



† This symbol signifies repose of the soul.

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.

Tuesday, March 17

9:00 a.m.

†Arnolfo.

Wednesday, March 18

9:00 a.m.

†For the souls in purgatory.

Thursday, March 19

St. Joseph, Spouse of the Blessed Virgin Mary

9:00 a.m.

Friday, March 20

9:00 a.m.

†Darryl Khalid.
Rosendo Mayorga.

Saturday, March 21

4:30 p.m.

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

Sunday, March 22

Fifth 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.

**FOURTH SUNDAY OF LENT
(Year A)**

First Reading: 1 Samuel 16.1b, 6-7, 10-13

Second Reading: Ephesians 5.8-14

Gospel: John 9.1-41



Lectors & Commentators

Saturday, March 21

4:30 p.m. Daniel Boyer

Sunday, March 22

9:00 a.m. Michelle Corbett

10:30 a.m. Barbara Rawdan

EUCHARISTIC MINISTERS

Saturday, March 21

4:30 p.m. ---

Sunday, March 22

9:00 a.m. Darrell Herauf – C/EM

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

Vocation Prayer:

That mothers and fathers will help their children grow strong in their faith, filled with the wisdom of God, and encourage openness to vocations, we pray to the Lord.

DISCALCED CARMELITE SECULAR ORDER

Interested in a lay vocation? The Discalced Carmelite Secular Order meets monthly at St. Patrick's Basilica. Guided by our spiritual mother & Doctor of Spirituality, Teresa of Avila teaches us how to pray. For more info contact Carmel Farmer at 819-420-4125.

1950s DINER AND DANCE

Jitterbug, Jive, Shag, no matter what you call it, get ready to dance to some great music from the 50's and 60's.

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 \$50.00

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. 

MARRIAGE PREPARATION COURSE

Are you planning to get married this year and have not yet completed your Marriage Preparation Course?

St. Theresa Parish will be hosting a Marriage Preparation Course on Friday evening, April 17, 2026, and all-day Saturday, April 18, 2026. The cost is \$175 per couple and the course will be held in the parish hall. For more information or to register for the course, please contact the parish office at 613-235-5119 or email SaintTheresaChurch@outlook.com.

SAINT OF THE DAY: St. Frances of Rome (March 9th)

Frances' life combines aspects of secular and religious life. A devoted and loving wife, she longed for a lifestyle of prayer and service, so she organized a group of women to minister to the needs of Rome's poor.

Born of wealthy parents, Saint Frances of Rome found herself attracted to the religious life during her youth. But her parents objected and a young nobleman was selected to be her husband. As she became acquainted with her new relatives, Frances soon discovered that the wife of her husband's brother also wished to live a life of service and prayer. So the two, Frances and Vannozza, set out together—with their husbands' blessings—to help the poor.

Frances fell ill for a time, but this apparently only deepened her commitment to the suffering people she met. The years passed, and Frances gave birth to two sons and a daughter. With the new responsibilities of family life, the young mother turned her attention more to the needs of her own household.

The family flourished under Frances' care, but within a few years a great plague began to sweep across Italy. It struck Rome with devastating cruelty and left Frances' second son dead. In an effort to help alleviate some of the suffering, Frances used all her money and sold her possessions to buy whatever the sick might possibly need. When all the resources had been exhausted, Frances and Vannozza went door to door begging. Later, Frances' daughter died, and the saint opened a section of her house as a hospital. Frances of Rome became more convinced that this way of life was so necessary for the world, and it was not long before she requested and was given permission to found a society of women bound by no vows. They simply offered themselves to God and to the service of the poor. Once the society was established, Frances chose not to live at the community residence, but rather at home with her husband. She did this for seven years, until her husband passed away, and then came to live the remainder of her life with the society—serving the poorest of the poor.

Reflection:

Looking at the exemplary life of fidelity to God and devotion to her fellow human beings which Frances of Rome was blessed to lead, one cannot help but be reminded of Saint Teresa of Calcutta, who loved Jesus Christ in prayer and also in the poor. The life of Frances of Rome calls each of us not only to look deeply for God in prayer, but also to carry our devotion to Jesus living in the suffering of our world. Frances shows us that this life need not be restricted to those bound by vows.

Saint Frances of Rome is the Patron Saint of: Motorists, Widows