

# FIRST SUNDAY OF LENT



## MASSES OF THE WEEK

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

### Sunday, March 6

9:00 a.m. For the parishioners of St. Theresa Parish.  
10:30 a.m. For the intentions of the Handmaids of the Lord.  
† Fr. Charles Sitter, SJ, PhD, by Ron Sorobey and Paulette Michel.  
† Maeve Collins by Tara, Paul, Nathaniel, Nicholas and Patrick.

### Tuesday, March 8

9:00 a.m. † Cyril Winter, Elza, Eliza, Leo Dupont and Rene by Marie, Therese and Judette.

### Wednesday, March 9

9:00 a.m. † Souls in Purgatory.

### Thursday, March 10

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

### Friday, March 11

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

### Saturday, March 12

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 .



## Lectors & Commentators

### Saturday, March 5

4:30 p.m. Don Murphy

### Sunday, March 6

9:00 a.m. Darrell Herauf  
10:30 a.m. Paul O'Leary

## 2021 INCOME TAX RECEIPTS

**2021 Income tax receipts are ready.** They can be obtained by placing a stamped, self-addressed envelope in the collection basket. Please write your 2021 envelope # on the envelope.

## HOLY FATHER'S PRAYER INTENTION

*A Christian Response to Bioethical Challenges ~ We pray for Christians facing new bioethical challenges; may they continue to defend the dignity of all human life with prayer and action.*

## FIRST SUNDAY OF LENT

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**First Reading:** Deuteronomy 26.4-10

*This is how the chosen people are to confess their faith.*

**Second Reading:** Romans 10.8-13

*This is how believers in Christ profess their faith.*

**Gospel:** Luke 4.1-13

*Jesus was led by the Spirit into the wilderness: there he was tempted.*

## LENTEN DISCIPLINES

Lent calls us to three actions: fasting, praying and almsgiving:

**Fasting & Abstinence:** Ash Wednesday and Good Friday are days of abstinence from meat for Catholics aged 14 and older. In addition, Catholics from age 18-59 should fast limiting themselves to one full meal and two smaller meals each day.

**Fridays during Lent** are days of abstinence from meat in the Archdiocese of Ottawa, unless prevented by poor health.

We fast from things we enjoy. When we do this, we create space for God.

**Prayer:** We pray to grow close to God - the source of our strength and the inspiration for how we live in the world.

**Almsgiving:** We give alms because we are inspired by God's love for every part of His creation. We respond with charity—helping others in their need—and with justice—being transformed ourselves, in order to bring about the kingdom of God.

### MARRIAGE PREPARATION COURSE

St. Theresa Parish will be hosting a Marriage Preparation Course on Friday evening, April 22, 2022, and all-day Saturday, April 23, 2022. The course will be held in the parish hall subject to Government restrictions and guidelines, as well as health and safety concerns, otherwise it will be held via Zoom. The cost is \$100 per couple (cost may change).

For more information to register for the course, please email the parish office [sttheresa@rogers.com](mailto:sttheresa@rogers.com) or call 613-235-5119.

### BY MY SIDE MINISTRY

The By My Side Ministry for separated and divorced Catholics will be held via ZOOM this spring. This is a program offering spiritual friendship and healing for separated and divorced Catholics.

Classes begin March 26, 2022, 2 hours/ week for both ladies and men separately and run for 6 weeks. This is a non-profit ministry. The cost is \$40

For more information please contact:

Mary Jane Manley

[mj@bmyside.ca](mailto:mj@bmyside.ca)

or call 613-294-1308

Website: [www.bmyside.ca](http://www.bmyside.ca)

Facebook: [facebook.com/bmysideott](https://facebook.com/bmysideott)

### FATHER VINCENT'S LENTEN TALKS

#### - *Seeking Intimacy with Jesus on my Journey* -

Our pastor, Fr. Vincent Pereira will be giving a series of virtual talks during the Lenten season by ZOOM titled "*Seeking Intimacy with Jesus on my Journey*".

The sessions, which take place from 7:00pm to 7:40pm **began** on Ash Wednesday evening, and will take place each Tuesday and Wednesday evening throughout Lent until Holy Week. Each session will be different (no repeat) and participants may attend any or all talks. The same Zoom invitation will be used for all sessions to facilitate access. The Zoom link will be sent to you prior to the first session on Ash Wednesday.

To register, please send an email message providing name, phone number, and email address to our coordinator, Darrell Herauf at [darrell.herauf@gmail.com](mailto:darrell.herauf@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.

### SYNOD CORNER

**Sharing Synod Videos & News** - We want to share your experiences of the Synod with others in the Archdiocese. If you have good news stories or events to share, please email [synod@ArchOttawa.ca](mailto:synod@ArchOttawa.ca). If you wish to share short videos (approx. 3 minutes) you can find more info at this link: <https://en.archoc.ca/synod-videos>.

**Updates - Diocesan Synod** - If you would like to receive updates about the Synod and other Catholic material via Flocknote, please register here: <https://en.archoc.ca/flocknotes>.

### SENIORS' CORNER

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

<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)