

6th Sunday in Ordinary Time

February 11, 2018

In our Prayers

We pray for the repose of the soul of Willard Gervais and Martin Vereyken (Cathy), members of Our Lady of Mount Carmel Parish. May they and all the faithful departed rest in peace. We ask God's blessing for those who are sick and for their care-givers. We pray for all who have asked us to remember them prayerfully before the Lord.

CSC Jeanne-Lajoie Elementaire

Registration for Junior and Senior Kindergartens will be from **February 12th to the 16th, 2018**. We ask parents to register online at this address: inscription.ecolecatholique.ca. The school will then contact you to make an appointment to finalize the registration. Please note that registration can be done at any time or date.

Marriage Preparation Program

The next Marriage Preparation Program will be held on **February 24th and March 3rd, 2018** at St. Francis Xavier Parish, Renfrew. The deadline to register is **February 16th**.

Knights of Columbus

- Council 1531 of the Knights of Columbus in Pembroke will host its annual Shrove Tuesday pancake supper on **Tuesday, February 13**. Dinner starts at **5 p.m.**
- The next regular meeting of Council 1531 of the Knights of Columbus will be held **Tuesday, February 13th** in the Knights of Columbus Hall, Pembroke. It starts at **7:30 pm**.
- Council 1531 of the Knights of Columbus will host the Board of Columbus House at its **February 27th** meeting. Led by Executive Director Tina Belanger, members of the board will give an update on Columbus House. The meeting starts at **7 p.m.** in the Knights of Columbus Hall and is open to members, their families and the community.

Pembroke Kiwanis Music Festival

Pembroke Kiwanis Music Festival starts Feb 12th at Festival Hall and is held over a period of four weeks. The Festival is free and is a wonderful opportunity to experience the talented musicians in our area. For more information please visit their website at www.pembrokekiwanis.org.

FEAST OF OUR LADY OF LOURDES WORLD DAY OF THE SICK **CELEBRATIONS**



Sunday, February 11, 2018
Holy Mass with Sacrament of the Sick
2:00 P.M

As a Parish community, we will be celebrating our Parish Feast Day and the World Day of the Sick by **Holy Mass, with Sacrament of the Sick, Sunday, February 11, at 2:00 p.m.** The Sacrament of the Sick will be administered to those who seek the healing power of God's love in their lives. **Everyone is invited to this celebration** in honour of our Patroness, and to pray for the sick and for those who care for them.

Call for Conscience Campaign **Sign-Up Sundays! We Need Your Help!**

The Call for Conscience 2018 Campaign is underway. Bishop Mulhall and Bishops across Ontario are asking for an e-mail address from every Catholic Family in their community, with a goal of 100,000 e-mail addresses collected by the end of February 2018.

The first campaign of 2018 is the Call for Conscience, inviting our elected Members of Provincial Parliament (MPPs) and those seeking office this June to increase funding/access to palliative care, to protect health care workers wishing to abstain from any involvement in euthanasia/assisted suicide and to protect faith based facilities from participation in euthanasia/assisted suicide. The work builds on a similar campaign in 2017.

This information will be used to communicate periodically on issues of particular importance for the Catholic community. Please take a moment to provide your contact information at the back of the church on the weekend of the **10th & 11th at OLL and February 18th at OLMC**.

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Bishop Smith Catholic High School Information Session

Personally invites grade 8 students and their parents to a High School Information Session on what to expect in grade 9. **Wednesday, February 28, 2018 from 7:00 – 8:00 p.m.** in the Robert Tate Library.

Renewing Mission in a World Church With Dr. Catherine Clifford,

University of St. Paul's, Ottawa

Wednesday, February 21, 2018, 9 am to Noon followed by lunch **Caritas Residence Chapel.** Please RSVP to Pam by **February 14th** by calling 613-735-4111 or e-mailing pam@greysisters.ca

Our Lady of Lourdes News

Sunday Offerings

Last Sunday's Offering: \$8,187.00

Thank you for your continued generous support of your parish.

Income Tax Receipts

OLL Income tax receipts will be available in the parish office Monday thru Friday during regular office hours.

Our Lady of Mt. Carmel & Our Lady of Grace News

Sunday Offerings

Our Lady of Mount. Carmel:

Last Sunday's Offering: \$255.00

Our Lady of Grace:

Last Sunday's Offering: \$1,128.25

Thank you for your continued generous support of your parish.



OLG School Pancake Supper

Our Lady of Grace School will be holding their annual Pancake Supper on **Tuesday, February 13, 2018** at the Westmeath Community Centre from 4:30 pm to 6:30 pm.

OLMC CWL

OLMC CWL regular monthly meeting will be held at the home of Marg Gervais on **February 14th after the 7:00 pm Mass** for Ash Wednesday.

Scharf Family Charitable Trust

Patrick Kelly, a former resident of Westmeath was instrumental in arranging the sizeable donation to the parish resulting in the new LED lighting you see at Our Lady of Grace church in Westmeath.

Patrick became professionally acquainted with the "SCHARF FAMILY CHARITABLE TRUST", along with Anne Fleming and Lorna Bradley – nieces of the late Mr. Graham Scharf.

Mr. Scharf left his Estate in Trust with provisions to donate funds to worthy causes throughout the Ottawa Valley.

In December, 2016, Patrick visited the church to see what Capital Project would qualify for a donation. With the help of Bernie Ethier, three projects were pointed out; lighting, carpeting and painting.

The Scharf Family Charitable Trust, along with Anne and Lorna, thought lighting was the preferable option and agreed to donate the \$8,000 to see the project to completion.

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Lent 2018



THE SEASON OF LENT BEGINS WEDNESDAY

Ash Wednesday is this Wednesday and the beginning of Lent and a day of fast and abstinence from meat. It is a time of fasting, repentance, change of

heart, and prayer in preparation for the great three-day (Triduum) Feast of Easter and for the fifty-day Easter Season. Ashes that mark the beginning of Lent, come from the palms that were blessed and distributed last Palm Sunday.

A Day of Fast and Abstinence from Meat

The Church emphasizes the penitential nature of Ash Wednesday (and Lent) by calling us to fast and abstain from meat on Ash Wednesday. 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

Lenten Books Available

The Little Black Book

Pope Francis The Joy of Lent

As there are a limited number available, please only take one per family. Thank you!

Ash Wednesday

A Day of Ashes

During Mass on Ash Wednesday, after the homily, the ashes, which give Ash Wednesday its name, are distributed. The priest (or other minister) dips his (her) thumb in the ashes and, making the sign of the Cross on each person's forehead says, *"Repent and believe the Gospel"*

Masses, with the Distribution of Ashes:

Our Lady of Lourdes: - 10:40 a.m. School Mass
and 7:00 p.m.

Our Lady of Mount Carmel: - 7:00 pm

On Ash Wednesday we are all encouraged to celebrate (attend) Mass to mark the beginning of the Lenten Season **together**, as a parish family, and to spend the day as a day of fast and abstinence.

(This year, the largely secular celebration of Valentine's Day, February 14, coincides with Ash Wednesday. Catholics throughout the world recognize Ash Wednesday as the solemn beginning of the Season of Lent and a day of fast and abstinence from meat. In view of the significance of Ash Wednesday it has the priority in the Catholic community.)

Lenten Weekly Schedule

Monday	OLL OLMC	7:00 pm Mass 7:00 pm Mass
Tuesday	OLL OLG	6:30 pm Stations of the Cross 7:00 pm Mass 6:30 pm Stations of the Cross 7:00 pm Mass
Wednesday	OLL	9am Mass
Thursday	OLL	5:00 – 6:45 pm Adoration & Confession 6:30 pm Stations of the Cross 7:00 pm Mass
Friday	OLL	9:00 am Mas



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fast from feast on

Fast from judging others
Fast from emphasis on differences
 Fast from despair
Fast from thoughts of illness
Fast from words that destroy and pollute
 Fast from discontent
 Fast from anger
Fast from being negative
 Fast from pessimism
 Fast from worry
Fast from complaining
 Fast from hostility
 Fast from bitterness
Fast from constant activity
 Fast from disrespect
Fast from lethargy and boredom

Feast on seeing the best in people
Feast on the unity of life
Feast on hope
Feast on the healing power of God
Feast on words that build and encourage
Feast on gratitude
Feast on patience
Feast on being positive
Feast on optimism
Feast on trust
Feast on appreciation
Feast on peacemaking and non-violence
Feast on forgiveness
Feast on slowing down
Feast on recognizing the sacred in all life
Feast on enthusiasm