



MASSES OF THE WEEK

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

Sunday, February 27

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 1

9:00 a.m. † Steve Sansom

Wednesday, March 2

Lent Begins

Ash Wednesday

9:00 a.m. † Souls in Purgatory.

Thursday, March 3

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

Friday, March 4

World Day of Prayer

9:00 a.m. † William Salgado by his daughter Maria.

Saturday, March 5

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, February 26

4:30 p.m. Zavienne Kowalczyk

Sunday, February 27

9:00 a.m. Marie Comisso

10:30 a.m. Miguel Planas

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

For Violence Against Women ~ We pray for women who are victims of violence, that they may be protected by society and have their sufferings considered and heeded.

EIGHTH SUNDAY IN ORDINARY TIME

Year C

First Reading: Sirach 27.4-7

Do not praise a man before hearing his message.

Second Reading: 1 Corinthians 15.54-58

God has given us the victory through Jesus Christ.

Gospel: Luke 6.39-45

From what is in the heart, the mouth speaks.

ASH WEDNESDAY, March 2nd

Ash Wednesday, the imposition of ashes will take place immediately after the **9:00 a.m.** Eucharistic Celebration

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 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

or call 613-294-1308

Website: www.bmyside.ca

Facebook: 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 begin 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

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.

VOLUNTEER NEEDED

The Centretown Emergency Food Centre is seeking a volunteer to replace our current treasurer who is moving from Ottawa in a few months. Experience in accounting is essential for this position which would suit an accountant at the beginning of their career or a retiree.

For a complete list of duties, please contact Martha Musgrove, HR Coordinator, Management Committee, CEFC at musgrom@hotmail.com.

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