starting at **7 pm**, are listed below. Many priests will be on hand to hear your Confession. Come, be cleansed and ready for the resurrection of Jesus at Easter.



Wed., March 26 - St. Joseph's, Port Moody

**Tues., April 1 - Our Lady of Lourdes, Coquitlam**

Wed., April 2 - Our Lady of the Assumption, PoCo

Thurs., April 3 - All Saints, Coquitlam

Tues., April 8 - Our Lady of Fatima, Coquitlam

Wed., April 9 - St. Clare's, Coquitlam

Fri., April 11 - St. Patrick's, Maple Ridge

Tues., April 15 - St. Luke's, Maple Ridge

## Spring Serenade Fundraising Concert

Come for an evening of amazing music! Choral. Jazz. Gospel. We are honoured to have Les Échos du Pacifique and the Dean Thiessen Trio join us on **Saturday, April 5 at 7 pm**. Bring your family and friends! Donations at the door (suggested amount \$20).

Featuring



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## 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  
Adoration: 9:00am - 10:00am and 5:45pm - 6:45pm

## CONFESSION SCHEDULE

Tues. to Fri. 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 6:00pm.

## 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.

## THIS WEEK'S MASS INTENTIONS

### Email Trouble



We are having some IT issues with our new email. Please use the old email address, [ourladyoflourdesparish@gmail.com](mailto:ourladyoflourdesparish@gmail.com), for the next couple of weeks while we resolve this issue.

If you have recently sent an email to [office@olol.ca](mailto:office@olol.ca) and have not received a reply, kindly re-send it to the old address listed above.

22-Mar	Saturday	5:00 PM	†	Raymond Albert
23-Mar	Sunday	9:00 AM	INT	Our Lady of Lourdes Parishioners
23-Mar	Sunday	11:00 AM	†	Elizabeth Moore
24-Mar	Monday	8:30 AM	†	Real Bilodeau
25-Mar	Tuesday	8:30 AM	INT	Frieda Magri & Jessica Weeks
26-Mar	Wednesday	8:30 AM	†	Jose Luis Robledano
27-Mar	Thursday	8:30 AM	†	Nestor Ysonza Jr.
28-Mar	Friday	8:30 AM	†	All Souls in Purgatory
28-Mar	Friday	7:00 PM	INT	Patrick Rodjito
29-Mar	Saturday	8:30 AM	†	Efren Santiago

### Youth Hike and Info Meeting



All youth and their parents are invited to attend a meeting in preparation for an exciting hike in beautiful Lighthouse Park on the North Shore. The hike will take place on **Easter Monday**. The information/planning meeting will be on **Tuesday, April 1 at 5:30 pm** in the Upper Hall.

Lighthouse Park is a moderate hike through huge Douglas Firs and over weather-worn rocks to spectacular views of the ocean. It will be an amazing day!

### Food for Families - 40 Cans for Lent

Will you help feed the poor? The Knights of Columbus are collecting non-perishable food items during Lent, and we are inviting you to help us. Starting **Saturday March 15th at 5pm**, and after every Sunday Mass during Lent, you can drop off your non-perishable food cans/items (at least 6 months before the expiry date) at the box labeled **"40 CANS FOR LENT"** by the church entrance. The food items will be donated to the Food Bank after Easter. Thank you for your help!

### Jubilee Year of Hope Urban Pilgrimage

The Vocations team of the archdiocese invites you to join an urban pilgrimage as part of the Jubilee Year of Hope. The 7.5-kilometre walking route begins at St Jude's Parish and finishes at Holy Rosary Cathedral. This pilgrimage will be a combination of prayer and socializing. **Sunday, March 30 from 1:30 pm to 6:00 pm**, with the possibility of receiving a Plenary Indulgence. Learn more at [beholdvancouver.org/events](http://beholdvancouver.org/events).

### Catholic Youth Conference

Calling all high school youth! You're invited to the Catholic Youth Conference, hosted by the Archdiocese of Vancouver. This exciting, full-day event is designed for students in grades 8-12, as well as youth ministry leaders, teachers, and mentors. More details to come next week. For now, save the date; **Saturday, May 3, 10 am to 9 pm** at Archbishop Carney Secondary School in Port Coquitlam. Visit [cyc.rcav.org](http://cyc.rcav.org) to know more!

### PRAYER FOR THE SICK

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

**Kathleen Lauzon, René & Gilberte Collette, Father Lucien Larré, Fernand Finnigan, Ozina Finnigan, Father Alan Boisclair and Jose (JoJo) Alonco.**

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 **Choir** for sponsoring.

### PARISH MINISTRIES

<b>Alpha</b>	Anthony Marroquin
<b>Altar Servers</b>	Alex Lim
<b>ACRSS Rep.</b>	Irenaeus Lim & Elga Gonzalez
<b>CWL</b>	Josephine (Dollie) Basa
<b>Choir</b>	Roger De Villa & Agnes Wan
<b>Couples for Christ</b>	Jet & Jane Sarmiento
<b>K of C</b>	Anthony Marroquin
<b>Lector</b>	Thelma Papas
<b>Prayer Group</b>	Alex & Nancy Lim
<b>PREP</b>	Marilyn Sarte
<b>Pro-Life</b>	Ting and Nancy Barona
<b>Project Advance</b>	Kathy Gorkoff & Francis Gutierrez
<b>Sacristan</b>	Alex Lim
<b>Ushers</b>	Robert Tang & Terry Charbonneau
<b>Contact parish office for info.</b>	

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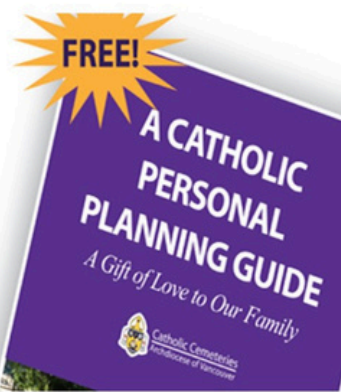


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