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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.

AUGUST 17, 2025
Twentieth Sunday in Ordinary Time

BULLETIN

Freedom and all that Jazz

Those of you who know me well are aware that I've been studying the piano for the past twelve years or so. I must admit, it is very difficult and I'm not very good at it, but I am persistent. I found an excellent piano teacher, Agnes Wan, our wonderful choir director, who taught me so much about the basics. But after a few years I felt the need to expand into jazz, so I found a good jazz teacher about three years ago

I know jazz is not everyone's cup of tea but for me, it moves my soul. There's something about the juxtaposition of discordant notes in a chord that when put together with other chords makes beautiful sense. The journey through the song is never predictable. It leaves one hanging on for the ride. Jazz can be very complex yet the joy and the genius of it is that there is great freedom.

I can't remember to whom this quote is attributed but it perfectly sums up the jazz experience.

"Jazz has something all people need to succeed:

"freedom within tremendous discipline."

This creative freedom requires both facility in judgment and in the execution of that judgment: to know what note to play and be able to play it."

This is how life is. Whatever we are trying to accomplish in our lives, it will only happen with tremendous discipline. It takes work; it takes discipline; it takes perseverance. When we master a certain skill, then we have the freedom to move around in it and even break new ground.

You want to play golf? It takes a lot of discipline to swing the club correctly so the little ball goes where you want it to go. The more command we have over a skill the more we can break free from the tyranny of the rules, from the feeling of being boxed in because we are novices in that skill.


Professionals make the task look easy, but make no mistake, an extraordinary amount of work went into perfecting that swing or that piano piece.

This is true of the spiritual life. I think the idea of "practicing the faith" is really that: *practicing so we get better* at it. Some people go to Mass every Sunday, are faithful, and are of course, 'practicing the faith'. But left at that, there's very little growth. Someone who doesn't pray every day, and I mean in an intimate way with the Lord, would need to grow in prayer in small increments, to build up spiritual 'muscles' as it were, to have their prayer experience deepen gradually over time. Eventually, they will be able to find intimacy with God in any situation. They will have the freedom to move around in their spiritual life in a way previously unknown to them. They will find and maintain peace in their heart and walk around sharing the joy Jesus wants for all of us. That's freedom. And spiritually, we can take God's melody, turn it inside out, run to new heights and bring it back to the standard melody we all know. Our freedom allows us to go to places we couldn't have known before. Freedom within tremendous discipline – and all that jazz.


Peace,
Father Larry

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


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New Choir Members Welcome



Do you love to sing and can carry a tune? New choir members are welcome at any of our Masses. The ability to read music is an asset but not necessary. Practices are **Wednesday evenings**. We would love to have you join! For more information, please contact Agnes at 604-671-5365 or joagnes@shaw.ca.

Life Compass Society Annual Walk

The annual fundraising walk for Life Compass Society will be held on **Saturday, September 6**. Participants will meet at Lions Park, one block west of Shaughnessy St. and one block south of Lougheed Hwy. Registration opens at 9 am and the walk begins on PoCo Trail close to 10:30. This allows those attending a morning Mass to be part of the prize draws. There will be refreshments available and hotdogs and drinks for those who participate. PoCo Trail is a beautiful setting for a healthy 5km or 10km walk or run, or a 25km bike ride. Father Larry is participating in this pro-life walk. If you would like to sponsor him, there are sign up sheets at the church entrances.

RCIA

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.

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 Fri. at 8:00am until 8:25am
Sat.: 4:00 – 4:45 pm. Or by appointment.

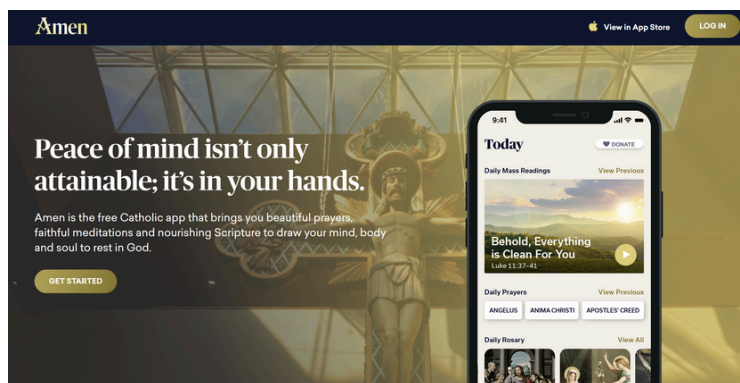
ADORATION

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

Amen App

Amen is the free Catholic app that brings to your device beautiful prayers, faithful meditations and nourishing Scripture to draw your mind, body and soul to rest in God. We know God tirelessly calls each person to encounter Him through prayer. Yet, we also know that obstacles continually block the way—whether it is distraction, spiritual dryness, or dwindling motivation. That's why Amen was created. Through a variety of faithful prayers, trusted meditations, daily devotionals, and nourishing Scripture, Amen guides you to deepen your life of prayer and find rest in God. Check it out! It's free!

Visit: <https://amenapp.org/>



PREP Catechists Needed

Make a difference in the spiritual life of a child and join our dedicated, fun and amazing team! If you enjoy working with children, can dedicate a couple of hours per week and commit from **Sept-May on Wednesdays**, we would love to hear from you! No experience necessary; we will provide training. All catechists must complete our Safe Environment process which includes a Criminal Record Check.

For more information, please contact Marilyn at mvsarte@hotmail.com

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.



Bottle Drive

Please drop off your recyclables, in clear plastic bags, in the large wooden bin outside on the north side of the church.

Access is from the parking lot and down the stairs. We accept aluminum cans, plastic bottles, glass bottles, milk and juice containers. Thank you for your support for the Knights of Columbus who in turn support the parish.

THIS WEEK'S MASS INTENTIONS

16-Aug	Saturday	5:00 PM	✝	Chandradasa Dunukepotha
17-Aug	Sunday	9:00 AM	INT	Our Lady of Lourdes Parishioners
17-Aug	Sunday	11:00 AM	✝	Ong family
18-Aug	Monday	8:30 AM	INT	Barbara Lee Lynn
19-Aug	Tuesday	8:30 AM	INT	Michael Dufault
20-Aug	Wednesday	8:30 AM	✝	Juan Deduque
21-Aug	Thursday	8:30 AM	✝	Trevisan family
22-Aug	Friday	8:30 AM	INT	Thanksgiving
23-Aug	Saturday	8:30 AM	INT	Daniel Kwan

UPPER ROOM

a Proclaim conference

Upper Room Conference 2025

Come be inspired, equipped and sent out as a disciple to proclaim Jesus! The Upper Room Conference, hosted by the Archdiocese of Vancouver together with Life Restoration Ministries, is a response to Pope Leo XIV's invitation to continue being a missionary Church. It is for those who long to see the Gospel take root in their homes, parishes, and communities. Through inspiring talks, Spirit-led conversations, and parish-based follow-up gatherings, this two-part experience will help you clarify your personal call to evangelize and strengthen your impact in ministry. Join us on **Saturday, September 20 at Pacific Academy in Surrey** and again for local gatherings on **Saturday, September 27** as we grow together in faith and mission. For more information and to register go to upperroomvancouver.com.

Our parish is on :



New Content. Every Day.

Formed aims to help Catholics to understand, live, and share their faith. They produce and distribute many award-winning videos, books, and talks to help people do just that. They have recently upgraded to provide an easier interface, improved search function, offline playback and more. There is something for everyone. Relax and watch a Catholic movie or learn about the faith and have your questions answered. There is plenty of family content – for children, parents and families. There's a section for daily inspiration. There's also plenty of Spanish content. Check it out! Formed.org

Anniversary Celebration of the Shrine of Santo Niño

The devotion to the Santo Niño (the Holy Child Jesus) is one of the most prominent in the Philippines. It symbolizes the Filipino people's deep faith and is celebrated with great fervour. The Anniversary Celebration will include daily rosary, novena and Masses at St. Anthony of Padua Parish, Agassiz. The multi-day celebration has started already but you are welcome to join in the Rosary, Novena, and Mass until **Friday, 22 at 5:15 pm**. On **Saturday, August 23 at 4 pm** there will be a dedication Anniversary Mass with Archbishop Midyphil Bermejo Billones, Archbishop of Jaro, Ilo-Ilo, Philippines. Learn more at beholdvancouver.org/events.

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, Jose (JoJo) Alonco, Ralph and Marguerite Roberts.

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 Jet & Jane Sarmiento
K of C Anthony Marroquin
Lector Thelma Papas
Prayer Group Alex & Nancy Lim
PREP Marilyn Sarte
Pro-Life Ting and Nercy Barona
Project Advance Kathy Gorkoff & Francis Gutierrez
Sacristan Cacilda Tang
Ushers Robert Tang & Terry Charbonneau
Contact parish office for info.

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