

Fourth Sunday in Ordinary Time – Year A

Diocesan Theme: **Christ is Everything for Us!** “Lord, to whom can we go? You have the words of eternal life”. (John 6.68).

Parish Mission Statement: **Love God, Love Others, Make Disciples!** Our Lady of the Miraculous Medal parish, through the liturgy, faith formation and sacramental life, provides opportunities for members to develop their faith and service to others.

MASS INTENTIONS

Saturday, January 31st – St. John Bosco

4:30pm Repose of the soul of Bernice Cote by the James family

Sunday, February 1st – 4th Sunday in Ordinary Time

9:00am Repose of the souls of Alfred and Jeannine Lalonde by the Urlocker-Lalonde family

10:45am Intentions of the parishioners by the Pastor

Wednesday, February 4th

9:30am No Mass

Thursday, February 5th – St. Agatha

9:00am No Mass

Friday, February 6th – St. Paul Miki & Companions

9:00am For Gariepy and McLaughlin families

Saturday, February 7th

4:30pm Repose of the souls of Murray and Barbara Fleet by the James family

Sunday, February 8th – 5th Sunday in Ordinary Time

9:00am For private intention by a parishioner

10:45am Intentions of the parishioners by the Pastor



Begin the journey to the cross

Ash Wednesday, February 18th

9:30am & 7:00pm - OLMM

PILGRIMAGE TO MEDJUGORJE & CENTRAL EUROPE

Under spiritual leadership of: Fr GERARD PLANT
Pastor, Our Lady of the Miraculous Medal, Russell
April. 21 – May 04, 2026 - 12 days - \$4990.00 per person

(Includes Roundtrip flights, land arrangements and taxes)

Montreal, Ottawa or Toronto Dep. (incl. all taxes)



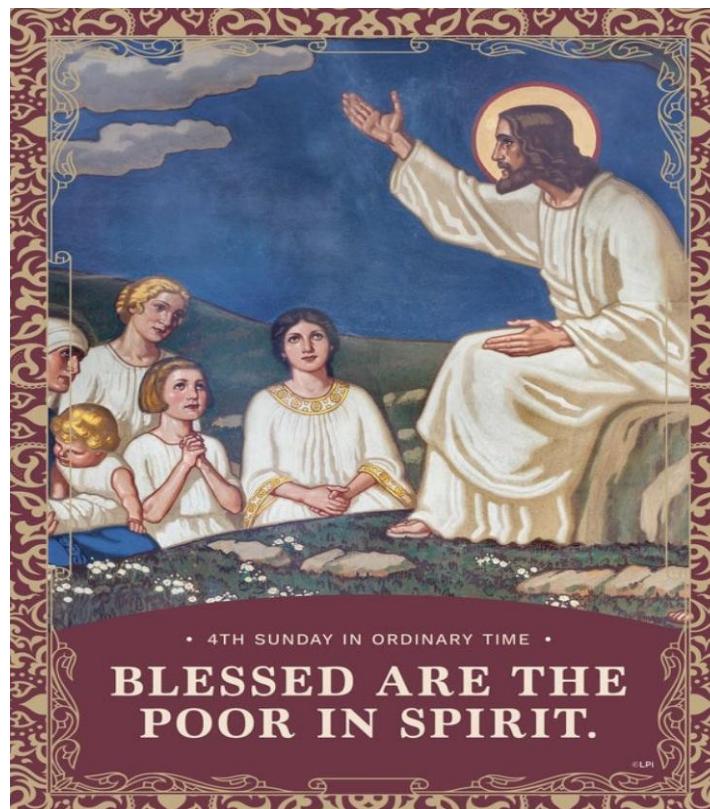
To Book please contact

Algonquin Travel
& Cruise Centre Travelplus
Travel Registration # 4345856

JOSEPH NIU JOSEPH - Tel: 613 769 9401
Email: joseph@travvia.ca
Toursoedia Pilarmmades



Confirmed departure. Few seats left!!!



Readings: Zep 2:3; 3:12-13/1 Cor 1:26-31/Mt 5:1-12a

Today's Gospel reading is the Beatitudes:

Blessed Are ... the poor in spirit, those who mourn, the meek, etc. Jesus said Blessed ARE, not blessed will be ... They are blessed now, in today's reality. If we are poor, mourning, meek, hungry for justice... persecuted, we may not FEEL blessed, but yet we are. This gospel grounds us in the reality where we find ourselves, where, relying on our God we strive for justice and humility.

**Intentions of the Holy Father for February
For children with incurable diseases**

Let us pray that children suffering from incurable diseases and their families receive the necessary medical care and support, never losing strength and hope.

February 1, 2026

Are you new to Our Lady of the Miraculous Medal Parish?
WELCOME! If you have not yet registered, please complete a registration
form in the foyer or office.

You may bring the completed form to the office or drop it in the collection basket.

FIRST FRIDAY ADORATION



Every Holy Hour
we make,
so pleases the
Heart of Jesus that it
is recorded in
Heaven and retold
For all eternity!
-St. Mother Teresa of Calcutta

Friday, February 6th, 3:00 pm to Saturday, February 7th,
3:00 pm. We would like to have two adorers per hour. If
you want to become a regular adorer or want more
information, please call the parish office at 613-445-3054
or email adoration@olmm.ca.

OLMM SPIRITUAL LIBRARY NEWS

Parents – You can take children's books from the library for use
during mass without signing them out, but *Please* remember to
return them to the library after Mass. Just place them back in
the children's book area.

Free Books - Spiritual Library books withdrawn from the library
collection can be found in the church hall and are available
for free to parishioners.

2025 INCOME TAX RECEIPTS

**The 2025 income tax receipts are
ready for pickup in the foyer.**

**Many thanks for your generous
donations towards keeping our
beautiful church up and running!**



*Why become a Catholic Women's
League member? Each week we will
present a word that may spark your
interest.*



"ACCEPTANCE" – The gifts we have are
made valuable only by sharing them with
others. Your gifts are gratefully accepted by
the Catholic Women's League where
members willingly share the good things
God has given them. We can't wait to meet
you!

YOU HAVE THE RIGHT TO BE CARED FOR

#SayNOtoMAID



Illustration by: Jacqueline L'Esperance

Join Us In Building A Community
Of Love & Respect For Life

actionlife.org

 **Action Life**
pour la vie
OTTAWA, INC.

Sunday Morning Smile ARCTIC BLAST



KNIGHTS OF COLUMBUS COUNCIL 12401 CORNER



The K of C Council 12401 will be
holding their next parish breakfast on Sunday
February 8, 2026 after the 9:00 am and 10:45
am Masses. The cost is \$10 per adult, \$5 per
child under 12 and \$30 for family. Please
come and enjoy a hearty and delicious
breakfast with fellow parishioners.