

## 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 31<sup>st</sup> – St. John Bosco**

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

**Sunday, February 1<sup>st</sup> – 4<sup>th</sup> 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 4<sup>th</sup>**

9:30am No Mass

**Thursday, February 5<sup>th</sup> – St. Agatha**

9:00am No Mass

**Friday, February 6<sup>th</sup> – St. Paul Miki & Companions**

9:00am For Gariepy and McLaughlin families

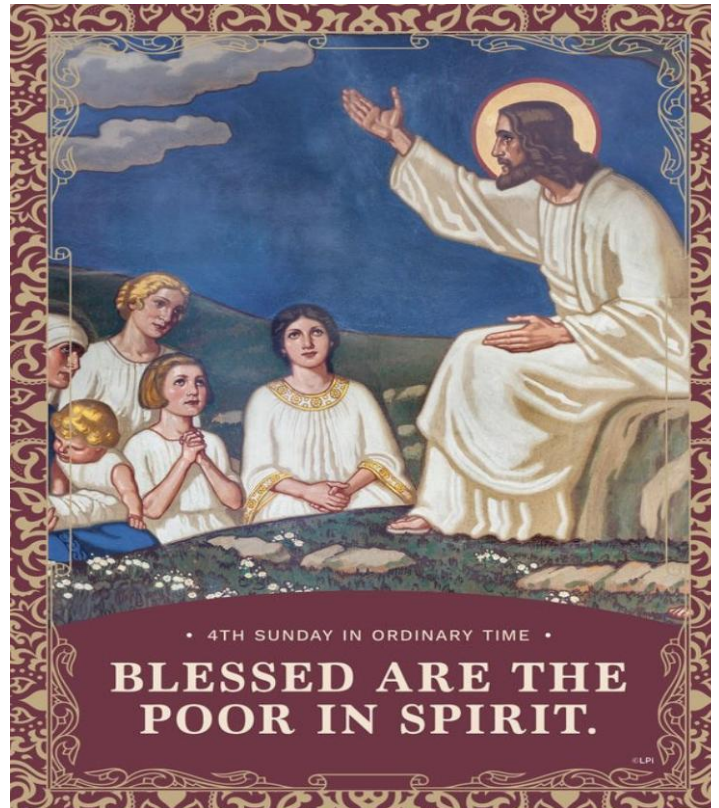
**Saturday, February 7<sup>th</sup>**

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

**Sunday, February 8<sup>th</sup> – 5<sup>th</sup> Sunday in Ordinary Time**

9:00am For private intention by a parishioner

10:45am Intentions of the parishioners by the Pastor



**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.



**Begin the journey to the cross**

Ash Wednesday, February 18<sup>th</sup>

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 NIJU JOSEPH - Tel: 613 769 9401

Email: joseph@travia.ca

Toursoedia Pilgrimmaoes



**Confirmed departure. Few seats left!!!**

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 6<sup>th</sup>, 3:00 pm to Saturday, February 7<sup>th</sup>, 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](mailto: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.

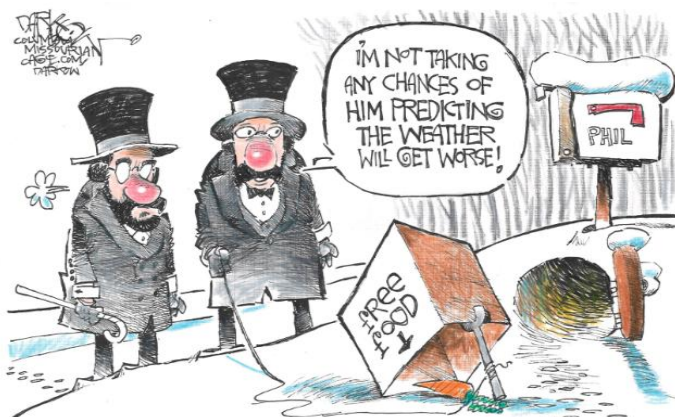
### 2025 INCOME TAX RECEIPTS

*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!



## Sunday Morning Smile ARCTIC BLAST



*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



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

[actionlife.org](http://actionlife.org)

Action Life  
pour la vie  
OTTAWA, Inc.

### 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.