HOLY REDEEMER CATHOLIC CHURCH

Address: 44 Rothesav Drive, Kanata, ON K2L 2X1

Telephone: 613-836-1764; Fax: 613-836-5973; Website:

Third Sunday of Advent — Year B \sim Sunday, December 17, 2023

'Among you stands One whom you do not know.' — John 1:26-28



Please note! Schedules will change with Liturgical Seasons, Funerals,

etc. Please confirm with office.

Sunday Liturgy Mass Times

Saturday Vigil:5:00 pm Sunday:8:00 am, 9:30 am, 11:00 am and 7:00 pm

Weekday Mass Times

Monday, Tuesday, Thursday and Friday:9:00 am Wednesday:7:00 pm 1st Saturday of the Month:9:00 am

Adoration

1st Friday 8:00 pm → 1st Saturday 8:45 am (All-Night Vigil)

Monday, Tuesday and Friday:8:15—8:45 am Wednesday: After 7pm Mass

(with 3:00 pm Hour of Great Mercy Devotion)

Reconciliation (or by appointment)

Monday, Tuesday, Thursday, Friday:8:15—8:45 am Wednesday:6:15—6:45 pm Saturday: 4:00 pm—4:45 pm Sunday:6:00 pm—6:45 pm

PASTORAL COUNCIL:

Chair: Matthew Bisson (613) 769-1767 Co-Chair: Erin Kinsellaerinkinsella@live.ca Secretary: Nick Rolheiser n.rolheiser+holyredeemer@gmail.com Finance Operations Chair: Art Lamarche (613) 592-4820 Safe Environment: John Gaudet...... (613) 800-1833

LITURGICAL MINISTRIES:

Adoration: Sharon Stuyt (613) 838-5578 Altar Servers: Angie Balberde...... (613) 262-0259 **Altar Guild:** Lee Armstrong (613) 831-1075

Catechesis of the Good Shepherd:

Kim Baudouin.....(613) 884-8475

Children's Liturgy:

Children's Liturgy:
9:30 am: Cathy Koss......hryouth@icloud.com

Extraordinary Ministers of Holy Communion:

Peter Fortierpete.fortier@gmail.com Lectors: Kevin Sawyerkevin.sawyerkj@gmail.com Sacristans: Matthew Bisson (613) 769-1767 Ushers: Samuel Bonti-Ankomah (613) 271-6303

Holy Hour for Vocations Ministry:

or Fr. Connor O'Hara.....father.connor@outlook.com

SACRAMENTAL FORMATION:

Baptism Preparation Course reception@holyredeemer.ca Franca Walsh (Ministry Lead) (613) 836-2219

Christian Initiation of Adults (RCIA):

David Dupuis(613) 709-5065

Christian Initiation of Children (CIC):

Sharon Groulx cic@holyredeemer.ca Marriage Preparation Course.....reception@holyredeemer.ca

MUSIC MINISTRY (CHOIRS):

Sunday 9:30 am: Roberto Solis(613) 410-4904 Sunday 11:00 am: Eddie Deogrades edeo@rogers.com

Sunday 7:00 pm: Erin Kinsellaerinkinsella@live.ca Funeral Choir: Jeanne Joinette (613) 868-9354



➤ Pastor: Fr. Paul Nwaeze:pnwaeze@holyredeemer.ca

> Associate Pastor: Fr. Connor O'Hara:

.....father.connor@outlook.com

> Associate Pastor: Fr. Steven Gaudet

_____fr.stevengaudet@gmail.com ➤ **Deacon:** Rev. James Kubina:<u>jgkubina@gmail.com</u>

➤ **Deacon:** Rev. Mike Doherty:midoherty1952@gmail.com

OFFICE STAFF

> Coordinator of Temporal Works

Maureen Brannan:<u>ctw@h</u>olyredeemer.ca

> Communications Coordinator

Jeremy Eckert:communications@holyredeemer.ca

> Evangelization Coordinator

Teresa Kargul:<u>evangelization@holyredeemer.ca</u>

> Receptionist:

Paola Pacheco:<u>reception@holyredeemer.ca</u>

> Administrative Assistant

Kim Jennings:admin@holyredeemer.ca

> Youth Minister ~ Cathy Koss:hryouth@icloud.com

OFFICE HOURS — CLOSED on Wednesdays and weekends

PASTORAL CARE:

Joanne Williamson (613) 884-2106 Julie Farrowwillowfarrow@gmail.com

SOCIAL MISSION: Care for Creation: Mireille Church creation@ottawacornwall.ca **Development and Peace:** Liz Murphy.......(613) 619-4413

Pro-Life: Betty Ann Ferguson.......(613) 592-1793 Refugee Committee:

Mary-Lou Hakansson(613) 592-3530 Cathy Deogrades (613) 558-9889

Saint Vincent de Paul Society: Patrick Nzobo......Call Parish office **Indigenous Peoples Committee:**

Tony Ritchie<u>ritchieanthony3@gmail.com</u>

ORGANIZATIONS / GROUPS IN THE PARISH:

Bereavement: Kafui Sawyer <u>hrbereavement@gmail.com</u> Bible Study: Call Parish office

Catholic Charismatic Renewal Prayer Group:

Justinholyredeemerprayergroup@gmail.com Catholic Women's League: Corrienne Matthews...... (613) 836-6622 Coffee, Cookies & Catholicism: Darren Laval (613) 852-9966 Couples for Christ: Edgar Acosta (613) 315-0702 Cursillo: Marc Bélanger (613) 836-2874 Divine Mercy Cenacle: Norma Dawes (613) 435-3469 **Gardening Angels:** Bev Murphy...... (613) 591-3989 Heart of Worship: Call Parish office

Homeschool Ministrysarah.rolheiser@gmail.com Knights of Columbus: Wayne Watts (613) 852-0094 Legion of Mary: ■ Adult: Balsam Blejani-Khalaf(613) 599-2723 ■ Junior (6-16): Sarah Rolheiser(613) 435-2478

Library: Greg Kam (613) 863-6314 Prayer Shawl: Margaret Donahue...... (613) 836-7619

Religious Articles for Sale: Germaine Gaudet (613) 435-1084 Youth Group: Cathy Kosshryouth@icloud.com

Young Adults: Sarah Groulx youngadulthr@gmail.com Young Adult Hiking Group: father.connor@outlook.com



Hello! Welcome to Holy Redeemer Parish!

If you are new to our Parish Community, please make sure to drop by our 'Welcome Area' in the vestibule! If you would like to register as a parishioner, please visit our website and click "I'm New", or scan the QR code. We're delighted you've joined us!



PASTOR'S CORNER

Rejoice in the Lord always; again, I say, rejoice. Indeed, the Lord is near (Philippians 4:4-5)

The theme of "rejoice" resonates in today's liturgy. The third Sunday of Advent, also known as **Gaudete Sunday**, marks the halfway point of Advent; and we rejoice as we come closer to Christmas. We are called to rejoice, to be joyful for the Lord our God is near; He will come to save us. He will bind our wounds, heal our brokenness, release us from the snares of sin and darkness and wipe away every tear from our eyes. So, today, Holy Mother Church invites us her children to rejoice and to give thanks even in the direst situations we may find our self.

A Question

In what way or ways have you experienced the joy of the Lord in your life? What was the experience like for you?

The Lord is Near

Rejoice, for the Lord is near! We are joyful when we live in peace and harmony with one another. We are joyful when we allow

justice to flourish in the land. We are joyful when we share our bread with the hungry and clothe the naked. In these challenging times and with Christmas around the corner. we are reminded to think of our neighbours, especially those among us for whom this season can be lonely and difficult. During this season, I encourage you to reach out to a senior or anyone in our parish who is alone and without family. You could choose to phone them a few times a week, once a week or even every day. This may look so simple but yet very powerful! To do this would mean they wouldn't feel so isolated, more bonding would occur and you would have contributed to their happiness and wellbeing.

Maranatha, come Lord Jesus, come and be born in our lives!

Fr. Paul

MASS READINGS

Third Sunday of Advent:

Isaiah 61:1-2a, 10-11; 1 Thess 5:16-24; John 1:6-8, 19-28

Monday: Jeremiah 23:5-8; Matt 1:18-24

<u>Tuesday:</u> Judges 13:2-7, 24-25a; Luke 1:5-24

<u>Wednesday:</u> Isaiah 7:10-14; 8:10d; Luke 1:26-38

Thursday: Zeph 3:14-18a; Luke 1:39-45 **Friday:** 1 Sam 1:24-28; Luke 1:46-56 **Saturday:** Mal 3:1-4; 4:5-6; Luke 1:57-66

Fourth Sunday of Advent:

2 Sam 7:1-5, 8b-12, 14a, 16; Rom 1:25-27; Luke 26-38

Christmas Eve:

Isaiah 9:2-4, 6-7; Titus 2:11-14; Luke 2:1-16++

Christmas Day:

Isaiah 52:7-10; Heb 1:1-6; John 1:1-18

SACRAMENTS and ADORATION

<u>Baptism:</u>: Three (3) months notice required to complete Sacramental preparation.

<u>Marriage</u>: 6 months notice required before proposed wedding date.

Reconciliation (also by appointment):

Monday, Tuesday, Thursday, Friday: 8—8:45 am;

Wednesday: 6—6:45pm; Saturday: 4—4:45 pm; Sunday: 6—6:45pm

<u>Sacrament of the Sick / House Blessings</u>: Please phone the office.

Adoration: *Please note,* at times we will have to cancel Adoration due to funerals, etc. Please check the website or call the office to confirm hours:

- ♣ ALL-NIGHT VIGIL: 1st Friday 8:00 pm to 1st Saturday 8:45 am
- 🕆 Monday, Tuesday, Friday: 8:15 am-8:45 am
- [↑] Wednesday: After Mass (to pray for Vocations)
- † Thursday (after Mass) 9:30am to 3:30pm (with 3pm Great Hour of Mercy)



Parish Mission Statement:

Our Community lives the Way, the Truth, and the Life, by reaching out with the Good News to Welcome, to Serve and to Care.

Parish Theme: Go and make disciples of all nations. (Matthew 28:1)

MASS INTENTIONS

MASS INTENTIONS		
THIRD SUNDAY OF ADVENT		
<u>Saturday December 16</u>	5:00 pm	†Barbara Baker by Connie Baker
		†Dawn Berrigan by Atul and Francine Dilwari
		†Donald Fernandes by Clyde and Shaila D'Souza
		†Frank Flaman by Bernadette Garritty
		†Yolande Nader by Carol Reynolds and Family
		†Webb Watson by Joanne and Roy McSheffrey
		†Madeleine Riordan by James Riordan †Tom and Nancy Keightley by Bob and Brenda
		In thanksgiving to St. Jude by Bonnie Switzer
Sunday December 17	8:00 am	†Lenny, Carmel and Jim Lemenchick by Ginette and Family
	9:30 am	†Emmett Shields by the Legion of Mary
	11:00 am	†Kim-uyen (Lucy) Vu-Chang by Suzanne Michal
	7:00 pm	Intentions of the Parish Community
Monday December 18	9:00 am	Anniversary of †Antonio Balbona and Danilo Ravina by Yvette Reyes
<u>Tuesday December 19</u>	9:00 am	Birthday Blessings for Krista Esler by Kim
Wednesday Dec 20	7:00 pm	Protection of the Unborn by the Knights of Columbus Council No. 9544
Thursday December 21	9:00 am	†Madeleine Riordan by James Riordan
		†Laurenso Riep Pham by the Pham Family
		†Mary Ehiwere by Emmanuel
		†Emmett Shields by Tom and Terry Flood
		†Thomas Lai Nguyen, Maria Xanh Truong and the Holy Souls in Purgatory by the Family
		†Brian Fleck by Mecki and Daryl McDonald †Emmett O'Donnell by Philip and Mary Ann Williams
		†Deceased members of the Legion of Mary
		†Jorge Enrique Moncada by the Family
Friday December 22	9:00 am	†Emmett Sheilds by Terry and Marty Tate
FOURTH SUNDAY OF ADVENT (Sunday Liturgy — Day of Obligation) Saturday December 23 5:00 pm †Barbara Baker by Connie Baker		
Saturday December 23	5:00 pm	†Deceased members of the Corr and Filewood Families by Jack Corr
		†Glen Allan by Bernadette Garritty
		†Yolande Yader by Carol Reynolds and Family
		†Emile Rutledge by Carmen and Jesse Caling
		†Tom and Nancy Keightley by Bob and Brenda Keightley
		Birthday Blessings for Jen Watts by the Familiy
Complete Description 24	0.00	Birthday Blessings for Aldina Pirrone by Domenic and Maria Pirrone
Sunday December 24	8:00 am	†Deceased parents of Brenda and Rick Adams
	9:30 am	†Deceased members of the Lawlor and Ritz Families
	11:00 am	†Josef Milkovics by Bernie and Wanda Hartlin
— Christmas Masses are <u>with incense</u> unless otherwise indicated —		
CHRISTMAS EVE		
Sunday December 24	4:00 pm	Living and †Deceased members of the Delahunty and Dewan Families by Wendy Dewan
	6:00 pm	†Rita and Phyllis Maheral and Deceased members of the Maheral Family by Clarence
	8:00 pm	(without incense)
		†Pat and John McParland, Anne Brannan and all deceased members of the Brannan and
	70.00	McParland Family
	10:00 pm	†Living and Deceased members of the Magliocco and Pirrone Families; †Teresa van Zutphen
	Midnight	and Fiorina Ferrante by Anna Maria Ferrante †Holy Souls in Purgatory, especially those who are forgotten and have no one to pray for them
	Midriigrit	by Sheila Gagnon
CHRISTMAS DAY		ay silona sagitori
Monday December 25	9:00 am	Birthday Blessings for Emmanual Ehiwere [A-E-weary] by the Family
	11:00 am	(without incense)
		†Olga and Joe D'Urzo by the Family
		†John Farrell by Joan Foran
		†Jennifer Barlow and the Holy Souls in Purgatory by Kim Peppiatt
		In thanksgiving for Joseph, Yvette and Juan by the Family
		Intentions of Mary Lou Oram by the Family
		Intentions of Katharina Do and Jacqueline Bourque by Ludmilla Grabetz



PRAYERS FOR THE SICK: Please pray for the sick among our families and friends, especially Alfredo Michelena, Luisa Isabel Gomez, Luz Elena Ocampo, Diana Froh, Hiep Vuong, Dan Rivet, Fr. Bob Poole, Anne Louise L., Homeless people with disabilities, Bob Gemmell, Mallory McPherson, Maryanne Mason, Edgar Velez, Lisa Carter, Catherine Levasseur, Kim Vardon, Marie Jarrett, Nancy Campbell, Catherine and Steven Offierski, Diana Codogno, Suzanne Bisson, Marilisa Gronzotto, Monica Sale, Michael Sauro, Gladys Buermans, Hedy Stoqua, Andrew Jacob, Jimmy Bot, Bev Murphy, Aldina P., Tina Dory, Art Wallace, Joseph Gunsberg, Giovanni Magliocco, Rhys Cox, the Beaulne Family, Ava Ebner, the Halaj Family, Zahra Ziaei, Kristin Wilson, Ken Kraglund, Dorothy Voldock, Mounira Abi-Aad, Flora Pirez, Mary Lou Oram, Franca Cervo, Martha Klump, Maria Pirrone, Ches Power, Marcel Morin, Dan Cillis, Rauel Carvalho, Ronald Malcolm.

PRAYERS FOR THE DECEASED: Let us pray for deceased family and friends in our Parish Community, especially: Gene Szabo.



THE HOLY FATHER'S PRAYER INTENTIONS FOR DECEMBER — Let us pray for persons with disabilities. We pray that people living with disabilities may be at the center of attention in society, and that institutions may offer inclusive programs which value their active participation.

PARISH HAPPENINGS ...



RECENTLY UPGRADE YOUR CELL PHONE? Wondering what to do with your old SMART Phone?! Fr. Paul is collecting used

SMART PHONES (clear of data and, if possible, accompanying charger) to bring with him to Nigeria this winter. Phones can be dropped off at the parish office during the week from 10AM to 4PM (closed Wednesdays), or given to Fr. Paul after Mass.

No cash? No problem!

Our new "Tap to Give" kiosk is now set up in the vestibule. The kiosk offers a quick, simple, and easy way give to our parish. Instructions are attached on the unit, but if you have any questions other please contact the office.



Campaign Life

2023 CHRISTMAS FUNDRAISER

FINAL WEEKEND FOR SALE! MONKS OF VAL

 December 16/17, Campaign Life Coalition will be selling their delicious cakes and treats in the Church Hall after all Masses.





These treats are made using traditional recipes by the Cistercian Monks of Val Notre Dame Abbey (formerly Oka).

- Christmas Cakes (600 g): \$25 or 2 for \$45
- Gift Boxes Sweet and Savoury: \$23 \$28
- Chocolates: \$28
- Jams, Jellies, Caramel Spreads: \$10 \$13.50
- · Religious Christmas Cards:
 - \$10/pkg of 10 or 2 pkgs for \$18.

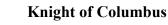
For more information or to order by phone, please **613-729-0379** or the CLC office at email chris@clife.ca or debbie@clife.ca to place your order. If you prefer to have the treats delivered right to your door (but at a higher cost which includes contact shipping) www.abbayevalnotredame.ca/pages/campaign-life-

page. Thank you for your continued support and dedication to life from conception to natural death.



Knights of Columbus — "Our Faith in Action" Holy Redeemer Council #9544 www.koc9544.ca **Making Good Men Great!**





ANNUAL CHRISTMAS TREE SALE

North End of the Church parking lot!

BALSAM FIR TREES: Regular Size \$65.00 Over 7 feet:\$75.00 (\$10 extra for delivery to customer's front door)

Sale times: Monday to Friday 4pm to 8pm; Saturday 10am—6pm; Sunday 12—6 pm.

Payment options include e-transfers to clarencemaheral@gmail.com



Holy Redeemer Charismatic Prayer Group



Presents ...

Christmas Love Feast Thanksgiving

Theme: Agnus Dei (Lamb of God)

THIS Monday, December 18 at 7PM

Praise and Worship, Testimonies and Refreshments
Church Hall ... everyone is invited!

SACRISTANS NEEDED!



Additional Sacristans are required for:

- > ALL Weekday Masses, and
- > Sunday 8am and 9:30am Masses.
- What do we do? Prepare and clean up liturgical elements of the Mass (hosts, vessels, linens, books, candles, etc.)
- What is beautiful about this role? Working with sacred items; background service for fellow parishioners.
- What qualities are needed for this role? Ability to learn vocabulary and protocols; confident with simple arithmetic; confident reading written instructions; a desire to be helpful to fellow parishioners.
- **Training:** Two sessions, each 1-2 hours long and followed by supervised practice.
- **Time commitment:** Approximately two hours (including attending Mass) every 2-3 weeks.

More information: You can view <u>an online 10-minute</u> <u>"information session" here</u>.

Next step: Contact Matthew Bisson (613-769-1767 or matthew.r.bisson@gmail.com). We'll discuss the role and

PARISH VOCATION MINISTRY — HOUR OF EUCHARISTIC



ADORATION: Join us **every Wednesday** evening **following the 7:00 pm Mass**, as we pray for an increase in the response to God's call to the priesthood, diaconate, religious life, consecrated life, and marriage.



PILGRIM VIRGIN OF OUR LADY OF FATIMA HOME VISITATION PROGRAM: Holy Redeemer's Legion of Mary invites parishioners to reserve a home visit of the Pilgrim Virgin Statue of Our Lady of Fatima for a one-week period. To arrange a visit of Our Lady to

your home, contact Balsam Blejani-Khalaf (**613-599-2723**; bblejanikhalaflom@gmail.com).

PUBLIC ROSARY ACROSS CANADA



WHY: To entrust the whole world to Our Lady, and to ask Her to intercede for our province, our country, and the world. **WHERE**: Outside by the parish office door, in front of Our Lady's statue.

WHEN: Every Wednesday at 6:15 PM before Mass, we join in prayer with parishes across Canada.

PRAYER SHAWL MINISTRY: Did you know that Holy Redeemer is blessed to have a ministry that makes beautiful prayer shawls for people in our community who are in need of a prayer and a hug to comfort them through their trying times? We have shawls for men, women, children as young as preemies, in various colours and patterns! — If you know anyone who could benefit from this free service, please reach out to Margaret Donahue (hrprayershawlmin@gmail.com; 613-836-7619), and she will make arrangements to connect and provide you with one of these beautiful, hand-made gifts to brighten someone's day.

CATHOLIC WOMEN'S LEAGUE (CWL) PRAYER BOX: We invite you to place your intentions in this prayer box and CWL members will raise them in



we will never open your papers, nor read your words. We pray fully in the trust that our Lord knows your needs. The papers are burnt unopened at month end.

CATHOLIC TUTOR AVAILABLE



A Catholic teacher is available for tutoring and homework help. She has a Master's degree in Education, specialist certification in Special Education, is very successful in helping children struggling with reading, writing and mathematics and can also teach

children French and ESL. If interested, please email Teresa at terryannkeogh@gmail.com. Spaces are limited and priority will be given to children with learning disabilities.

EVENTS AND ACTIVITIES ...!











Our Confirmation Candidates in Action!

Look for these kids continuing to serve our Parish in the new year as Altar Servers and Greeters, and at Coffee Sunday!



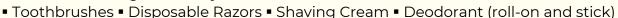
Saint Vincent de Paul Ottawa Central Council

Serving the poor with love, respect, justice, hope and joy!



1. SSVP ANNUAL "CHRISTMAS SOCK" CAMPAIGN:

Thank you to everyone who picked up a pair of socks. Please remember to return the filled socks to the vestibule <u>no later than</u> the end of <u>THIS weekend</u>, **December 16/17.** Here are some urgent toiletry needs:







2. "CATCH THE ACE" LOTTERY — ROUND 4!

Thank The Ottawa Central Council (OCC) of the Society of Saint Vincent de Paul is pleased to announce Round 4 of the weekly Catch the Ace lottery. The first draw will take place on Tuesday, January 9, 2024 and every Tuesday after that until the Ace of Spades is drawn.

Tickets can be purchased now (online only) for \$10. These can make great Christmas gifts and stocking stuffers for adult family members, friends and neighbours. Proceeds of this lottery support the



Multifaith Housing Initiatives for affordable, safe and permanent housing for Indigenous and new Canadians. For details and to start playing, go to https://ssvpottawa.ca/. Thank you for your support!

PARISH MINISTRIES



Youth Group is on Holiday Break!

We'll be back on January 12, 2024

Questions? More Info?

Please contact our INCREDIBLE Youth Minister, Cathy Koss: hryouth@icloud.com





The Young Adults Group have resumed meeting bi-weekly in the Church Hall from **5PM to 6:30PM.** Next meeting ...



Sunday, December 10

If you are between the ages of 19 and 36, you are welcome to join our bi-weekly meetings for fellowship, faith formation pizza! Contact Sarah voungadulthr@gmail.com for more information.



Every Sunday at the 9:30AM AND 11:00AM!

YOUNG ADULTS HIKING GROUP

Join Father Connor on a hike and enjoy some fellowship and the beauty of God's creation.

If you, or someone you know is interested, and between the ages of 16 and 35, please email Fr. Connor at father.connor@outlook.com.



AROUND THE DIOCESE

SECRETARY POSITION AVAILABLE

St. Michael's Corkery and St. Peter Celestine Pakenham. The Office Secretary manages the joint office for St. Michael's Corkery and St. Peter Celestine Pakenham, and works closely with the Pastor, the Finance and Pastoral councils at St. Michael's, and the Parish Council at St. Peter Celestine, as well as other parish ministries. The Office Secretary manages external communications; coordinates the Pastor's calendar; develops church-related materials; manages the sacramental processes; performs basic bookkeeping; maintains supplies; updates the website; and performs file management.

The salary is \$23.00/hr and a work week of 25 hours. Ability to work on site is preferable. Please contact Father Matthew by email at: pastor@stmcorkery.ca or by contact the church office email: secretary@stmcorkery.ca or phone: 613-256-3441 if you or someone you know might be interested. You can also check out the job posting on Indeed at: https:// ca.indeed.com/job/parish-secretary-dbf0a97b59d3c6ed

ARE YOU NIGERIAN? IGBO? CATHOLIC?

Join the Igbo Catholic Community for Mass (in the Igbo language!) on the LAST SUNDAY of EVERY MONTH at St. Peter's Parish, 1640 Heatherington Road at 1:30 PM. Mass is followed by fellowship and refreshments in the Church Hall. Chaplain — Fr. Paul Nwaeze; Coordinator — John Anoliefo (289-988-2696); Info: info@igbomass-ottawa.ca.



Is the Lord calling you to serve Him as a priest?

Join other men discerning the priesthood for monthly

formation, fellowship, and Eucharistic Adoration. Each night will be held at the new Café des Tours, located in the basement of Notre Dame Cathedral in Ottawa.

To join the Quo Vadis email list or for more information, contact Fr. Connor O'Hara, the Vocations Director for the **Ottawa-Cornwall Diocese at:**

vocations@ottawacornwall.ca

70% of spouses don't know the details of their partner's final wishes

Start the conversation. Call: 613-591-6580



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3-836-8819

David Gallagher FIC, CPCA

david.gallaher@kofc.org

Field Agent

613.422.3117

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Kafui Sawyer, M.A. (Couns. Psych.) Registered Psychotherapist Clinical Supervisor

Mental Health Consultant Tel: 613-890-PSYC (7792)

Email: kafuisawyer@joyfrc.com www.joyhrc.com

Specialist in Dialectical Behaviour Therapy Trauma (PTSD) and Addictions Recovery Child, Youth, and Family Therapy Resiliency, Training, and Research



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