

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

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**New Website: [www.heartofcapebretonparishes.com](http://www.heartofcapebretonparishes.com)**

**WORLD DAY OF MIGRANTS & REFUGEES**  
**(2nd Sunday in Ordinary Time)**  
**January 15, 2017**



**REGULAR WEEKEND MASS SCHEDULE:**

- Saturdays - St. Columba, Iona - 4 p.m.**
- Saturdays - St. Mary's, Frenchvale - 6 p.m.**
- Sundays - St. Michael's, Baddeck - 9 a.m.**
- Sundays - Queen of the World, Wagmatcook - 10:15 a.m.**
- Sundays - Holy Trinity, Waycobah - 11:30 a.m.**
- Sundays - St. Andrew's, Boisdale - 4 p.m.**

**NEW HERMIT FOR THE DIOCESE:** How often have you gone in search of something that you thought might be in a closet, possibly in the attic, or maybe in the garage, wood or tool shed? The Church as the People of God is also recipient and guardian of ancient and powerful treasures experienced throughout its evolution during the past two thousand years. These include the Gospel portraits of Jesus, the Sacraments, where the human and the divine encounter one another, and the Councils of the Church. Consecrated life, in its various expressions of living the Christian life, is also an important treasure. Consecrated life including the monastic life of women and men, religious communities of men and women, anchorites, and hermits or solitaries have all contributed to the variety of ways of living a life dedicated to Jesus Christ. On February 5, at 11 a.m., our Diocese will welcome Sheila O’Handley as a hermit in our Diocese at Holy Cross Church in Glace Bay.

**ULTREYA:** To all Cursillistas, our next Ultreya will be held on Thursday, Jan. 26, at 7:30 p.m. at Our Lady of Fatima Church Sydney River. Come along and renew some old friendships and bring your sponsor or another Cursillista. Hope to see you there. Spring weekends, women's weekend will be held June 8-11, at Camp Bretondean, still room for some candidates. Men's weekend is scheduled for May 19-22, ( subject to change by one week) and will depend on the number of candidates/applicants whether this will happen. Please forward any applications to the Pre Cursillo people, the sooner the applications are in the better, as this will enable the final planning to begin.

**ST. MARY'S POLISH CHURCH:** There is now a Sunday afternoon Mass in CBRM at St. Mary's Polish Church, Whitney Pier. The English language Mass is at 4 p.m. Parishioners of other parishes who may sometimes find the Mass convenient are reminded they may drop their parish envelopes in the collection and they will be returned to their home parish.

**WEEKEND OF GRACE:** Our dates are April 28 -30, 2017 and we are returning to the Lord Nelson Hotel, Halifax. Visit our website [www.weekendofgrace.com](http://www.weekendofgrace.com) for more information.

**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.

**FOOD BANK COLLECTION:** A reminder that the first weekend of each month we will be collecting non-perishable items for the local Food Banks in our parishes with the exception of St. Michael's, Baddeck, which will be collected on the last weekend of the month.

**WINTER YOGA** takes place on Tuesdays at 7 p.m. at the Boisdale Fire Hall. Classes are \$5 per session. Please bring a mat and blanket and wear comfortable clothing. If you have any questions, contact Anita MacKinnon at 902-871-2074.

**EXERCISE CLASSES:** If you are interested in exercise classes for older adults (age 50+), it is not too late to register! This is a 10-week morning program on Thursdays sponsored by CBRM. Certified instructor, Marie MacSween will lead the no-fee once-a-week classes at the Boisdale Fire Hall. For further information, please contact Marie at 902-578-9070.

A **BEGINNER GAELIC CLASS** will be held Tuesdays beginning January 17 from 6:30 to 9:30 p.m. \$100 for 10 classes. 97 Twining St. Baddeck. A Gaelic Song class takes place Saturdays from 10 a.m. to 12 Noon at MacLeod House, Baddeck. \$10 per class. All are welcome at both classes, no experience necessary. A Gaelic youth club is also being held. Contact Gaidhlig Agam, 902-295-1047, or find us on Facebook.

**ADULT CHAIR FITNESS CLASS:** Improve your range of motion, coordination, strength and balance. 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. Tuesdays: 10:30 - 11:30 a.m., starting Jan. 17. **BACK TO BASICS FITNESS CLASS:** New year! New focus! Thinking of starting an exercise program or expanding on your current workout? This workout involves; cardio, weight training, and stretching. Bring your yoga mat, hand weights and skipping rope. Thursdays: 10:30 - 11:30 a.m., starting January 19. These classes are held at the Iona Parish Centre. Instructor: Theresa MacLean PTS, FIS. If school is cancelled at Rankin School of the Narrows the class will be cancelled for the day. Cost: \$5.00 per class. Sponsored by: Central Cape Breton Community Ventures, Wellness Committee.

**ROBBIE BURNS EVENING:** Frenchvale Senior's Club, 3099 Frenchvale Road, on Saturday, January 21, from 7 p.m. until Midnight. Music by Pam & Tim and John Grant. \$20 per person. Limited seats available, call for your ticket early as we can only seat 100 people. For information call 902-794-2940.

**MENTAL HEALTH FIRST AID TRAINING** will be held on January 19 and 26, (9 a.m. to 4 p.m.). There is no cost. The training is at Knox Church Hall on the 19 and Greenwood Church on the 26. Please contact Anne MacDonald via email [anne\\_charlene1952@hotmail.com](mailto:anne_charlene1952@hotmail.com) or phone 902-295-8100 (leave a message). This event is sponsored by the Baddeck and Area Mental Health.

**WEEK OF PRAYER FOR CHRISTIAN UNITY 2017:** January 22, 7 p.m. at Knox Church, Baddeck. Reconciliation – the love of Christ compels us (2 Corinthians 5:14-20).

**LET'S WORK TOGETHER TO END THE STIGMA ABOUT MENTAL ILLNESS:** January 25 – 6:30 p.m. – Knox Hall – “Bell Let’s Talk service.” A service of prayer, songs and a time of reflection about Mental illness in the community and around the world.

**WELLNESS/FOOTCARE CLINIC** on Wednesday, January 25, at the Boisdale Fire Hall. For info/appointment phone Paula, 902-871-2810 or Pauline, 902-725-2698. Sponsored by CCB Community Ventures Wellness Committee.

**ANNUAL GENERAL MEETING:** FACE - Frenchvale & Area Community Endeavors on Monday, January 30, at 7 p.m. at the Frenchvale Road Fire Hall.

**SYRIAN REFUGEE CONCERT:** On Sunday, January 15, at 2 p.m. there will be a fundraising concert at Westmount United Church for our Syrian Family that hopefully will arrive soon. Admission is \$10. Come and join us for a fun afternoon.

**CARD GAMES:** Tuesdays – Senior’s Club, Frenchvale – 7:30 p.m. Wednesdays – Boisdale Fire Hall – 8 p.m.

**MINISTRIES - ST. COLUMBA - Saturday, January 21 - 4 p.m.** - Readers - Shelly Redden, Neil MacNeil. Eucharistic Ministers - Florence MacNeil (The Bread), Betty MacNeil (The Cup), Angela MacDougall (The Cup). Hospitality - Pius & Pauline Campbell, Hugh & Linda MacKinnon. Altar Servers - Sarah, Grace, Katherine. **MINISTRIES - ST. MICHAELS - Sunday, January 22 - 9 a.m.** - Readers - Leona Perkins, Marlene MacLean. Eucharistic Minister - Jackie Gauthier. Church cleaning for the week of January 15 - Florence & Robert Ryan. **MINISTRIES - ST. ANDREW'S - Sunday, January 22 - 4 p.m.** Readers - Paula, Leonard. Eucharistic Minister - Blaine. Hospitality - Kenny, Joe. Altar Server - Emma.

| <b>OFFERINGS<br/>(Jan. 8)</b> | <b>St. Columba</b> | <b>St. Mary's</b> |
|-------------------------------|--------------------|-------------------|
| Envelopes                     | \$ 603.00          | \$ 510.00         |
| Loose                         | 45.70              | 38.00             |
| Building Fund                 | 130.00             | 81.00             |
| St. Barra Cemetery            | 50.00              |                   |
| Weekly Direct Deposit         |                    | 245.00            |
| Initial Offering              | 25.00              | 59.00             |
| Donation                      |                    | 200.00            |