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**OUR LADY OF THE ASSUMPTION PARISH**



**FEBRUARY 22<sup>ND</sup> 2026 - FIRST SUNDAY OF LENT**

**PARISH OFFICE HOURS**  
 Tues. to Fri. | 9:00 am - 3:00 pm  
 Closed on Statutory Holidays  
**Pastor**  
 Rev. James Hughes  
 (604) 942-7808 ext. 2002  
 jhughes@rcav.org  
**Assistant Pastor**  
 Rev. Felix Min  
 (604) 942-7808 ext. 2003  
 fmin@rcav.org  
**Parish Office**  
 Angie Humar  
 (604) 942-7808 ext. 2001  
 assumptionofmary@shaw.ca  
 Felicity Sim  
 (604) 942-7808 ext. 2008  
 assumptionofmary@shaw.ca  
 Jenn Lazar  
 (Adult Faith Formation Coordinator)  
 (604) 942-7808 ext. 2014  
 aff-ola@shaw.ca  
 Daniela Baumann  
 (Parish Ministries Coordinator)  
 (604) 942-7808 ext. 2015  
 pmc-ola@shaw.ca

**THE SACRAMENT OF BAPTISM**

Baptisms are every Sunday @ 12:30pm. Parents and Godparents are to be married in the Catholic Church, and parents need to be registered parishioners for at least two months. Baptism Class attendance is mandatory for parents if you have not previously taken the class. You will need to register for a Baptism Class by calling the parish office during office hours. Before attending the Baptism Class you must fill out the Baptism information form.  
 Website: [assumptionofmary.ca/baptism](http://assumptionofmary.ca/baptism)  
 Forms may also be picked up at the parish office.  
 Baptism Classes are on the third Saturday of every month @ 10:00am.



**THE SACRAMENT OF MARRIAGE**

Couples planning marriage (here or elsewhere) must contact the Parish Priest at least 6 months before the wedding. Must attend the Marriage Preparation Course and the Catholic is to be registered here, at least 6 months and regularly attending Mass here.

**FUNERALS**

Contact the Pastor @ 604-942-7808 ext. 2002

**SACRAMENTALS**

Blessing of cars and religious articles: See the Priest after Sat. pm & Sun. Masses.  
 House blessings: please contact the Pastor at 604 942-7808 ext. 2002

**SUNDAY MASS SCHEDULE**

Saturday Mass of Anticipation: 5:00 pm  
 Sunday: 9:00 am, 11:00 am & 4:00 pm

**WEEKDAY MASS SCHEDULE**

Mon, Thurs, & Fri: 7:00 am, & 8:30 am  
 Tues: 4:30pm, Wed: 9:00am  
 \*\*\*First Friday of the month: 7:00pm  
 Mass, therefore there will be No 7:00am Mass. (1st Friday 7:00 pm is a Latin Mass Novus Ordo with readings in English)  
 Sat: 9:00 am  
 \*\* 7:00am Mass on Mon., Thur., & Fri. will not be celebrated in the Christmas Season, Summer months, & Holiday Mondays.

**CONFESSION TIMES**

Tues: 4:00pm, Wed: 8:30am  
 Thurs: & Fri: 8:00am\* 1st Fri, 6:30pm  
 Saturday: 9:30-10:30am & 4:00-4:30pm

**OLOA Elementary School**  
 School Office | (604) 942-5522  
 Email | office@olapoco.ca  
 Principal | Rosaleen Heffernan  
 Office Manager | Christina Evodokimenko  
 Website | [assumptionschool.com](http://assumptionschool.com)

**PARISH MINISTRY & ORGANIZATIONS CONTACTS**

Altar Servers: Christina	604-942-5522
Bereavement min.: Julia	604-942-7808 ext. 2013
CWL: Mary Ann	604-942-7808
Ground Maintenance	604-942-7808
K of C: Phil S	604-813-0144
Lectors: Remi	604-942-7808
Legion of Mary: Nette	604-837-3184
Prep: Julie	604-942-7808 ext. 2017
Pro-Life: Maureen	604-942-7808
RCIA: Val	604-942-7808 ext. 2016
Young Adults: Conrad	604-942-7808
Youth: (Gr. 8-12) Jay	604-942-7808
Sacristan: Denisa	604-942-2513
Ushers: Rick	604-828-9607
<b>Assumption Elementary School</b>	
PEC Chair: Gabe Kojima	604-942-5522
<b>Archbishop Carney High School</b>	
REC: Clint Hull	604-942-7465
Gabriel Wong	604-537-5194

**ARE YOU NEW TO THE PARISH?**

If you are new to the Parish, please fill out a Registration Form available online. If you would like a box of Donation Envelopes and/or the BC Catholic, please remember to check the boxes on the registration form. For those already registered, any changes such as your address, tel. #, etc., please contact the Parish Office at 604 942-7808.  
**Pre-Auth Debit (PAD)** is a good option for your giving. **Regular Sunday contribution** is taken on the 1st of each month and 2nd Collection is taken on the 15<sup>th</sup> of each month.  
 \*\*\*Anyone who would like to receive an emailed copy of the Sunday bulletin, please email the office. The office will NOT share your email. Thank you.



**Archbishop Carney High School**  
 School Office | (604) 942-7465  
 Email | office@acrss.org  
 Principal | Len De Julius  
 Office Manager | Angela D'Elia  
 Website | [acrss.org](http://acrss.org)

PLEASE SUPPORT THESE COMPANIES WHO HELP OUR PARISH

## WEEKLY MASS INTENTIONS

**SUNDAY, Feb. 22 | First Sunday of Lent**

**9:00am / 11:00am / 4:00pm - Parishioner**

**MONDAY, Feb. 23 | Ferial**

**7:00am** Anna Stempkowska +  
**8:30am** Deceased family of Santagiuliang+

**TUESDAY, Feb. 24 | Ferial**

**4:30pm** Antonio Licuanan

**WEDNESDAY, Feb. 25 | Ferial**

**9:00am** All Souls

**THURSDAY, Feb. 26 | Ferial**

**7:00am** John Goh  
**8:30am** Reynaldo Ramos

**FRIDAY, Feb. 27 | Ferial**

**7:00am** Mary Lou Reyes  
**8:30am** Ian Libbey +

**SATURDAY, Feb. 28 | Ferial**

**9:00am** Michael MCGovern+  
**5:00pm** Thanksgiving Cheung, Wong, Lee

**Second Sunday of Lent**

Please pray for the repose of the soul of **Nigel Albertbyron Delaurier** whose Funeral Mass was on Thursday, Feb. 19<sup>th</sup> at Our Lady of the Assumption Church.

## THIS WEEK

**CWL** General Meeting on **Tues., Feb. 24th at 7pm** in the Parish Centre.

## NEXT WEEK

Knights of Columbus Pancake Breakfast **after 9:00am & 11:00am Masses, Sunday Mar 1st** in the School Gym.

**K OF C** - General Meeting on **Wed., Mar. 4th, 7pm** in the School staff room.

**Lenten Devotions Fridays @ 7:00pm**  
Stations of the Cross led by a priest will begin **Friday, February 20<sup>th</sup> until Friday, March 27<sup>th</sup>.**

[assumptionofmary.ca](http://assumptionofmary.ca)

## LENTEN PARISH MISSION TALKS

WITH GUEST SPEAKER:



Fr. Joachim Aldaba



### RETURN TO THE LORD WITH ALL YOUR HEART

Conversion and the Renewal of the Interior Life

Join us for our  
**LENTEN PARISH MISSION TALKS**

Monday, March 2	Tuesday, March 3	Wednesday, March 4
The Divided Heart: Why We Need to Return to the Lord	Creating Room for God: Prayer, Silence, Penance, and Repentance	A Heart Made New: Living as a True Catholic Within a Troubled World

Each evening will begin with a 7 PM Mass. Talks begin at 7:30 PM.

**OUR LADY OF THE ASSUMPTION PARISH**  
3141 Shaughnessy Street, Port Coquitlam, BC V3B 4L2  
[assumptionofmary.ca](http://assumptionofmary.ca)

**Please note** Due to a Project Advance administrative error, some project advance 2025 tax receipts were emailed to the donors and some were not. If you have not received your Project Advance receipt emailed to you directly, we will have them at the Church foyer for pickup. If you have any further questions, please contact the parish office.

## FORTHCOMING WEEKS

**Confirmation parent meeting, Tues, Mar. 10<sup>th</sup> 2026 @ 7pm in the parish centre.** Please note this meeting is mandatory for School & Prep parents; including home schooled, & TLA parents

**SECOND COLLECTION:** **Sunday, March 8th Parish Building Fund-** To help reduce the debt owed on our Church building. Thank you for your generosity!

 **Knights of Columbus- Lenten Fish Fry**   
**Friday March 13<sup>th</sup> & 20<sup>th</sup> 2026**  
**Ticket price: 1 piece \$15, 2 Piece \$20** Includes: Fish, fries, caesar salad and coleslaw refreshments sold separately. Dinner served from **5pm – 6:30pm**, Stations of the Cross at **7pm**.

**40 days for Life** - Our parish will participate on **Mar. 12<sup>th</sup> & 13<sup>th</sup>**. More details and a signup sheet will be provided in the coming week. Please pray for the dignity and protection of human life from conception to its natural end.



**CWL St. Patrick's Tea, Sat., Mar. 14th,**

Parish Center, doors open 1:45pm-4:00pm  
Tickets will be available for sale after each Masses on Mar. 7/8 only. \$20.00 for adults \$10.00 ages 10 and under. You may also purchase tickets using the QR code.



**"The CWL of OLOA Council is offering a \$500 bursary** for a secondary school student who is a child or grandchild of a member of this CWL council. **Due Date: March 27, 2026.** For more information please pick up your application package at the OLOA Parish Office."

## PARISH ONGOING

### BEREAVEMENT MINISTRY

Every Tuesday evening, the **OLA Loss & Grief Support Group** provides a safe, supportive and confidential place to talk, cry and express your feelings. Come join us. **You are not alone. Tuesdays at 7:00pm.** Space is limited. **Register today. Email: [olasupport@shaw.ca](mailto:olasupport@shaw.ca)**



### BAND OF BROTHERS

Men helping men walk together in their Faith journey. You are invited to join our Band of Brothers gatherings - a fellowship of men committed to deepening their journey in the Catholic Faith. **We meet every Sunday from 7:00am to 8:30am** at Our Lady of the Assumption Church. Each session includes praying the Rosary, watching a faith-enrichment video, sharing reflections, engaging in open dialogue, and offering mutual support in all aspects of our Catholic lives. Looking to grow in faith and brotherhood? All men are welcome - reach out to Stephen James or Eric to get started at [bandofbrothers.ola@gmail.com](mailto:bandofbrothers.ola@gmail.com).



### PICKLEBALL

Whether you are a beginner or an experienced player everyone is welcome to join. Every Monday night **from 7pm - 9pm** @ Our Lady of the Assumption School Gym. Drop-in **fee \$2.00 per person (adults 19 & up)**. Contact: Stephen Unser Phone: 604-868-3538 or email: [unserfamjam@gmail.com](mailto:unserfamjam@gmail.com)

### MOMS & TOTS GROUP

Every Wednesday after 9:00am Mass in the parish centre. If you would like to attend please email: [momsandtots.oloa@gmail.com](mailto:momsandtots.oloa@gmail.com) or contact Louisa @ 778-835-8960 or Tatiana @ 778-751-5704.



### Children's Liturgy of the Word

(Ages 3- Grade 1) Sundays at 11:00am Masses only. No registration required.



## COMMENDING THE SICK

Please pray for the sick in our parish:

Larry & Catherine Bowen, Gerard & Lou Choquette, Ernestine Craig, Jacinta Howard, Margaret Johnston, Ian James, John & Alicia Kerssens, Venessa Miller, Michael Morgan, Maria Milia. Carmen Mui, Jean Standish, Lynn Van Der Mark, and Anne Walton



### EUCCHARISTIC ADORATION DAYS AND TIMES

Wednesday; 9:30am - 3:00pm.  
Thursday & Friday; 9:00am - 3:00pm.  
Tuesdays & Saturdays from 9:30am - 6:00pm.



The Eucharist will not be exposed on Tuesday & Saturday. The Adoration Chapel will only be open for personal prayer. You will need a code to get into the Chapel. Please come to the parish office for the code.

We encourage our Parishioners to visit the great Catholic online resource: FORMED. Our Parish code to access [Formed.org](http://Formed.org) is **F7DPJB**. Important: Do not sign up as an individual. Our Parish access code provides more content than an individual subscription.



## OUR CATHOLIC SCHOOLS

This year **Archbishop Carney Theatre is proud to present *Frozen: The Broadway Musical***. When newly crowned Queen Elsa accidentally sets off an eternal winter in the town of Arendelle, her younger sister Anna, along with her friends Kristoff, Olaf and Sven go off on an adventure to find her sister and save the kingdom. Facing an unsuspected villain and unpredictable ice powers, Anna must fight alongside her friends to bring back summer. Frozen reveals how true love can come in many forms, and that the bond between sisters is something truly special. **Presented at The Terry Fox Theatre March 4-7, 2026 @ 7PM. Tickets are \$20 at [acrss.org](http://acrss.org).**

## ARCHDIOCESE NEWS

### CPC<sup>3</sup> Public Lecture

When: **Wednesday, February 25, 2026 at 7pm.**  
Where: **At Catholic Pacific College** (7720 Glover Rd., Langley)  
Who: Dr. Paul Allen will speak on **"Early Christianity and Ecology: The Roots and Wings of Tradition."**

[assumptionofmary.ca](http://assumptionofmary.ca)

# How to Pray the Litany of Humility

by [Cate Von Dohlen](#) (cited from [hallow.com/blog/how-to-pray-the-litany-of-humility](http://hallow.com/blog/how-to-pray-the-litany-of-humility))

Humility is a virtue we deeply admire, but it is also one of the most challenging virtues to practice genuinely. Sometimes our pride gets in the way; other times, stubbornness.

The Litany of Humility is a series of petitions in which we ask Jesus to deliver us from the various desires and fears that hold us back from being humble and replace them with renewed desires focused on Him and others rather than ourselves.

People often think humility is making yourself small, “less than,” and lowering your self-esteem. This isn’t the kind of humility that Christ, the disciples, Mary, and the Saints have shown us! Instead, we pray that we desire a humility that exudes love and tenderness, that knows we are all created equal in the image of God, and that understands our service in this earthly life is to love others beyond everything else.

Sometimes humility is being so comfortable with yourself, the person God created you to be, that you don’t spend time or energy worrying so much about what others think about you. Instead, you might spend that time and energy thinking about others, loving them, and supporting them. Humility sometimes manifests as being comfortable in compassion for the sake of others. As St. Teresa of Calcutta said, “if you are humble, nothing will touch you, neither praise nor disgrace, because you know what you are.”

While there were likely earlier versions of the Litany of Humility, the text that we pray with today is attributed to Cardinal Rafael Merry del Val (1865-1930). Known for his life of piety, he was the Secretary of State to Pope Saint Pius X from 1903 to 1914.

We also know from the *Collected Letters of C.S. Lewis* that Merry del Val’s Litany of Humility resonated with C.S. Lewis. To the friend who shared the litany with him, Lewis wrote,

“You did not know, did you, that all the temptations against which he pours forth these prayers I have long been exceeding conscious of?” – C.S. Lewis

Over the decades since it was written, the Litany of Humility continues to grow in popularity, likely due to its approachability and the universal truth it speaks to us as human beings.

## ***When you desire grace but don’t quite have the words for it***

This litany puts into words many of the desires we sometimes struggle to name ourselves. Each time I read over or pray this litany, a different line seems to stick out to me. I believe that is because the Litany of Humility is a prayer we reach for when we desire grace from Jesus but maybe don’t know why or how to ask for it.

## **During Lent**

Much like the ashes we receive on Ash Wednesday each Lent, this prayer helps us acknowledge where we fall short as human beings. We recognize our desire to be loved by everyone, to be popular, to be successful, and we name our fears regarding how others view us in this life. Because of this, the Litany of Humility is an excellent fit for prayer throughout Lent:

- The length is suitable for daily prayer.
- It guides us in acknowledging where we fell short.
- And it helps us ask for deliverance, grace, and forgiveness to love Jesus more fully, despite our human desires.

The Litany of Humility is a great way to continue working on understanding our human desires and asking for the grace to desire what Jesus does, regardless of the liturgical season.

## **How to pray the Litany of Humility**

- 1. Make the Sign of the Cross.**

*In the name of the Father, and of the Son, and of the Holy Spirit.*

**1. Call on Jesus to hear your petitions.**

*O Jesus, Meek and humble of heart, Hear me.*

**1. Ask Jesus to deliver you from the desire for people to see you in a particular way or light. After each petition, respond with, "Deliver me, Jesus."**

*From the desire of being esteemed, **deliver me, Jesus.** From the desire of being loved, "From the desire of being extolled, "From the desire of being honored, "From the desire of being praised, "From the desire of being preferred to others, "From the desire of being consulted, "From the desire of being approved, "*

**1. Ask Jesus to deliver you from the fears that prevent you from living life with compassion for God, others, and yourself. After each petition, respond with "Deliver me, Jesus."**

*From the fear of being humiliated, **deliver me, Jesus.** From the fear of being despised, "From the fear of suffering rebukes, "From the fear of being calumniated, "From the fear of being forgotten, "From the fear of being ridiculed, "From the fear of being wronged, "From the fear of being suspected, "*

**1. Ask Jesus to guide you toward loving your neighbors before yourself. Respond with, "Jesus, grant me the grace to desire it."**

*That others may be loved more than I, **Jesus, grant me the grace to desire it.** That others may be esteemed more than I, "That, in the opinion of the world, others may increase and I may decrease, "That others may be chosen and I set aside, "That others may be praised and I unnoticed, "That others may be preferred to me in everything, "That others may become holier than I, provided that I may become as holy as I should, "*

**1. Conclude with the Sign of the Cross.**

*In the name of the Father, and of the Son, and of the Holy Spirit. Amen.*