



OUR LADY
OF THE ANNUNCIATION
Bulletin

4th Sunday in Ordinary Time

*Save us, O Lord our God! And
gather us from the nations, to give
thanks to your holy name, and
make it our glory to praise you.
(Psalm 105.47)*

Weekend of January 31st and February 1st, 2026

MASS SCHEDULE & INTENTIONS

DATE	TIME	INFO
SAT – JAN 31	5:00 pm	For: Gerry Waters By: Deidre Murphy
SUN – FEB 1	9:00 am	For: The Poor in Gatineau By: MGS Expert Contractors
TUE – FEB 3	7:30 am	Pro Populo
WED – FEB 4	7:30 am	Pro Populo
THU – FEB 5	7:30 am	Pro Populo
FRI – FEB 6	7:00 pm	First Friday Mass and Adoration
SAT – FEB 7	5:00 pm	For: Mena Mallette By: The Chabot Family
SUN – FEB 8	9:00 am	Pro Populo
TUE – FEB 10	7:30 am	Pro Populo
WED – FEB 11	7:30 am	Pro Populo
THU – FEB 12	7:30 am	Pro Populo

Parish office phone number: 819 777-6931 Email address: ola@bellnet.ca



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ANNOUNCEMENTS

- We wish to remind you that our Coffee Social will take place after the 9am mass on Sunday, February 1st. All are welcome to join in fellowship!
- OLA will be hosting a Bible study on "Spirituality of the Gospels" starting February 17th. The workshop will encompass six sessions on Tuesdays, at 1:00pm and parishioners of St Stephen are welcome to attend. There is a small fee of \$25.00 to cover the cost of the workbook. For further details, please contact Paul White at paul.white@rogers.com or speak with him after Sunday Mass.

The 34th World Day of the Sick will be celebrated on February 11, 2026.

This year's theme, chosen by Pope Leo XIV, ***"The compassion of the Samaritan: loving by bearing another's pain"*** is a privileged moment of prayer, spiritual closeness, and reflection for the entire Church and for civil society.

Like the Good Samaritan that bent down to help the injured man along the road, the Christian community is also called to recognize the face of Christ in our sick and most vulnerable and highlights the aspect of love of neighbor.

Love needs concrete gestures of closeness, to stop and help those who suffer and who are ill, especially those who experience poverty, isolation, and loneliness.



*The compassion of the Samaritan:
Loving by bearing another's pain*

Prayer

Lord of Life,
in this moment we come to You
with our hearts and minds
troubled with names and stories of our brothers and sisters
afflicted with sickness.
In their pain, they cry out for your Mercy.
We ask for the grace
to know how to accompany and love them by bearing their pain.
You who know pain and suffering,
give us the strength of your Spirit, so that
imitating the Good Samaritan,
we may live the call to be neighbors,
always doing good,
with deep love for every human being.
Mary, our Mother,
under the title of Our Lady of Lourdes,
Merciful Mother of God, attentive to the pain and sufferings of humanity,
take us by the hand and bring us to your Son, Jesus,
so that we never grow tired of consoling, healing and doing good.
Amen