



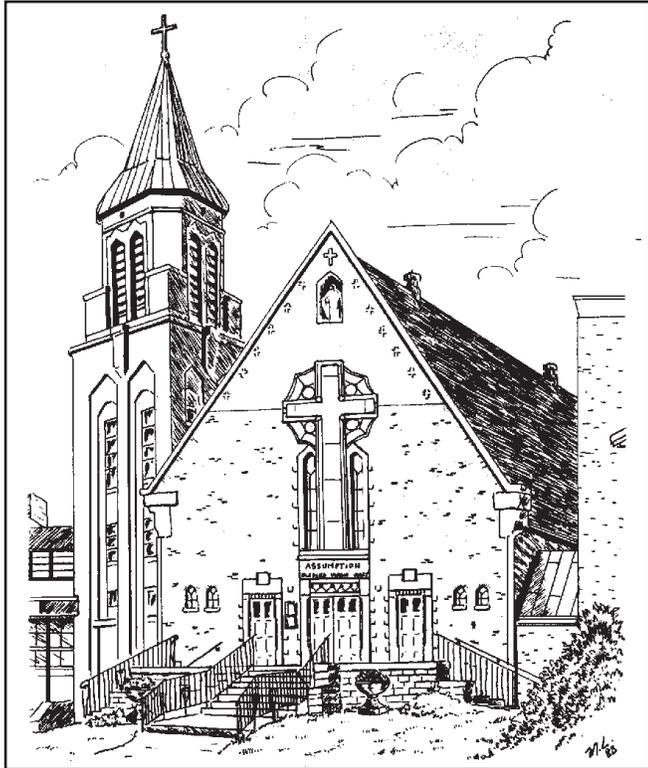
Assumption of the Blessed Virgin Mary Parish



Served by the Franciscan Friars Conventual

320 Olmstead Street, Vanier, Ontario K1L 7K3 • Tel: 613-695-6079

Website: www.assumptionparishottawa.ca



OUR PARISH MISSION STATEMENT

"We endeavour to build for this community a viable Christian Family that all will consider home."

MASS SCHEDULES

Saturdays: 9 am & 4 pm (Sunday Liturgy)

Sundays: 9:30 am, 12:00 pm (Filipino Mass), 7 pm

Mondays to Fridays: 8:00 am (except for School Masses, on Feast and Solemnities)

DEVOTIONS

Rosary: 30 Minutes Before Weekday Masses and Every First Saturday of the Month (after the 9:00 am Mass)

Devotion To Our Lady of Perpetual Help: Every Wednesday After The 8:00 am Mass

Eucharistic Adoration: Every 1st Friday at 8:30am (after the Morning Mass)

Stations of the Cross: Every Friday During Lent and Good Friday (time to be announced)

PASTORAL TEAM

Pastor: Rev. Fr. Victor Mateo, OFM Conv.

Pastoral Council Chair: Nicolas Murillo

Finance Council Chair: Mary Stanton

Administrative Assistant: Nora Arriola

PARISH OFFICE HOURS

Monday to Friday, 10 am - 12 noon, 1:00 pm - 4:00 pm
(closed on holidays)

PASTORAL & SACRAMENTAL CARE

Baptism: Please call the Parish Office to make an appointment to register your child for Baptism and to discuss all the requirements. If you belong to another parish, a letter of permission from your pastor is required. If you are not a parishioner of any parish, you must register and attend Mass regularly, and there is a three-month waiting period before your child can be baptized.

Confessions: Weekdays, after the 8 am morning Mass (approach the priest); First Fridays - 8:45 am to 9:15 am; First Saturdays - 9:30 am to 10:00 am, 3:30 pm to 4:00 pm (by appointment) Every Sunday - 11:30 am to 12noon

Marriages: One of the couples must be a registered member of the parish for at least 6 months and attend Mass here regularly. Please make arrangements at least six months before the wedding date. Marriage Preparation Course required.

Sacrament of the Sick & Communion for Shut-ins: Please contact the Parish Office

Funerals: Arrangements should be made firstly with the church, and then with the funeral director to insure proper Christian burial Assisted by the Bereavement Ministry

Youth Ministry: Every 1st Saturday of the month, 30 to 45 min. session (after the 4 pm Mass) at Carlo Acutis Hall.

Welcome

To the new and current MEMBERS of our PARISH.

Kindly visit our website

<https://www.assumptionparishottawa.ca>

PRAYER REQUESTS: Let us pray for the healing or better health of the following:



Lina Groulx, Claire Kiruhira, Christopher Finnerty, Charity Joyce Marohombsar, Michael and Arnita Sabong, Nelia Samournte, Feliza Daiz, Arlene Magpayo, Theresa Akan, Virgie Bautista, Leonida Sarmiento

**Pope Leo's Monthly Prayer Intention
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."

SCHEDULE of LITURGICAL MINISTERS

Feb. 14, 4:00 PM – Manny Beloy, Chit Villanueva, Lori Scott with Nora Arriola; **Feb. 15, 9:30 AM** – Emilyn Suficiencia, Nena Coronel, Gina Distor with Lynn Obero, Melchor Tejero; **12 NOON** – Edgar Piol, Nora Cerda, Lani Agustin with Ben David, Maura David; **7:00 PM** – Helen Belda, Gina Distor, Andrew Samonte with Helen Belda



Mass Intentions

February 7, Saturday, Our Lady's Saturday (white), **9:00 AM** – Thanksgiving to Our Lady of Fatima by *Flor Marcelo*; **4:00 PM, SUNDAY LITURGY** (white) – †Maria Fe Forro by *Nena Coronel*; †Sharon Elizabeth York by *Nick & Nieves Murillo*

February 8, Sunday, **FIFTH SUNDAY IN ORDINARY TIME – DIGNITY OF HUMAN LIFE DAY** (green) **9:30 AM** – †Rev. Paul Beaudoin; and Linda Beaudoin by *Beaudoin Family*; †Eddy Potvin by *Linda Tennant*; †Agostinho Matos by *Maria Matos*; †Pete Toribio by *Christina Jacobs*; **12NN** – †Dolores Poblete; †Maximo Poblete; †Servillano Poblete by *Ena Manalili*; †Cesar Formoso by *Ben & Ine David*; †Maricar Madlansacay Gatmaitan by *Bobby Madlansacay*; **7:00 PM** – Pro Populo

February 9, Monday, Ferial Day (green) **8:00 AM** – †Ruby Arriola by *Danny & Nora Arriola*

February 10, Tuesday, **Memorial, St. Scholastica** (white) **8:00 AM** – Denise Forro (birthday) by *Nena Coronel*

February 11, Wednesday, Votive Mass, Our Lady of Perpetual Help (white) **8:00 AM** – †Lourdes Viviezca by *Danny & Nora Arriola*

February 12, Thursday, Ferial Day (green) **8:00 AM** – †Ponciano, Flaviano & Danilo Forro by *Nena Coronel*

February 13, Friday, Ferial Day (green) **8:00AM** – Susan Teodoro (birthday); †Rodrigo Coronel by *Nena Coronel*

COLLECTION REPORT

Jan. 31 & Feb. 1, 2026 - \$ 2,983.

CONVENTUAL FRANCISCAN IN THE PHILIPPINES. As the Filipino Conventuals celebrate its ORDINARY CUSTODIAL CHAPTER from February 3 – 7, 2026. Fr. Victor Mateo is asking all parishioners to *remember the Friars of the Philippines in your prayers.* Fr. Victor will be back in Ottawa on March 2.

PRE-PLANNING INFORMATION SESSION: On March 1st at 10:15 AM (*after the 9:30 AM Mass*) and 1:15 pm (*after the 12 PM Mass*). A complimentary information session on **Funeral and Cemetery Pre-Planning by Capital Memorial Gardens.** Learn how pre-planning can protect your family, lock in costs, and ensure your wishes are clearly documented. Approx. 45 to 60 minutes. Refreshments will be served.

Help Restore our Historic Church Pews

Our church pews, crafted when the church was built in **1940**, have been part of the prayer life of our parish for generations. After more than 80 years, they now require careful restoration to preserve their beauty, safety, and history so we are started a **restoration project.**

Parishioners are invited to participate through our “Adopt-a-Pew” Program. The cost to restore one pew is **\$ 3,000.** Adoption may be made by an individual, family, or group, and can be offered in memory of a loved one or in thanksgiving for blessings received. **Donations are tax-deductible.**

To participate, kindly **call** the parish office at 613-695-6079 or **meet** with NORA ARRIOLA on Monday to Friday at 10 AM to 4 PM or **contact** THELMA ROGER at 613-2049390. Together, we can preserve this important part of our parish heritage for future generations. Thank you for your generosity and love for our church.

SAVE THE DATE: PARISH DINNER FUNDRAISING on March 7 (Saturday). Details and to follow.

A Franciscan Jubilee Year

Pope Leo XIV has proclaimed a “Special Year of St. Francis” to commemorate the 800th anniversary of the saint’s death. During this time of grace, **beginning January 10, 2026, and extending until January 10, 2027**, the faithful are granted the opportunity to obtain a plenary indulgence. This Franciscan Jubilee Year is considered a gift for the entire Church and an occasion for authentic spiritual renewal. **The faithful can obtain this grace under the usual conditions** — *sacramental confession, Communion at Mass, and prayer for the intentions of the pope* — **by making a pilgrimage to any Franciscan conventual church or place of worship dedicated to St. Francis anywhere in the world.** Special consideration is given to THE ELDERLY, THE SICK, AND THOSE WHO ARE HOMEBOUND. They may gain the indulgence by spiritually joining in the celebrations and offering their sufferings and prayers to God.

Here at Assumption of the Blessed Virgin Mary Parish, anyone may visit the Church and pray and participate in the morning Mass at 8:00 o’clock AM – MONDAY TO FRIDAY; on SATURDAY at 9 AM and 4 PM; on SUNDAY at 9:30 AM, 12:00 noon, and 7:00 PM. *The Church door usually opens 30 minutes before the scheduled Masses and closes about 30 minutes after.* Kindly visit our website and download our weekly bulletin for updated information.

<https://www.assumptionparishottawa.ca>.

From Archbishop MARCEL DAMPHOUSSE

All parishes are invited to celebrate DIGNITY OF HUMAN LIFE DAY on February 8th. This year, our focus is on the sanctity and dignity of human life at the end of life... all are encouraged to pray and support the elderly, the sick, the vulnerable, those nearing death, and their caregivers. *Please get a copy of the Message of the Archbishop [on understanding Palliative Care and Medical Assistance in Dying (MAID)]*

A Pastoral Word from your Archbishop

As your Archbishop, I am deeply aware of the questions, fears, and uncertainties that many people face when dealing with serious illness, suffering, or the end of life—whether for themselves or for someone they love. These moments touch us all, and they deserve compassion, clarity, and care.

This pamphlet is offered to help explain the difference between palliative care and Medical Assistance in Dying (MAID), using simple and respectful language. It is not meant to judge or blame, but to inform, to accompany, and to encourage thoughtful reflection. As a Church community, we believe that every person deserves to be cared for with dignity, tenderness, and hope, especially during times of vulnerability.

Understanding Palliative Care and Medical Assistance in Dying (MAID)

Palliative care is a specialized approach within the Canadian healthcare system that focuses on comfort, dignity, and quality of life for people living with a serious or life-limiting illness. It can be provided at any stage of illness and alongside other medical treatments.



A Pastoral Message

To all who are living with illness, caring for a loved one, or facing difficult decisions, please know that you are not alone. Our Church wishes to walk with you, to listen, and to support you with understanding and compassion.

May we continue to build a society where care, presence, and solidarity are at the heart of how we respond to suffering. May we never forget that dignity does not disappear with illness, and that love has the power to bring comfort even in the most challenging moments.

With my prayers and blessing,

The purpose of palliative care is not to cure disease, but to relieve suffering and support the whole person—physically, emotionally, socially, and spiritually. It helps manage pain and symptoms such as shortness of breath, nausea, or anxiety, while also offering support and guidance to families and caregivers.

At its heart, palliative care reflects our shared responsibility to care for one another. It affirms that every life has value and that no one should face illness, frailty, or death alone. Through presence, listening, and practical help, palliative care offers reassurance and human connection.

Palliative care is not “giving up.” Many people in Canada receive palliative care while continuing other treatments. Its goal is to help people live as fully and comfortably as possible for as long as they live.

Palliative care can be provided in many settings: at home through home-care services, in hospitals, in long-term care homes, or in hospices when additional support is needed. Care is flexible and adapts to each person’s needs, wishes, and circumstances.

Medical Assistance in Dying (MAID), by contrast, intentionally brings life to an end. Palliative care takes a different path. It does not hasten death but walks with the person through illness with gentleness and respect, focusing on comfort, dignity, and care until natural death.

Choosing palliative care means choosing accompaniment, support, and compassion—trusting that every life remains worthy of care until the very end.



✠ Marcel Damphousse
Archbishop of Ottawa-Cornwall



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