

HOLY REDEEMER CATHOLIC CHURCH

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

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



5TH SUNDAY IN ORDINARY TIME ~ February 4, 2024

'Jesus cured many who were sick with various diseases.' — Mark 1:34

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
▪ Wednesday Holy Hour for Vocations ~ Erin erinkinsella@live.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
Vocations Ministry: Erin Kinsella erinkinsella@live.ca

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: midoherly1952@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

5TH SUNDAY IN ORDINARY TIME:

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

Monday: 1 Kings 8:1-7, 9-13; Mark 6:53-56

Tuesday: 1 Kings 8:22-23, 27-30; Mark 7:1-13

Wednesday: 1 Kings 10:1-10; Mark 7:14-23

Thursday: 1 Kings 11:4-13; Mark 7:24-30

Friday: 1 Kings 11:29-32; 12:19; Mark 7:31-37

Saturday: 1 Kings 12:26-32; 13:33-34; Mark 8:1-10

6TH SUNDAY IN ORDINARY TIME:

Lev 13:1-2, 45-46; 1 Cor 10:31—11:1; Mark 1:40-45

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

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

Monday February 5

9:00 am

†Julie Rivet by the Dilawri Family

†Cecile Aucoin by F. Dagenais

†Krystyna Rechner by Fred and Sharon Styut

†Joseph Zhang by Xiao Yun Zhang

Intentions of Tara and Jeff Turner and Family by Kim Peppiatt

Intentions of the Reid and Crepeault Families by Mary Lou Oram

Tuesday February 6

9:00 am

Intentions of Scott, Kathleen and Sarah Robertson by Kim Peppiatt

Wednesday February 7

7:00 pm

Intentions of Joyce Hung by Kim Peppiatt

Thursday February 8

9:00 am

†Felicidad Gamil, Alejandro David and Gino Blanchett by Norma Dawes

Friday February 9

9:00 am

Intentions of Chelsea McNamara by Kim Peppiatt

6TH SUNDAY IN ORDINARY TIME

Saturday February 10

5:00 pm

†Aldina Pirrone 9th Anniversary of her passing by Domenic and Maria Pirrone

†Michel Lim, Jean Lim and Christina Ah-yuen by Josée Wan-Kam

Intentions of Mary Lou Oram by the Family

Birthday Blessings for Alondra Marquez by the Acosta Family

Sunday February 11

8:00 am

†Florence Aguinaga by Wayne and Marnie Somers

†Deceased members of the Faulkner and McEachern Families by Sylvia and Lyle Faulkner

†Connie Fanset by Cathy Enright

†Elaine Cardenal by John and Germaine Gaudet

Intentions of Jasmine Rebecca Miller by Kim Peppiatt

In thanksgiving and healing of Anne-Louise by the Family

9:30 am

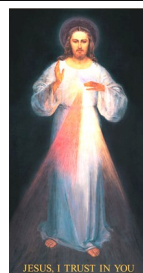
In thanksgiving by Jenurius, Jenifer and Jacob

11:00 am

Wedding Anniversary Blessings by Ghislain Bazinet

7:00 pm

For the Parish Community



PRAYERS FOR THE SICK: Please pray for the sick among our families and friends, especially Fernando Torres, Lisa Carter, Catherine Levasseur, Andrew Beyer, Mary Lou Oram, 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, 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, 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 Galal Camille, Joseph Zhang and Victor Petry.

THE HOLY FATHER'S PRAYER INTENTIONS 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 ~ 5TH SUNDAY OT

'Jesus cured many who were sick with various diseases.'

— Mark 1:34

In today's First Reading, Job describes the futility of life before Christ. His lament reminds us of the curse of toil and death placed upon Adam following his original sin (Genesis 3:17-19). Men and women are like slaves seeking shade, unable to find rest. Their lives are like the wind that comes and goes.

But, as we sing in today's Psalm, He who created the stars promised to heal the brokenhearted and gather those lost in exile from Him (Isaiah 11:12; 61:1). We see this promise fulfilled in today's Gospel.

Simon's mother-in-law is like Job's toiling, hopeless humanity. She is laid low by affliction but too weak to save herself. But as God promised to take His chosen people by the hand (Isaiah 42:6), Jesus grasps her by the hand and helps her up. The word translated



"help" is actually Greek for "raising up." The same verb is used when Jesus commands a dead girl to arise (Mark 5:41-42). It's used again to describe His own resurrection (Mark 14:28; 16:7).

What Jesus has done for Simon's mother-in-law, He has done for all humanity — raised all of us who lay dead through our sins (Ephesians 2:5). Notice all the words of totality and completeness in the Gospel. The whole town gathers; all the sick are brought to Him. He drives out demons in the whole of Galilee. Everyone is looking for Christ.

We too have found Him. By our baptism, He healed and raised us to live in His presence (Hosea 6:1-2).

Like Simon's mother-in-law, there is only one way we can thank Him for the new life He has given us. We must rise to serve Him and His gospel.

Our lives must be our thanksgiving, as Paul describes in today's Epistle. We must tell everyone the good news, the purpose for which Jesus has come — that others, too, may have a share in this salvation.

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

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 and 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 begin our Lenten Journey 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 — with blueberries and whipping cream! — generously served up by our very own Knights of Columbus.

To help offset costs, a donation basket will be 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'.



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.

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.



COFFEE SUNDAY : CHINESE NEW YEAR CELEBRATION!

NEXT Sunday, February 11
After Morning Mass:
8:00am, 9:30am, 11:00am

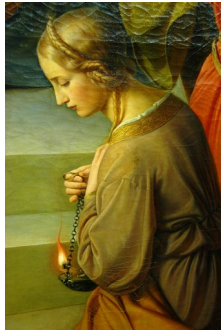


Mark your calendar! Join us for Coffee Sunday to celebrate the Lunar New Year Celebration in the Parish Hall. Please invite your families and friends to Mass and after Mass for the Lunar New Year celebration!



SHAMROCKS: Starting THIS weekend, February 3 — 4, the Knights of Columbus, Council No. 9544, will have Shamrocks available in the vestibule before and after Mass, **in support of the Residents at Saint Patrick's Home**. A freewill offering is very much appreciated.

SAY HELLO! In celebration of the 'World Day of Consecrated Life' that occurs on the 2nd of February each year, a number of consecrated women will be attending the 9:30AM and 11:00AM Masses on Sunday.



Please join us in welcoming these women and thanking them for their beautiful witness to consecrated life. Say hello to them in the vestibule after the 9:30AM Mass, **or come join them in the Hall after the 11:00AM Mass for sandwiches and cake**, prepared by the Queenship of Mary.

2-DAY MARRIAGE PREPARATION COURSE



Congratulations on your engagement!

Embracing marriage as a sacrament will transform your whole life together and take your love to a much deeper level. The Marriage Preparation Course is a requirement and gives couples an opportunity to have some important discussions prior to getting married.

Our **2-day Marriage Preparation Course** is being offered:

- ☑ **Friday, May 17** (7pm—10pm); **and**
- ☑ **Saturday, May 18** (10am—6pm with Mass)
- ☑ **Cost:** \$100 (includes guidebook).

To register, please contact the parish office at reception@holyredeemer.ca.

Holy Redeemer
MOVIE NIGHT
Come sit back relax and enjoy a movie together with friends

THE CHOSEN SEASON 1

SEE YOU NEXT SATURDAY!


SATURDAY
FEBRUARY 10
STARTING AT 6PM
IN THE PARISH HALL

QUESTIONS? CONTACT TERESA KARGUL:
EVANGELIZATION@HOLYREDEEMER.CA


2024 LENTEN RETREAT

LIFT UP YOUR HEARTS
FOSTERING COMMITMENT TO CHRIST

FEB. 20TH - 22ND
7:00PM - 8:30PM



Guest Speaker
Archbishop Emeritus
Prendergast



Holy Redeemer Parish
44 Rothesay Drive, Kanata, ON
holyredeemer.ca

COUPLES FOR CHRIST
OTTAWA

CHRISTIAN LIFE PROGRAM
FOR MARRIED COUPLES★



LENT 2024
Holy Redeemer Parish
Saturday 1:00 - 3:00 pm
February 24 - April 20

REGISTER NOW! *it is free!*



JOIN US IN THIS JOURNEY TO FIND OUT HOW TO MAKE THE BEST OF OUR LIVES AND FAMILY, JUST AS GOD INTENDS.

"BY THIS ALL PEOPLE WILL KNOW THAT YOU ARE MY DISCIPLES, IF YOU HAVE LOVE FOR ONE ANOTHER" JOHN 13:35

★ You can bring your children up to 12yo for a parallel kids program.

cfcottawa@couplesforchrist.ca | 613 410 4904 | CFCOTTAWA.CA

PRO-LIFE CORNER ...



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




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/>.



Fill the Playpen
Birthright of Ottawa
February 6 - 27


B Birthright's focus is on loving the mother, reminding her that there is hope and ensuring she is not alone.

Holy Redeemer parish is proud to support a local pregnancy care center with donations for moms and babies.

1. Donate online to Birthright of Ottawa. Apply your donation to "playpen fundraiser". This QR code will take you directly to Birthright of Ottawa on the CanadaHelps.org website. Tax receipts are issued immediately.
2. Donate by cheque to Birthright of Ottawa. Pick up an envelope at the display in the church entrance.
3. Place needed items in the playpen located in the church entrance. Items may include, but are not limited to, the following:
 - Diapers — especially Size One and Newborn
 - Diaper wipes
 - Onesies and baby outfits
 - Bibs
 - Receiving blankets, Small and Large

New items are preferred. For gently used items, please contact Birthright of Ottawa directly at **613-231-5683**.

Thank you for your generous support!!



VOLUNTEERS NEEDED!



3 to 4 PASTORAL CARE VOLUNTEERS NEEDED!

Holy Redeemer's Pastoral Care Ministry is in great need of new volunteers to serve our elderly and infirm.

Can you spare 15 to 20 minutes after your Sunday Mass, twice a month, to visit our sick and housebound parishioners?

The Pastoral Care team visits parishioners homes to bring them Holy Communion, pray, and offer a comforting word. As Pastoral Care team members must travel in pairs, instruction is offered along the way.

Right now, we cannot fill all our obligations due to the lack of volunteers. All our outreach is within the parish boundaries in the Kanata area.

Thank you for your prayerful consideration.

If you can assist or would like to hear more, please contact **Joanne Williamson**, Pastoral Care Coordinator, at **613-884-2106**.

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.

YOUTH MINISTRY CONNECTION ... !



Children's Liturgy of the **Word**

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

YOUTH GROUP ... Every Friday!



The ROCK
Grades 6-8
Fridays,
6:30-8:30pm



JAM
(Jesus And Me)
Grades 9-12
Fridays, 8:30-10pm

Questions? Contact our **AMAZING** Youth Minister Cathy Koss ~ youth@holyredeemer.ca !!

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.



Saints Alive



Hallow

A Lenten Series Podcast starting Wednesday, February 14, for children ages **6 — 12!**

With the support of the team at Hallow, SAINTS ALIVE created a brand new series (Lent for Kids and Eucharistic Miracles in 2024!).

These audio dramas bring the greatest heroes of our Faith to life — professional voice actors and directors — the shows are compelling, professional and entertaining!

To access the podcasts, [CLICK HERE!](#)

YOUNG ADULT MINISTRY

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

➔ **SUNDAY, FEBRUARY 11!**

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.

PARISH HAPPENINGS ...



PILGRIM VIRGIN OF OUR LADY OF FATIMA Home Visitation Program: Holy Redeemer's Legion of Mary invites parishioners to reserve a home visit of the Pilgrim Virgin Statue of Our Lady of Fatima for a one-week period. To arrange a visit of Our Lady, contact Balsam Blejani-Khalaf (613-599-2723; bblejanikhalaf@gmail.com). Thank you!

EUCCHARISTIC ADORATION —

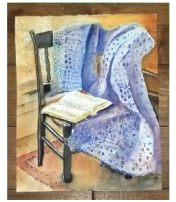
Parish Vocations Ministry invites you to an hour of Adoration **every Wednesday** evening following the 7:00 pm Mass. Join us as we **pray for** an increase in the response to God's call to the priesthood, diaconate, religious life, consecrated life, and marriage.



CATHOLIC WOMEN'S LEAGUE PRAYER BOX:

We invite you to place your intentions in this prayer box and CWL members will raise them in prayer on your behalf. Rest assured that we will never open your papers, nor read your words. We pray fully in the trust that our Lord knows your needs. The papers are burnt unopened at the end of the month.

PRAYER SHAWL MINISTRY: Did you know that Holy Redeemer is blessed to have a ministry that makes beautiful prayer shawls for people in our community who are in need of a prayer and a hug to comfort them through their trying times? We have shawls for men, women, children as young as preemies, in various colours and patterns!



If you know anyone who could benefit from this free service, please call Margaret Donahue (613-836-7619; hrprayershawlmin@gmail.com), and she will make arrangements to connect and provide you with one of these beautiful, hand-made gifts to brighten someone's day.

PUBLIC ROSARY ACROSS CANADA



WHY : To entrust the whole world to Our Lady, and to ask Her to intercede for our province, our country, and the world — *we join in prayer with parishes across Canada.*

WHERE : Outside by the parish office door, in front of Our Lady's statue.

WHEN : **Every Wednesday at 6:15 PM** before Mass.



ARCHIDIOCÈSE
Ottawa-Cornwall
ARCHIDIOCESE

AROUND THE DIOCESE ... EVENTS



CATHOLIC CHRISTIAN OUTREACH: Join André Regnier, the CCO Founder, this Lent to develop a prayer time that really makes a connection with God that is daily, intimate and transformative ... **When you hear the word 'prayer', what comes to mind?** Does it feel like something that is hard to make time for? Does prayer ever feel like a chore or an afterthought? Are you unsure of what prayer is supposed to look like? Do you desire your prayer to be a time where you actually get to know Jesus and draw close to Him? A time where you can share your thoughts, your struggles, hopes and dreams? Wouldn't it be wonderful to hear what He has to say about your life? More info / Sign up [HERE](#).

ARE YOU NIGERIAN? IGBO? CATHOLIC? Join the Igbo Catholic Community for Mass (in the Igbo language!) on the **last Sunday of EVERY month** at St. Peter's Parish, 1640 Heatherington Road at 1:30 PM. Mass is followed by fellowship and refreshments in the Church Hall. Chaplain — Fr. Paul Nwaeze; Coordinator — John Anoliefo (289-988-2696); Info: info@igbomass-ottawa.ca.



IS THE LORD CALLING YOU TO SERVE HIM AS A PRIEST?

Join other men discerning the priesthood for monthly formation, fellowship, and Eucharistic Adoration. Each night will be held at the new Café des Tours, located in the basement of Notre Dame Cathedral in Ottawa. To join the Quo Vadis email list or for more information, contact Fr. Connor O'Hara, the Vocations Director for the Ottawa-Cornwall Diocese at vocations@ottawacornwall.ca.

NIGHT OF WORSHIP MINISTRY 'COME TO ME': Join us at St. Mary's Parish and experience an evening of praise, prophecy, teaching, and healing on **Friday, February 23 from 7—9pm**. Our guest speaker is Fr. Francis Donnelly, CC, who will give a teaching on "God Fulfills His Promise".

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/>.

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