

**THE BULLETIN FOR
ST. BARRA PARISH (ST. COLUMBA, ST. ANDREW'S)
ST. MARY'S, FRENCHVALE
ST. MICHAEL'S, BADDECK
QUEEN OF THE WORLD, WAGMATCOOK
HOLY TRINITY, WAYCOBAH**

**Parish Office: 1769 Frenchvale Road, Frenchvale, NS B2A 4E2
Phone: 902-565-0631 Fax: 902-794-2049**

**Parish Priest: Rev. Paul Abbass
Deacon Wally Ivany
902-595-4497**

**E-Mail: abbassp@me.com
E-Mail: ivamy1957@hotmail.com**

**Bulletin: stcolumba.iona@ns.sympatico.ca
Website: www.heartofcapebretonparishes.com**

**5TH SUNDAY IN ORDINARY TIME
February 4, 2018**



REGULAR WEEKEND MASS SCHEDULE:

**Saturdays - St. Columba, Iona - 4 p.m.
Saturdays - St. Andrew's, Boisdale - 5:30 p.m.
Saturdays - St. Mary's, Frenchvale - 6 p.m.
Saturdays - Holy Trinity, Waycobah - 6 p.m.
Sundays - St. Michael's, Baddeck - 9 a.m.
Sundays - Queen of the World, Wagmatcook - 10:15 a.m.**

THE PARISH COMMUNITIES OFFER PRAYER & SYMPATHY TO:

The Family Fr. Joe Gillis, North Sydney, a Priest of our Diocese.
May he rest in peace. Amen.

ASH WEDNESDAY MASS SCHEDULE FOR ST. COLUMBA/ST. ANDREW'S:

Wednesday, February 14 - St. Columba, Iona - 4 p.m.

Wednesday, February 14 - St. Andrew's, Boisdale - 5:30 p.m.

THANK YOU: I am sorry to be late with this note of appreciation; but I wish to try and express my sincere gratitude to all those who sent Christmas wishes and remembrances. Thanks to the Parish Councils and Parishioners for all the acts of kindness that were expressed over the Christmas Season. Blessings to all and I ask for your continued prayers. Fr. Paul.

FIRST COMMUNION/FIRST PENANCE: We are in the process of organizing the Sacraments of First Communion/First Penance for St. Barra Parish, Iona. If your child is eligible for First Communion (Grade 2 and up) or First Penance (Grade 4 and up); please register by emailing stcolumba.iona@ns.sympatico.ca or phone Josie at 902-725-2173.

COMMUNION FROM THE CUP: During the Cold & Flu Season, we will abstain from offering "Communion From the Cup" to the laity at St. Columba Church, Iona, effective immediately.

MASS IN TAGALOG: On Sunday, February 11, at 4 p.m., Fr. Antolin Asor, Pastor of St. Peter's Parish, will be at Holy Redeemer Parish, Whitney Pier, to offer Mass in Tagalog for our people from the Philippines. A pot-luck supper will follow. Please spread the word to your Filipino friends and invite them to come and join in this wonderful opportunity to celebrate Mass in you native language and meet your friends.

PILGRIMAGE to Saint Anne De Beaupre, Cap de la Madeline, St. Joseph Oratory and Montmorency Falls. Come join me Fr. Patrick O'Neill on a pilgrimage from June 10 to June 17. The cost is \$850 per person. There are a limited number of seats available. If interested please phone Helen at 902-794-8825 to book your seat on the bus and for more information.

MASS FOR SHUT-INS - YOUTH AND YOUNG ADULTS: Youth (and families) and Young Adults are invited to the live recording of Sunday Liturgy, Mass for Shut-Ins. Sunday, February 11, CTV studios, George St., Sydney. Please arrive by 10:30 a.m. Contact Cathy Walsh, Youth Ministry Coordinator, for more details cathywalsh@dioceseofantigonish.ca

BOISDALE HISTORICAL SOCIETY MEETING: There will be a regular meeting of the Boisdale Historical Society on Sunday, February 4, at 2 p.m. at the former site of the AA rooms on Bourinot Rd., just south of the Church. This will be a photo working session. Everyone welcome. In case of slippery conditions on the hill, it will take place at the fire hall.

BADDECK NURSERY SCHOOL'S ANNUAL VALENTINE'S DINNER AND SILENT AUCTION will be held Wednesday, February 14, from 6 - 8 p.m. at the Baddeck Community Centre. 3 course meal includes: salad- choice of salmon or pork loin-cheesecake, door prizes and entertainment, James Nicholson. \$30.00 per ticket available from nursery school parents, Bean There Cafe, Morrison Motors, Stone's Drug Store or call Patti at 902-295-0072. Thank you for your support!

EXERCISE CLASSES: Exercise classes at the Boisdale Fire Hall have resumed at 10 a.m. on Thursdays. It is required that the registration form for this no-fee Older Adult Fitness class be completed before officially beginning the program. For further information, please call Marie MacSween at 902-578-9070.

YOGA CLASSES at the Boisdale Fire Hall will take place on Tuesdays at 7 p.m. and on Fridays at 10 a.m. Please bring a mat and blanket and wear comfortable clothing. Any questions, please contact Anita MacKinnon at 902-871-2074.

GAELIC LANGUAGE CLASSES: On Thursdays until February 8, TIP method. Beginner at 6:30 p.m., Intermediate at 7:30 p.m. Email feisaneilein@ns.sympatico.ca for more info or book. Cost is \$25 for all five lessons or \$5 a class. Free for children and Native Speakers. Christmas Island Fire Hall.

WINTER YOGA RETURNS – Wednesday mornings, St. Columba Church Centre. 10 a.m. - 11 a.m. Wear comfortable clothing and bring a yoga mat, blanket and water. Instructor: Linda Bryden. If school is cancelled at Rankin School of the Narrows the class will be cancelled for the day. Cost: \$5 per class. Sponsored by: CCBCVI, Wellness Committee. For further information email: ccbcvi@gmail.com

ADULT CHAIR FITNESS CLASS: Participants will do aerobic, strength training and stretching exercises while seated in a chair. Bring light weights or two bottles of water to use as weights. Class suitable for persons with all ranges of mobility. Wear comfortable clothing and sneakers. Bring a bottle of water. Thursday mornings: 10:30 - 11:30 a.m. until March 22. St. Columba Church Centre, Iona. Instructor: Theresa MacLean PTS, FIS. Cost: \$5 per class.

THE WELLNESS WALKERS PROGRAM and New in 2018 an Adult Strength & Toning Winter Fit Class - at Rankin School of the Narrows, Monday evenings. Time: 7-8 pm. Instructor: Theresa MacLean PTS, FIS. Wear comfortable shoes for indoor use. Use of the fitness equipment is for age 14 and up. Walking is for age 7 and up. Children must be accompanied by an adult or guardian. Walking takes place in the gym. The Fit Class is designed for a full body workout of strengthening exercises that will make the body stronger and leaner, using hand weights, cardio and stretching. Bring a yoga mat, hand weights and water. If school is cancelled at Rankin School of the Narrows class will be cancelled for that evening. For further information email: ccbcvi@gmail.com or contact Sharon 902-725-2177.

CENTRAL CAPE BRETON GETS ACTIVE 2018 - on Sunday, Feb. 18, 11 - 1 p.m. - Come out for a snowshoe hike, along with skating and snow man making. Event takes place at Rankin School of the Narrows, overlooking the beautiful Bras d'Or Lake. Be sure to take your camera! This event is also part of the 7th Annual Victoria County Winter ActiveFest program. Pre-registration is required to book snowshoes. Deadline for registration Feb. 15. To pre-register please email: ccbcvi@gmail.com or phone Sharon 902-725-2177. Hot chocolate and a healthy snack will be provided. For further information check out www.arosnamara.com for updates.

MINISTRIES - ST. COLUMBA - Saturday, February 10 - 4 p.m. - Readers - Liz MacNeil, Hugh MacKinnon. Eucharistic Ministers - Wendy MacNeil (The Bread). Hospitality - Brad Parks, Neil James MacNeil, John N. MacLeod, Timmy MacNeil. Altar Servers - Sarah, Grace, Hannah K., Rory. **MINISTRIES - ST. ANDREW'S - Saturday, February 10 - 5:30 p.m.** - Readers - Joe, Kenny. Eucharistic Minister - Jane. Hospitality - Roy, Len. Altar Server - Pat. **MINISTRIES - ST. MICHAEL'S - Sunday, February 10 - 9 a.m.** - Readers - Marie Hanam, Leona Perkins. Eucharistic Minister - Jim MacDonald. Church cleaning for the week of February 4 - Holly MacInnis.

OFFERINGS (Jan. 27/28)	St. Columba	St. Mary's	St. Andrew's
Envelopes	\$ 774 .00	\$ 370.00	\$ 440.00
Loose	113.75	20.00	34.00
Direct Deposit		245.00	
Building fund			
Initial Off.		5.00	5.00
Fuel	70.00	10.00	
Donation		100.00	