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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

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

## 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?

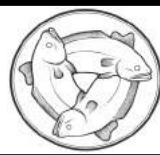
Lastly, please consider using Matthew Kelly's book "Rediscover Jesus" which offers a daily meditation for the Season of Lent.





# The 5th Sunday in Ordinary Time

## February 7, 2016



### ANNOUNCED MASS INTENTIONS

#### Tuesday, February 9, 6:30p.m.

Our Parish Community

#### Wednesday, February 10, 9:30a.m.

9:30a.m. Our Parish Community (Corpus Christi attending)

6:30p.m. Our Parish Community

#### Thursday, February 11, 6:30p.m.

Rest of the soul of Laurent Dinh by Isabelle Gauthier

#### Friday, February 12, 9:30a.m.

Our Parish Community

#### Saturday, February 13, 4:30p.m.

Our Parish Community

#### Sunday, February 14 - The 1st Sunday of Lent

9:00a.m. Rest of the soul of Mrs. Janet King by her family

Rest of the souls of Alex & Gertrude Johnson  
by Gord & Beryl Johnson

11:00a.m. Rest of the soul of Anna Lyons

by Mary Ann Fitzsimmons

8:00p.m. Pro Populo

## Parish News & Events

### 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.

**BAPTISMS:** To book a baptism at Blessed Sacrament please contact Julia Moffat at knowthydog@yahoo.ca or 613 721 1508.

**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 7 - 15:**

In section 3b of Misericordiae Vultus it is stated that God chose Mary to be the Mother of man's Redeemer. St. Therese, please accompany us as we pray for the conversion of individual hearts. Immaculate Heart of Mary, pray for us sinners now and at the hour of our death.

**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.

**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 **Friday, Feb. 12** where we will keep going with our #JesusSwagger series: Stop the Epidemic! We can't wait to see you there!

**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.

**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.

**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.

### PARISH FINANCIAL ADMINISTRATION

Collection on: **January 31** - \$ 3,026.40

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.**

**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. at First Ave. on **Sat. Mar. 5 at 11am.** Coffee will be served at 10:45am as you arrive. This ecumenical service is led by women from our local churches and will take about an hour with an opportunity to talk together afterwards. If any women/girls would like to participate in the service as readers, contact St. Giles church office, office@stgilesottawa.org | 613-235-2551. This would involve attending a **rehearsal on Sat. Feb. 27 at 11am.**

**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.

## Diocesan News

**MEN'S SILENT RETREAT:** "Behold The Man! Encountering The Lord Through his Humanity". Retreat Master is: Fr. Todd Arsenault LC, Diocese of Hamilton. **Feb. 12-14**, at Shalom House, 170 St. Paul St., Alexandria. Cost: \$185. Register by Sat., Feb. 5. Space is limited. To register or for more info: Michael Krol (613-551-4205) or Heidi Krol (613-347-7561).

**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).

### 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.



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

**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.waupoos.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 \_\_\_

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