

14th Sunday in Ordinary Time

Bulletin for 5th July 2026



OUR LADY OF THE MOUNTAINS PARISH

6299 Lorimer Road, Whistler, BC V8E 0C5

ST. CHRISTOPHER'S PARISH

Main St. Highway 99, Mount Currie, BC V0N 2K0

ST. FRANCIS OF ASSISI PARISH

1360 Pemberton Farm Rd. W., Pemberton, BC V0N 2L0

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Facebook: <https://www.facebook.com/OLOMWhistler>

Holy Family Caminos: <https://www.whistlercatholicchurch.ca/announcements>

14th Sunday in Ordinary Time

• [Zechariah 9:9-10](#) • [Psalm 145](#) • [Romans 8:9, 11-13](#) • [Matthew 11:25-30](#) •

According to ancient tradition, observant Jews were encouraged to take up the “yoke of the Torah,” or the “yoke of the law of the Lord.” This meant placing their priority on study and contemplation of the Law. It was said that anyone who took it up would experience interior freedom from the yokes of oppression and worldly concerns.

So when Jesus told his disciples to take his yoke upon them, they would have understood what he meant: *Take up my teaching. Immerse yourself in my words. Let what I have taught you become your highest priority and greatest treasure.* They would have also known why he said that his yoke is “easy” and his burden is “light”: anyone who takes up his yoke will find relief and “rest” from their other concerns and burdens **Matthew 11:30, 28.**

We often think of a yoke as a burden: a heavy instrument that weighs us down and restricts our movement. But he promises the exact opposite: dwelling on his words in Scripture raises our hearts and minds to heaven. It helps us to understand that the life he calls us to is a joy and a privilege.

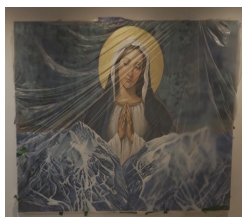
Jesus is a shepherd who wants only what is the best for us. His words are filled with wisdom and guidance. So let’s study them. Let’s contemplate them. Let’s invite his Spirit into our hearts so that his yoke becomes easier and his burden lighter every day. *the Word among us, July 2026*

Couples for Christ - Christian Life Program, at Our Lady of the Mountains

The four week Christian Life program, led by Couples for Christ, starts this weekend at Our Lady of the Mountains. The program will start at 11:30am on Sunday 5th July and will be held weekly until Sunday 26th July. This program is an integrated course leading into a renewed understanding of God’s call to Christians. All are invited. Refreshments will be available.

Construction Update - See this week’s drone footage:

<https://vimeo.com/1195487464>
or connect via our website



Donations



QR code for PayPal or credit cards.
Indicate your donation destination: New Building/ Parish/ FIA/ etc. Website: <https://whistlercatholicchurch.ca/>

Mass Times

Our Lady of the Mountains, Whistler

Sunday Mass 5:00 pm Saturday (anticipatory)
9:00 am Sunday
Weekday Mass 6th-11th July 6:00 pm Monday, Tuesday, Thursday, Friday
9:00 am Wednesday, Saturday 11th - Blueberry Trail Hiking Mass

St. Christopher's, Mt. Currie

Sunday Mass 11:30 am
Weekday Mass 11:00 am Wednesday

St. Francis of Assisi, Pemberton

Sunday Mass 1:00 pm
Weekday Mass 11:00 am Friday

Sacrament of Reconciliation with Fr. Andrew L'Heureux: Cell: 1-778-257-4203

OLOM: 6:30-7:00 pm Friday, 4:25-4:55 pm Saturday, 8:25-8:55 am Sunday, or by appointment

St. Francis of Assisi: Sunday 12:40-12:55 pm, Friday before Mass, or by appointment

St. Christopher's: Sunday 11:10-11:25, Wednesday before Mass, or by appointment

Church Building Update Video

Check out the video created by Manuel: <https://www.youtube.com/watch?v=BPdcKlizLZk>

Grow in Faith Together

Our Lady of the Mountains, Whistler

Rosary – 30 minutes before Mass on Saturdays and Sundays: for those who have left the Church

Bible Study – Tuesdays at 5:00-6:00 pm – all parishioners and visitors are welcome to join

Holy Hour and Confessions – Friday at 6:30 pm

“The good thief gave Jesus Christ all that he could give him.” St. John Vianney

Diocese of Victoria Pastoral Care Training – Fall 2026

“God calls us to touch the lives of our aging, lonely, ill, palliative and dying sisters and brothers with accompaniment, kindness and compassion as the hands and face of Christ. In these sessions, you learn basic tools necessary to accompany those who are in need of the healing ministry of Christ.” – Most Reverend Gary Gordon, Bishop of Victoria

The valuable and free Pastoral Care Outreach Training series will be offered online this fall. The training is open to spouse caregivers, family members who care for their loved ones, clergy and religious, care aides and others in the health industry, and anyone who is personally drawn to learn basic tools necessary to accompany those who are in need of the healing ministry of Christ.

Nine sessions will be held via Zoom on Saturday mornings from 9:30 – noon, starting on September 26 and running until November 28, 2026 (with no session on October 10). Missed sessions can be made-up, and a Certificate of Completion is provided to those who complete all nine sessions. Participants will require a phone number and email address, a computer, tablet or smart phone with speakers, microphone and webcam, a reliable Internet connection, and access to Zoom. Please register through your parish by 17th September. For further information, email: moiraking@shaw.ca

Update of Faith in Action Campaign 35 – Pilgrims of Hope

	Parish Goal	Amount Received	Over Goal Amount	# of Donors
Our Lady of the Mountains	\$17,403	\$38,140	\$20,737	22
St. Francis of Assisi	\$2,173	\$8,500	\$6,327	4

Deadline for donations to Faith in Action Campaign 35 is 31st July. Remember that all donations over our goal amount are returned to us 100% and have no Diocesan Tax applied.