



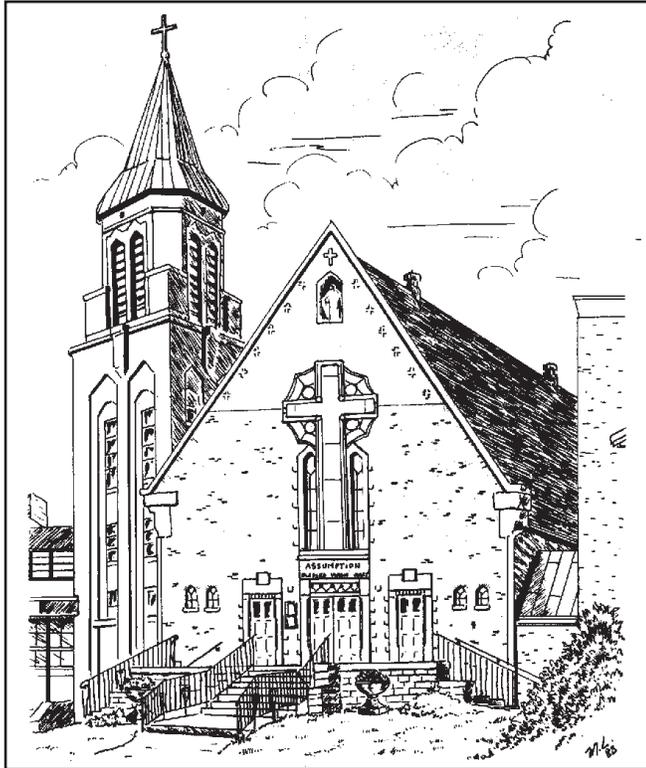
Assumption of the Blessed Virgin Mary Parish



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) and every Friday at 6:00 pm

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.



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 Disarmament and Peace**

"Let us pray that nations move to effective disarmament, particularly nuclear disarmament and that world leaders choose the path of dialogue and diplomacy instead of violence."

SCHEDULE of LITURGICAL MINISTERS

Mar. 14, 4:00 PM – Melchor Tejero, Lori Scott, Noly Formoso with Nora Arriola;

Mar. 15, 9:30 AM – Gina Distor, Emilyn Suficiencia, Nena Coronel with Lynn Obero, Helen Belda, **12 NOON** – Chit Villanueva, Helen Belda, Nora Arriola with Andrew Samonte, Lani Agustin; **7:00 PM** – Manny Beloy, Yola Beloy, Andrew Samonte, with Helen Belda



Mass Intentions

Please get in touch with the parish office to reserve your preferred dates (at least a week before). Requests will be handled on a "first-come, first-served basis."

March 7, **Saturday in LENT** (purple) **9:00 AM** – Thanksgiving to Our Lady of Fatima by *Flor Marcelo*; **4:00 PM, SUNDAY LITURGY** (white) – †Maria Fe Forro by *Nena Coronel*

March 8, Sunday, **THIRD SUNDAY OF LENT** (purple) **9:30 AM** – †Rev. Paul Beaudoin by *Beaudoin Family*; †Rodrigo & Eugenia Coronel by *Nena Coronel*; †Lucienne Sabourin; †William Radych by *Lynn Obero*; **12 Noon** – Well-being of the donors of the Pew Restoration Projects; †Clarita Aleligay by *Josephine Nacisvalencia*; **7:00 PM** – Pro Populo

Mar. 9, **Monday in LENT** (purple) **8:00 AM** – Denise T. Forro (birthday) by *Nena Coronel*

Mar. 10, **Tuesday in LENT** (purple) **8:00 AM** – †Ponciano, Flaviano & Danilo Forro by *Nena Coronel*

Mar. 11, **Wednesday in LENT** (purple) **8:00 AM** – Ramie O. Vistavilla (birthday) by *Nena Coronel*

Mar. 12, **Thursday in LENT** (purple) **8:00 AM** – Aries O. Vistavilla (well-being) by *Nena Coronel*

Mar. 13, **Friday in LENT** (purple) **8:00 AM** – †John S. & Theresa Stanton by *Mary Stanton*

COLLECTION REPORT
Feb. 28 & Mar. 1, 2026 - \$2,574.

Listening and Fasting – Part 1

Pope Leo's Lenten Message 2026

Dear brothers and sisters,

Lent is a time in which the Church, guided by a sense of maternal care, invites us to place the mystery of God back in the center of our lives, in order to find renewal in our faith and keep our hearts from being consumed by the anxieties and distractions of daily life.

Every path towards conversion begins by allowing the word of God to touch our hearts and welcoming it with a docile spirit. There is a relationship between the word, our acceptance of it, and the transformation it brings about. For this reason, the Lenten journey is a welcome opportunity to heed the voice of the Lord and renew our commitment to following Christ, accompanying him on the road to Jerusalem, where the mystery of his passion, death, and resurrection will be fulfilled.

LISTENING. This year, I would first like to consider the importance of making room for the word through *listening*. The willingness to listen is the first way we demonstrate our desire to enter into a relationship with someone.

In revealing himself to Moses in the burning bush, God himself teaches us that listening is one of his defining characteristics: “**I have observed the misery of my people who are in Egypt; I have heard their cry**” (Ex 3:7). Hearing the cry of the oppressed is the beginning of a story of liberation in which the Lord calls Moses, sending him to open a path of salvation for his children who have been reduced to slavery.

Our God seeks to involve us. Even today, he shares with us what is in his heart. Because of this, listening to the word in the liturgy teaches us to listen to the truth of reality. In the midst of the many voices present in our personal lives and in society, Sacred Scripture helps us to recognize and respond to the cry of those who are anguished and suffering. To foster this inner openness to listening, we must allow God to teach us how to listen *as he*

does. We must recognize that “*the condition of the poor is a cry that, throughout human history, constantly challenges our lives, societies, political and economic systems, and, not least, the Church*” (**Apostolic Exhortation Dilexi Te # 9**).

FASTING. If Lent is a time for listening, *fasting* is a concrete way to prepare ourselves to receive the word of God. Abstaining from food is an ancient ascetic practice essential to the path of conversion. Precisely because it involves the body, fasting makes it easier to recognize what we “*hunger*” for and what we deem necessary for our sustenance. Moreover, it helps us to identify and order our “*appetites*,” keeping our hunger and thirst for justice alive and freeing us from complacency. Thus, it teaches us to pray and act responsibly towards our neighbor.

With spiritual insight, Saint Augustine helps us to understand the tension between the present moment and the future fulfilment that characterizes this custody of the heart. He observes that: “*In the course of earthly life, it is incumbent upon men and women to hunger and thirst for justice, but to be satisfied belongs to the next life. Angels are satisfied with this bread, this food. The human race, on the other hand, hungers for it; we are all drawn to it in our desire. This reaching out in desire expands the soul and increases its capacity*” (**Augustine, The Usefulness of Fasting, 1, 1**). Understood in this way, fasting not only permits us to govern our desire, purifying it and making it freer, but also to expand it, so that it is directed towards God and doing good. However, in order to practice fasting in accordance with its evangelical character and avoid the temptation that leads to pride, it must be lived in faith and humility. It must be grounded in communion with the Lord, because “*those who are unable to nourish themselves with the word of God do not fast properly*” (**Benedict XVI, Catechesis (9 March 2011)**). As a visible sign of our inner commitment to turn away from sin and evil with the help of grace, fasting must also include other forms of self-denial aimed at helping us to acquire a more sober lifestyle, since “*austerity alone makes the Christian life strong and authentic*” (**Paul VI, Catechesis, February 8, 1978**).



55 Montreal Road, Vainer
613.749.0332 • Fontenellediner.ca

Funeral Co-operative
of Ottawa Inc.



Coopérative funéraire
d'Ottawa inc.

Non-profit funeral home

COMPASSION AND DIGNITY AT A PRICE YOU CAN AFFORD

613.288.2689

419 St. Laurent Blvd, Ottawa 1 km north of Montreal Road

www.fco-cfo.coop

Info@fco-cfo.coop

R001276475-0626



401 McArthur Ave.
613-745-2052



Providing residents &
business owners in the
Ottawa area with
high-quality roofing &
siding services.

www.geertsroofing.com 613-880-1900

Remember...
Let our advertisers
know you saw
their ad here.



THE PERFECT SPOT
TO ADVERTISE YOUR BUSINESS!



TO ADVERTISE IN THIS SPACE PLEASE CALL
1-800-268-2637



RIDEAU CLINIC PHARMACY

Open 7 Days A Week!

Virtual Walk In Clinic | Compounding Pharmacy | Free Delivery / Medication Review
Come in to save **20%** on over the counter purchases

613-424-9577 | www.rideauclinicpharmacy.ca | 574 Rideau St



Everyone's wishes & choices are unique.
Let Beechwood Cemetery help you
prepare today, so your family can
cherish all the memories.

280 Beechwood
613-741-9530
beechwoodottawa.ca



Owned by the Beechwood Cemetery Foundation
& operated by the Beechwood Cemetery Company



Specializing in: Interlocking Stone
Retaining Walls • Paving • Fencing • Decking
613-421-4066 www.baselandscaping.com

Hulse, Playfair & McGarry
Funeral, Cremation and Celebration of Life Services
Services de Funérailles, de Crémation et de Célébration de la Vie

Now in our 100th year
of service to your
community

613-233-1143
www.hpmcgarry.ca