

HOLY REDEEMER CATHOLIC CHURCH

Address: 44 Rothesay Drive, Kanata, ON K2L 2X1

Telephone: 613-836-1764; Website: www.holyredeemer.ca



4TH SUNDAY IN ORDINARY TIME ~ January 28, 2024

'They were all amazed. A new teaching with authority!' — Mark 21:34

MASS SCHEDULE

Sunday Liturgy Mass Times

Saturday Vigil: 5:00 pm
Sunday: 8:00 am, 9:30 am, 11:00 am and 7:00 pm

Weekday Mass Times

Monday, Tuesday, Thursday and Friday: 9:00 am
Wednesday: 7:00 pm
1st Saturday of the Month: 9:00 am

Adoration

1st Friday 8:00 pm to 1st Saturday 8:45 am (*All-Night Vigil*)
Monday, Tuesday and Friday: 8:15–8:45 am
Wednesday: After 7pm Mass
Thursday: After 9am Mass (9:30 am–3:30 pm)
(with 3:00 pm Hour of Great Mercy Devotion)

Reconciliation (or by appointment)

Monday, Tuesday, Thursday, Friday: 8:15–8:45 am
Wednesday: 6:15–6:45 pm
Saturday: 4:00 pm–4:45 pm
Sunday: 6:00 pm–6:45 pm

PASTORAL COUNCIL

Chair: Matthew Bisson (613) 769-1767
Co-Chair: Erin Kinsella erinkinsella@live.ca
Secretary: Nick Rolheiser n.rolheiser+holyredeemer@gmail.com
Finance Operations Chair: Art Lamarche (613) 592-4820
Safe Environment: John Gaudet (613) 800-1833

LITURGICAL MINISTRIES

Adoration:

▪ Thursday (9:30am-3pm) ~ Sharon Stuyt (613) 838-5578
▪ 1st Friday Vigil ~ Jeremy Eckert. communications@holyredeemer.ca

Altar Servers: Paola Pacheco paopac@yahoo.com

Altar Guild: Lee Armstrong (613) 831-1075

Catechesis of the Good Shepherd:

Kim Baudouin (613) 884-8475

Children's Sunday Liturgy: Cathy Koss hryouth@icloud.com

Extraordinary Ministers of Holy Communion:

Peter Fortier pete.fortier@gmail.com

Lectors: Kevin Sawyer kevin.sawyerkj@gmail.com

Sacristans: Matthew Bisson (613) 769-1767

Ushers: Samuel Bonti-Ankomah (613) 271-6303

Holy Hour for Vocations Ministry:

▪ Josephene Kealey (613) 836-4252

PASTORAL CARE

▪ Joanne Williamson (613) 884-2106

▪ Julie Farrow willowfarrow@gmail.com

SACRAMENTAL FORMATION

Baptism Preparation Course reception@holyredeemer.ca

Franca Walsh (Ministry Lead) (613) 836-2219

Christian Initiation of Adults (RCIA):

David Dupuis (613) 709-5065

Christian Initiation of Children (CIC):

Sharon Groulx cic@holyredeemer.ca

Marriage Preparation Course reception@holyredeemer.ca

MUSIC MINISTRY (CHOIRS)

Saturday 5:00 pm: Roberto Solis (613) 410-4904

Sunday 9:30 am: Roberto Solis (613) 410-4904

Sunday 11:00 am: Eddie Deogrades edeo@rogers.com

Sunday 7:00 pm: Erin Kinsella erinkinsella@live.ca

Funeral Choir: Jeanne Joinette (613) 868-9354

CLERGY

➤ Pastor: Fr. Paul Nwaeze: pnwaeze@holyredeemer.ca

➤ Associate Pastor: Fr. Connor O'Hara: father.connor@outlook.com

➤ Associate Pastor: Fr. Steven Gaudet fr.stevengaudet@gmail.com

➤ Deacon: Rev. James Kubina: jgkubina@gmail.com

➤ Deacon: Rev. Mike Doherty: midoherthy1952@gmail.com

OFFICE STAFF

➤ Coordinator of Temporal Works

Maureen Brannan: ctw@holyredeemer.ca

➤ Communications Coordinator

Jeremy Eckert: communications@holyredeemer.ca

➤ Evangelization Coordinator

Teresa Kargul: evangelization@holyredeemer.ca

➤ Receptionist:

Paola Pacheco: reception@holyredeemer.ca

➤ Administrative Assistant

Kim Jennings: admin@holyredeemer.ca

➤ Youth Minister ~ Cathy Koss: hryouth@icloud.com

OFFICE HOURS – CLOSED on Wednesdays and weekends

Monday, Tuesday, Thursday, Friday 9:30 am to 4:00 pm

SOCIAL MISSION

Care for Creation: Mireille Church creation@ottawacornwall.ca

Development and Peace: Liz Murphy (613) 619-4413

Pro-Life: Betty Ann Ferguson (613) 592-1793

Refugee Committee:

▪ Mary-Lou Hakansson (613) 592-3530

▪ Cathy Deogrades (613) 558-9889

Saint Vincent de Paul Society: Patrick Nzobo .. *Please call the office*

Indigenous Peoples Committee:

Tony Ritchie ritchieanthony3@gmail.com

ORGANIZATIONS / GROUPS IN THE PARISH

Bereavement: Kafui Sawyer hbereavement@gmail.com

Bible Study: Darren Laval (613) 852-9966

Catholic Charismatic Renewal Prayer Group:

Justin holyredeemerprayergroup@gmail.com

Catholic Women's League: Lillian Delmas delmas@rogers.com

Couples for Christ: Edgar Acosta (613) 315-0702

Cursillo: Marc Bélanger (613) 836-2874

Decorating Ministry: Sharon Stuyt (613) 838-5578

Divine Mercy Cenacle: Norma Dawes (613) 435-3469

Gardening Angels: Bev Murphy (613) 591-3989

Heart of Worship: *Please call the Parish office*

Homeschool Ministry sarah.rolheiser@gmail.com

Knights of Columbus: Wayne Watts (613) 852-0094

Legion of Mary:

▪ Adult: Balsam Blejani-Khalaf (613) 599-2723

▪ Junior (6-16): Sarah Rolheiser (613) 435-2478

Library: Greg Kam (613) 863-6314

Prayer Shawl: Margaret Donahue (613) 836-7619

Restore: Hailey Krol (613) 315-9403

Religious Articles for Sale: Germaine Gaudet (613) 435-1084

Youth Group: Cathy Koss hryouth@icloud.com

Young Adults: Sarah Groulx youngadultthr@gmail.com

Young Adult Hiking Group: father.connor@outlook.com



Parish Mission Statement: *Our Community lives the Way, the Truth, and the Life, by reaching out with the Good News to Welcome, to Serve and to Care.*

Parish Theme: *Go and make disciples of all nations. (Matthew 28:1)*

MASS READINGS

4TH SUNDAY IN ORDINARY TIME:

Deut 18:15-20; 1 Cor 7:32-35; Mark 1:21-28

Monday: 2 Sam 15:13-14, 30; 16:5-13a; Mark 5:1-20

Tuesday: 2 Sam 18:9-10, 14b, 24-26a, 30—19:3; Mk 5:21-43

Wednesday: 2 Sam 24:2, 9-17; Mark 6:1-6

Thursday: 1 Kings 2:1-4, 10-12; Mark 6:7-13

1st Friday: *(Presentation of the Lord—Candlemas)*

Mal 3:1-4; Heb 2:10-11, 13b-18++; Luke 2:22-40

1st Saturday: 1 Kings 3:4-13; Mark 6:30-34

5TH SUNDAY IN ORDINARY TIME:

Job 7:1-4, 6-7; 1 Cor 9:16-19, 22-23; Mark 1:29-39

SACRAMENTS and ADORATION

Baptism: Three (3) months notice required to complete Sacramental preparation.

Marriage: 6 months notice required before proposed wedding date.

Reconciliation *(also by appointment):*

Monday, Tuesday, Thursday, Friday: 8—8:45 am;

Wednesday: 6—6:45pm; Saturday: 4—4:45 pm; Sunday: 6—6:45pm

Sacrament of the Sick / House Blessings: Please phone the office.

Adoration: Please note, at times we will have to cancel Adoration due to funerals, etc. Please check the website or call the office to confirm hours:

✠ALL-NIGHT VIGIL: 1st Friday 8:00 pm to 1st Saturday 8:45 am

✠Monday, Tuesday, Friday: 8:15 am-8:45 am

✠Wednesday: After Mass *(to pray for Vocations)*

MASS INTENTIONS

4TH SUNDAY IN ORDINARY TIME

Saturday January 27

5:00 pm Intentions of Father Jonathan Kelly by Kim Peppiatt

Sunday January 28

8:00 am †Brian McKernan by Terry and Margo O'Connor

9:30 am †Emmett Shields by Kathleen Shields and Family

11:00 am †Thomas Lai Nguyen, Maria Xanh Truong and the Holy Souls in Purgatory by the Family

7:00 pm For the Parish Community

Monday January 29

9:00 am Intentions of Father Paul Nwaeze by Kim Peppiatt

Tuesday January 30

9:00 am Intentions of the Legion of Mary by Kim Peppiatt

Wednesday January 31

7:00 pm Intentions of Father Steven Gaudet by Kim Peppiatt

Thursday February 1

9:00 am †Joe McGrath by Gilberte McGrath

1st Friday February 2

Presentation of the Lord Feast Day – Candlemas (Blessing of Candles)

9:00 am †Catherine Hughson by Mary Lou Oram

†Deceased Members of the Aranez Family by Jun and Dina Hernandez

†Peter Cassar by the Family

†Margaret Anne Power by Jerry and Dolly Walsh

†Pedro Marcelo Madrid by Priscilla Madrid

Intentions of the Fairfield Manor Residents by Kim Peppiatt

Intentions of Bonnie and Al Reid by Mary Lou Oram

8:00 pm **ALL NIGHT ADORATION BEGINS** – in reparation to sins committed against the Most Sacred Heart of Jesus and the Immaculate Heart of Mary.

Benediction

†Katherine, Mary and Fred Jardine by Sheila Gagnon

†Marcella Schleen by James and Shelley Schleen

†Francisca Tejada by the Acosta Family

†Thomas Lai Nguyen, Maria Xanh Truong and the Holy Souls in Purgatory by the Family

In thanksgiving for Edward John Bosco by Jenifer Edward and Family

5TH SUNDAY IN ORDINARY TIME

Saturday February 3

5:00 pm Birthday Blessings for Roberto Solis by the Family

Sunday February 4

8:00 am Intentions of Robyn and Graham McKinnon and Family by Kim Peppiatt

9:30 am †Parents and Siblings of Martha and Leo Klump

11:00 am †Wayne MacKinnon by Bernie and Wanda Harlin

7:00 pm For the Parish Community



1st Saturday February 3

8:45am

9:00 am



PRAYERS FOR THE SICK: Please pray for the sick among our families and friends, especially Hedy Stoqua, Serge Gagnon, Luc André Sabourin, Nikita Sabourin, Rebecca Gagnon, Sam Gagnon, Helen Fernihough, Ian Ketelaars, Chantal D., John Kelly, Carlos Arturo Gallego Henao, Alfredo Michelena, Luz Elena Ocampo, Diana Froh, Hiep Vuong, Dan Rivet, Fr. Bob Poole, Anne Louise L., Homeless people with disabilities, Bob Gemmell, Mallory McPherson, Maryanne Mason, Edgar Velez, Lisa Carter, Catherine Levasseur, Kim Vardon, Marie Jarrett, Nancy Campbell, Catherine and Steven Offierski, Diana Codogno, Suzanne Bisson, Marilisa Gronzotto, Monica Sale, Gladys Buermans, Andrew Jacob, Jimmy Bot, Bev Murphy, Aldina P., Tina Dory, Art Wallace, Joseph Gunsberg, Giovanni Magliocco, Rhys Cox, the Beaulne Family, the Halaj Family, Zahra Ziaei, Kristin Wilson, Ken Kraglund, Dorothy Voldock, Mounira Abi-Aad, Flora Pirez, Mary Lou Oram, Franca Cervo, Martha Klump, Maria Pirrone, Ches Power, Marcel Morin, Dan Cillis, Rael Carvalho, Ronald Malcolm.

PRAYERS FOR THE DECEASED: Let us pray for deceased family and friends of our Parish Community, especially George Hanna.

THE HOLY FATHER'S PRAYER INTENTIONS FOR JANUARY – Let us pray that the Holy Spirit helps us recognize the gift of different charisms within the Christian community, and to discover the richness of different ritual traditions in the heart of the Catholic Church. **FOR FEBRUARY** – Let us pray for the terminally ill. We pray that those with a terminal illness, and their families, receive the necessary physical and spiritual care and accompaniment.





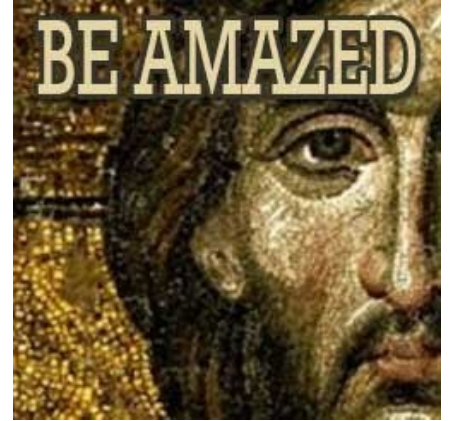
Hello! Welcome to Holy Redeemer Parish!

If you are new to our Parish Community, please make sure to drop by our 'Welcome Area' in the vestibule! If you would like to register as a parishioner, please visit our website and click "I'm New", or scan the QR code. *We're delighted you've joined us!*



REFLECTION ~ 4TH SUNDAY IN ORDINARY TIME

They were all amazed. A new teaching with authority!
— Mark 21:34



Last week, Jesus announced the kingdom of God is at hand. This week, in mighty words and deeds, He exercises His dominion – asserting royal authority over the ruler of this world, satan (see John 12:31).

Notice that today's events take place on the sabbath. The sabbath was to be an everlasting sign – both of God's covenant love for His creation (see Exodus 20:8-11; 31:12-17), and His deliverance of His covenant people, Israel, from slavery (see Deuteronomy 6:12-15).

On this sabbath, Jesus signals a new creation – that the Holy One has come to purify His people and deliver the world from evil.

"With an unclean spirit" is biblical language for a man possessed by a demon, satan being the prince of demons (see Mark 3:22). The demons' question: "What have you to do with us?" is often used in Old Testament scenes of combat and judgment (see Judges 11:12; 1 Kings 17:18).

And as God by His Word "rebuked" the forces of chaos in creating the world (see Psalms 104:7; Job 26:10-12), and again rebuked the Red Sea so the Israelites could make their exodus (see Psalm 106:9), Mark uses the same word to describe Jesus rebuking the demons (see Mark 4:39; Zechariah 3:2).

Jesus is the prophet foretold by Moses in today's First Reading (see Acts 3:22). Though He has authority over heaven and earth (see Daniel 7:14, 27; Revelation 12:10), He becomes one of our own kinsmen.

He comes to rebuke the forces of evil and chaos – not only in the world, but in our lives. He wants to make us holy in body and spirit, as Paul says in today's Epistle (see Exodus 31:12).

In this liturgy, we hear His voice and "see" His works, as we sing in today's Psalm. And as Moses tells us today, we should listen to Him.

— Reflection by Dr. Scott Hahn, St. Paul Center for Biblical Theology



FIRST FRIDAY AND FIRST SATURDAY ALL NIGHT VIGIL

Eucharistic Adoration

in reparation for sins committed against the Sacred Heart of Jesus and the Immaculate Heart of Mary



Eucharistic Adoration begins in the Church on **First Friday, February 2 at 8PM** with Benediction at 8:45AM on Saturday morning. Following Benediction, First Saturday Mass (February 3) will be celebrated at 9AM. There must be at least two (2) adorers in front of Our Lord at all times. In order to coordinate the schedule, we ask **EVERYONE TO REGISTER**. As always, the time slots during the early hours of the morning need more people. **Adorers, please sign-up on the sheets provided** at the back of the Church, or register online [HERE](#).



THE LEGION OF MARY is organizing a **Preparation to the 'Consecration to Jesus through Mary' by Saint Louis-Marie de Montfort**. This series will run for 4-Fridays and will be led by **Fr. Steven Gaudet**, the Legion of Mary Spiritual Director. **The Preparation to the Consecration BEGINS on Friday, February 23 at 5:45 pm (one hour).**

TO REGISTER, please send an email with your name, email address and phone number and e-transfer \$15 to joseewk@hotmail.com. To receive the book, the **payment deadline** is on Sunday, January 28 at 8PM. *Participants are asked to start reading the consecration at home on February 20.*

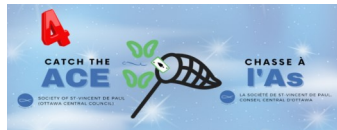


**Saint Vincent de Paul
Ottawa Central Council**



Serving the poor with love, respect, justice, hope and joy!

**'CATCH THE ACE'
LOTTERY — ROUND 4**



The Ottawa Central Council (OCC) of the **SOCIETY OF SAINT VINCENT DE PAUL** is pleased to announce Round 4 of the weekly Catch the Ace lottery. The draw is **EVERY Tuesday** until the Ace of Spades is drawn. The next draw is on **Tuesday, January 30. Tickets can be purchased EARLY** (online only) for \$10. Proceeds of this lottery go to support the Multifaith Housing Initiatives for affordable, safe and permanent housing for Indigenous and new Canadians. For more information, visit: <https://ssvpottawa.ca/>. Thank you!



CURSILLO: Are you interested in exploring the Catholic faith and a method of journeying together with likeminded Christians? Consider registering for an upcoming Cursillo weekend. Cursillo is a Spanish word for short course and a Cursillo weekend is exactly that; a short course in Christian living. Spend three days of fun, friendship and learning in an inviting environment.

- **MEN's** retreat is **NEXT weekend** on **February 1— 4 ...!**
- Women's weekend retreat is on April 25 — 28.

REGISTER online at www.ottawacursillo.ca or with Marc Bélanger at 613-836-2874.



CURSILLISTAS! Reminder!
*Holy Redeemer's Ultreya is **THIS Monday, January 29 from 7:30pm — 8:30pm, in the Parish Hall!***

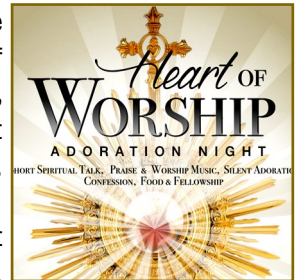


FINANCIAL ASSISTANCE ... NEW ALTAR and SANCTUARY: A number of people have asked about making financial contributions towards the new carpeting and Altar for the Sanctuary. Labour costs for the carpeting came in higher than anticipated, so **we are welcoming help**. On your cheques or e-transfers, please clearly indicate "sanctuary project". Thank you for your contribution to our Parish.



The **2023 CHARITABLE TAX RECEIPTS** are available in the vestibule as you enter the church. Please remember to pick up your receipt as you leave the Church. If you have not already collected your envelopes for 2024, they are also available in the vestibule. Thank you once again for your continued support.

HEART OF WORSHIP: The Team invites you to an evening of Adoration **THIS Tuesday, January 30 at 7PM**, with a short spiritual talk, praise and worship, Confession, time of silence and snacks afterwards. Our guest this month is Ian Anderson, speaking on the topic, 'Why not Today'. Come and worship Jesus in the Eucharist! We gather on the **last Tuesday of EVERY month!**



To honour the **FEAST OF THE PRESENTATION OF THE LORD** on February 2nd, the Church celebrates 'Candlemas'. **Please BRING YOUR OWN CANDLES** and Father Connor will bless them at the **beginning of the 9AM Mass on Friday, February 2.**

**COFFEE SUNDAY :
CHINESE NEW YEAR
CELEBRATION!**

Sunday, February 11

After Morning Mass:
8:00am, 9:30am, 11:00am



Mark your calendar! Join us for Coffee Sunday to celebrate the Lunar New Year Celebration in the Parish Hall. Please invite your families and friends to Mass and after Mass for the Lunar New Year celebration!

OUR LENTEN JOURNEY

SHROVE TUESDAY, February 13

Enjoy delicious pancakes, sausages and fixings prepared by our Knights of Columbus!

4PM — 6PM

✠

ASH WEDNESDAY, February 14

9AM and 7PM

✠

3-DAY PARISH LENTEN MISSION

Directed by: Archbishop Emeritus Terrence Prendergast, SJ

Tuesday, Wednesday and Thursday

FEBRUARY 20 — 22

7PM (*NO Mass)

*(*Mass will be celebrated at 9AM on February 20, 21, 22)*

✠

LENTEN PENANCE SERVICE

Wednesday, March 20 at 7PM

(Service only — Not at Mass)

(Several Priests will be available for Confession)

(9AM Weekday Mass added)

✠

STATIONS OF THE CROSS

Fridays at 7:00 pm

February 16 Led by the Knights of Columbus
 February 23 Led by Catholic Women's League
 March 1 Led by Pro-Life Group
 March 8 Led by the Legion of Mary
 March 15 Led by St. Vincent de Paul
 March 22 Led by Care for Creation
 Good Friday, March 29 Youth Tableau

✠

HOLY WEEK MASS SCHEDULE

Monday March 25 9AM
Tuesday March 26
 Parish Weekday Mass 9AM
 Chrism Mass at Notre Dame Cathedral TBA
Wednesday March 27 9AM
Holy Thursday March 28 7PM
Good Friday March 29
 Divine Mercy Novena Day-1 11:40AM **and** 2:40PM
 Passion Service 12 Noon **and** 3PM
 Youth Tableau 7PM
Holy Saturday March 30 (no Confession) 8PM
Easter Sunday March 31 9AM and 11AM
 (No 7PM Mass on Easter Sunday)

PARISH HAPPENINGS ...



KNIGHTS OF COLUMBUS

"Our Faith in Action"

Holy Redeemer Council #9544

www.koc9544.ca

Shrove Tuesday Pancakes!

This is it! Last chance to feast before we start our Lenten Journey is on Ash Wednesday, February 14!



Bring your family over to the Church Hall on **TUESDAY, FEBRUARY 13th** between **4:00**

and 6:00 pm, and celebrate **Shrove Tuesday** by enjoying a **FREE** pancake dinner, generously served up by our very own Knights of Columbus. To help offset costs, a donation basket will be placed at the entrance of the church hall for a **free-will offering**, or e-transfer your donation to etransfers@kofc9544.ca, noting 'Shrove Tuesday Dinner'.

SACRISTANS NEEDED!

Additional Sacristans are required for:

- ⇒ **ALL Weekday Masses**, and
- ⇒ **Sunday 8am** and **9:30am Masses**.



WHAT DO WE DO? We prepare and clean up liturgical elements of the Mass (hosts, vessels, linens, books, candles, etc.)

WHAT IS BEAUTIFUL ABOUT THIS ROLE? Working with sacred items; background service for fellow parishioners.

WHAT QUALITIES ARE NEEDED FOR THIS ROLE? The ability to learn vocabulary and protocols; confident with simple arithmetic; confident reading written instructions; a desire to be helpful to fellow parishioners.

TRAINING: Two sessions, each 1-2 hours long and followed by supervised practice.

TIME COMMITMENT: Approximately two hours (including attending Mass) every 2-3 weeks.

MORE INFORMATION: You can view [an online 10-minute "information session" here](#).

NEXT STEP: Contact Matthew Bisson (613-769-1767 or matthew.r.bisson@gmail.com). We'll discuss the role and see if it's a good fit for you.

PARISH HAPPENINGS ...



Children's Liturgy
of the **Word**

Every Sunday at the **9:30AM AND 11:00AM!**

YOUNG ADULT ministry

The Young Adults Group have resumed **meeting bi-weekly** in the Church Hall from **5PM to 6:30PM**. Next meeting ...

→ **THIS WEEKEND — SUNDAY, JANUARY 28!**

If you are between the ages of **19 and 36**, you are welcome to join our bi-weekly meetings for **fellowship, faith formation and pizza!**

For more information, please contact Sarah at youngadulthr@gmail.com.

Holy Redeemer
MOVIE NIGHT

Come, sit back relax and enjoy a movie together with friends

THE CHOSEN SEASON 1

SATURDAY
FEBRUARY 10
STARTING AT 6PM
IN THE PARISH HALL

QUESTIONS? CONTACT TERESA KARGUL:
EVANGELIZATION@HOLYREDEEMER.CA

SLIDE JAM 2024 ... Important!

The **Rock and JAM Youth Groups** are cancelled **Friday, February 2nd**, so we can participate in the Annual Inter-denominational Youth Sledding Event ... **Slide JAM 2024! PERMISSION FORMS are required to attend.** Please contact Cathy Koss to get a form at hryouth@icloud.com!

FREESTYLE
SLEDDING!

ON-THE-HILL
CHALLENGES
WITH PRIZES!

AFTER-PARTY
WITH GOODIES,
GAMES & HOT
CHOCOLATE!

**FRIDAY
FEBRUARY 2ND
7-10PM**

SLIDE JAM 2024

7-8:15PM @ WALTER BAKER HILL
(100 CHARLIE ROGERS PLACE, KANATA)

8:30-10PM & KANATA BAPTIST CHURCH
(465 HAZELDEAN ROAD, KANATA)

YOUNG ADULTS HIKING GROUP:

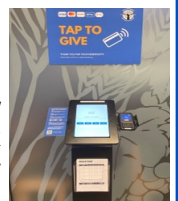
Join Father Connor on a hike and enjoy some fellowship and the beauty of God's creation. If you, or someone you know is interested, and are between the ages of 16 and 35, please email Father Connor at father.connor@outlook.com.



Connor at

NO CASH? NO PROBLEM!

Our new "Tap to Give" kiosk is now set up in the vestibule. The kiosk offers a quick, simple, and easy way to give to our parish. Instructions are attached on the unit, but if you have any other questions, please contact Maureen at the parish office.



PRO-LIFE PRESENTATION “How to End the Killing”, hosted by Blessed Sacrament Parish (194 Fourth Avenue, Ottawa): A series of pro-life strategy/apologetic talks presented by CCBR. The first talk is on Friday, February 2nd and the second is on Friday, March 22nd.



HOW TO END THE KILLING

Pro-Life Presentations at Blessed Sacrament Church
(194 Fourth Avenue, Ottawa, Ontario)
Presented by Blaise Alleyne from CCBR

Become an effective ambassador for pre-born children, and change the culture!

- **Friday Feb 2 (7pm):**
 - A talk on pro-life strategy - “How to Make Abortion Unthinkable in Canada”

For more info contact: csibiga@endthekilling.ca
www.endthekilling.ca

CCBR
CANADIAN CENTRE FOR BIO-ETHICAL REFORM

COMING TO HOLY REDEEMER SOON!!
ANNUAL PLAYPEN FUNDRAISER TO SUPPORT BIRTHRIGHT OF OTTAWA ...
FEBRUARY 6 — 27!



CANADIAN CENTRE FOR BIO-ETHICAL REFORM:

Applications for CCBR's summer internship are open! It's 4 (or 2) months of active pro-life formation and outreach. It's like a mission where people (ages 15-30) come to Toronto or Calgary to do pro-life outreach. **Internship alumni leave as the most trained and experienced pro-lifers in Canada.**

This is full time paid pro-life work, where 4 times a week teams of interns go out to the public and run our 4 activism projects. The work is difficult, but very rewarding and life-giving. Many intern alumni note the summer internship to be one of the best experiences of their life. **Application deadline is Saturday, March 16.** Info <https://www.endthekilling.ca/internships/>.



NOT YOUR TYPICAL
SUMMER JOB

Get paid to work in the pro-life movement!

- Change minds and save lives from abortion through educational outreach
- Receive training from international pro-life leaders
- Make friendships that will last a lifetime!

Located in Toronto, ON or Calgary, AB

Apply for our 2-Month or 4-Month Internship:
endthekilling.ca/internships



AROUND THE DIOCESE ... EVENTS

SEEKING HIS TREASURES RETREAT

Experience our new ministry called Fresh Fire! We are partnering with others as we work together to help parishes in becoming explosively alive in advancing God's Kingdom here on earth. We offer a deeper understanding of the role of the Holy Spirit, we provide teachings on God's healing power and how much he is still alive today and, we train and equip God's people to be ministers of the great commission.

Friday, February 16th and Saturday, February 17th, St. Mary's Parish — Amazing Speakers | Encounters with Jesus | Practical applications for evangelization. For more info or to sign up, go to: <https://servantsofthecross.regfox.com/fresh-fire-retreats>.

I AM HUNGRY — FEASTING — FAST

Oftentimes fasting gets a bad rap. And the feelings associated include thoughts like ... “No way. Too hard. I don't have it in me.” That's what we thought too. We want to introduce to you over the season of Lent that we can feast on His Word and guarantee that our nibblings, cravings, binges can be satisfied far more than those sugary treats or salty chips.

Join us this February for the Feast! **Thursday's of Lent. Information Night** Thursday, February 8th; Series **BEGINS** on **Thursday, February 15th from 7:00pm - 8:00pm ET ZOOM.** Sign up: <https://servantsofthecross.ca/engage/i-am-hungry/>

OTTAWA CATHOLIC YOUNG PROFESSIONALS (OCYP)

Presents: A Catholic Response To The Modern Workplace. Join us **THIS Thursday, February 1,** at Notre Dame Cathedral Basilica (385 Sussex Dr.) from 7—9 pm for a panel discussion about the challenges of the modern workplace and how to overcome them as a Catholic young professional. For more information, please visit www.ocyp.ca, find us on Facebook, or email info@ocyp.ca.

15TH ANNUAL DYNAMIC WOMEN OF FAITH CONFERENCE: Saturday March 23, 9:00am-4pm

at the Old Mill (includes light lunch). Opening Mass celebrated by His Eminence Cardinal Collins. Speakers: Kathleen Beckman — A Family Guide to Spiritual Warfare; Carissa Douglas — Becoming a Co-creator with God; Anna Boyagoda — Creating a Space for Prayer. *Special Guest Speaker: Tammy Peterson (wife of Dr. Jordan Peterson); and Dorothy Pilarski — Starting a Catholic Moms Group.* To register, please visit www.dynamicwomenfaith.com.

LIFE COMPASS WORKSHOP RETREAT FOR MEN: On Saturday, March 22, from 8am—4:30pm,

Annunciation of the Lord Parish (2414 Ogilvie Rd, K1J 7N5) is hosting a Retreat for Catholic Men, presented by Brett Powell, leadership coach for business executives and pastoral leaders. A new workshop retreat to help you eradicate passivity and build purpose in your life, offering tools so you can clarify and live out what matters most. For more information, go to: <https://annunciation-ottawa.com/events/life-compass-mens-workshop-retreat/>.

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