

OUR MOTHER OF PERPETUAL HELP PARISH

COMING EVENTS - JUNE 2025

EXPOSITION OF THE BLESSED SACRAMENT: The First Friday of the month is now set aside in Our Mother of Perpetual Help Parish as a special day of Eucharistic Adoration. The Blessed Sacrament will be exposed from **11:00 A.M. to 12:00 P.M. on Friday, June 6th**. Come and spend an hour in prayer with our Lord.

YOUNG ADULTS GAME NIGHT: Calling all young adults ages 20 to 35! Join us at Our Mother of Perpetual Help Parish for a fun-filled Game Night on **Friday, June 13th**, starting with pizza at **5:00 PM**. Bring your competitive spirit, your favourite games (if you'd like), and enjoy great fellowship and food. Babysitting will be available until 8:00 PM to give parents a chance to relax and connect. At **7:00 PM**, the fun opens up to all ages — everyone is welcome to join in the games! We'll have a variety of games available, but feel free to bring your favourites. Let's make it a night of laughter, strategy, and community!

KNOW OF SOMEONE WHO IS UNABLE TO ATTEND MASS AND WOULD LIKE COMMUNION? The Visitation Committee is a group of men and women who commit themselves to comfort and care for the sick and lonely of our Parish by making regular visits to them. Members of the Visitation Committee bring Holy Communion to those who are unable to attend Mass on a regular basis. If you know of someone who would like a visit or Holy Communion contact Judy Walsh at 705-679-3349 or the office.

SUNDAY MASS is celebrated at Our Mother of Perpetual Help on Sundays at 10:00 A.M. Sunday Mass at 10AM is live-streamed on our Facebook page: <http://www.facebook.com/OMPH.NL>.

SUNDAY MASS is celebrated at Saint Patrick's Parish in Cobalt on Saturdays at 5:00 P.M..

LIVE-STREAMED MASS: Our Mother of Perpetual Help Parish live-streams their Sunday Mass on 10AM. On their Facebook page: <http://www.facebook.com/OMPH.NLParish>.

OMPH IS NOW ON FACEBOOK: Check our new facebook page at facebook.com/OMPH.NL and stay up to date on the latest happenings in the <http://www.facebook.com/OMPH.NLParish>.

WEEKLY OMPH E-BULLETIN: If you would like to receive the weekly e-bulletin from Our Mother of Perpetual Help Parish, please email omphoffice@gmail.com. Stay in touch with all the latest news and events on a weekly basis.

PARISH WEBSITE: Our Mother of Perpetual Help Parish has updated its parish website. It contains information about the Parish, the weekly bulletin and a host of other useful information and links. Check out the website at www.ourmotherofperpetualhelp.ca.