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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>

BUILDING RESTORATION PROJECT

Thank you for your generous contributions towards the installation of the new exterior doors. Based on contributions already received, only one or two more special collections will be required. Next weekend of **February 20 & 21** there will be a special 2nd collection taken up after Communion to help support the cost of the construction/installation of the new exterior doors for the church. Please fill out and place your donations into the blue envelopes labeled "Building and Maintenance Support". Thank you for your ongoing support and contributions to Blessed Sacrament Parish.

LENT 2016 - A Season of Mercy

Lent is always considered a season of God's Mercy. However, during the course of this liturgical year, there is a heightened awareness of mercy with it being the *Year of Mercy* in the Church. Giving and receiving mercy is central to living the life God calls us to. We all need mercy at different times in our lives, and we all have an obligation to give mercy to others. We have to admit that God's mercy is overwhelmingly generous so He calls us to respond with the same spirit of generosity.

Receiving Mercy: are there areas of my life where I need Gods forgiveness, comfort, healing, hope or faith? That we consider praying with the scriptures everyday. Plan to receive the sacrament of reconciliation.

Giving Mercy: - Forgive others who have hurt me - ("In the name of Jesus I forgive Name for ??? "); help the needy, abandoned, rejected and lonely; visit the sick and elderly; pray for the living and dead; comfort and encourage the afflicted, bear wrongs patiently; loan to the one who cannot repay us; give a second chance to the one who failed us or sinned against us; look at every one as if it were Jesus who is needing our help. "Whatever you did for one of the least of these brothers and sisters of mine, you did for me". Matt 25:40.

SELF-EXAMINATION:

1. Do you invite people to your home that cannot return the favour?
2. Do you set aside some money each week to help the poor?
3. Is it hard for you to forgive someone who hurt you?
4. Do you feel grateful for all the Lord has done for you?
5. Do you visit the sick at home or in the hospital or nursing home?
6. Am I able to give people a "second chance"? How many second chances has God given us?
7. Do you avoid associating or talking to the poor or minorities?
8. Have I asked for the mercy of God in my life today?

Lastly, please consider using Matthew Kelly's book "Rediscover Jesus" which offers a daily meditation for the Season of Lent.



The 1st Sunday of Lent

February 14, 2016



ANNOUNCED MASS INTENTIONS

Tuesday, February 16, 6:30p.m.

Our Parish Community

Wednesday, February 17, 9:30a.m.

Our Parish Community

Thursday, February 18, 6:30p.m.

Our Parish Community

Friday, February 19, 9:30a.m.

Our Parish Community

Saturday, February 20, 4:30p.m.

Our Parish Community

Sunday, February 21 - The 2nd Sunday of Lent

9:00a.m. Repose of the souls of Paul Gauthier

by Gord & Beryl Johnson

Repose of the soul of Denis Morin

by Suzanne Culleton

11:00a.m. Intentions of David Mulcair by Anna Marie

8:00p.m. Pro Populo



ST. THERESE PRAYER GROUP: As proclaimed by Pope Francis, this is the year of Mercy! We will ask St. Therese to pray for us this year, using Pope Francis' letter, Misericordiae Vultus, as the basis of our intentions. **Novena intention February 16 - 24:**

The last line paragraph 4 of Misericordiae Vultus, yet again, the Father's mercy is highlighted. St. Therese, please pray with us. Please ask God to help the faithful of this parish to lovingly lead others to Jesus so that they can feel the warmth of His embrace and want to allow Him into their hearts..

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. 19** where we will be in our 3rd week of our series #JesusSwagger. We are looking at Love Without Limits. We can't wait to see you there!

STATIONS OF THE CROSS: Join us once again this Lenten season in praying the stations of the cross at **6:00 p.m. on Tues., Feb. 16, 23 and Tues. Mar. 1, 8 & 15.** We will be meditating on "Mary's Way of the Cross". 2 readers will be needed each time. One to read Mary's meditations and one to read a prayer. We will also need someone to carry a candle from station to station. All are welcome. Info: Carol Campbell 613 234 8302.

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.

MARYVALE ACADEMY OF OTTAWA is holding a School-Day Open House, 8:30 am to 3 pm on Thurs. Feb. 25. Join us for part or all of the day! Please call the principal to register at (613) 321-2186 Ext-2. School info: MaryvaleAcademy.ca or Facebook.

NIGHT OF WORSHIP AND MINISTRY: St. Mary Parish, 100 Young St., **Fri., Feb. 26, 7:00 - 9:00 p.m.** Guest Speaker: Fr. Scott McCaig. Prayer teams will be available. Specials guests: Companions of the Cross priests. Come rest in the presence of our Lord. Info: Lise Going (613-824-9038).

MUSICIAN(S) NEEDED: Call out for a musician or a small group of musicians who would be willing and able to provide music for Sunday morning, **Feb. 28, 9:00am Mass.** The regular music group will have a break that Sunday. If you can provide music for that Sunday morning Mass, please contact Fr. Galen to let him know. Much appreciated by all of us! Thanks!

FOOT CARE CLINIC: Every two months Blessed Sacrament Parish offers a foot care clinic to seniors. The next date for this clinic is on **Tues. Mar. 1, 9:30a.m. - 2p.m.** and will be taking place in the parish nursery. The service is provided by a specially trained nurse for a nominal fee. For information and to make an appointment please call Mary Jane Rocque at 613 747 2259.

COFFEE SUNDAYS: will resume in April after Easter!

PARISH FINANCIAL ADMINISTRATION

Collection on: **February 7 - \$2,621.35**

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.**

INSPIRATIONAL VALUE CENTRE: Is a Christian Books/Gifts/Music, store located at 1558 Merivale Rd. (the previous Salem Christian Book Store location). They also offer Communion and Confirmation gifts, cards. Open **Mon.-Sat. from 10:00am** 613-727-4702. These stores are few and far between in Ottawa. Have fun browsing, and enjoy their little café corner too!

WORLD DAY OF PRAYER: A worldwide movement where all Christian denominations come together to pray and learn about the Christian experience in other countries. In 2016 the focus is on Cuba and the service has been written by Christian women in Cuba. The churches of Old Ottawa South and The Glebe invite you to join us at St. Giles Presbyterian Church, 729 Bank St. on **Sat. Mar. 5 at 11:00 am.** coffee will be served from 10:45am. This ecumenical service is led by women from our local churches and a chance to talk afterwards.

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.

IN FROM THE COLD: Volunteers are needed to help serve. There are four teams who alternate each Sunday during the winter. You would work for three or four hours every four weeks. Please consider to come on a Sunday from 3-6pm and meet our teams. Info: Angela Davis mangeladavis@hotmail.com or St. Margaret Mary parish, stmm@rogers.com | 613-730-5265.

WORLD YOUTH DAY PILGRIMAGE: Led by Fr. Jim Lowe, Priest of Companions of the Cross and Chaplain of the WSU Newman Catholic Center. We will be traveling to Budapest-Hungary, Krakow -Poland,, and Prague-Czech Republic. From **July 13-August 4.** Price \$ 3300 all inclusive. Contact Stan & Maria (sbielec@sympatico.ca) for more info.

Diocesan News

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

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). Two info sessions: **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).

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, Suzanne Culleton.

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).

"JOURNEY OF HOPE" FOR SEPARATED AND DIVORCED CATHOLICS: This ministry, for separated and divorced Catholics, will be offering separate sessions for women and men at Holy Rosary Parish. The **women's session begins Tues., Mar. 29** and the **men's session begins Thurs., Mar. 31.** Sessions are 6 weeks in length and run from 7:00 - 8:30 p.m. The program, led from a Catholic faith exploration perspective, is designed to help participants find reconciliation, peace and healing by taking positive steps in their daily spiritual life. Further info & registration: Elaine Simpson (613-290-1577); (JourneyofHopeOttawa@gmail.com). The cost is \$25.

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.waupooos.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.w2.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.**

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.)

