

**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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**4<sup>TH</sup> SUNDAY IN ORDINARY TIME  
January 28, 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 of Colette Morrison, Baddeck.

The Family of Steve Chehy, MacKinnon Harbour.

The Family of Teresa (MacLean) Morrison, formerly from MacKay's Point.

The Family of Raymond Burke, formerly from Grand Narrows.

May they rest in peace. Amen.

**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.

**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.

**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.

**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.

**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.

**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.

**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.

**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. 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

**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](http://www.arosnamara.com) for updates.

**MINISTRIES - ST. COLUMBA - Saturday, February 3 - 4 p.m.** - Readers - James Redden, Pauline Campbell. Eucharistic Ministers - Anne MacKinnon-Parks (The Bread). Hospitality - John N. MacLeod, Timmy MacNeil, Buddy MacNeil, Pius Campbell. Altar Servers - Riley, Grace, Simon, Rory. **MINISTRIES - ST. ANDREW'S - Saturday, February 3 - 5:30 p.m.** - Readers - Anita, Blaine. Eucharistic Minister - Marie. Hospitality - Kenny, Joe. Altar Server - Gerard. **MINISTRIES - ST. MICHAEL'S - Sunday, February 4 - 9 a.m.** - Readers - Bernice Grant, David Fraser. Eucharistic Minister - Bernice Grant. Church cleaning for the week of January 28 - Bernice Grant.

<b>OFFERINGS</b>	<b>St. Columba</b>	<b>St. Mary's</b>	<b>St. Andrew's</b>
<b>(Jan. 20/21)</b>			
Envelopes	\$ 594.00	\$ 619.00	\$ 280.00
Loose	66.00	6.60	12.00
Direct Deposit		245.00	
Building fund	25.00	105.00	
Initial Off.	17.00	45.00	