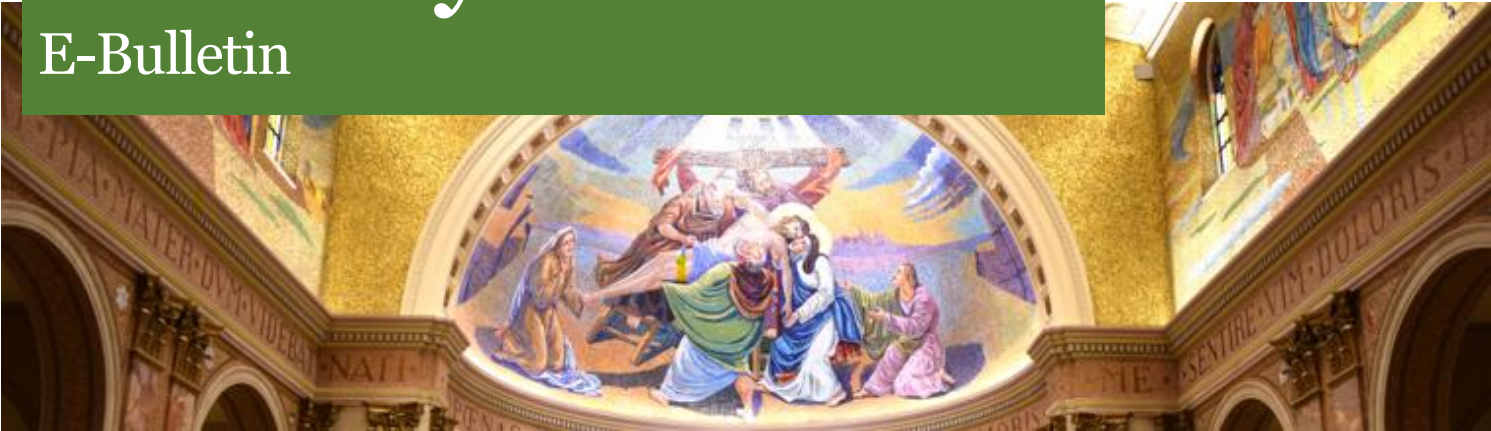


# Our Lady of Sorrows

## E-Bulletin



### Sixth Sunday in Ordinary Time

#### LIVING YOUR FAITH DURING LOCKDOWN

##### Livestreaming OLS Mass

Join Mass through our [YouTube channel](#). If you miss a Mass time, the recording remains online.

9am Mass (Mon- Sat)  
5:15pm Sat (**Sunday Vigil**)

##### Communion Services

Please enter through the elevator entrance on Cliveden. This opportunity is an addition to your home spiritual life. Please watch Mass first online, then attend.

**Saturdays:** 3:00pm - 4:30pm  
**Sundays:** 9:00am - 11:00am

##### Private Prayer and Exposition of the Blessed Sacrament

**Mondays:** 7:00pm - 8:30pm  
**Wed & Fri:** 10:00am - 12noon

Confessions on Mondays & Fridays  
During Private Prayer times

##### COVID Safety Rules at OLS

Visit [here](#) for our COVID-19 attendance policy.

#### SCHEDULE CHANGES

**Monday, Feb 15<sup>th</sup>** - No Private Prayer, Exposition of the Blessed Sacrament nor Confession due to Family Day.

**Wednesday, Feb 17<sup>th</sup>** - No Private Prayer nor Exposition of the Blessed Sacrament due to Ash Wednesday Communion Service.

#### KIDS WORD

This week we are learning what we can do to help others like Jesus did.

Alicia teaches how can we use gentleness, kindness, and love to live like Jesus and improve the lives of those around us.

As we enter the Season of Lent, it is the perfect time to add more love and kindness into our lives.



#### PRAYER CORNER

##### A Special Prayer for You....

*For all our parishioners we pray that happiness and love be at your door.*

*May it knock early, stay late and leave the gift of God's peace and good health with you.*

*We wish you a blessed and beautiful Valentine's and Family Day.*

~ OLS Team

**Pancake Recipes!**



We have received some very exciting and flavourful pancake recipes. From fruit infused to gluten free we have you covered. Visit [here](#) to check out some delicious pancake recipes. Feel free to send us a photo of you enjoying your pancake celebration.

**Ash Wednesday**

Ash Wednesday is going to look a little different this year. Below is a list of ways you can participate both virtually and in church.

*Ash Wednesday Mass*

Join us for Ash Wednesday Mass at 9am on our [YouTube channel](#). If you can't join us at 9am, the recording will be available online for you to watch later.

*Communion & Ash Services*

**10am–1pm & 5pm–8pm Feb 17**

Communion Services will include the distribution ashes on Ash Wednesday. It will be the same process as Communion Services; parishioners will not need to register in advance. You will enter the church through the elevator entrance). Ashes will be sprinkled on the head.

*Communion Services Continued...*

The services can accommodate 7 parishioners at a time and each service takes approx. 7-8 minutes. The line up for the next service will be outside the church.

COVID Reminders:

- Attending parishioners will need to provide information for contact tracing
- A Mask that covers you nose, mouth and chin must be worn at all times in the church
- Parishioners will be required to sanitize their hands upon entering and existing the church
- Parishioners must be able to stand or sit on their own personal mobility device for the duration of the service; pews are not available
- Washrooms will not be available
- Elevator available upon request

**Way of the Cross**

We have been working hard behind the scenes to help ensure that everyone can participate in parish life during the season of Lent. We invite everyone to join us for a *Virtual* Way of the Cross which will be available on our [YouTube channel](#) starting Friday, February 19.

With the help of many of your fellow parishioners, we have recorded the stations.

During the Season of Lent people often think about what they can give up to mirror Jesus' 40 day sacrifice. After a year of giving up so much, we encourage you to focus on what you can add to your life, to live like Christ. To focus on how you can use Lent to improve your spiritual connection and the lives of those around you.

Could you commit to praying everyday during Lent? Can you add acts of gratitude and kindness to your daily routine? Each week during lent we will offer new ideas on ways you can celebrate Lent from home.

More Lenten resources can be found [here](#).

**MARRIAGE SUNDAY**

To celebrate the tremendous contributions of the married couples who continue to strengthen our faith community, our parish is participating in a program to offer a personalized, special blessing certificate to married couples celebrating their 25th, 40th, 50th, or 60+ wedding anniversary in 2021. During this weekend's Mass, the Marchildon's will receive a blessing on behalf of all of this year's recipients.

**MUSIC MINISTRY**

This week we are treated to Sicut Cervus by Italian Renaissance composer Giovanni Pierluigi da Palestrina (c.1525 - 1594) is based on Psalm 42. Visit our [Music Ministry Playlist](#) on our You Tube Channel to listen. and learn more about the recording.

**MASS INTENTIONS – Feb. 15<sup>th</sup> – 21<sup>st</sup>**

**Mon.** †Suor Stanislava Rita Dell’Osbel by Elena Dell’Osbel  
**Tue.** Siobhan Donnelly by Regina Finnegan  
**Wed.** Michael McKee by family  
**Fri.** † Alvin Mansell by Gordon & Inis Mansell  
**Sat. 5:15pm** – Parish Intentions  
**Sun. 8am** – †Craig Cooper & †Anic Family by Rosemary Blahy  
**9:30am** – † Maria Di Pietro Cortellucci by John & Lucy Italiano  
**11am** – †Clarinda Tarenta by Alice Domingues  
**12:30am** – †Ssara Assalone by Angie & Vincenzo





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