

SUNDAY (Liturgical will change to current date each week)



† This symbol signifies repose of the soul.

Sunday, March 8

Third Sunday of Lent

9:00 a.m.

For the parishioners of St. Theresa Parish

10:30 a.m.

For the intentions of the Handmaids of the Lord.

Tuesday, March 10

9:00 a.m.

†Arnolfo.

Wednesday, March 11

9:00 a.m.

†For the souls in purgatory.

Thursday, March 12

9:00 a.m.

Friday, March 13

9:00 a.m.

†Darryl Khalid.
Rosendo Mayorga.

Saturday, March 14

4:30 p.m.

For the protection of Canada & for the well-being of all its citizens, by a parishioner.

Sunday, March 15

Fourth Sunday of Lent

9:00 a.m.

For the parishioners of St. Theresa Parish

10:30 a.m.

For the intentions of the Handmaids of the Lord.

Please remember these sick people in your prayers:

Michelle Boyer, Nickie Shaw, Marie-Andrée Boyer, Raechel McIntyre, Zygmunt Wysocki, Lily Harmon, Debby MacAdam, Michael Budge, Robby Felteau, Elaine Taylor, Wanda Staples, Judette & Marie, Marilyn & Jim Donoghue, Aline Lafleur Raymond, Paul O' Leary, Michaela Fong, Julie Robinson

HOLY FATHER'S PRAYER INTENTION

For disarmament and peace ~ Let us pray that nations work toward effective disarmament, especially nuclear disarmament, and that world leaders choose the path of dialogue and diplomacy instead of violence.

THIRD SUNDAY OF LENT (Year A)

First Reading: Exodus 17.3-7

Second Reading: Romans 5.1-2, 5-8

Gospel: John 4.5-42



Lectors & Commentators

Saturday, March 14

4:30 p.m. Cathy Major

Sunday, March 15

9:00 a.m. Daniel Herauf

10:30 a.m. Peter Landry

EUCHARISTIC MINISTERS

Saturday, March 14

4:30 p.m. ---

Sunday, March 15

9:00 a.m. Michelle Corbett C/EM

10:30 a.m. Miguel Planas - C/EM,
Peter Landry - C/EM, Choir

Vocation Prayer:

• That men and women will accept how God is calling them to serve as Mary responded to the angel Gabriel, we pray to the Lord.

TIME CHANGE

Don't forget that we have moved our clocks ahead an hour, as of this morning!

1950s DINER AND DANCE

Get your dancing shoes ready, saddle shoes, penny loafers, wellingtons, anything goes.

Saturday April 25 The Social Outreach Committee is hosting a dinner dance, "Rock Around The Clock". Bill Halley won't be joining us but a great DJ will provide fun music that will take you back to the rocking 50"s.

Treat yourself to the comfort food you grew up with and the music that rocked your transistor radios. Funds raised will go to the Ottawa Food Bank who are experiencing a crisis level demand for food today and the Hope Ministry, at First Baptist Church at Laurier and Elgin. The ministry is a drop in centre for homeless youth. The young people are provided with a safe place to sleep and eat while living on the streets.

Tickets for the event go on sale this weekend. Dinner and dance \$50.

IRELAND TRIP

 Shades of Ireland Tour – October 16–25, 2026

Join Father Bill Penney for an unforgettable 10-day journey through the Emerald Isle with Collette Tours next fall! Highlights include Dublin, a traditional Irish dinner & entertainment, Blarney Castle, a brewery experience, the Ring of Kerry, Cliffs of Moher, a sheepdog demonstration.

The trip concludes with a magical stay in a majestic Irish castle, where we'll toast farewell to Ireland during an elegant group dinner.

Pre- and post-tour extensions are available. For details or to reserve your spot, contact Nisreen Salem at Marlin Travel — 613-728-1616 ext. 232 or nisreen.salem@marlintravel.ca.

Travel, faith, and friendship — a journey to treasure forever. 

REMINDER TO CREDIT/DEBIT DONORS

Just a reminder that we still have individuals using some old prepaid debit/credit donation systems, please contact the office to ensure you are registered with the new one if you have any doubts. I cannot issue tax receipts for the old systems as we have unsubscribed to them.

Thank you!

SAINT OF THE DAY: St. Agnes of Bohemia

Agnes of Bohemia (1205 – March 6, 1282) had no children of her own but was certainly life-giving for all who knew her.

Saint Agnes of Bohemia was the daughter of Queen Constance and King Ottokar I of Bohemia. She was betrothed to the Duke of Silesia, who died three years later. As she grew up, she decided she wanted to enter the religious life.

After declining marriages to King Henry VII of Germany and King Henry III of England, Agnes was faced with a proposal from Frederick II, the Holy Roman Emperor. She appealed to Pope Gregory IX for help. The pope was persuasive; Frederick magnanimously said that he could not be offended if Agnes preferred the King of Heaven to him.

After Agnes built a hospital for the poor and a residence for the friars, she financed the construction of a Poor Clare monastery in Prague. In 1236, she and seven other noblewomen entered this monastery. Saint Clare sent five sisters from San Damiano to join them, and wrote Agnes four letters advising her on the beauty of her vocation and her duties as abbess.

Saint Agnes of Bohemia became known for prayer, obedience and mortification. Papal pressure forced her to accept her election as abbess, nevertheless, the title she preferred was "senior sister." Her position did not prevent her from cooking for the other sisters and mending the clothes of lepers. The sisters found her kind but very strict regarding the observance of poverty; she declined her royal brother's offer to set up an endowment for the monastery.

Devotion to Agnes arose soon after her death on March 6, 1282. Canonized in 1989, her liturgical feast is celebrated on March 6.

Agnes spent at least 45 years in a Poor Clare monastery. Such a life requires a great deal of patience and charity. The temptation to selfishness certainly didn't vanish when Agnes walked into the monastery.

A PRAYER FOR LENT

Lord, in this holy season,
Help me to give time to prayer
As you did so often: before a major decision,
at the end of a long day of coming and going,
in the time of trial.
Help me to spend time with you every day,
to set aside my relentless thoughts
and abide in you
in silence and trust.

(from *Living With Christ*, February 2026, pg. 184)

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