

6th Sunday in Ordinary Times

“Jesus stretched out his hand and touched him, and said...’Be made clean!’”

Announced Masses for the Week of February 11th, 2018

Sunday, Feb. 11, 2018

9:00 am † Allan Butler by the family

11:00 am For all parishioners

Monday, Feb. 12, 2018

7:30 am † George Szilvasi by Anna Marinelli

† John Stevens by Moira Matthews and family

Tuesday, Feb. 13, 2018

NO MASS

Wednesday, Feb. 14, 2018 - Ash Wednesday

12:00 pm

7:00 pm † Tecca Transi by Anna Marinelli

Thursday, Feb. 15, 2018

7:30 am

Friday, Feb. 16, 2018

7:30 am

Saturday, Feb. 17, 2018

9:00 am † Alex, Joe & Calist D’Souza by the Serrao family

† Arthur Schmieder by Yvette Muir

4:30 pm † Cy Marcellus by his wife & children

† Maureen Comerton by Joe & Kathy Menchini & family

Sunday, Feb. 18, 2018

9:00 am † Mr. Magmo & Carmelita Pulmano by Elisa Pulmano

11:00 am For all parishioners

First Reading: Lev. 13: 1-2, 45-46 The Lord instructs Moses and Aaron on the legal prescriptions that are to be followed by those who have leprosy.

Second Reading: 1 Cor. 10:31–11:1 Paul directs that whatever is done should be for the glory of God.

Gospel: Mk. 1:40-45 Upon request, Jesus cured a leper reminding him to follow the directions of the Mosaic law and to tell no one.

COLLECTION FOR SUNDAY 04 February, 2018:

Envelope Holders: \$4,297.98 Loose Collection: \$550.02; Other collections: \$295.00; Charity Works \$520.00; Candles: \$190.00

Thank you for your generosity and support.

Special collection of Diocesan & Missionary Works Feb. 10/11.



The Secular Franciscans within our parish invite YOU to join us as we walk with Jesus in the Way of the Cross every Friday during Lent at 7 p.m. (February 16 - March 23) and on Friday March 30 at 10 am. See posters on the Parish bulletin

boards for more information. Two thousand years later, Jesus, and we still remember. **Will you walk with us?**

Coldest Night of the Year – February 24, 2018 Fund-raiser for the Ottawa Mission

On February 24th, the Immaculate Heart of Mary Catholic Women’s League will participate in the Coldest Night of the Year – February 24th, 2018. The Coldest Night of the Year is a 2km, 5km or 10 km walk that in some small way symbolizes what it would be like to live on the streets in the dead of winter. It is a **fund raiser for the Ottawa Mission** which provides shelter and food for the homeless in our community. Helen

McGurrin will be participating in the 5 km walk. If you wish to sponsor Helen's walk, donations can be made directly to the Ottawa Mission by calling 613-234-1155, or on-line at ottawamission.com or go directly to cnoy.org/ottawa and find Helen McGurrin's name as one of the walkers and donate through that webpage. Donations of \$20 will receive a receipt. There will be a table set up at the back of the church after Masses on the week-end of **February 17th and 18th to collect donations.**

Please support Helen for this run. She is running so you don't have to!

NORMS FOR LENTEN OBSERVANCE

• **Ash Wednesday and Good Friday are days of fast and abstinence.** •

Fridays are days of abstinence. Fasting binds all persons who have completed their 18th birthday through those who have completed their 59th year, unless prevented by poor health. On days of fast, one full meal is allowed. Two other meals, sufficient to maintain strength, may be taken according to one's own needs. Eating between meals is not allowed although fluids may be taken. Abstinence binds all persons who have completed their 14th birthday, unless prevented by poor health. In the Archdiocese of Ottawa, the consumption of meat is not allowed on Ash Wednesday, Good Friday, and all Fridays of Lent. The Archbishop mandates this observance for the spiritual well-being of the faithful.

PASTOR'S MESSAGE: (Part 1 of 3)

Lent offers us all a very special opportunity to grow in our relationship with God and to deepen our commitment to a way of life, rooted in our baptism. In our busy world, Lent provides us with an opportunity to reflect upon our lives and to pray more deeply.

There are as many ways to pray, but a few prayer methods can help us in particular to spiritually prepare ourselves during Lent:

1. Make your abstinence a prayer-in-action.

As Catholics we are called to give up something for Lent. Chocolate, coffee, that extra helping of dinner, etc. Whatever it is, you can make what you're giving up for Lent a prayer as well: a prayer-in-action. Whenever you encounter the object you are abstaining from or the time of day that you would normally enjoy it, take a moment to say a prayer in recognition of your wholeness in God even without what you have given up. Thank God for the freedom to be completely yourself without this and, at the same time, acknowledge the gift of its existence in the world.

2. Pray the Stations of the Cross.

One of the most common traditions of Lent is to pray the Stations of the Cross. This prayer helps us reflect on the passion and death of Christ in preparation for Good Friday observance and the Easter celebration. This special devotion allows us to follow Jesus Christ on his way to Calvary. The Stations is one of the most important devotions honouring the passion of Jesus.

What matters most in the Stations of the Cross is to follow Jesus Christ in his passion and to see ourselves mirrored in him. Whether we know it or not, we bear the imprint of his cross. We are judged unjustly, we fall, we find life's journey hard, we know the mystery of death, and we recoil from it. To face life's dark side in ourselves and in our world, we need images of hope, and Jesus offers images of hope in his passion. By accompanying him on the Way of the Cross, we gain his courageous patience and learn to trust in God who delivers us from evil.

3. Reflect deeper on your liturgical prayer.

When you attend Mass during Lent, be conscious of and meditate on the words

you pray in the liturgy. For example, the Eucharistic Prayer, the highlight of each Mass, has special significance during Lent. After receiving communion, you may want to sit and reflect more deeply on this great prayer of the Church.

4. Start a practice of daily prayer that will last after Lent.

Perhaps the best prayer advice is to use Lent as a time to instill prayer habits that will last long after Lent has concluded.

Beginning of Lent

Ash Wednesday marks the beginning of the Season of Lent. It is a season of penance, reflection, and fasting which prepares us for Christ's Resurrection on Easter Sunday, through which we attain redemption.

The Church emphasizes the penitential nature of Ash Wednesday by calling us to fast and abstain from meat. Catholics who are over the age of 18 and under the age of 60 are required to fast, which means that they can eat only one complete meal and two smaller ones during the day, with no food in between. Catholics who are over the age of 14 are required to refrain from eating any meat, or any food made with meat, on Ash Wednesday.

This fasting and abstinence is not simply a form of penance, however; it is also a call for us to take stock of our spiritual lives. As Lent begins, we should set out specific spiritual goals we would like to reach before Easter and decide how we will pursue them—for instance, by going to daily Mass when we can and receiving the Sacrament of Reconciliation more often.

Ashes

Ashes are an ancient symbol of repentance. The distribution of ashes reminds us of our own mortality and calls us to repentance. In the early Church, Ash Wednesday was the day on which those who had sinned, and who wished to be readmitted to the Church, would begin their public penance. The ashes that we receive are a reminder of our own sinfulness.

The distribution of ashes can also be linked easily to the death and resurrection motif of Baptism. To prepare well for the day we die, we must die now to sin and rise to new life in Christ. Being marked with ashes at the beginning of Lent indicates our recognition of the need for deeper conversion of our lives during this season of renewal.

Why do we put ash on our forehead?

Ashes are applied to our forehead in the sign of the cross as the words, "Remember, you are dust and to dust you shall return" are spoken to us. This act symbolizes our mortality as well as our need for ongoing repentance. It is a reminder that this life is short and merely a foreshadowing of what we shall become through the redemption of Jesus Christ on the cross. The work of our redemption will not be complete until we are raised from the dead, in resurrected bodies like His own and called to the eternal communion of heaven.

Where do the ashes come from?

The ashes for Ash Wednesday normally are made from blessed palm branches from the previous Palm Sunday. The ashes are sprinkled with Holy Water and incensed before distribution.

When do I wash the Ashes off my face?

There is no specific instruction on how long ashes are to be worn. You can, in fact, wash them off immediately after the service if you want. Many people choose to wear their ashes for the remainder of the day both as a reminder of their own mortality and as a witness before those around that they are a follower of Christ and are entering into a season of examination and abstinence.

To be continued....

