



## MASSES OF THE WEEK

† - For the repose of the soul / in memory of the person(s) indicated

**Sunday, January 30**

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, February 1**

9:00 a.m. -----

**Wednesday, February 2**

*The Presentation of the Lord*  
9:00 a.m. † Souls in Purgatory.

**Thursday, February 3**

9:00a.m. -----

**Friday, February 4**

9:00 a.m. † René Lussier by Deacon Guy Dacquay.

**Saturday, February 5**

*The Feast of St. Agatha*  
4:30 p.m. † Dr. Wayne Quan by his wife and family.

**PLEASE REMEMBER THE SICK IN YOUR PRAYERS:**

Ann Taillon, Baby Ivy Murray, Nickie Shaw, Christian Diaz, Eugene Vargas, Marie-Andrée Boyer, Patricia McNamara, Norbert Dacquay, Raechal McIntyre, Marcelo Pimentel, Moli Coletti, Zygmunt Wysocki and Melchisedec Candido .

**2021 INCOME TAX RECEIPTS**

The Parish office is planning to send out 2021 Income Tax receipts in early February. As in previous years, they can be obtained by placing a stamped, self-addressed envelope in the collection basket. Please write your 2021 envelope # on the envelope.

**FIRST FRIDAY HOLY HOUR**

First Friday Holy Hour will take place **after the 9 a.m. Mass this Friday, February 4, 2022.**

**HOLY FATHER'S PRAYER INTENTION**

*For true human fraternity ~ We pray for all those suffering from religious discrimination and persecution; may their own rights and dignity be recognized, which originate from being brothers and sisters in the human family.*

**FOURTH SUNDAY IN ORDINARY TIME**

Year C

**First Reading:** Jeremiah 1.4-5, 17-19  
*I appointed you a Prophet to the nations.*

**Second Reading:** 1 Corinthians 12.31 – 13.13  
*Faith, hope, and love abide; the greatest of these is love.*

**Gospel:** Luke 4.21 - 30  
*Like Elijah and Elisha, Jesus was not sent only to the Jewish people.*

**SYNOD UPDATE**

A Synod is the official process of the Church of listening to the guidance of the Holy Spirit on a particular subject. This specific Synod is on Synodality. Its focus is on listening to the Holy Spirit on how we can journey better together as Church. A synod engages an open dialogue with members of the Church, other Christians, and the whole of society (Ref: [Synod - Facilitator's Guide \(archoc.ca\)](http://archoc.ca), page3; For more info: [Synod 2021-2023 - Catholic Archdiocese of Ottawa-Cornwall - Cornwall, Ontario \(archoc.ca\)](http://archoc.ca))

St. Theresa Parish is participating in this Synod under the theme "Companions on the Journey". All parishioners are welcome to join in the synodal conversation as we are moved by the spirit and guided by our faith as Roman Catholics. Our parish Synod process consists of two meetings that should both be attended by participants. (Saturday, January 29 from 10am -12Noon; Sunday, February 12 from 11:45am - 1:30pm).

Participants signing up will be given some material to read with a question for reflection in preparation for the first meeting.

Because of current restrictions, all Synod meetings at St Theresa Parish will be held virtually by ZOOM. Two different approaches will be used to hold the meetings consisting of a parish General Assembly and those organized by individual parish ministry groups.

For more information, please contact Wendy Schieman at 613-230-4552 or [wendy.schieman@gmail.com](mailto:wendy.schieman@gmail.com)

### 2022 PARISH ENVELOPES

Everyone is encouraged to use pre-authorized donations to keep our parish strong and thriving.

A limited number of 2022 parish envelopes are available in the parish office, only for those who do not use pre-authorized donations.

Please write your full name, address and telephone number on the first few envelopes you use in 2022 and **always indicate the amount** of your donation on each envelope. It is important for income tax purposes.

### PARISH CALENDARS

Parish calendars for 2022 are available in the parish office at no cost.

### SENIORS' CORNER

The Council on Aging (COA) provided comments on Bill 37, An Act to enact *Providing More Care, Protecting Seniors, and Building More Beds. Act, 2021* that proposed revisions to two separate acts, the *Fixing Long-Term Care Act, 2021*, and *Strengthening the Retirement Homes Act (RHA), 2010*. According to the COA, the Government has missed an opportunity to present a new vision for long-term care in Ontario and support real transformation in this sector.

<https://coaottawa.ca/coa-response-to-bill-37/>.

*COVID-19 Support Services - Working together to help seniors and adults living with disabilities:*

*Pharmacy Delivery and Help with Food,  
Meals on Wheels,  
Telephone Safety Checks,  
Transportation,  
Dementia Support.*

<https://coaottawa.ca/special-covid-19-updates/>

### ALPHA FOR SENIORS

Feeling Down? Feeling Forlorn? Need a little spiritual and faith refreshment? Sessions beginning Tuesday afternoon, Feb. 15 at 3:00pm via ZOOM. Free. Offered by Ottawa-Cornwall Catholic Seniors.

Registration details: <https://www.facebook.com/Ottawa-Cornwall-Catholic-Seniors-101395388872197>  
or <https://en.archoc.ca/seniors>.

Info: Patricia Marsden-Dole  
[pmarsdendole@archottawa.ca](mailto:pmarsdendole@archottawa.ca).

### MESSAGE FROM OUR PASTOR

As the New Year dawns, we all are looking forward to new, wonderful things and events but in particular, we are looking forward to genuine relief from COVID-19. It has bound us, isolated us and simply distanced us from families and friends. In reality, we find it difficult to enjoy any get together since we must keep distance from each other and stay only within our bubble that too with limited number of persons.

And then there is fear of those who are not vaccinated versus those who are vaccinated. And now we hear that all types of masks we have been wearing for a year are inadequate. In addition, the current variant may infect us even if we have received a booster shot. The pandemic still poses challenges of confusion and fear. Media is constantly bombarding only this bad news. All these things have affected our minds and our ordinary conversation tends to be sad and depressive.

This reminds me of Old Testament plagues in Egypt before Israel fled from Pharaoh for freedom crossing the Red Sea and then their journey into the wilderness for forty years of difficulties, sufferings and even deaths until they reached the promised land! The Israelites severely complained but did not realize that their difficult journey would pass.

As I have often told you "This Pandemic too shall pass". If I were to know when, I would have told you. We have had good times but alas, now we have bad times.

To see the bright light and new day we need to cultivate patience and hope since St. Mary, Mother of Jesus Christ saw that light and taught us her lesson as we dedicate January 1<sup>st</sup> to Mary Mother of God. Let us ask St. Mary to intercede for us and to make the promise of Peace, Health and Prosperity a reality in our lives!

Don't be afraid to call and say "I love you or Jesus loves you" because God is on our side.

Blessings be upon each of you and your families for the New Year 2022.

United in Love and Prayers,  
Fr. Vincent Pereira, JCD, JV.

*"You see my heart, you know my desires.  
Possess all that I am - you alone. I am your  
sheep; make me worthy to overcome the devil"*

St. Agatha