



Compassionate
Parish



“Fear not,
**for I am
with you”**

Strength, hope and comfort for those
facing serious illness or death.



Fear not, for I am with you,
be not dismayed, for I am your God;
I will strengthen you, I will help you,
I will uphold you with my victorious right
hand. (Isaiah 41:10)

OLPH The logo for OLPH, consisting of the word "OLPH" in a serif font followed by a stylized figure holding a cross.

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“Be Not Afraid”

Peace I leave with you, my peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid. (John 14:27)

Fear is a natural reaction to the unknown, to danger or to pain. Certainly, a diagnosis of a debilitating or terminal illness can easily put us into a panic. Though fear in these situations is natural, it isn't helpful. Fear can impede recovery and actually increase pain and fatigue. Fear can move us to make rash or foolish choices or paralyze us into inaction.

If fear is natural, its remedy is not – the cure for fear is above our nature. It is **supernatural**. Faith fixes fear. And faith is a gift from God. Ask God for the grace to trust Him in whatever lies ahead. You can depend on His loving care.

The purpose of this booklet is to help you move beyond the fear you feel now, and to find strength, hope and comfort in the promises of Jesus Christ. It also includes practical supports to help you and your family take this new journey



A Checklist

See inside back cover for parish contact information.

- Slow down. Breathe. Listen to the voice of your loving Father: "*Be still and know that I am God*" (*Psalms 46:10*).
- Talk to your pastor about your fears, what you need from the Church, and how to find hope at a time like this. Call the parish office to schedule an appointment.
- Ask to receive the Sacrament of Anointing to give you spiritual strength for the uncertain journey ahead. Call your pastor or the parish office to arrange a time.
- Request a Mass intention for healing. Visit or call the parish office for more information.
- Talk to a member of our Compassionate Parish team about the ways our parish can support you and your family with prayer, information, and practical supports.
- Think about what is important to you and share your wishes with the people who matter most to you. The My Wishes workbook at compassionatealberta.ca/plan-ahead/my-wishes-alberta-workbook can help you get started.
- When you are ready, connect with others to build your community of support. Many people use CaringBridge, a free online tool for sharing health updates with family and friends. Learn more at caringbridge.org.
- Slowly start exploring some of the available resources, but don't let it take over your life. The website, eternalrest.org provides answers to common questions from a Catholic perspective.



“For in hope we were saved.”

*Our soul waits for the Lord; he is our help and shield.
Our heart is glad in him, because we trust in his holy name.
Let your steadfast love, O Lord, be upon us, even as we hope
in you. (Psalm 33:20-22)*

The Catechism of the Catholic Church teaches that it is by Christian Hope that we desire the kingdom of heaven and eternal life as our happiness, placing our trust in Christ’s promises and relying not on our own strength, but on the help of the grace of the Holy Spirit. We can therefore hope in the glory of heaven promised by God to those who love him and do his will. In every circumstance, each one of us should hope, with the grace of God, to persevere “to the end” (Matthew 10:22).



“Comfort, O comfort my people, says your God.” Isaiah 40:1

In our time of need, the Church offers the beloved prayers of the Mass, the Rosary and the Divine Mercy Chaplet, along with many other prayers that can bring us comfort.

Praying for Yourself

Simple prayers you can say to alleviate fear and anxiety:

Jesus, I trust in You.

Jesus, I need You, apart from You I can do nothing.

In your mercy, love in me and through me.

Jesus, with all my heart, I cling to You.

Sacred Heart of Jesus, I believe in Your love for me.

Keep me, O Lord, as the apple of Your eye; beneath the shadow of Your wings protect me.

God, come to my assistance: O Lord, make haste to help me.

For healing:

Lord, look upon me with eyes of mercy. May Your healing hand rest upon me, may Your life-giving powers flow into every cell of my body and into the depths of my soul, cleansing, purifying, restoring me to wholeness and strength for service in Your Kingdom. Amen.

Before surgery:

Loving Father, I entrust myself to Your care this day; guide with wisdom and skill the minds and hands of the medical people who minister in Your Name, and grant that every cause of illness be removed. May I be restored to soundness of health and learn to live in more perfect harmony with You and with those around me. I ask this through our Lord, Jesus Christ. Amen.

When I am dying:

Jesus, Mary and Joseph, I give you my heart and my soul. Assist me in my last agony, and grant that I may breathe forth my soul in peace with you. Amen.

Praying for Others

For the sick:

Think, O God, of (name) who is ill, whom we now commend to Your compassionate regard. Comfort him/her upon his/her sickbed, and ease his/her suffering. We beg You for deliverance, and submit that no healing is too hard for You, if it be Your will. We therefore pray that You bless (name) with Your loving care, renew his/her strength, and heal what ails him/her in Your loving name. Thank, Lord.

When death seems near:

Pray the Divine Mercy Chaplet. There are many videos of the Divine Mercy Chaplet online. You can also find the prayers and step-by-step directions at www.divinemercury.org

At the hour of their death, I defend as My own glory every soul that will say this chaplet; or when others say it for a dying person, the pardon is the same. When this chaplet is said by the bedside of a dying person, God's anger is placated, unfathomable mercy envelops the soul, and the very depths of My tender mercy are moved for the sake of the sorrowful Passion of My Son. – The Diary of St. Faustina

After death:

Saints of God, come to the aid of (name)! Come to meet him/her, Angels of the Lord! Receive his/her soul and present him/her to God the Most High. May Christ, who called you, take you to Himself. Give him/her eternal rest, O Lord, and may your light shine on him/her forever.

All-powerful and merciful God, we commend to You Your servant, (name). In Your mercy and love, blot out the sins he/she has committed through human weakness. In this world he/she has died. Let him/her live with You forever. This we ask through Jesus Christ our Lord. Amen.

Eternal rest grant unto him/her, O Lord.
And let perpetual light shine upon him/her.
May his/her soul and the souls of all the faithful departed, through the mercy of God, rest in peace. Amen.



Chapter 5 Bible Promises

When facing illness:

Heal me, O LORD, and I shall be healed; save me, and I shall be saved; for Thou art my praise. (Jeremiah 17:14)

For I will restore health to you, and your wounds I will heal, says the LORD... (Jeremiah 30:17)

And my God will supply every need of yours according to His riches in glory in Christ Jesus. (Philippians 5:14-15)

When facing death:

Jesus, remember me when You come into Your kingdom. (Luke 23:42)

Whether we live or die, we are the Lord's. (Romans 14:8)

To You, O LORD, I lift up my soul. (Psalm 25:1)

Though I should walk in the valley of the shadow of death,
no evil would I fear, for You are with me. (Psalm 23:4) Into
Your hands I commend my spirit. (Psalm 31:6a)

He will wipe every tear from their eyes. Death will be no
more; mourning and crying and pain will be no more,
for the first things have passed away. (Revelation 21:4)



Chapter 6

Words of Encouragement from the Saints

Regarding illness:

“In the same way that a powerful medicine cures an
illness, so illness itself is a medicine to cure passion.
And there is much profit of soul in bearing illness quietly
and giving thanks to God.” St. Amma Syncletica (~270-350)

“The Cross will not crush you; if its weight makes you
stagger, its power will also sustain you.”
St. Padre Pio of Pietrelcina (1887-1968)

“I thank God for this illness and these physical discomforts,
because I have the time to converse with the Lord Jesus.”
St. Faustina Kowalska (1905-1938)

“Your tears were collected by the angels and were placed
in a golden chalice, and you will find them when you present
yourself before God.”
St. Padre Pio of Pietrelcina (1887-1968)

“In spite of this trial, which takes all enjoyment from me,
I can nevertheless, cry out, ‘Lord, you fill me with joy
in all that you do.’ For is there a joy greater than to suffer
for love?” St. Therese of Lisieux (1873-1897)

“During painful times, when you feel a terrible void, think how the capacity of your soul is being enlarged so that it can receive God – becoming, as it were, infinite as God is infinite.” St. Elizabeth of the Trinity (1880-1897).

“Whenever anything disagreeable or displeasing happens to you, remember Christ crucified and be silent.”
St. John of the Cross (1542-1591).

“Hope, O my soul, hope. You know neither the day nor the hour. Watch carefully, for everything passes quickly, even though your impatience makes doubtful what is certain, and turns a very short time into a long one. Dream that the more you struggle, the more you prove the love that you bear your God, and the more you will rejoice one day with your Beloved, in a happiness and rapture that can never end.” St. Teresa of Avila (1515-1582).

Regarding death:

“It is not Death that will come to fetch me, it is the good God. Death is no phantom, no horrible specter, as presented in pictures. In the catechism it is stated that death is the separation of soul and body, that is all! Well, I am not afraid of a separation which will unite me to the good God forever.”
St. Therese of Lisieux (1873-1897)

“How consoling it is to see a just man die! His death is good, because it ends his miseries; it is better still, because he begins a new life; it is excellent, because it places him in sweet security. From this bed of mourning, whereon he leaves a precious load of virtues, he goes to take possession of the true land of the living, Jesus acknowledges him as His brother and as His friend, for he has died to the world before closing his eyes from its dazzling light. Such is the death of the saints, a death very precious in the sight of God.”
St. Bernard of Clairvaux (1090-1153).

"...is not he a fool who seeks after happiness in this world, where he will remain only a few days and exposes himself to the risk of being unhappy in the next, where we must live for eternity? We do not fix our affections on borrowed goods, because we know that they must soon be returned to the owner. All the goods of this earth are lent to us..." St. Alphonsus di Ligouri (1696-1787).

"It is good to think about having our citizenship in Heaven and the saints of Heaven as our fellow citizens....Then it is easier to bear the things that are on Earth." St. Edith Stein/ Teresa Benedicta of the Cross (1891-1942).



Chapter 7

Sacrament of Anointing of the Sick

Is any among you sick? Let him call for the elders of the church, and let them pray over him, anointing him with oil in the name of the Lord; and the prayer of faith will save the sick man, and the Lord will raise him up... (James 5:14-15)

What is Anointing of the Sick?

The Gospels tell us of several encounters of healing and hope that Jesus Christ brought to the sick and their families. Following His death and resurrection, Jesus empowered the Church to continue His mission through the Sacrament of Anointing of the Sick.

As in all sacraments, we encounter Christ, our merciful Lord.

The catechism teaches that in the Sacrament of Anointing of the Sick the person is united to the passion of Christ, and receives strength, peace and courage to endure suffering in a Christian manner.

One's sins are forgiven. Health may be restored if it is conducive to the salvation of the soul. Of primary importance and immense comfort, this sacrament prepares the person for passing from this life to eternal life (CCC 1532).

Who should receive the Anointing of the Sick?

Although many people know this sacrament as "The Last Rites" or "Extreme Unction," the sacrament is not only for those who are at the point of death. Indeed, the Church encourages any baptized Catholic who is facing serious illness, surgery or frailty to receive it. And it can be received as often as needed.

Ideally, whenever possible, the sacrament is celebrated while the sick person is able to take part in the prayers and receive Holy Communion. However, the grace of the sacrament is still effective even when the person is unconscious.

How is Anointing of the Sick celebrated?

Anointing of the Sick is celebrated by a priest in the hospital, at home, or in the parish church. Celebration of the sacrament includes prayers, Scripture readings, anointing with sacred oil, and reception of Holy Communion. The priest will also provide an opportunity for confession if the sick person desires it. Family and friends are encouraged to be present in prayerful support for the sick person (except during confession).

The Final Sacrament

When death is near, call a priest to administer the sacrament.

In the event of an emergency, call the parish office, day or night, to connect with the pastor or Priest On Call.

Any hospital can also call the Catholic priest assigned to that hospital. Simply ask the care staff or call the hospital switchboard.

Ideally, a priest or deacon will be present at the time of death, but when that is not possible, a lay chaplain or one of those present may say this prayer for the Commendation of the Dying:

I commend you, my dear brother/sister, to almighty God, and entrust you to Your Creator. May you return to Him who formed you from the dust of the earth. May our blessed mother, Mary, the angels, and all the saints come to meet you as you go forth from this life. May Christ who was crucified for you bring you freedom and peace. May Christ who died for you admit you into His garden of paradise. May Christ, the true Shepherd, acknowledge you as one of His flock. May He forgive you all your sins, and set you among those He has chosen. May you see your Redeemer face to face, and enjoy the vision of God forever. Amen.

"Do not look forward to the changes and chances of this life with fear. Rather, look to them with full confidence that, as they arise, God to whom you belong will in his love enable you to profit by them. He has guided you thus far in life. Do you but hold fast to His dear hand, and He will lead you safely through all trials. Whenever you cannot stand, He will carry you lovingly in his arms. Do not look forward to what may happen tomorrow. The same Eternal Father who takes care of you today will take care of you tomorrow, and every day of your life. Either he will shield you from suffering or He will give you unfailing strength to bear it. Be at peace then, and put aside all useless thoughts, all vain dreads and all anxious imaginations."

St. Francis de Sales (1567-1622).



Spiritual Care Services provides pastoral and emotional support for patients, families, and staff in the hospital. When you call, let them know you want a Catholic chaplain.

Cross Cancer Institute

Phone: 780.391.7664

Devon General Hospital

Phone 780.342.7000 (switchboard)

Grey Nuns Community Hospital

Phone: 780.735.7029

Mazankowski Alberta Heart Institute

Phone: 780.407.8447 or 780.407.8822 (switchboard)

Misericordia Community Hospital

Phone: 780.735.2626

Royal Alexandra Hospital

Phone: 780.735.4119

University of Alberta Hospital

Stollery Children's Hospital

Phone: 780.407.8447 or 780.407.8822 (switchboard)

Westview Health Centre (Stony Plain)

Phone: 780.968.3600 or 780.968.3656 (long term care)

Sturgeon Community Hospital

Phone: 780.418.8266



Our Lady of Perpetual Help Parish

13 Brower Drive, Sherwood Park
Church Open/Office Hours: 7:30 am – 7:30 pm,
7 days/week

Office: 780-467-5470
Email: info@olph.ca

Pastor: Fr. Jim Corrigan
jcorrigan@olph.ca

Associate Pastors:
Fr. Ben Makkollil, CMI
frben@olph.ca

Fr. Mario Villaraza, SDB
frmario@olph.ca

Compassionate Parish Team

Call the parish office or email
compassionateparish@olph.ca

Sacrament of Anointing (Last Rights):

Call the parish office.

Mass Intentions:

Call the parish office or email info@olph.ca

Grief as a Journey (support group):

Call the parish office or email info@olph.ca



Sunday Mass

Saturday vigil 5:00 pm

Sunday 8:30 am, 10:30 am, 12:30 pm and 7:00 pm

Weekday Mass

Monday to Saturday 8:30 am

Monday to Friday 6:15 pm

For the benefit of the faithful, whose health or other circumstances prevent them from attending in person, all Masses and Adoration are livestreamed from our OLPH website www.olph.ca/video/ or at facebook.com/olphsherwoodpark/videos

Sacrament of Reconciliation:

Monday to Friday: 9:15 am to 9:45 am

*after Morning Mass

Monday to Friday: 7:00 pm to 7:30 pm

*after Evening Mass Saturday

9:30am to 11:00am