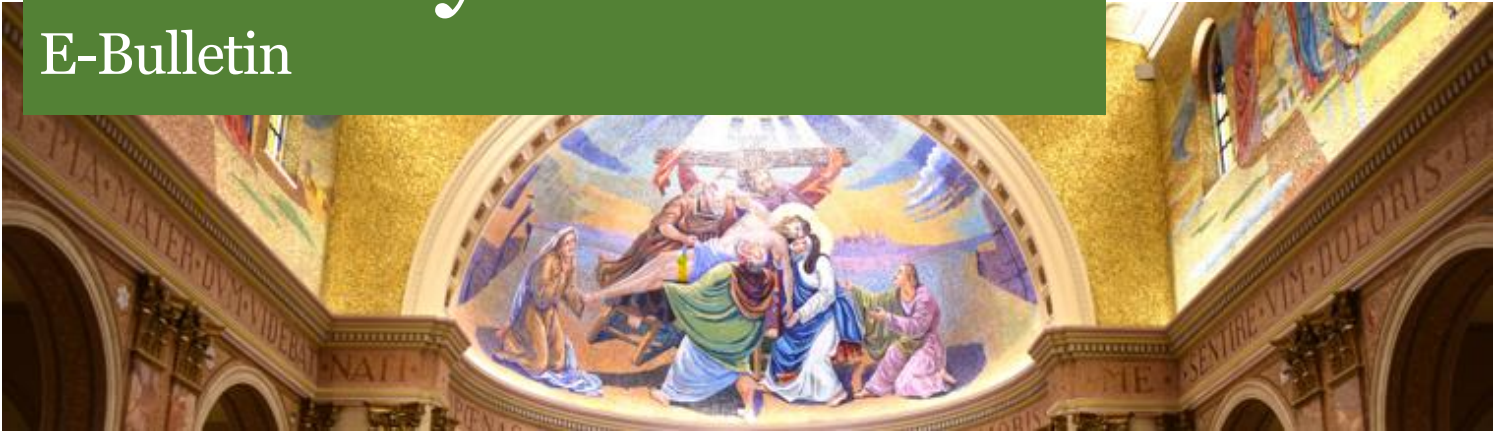


Our Lady of Sorrows

E-Bulletin



Fifth 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 **Cliveden South Entrance** (glass entrance). 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.

SHARELIFE



We have just received our ShareLife totals for the 2020 campaign. In a year when people relied on ShareLife agencies more than ever before we have united as a community and supported them. Our 2020 goal was \$425,000. We are happy to report we went above and beyond and raised \$463,585.69 for those in need. Thank You!

KIDS WORD

Join Alicia as we learn about the power of prayer and of spending time with God.

While we can't heal people the way Jesus did, we can show others we care about them with acts of kindness. Is there someone in your life who you can reach out to? How can you add an act of kindness to your week?



PRAYER CORNER

A Shared Family Prayer for Kindness and Compassion

Dear Lord, we come together in this moment to open our hearts in the energy of prayer.

We take a deep breath in, imagining the Holy Spirit is moving through us to filter out any stress, worry or tension that might be hanging out in our bodies. Feeling it all dissolving, we blow it out, wiggling it out of any parts where it may be stuck as it leaves.

With the next breath, we feel clean, fresh air coming in, picturing love pouring in with it, filling us up with kindness and compassion.

Breathing out any leftover worry or discomfort, we envision ourselves filled to overflowing with love to share wherever we go. We see love, we feel love and we are love.

~ Amen.

PREPARATIONS FOR LENT

SACRAMENTAL PREPARATION

Last Call for Recipes!



We'd like to thank everyone who has submitted their favourite pancake recipes for Shrove Tuesday. We have some very tasty options to share with you all next week! There is

still time to get your recipe in. Please [e-mail](#) your pancake recipe by Feb 8th to be included.

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 Service

10am – 1pm & 5pm – 8pm

We will be holding Communion Services and distributing ashes throughout Ash Wednesday. It will be the same process as for regular Communion Services; you will not need to register. Parishioners will enter the church through the south Cliveden doors (elevator entrance).

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. This will allow us all to make a spiritual pilgrimage of prayer together, through meditating upon Christ's suffering and death.

Upcoming schedule for virtual Confirmation classes:

Confirmation

Sun., Feb 7th @ 2 pm

Zoom information will be emailed to parents. If you need any additional information, please contact [Gabriela](#).

PARISH VOLUNTEER OPPORTUNITIES



Volunteer Photographer

We are looking for a photographer to help us with a project we have at the church. If you are interested and have some time in the next few weeks to assist us, send us an [e-mail](#) to learn more.

Maturing Adults Ministry

We are continuing our search for a parishioner to lead this ministry and help connect the parish. If you are interested, send us an [e-mail](#) to learn more.

Ministry for Maturing Adults is a program which seeks to provide spiritual growth and community for parishioners in the second half of their lives.

MUSIC MINISTRY

This week's selection is a live concert presentation of J. S. Bach's C minor Trio Sonata, BWV 526.-II, featuring Gordon. This movement offers a sense of calm, hope, faith and peace. Visit our [Music Ministry Playlist](#) on our You Tube Channel to listen.



MASS INTENTIONS – Feb. 8th – 14th

Mon.

Tue.

Wed.

Thurs. †Francesco Vaccarelli by Bellucci family

Fri.

Sat. 9am

5:15pm – †Mary-Anne Catenacci by Nick & Gabriella Sklar

Sun. 8am – †Adolf Pawlowski by family

9:30am – † Timothy Coulter by Pool/Coulter families

11am – †Jean & Ted McConvey by family

12:30pm – Parish Intentions



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