



First Sunday Of Lent-Year C

Diocesan Theme: **Christ is Everything for Us!** “Let us work for the good of all, and especially for the family of the faith” (Galatians 6.10b).

Parish Mission Statement: **Love God, Love Others, Make Disciples!** Our Lady of the Miraculous Medal parish through the liturgy, faith formation and sacramental life, provides opportunities for members to develop their faith and service to others.



ARCHBISHOP'S LETTER FOR LENT 2019

Dear brothers and sisters in Christ,

This Lent, I invite you to focus on family prayer. It will strengthen your home life, promote personal holiness, and advance world peace.

I firmly believe that “the family that prays together stays together.” It is vital for families to share meals, discuss the events of the day, and pray. Children who pray with their parents learn to take their joys and fears to God. They grow in peace and confidence—a blessing that touches the whole family.

Daily family prayer would be ideal, but I suggest that your family set aside 15–30 minutes at least on Monday evenings in Lent. Pray the rosary, reflect on the coming Sunday's gospel, and ask for graces for you, your parish, and your diocese. This will unite the church of Ottawa in prayer.

If you live alone, I urge you to have a regular time of prayer with fellow parishioners or neighbours. A special fruit of the rosary is inner peace. Through Our Lady's intercession, this can spread throughout the world.

Lent should celebrate the Easter mysteries with mind and heart renewed. We seek the holiness of life begun in our union with Christ in baptism through a conversion of heart.

Besides prayer, Jesus commended to His disciples two other biblical practices that are fundamental to Lent: fasting and almsgiving. The Lenten fast for Catholics means no more than one full meal—as well as abstaining from meat—on Ash Wednesday and Good Friday. Remember also Jesus' death on Good Friday by not eating meat on the other Fridays of Lent.

You can redirect the money saved by small self-privations to almsgiving—help to the poor, either those nearby through a local charity, or those in the Global South through Development and Peace.

Lent points us to the forgiveness of sins Jesus won for us by His death on the cross and resurrection to new life. Please take advantage of the wonderful grace of a personal confession this Lent.

Join me on this journey to Easter and the renewal of your inner self. Together, let us grow in love of Christ, who is everything to us.

Sincerely yours in Christ, ✠Terrence Prendergast, S.J.
Archbishop of Ottawa

Saturday, March 9

4:30 pm-For the repose of the souls of George Hendley, family members and friends

Sunday, March 10

9:00 am-For the repose of the soul of Bruce Helliker by the Cogan family

10:45 am- For the intentions of the Parishioners by the Pastor

Tuesday, March 12

7:00 pm-For the repose of the soul of Susan Power by the Marsolais family

Wednesday, March 13

8:30 am-STA

9:30 am-OLMM

Thursday, March 14

9:00 am

Friday, March 15

9:00 am- For the intentions of Lily Gambell by the Gambell family

Saturday, March 16

4:30 pm-For the repose of the soul of Father Ken O'Keefe by the James family

Sunday, March 17

9:00 am- For the repose of the soul Mary Payment by Theresa Coffey

10:45 am- For the intentions of the Parishioners by the Pastor

~IN OUR PRAYERS~

For the sick among our families and friends especially:
Pam Latour, Genny Detillieux, Melanie Joannette,
Natasha Baechler & Beverley Plunkett

YOUR OFFERINGS FOR:

March 3rd, -\$3,879.00

Thank you for your generosity and support

INTENTIONS OF THE HOLY FATHER FOR MARCH:

Recognition of the Right of Christian Communities
That Christian communities, especially those who are persecuted, feel that they are close to Christ and have their rights respected.

March 10th, 2019

**Are you new to Our Lady of the Miraculous Medal Parish?
WELCOME! If you have not yet registered, please complete a registration
form found in the foyer or in the office.
You may bring the completed form to the office**

What's Happening This Week

- Mon.- March 11th -Bible Study-7:00pm-hall
- Tues.-March 12th - CGS-Level three-4:30-6:30pm-hall
- Tues. -March 12th -Adult choir-7:30 pm-church
- Thurs.-March 14th -CWL general meeting-7:00 pm-hall
- Thurs.-March 14th-KOC executive meeting-7:30 pm-kitchen

CWL Warmth and Comfort campaign collected 1994 pairs of socks. Thanks to Mother Teresa, STA school communities and our parish! The CWL will be donating the men and women socks to the Shepherds of Good Hope in Ottawa and the 382 pairs of children socks will be donated to the Embrun Food Bank. This is remarkable and another testament to the generosity that abounds here in Russell. May Our Lady of Good Counsel bless you all.

Academia Stella Maris Open House: Come meet teachers, some parents and students and learn about the 2019-2020 5 days a week full-time program as well as the 4 different hybrid programs: the Investigation, the Artistic, the Exploration and the Critical Thinking Programs. March 7, 6:30pm. Registrations now open for Sept. 2019. Info: www.academiastellamaris.ca; 343-883-6600

Have you been missing the fellowship from attending coffee Sundays? If so please feel free to sign up and host an up-coming coffee Sunday. Sign up sheets are posted just outside the kitchen. Thank you all in advance.

PILGRIMAGE STATUE OF OUR LADY OF THE MIRACULOUS MEDAL is available to go home with a family this week. If you wish to take home Our Lady for one week, please sign up on the sheet on the table in the foyer.

Unbound Five Keys Conference: Miriam Wright, international speaker for Unbound and Fr. Rob Arsenault CC, present The Father's Blessing. Sat., Mar. 30, 9:00 am - 4:00 pm at Holy Redeemer Parish, 44 Rothesay Dr., Kanata. Mass at 8:00 a.m. celebrated by Bishop Christian Riesbeck CC. Info & registration: unboundottawaregister@gmail.com by Mar. 20. Cost: \$25 payable on the day of the conference. Lunch not provided.

Our Lenten retreat will begin on the weekend of March 30/31 during the masses. The retreat will resume on Sunday, March 31 at 6:00pm and Monday, April 1 at 6:00pm followed by reconciliation. More info to follow.

CHECK OUT OUR WEBSITE at www.olmm.ca

Email: admin@olmm.ca



Please join us on Sunday, March 17th from 4:00 p.m. to 8:00 p.m. for our Parish's St. Patrick's Day Social. We have some very special entertainment for you, plus a mouth watering good old Irish dinner of Irish stew, soda bread, drinks and snacks. There will be a Luck of the Irish 50/50 draw. A wonderful evening of laughs, food and fellowship all for the low price of \$5.00 per person or \$25.00 for larger families. Tickets will be available this weekend after all masses or from the office. We look forward to seeing you there!

If you haven't done so yet please pick up your 2018 income tax receipts. They are on the table in the foyer.

Development and Peace

Save the date: "SHARE THE JOURNEY" WALK IN SOLIDARITY WITH FORCED MIGRANTS." We are living at a time unprecedented in human history – people from nations around the world have been forced to flee their homes at numbers higher than at the end of WWII. On Saturday, April 6th, join us in a walk in solidarity with the 68.5 million forced migrants around the world, organized by members of Development and Peace from Gatineau & Ottawa. Starting in the afternoon, we will depart from Notre-Dame-de-l'Île parish, 115 boulevard Sacré-Cœur, Gatineau. We will stop at significant spots along the way on both sides of the river for brief reflections and stories from forced migrants. For those interested, we will end with a Mass at the Notre-Dame Cathedral in Ottawa co-celebrated by Archbishops Prendergast, S.J. of Ottawa and Archbishop Durocher of Gatineau.

**PLEASE JOIN US EVERY FRIDAY DURING
LENT FOR THE STATIONS OF THE CROSS,
AT 6:45 PM FOLLOWED BY MASS**

March 15th - Led by Deacon Tom

March 22nd -Led by the KOC

March 29th - Led by the CGS

April 5th -Led by Fr. Robert

April 12th -Led by the CWL

