

**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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**2nd SUNDAY IN ORDINARY TIME
January 14, 2018**



REGULAR WEEKEND MASS SCHEDULE:

**Saturdays - St. Columba, Iona - 4 p.m.
Sundays - 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.**

Please Note the change of day/time for the Mass at Holy Trinity, Waycobah.

THE PARISH COMMUNITIES OFFER PRAYER AND SYMPATHY TO:

The Family of Theresa MacKinnon, St. Andrew's Parish.
May she rest in peace. Amen.

ST. MARY'S PARISH: As of January 5, 2018, Fr. Patrick O' Neill will be looking after the Pastoral needs of St. Mary's Parish, Frenchvale. Anyone requiring services such as Funeral, Baptism, etc., please call his office at 902-794-8431.

ST. BARRA PARISH: Parishioners requiring services of a priest for St. Barra Parish ... please phone Fr. Everett MacDow, 902-564-9749.

ECUMENICAL SERVICE: On Sunday, January 14, there will be an Ecumenical Service at St. Marguerite Bourgeoy's Church, 40 Cabot St., Sydney, at 3 p.m. in honour of Church Unity Week.

PRAYING FOR FR. PAUL: 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.

FAMILY LIFE MINISTRY OF DIOCESE OF ANTIGONISH PARENTING TIP: Parents have the primary influence on their children's values. Your kids are watching you, they look to you to guide them in how they think and act. They especially watch what you do, more than what you say. They learn from how you use pills and medications, how you use or don't use alcohol, and from how you treat others. They also watch and observe your spiritual self by observing what you say and do. Are you living the life you want your children to live?

CHURCH ENVELOPES: It is important when using your church envelopes for the first few times this year that you put your name and address on those envelopes so that we can properly receipt those contributions.

PRE-MARRIAGE PREPARATION PROGRAMS 2018 at the Family Service Office, Glace Bay on February 17 & 18, 2018; April 28 & 29, 2018; and June 23 & 24, 2018. Pre-registration is required by phoning 902-849-4772 or 902-539-6868.

NEW BEGINNINGS WEEKEND: New Beginnings Weekend is a weekend of reflection and healing for those who are divorced, separated or bereaved. Our next weekend will be April 6 -8, at St. Joseph Renewal Centre, Mabou. For info or to register, please phone Ron Curry at 902-564-0788.

MEETING: The monthly meeting of the Iona Volunteer Fire Department will be held on Sunday, January 14, at 7 p.m.

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, starting Jan. 17. Time: 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: ccbcv@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, starting Jan.18 until March 22. St. Columba Church Centre, Iona. Instructor: Theresa MacLean PTS, FIS. 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: ccbcv@gmail.com

ROBBIE BURNS EVENING: Frenchvale Senior's Club, 3099 Frenchvale Rd. on Saturday, January 27. Dinner 7 p.m. Dance to follow. Music by Pam and Tim, Piper John Grant. \$20 pp. By ticket only, please call for tickets as space is limited. 902-794-2940.

REDUCE, REUSE AND RECYCLE your cards. A card box is located at the back of the Church. Grade 6, Kaj Udby & Emma Cholak.

THE WELLNESS WALKERS PROGRAM and New in 2018 an Adult Strength & Toning Winter Fit Class - at Rankin School of the Narrows, Monday evenings, starting Jan.22. 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: ccbev@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: ccbev@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, January 20 - 4 p.m. - Readers - Neil MacNeil, Liz MacNeil. Eucharistic Ministers - Roy MacNeil (The Bread), Elizabeth MacNeil (The Cup), Barry George (The Cup). Hospitality - Cynthia & Austin MacKenzie, Buddy MacNeil, Timmy MacNeil. Altar Servers - Riley, Grace, Rory, Simon. **MINISTRIES - ST. ANDREW'S - Saturday, January 20 - 5:30 p.m.** - Readers - Fiona, Peggy. Eucharistic Minister - Gerard. Hospitality - Kenny, Joe. Altar Server - Pat. **MINISTRIES - ST. MICHAEL'S - Sunday, January 21 - 9 a.m.** - Readers - Marie Hanam, Marlene MacLean. Eucharistic Minister - Jackie Gauthier. Church cleaning for the week of January 14 - Eileen Montgomery..

OFFERINGS St. Columba St. Mary's St. Michael's St. Andrew's (Jan. 6/7)

Envelopes	\$ 693.00	\$ 565.00	\$ 492.00	\$ 315.00
Loose	53.00	6.00	71.00	11.30
Direct Dep.		245.00		
Building fund	147.00	100.00		50.00
Initial Off.	166.00	40.00	14.00	30.00
St. Barra Cem.	20.00			
Christmas Off.		20.00		
Evangeline of Nat.		5.00		