

FOURTH SUNDAY IN ORDINARY TIME – 01 FEBRUARY 2026



“Blessed are you...

Rejoice and be glad, for your reward is great in heaven...”

Announced Mass intentions

Sat., Jan. 31 5:00PM Mass: +Marc Gardner
 Sun., Feb. 01 **FOURTH SUNDAY IN ORDINARY TIME**
 8:00AM Mass: Intentions of Holy Cross Parishioners
 10:00AM **FAMILY MASS**
 +Penny Ross
 Wed., Feb. 04 12:15PM **NO MASS**
 Thurs., Feb. 05 12:15PM **NO MASS**
 Friday, Feb. 06 11:00AM **NO ADORATION**
 12:15PM **NO MASS**
 Sat., Feb. 07 5:00PM Mass: +Madeline Roy
 +Kyle Andrades
 +Kenneth Burgess
 Sun., Feb. 08 **FIFTH SUNDAY IN ORDINARY TIME**
 8:00AM Mass: Intentions of Holy Cross Parishioners
 10:00AM Mass: Souls in Purgatory
 +Vivian Braganza

Events Calendar ...

Sat., Jan. 31 4:40PM Rosary – Church
 Sun., Feb. 01 10:00AM **NO** Children’s Liturgy
 Wed., Feb. 04 10:30AM **Funeral for Irene Brown**
 6:30PM Choir Practice – Church
 Thurs., Feb. 05 1:00PM Club 55 – Hall
 Sat., Feb. 07 4:40PM Rosary – Church
 Sun., Feb. 08 10:00AM **NO** Children’s Liturgy

†OUR CONDOLENCES AND PRAYERS:

For the departed souls of

+Irene Brown

Funeral will be held on Wednesday, February 04 at 10:30 am at Holy Cross

+Hall Spafford

brother of Barbara Goski

May their souls rest in peace.

IF YOU HAVE A LOVED ONE in the hospital and would like them to receive the Sacrament of the Sick, you are asked to please contact the Chaplain from that hospital. Sacrament of the Sick can be received even if one is not at the point of death. It is not the last Sacrament.



WORLD DAY OF THE SICK ON FEBRUARY 11:

The **SACRAMENT OF THE SICK** will be administered on **Wednesday, February 11 at the 12:15 noon Mass** to the elderly and the frail.

Words from the Pastor . . .

“Blessed are you when they insult you and persecute you and utter every kind of evil against you falsely because of me.” People of faith, inspired by the Beatitudes, have a different way of looking at life. Living our “beatitude calling” is difficult, but we know God stands with us, and in our daily lives, helping us put flesh on the Beatitudes. Even as we try, stumble and try again to live the Beatitudes, we hear Jesus’ reassurance, *“You are already blessed.”* Concretely, how do we experience the opposition of others because of our faith? What gives us strength to continue to live out that faith despite the obstacles we face?

THANKS to all who used their gifts and talents for Anne Hurley’s retirement, including past and present choir members, musicians and Hospitality Committee.

MARRIAGE ANNIVERSARY BLESSINGS will be given to all couples on Sunday, February 15 at the 10 am Mass.

Next weekend the Church is celebrating **DIGNITY OF LIFE SUNDAY** as we remember the elderly, and the frail at the end of life.

PRAYER: Father and Maker of all, You adorn all creation with splendour and beauty, and fashion human lives in your image and likeness, Awaken in every heart reverence for the work of Your hands and renew among Your people a readiness to nurture and sustain Your precious gift of life at every stage and in every circumstance. Grant this through our Lord Jesus Christ, Your son, who lives and reigns with You in the unity of the Holy spirit, Lord forever and ever. Amen.

A PASTORAL MESSAGE: YOU HAVE THE RIGHT TO BE CARED FOR:

To all who are living with illness, caring for a loved one, or facing difficult decisions, please know that you are not alone. Our Church wishes to walk with you, to listen, and to support you with understanding and compassion. May we continue to build a society where care, presence, and solidarity are at the heart of how we respond to suffering. May we never forget that dignity does not disappear with illness, and that love has the power to bring comfort even in the most challenging moments.

With my prayers and blessing.

+Marcel Damphousse

Archbishop of Ottawa-Cornwall

Fr. Mark Augustine (Chicago) is celebrating the Masses this weekend. Fr Tom Skaja, from St. Cloud MN is celebrating February 08. I will be on the Priests’ Retreat with the Diocese of Palm Beach at the Marian Servants of Our Lady of Divine Providence, Clearwater, Florida. Please remember all of us in prayer.

The weekday Masses on **Wednesday, February 04, Thursday, February 05 and Friday, February 06** (including Adoration) have been **CANCELLED**.

ASH WEDNESDAY is on **February 18**. For the convenience of the Parishioners, Mass will be celebrated with the imposition of Ashes at 12:15 p.m. All are welcome to participate. **Please remember that Ash Wednesday is a universal day of fasting and abstinence.**



If you have any blessed palms from previous years at home, you may bring them to Mass with you in preparation for Ash Wednesday and leave them in the basket provided at the entrance of the Church no later than Sunday, February 07. If you forget to bring them and wish to dispose of them yourself remember that they are blessed. The correct way of disposing of anything blessed is to burn or bury them. It is a sign of respect that these items are not put in our regular garbage.

The **CLOISTERED CARMELITE SISTERS IN ALMONTE** are very grateful for all the donations parishioners have so kindly donated each Sunday. Any food donations, toiletries are always appreciated. Please leave them at the Church entrance in the box mark "For the Carmelite Sisters". Thank you for your continuous generosity.

Parish News and Community Life ...

FROM ANNE HURLEY WITH GRATITUDE: MANY THANKS for the beautiful Mass, reception, gift from the parish and pictures that were taken yesterday. It was truly wonderful. So many things that I will treasure. Having all my present choir and so many former choir members and instrumentalists return, made my heart very full. The blessing you gave Father and the one the choir sang were both unexpected and humbling. The reception was amazing. I was not expecting that at all and I know everyone had a wonderful time. A special thanks to the Hospitality Team for all their hard work! The Hospitality Team and the Knights are very instrumental in keeping Holy Cross a wonderful community - one which I have treasured very much. For each of you and all your hard work, I am very grateful.

Social Justice...

FOOD BANK DONATIONS: Our local Food Banks are in need of soup, crackers, cereals, canned meat and canned fish. Please place your donations in the Food Bank bin at the front entrance to the Church before weekend Masses. Food donations for the Carmelites Sisters should be placed in the green bins inside the front entrance to the Church.

Other interests...

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 Café des Tours, located in the basement of Notre Dame Cathedral in Ottawa. To join the Quo Vadis email list or for information, contact Fr. Connor O'Hara, the Vocations Director at vocations@ottawacornwall.ca.

ECHO - YOUTH NIGHT FOR YOUTH in Grades 6–12. **Friday, February 06 from 7 pm – 9:30 pm at St. Mary Parish** (100 Young St). Step out of the daily noise and focus in on the voice of Christ. The night includes powerful praise and worship, Eucharistic adoration, a talk, small group conversations, and plenty of snacks. Whether faith feels solid, uncertain, or somewhere in between, Echo is a place to show up as you are and encounter something real.

VALENTINE'S CELEBRATION: Join us on **Saturday, February 14** for an evening of delicious food, music and entertainment at Our Lady of the Visitation Parish (5338 Bank St.) welcoming singles, families and couples. Doors open 4 pm, with a licensed bar, homemade Italian buffet service at 6 pm followed by an evening of entertainment and dancing. Prepaid \$40 pp tickets at 613-822-2007.

COME AND SEE: The Servants of the Cross (servantsofthecross.ca) are hosting a **COME AND SEE** for young single women who are discerning the consecrated life. It will be a time to discover your vocation and a time to connect with our Community. Join us either in-person or on Zoom from **February 20 – 22** (Friday – Sunday). Register by Friday, February 13. Contact: Sr. Penelope Micae Nguyen, SC, Vocations Director, at 613-551-0899 or email at vocations@servantsofthecross.ca. For more info, check out our website: www.servantsofthecross.ca. "Come and See" and let the Lord speak to your heart. Space is limited!

ST. JOSEPH'S ORATORY PILGRIMAGE ON MARCH 19 with Fr. John Ogbaje and Queenship of Mary Sisters. Our Itinerary for the day: Holy Rosary, Holy Mass, Veneration of Relic of St. Brother Andre, Divine Mercy Chaplet. We depart on March 19 from St Basil's Church, (940 Rex Ave.) at 7:45 am and we return at 6 pm. The cost is \$100 which includes transportation and lunch. We will start the Novena to St. Joseph on March 10. To register contact Stan & Maria at mhbielec@icloud.com or 613-914-0427.

COLLECTION REPORT

25 January 2026 – \$2,801.05 (env) / \$424.80 (loose)

~ **THANK YOU for your generosity and support** ~

YOUR SUNDAY DONATIONS: Our Parish is operated only by your donations! By bringing your offertory envelopes or making your pre-authorized offertory gift (PAP), you are providing crucial support to care for your parish. May God bless you!!

Direct Your **United Way Contributions** to Holy Cross Parish: Did you know that you are able to direct your United Way contribution to Holy Cross? Simply mark the appropriate section on the reverse of your form to direct your monies to Holy Cross Parish, 685 Walkley Rd., Ottawa, ON K1V 6R8. You not only give to United Way but you help your church as well. Charity Name: Holy Cross Parish/Registration Number: 12896 7353 RR0012

Food for Thought †

"Remember that when you do the duty of the moment, you do something for Christ. You make a home for Him, in the place where your family dwells. You feed Him when you feed your family. You wash His clothes when you do their laundry. You help Him in a hundred ways as a parent. Then, when the time comes for you to appear before Christ, to be judged, He will say to you, "I was hungry and you gave Me to eat. I was thirsty and you gave Me to drink. I was sick and you looked after me."

— Catherine Doherty