



FIFTH SUNDAY IN ORDINARY TIME – 08 FEBRUARY 2026

“Jesus said to his disciples: ‘You are the salt of the earth... You are the light of the world...let your light shine before human beings, ...they may see your good works and give glory to your Father in heaven.’”

Announced Mass intentions

- Sat., Feb. 07 5:00PM Mass: +Madelaine 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
- Wed., Feb. 11 12:15PM Mass: +Clare Schuler
- Thurs., Feb. 12 12:15PM Mass
- Friday, Feb. 13 11:00AM **ADORATION** until 12 noon
12:15PM Mass +Chung Qui Sue
+Alan Thibeau
+Gardner & +Thibeault Families
- Sat., Feb. 14 5:00PM Mass
- Sun., Feb. 15 **SIXTH SUNDAY IN ORDINARY TIME**
8:00AM Mass: Intentions of Holy Cross Parishioners
10:00AM Mass: +Bryan Langlois

Events Calendar ...

- Sat., Feb. 07 4:40PM Rosary – Church
6:00PM Choir Potluck – Hall
- Sun., Feb. 08 10:00AM Children’s Liturgy
- Wed., Feb. 11 7:00PM Choir Practice – Church
- Thurs., Feb. 12 1:00PM Club 55 – Hall
6:30PM **PREPARATION SESSION #2**
for **FIRST HOLY COMMUNION** – Hall
- Fri., Feb. 13 1:00PM Faith Study
- Sat., Feb. 14 10:00AM Hospitality meeting - Library
10:00AM K of C setting up hall
4:40PM Rosary – Church
- Sun., Feb. 15 10:00AM NO Children’s Liturgy
PANCAKE BREAKFAST after all morning Masses – Hall

†OUR CONDOLENCES AND PRAYERS:

For the departed soul of
+Dr. Edward O’Brien
brother of Archbishop Brendan O’Brien
May his soul rest in peace.



Words from the Pastor . . .

Jesus said to his disciples: "You are the salt of the earth. But if salt loses its taste, with what can it be seasoned? It is no longer good for anything but to be thrown out and trampled underfoot. You are the light of the world. A city set on a mountain cannot be hidden. Jesus reminds us that faith is not meant to be hidden or kept private. Like salt, our discipleship is meant to bring flavor, preserve what is good, and make a difference where we live and work. Like light, our lives are meant to reflect God’s goodness so others can find their way. When we live the Gospel with integrity, kindness, and courage, our ordinary actions become signs of God’s presence in the world. Where in my daily life is God calling me to be more visible in faith and love? How do my words and actions help preserve what is good in my family, parish, or community? What might be causing my faith to lose its “saltiness,” and how can I renew it today?

POPE LEO XIV’S MESSAGE for the 34TH WORLD DAY OF THE SICK, which will be celebrated on Wednesday, 11 February, offers a reflection on the theme “The compassion of the Samaritan: loving by bearing another’s pain”.

In his message, the Holy Father offers us the following prayer: *Sweet Mother do not part from me. Turn not your eyes away from me. Walk with me at every moment and never leave me alone. You who always protect me as a true Mother, obtain for me the blessing of the Father, Son and Holy Spirit.*

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

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. Please leave any donations in the box mark “For the Carmelite Sisters”. Thank you for your continuous generosity.



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.

Parish News and Community Life ...

10 AM CHOIR: We are currently looking for an acoustic / electric guitar player to join the group. Please note that the 10 am Sunday Mass Choir rehearsals are held every Wednesday at 7 pm. New members are welcome! For more information, please contact Alex Korablin at alex.korablin@yahoo.com or see him after the 10 am Mass on Sundays.



COFFEE SUNDAY: Hospitality reminds you that we continue to be celebrating Valentine's Day on February 22. We invite you to come join us and spend time together while enjoying a drink and homemade Valentine like treats after the morning Masses. Gluten free treats will be available as well.

SACRAMENTS – IMPORTANT NOTICES TO PARENTS



FIRST HOLY COMMUNION: The **SECOND PREPARATION SESSION** will be held on **THURSDAY, FEBRUARY 12 at 6:30 pm.** Please plan to be there 30 minutes early to check-in. Also, be sure to watch for our Flocknote in your email from the

Sacramental Preparation Team with more information.

SACRAMENT OF FIRST RECONCILIATION: will be held on **TUESDAY, FEBRUARY 24 at 6:30 pm.** Parents are asked to **PLEASE arrive at 6:10 pm** to sign-in your child.



CONFIRMATION: The **SECOND PREPARATION SESSION** will be held on **Thursday, February 26 at 6:30 pm (SHARP).** Please arrive at 6 pm to sign-in your child as we will promptly start at 6:30 pm.

BEREAVEMENT MINISTRY: Beginning in April, a Grief Support program, "**When Life Changes**", will take place over a period of 6 weeks. There is a need for volunteers to assist – Facilitators to lead groups, and a small team to help register participants and prepare refreshments, etc. **Training will be provided in advance for Facilitators.** If you are considering a way to serve in the parish, and would like further information, please contact Jane Kralik at jmkralik@gmail.com or 613-523-0560.

Social Justice...

FOOD BANK DONATIONS: Our local Food Banks are in need of school snacks and pasta and sauces. Other items always in demand are listed on the Social Justice bulletin board at the back of the church. Please place your donations in the Food Bank bin at the front entrance to the church before weekend Masses. Thank you for helping out those in need in our community.

SSVP OTTAWA SOUTH CONFERENCE is working with Catholic Immigration Services to assist a young Ethiopian mom with a 6-month-old baby. If you have any housewares or furniture to donate, please contact Pauline Houlahan at houlahanpauline@gmail.com or 905-467-7748.

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.

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, go to check www.servantsofthecross.ca. 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

01 February 2026 – \$8,530.05 (env) / \$604.80 (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