

**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**

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**SECOND SUNDAY OF LENT
February 25, 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 AND SYMPATHY TO:

The Family of Diane Frances McInnis, North Sydney, sister to Gina (William) Hunter, Baddeck. May she rest in peace. Amen.

PRAYING FOR FR. PAUL: Recently Fr. Paul began a nice tradition of saying The Hail Mary after the Prayers for the Faithful. Let us continue this in his honour asking The Blessed Mother to grant him a speedy recovery and many years of good health as he continues to bring joy to our hearts, homes and communities.

ST. MICHAEL'S PARISH: Please pick up a Lenten booklet, & also a sticker book for the children to use during Lent.

THE ANNUAL WORLD DAY OF PRAYER SERVICE will be held on Friday, March 2, at 2 p.m. at the Alderwood Community Room, Baddeck. Theme is "All God's Creation is Good." Please join us to celebrate this Ecumenical event.

STATIONS OF THE CROSS will take place at St. Columba Church, Iona, on Saturdays at 3:30 p.m. before the 4 p.m. Mass. We ask that the Altar Servers scheduled for the Saturday Masses be at the Church in time for the Stations of the Cross.

STATIONS OF THE CROSS will take place at St. Andrew's Church, Boisdale, on Saturdays at 5:10 p.m. before the 5:30 Mass.

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.

"WORDS OF HOPE FROM THE CROSS OF CHRIST": The last words of our loved ones are treasured and honoured. As part of our Lenten Journey, you are invited to participate in our Parish Mission, during which we will ponder the last words of Jesus, words that give us hope and courage. The sessions will be led by Fr. Ray Huntley and will take place at the Parish Church of Saint Leonard, Mount Carmel Avenue, with the closing reception at the Parish Hall on Convent Street, New Waterford. Schedule: Saturday, Mar. 3 & Sunday, Mar. 4 – Homily at all weekend Masses (Sat. at 4 p.m. & Sun. at 9 a.m. & 11 a.m.) Monday, Mar. 5 – 6:30 p.m. Mission Session - Healing Service. Tuesday, Mar. 6 – 6:30 p.m. Mission Service - Reconciliation. Wednesday, Mar. 7 – 6:30 p.m. Closing Mass - Mission Homily. Followed by a reception at the Parish Hall.

LUNCH & LEARN FOR LENT: Sponsored by the Parish of Resurrection, St. George's Hall, Nepean St., Sydney, from 12 noon till 1 p.m. All are welcome to attend. Admission is by free will offering. Net proceeds will go to our charity this year, the residential addictions treatment centre for women, The Cape Breton Hope Project, in Westmount. Schedule of Speakers: March 1 - Dr. D. Dunn speaking on Chronic pain. Soup - Hearty vegetable and rice from Commoner Bar & Grill. March 8 - Dr. Laura Whyte speaking on the new residential addictions treatment centre for women, The Cape Breton Hope Project. Soup - Turkey vegetable from MacKinnon Catering. March 15 - Michelle Gardiner, St. George's Restoration. Soup - Tomato basil from Meals on Wheels. March 22 - Ericka Shea, New Dawn Centre for Social Innovation. Soup - Squash Bisque from Zeffiros. If you would like to volunteer to help out on any of the days, please call Margaret Fraser, 902-270-6214.

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.

WINTER YOGA – 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.

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. For further information email: ccbcvl@gmail.com or contact Sharon 902-725-2177.

MINISTRIES - ST. COLUMBA - Saturday, March 3 - 4 p.m. - Readers - Judy MacLellan, Liz MacNeil. Stations of the Cross - Elizabeth MacNeil. Eucharistic Minister - Angela MacDougall (The Bread). Hospitality - Pius & Pauline Campbell, John Neil MacLeod, Buddy MacNeil. Altar Servers - Grace, Hannah K., Rory. **MINISTRIES - ST. MICHAEL'S - Sunday, March 4 - 9 a.m.** - Readers – Marlene MacLean, Marie Hanam. Eucharistic Minister - Jackie Gauthier. Church cleaning for the week of February 25 - Paula Tierney.

OFFERINGS (Feb. 17/18)	St. Columba	St. Mary's	St. Andrew's	St. Michael's
Envelopes	\$ 708.00	\$ 544.00	\$ 610.00	\$ 544.00
Loose	59.00	18.20	10.00	78.25
Direct Deposit		245.00		
Building fund	10.00			
St. Col. Cem.	245.00			
St. Barra Cem.	50.00			
Cemetery Fund		105.00	100.00	
Initial Off.			15.00	
Fuel			125.00	

A KINDNESS A DAY DURING LENT

Visit or call someone who is sick or elderly and bring them a simple meal, soup, or loaf of homemade bread.

Give someone a smile who needs it – spend some time with them to help cheer them up.

Yield the right-of-way to another driver or give up a parking space – give them a wave and a smile rather than a frown.

Bring someone a coffee who would appreciate it.

Help out at home where needed.

Help shovel someone's driveway or walkway.

Help an elderly person get their groceries or offer them a drive in the cold/slippery weather.

Run an errand for someone who needs it.

Open a door for someone.

Opportunities for kindness present themselves during every hour of every day – take advantage of them as often and wherever you can! Use your imagination. And don't forget to enjoy the journey! You'll be in the best of Company.