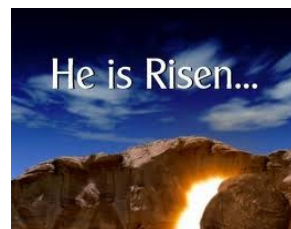


The Parish Connection

Our Lady of Perpetual Help Parish
13 Brower Drive, Sherwood Park, Alberta T8H 1Y7

The Parish Connection is now
available on your school's
website and at www.olph.ca



March 2016

Regular Sunday Mass times: Saturday 5:00 p.m., Sundays: 8:30 a.m., 10:30 a.m., 5:00 pm

Dates to Watch

- **March 3**-Jeremy and Ryan presentation sponsored by the REAL Foundation 9:30am OLPH Parish
- **March 4**-Soup and Bread. Supper 5:45pm Parish Hall
- **March 6**- Youth Visit to the Friary 2:00pm. See attached Youth Poster for details.
- **March 7**-Confirmation Session 5, 7:00pm OLPH Parish
- **March 8**-Confirmation Session 5, 7:00pm OLPH Parish
- **March 11**-Soup and Bread. Supper 5:45 pm Parish Hall. ABJ culinary arts making the soup and the guest speakers are from ABJ as well!
- **March 13**-Refugee Family Celebration following the 10:30am Mass.
- **March 20**-Dinner and Youth night following the 5:00pm Mass
- **March 24**-Holy Thursday Mass 7:00pm at OLPH Parish.
- **March 25**-Good Friday Service 10:30am at OLPH Parish. Ministries provided by ABJ.
- **March 25**-Good Friday Service at 3:00pm at OLPH Parish
- **March 25**-Tennebrae 8:00pm at OLPH Parish
- **March 26**-Blessing of the Easter Food 12:00pm at OLPH Parish
- **March 26**-Easter Vigil 9:00pm at OLPH Parish
- **March 27**-Easter Mass 8:30am at OLPH upstairs and 10:30am Upstairs and downstairs.



Confirmation 2016 (Grade 6 and Older)

Session Dates and Times

	Monday 7:00- 8:30 pm	Tuesday 7:00-8:30 pm
Session 5	Mar. 7	Mar. 8

Please make sure you have all information required provided to Raylene at the Parish Office-Baptism Certificate, Name of Sponsor(s) and Confirmation Date

CONFIRMATION CELEBRATION

(You will choose one of these dates at the time of registration)

Sunday, April 17, 2016 at 2:00 pm -Children from Holy Spirit, Holy Redeemer, OLPH

Monday, April 18, 2016 at 7:00 pm -Children from St. Luke, St. Theresa schools and Public & Home schooled.

If you have any questions regarding Confirmation please contact Raylene at the Parish office 780-467-5470 or ryuzyk@olph.ca



First Reconciliation and First Communion 2014-2015



Reconciliation and First Communion please contact Raylene at the Parish Office 780-467-5470

If you missed First Reconciliation please contact Raylene at 780-467-5470 or ryuzyk@olph.ca to schedule a time for your child to receive this sacrament.

First Eucharist (Communion):

Please contact Raylene at the Parish Office 780-467-5470 or at ryuzyk@olph.ca to book your child's First Communion



Vacation Bible Camp

Save the date
VBS 2016
July 11th- 15th

Watch for registrations coming out in May



Gluten Free Hosts

Do you require gluten free hosts? If so, please contact Monna at the Parish office 780-467-5470 or at msenez@olph.ca



BAPTISMS

If for any reason your school aged child is not yet baptized and you would like to look into baptism for your child please do not hesitate to contact the church at 780-467-5470 or pastoralcare@olph.ca We would be most happy to help.

Today we thank Jesus for giving us the BEST GIFTS of all. The gift of love, forgiveness and Eternal life with him in Heaven. Happy Easter!

Olph Youth Ministry News

2016 Dates

March 6th Visit to the Friary
March 20th Dinner and youth night
(no dinner sponsor)
April 10th Dinner sponsored by JETS
April 24th Dinner sponsored by
Secular Franciscans
May 15th Dinner sponsored by
St Vincent de Paul & Stang music group
June 5th Year end BBQ sponsored
by Parish council
For more info contact Sharon Darbyshire
at the Parish office 780-467-5470
or email: sdarbyshire@olph.ca

Youth Nights
Faith Fun and Fellowship!
For Junior Youth Gr 7 & 8
For Senior Youth Gr 9 to 12

A great way to meet new friends
and connect with old ones.

Youth Dinners and Youth Night

An invite from Father Pierre to to Visit to the Franciscan Friary

- On March 6th we will be taking a bus to the Friary downtown Edmonton. Leaving the Church at 2:10 (teens to arrive at 2:00) Return to the church approx 4:40. Please pick up your teens at this time.
You **must fill** out a **permission form to attend this event**
Forms can be picked up at the office or on the youth Bulletin board in the foyer. There is a \$5.00 fee to help with the bussing costs.
Forms NEED to be returned to the Parish Office by **March 1st**
We need to have 10 or more teens to attend or we will have to cancel. There will not be a youth dinner following this event.

March 20th—Youth dinner and Activities

- Lenten movie ‘MOST’ for Senior teens Followed by fellowship time . Activities for Junior teens

Parents please note that pick up time has changed

Please pick up at the back of the Parish hall doors **at 8:00 p.m.**

All other doors are locked.

Thank you



Did you know that if you participate in the Young Disciples program for just three years, you will learn about 6 Sacraments, 17 Saints, 12 Feast days and more than 35 bible stories? (If you attend all six years you'll be more than ready to teach a class!) You'll learn all that and much, much more while having fun and making lots of good friends. Young Disciples is an interactive faith program for children in Grades one through nine. We meet each Wednesday night from 6:30 to 8 PM in the church basement. Check out our website at www.olphyd.org Call Marla W. at 780-464-1256 for more info.

Junior High Disciples

Join us on Wednesdays from 6:30 to 8. From September to January, we have had a “DQ night”, watched a movie, carved saint-o-lanterns, helped at a confirmation night, joined the Living Rosary, made willow stars, wrapped CDs given out at the Christmas Masses, tidied the pews and exchanged the song books, shopped for Christmas presents for two families receiving hampers, helped sort food for the Christmas hampers, had a gift wrapping afternoon, and more!!! Contact Kelley Thompson at 780-922-0343 or bigmamma@wildroseinternet Call Marla W. at 780-464-1256 for more information.



Parish Soup & Bread Lenten Series for 2016

Once again during Lent, the Parish is hosting the Lenten Series in support of Development and Peace. Format of the evening held in the Parish Hall:

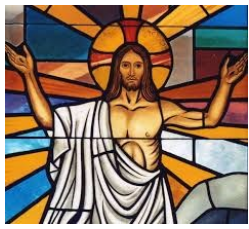
5:45 – 6:30p.m. Grace begins our delicious, but simple supper of homemade soup and fresh bread, which also supports our Lenten fasting. A suggested donation of what it costs for your own supper goes to the Share Lent program of the Canadian Catholic Organization for Development and Peace. (Highchairs are available for the younger ones.)

6:30 – 7:00p.m. Each week features a guest speaker on a variety of topics concerning Social Justice in our community and our world. (Please Note: Supervision will not be provided for the children).

7:15 – 7:45p.m. (approx) Stations of the Cross led by parish ministries and groups. **Reconciliation to follow.**
Watch the Parish Bulletin for more details.

Date	Soup and Bread 5:45-6:00	Guest Speaker 6:30-7:00	Stations of the Cross 7:15-7:45
Mar. 4	K of C	Armand Mercier-Habitat 4 Humanity	Parish Staff & Robert Gaudet
Mar. 11	ABJ Culinary Arts	Speaker: Geomeer Project - The ABJ students, our future Leaders share how they can make a difference.	JETS
Mar. 18	Proclaimers	Sandy Prather-”Stoking the Fire”	Altar Servers

Q & A with Father Antony



Your Essential Guide to the Triduum

Taking you step-by-step through the three-day celebration of the Church

by Julianne Wallace

The Triduum (TRIH-du-um) is the time of the Church year when we celebrate the passion, death, and resurrection of Jesus Christ. This three-day celebration begins with the Holy Thursday Mass and continues on Good Friday with the Liturgy of the Lord's Passion. At the end of this liturgy, we leave the church in silence, waiting to celebrate the glory of our Lord's resurrection. Then, on Saturday at sun down, the Church re-gathers to celebrate the final, and most grand, moment of the Triduum: the Resurrection of our Lord. The Triduum is somewhat like a three-day prayer marathon, and if you are a novice there may be some rituals that are unfamiliar to you. This guide will help you walk and pray through the liturgies of the Triduum.

Holy Thursday

The Mass on Holy Thursday is commonly known as the Feast of the Lord's Supper. This Mass is a time for Catholics to remember the Last Supper where Jesus and his apostles gathered to celebrate Passover. In the Holy Thursday celebration, two ritual actions stand out among the rest: the Washing of the Feet and the Celebration of the Eucharist.

The Washing of the Feet

At the Last Supper, Jesus took a basin and a towel, got down on his hands and knees and washed the feet of all of his apostles. After this action he commanded the apostles, "I have given you a model to follow, so that as I have done for you, you should also do" (John 13:15). This is Jesus's commandment: Just as Jesus has been a servant to his apostles, so the apostles must go out into the world and be servants to everyone around them. We are called to do the same in our daily lives. Well, we are not called literally to wash each other's feet (though sometimes that may be the case).

The action of washing one another's feet reminds us of the call to humble servitude. Foot washing is not a re-enactment or re-creation of a past event, but rather, it is a commemorative action that reminds us that God calls us first and foremost to be servants to others in our daily lives. The ritual washing of the feet can take place in many ways. Some churches choose to have 12 people, who represent the apostles, have their feet washed by the priest presiding over the celebration. Other churches invite the entire gathered community to have its feet washed (this particular tradition is very powerful because everyone is invited to come and have their feet washed by someone else in their community). However the ritual takes shape (whether 24 or 600 feet are washed), foot washing should always be a reminder that Christ has called us to be servants to the entire world.

The Celebration of the Eucharist and the Eucharistic Procession

At the very first Last Supper, Jesus also instituted the Eucharist for the Church. At this Holy Thursday celebration, we are reminded of who we are in Jesus Christ and that, through the sacrament of the Eucharist, we are and we become even more the Body of Christ together. At the conclusion of the Holy Thursday celebration, there is no concluding prayer. Once the celebration of the Eucharist is completed, there is a Eucharistic Procession (where the Eucharist that is left from Communion is processed to a Altar of Repose). This procession to the Altar of Repose reminds us of Jesus' time in the garden of Gethsemane, when he prayed so fervently through the night. The entire community is invited to join in this procession and then join in the silent prayer and adoration until night prayer is prayed and the Eucharist is put in the Tabernacle. The gathered community leaves in silence only to return in prayer the next day for the Good Friday celebration.

Reflection Questions for Holy Thursday

Who are those people who need our help the most?

Am I willing to get down on my own hands and knees and help those who are unable to help themselves?

What does the sacrament of the Eucharist mean to me?

Good Friday:

Liturgy of the Lord’s Passion

In this solemn celebration, we remember the Passion and Death of Our Lord. The service is marked by several important rituals including the proclaiming of the Passion according to John, the Veneration of the Cross, an extended form of General Intercessions and finally, the distribution of Communion (reserved from the Holy Thursday celebration of the Eucharist). For our purposes here, we’ll describe the Veneration of the Cross and the expanded General Intercessions.

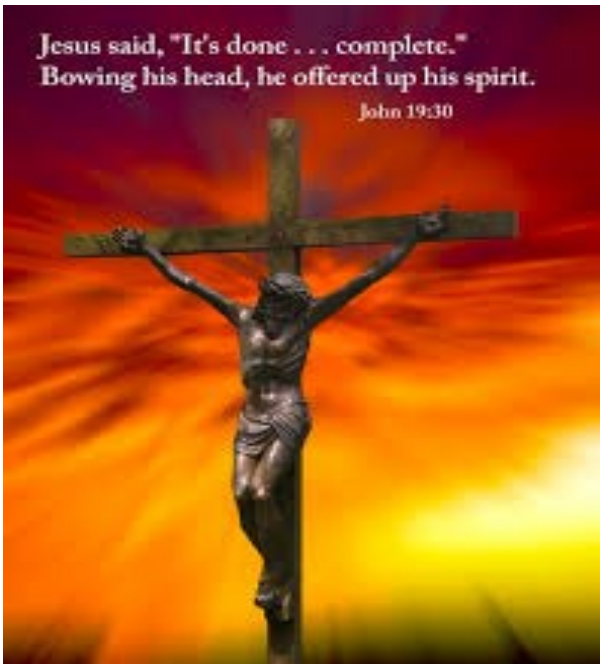
The Veneration of the Cross

It seems strange that in the Good Friday liturgy Catholics choose to venerate, or adore, the very instrument that was used to crucify Jesus. The veneration of the cross reminds us that through this cross, the Glory of the resurrection emerges. So, on Good Friday, we come forward to show our great reverence and respect for the Cross. People have various traditions when they approach the Cross. Sometimes they kiss the cross, kneel before the cross, or even just touch it in some fashion. As you participate in this ritual, venerate the cross in whatever way feels most normal. And most of all, just take in the experience of the gathered community coming so close to such a tragic, but integral, event in our faith.

The General Intercessions

If you enjoy spiritual aerobics, then this ritual is for you! In this expanded form of General Intercessions, the presider and the deacon work together to pray 10 intercessions. These intercessions are the same intercessions the entire Church prays on Good Friday and they include praying for the Holy Church, praying for the unity of all Christians, praying for the Jewish people, praying for people who do not believe in Christ or in God, praying for people who do not believe in Christ or in God, praying for people in public office, and praying for people who are suffering or facing difficult times. These prayers recognize how universal our Church is and that we should be aware of all of the faiths and traditions in the world that are different from our own.

Reflection Questions for Good Friday
What does the death of Jesus mean to me?
What does it mean to “Glory in the Cross”?



The Easter Vigil

The celebration of the Easter Vigil tells the whole story of our salvation — from creation to resurrection and beyond. Because of all the ritual moments, this service tends to be on the lengthy side (an average Easter Vigil will last at least 2-2 1/2 hours). But don't let the length of the celebration detract you from participating. The Easter Vigil includes the lighting of the Easter Fire and Paschal Candle (the large candle that we will use throughout the year), the singing of the Exsultet (the Easter Proclamation), the expanded Liturgy of the Word that traces time through Salvation History (the story of our Salvation), the Liturgy of Initiation (where new people come into the Church), and the celebration of the Holy Eucharist. All these rituals come together for one purpose: to remember and recall the saving deeds of our God on our behalf. Here's an explanation of two moments from the celebration.

The Singing of the Exsultet

The Exsultet, or the Easter Proclamation, is a hymn that is sung by a deacon, priest, or cantor. This hymn speaks of how God has interceded in our lives on our behalf. The Exsultet especially recalls the Holy Night when Jesus Christ rose from the dead. What makes this moment particularly dramatic is that the Exsultet is sung in a church lit only with the light of the Paschal Candle and other smaller candles, which people are holding. In order to pray this hymn along with the deacon, priest, or cantor, try reflecting on the words of the hymn throughout Holy Saturday.

The Liturgy of the Word

The Liturgy of the Word for the Easter Vigil is comprised of nine readings and seven responsorial psalms. The first reading begins with the story of Creation and then, each subsequent reading recounts the story of our faith-lives through history. You'll hear the story of Issac and Abraham, you'll hear the story of Moses and the Exodus, and more. All of these readings lead up to the singing of the Gloria, when all the lights come on in the church and then the final reading, the Resurrection of Christ, is proclaimed. Why so many readings? Again, like the singing of the Exsultet, the readings recount the many ways in which God has interceded on our behalf throughout history.

Keep in mind that the point is to recall how God has interceded on humanity's behalf from the very beginning of time and that through this Easter Vigil we celebrate that God is present and always working in our lives, even still today.

Reflection Questions for the Easter Vigil

How has God interceded in my life?

After hearing the Resurrection story, what events do I see in my own life that are in need of new life, in need of resurrection?

How can I carry on the story of the resurrection to others?

Easter

Throughout these three days we experience the highs and lows in our faith, ending with the ultimate high — the new life of the resurrection. The Easter Season begins with the Easter vigil and we enter a time (50 days) when endless "Alleluias" will ring out throughout all of our Liturgical celebrations. May you experience the joy of new life in your own way this Easter Season. Have a happy and blessed Easter!

