



OUR LADY OF LOURDES
COQUITLAM

MARCH 22, 2026
5th Sunday of Lent

BULLETIN



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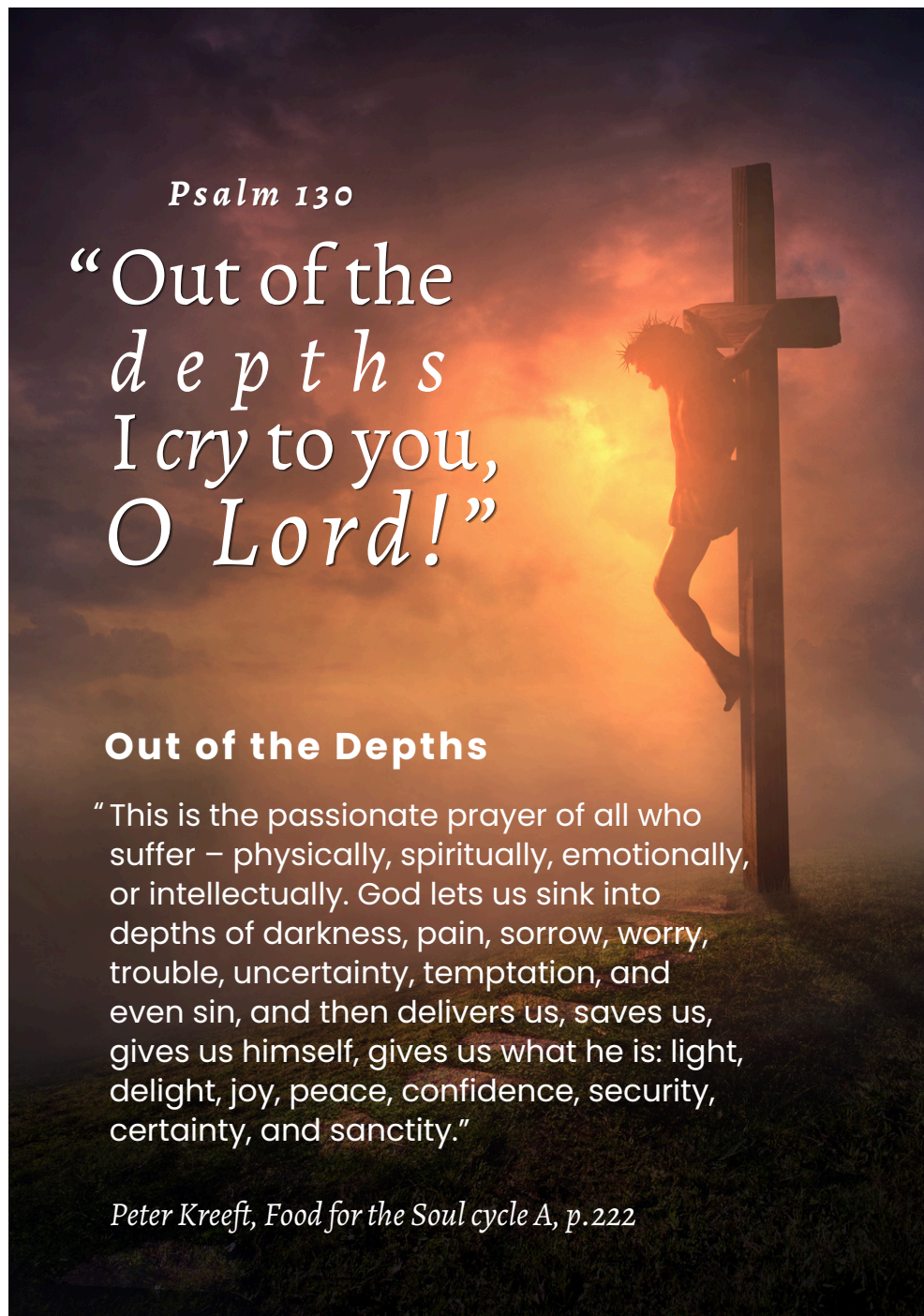
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WELCOME

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.



Psalm 130

“Out of the
d e p t h s
I cry to you,
O Lord!”


Out of the Depths

“This is the passionate prayer of all who suffer – physically, spiritually, emotionally, or intellectually. God lets us sink into depths of darkness, pain, sorrow, worry, trouble, uncertainty, temptation, and even sin, and then delivers us, saves us, gives us himself, gives us what he is: light, delight, joy, peace, confidence, security, certainty, and sanctity.”


Peter Kreeft, Food for the Soul cycle A, p.222

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

Pastor: **Fr. Larry Lynn**

 llynn@rcav.org

Admin. Assistant: Leanne Penco

 office@olol.ca



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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

We are in the final stretch of this year's 40 Days for Life Campaign! Join with other parishioners at the vigil site (4818 Willow St, Vancouver) on **Saturday, March 28** anytime from 7 am to 6 pm to pray for respect for all human life from conception to natural death. If you are unable to attend, please pray on your own or join the nightly online rosary at beholdvancouver.org/events/40-days-for-life-2028.

Triduum

Holy Week is the most solemn and glorious week of the liturgical year. It is more sacred than Christmas! Holy Week commemorates the final week of our Lord's life, the very purpose for which Christmas happened. Spread over three days and different liturgies; they are, in fact, one long liturgical celebration. We commemorate the Paschal Mystery, the passion, death and resurrection of our Lord Jesus Christ. Beginning with the Last Supper on Holy Thursday, Jesus gave us himself in the Eucharist and showed us, through the washing of the feet, how to humbly serve each other. Good Friday marks the betrayal, arrest, condemnation, crucifixion and death of our Lord. His unfathomable sacrificial love redeems us from our sin. Holy Saturday is a quiet day, a day to reflect on the emptiness of life without Christ. Easter Sunday we are overjoyed at the resurrection of Jesus, the Christ! He is alive! His victory over sin and death is decisive. Alleluia!

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 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

Our Lady of Lourdes
Holy Week **2026**
Schedule








Holy Thursday **April 2, 2026**

- There is no morning Mass
- **Thursday of The Lord's Supper** - Mass at 7:00 pm, followed by:
- Procession and Eucharistic Adoration
- Solemn Night Prayers

Good Friday **April 3, 2026**

- There is no Mass on Good Friday
- **Stations of the Cross** around Laval Square (weather permitting) at 10:00 am (in case of rain, the Stations will take place in the church.)
- **Friday of the Passion of the Lord** 3:00 pm

Holy Saturday **April 4, 2026**

- There will be no Mass until the Vigil Mass at 9:00 pm
- **The Resurrection of the Lord - At the Easter Vigil in the Holy Night**
Mass begins in front of the church at 9:00 pm.
 - Baptism
 - Confirmation

Easter Sunday **April 5, 2026**

The Resurrection of the Lord - Easter Sunday - The Mass of Easter Day

- 9:00 am Mass
- 11:00 am 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.

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.



TLA Clothing Drive

Traditional Learning Academy is holding a Clothing Drive this spring and they are looking for donations-particularly for clothing (men, women, children); household textiles (bedding, towels); small household goods (kitchen items, games); books and media (paperback, hardcover). Drop off your items off at TLA, 1189 Rochester Ave Coq, from **April 7-17** 9am-3pm. More information is available on the bulletin board or by emailing tlafundraising@traditionallearning.com

THIS WEEK'S MASS INTENTIONS

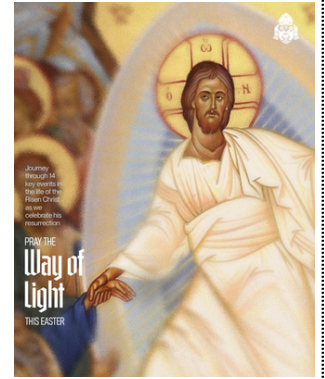
21-Mar	Saturday	5:00 PM	✝	Marianne Fournier
22-Mar	Sunday	9:00 AM	INT	Our Lady of Lourdes Parishioners
22-Mar	Sunday	11:00 AM	INT	Leon Conejos
23-Mar	Monday	8:30 AM	✝	Divina Jose Gonzales
24-Mar	Tuesday	8:30 AM	✝	Perera & Fonseka family
25-Mar	Wednesday	8:30 AM	INT	Gerald Guno
26-Mar	Thursday	8:30 AM	✝	All Souls in Purgatory
27-Mar	Friday	8:30 AM	✝	Efren Santiago
28-Mar	Friday	7:00 PM	✝	Angela Leung
29-Mar	Saturday	8:30 AM	✝	Theresa McLaughlin

Knights of Columbus Bursary Available

The Bishop Thomas J. Lobsinger, OMI Memorial Bursary Program is an annual award for Catholic students in British Columbia and Yukon, providing \$1,000 bursaries to assist with post-secondary education. Sponsored by the Knights of Columbus (B.C.) Charity Foundation. For details, please see the bulletin board.

Way of Light: Sign-up for Daily Prayers During Easter

The Way of Light, or the Stations of the Resurrection, follow key events in the life of Jesus following His Resurrection. This prayer is an opportunity for us to reflect on the truth of the Christian mystery: that Christ has conquered death, and in conquering death, He gives us hope in the Resurrection and the life to come. Starting on Easter Sunday, you can receive short, daily prayers right to your inbox beginning on Easter Sunday. Sign up at rccav.org/light



7-month fetus in the womb

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

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 **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 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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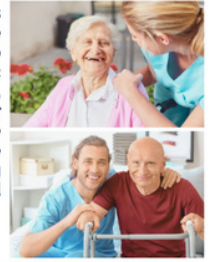
Margot Lorayes
 E: lorayes@cassadylaw.com
 Fluent in English and Tagalog



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