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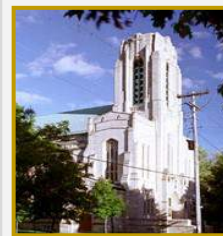
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## Blessed Sacrament Parish

HOME OF THE PILGRIM STATUE OF OUR LADY OF THE CAPE, QUEEN OF CANADA

194 Fourth Avenue, Ottawa ON K1S 2L6  
613-232-4891; [office@blessedsacrament.ca](mailto:office@blessedsacrament.ca); [www.blessedsacrament.ca](http://www.blessedsacrament.ca)



February 4 AND 11, 2018 — 5th & 6th Sunday in Ordinary Time

### MASS SCHEDULE

**SUNDAY MASS TIMES**  
✠ Saturday Vigil Mass ..... 4:30 pm  
✠ Sunday Mass ..... 10:00 am  
..... 8:00 pm

**WEEKDAY MASS TIMES**  
✠ Monday, Wednesday, Friday and Saturday  
..... 9:30 am  
✠ Tuesday and Thursday ..... 6:30 pm

**GLEBEHOUSE SENIORS HOME MASS TIME**  
✠ Thursday ..... 10:00 am

### RECONCILIATION

- Weekdays ..... See Fr. before or after Mass
- Saturday morning... 10:00 am — 10:30 am
- Saturday evening..... 3:45 pm — 4:15 pm
- **Wednesdays during Lent with Adoration:**  
(Feb 28 — Mar 28) ..... 6:30 pm — 7:30 pm
- **Parish Penitential Service (with 4 Priests)**  
Wed, March 21 ..... 6:30 pm — 7:30 pm
- or by appointment

### RECITATION OF THE HOLY ROSARY

- Thursdays ..... 6:00 pm (before Mass)
- Sundays ..... 9:15 am (before Mass)

### OFFICE HOURS

CLOSED Mondays  
Tuesday to Friday ..... 9:00 — 3:00 pm

### PASTORAL STAFF

Fr. Timothy P.V. Nelligan, Pastor  
[pastortpvn@blessedsacrament.ca](mailto:pastortpvn@blessedsacrament.ca)

Fr. Tim McCauley, Assoc. Pastor (on sabbatical)

### PARISH OFFICE STAFF

Deacon Tom Donohue, Office Manager  
613-232-4891; [deacontom@blessedsacrament.ca](mailto:deacontom@blessedsacrament.ca)

Kim Jennings, Office Administrator  
613-232-4891; [office@blessedsacrament.ca](mailto:office@blessedsacrament.ca)

Vivian Gratton, Bookkeeper  
613-232-4891; [account@blessedsacrament.ca](mailto:account@blessedsacrament.ca)

Melissa Monette, Youth Coordinator  
613-868-2907; [bsymottawa@gmail.com](mailto:bsymottawa@gmail.com)

Stéphane Bussière, Custodian  
[stephaneb29@hotmail.com](mailto:stephaneb29@hotmail.com)

### PILGRIM STATUE KIOSK HOURS

- Wednesday ..... 10:00 am — 4:00 pm
- **DnA Live on Wednesdays** ..... 1:30 pm
- Sunday ..... 11:00 am — 1:00 pm
- or by appointment

Info: Dennis and Angelina Girard;  
1-888-501-1083; [dnagirard@gmail.com](mailto:dnagirard@gmail.com)

### PARISH MINISTRIES

**BAPTISM:**  
Julia Moffat, 613-697-7966,  
[knowthydog@yahoo.ca](mailto:knowthydog@yahoo.ca)

**CENTRETOWN EMERGENCY FOOD CENTRE:**  
Joe Courtright, Liaison,  
[centerownchurches@gmail.com](mailto:centerownchurches@gmail.com)

### CHILDREN'S LITURGY — VOLUNTEERS NEEDED!

- 1) Alsace Abboud; [nassoum52@gmail.com](mailto:nassoum52@gmail.com); or
- 2) Vanessa Altobelli;  
[vanessamaltobelli@gmail.com](mailto:vanessamaltobelli@gmail.com)

**CONFIRMATION:**  
Melissa Monette, 613-868-2907,  
[bsymottawa@gmail.com](mailto:bsymottawa@gmail.com)

**CURSILLO REPRESENTATIVE:**  
Rosella MacNeil, 613-327-0061,  
[rosella.macneil@sympatico.ca](mailto:rosella.macneil@sympatico.ca)

**DEVELOPMENT & PEACE MINISTRY:**  
Angela Davis, 613-237-0093  
[mangeladavis@hotmail.com](mailto:mangeladavis@hotmail.com)

**FINANCE COUNCIL:**  
Larry Schembri, Chair  
[schembri.springer@sympatico.ca](mailto:schembri.springer@sympatico.ca)

**FIRST COMMUNION AND RECONCILIATION:**  
1) Jackie Cadieux, Volunteer Coordinator  
613-882-3613; [jaqui@royallegage.ca](mailto:jaqui@royallegage.ca)  
2) Heather Fisher, Registration Coordinator  
613-558-3264; [heatherfisher88@hotmail.com](mailto:heatherfisher88@hotmail.com)

**GROUNDS COMMITTEE:**  
Sharon Quinn, 613-523-2574;  
[seaquinn@rogers.com](mailto:seaquinn@rogers.com)

**HOSPITALITY:**  
Coffee Sundays — Charlene White,  
613-421-1860; [cmvw15@gmail.com](mailto:cmvw15@gmail.com)

**KNIGHTS OF COLUMBUS — LIAISON:**  
Dave Mulcair, 613-807-0875; [dmulcair@aol.com](mailto:dmulcair@aol.com)

### MASS MINISTRY COORDINATORS:

- 1) Saturday 4:30 PM — Gerry Sisk  
[gerardr.sisk@sympatico.ca](mailto:gerardr.sisk@sympatico.ca)
- 2) Sunday 10:00 AM — Joe Courtright  
[courtright\\_jw@yahoo.com](mailto:courtright_jw@yahoo.com)
- 3) Sunday 8:00 PM — Marie-France Lapierre  
[mflapierre-14@hotmail.com](mailto:mflapierre-14@hotmail.com)

### PRO-LIFE REPRESENTATIVE:

Rosella MacNeil, 613-327-0061,  
[rosella.macneil@sympatico.ca](mailto:rosella.macneil@sympatico.ca)

**R.C.I.A. (ADULT FAITH FORMATION):**  
Gord Johnson, 613-761-2895,  
[gordjohnson@sympatico.ca](mailto:gordjohnson@sympatico.ca)

### WEDDINGS:

- 1) Wedding Coordinator — Carol Ann Parlato  
613-852-4434, [caparlato@gmail.com](mailto:caparlato@gmail.com)
- 2) Marriage Prep Course — Cathy Bourguignon  
613-699-5624; [cpbourguignon@gmail.com](mailto:cpbourguignon@gmail.com)  
Spring 2018 — Dates to be determined

### WELCOMING COMMITTEE:

Agnes Cunningham,  
[agnescunningham602@gmail.com](mailto:agnescunningham602@gmail.com); or  
Dianne Wood, 613-613-739-5519

### WIDOWS & WIDOWERS FAITH-BASED GROUP

Shirley Hamre, 613-824-0692; or  
Thea Boyd, 613-521-2082

### YOUTH MINISTRY:

Melissa Monette, 613-868-2907  
[bsymottawa@gmail.com](mailto:bsymottawa@gmail.com)

### THE PARISH PHRONTISTRY

#### Why Go to Confession?

Going to *Confession* frequently keeps us in a state of grace, assists us in overcoming temptation, and helps us grow in virtue. The graces we receive from *Confession* are given abundantly when we receive this sacrament frequently. *Our soul is like a house undergoing a cleaning at Confession;* the more often the house is swept and scrubbed, the cleaner it is bound to be. *Confession* not only serves to cleanse us from past offences, but helps to strengthen us against sin, and increases us in virtue. The penance and absolution given by the priest, are means through which we are encouraged to change our lives so that we can become more and more Christ-like; an endeavour we should be diligently working at. As a penitent, we are called to be sincere in our confession, to make resolution to atone for them, and promise to amend our lives. The 5 effects flowing from the Sacrament of Reconciliation, when worthily received are:

1. The restoration or increase of sanctifying grace;
2. The forgiveness of sins;
3. The remission of eternal punishment;
4. The help to avoid sin in the future;
5. The restoration of the merits of our good works.

This sacrament is a wonderful opportunity for us to be filled with the love of God. Lying on one's bed at home and telling God you are sorry is not enough. St. Augustine, a famous Doctor of the Church wrote: *"It is not enough that one acknowledge their sins to God, from whom nothing is hidden; they must also confess them to a priest, God's representative."* The practice of going to *Confession* therefore, is a sign of our determination to change our lives for the better. The *absolution* given by the priest forgives our eternal punishment, and the *penance* given makes reparation for our temporal punishment, either here in this life, or in purgatory. Jesus earnestly desires us to be reconciled with him, that in this life we may strive to follow him, so that in the eternal life, we may live with him!

#### Vexation — Last Weeks Answer:

The Title "*Cathedral*" comes from the Greek word, *καθεδρα* - caedra, which translates into the Latin *cathedra*, the word for the Bishop's seat or throne. It represents the authority of the Bishop as chief shepherd and teacher in a diocese. When you hear the term "*ex cathedra*"; it refers to the authority which comes forth from the Pope and through the Bishop as an official authoritative teaching.

#### Vexation:

What does the title "*Basilica*" mean?

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## February 4th AND 11th, 2018 5th & 6th Sunday in Ordinary Time

"During this Lent,  
let us all ask the Lord:  
*Make our hearts like yours.*"

-Pope Francis



### † Mass Intentions

Saturday, February 3 — *St. Blaise*

9:30 am **(First Saturday Mass)**

† Memorial Mass for the soul of Gaetano Cinanni

4:30 pm † For the intentions of Antoinette Concessio by Allison Gonsalves and family

† For the soul of Gerry Grieco by Jennifer and Konrad Huestis

Sunday, February 4 — **5TH SUNDAY IN ORDINARY TIME**

10:00 am † For the soul of Janet Van Duzer by her family

8:00 pm † Pro Populo

Monday, February 5 — *St. Agatha*

9:30 am † —

Tuesday, February 6 — *St. Paul Miki & Companions*

6:30 pm † —

Wednesday, February 7

9:30 am † —

Thursday, February 8 — *St. Josephine Bakhita*

6:30 pm † For the soul of Marguerite Lucina Kavanagh

Friday, February 9

9:30 am † —

Saturday, February 10

9:30 am † —

4:30 pm † For the soul of Gerry Grieco by Lorna St-Amour

Sunday, February 11 — **6TH SUNDAY IN ORDINARY TIME**

10:00 am † For the soul of Alex and Gertrude Johnson by Beryl and Gord Johnson

† For the soul of Linus Downey by Kim and Luigi Aiello

8:00 pm † Pro Populo

Monday, February 12

9:30 am † For the soul of Jay Jennings

Tuesday, February 13

6:30 pm † —

### LENT BEGINS

Wednesday, February 14 — **ASH WEDNESDAY**

9:30 am † For the soul of Marguerite Lucina Kavanagh

**6:30 pm † (Mass Added)** —

Thursday, February 15 —

6:30 pm † —

Friday, February 16

9:30 am † —

**Special Collection February 17/18 — Diocesan Missionary Works**

Saturday, February 17

9:30 am † —

4:30 pm † —

Sunday, February 18 — **1ST SUNDAY OF LENT**

10:00 am † For the soul of Laurent Dinh by Isabelle Gauthier

8:00 pm † Pro Populo

### ✠ Parish News

#### CELEBRATING BAPTISM

Please welcome and pray for our newest parishioners who were baptized at Blessed Sacrament Parish in the month of January:

✠ Emilia Jacqueline Bonacci

✠ Anthony Oliver Fournier

Our **NEXT** Baptismal Parent Meeting is scheduled for **Wednesday, February 7 at 7:00 pm**. To register, please contact the Parish office.



**BLESSED SACRAMENT WIDOWS AND WIDOWERS FAITH-BASED GROUP** — **Shrove Tuesday, February 13**. We will meet at **10:30 am** for a **movie** at South Keys Odeon Cineplex, followed by a **pancake lunch** at Cora's Restaurant, Alta Vista Drive at **1:00 PM**. For info, please contact Thea Boyd at 613-521-2082.

**'COLDEST NIGHT OF THE YEAR':** A Fundraising Event for Shelters and Missions across Canada. The walk day in support of the **OTTAWA MISSION** is **Saturday, February 24**. Chris Moffat (*our very own Deacon in the making!*) is participating in this year's walk and asks if you would consider supporting his 10 KM walk with a personal donation. To access his personal fundraising page online, go to: <https://secure.e2rm.com/registrator/FundraisingPage.aspx?registrationID=4017725&langPref=en-CA>, or send him an email at [chrismoffat@me.com](mailto:chrismoffat@me.com) and he'll forward you the link. *Way to go Chris and stay warm!*

**BLESSED SACRAMENT'S 'OUR LADY OF THE CAPE DIVINE MERCY CENACLE'** will meet on **Thursday, February 8 at 7:15 pm** in the *Pope Saint Pius the X Room* (formerly known as the Nursery). Please enter through the Brother André door.

#### CALL FOR CONSCIENCE CAMPAIGN

**SIGN-UP SUNDAY — February 3/4**

**We Need Your Help!** As part of the *Call for Conscience 2018* Campaign, Archbishop Prendergast and the Bishops across Ontario, are asking for an email address from every Catholic family in their community, with a goal of 100,000 email addresses collected by the end of February 2018. This information will be used to communicate periodically on issues of particular importance for the Catholic community. (*A copy of Archbishop Prendergast's letter is available in the Narthex.*)

The first campaign of 2018 is the *Call for Conscience*, inviting our elected Members of Provincial Parliament (MPPs) and those seeking office this June to:

- increase funding/access to palliative care,
- protect health care workers wishing to abstain from any involvement in euthanasia/assisted suicide and
- protect faith-based facilities from participation in euthanasia/assisted suicide.

This work builds on a similar campaign held in 2017. **Please set aside some time after Mass to register your contact information on the sheets provided in the Narthex.** For those without an email account, draft letters are available for you to send to your MPP. Please feel free to register online: [www.canadiansforconscience.ca](http://www.canadiansforconscience.ca).

*Thank you for living out your faith with action!*

### Around the Diocese

**PERMANENT DIACONATE INFORMATION SESSIONS:** Is the Lord calling you to the Permanent Diaconate? Come and discover what the diaconate is all about. All men in the Archdiocese are invited; married men are encouraged to come with their wives. If you wish to attend a session or get more info, contact Deacon Michael Seath at 613-324-0007 or [mseath@archottawa.ca](mailto:mseath@archottawa.ca). 3 info sessions: **Monday, February 26, 7:00—9:00 pm** at Queen of the Most Holy Rosary Parish Hall. **Wednesday, March 7, 7:00—9:00 pm** at Holy Cross Parish, 685 Walkley in the hall. **Saturday, March 10, 9:00—11:00 am** at Annunciation of the Lord Parish Hall.

**LENTEN DAY RETREAT FOR WOMEN "The Paschal Mystery":** Speaker: Fr. Martin Wallace; Dominican University College, 96 Empress Ave, **Saturday, March 3, 9:30 am — 4:30 pm**. Mass, Eucharistic Adoration, opportunity for Confession. To register: <https://sisterhood.live/formationprograms>.

**SHARE LENT: DEVELOPMENT & PEACE / CARITAS CANADA WORKSHOP** — Reps from all parishes are invited to attend the D&P Share Lent Workshop; Speaker: Tara Hurford, new animator—Theme: *Together for Peace*. Come and find out about the resources. **Wednesday, February 7, 6:30 — 8:30 pm** St. Basil Parish Hall; and **Thursday, February 8, 6:30 — 8:30 pm**, Assumption Parish Hall. Info: Angela Davis 613-237-0093.

**DYING HEALED WORKSHOPS:** Comprehensive education on palliative care/end of life issues and preliminary training for palliative and hospice care volunteers. For those wishing to provide compassionate love and support to those in need, particularly at end of life. **April 7 & 14, 10:00 am—4:00 pm** St. John the Apostle Parish. Cost for both sessions: \$35 incl. lunch. **Registration** required: Anastasia Bowles 613-722-1552; [info@lifecanada.org](mailto:info@lifecanada.org); [www.maketimeforlife.ca](http://www.maketimeforlife.ca).

**MONTHLY PRO-LIFE MASS:** A continuation of the pilgrimage of Masses to pray for the establishment of a Pro-life Center in Ottawa. Assumption of the Blessed Virgin Mary Parish, 320 Olmstead St., Vanier, **Saturday February 24 at 10:00 am**. Sponsored by Pro-life Doctors. Info: [wandawoj@rogers.com](mailto:wandawoj@rogers.com) or 613-831-2515.

**THE TRINITY AND THE INCARNATION:** Lenten retreat (**Saturday, February 17, 7:45 am — 3:15 pm** at Holy Redeemer) Fr. Hezuk Shroffwith talk on the Holy Trinity; and Sisters of the Queenship of Mary talk on the Incarnation. Confessions, Holy Eucharist, Divine Mercy, Stations of the Cross, hymns sung by Maureen Brannan accompanied by Jeanne Joinette on piano, prayer and fellowship. Breakfast, lunch and refreshments. **Cost: \$20; \$25 after February 10**. Info: 613-591-3641.



#### Most Wednesdays at 1:30 PM

Followed by a Social ... **Please bring desserts!**

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#### ST. THÉRÈSE OF LISEUX PRAYER GROUP — Perpetual Novena

**February 5—13:** *O Little Flower of the Child Jesus*, please pray for Fr. Tim Nelligan and Fr. Tim McCauley. Please ask the Lord to protect them from all evil and increase their love for Jesus with each breath they take.

**February 14—22:** *Little Flower of the Child Jesus*, as Lent begins, please pray that Our Lady of the Cape, Queen of Canada, will lead everyone in this parish to the beauty of returning to the Sacrament of Reconciliation and continue on a regular basis so that we may hear the voice of God more clearly in our daily lives.

### Blessed Sacrament Parish Vision

Through dynamic evangelization, Blessed Sacrament Parish seeks to intentionally invite all people into an initial encounter with and ongoing conversion to Jesus. We are a Eucharistic and Marian parish that is a home for vibrant worship, reconciliation, and prayer, as well as an engine for spiritual growth. We support each other on the journey to maturity and reach out to people in need.

### Our Prayer List



**WE ASK THAT YOU REMEMBER IN YOUR PRAYERS** all those in our Parish Community who are sick and in need of encouragement: Nancy Grover, Kerri Lynn Bulger, Paula Scott, Daphne Moffat, Jim Grover, Leighton Beacock, Daniel & Madeline McBride, Ben Proctor, Mary Christine Spencer, Rick Tracey, David Low, Anna Gemella, David Kibbee, Marc Le Gras, Natalie Quinn, Rose Cutrara, Loren Cooper, Richard Gehring, Bridgette Bradway, Morgan Hawken, Melissa Moloissa, Debbie Lavallie, Joseph Hutchinson, Marta Pappalardo and Dominic, Joaquin Olivier LeGras, Brigitte and Victor Couwenbergh, Sebastien Parent, Jim Morgan, Thérèse Cochlin, Lynn Ashdown, Laszlo DeRoth, Darrell & Peter Herauf, Kathleen Jordan, Sharon Boothroyd, Luigi Lorusso, Cindy Orr Marcelle and Gerry Ouderkirk, Beryl Johnson, Anne Kennedy, Britney, Jesse Colliver and their baby, Frances from the UK, Norman Revells, Elizabeth (Elsa) Witteveen, Yvonne Bulger.

To ADD or REMOVE a name, please contact the office.

#### The Holy Father's Prayer Intention for FEBRUARY 2018

Say "No" to corruption — that those who have material, political or spiritual power may resist any lure of corruption.

#### PARISH FINANCIAL ADMINISTRATION JANUARY 2018

Regular Collection:

January 7..... \$ 2,357.20

January 14..... \$ 2,596.80

January 21..... \$ 2,721.10

January 28:

• 4:30 PM ..... \$ 589.25

• 10:00 AM ..... \$ 1,839.50

• 8:00 PM ..... \$ 391.40

**TOTAL FOR JANUARY 2018 ..... \$10,495.25**

As this is our primary source of support, we encourage you to use our 'Pre-Authorized Donation' (PAD) service and boxed set of envelopes. Choosing the PAD service makes it easier for you to support us and is a welcomed benefit to the Parish as our expenses continue year round. Please help support us by picking up a PAD form and a boxed set of envelopes found in the Church foyer. *We ask that you kindly remember Blessed Sacrament Parish in your Will and include us in the bequeath section of the obituary notice.* Our Registered Charitable Tax No: #12896-7353-RR0092.

**NEXT AGM: Sunday, May 6 after the 10:00 AM Mass!**

#### A Warm Welcome to Our New Parishioners!

*Interested in joining Blessed Sacrament's Parish Family?*

Please let us know who you are and we will be happy to offer you more information and introduce you to our Parish life. Just fill out this form, place it in the basket, and we'll reach out to you soon. It's great to have you with us!

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Postal Code: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_