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Blessed Sacrament Parish

194 Fourth Avenue, Ottawa, Ontario K1S 2L6
T: 613 232 4891 www.blessedsacrament.ca
Email: office@blessedsacrament.ca

<p>WEEKDAY LITURGIES Tuesday & Thursday 6:30p.m. Wednesday & Friday 9:30a.m.</p>	<p>SUNDAY EUCHARIST Saturday Mass 4:30p.m. Sunday Masses 9:00a.m., 11:00a.m. & 8:00p.m.</p>	<p>RECONCILIATION Tuesday 6 - 6:30p.m. Saturday 4 - 4:30p.m. (or by appointment)</p>
<p>PASTORAL STAFF Fr. Galen Bank, CC, Pastor Fr. Francis Donnelly, CC, A. Pastor</p>	<p>IN RESIDENCE Fr. Charles Orchard, CC</p>	<p>OFFICE HOURS Closed on Monday Tuesday - Friday: 9a.m. - 3p.m.</p>

ASH WEDNESDAY

Will be on **February 10** this year and there will be Masses celebrated at 9:30a.m. (Corpus Christi Elementary will be in attendance) & 6:30p.m.

NORMS FOR LENTEN OBSERVANCE

The liturgical season of Lent begins February 10. The following are guidelines of Lenten observance for the faithful in the Archdiocese of Ottawa.

- Ash Wednesday and Good Friday are days of fast and abstinence.
- Fridays are days of abstinence.

Fasting binds all persons who have completed their 18th birthday through those who have completed their 59th year, unless prevented by poor health. On days of fast, one full meal is allowed. Two other meals, sufficient to maintain strength, may be taken according to one's own needs. Eating between meals is not allowed although fluids may be taken.

Abstinence binds all persons who have completed their 14th birthday, unless prevented by poor health. In the Archdiocese of Ottawa, the consumption of meat is not allowed on Ash Wednesday, Good Friday, and all Fridays of Lent. The Archbishop mandates this observance for the spiritual well-being of the faithful.

Lent is a penitential season and, as such, religious practices such as daily Mass, the celebration of the Sacrament of Reconciliation, the Stations of the Cross, works of charity and justice, and acts of self-denial are highly encouraged.

We will profess the Apostles' Creed during the Lenten and Easter seasons so as to be in solidarity with the catechumens.



The 4th Sunday in Ordinary Time

January 31, 2016



ANNOUNCED MASS INTENTIONS

Tuesday, February 2, 6:30p.m. - The Presentation of the Lord

In thanksgiving for a special intention by Victor Daly

Wednesday, February 3, 9:30a.m. - St. Blaise

Our Parish Community

Thursday, February 4, 6:30p.m.

Repose of the soul of Gerald Bourbonnais by his Grandchildren

Friday, February 5, 9:30a.m. - St. Agatha

Our Parish Community

Saturday, February 6, 4:30p.m. - St. Paul Miki & Companions

Our Parish Community

Sunday, February 7 - The 5th Sunday in Ordinary Time

9:00a.m. Repose of the soul of Lillian Payette Lecompte by Monique & Pierre Lecompte

Repose of the souls of Hélène Desjardins by Suzanne Culleton

11:00a.m. Repose of the souls of Margaret & Mike Quinn by the Quinn & Wood families

8:00p.m. Pro Populo

GRADE 6-12 YOUTH GROUP: If you're in grades 6-12 please join us Friday nights, between 7pm and 9pm, at Blessed Sacrament for youth group! Our next awesome night will be **Fri., Feb. 5** where we will begin our new series #JesusSwagger. We start with "Poser Christianity". We can't wait to see you there!

MARYVALE ACADEMY: Is holding its annual fundraising dinner gala entitled "HEART OF MERCY" on **Sat., Feb. 6** at the St. Elias Centre (750 Ridgewood Ave.) with live and silent auctions, 50/50 draw, music, dancing and more. Cocktails and Silent Auction begin at 6 pm, Dinner at 6:30 pm. Tickets are \$80 per person (with \$40 tax receipt). For more info or tickets, please contact 613 321-2186 or visit maryvaleacademy.ca

WIDOW AND WIDOWERS SOCIAL GROUP: Will meet on Shrove **Tues. Feb. 9** for an early movie in South Keys and a pancake breakfast at 1pm at Cora's restaurant (Bank and Alta Vista Dr.). Contact either Shirley Hamre 613 824 0692 or Thea Boyd 613 521 2082.

VOCATION FAIR BREAKFAST: Join us for breakfast on **Sat., Feb. 13** at St. George's Parish, 415 Piccadilly Ave. The Fair will begin with Mass at 9am until 1pm. Fr. Pierre Champoux, Vocation Director of Archdiocese of Ottawa is our main speaker. For further info call (613) 729-8710 or email events@servantsofthecross.ca

HEALING MINISTRY: The Sacrament of the Sick will be administered after the 6:30 p.m. Mass on **Thurs., Feb. 18** for those whose health is seriously impaired by sickness or old age. The session will include instruction on fruitful reception of healing ministry. Prayer teams will be available afterwards for personal healing prayer or prayer for other intentions and persons.



Truly I tell you,
no Prophet is
accepted in his hometown.

NIGHT OF WORSHIP AND MINISTRY: An anointed event you won't want to miss on **Fri., Feb. 26 from 7 - 9pm at St. Mary's Parish** - 100 Young St. Fr. Scott McCaig will give a talk. Zacharie Duval will lead us in worship. Prayer Teams will be available. Specials Guests: Companions of the Cross priests (several may attend). Come rest in the presence of our Lord.

MARRIAGE PREPARATION COURSES: For engaged couples who are preparing for the Sacrament of Marriage. This course will consist of 4 dates: **Fri., Apr. 22** (6:30p.m. registration) 7p.m.-10p.m., **Sat., Apr. 23** 1p.m.-4:30p.m., **Fri., Apr. 29** 7p.m.-10p.m., **Sat., Apr. 30** 1p.m.-4:30p.m. (certificates provided after 4:30p.m. Mass). Please contact the parish office if you would like to attend.

HOLY LAND & JORDAN PILGRIMAGE: With Fr. Ken Lao, C.C. Departing from Toronto, **May 2-13**. We will be visiting Caesarea, Capernaum, Cana, Nazareth, Jerusalem, Bethlehem, Mt. Carmel, Jericho, and many more. \$2775/person. For itinerary or more info, contact Fely Mendoza: 416 700 8100 or 1 888 463 3637.

Diocesan News

EXCEL BREAKFAST - CATHOLIC BUSINESS NETWORK BREAKFAST: An opportunity for those in the business sector that are Catholic or Christian, to network and share fellowship with others. Keynote speaker: James Peloso. **Feb. 5, 7:00 a.m. at St. Anthony's Banquet Hall.** Info: (<http://excelbreakfast.eventbrite.ca>) or Vincent (613-899-0876).

PERMANENT DIACONATE - INFORMATION SESSIONS: Is the Lord calling you to the Permanent Diaconate? Come and discover what the diaconate is all about. All Roman Catholic men in the Archdiocese are invited; married men are encouraged to come with their wives. To register for a session or get more info, please contact Deacon Michael Seath (613-834-1840); (mseath@archottawa.ca). Three info sessions: **Sat., Feb. 13, 9:00 - 11:00 a.m.** at Divine Infant Parish, 6288 Bilberry Dr., Orleans (go to Parish office); **Wed., Feb. 24, 7:00 - 9:00 p.m. at St. George Parish, 425 Piccadilly Ave.,** (conference room); **Mon., Feb. 29, 7:00 - 9:00 p.m. at Holy Redeemer Parish, 44 Rothesay Dr., Kanata** (in the hall).

CHRISTIAN INITIATION - RITE OF ELECTION & CALLING CANDIDATES TO LENTEN RENEWAL: Notre Dame Cathedral. **Sun., Feb. 14, 2:30 p.m.** All are welcome.

THE JUBILEE OF MERCY WEBSITE: Of the Pontifical Council for the Promotion of the New Evangelization is as follows: (www.iubilaeummisericordiae.va/content/gdm/en.html). Provides helpful resources for parishes & individuals.

PARISH PRAYER LIST:

We ask that you remember in your prayers all those in our parish community who are sick and in need of encouragement: Gerald Bethell, Nancy Grover, Tom Rock, Frank Licari, Tom Ray, Kerri Lynn Bulger, Kevin Bank, Rosalee Hanright, Tyler Huneault, Paula Scott, Daphne Moffat, Jim Grover, Lynn Ashdown, Joaquin & Olivier Le Gras, Leighton Beacock, Daniel & Madeline McBride, Mrs. Teresa White, Ethel Morris, June McGuire, Ben Proctor, Mary Christine Spencer, Rick Tracey, Fr. Rory Brady, David Low, Marilyn O'Neill, Anna Gemella, David Kibbee, Marc Le Gras, Michael Quinn, Natalie Quinn, Rose Cutrara, Loren Cooper, Conrad Rock, Mike Donahue, Gloria Henderson, Richard Gehring, Bruce McCracken, Bridgette Bradway, Joanne Monaghan, Morgan Hawken, Melissa Moloissa, Sebastian Parent, Debbie Lavallie, Yvonne Bulger.

To add a name to the list please contact the parish office.



WORLDWIDE MARRIAGE ENCOUNTER: If you have the possibility to make your marriage better...where you and your spouse could deepen your love, to be happier and feel closer to each other, would you take the chance? Live a Worldwide Marriage Encounter weekend in the Ottawa region: **Feb. 26- 28**. Places are limited. Info or to sign up: Kathleen & Guy Séguin (613-800-0866); (kgseguin@gmail.com) by Feb. 15th. General info: (www.wwme.org).

WAUPOOS FARM: A Catholic ministry to the poor, is looking for 2 new Resident families to move in this summer for a 2-3 year commitment. If you would like to learn more about becoming a farm family and what it means to live the Pray, Work, and Play motto, you can contact the office (613-822-2189) or visit the website (www.waupos.com).

2016 NEW EVANGELIZATION SUMMIT: Featuring world-renowned speakers Dr. Peter Kreeft, Christopher West, Sherry Weddell, and Fr. Raniero Cantalamessa, among others. The live broadcast to host sites throughout North America will take place in Ottawa **Apr. 15-16**. Registration: www.newevangelization.ca.

HOLY FATHER'S MESSAGE TO CHILDREN & YOUNG TEENAGERS WITH REGARD TO THE EXTRAORDINARY JUBILEE OF MERCY: Message available online: (www.vatican.va/content/francesco/en/). The message is intended for the Jubilee for young people, which will be celebrated by the Holy See, **April 23 - 25**.

WORLD YOUTH DAY 2016: With the Archdiocese of Ottawa (young adults age 18-35) to Krakow, Poland, July 19 - August 2. Approximate cost: \$3400. Limited spots available. Info: Ted (613-738-5025 x231); (thurley@archottawa.ca).

THE DOOR OF MERCY AT NOTRE DAME CATHEDRAL BASILICA: The Door of Mercy at Notre Dame Cathedral is the left front door closest to Guigues St. **The Door of Mercy will be accessible Mon., 11:30a.m. - 5p.m., Tues.-Fri., 10a.m. - 5p.m. and on Sat. & Sun. for the Masses.** Info about Mass times and making a pilgrimage to the Jubilee Door of Mercy at Notre Dame Cathedral and gaining an indulgence: (www.catholicottawa.ca/year-of-mercy).

POPE FRANCIS' PRAYER INTENTIONS:

UNIVERSAL INTENTION for February: That we may take good care of creation — a gift freely given — cultivating and protecting it for future generations.

EVANGELIZATION INTENTION for February: That opportunities may increase for dialogue and encounter between the Christian faith and the peoples of Asia.

WELCOME NEW PARISHIONERS!

To register as a parishioner please complete the information below and place in the collection basket.

NAME: _____

ADDRESS: _____

POSTAL CODE: _____ **PHONE:** _____

EMAIL ADDRESS: _____

WOULD YOU LIKE OFFERTORY ENVELOPES? YES ___ NO ___

WOULD YOU LIKE PRE-AUTHORIZED DEBIT? YES ___ NO ___

(Envelopes and PAD forms are available in the front foyer.)

PARISH FINANCIAL ADMINISTRATION

Collection on: **January 24** - \$ 2, 648.25

Help support our parish through the use of our 'Pre Authorized Donation' (PAD) service or by using a boxed set of envelopes. Use of PAD makes donations easier and consistent, benefitting the parishioner and the parish. PAD forms or envelope boxes can be picked up in the foyer of the church. These are our primary source of support for the parish. **Please remember Blessed Sacrament Parish in your WILL and we remind everyone to include our Parish in the bequeath section of their obituary notice. Our Registered Charity is # 12896-7353-RR0092.**