



# The Good Shepherd Parish

*The Good Shepherd Parish is a Catholic community rooted in the Gospel where all are invited to encounter Christ, grow in holiness, and proclaim His Good News to the world.*

3092 Innes Road, Ottawa, Ontario K1W 1C8

Telephone (613) 824-4394

Email: [pastor@thegoodshepherdparish.com](mailto:pastor@thegoodshepherdparish.com)

Website: [www.thegoodshepherdparish.com](http://www.thegoodshepherdparish.com)

## FIRST SUNDAY OF LENT

### Mass Intentions

#### Saturday 20 February – First Sunday of Lent

5:00 pm Intentions of Daniela Capparoz, Mariana Estela, Rodrigo Estela and Gustavo and Doelia requested by Michael and Fabiana Nobel

† Michael Lynch requested by Sean and Anna May O'Carroll

#### Sunday 21 February – First Sunday of Lent

9:00 am † Madeleine Bedard requested by Bill and Lorraine Coveny

11:15 am No intention

#### Tuesday 23 February

9:00 am Intentions of Jorge Assandri requested by Michael and Fabiana Nobel

† Kunjila and the Souls in Purgatory requested by a Parishioner

#### Wednesday 24 February | No intention

#### Thursday 25 February | No intention

#### Friday 26 February

9:00 am † Nelida Caparroz requested by Michael and Fabiana Nobel

† Keith Moffett requested by Nancy Moffett

#### Saturday 27 February – Second Sunday of Lent

5:00 pm † Frank Faure requested by Carol Faure

† Bernice Sheldrick requested by Dr. G.M. Lusignan

† Vince Keating requested by Bob and Joan Dunn

† John Joseph Enright and Jane Enright requested by Fran Enright

#### Sunday 28 February – Second Sunday of Lent

9:00 am No Intention

11:15 am † Antonio Perreira requested by Odilia and Paul Garcia

#### Tuesday 02 March

9:00 am † Katherine Sabourin requested by Patricia McKinnon

#### Wednesday 03 March | No intention

#### Thursday 04 March | No intention

#### Friday 05 March

9:00 am Intentions for healing for Rosie Saunders requested by the Pastoral Care Team

#### Saturday 06 March – Third Sunday of Lent

5:00 pm † Gordon Willick requested by the family

#### Sunday 07 March – Third Sunday of Lent

9:00 am Intentions for healing of Angela O'Carroll requested by Sean and Anna May O'Carroll

11:15 am No Intention

#### Tuesday 09 March

9:00 am No intention

#### Wednesday 10 March | No intention

#### Thursday 11 March | No intention

#### Friday 12 March

9:00 am No intention

#### Saturday 13 March – Fourth Sunday of Lent

5:00 pm † Ken and Frances Kennedy requested by the family

† Gene and Vivian Lusignan requested by Dr. G.M. Lusignan

#### Sunday 14 March – Fourth Sunday of Lent

9:00 am No intention

11:15 am No Intention

*Dear friends and parishioners of The Good Shepherd Parish –*

*Our church doors are once again open to in-person Sunday weekend Masses (5:00 pm Saturday; and 9:00 and 11:15 am Sunday) and two weekday Masses each week (Tuesday and Friday at 9:00 am). Everyone needs to pre-register for the Sunday Masses, and the EventBrite function is open from Sunday to Friday at noon for online registering. You may also call Bonnie at the office before noon on Fridays and she will register for you.*

*We are again adhering faithfully to the COVID protocols that were developed by your parish leadership, based on the Diocesan Guidelines as well as the Provincial Public Health Directives; please read page two of this bulletin to refresh these protocols for attendance at all in-person Masses.*

*Our Sunday Mass continues to be recorded and uploaded to our Parish YouTube Channel; this will continue for the foreseeable future. Please pray along with this Mass as this continues to be a meaningful gathering of our Good Shepherd community of faith.*

*Recently, a number of parishioners gathered to record The Way of the Cross and it is also posted to our Parish YouTube channel. This rich liturgy is one I highly recommend you include in your Lenten Prayers. Thank you to all those who gathered to make this recording for us all. I have received some emails from parishioners who have expressed their appreciation for this recording. This liturgy is another prayer that ties us together, given it was recorded in our church and shows the powerful images that, carved by Fr. Herman Faulke, SCJ, hang in our church.*

*Elsewhere in this bulletin is Archbishop Marcel's Lenten Message to all of us and you are invited to read it and learn about the Catholic Centre for Immigration and how it relates to our Lenten journey.*

*Also in this bulletin is a Lenten Prayer Card to assist you in your Lenten prayers. This can be printed out, coloured, folded and placed on your kitchen table. It is a small daily reminder in this season of Preparation, that as a Parish Family, we will be joined together in Spirit, as we pray this daily prayer throughout Lent 2021.*

*As we begin the Season of Lent, we are invited to deepen our prayer life, to consider ways to live anew, following our Lord Jesus Christ with charity and kindness in our everyday actions. Let us ask ourselves "what do we need to do to live a fuller, holier life" and then let us pray our way through these Forty Days of Lent, preparing ourselves to respond to the Lenten invitation to live anew.*

*I hold you and your families in my prayers, and I ask you to continue to pray for me.*

*Yours in Christ,*

*Fr. Virgil*

## SACRAMENT OF RECONCILIATION

**Available one-half hour before every Mass;  
other times by appointment.**

**Please call Fr. Virgil at 613-824-4394, ext 2.**

# WEEKDAY MASSES ARE EVERY TUESDAY AND FRIDAY AT 9:00 AM

## WEEKDAY MASSES

Current schedule\*\*: Tuesday and Friday at 9:00 am

**\*\* NEW INFORMATION \*\*** For those wishing to attend either weekday Mass, please note, while there is no requirement to register in advance for the Mass, **everyone must register on arrival**. The front door will be opened at 8:30 am and you will be asked to provide your name and telephone number to Bonnie who will enter this information on our registration form. This form will be held for **60 days** should it be needed for contact tracing; forms will be shredded **after 60 days**.

**\*\*** Please read the ***“Welcome Back to The Good Shepherd Church”*** document, on our home page, prior to coming to Church.

**You are all requested to please follow our parish COVID-19 protocols:**

1. take your temperature at home to confirm you are well enough to attend Mass
2. **\*\*wear a mask that securely covers the nose, mouth and chin;** no gloves when receiving Holy Communion;
3. **\*\*REMINDER: NO SINGING PERMITTED**
4. enter Church by the Main/Front door
5. on arrival, use the touchless hand sanitizer on the wall
6. **\*\*REMINDER: Washrooms are to be used only in urgent cases; if you have used the washroom, please ensure all washroom spaces are wiped down\*\***
7. provide your name and telephone number to Bonnie at the registration table
8. take a seat in the Main Worship Space, ensuring social distancing between you and others who are not in your group (**at least three (3) seat separation between groups**)
9. **\*\*REMINDER: please depart the Church immediately following conclusion of Mass,** ensuring social distancing is maintained at all times
10. depart Church by the side door (down cloakroom hallway)

**\*\*Due to COVID-19 requirements to clean between Masses we are unable to hold more weekday Masses.**

When attending Mass in church, if you have hearing challenges, please tune into 100.7 FM on your radio to pray along.

## ALL WEEKEND SUNDAY MASSES

**\*\*\*** Please read the ***“Welcome Back to The Good Shepherd Church”*** document located on our home page **prior** to registering for Sunday Mass.

**ONLINE REGISTRATION for all weekend Sunday Masses opens on Sunday afternoon and closes at NOON on FRIDAY.**

**COVID-19 protocols to follow when attending Mass in our church:**

1. everyone who enters our church must wear a mask that securely **covers the nose, mouth and chin;**
2. after confirming temperature and registration, ushers will seat all attendees, according to social distancing policy.
3. the cantor is the only person singing at Mass; the assembly is to please remain in silent spiritual union with the hymns.
4. all may respond to the spoken prayers throughout the Mass.
5. there is no passing of the collection basket; please place your envelope or offering in the box (at the Baptismal Font) as you exit the worship space after Mass ends;
6. please wait for the ushers to guide the assembly, row by row, **SINGLE FILE**, for the distribution of Holy Communion; no gloves are to be worn when receiving Holy Communion.
7. Please wait for the ushers to guide the row-by-row exit, immediately after Mass ends, out the side door (adjacent to the cloakroom), ensuring social distancing is maintained.

### Act of Spiritual Communion

My Jesus, I believe that You are present in the Most Blessed Sacrament.

I love You above all things, and I desire to receive You into my soul.

Since I cannot now receive You sacramentally, come at least spiritually into my heart.

I embrace You as if You were already there, and I unite myself wholly to You.

Never permit me to be separated from You.

Amen. *Saint Alphonsus Liguori*

### MASS ON YOUTUBE

Our parish Sunday Mass will continue to be on The Good Shepherd Parish YouTube channel each Sunday.

Select the link on our parish homepage:

<https://www.thegoodshepherdparish.com/>

Please share this information with your fellow parishioners, family and friends who are unable, for health reasons or church space limitations, to join us in the church.

Please share all information in this bulletin with your fellow parishioners, particularly those who do not have access to the internet.

- In accordance with the ON Provincial Health Orders, our church is currently subject to “orange/restrict” COVID protocols.
- For registration for weekend Sunday Masses, the EventBrite function (link on our homepage) is open every Sunday afternoon and closes every Friday at NOON.



CANADIAN CONFERENCE  
OF CATHOLIC BISHOPS

### NATIONAL PASTORAL INITIATIVE FOR LIFE AND THE FAMILY

Merciful Jesus, turn us to your loving arms. We experience many daily deaths and yet we stand in gratitude for your offer of new life. Prepare us by our practice of turning back to you so that we may walk with joy into eternal life now and at the end of our life. Amen.

(17 February 2021)



CANADIAN CONFERENCE  
OF CATHOLIC BISHOPS

### NATIONAL PASTORAL INITIATIVE FOR LIFE AND THE FAMILY

God of the wilderness, give us space in this Lent to see you ministering to us. Help us to see you in a new way in the absences of comfort and familiar routines. Draw us into their mystery of letting you care for us. Amen.

(21 February 2021)



## The Way of the Cross at The Good Shepherd Church

recorded and posted on our parish YouTube channel

*The Rev. Corbin Eddy  
(adapted 2017, used with permission)*

### POPE'S PRAYER INTENTION FOR FEBRUARY 2021

**UNIVERSAL:** *Violence against women ~*



*We pray for women who are victims of violence, that they may be protected by society and have their sufferings considered and heeded.*

*Please pray for those who have requested our prayers:*

- |                     |                  |
|---------------------|------------------|
| Deacon Dan Careau 🙏 | Doreen Dumont 🙏  |
| Bruce Hodgins 🙏     | Inge Kobner 🙏    |
| Jean-Ella Lemire 🙏  | Joe MacDonell 🙏  |
| Gloria Marshall 🙏   | Michael Nortey 🙏 |
| Rosi Saunders 🙏     | Jean Scharf 🙏    |

**Good Shepherd Parish Conference of the SOCIETY OF SAINT VINCENT DE PAUL**



**Donations to SSVP:** The Conference of SSVP here at our parish are very thankful for all the help and donations last year. Your continued help and support will enable us to carry on with many good works in our community.

**THEME FOR THIS YEAR:** *Stretch forth your hand to the poor*

The Good Shepherd Conference continues to provide outreach to those in need within our community and to other regions where help is needed. We have been carrying out visits and delivering food vouchers to numerous people. The larger donation bin (located in the church parking lot) is open, so any gently used goods that you may have are always needed and appreciated.

*If you are interested in joining our team or wish to make a donation directly to the parish St. Vincent de Paul Conference, please contact Sharon Rideout, President, St. Vincent de Paul Conference at The Good Shepherd Parish via email at [drideouts@rogers.com](mailto:drideouts@rogers.com).*



**News from the Knights of Columbus Council 9005 Good Shepherd Parish**

Today I would like to reflect on the Faith in Action Programme. What does that word "faith" mean? Initially it means a set of beliefs, but it means a lot more. It is relational, for knowledge is relational. For example, one may know about the neighbours and this is a set of beliefs. But one may know some of the neighbours and this is relational. There is conversation between one another which is intimate. Meals are shared, friendships are made and thus relationships are formed. It is the same with Christ. We know about Christ and we can also have an intimate relationship with Christ. All this leads to doing good works and, to make a long story short, this is what faith in action is all about. Consider the words of James 2:14 "what good is it my brothers and sisters if someone claims to have faith but has no deeds".

Council 9005 is pleased to announce that Jay J Sanko son of Br. Jean Luc Sanko is now a member of our council. Jay is under the age of 20 but so was the prophet Jeremiah. Age does not count when serving the Lord. Jay J is studying at the Royal Military College. No problem for the Knights are a militaristic order. We hope he benefits from being a Knight and in the words of St. Paul puts on the armour of Christ and becomes a builder and not a knocker. The council looks forward to meeting him and checking him out when the COVID pandemic is over. Good luck Jay J.

It is with great joy that Council 9005 wishes to announce the appointment of Patrick E. Kelly as Supreme Knight effective March 1<sup>st</sup>; he is the Deputy Supreme Knight and takes over as our current Supreme Knight retires on March 1<sup>st</sup>.

Patrick E. Kelly comes well qualified for the job. He holds a Bachelor's Degree in Economics from Marquette University as well as a Law Degree from the same university. Furthermore, he holds a Master's Degree in Theology from the Catholic University of America. These days he will need that theology degree as he will have to contend with opponents and the usual moral conflicts. Indeed, being called to be Supreme Knight is a powerful position, but he knows that the power of Jesus is the power to serve. Furthermore, he became Judge Advocate General in the U.S. Navy and also served as a Commanding Officer at the U.S. Naval War College. He also held distinguished positions at the State Department. He was Principal Liaison with the Holy See and assisted with the formulation of U.S. foreign policy on religious freedom. As well, he advised the U.S. Catholic Bishops Conference in many ways.

And so we pray to Blessed Michael McGivney that God may guide and direct Patrick E. Kelly as he takes the helm of one of the most prestigious secular orders in the Catholic Church, that is, The Knights of Columbus.

James P. Tierney, Faith Director KofC

**Your Sunday envelopes are ready for pickup...**

- Your 2021 Sunday envelopes are ready to be picked up and are on tables in the Church Cloak Room
  - For those contributing via Pre-Authorized Contribution (PAC), there is a box of Special Collection envelopes as well.
  - **Please call Bonnie at the parish office** to arrange best (safest) way for you to pick up your envelopes (613-824-4394; ext 1)
- Thank you very much for your kind and generous support.*



**How to support your parish during the pandemic ...**

**Please see information on our parish homepage for the various ways to support your parish. You may also call and leave a message for Bonnie at the parish office (613-824-4394; ext 1). Bonnie will call you back to process a recurring or one-time donation for you.**

*Thank you very much for your kind and generous support.*

**Catholic Women's League (CWL) Ontario 2021 Provincial Annual Meeting of Members Fundraiser**

**Rosary Bracelet with CwL Charm – \$30.00 (\*plus shipping)**

Various colour combinations of beads.  
Handmade by League members.  
Beautiful for yourself and great for gift-giving.



- Please contact Sue Ann Soulliere at 613-979-5757 or email [sueannsas@bell.net](mailto:sueannsas@bell.net); or
  - Contact Marilyn Olsen (\*for free porch delivery), of the 2021 CWL ON Annual Meeting of Members Planning Committee at email [mabolsen@rogers.com](mailto:mabolsen@rogers.com)
- Cheques payable to 'CWL 2021 Ontario Provincial Convention'; or Interac E-transfer to: [cwl2021onconvention@gmail.com](mailto:cwl2021onconvention@gmail.com)





## The Archbishop's 2021 Lenten Message

The Church celebrates the Holy Season of Lent to prepare ourselves for the Easter Mystery. The structure of this holy season with its particular liturgical celebrations, such as Ash Wednesday, the Scrutinies for those seeking entrance to the Church through baptism at Easter, Palm Sunday and the Holy Week liturgies are meaningful and familiar. Though Lent may continue in a predictable pattern, circumstances in the world change from year to year. Each Lent, though familiar, is unique because we are experiencing life differently this year than the preceding one.



Last year we were in our first pandemic lockdown for Lent and Easter. For many, the loss of our Lenten liturgies and the powerful Easter celebration was particularly hard. We do not know at the present time how our Lent and Easter will unfold this year. There are contingency plans for different scenarios, but much remains uncertain. What is certain, however, is our traditional Lenten preparations of prayer, fasting and charity, which serve as a preparation for Easter in this holy season of repentance and a means of renewed commitment to the Good News of Jesus Christ.

This year, Lent will be different than our usual experience. I encourage each and every one of us to rely on our traditional practices of prayer, fasting and almsgiving with renewed vigour this Lent. You may consider offering the fruits of these practices in ways that support those struggling in the pandemic, especially those who are most vulnerable due to age, health, lack of resources or other reasons. No matter our particular circumstance, we can pray with and for those in need and in our fasting and charity, perhaps we can find ways to use the fruits of those practices to lend a material hand to those who need it.

Pope Francis in his encyclical *Fratelli tutti*, writes: “life, for all its confrontations, is the art of encounter. I have frequently called for the growth of a culture of encounter capable of transcending our differences and divisions” (n.215). I had a meeting with Carl Nicholson, the head of the Catholic Centre for Immigration. Carl shared with me the history of CCI’s origins in Ottawa and the foundational support from the Filles de la Sagesse and the Sœurs de la Charité without whom CCI would not exist. Today, CCI in its three locations, welcomes and supports refugees and other newcomers to Canada, helping them settle in our beautiful city. CCI supports newcomers through, to mention a few examples:

- mentorship programs
- assistance obtaining accreditation with professional bodies
- help finding housing and work
- aid in accessing health care
- finding the spiritual support they need.

CCI is an example of the Christian practice of welcoming the stranger and caring for those in need, creating those places of encounter between people of which Pope Francis so often speaks. It is beyond the scope of this Lenten message to catalogue all the ways CCI helps those in need: I encourage you to see for yourself by [visiting their website](#). Carl shared with me that many of the hundreds of volunteers come from our Catholic parishes and this is a powerful witness. When it is possible, you might consider helping where you can, to welcome and assist newcomers to our city.

*Create in me a clean heart, O God.  
And put a new and right spirit within me. Psalm 51.10*

Amen

Lord we thank you for the blessing of this day,  
For this meal and for this time together as family.  
Turn our hearts to you as we pray.  
Keep us mindful of our sisters and brothers in need.  
Give comfort, strength and peace to those  
who are sick or struggling in any way.  
We ask your blessing on this food which we  
receive from your bounty, through Christ our Lord.



### PRAYER OF THANKING

### LENTEN FAMILY PRAYER

Father, through our observation of Lent,  
help us to understand the meaning of  
your Son's death and Resurrection,  
and teach us to reflect it in our lives.  
In Jesus name, we pray. Amen

Our Father..... Hail Mary..... Glory be.....



### EASTER PRAYER

This is the day the Lord has made  
Let us rejoice and be glad.

*He Is Risen! Alleluia!*