



OUR LADY OF LOURDES

COQUITLAM



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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.

SEPTEMBER 28, 2025

Twenty-sixth Sunday in Ordinary Time

BULLETIN

Flee As A Bird

*Flee as a bird to your mountain
Thou who art weary of sin.
Go to the clear flowing fountain
Where you may wash and be clean.
Fly for th'avenger is near thee
Call and the Saviour will hear thee,
He on his bosom will bear thee,
Thou who art weary of sin,
O thou, who art weary of sin.
He will protect thee forever,
Wipe e'vry falling tear.
He will forsake thee, O never,
Sheltered so tenderly there.
Haste then, the hours are flying,
Spend not the moments in sighing,
Cease from your sorrow and crying,
The Saviour will wipe ev'ry tear
The Saviour will wipe ev'ry tear.*

Mary Dana Shindler

If you have been fortunate enough to have been following The Chosen television series about Jesus and the Gospels, and have watched all the way to the end of the fifth season, as the credits rolled over the end of the last episode, which ends with Judas dramatically kissing Jesus on the cheek, you will have heard this most beautiful hymn brilliantly performed by two sisters, The Secret Sisters. The hymn is entitled **Flee As A Bird** and was written by Mary Dana Shindler in 1857.

It is a haunting melody with lyrics that begin with a line from King David's Psalm 11, which says,

*"In the Lord I take refuge;
how can you say to me,
'Flee like a bird to your mountain...'"*



The mountain, in biblical terms, is usually a place where we find God. Think of Moses and the burning bush, or Moses receiving the Ten Commandments on Mount Sinai, or Elijah who, on the run from Jezebel, finds God in the "still, small voice" on Mount Horeb. By the way, Mount Horeb and Mount Sinai are one and the same mountain, and the two names are used interchangeably in the Bible.

Think of how many times Jesus himself went to the mountain to pray by himself, to be with his father.

Think of the Transfiguration on Mount Tabor, where Jesus met both Moses and Elijah, and the voice of his Father rang out saying, *"This is my son in whom I am well pleased. Listen to him."*

David was frequently going to the mountain seeking refuge from his enemies, especially King Saul. And here in Psalm 11, he's saying, "Why should I flee to the mountain? My refuge is in the Lord."

Ah, but David also knew that we find God on the mountain.

But who is the hymn addressing? *"Thou who art weary of sin..."*

That's me! I'm weary of sin. Aren't you? Aren't you tired of sin and its awful effect on our lives. The sins of judgement and unforgiveness, the sins that cause us to give away our human dignity, the sins of anger and vengeance, the sins that leave us destitute and unhappy? Flee like a bird to your mountain! And when you find our Lord, know he *"will wipe ev'ry tear."*

Try finding the hymn and the Secret Sisters on YouTube and give it a listen. I guarantee you will be moved. Maybe someday soon we might even hear our lovely choir do their rendition of it. Here's hoping!

Peace, Father Larry

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

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Project Advance 2025

Project Advance is up and running! Thank you to those who have already donated to this year's appeal. All donations from now on go directly to the parish to help fund the purchase of fixtures, furniture and equipment. This includes tables, chairs, kitchen appliances, audio-visual components and more. Participation in Project Advance is most important; all donations are welcome, regardless of size. The easiest way to give is to go online to our parish website at olol.ca and click on the 'donate' button. This will take you to the Project Advance landing page. You can also drop your well-marked Project Advance donation in the weekly collection basket or bring it to the office. Thank you for your support!

RCIA

RCIA has just begun and is still open for others who want to learn about the Catholic faith.

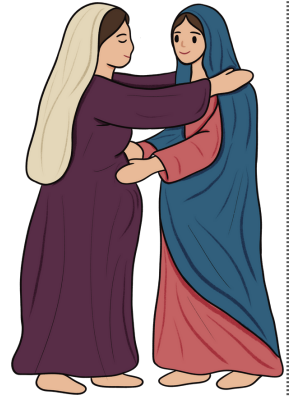
We cover all things Catholic, answer questions, have good discussions and learn together. Invite anyone you know who may be interested. RCIA meets **Thursdays from 6 pm to 8 pm.**

Please call the parish office for more information.

Magnificat Vancouver - Fall Prayer Brunch

In the words of the Magnificat, Mary proclaimed to Elizabeth her gratitude for the wonderful action of God in her life. Catholic women are invited to a brunch to share together in that same spirit of gratitude and praise. After brunch, there will be a time of prayer for the needs of all present and an opportunity to hear one woman's experience of the transforming love of Christ in her own life.

Saturday, October 4 at 11 am to 2 pm at the John Paul II Pastoral Centre. Learn more and register at beholdvancouver.org/events.



Want to watch a great movie? Or learn about our two newest saints – St. Carlo Acutis (died in 2006 at the age of 15) and St. Pier Giorgio Frassati (died in 1925 at the age of 24). Formed has thousands of movies, children's programs, eBooks, audio, and parish programs/studies direct to your browser, mobile or connected device. All good Catholic content. And it's free! Simply go to formed.org/signup. Then enter our parish name (Our Lady of Lourdes Coquitlam) or postal code (**V3K 2E6**) and you're in!



Oktoberfest: Domestic Abuse Fundraiser

Tickets are available now for the Oktoberfest Fundraiser for the Domestic Abuse Society. Come for an great evening of food, music and dancing on October 4. Tickets, which include bratwurst, coleslaw, beer or wine and dessert, are \$30 each and are available through DomesticAbuseSociety.ca or 604-585-6688. **Saturday, October 4 at 7 pm** at St. Clare Parish in Coquitlam.

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.

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

The Catholic Faith in Plain English

Learn about the rich teachings and practices of our Catholic Faith from Father Vincent Hawkswell and Maureen Creelman. This free, 36 week-long course will be offered both in person and online. All Catholics are welcome. Offered **Sundays at 2 pm** at the John Paul II Pastoral Centre, or Mondays at 10 am at St Anthony Parish, West Vancouver. Learn more and access class content at beholdvancouver.org/catholic-faith-course.

27-Sept	Saturday	5:00 PM	INT	Angie Solidum
28-Sept	Sunday	9:00 AM	INT	Our Lady of Lourdes Parishioners
28-Sept	Sunday	11:00 AM	†	Liw & Restituto Ayson
29-Sept	Monday	8:30 AM	†	Bismark family
30-Sept	Tuesday	8:30 AM	†	Roger Girard
1-Oct	Wednesday	8:30 AM	INT	Catherine Mae
2-Oct	Thursday	8:30 AM	INT	Leo Senoner
3-Oct	Friday	8:30 AM	INT	Carlo Alfonzo
3-Oct	Friday	7:00 PM	†	Mr & Mrs Robert E Lynn
4-Oct	Saturday	8:30 AM		No Mass

Beware of Email Scams

Emails asking for gift cards and claiming to be from Father Larry have been sent to some parishioners. Please do not respond! This is a scam! Father Larry, or any priest, will never email or text you for financial assistance. Never respond to emails or texts requesting cash, gift cards, or e-transfers. If you have any doubts about an email's legitimacy, please ask Father Larry or the parish office directly.

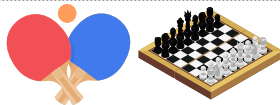
Pro-Life Mass and Prayer Vigil

Join your voice with others as we pray on the first Saturday of each month for respect for all human life, from conception to its natural end. Hosted by the Archdiocese of Vancouver, with Father Larry as the chaplain, we will begin with Mass, followed by the rosary and other prayers either at a church with Adoration or at a local hospital. The next Pro-Life Mass will be held on **October 4 at 9:00 AM at Holy Cross Parish in Burnaby.**

Prison Ministry Volunteer Support & Development Day

Join us to learn more about volunteering with the Archdiocese of Vancouver's Prison Ministry. This is a day for reflection, learning, and sharing among current prison ministry volunteers and anyone interested in learning more about the ministry. Must be 19 years and older. Please register by email: aveters@rcav.org Registration deadline: Wednesday, October 8.

Youth Night



Calling all youth! You are invited to our weekly Youth Night in the Upper Hall. Join us for some ping pong, board games and other fun. **Friday nights starting at 6 pm.**

Estate and Memorial Planning Webinar

This free presentation provides general information for preparing or updating your Will, learning about the beauty of the funeral rite, and formulating pre-need arrangements. You'll be pointed to complementary guides, tools and practical resources. The event is sponsored and presented by the Gardens of Gethsemani cemetery, a ministry of the Archdiocese of Vancouver. **Online via Zoom October 2, 11 am to 12 noon.** To register, go to <https://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 & Marguerite Roberts 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 **Choir** 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
Ushers Robert Tang & Terry Charbonneau

Contact parish office for info.

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