



Welcome

Welcome to all visitors! We are pleased that you are here. Father Larry, our pastor, would be delighted to meet you; please introduce yourself to him after Mass.

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.

AUGUST 9, 2026 BULLETIN

Nineteenth Sunday in Ordinary Time

The Power of Silence II

(update of a previous reflection on 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?

Training our minds in silence 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.

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. To pray is simply to commune with God.

Our parish offers a beautiful refuge from the noise of our daily lives.

You can stop by the church most every day and come into the quiet presence of God, of Jesus physically on the altar. You'll find people sitting in adoration silently gazing on Jesus as he looks right back at us. It's a beautiful, calming atmosphere.

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 voice, our own minds, our own worries, our preoccupations...Silence is the voice of the Lord. ssshhh...

Peace,

Father Larry

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

Pastor: **Fr. Larry Lynn**

✉ llynn@rcav.org

Admin. Assistant: Leanne Penco

✉ office@olol.ca



828 Laval Square, Coquitlam, BC V3K 2E6



Office Hours: 9:00am – 12:00pm; 1:00pm–3:00pm



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Interested in becoming Catholic?

Do you know someone who is interested in becoming Catholic or in learning about the Catholic faith?



Our RCIA team explains the faith, answers the tough questions, and accompanies the inquirers on their journey.

The meetings take place on Thursday evenings, starting in the fall.

Let your family, friends and acquaintances know about this opportunity to learn and have their questions answered. For more information, please contact the parish office.

CCO SUMMIT - Be Filled

All young adults (17 to early 30s) are invited to attend a special event hosted by Catholic Christian Outreach (CCO) and held at Our Lady of Lourdes. In the middle of the summer, with its different pace and activities, it can be easy to forget to make time for Jesus. The moments we set aside for Him become the moments He uses



to draw us closer to Himself. Come join us for Eucharistic Adoration, Praise and Worship, Opportunity for Confession, Jesus' Outpouring Love.

Friday, August 14, 7-9 pm in the church.

Pilgrimage to the Our Lady of Lourdes Grotto, Mission

St. Joseph's Parish, Mission, invites you to the historic Fraser River Heritage Park on August 15 to celebrate the Holy Eucharist in honour of Our Lady at 1 pm. The principal celebrant will be Archbishop Richard Smith. After the Mass, there will be a procession to the grotto where the rosary will be prayed, followed by the Benediction of the Most Blessed Sacrament. All are welcome! Please bring your own picnic lunch and chairs. Confessions will be heard on site at 10 am. Learn more at beholdvancouver.org

The Men's Retreat: Ancient Path

Men ages 19+ are invited to The Men's Retreat: Ancient Path on September 11 to September 13, 2026. This retreat will invite you to gain clarity on how to move through the world that will bring you to a place of peace and ease in how you hold your life. Build meaningful brotherhood with other men pursuing the same path, step away from the noise, and find rest for your soul in the mountains. This weekend is an opportunity to reflect, pray, and reconnect with what matters most. Registration closes on Friday, August 21. This is a popular retreat which typically sells out each year, so you are encouraged to register early and secure your spot. Register and learn more at rcav.org/mens-retreat

The B.C. Catholic - New Publishing Schedule

The B.C. Catholic will continue serving readers through a renewed print and digital model. The final weekly newspaper has been published, and beginning in July, readers can follow The B.C. Catholic each week through a new email digest. A redesigned monthly print edition will launch in September and will continue to be mailed to homes through Canada Post. Sign up for the new weekly email at bccatholic.ca/digest

HOLY COMMUNION

Anyone who is not able to attend Mass and wishes to receive the Eucharist, please contact the parish office.

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.

BAPTISM

By appointment only.

FUNERAL

Contact Parish Priest before making arrangements.

SACRAMENTALS

For blessing of cars, religious articles and house blessings, please contact the Parish Office.



Outdoor Concert

Saturday, Aug 29 at 6:30pm

Come enjoy an outdoor concert at Our Lady of Fatima Parish in Coquitlam, featuring Tami Comuzzi and friends. Experience delightful melodies performed by professional singer Tami. There will be a mix of songs ranging from opera to pop in various languages. All are welcome! Invite your family and friends!

Tickets are available at the Fatima parish office or on-line by scanning the QR Code.



<https://form.jotform.com/251185457056258>

THIS WEEK'S MASS INTENTIONS

8-Aug	Saturday	5:00 PM	✝	Florence & Norman Langlois
9-Aug	Sunday	9:00 AM	INT	Our Lady of Lourdes Parishioners
9-Aug	Sunday	11:00 AM	✝	Julie & Joseph Morris
10-Aug	Monday	8:30 AM	✝	Ng family
11-Aug	Tuesday	8:30 AM	✝	Brian McGuckin
12-Aug	Wednesday	8:30 AM	✝	John Hurtubise
13-Aug	Thursday	8:30 AM	✝	Jakek Dabrowski
14-Aug	Friday	8:30 AM	✝	Leo Paul Bilodeau
15-Aug	Saturday	8:30 AM	✝	Valetin Poske

Assumption of the Blessed Virgin Mary Mass

Everyone is welcome to a special Mass in honour of the Assumption of the Blessed Virgin Mary. The Assumption of Mary is important because it confirms that this extraordinary reversal of death is not limited to Christ. If Mary can be resurrected, body and soul, into heaven so can we who share in her humanity. Music will be provided by MOTET, a local chamber choir who sing sacred polyphonic and chant music. Mass is at Our Lady of the Assumption Parish, in English, at 7 pm on Friday, August 14. A reception follows.

Medical Assistance in Dying and Church Teaching

An informative and thought-provoking conversation on faith, ethics, and end-of-life care from a Catholic perspective. St. Nicholas Parish in Langley is pleased to host a special evening featuring Belinda-Ann Furlan, Nurse Practitioner at Providence Health Care, who will speak on Medical Assistance in Dying and Church Teaching. This promises to be an informative evening exploring faith, ethics, and end-of-life care from a Catholic perspective. Sept 23 at 7 pm. This is a free event. For more information, see the poster in the foyer.

Ignatian Silent Retreat for Women

All women are invited to a guided silent retreat rooted in the Spiritual Exercises of St. Ignatius of Loyola. The Silent Retreat will be held at Carmel Hill - Little Flower Monastery in Deroche on Friday, Sept 25 to Sunday, Sept 27. The Retreat Director is Fr John Pietropaili LC and the Spiritual Director is Valerie Doran. The cost is \$350 (includes healthy meals starting with lunch on Friday and finishing with lunch on Sunday). Hosted by Regnum Christi Vancouver Section. For more information, contact Lisa Styka at 778-918-1541 or rcvancouversection@gmail.com

PRAYER FOR THE SICK

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

Kathleen Lauzon, Gilberte Collette, Ozina Finnigan, Jose (JoJo) Alonco, Ralph Roberts, Anna Kocko and Sister Claire Marie

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
ACRS 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 Jannie Delli Santi
Prayer Group Alex & Nancy Lim
PREP Marilyn Sarte
Pro-Life Ting and Nercy Barona
Project Advance Kathy Gorkoff
Ushers Robert Tang & Terry Charbonneau
Contact parish office for info.

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