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 Email: office@blessedsacrament.ca  
 Website: www.blessedsacrament.ca

**The 18th Sunday in Ordinary Time — July 31, 2016**

**OFFICE HOURS**  
 CLOSED on Mondays  
 Tuesday—Friday: 9:00 AM to 3:00 PM

**PASTORAL STAFF**  
**Fr. Galen Bank, CC**  
 Pastor  
**Fr. Francis Donnelly, CC**  
 Associate Pastor

To schedule an appointment, please contact the office at 613-232-4891.

**PARISH STAFF**  
**Kim Jennings**  
 Parish Administrator  
 Phone: 613-232-4891  
 Email: office@blessedsacrament.ca  
**Melissa Monette**  
 Youth Coordinator  
 Phone: 613-868-2907 (after 6 PM only)  
 Email: melissa.monette83@gmail.com

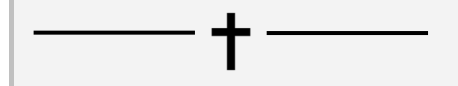
**Nicolas Carnogursky**  
 Maintenance Custodian  
 Phone: 613-712-2414  
 Email: kolyacarn@yahoo.com

**CELEBRATION OF THE EUCHARIST**

**SUNDAY MASS TIMES**  
 Saturday ..... 4:30 PM  
 Sunday ..... 9:00 AM  
 11:00 AM  
 8:00 PM

**WEEKDAY MASS TIMES**  
 Tuesday ..... 6:30 PM  
 Wednesday..... 9:30 AM  
 Thursday ..... 6:30 PM  
 Friday ..... 9:30 AM

**RECONCILIATION**  
 Tuesday ..... 6:00—6:30 PM  
 Saturday ..... 4:00—4:30 PM  
 (or by appointment)



**BAPTISMS**  
**Julia Moffat**, Coordinator  
 Phone: 613-697-7966  
 Email: knowthydog@yahoo.ca

**COFFEE MINISTRY**  
**Charlene White**, Coordinator  
 Phone: 613-225-4505  
 Email: cmvw15@gmail.com

**DECORATING COMMITTEE**  
**Chris Moffat**, Coordinator  
 Phone: 613-316-0526  
 Email: chrismoffat@me.com

**GROUNDS KEEPING COMMITTEE**  
**Sharon Quinn**, Coordinator  
 Phone: 613-523-2574  
 Email: seaquinn@rogers.com

**KNIGHTS OF COLUMBUS**  
**Dave Mulcair**, Liaison  
 Phone: 613-807-0875  
 Email: dmulcair@aol.com

**R.C.I.A.**  
**Gord Johnson**, Coordinator  
 Phone: 613-761-2895  
 Email: gordjohnson@sympatico.ca

**SOCIAL ACTION COMMITTEE (CENTRETOWN EMERGENCY FOOD CENTRE)**  
**Joe Courtright**, Liaison  
 Email: centretownchurches@gmail.com

**WEDDINGS**  
**Carol Ann Parlato**, Coordinator  
 Phone: 613-852-4434 (after 5 PM only)  
 Email: caparlato@gmail.com

**YOUNG ADULTS SOCIAL GROUP**  
**Karen Richard**, Coordinator  
 Email: bssgcatholic@yahoo.ca

**YOUTH MINISTRY**  
**Melissa Monette**, Coordinator  
 Phone: 613-868-2907 (after 6 PM only)  
 Email: melissa.monette83@gmail.com



**THE FEAST OF THE TRANSFIGURATION OF OUR LORD — August 6, 2016**

The Feast of the Transfiguration of Christ celebrates the revelation of Christ's divine glory on Mount Tabor in Galilee. After revealing to His disciples that He would be put to death in Jerusalem, Christ, along with Saints Peter, James, and John went up the mountain. There, Saint Matthew writes, "he was transfigured before them. And his face shone as the sun, and his garments became white as snow."



Our Lord's brightness was not something added to Him, but the manifestation of His true divine nature. For Peter, James, and John, it was also a glimpse of the glories of Heaven and of the resurrected body promised to all Christians.

As Christ was transfigured, two others appeared with Him: Moses, representing the Old Testament Law, and Elijah, representing the prophets. Thus Christ, Who stood between the two and spoke with them, appeared to the disciples as the fulfillment of both the Law and the prophets.

At that moment, the Voice of God the Father was heard to proclaim that "This is my beloved Son with Whom I am well pleased — Listen to Him!"

**Pope Francis, 2014** — Drawing attention to this command, Pope Francis expressed that "this word is important: Our Father said this to the apostles and also says it to us: 'Listen to Jesus, because He is my Beloved Son.' ... "This is the Christian life. It's a mission for the whole Church, for all of the baptized, for all of us: to listen to Jesus and offer Him to others. Do not forget ... Do you do it? Will you do it?"



# The 18th Sunday in Ordinary Time

## July 31, 2016



### Announced Mass Intentions

**Saturday, July 30**  
4:30 pm † For the intentions of William Stevason

**Sunday, July 31 — 18th Sunday in Ordinary Time**  
9:00 am † Repose of the souls of Lucille Nolan and the deceased members of her family by Cheryl Kelly  
11:00 am † —  
8:00 am † Pro Populo

**Tuesday, August 2**  
6:30 pm † —

**Wednesday, August 3**  
9:30 am † —

**Thursday, August 4**  
6:30 pm † —

**Friday, August 5**  
9:30 am † —

**Saturday, August 6**  
4:30 pm † —

**Sunday, August 7— 19th Sunday in Ordinary Time**  
9:00 am † Repose of the soul of Margarite Kavanagh  
† Repose of the soul of Ron Culleton by Suzanne and family  
11:00 am † —  
8:00 am † Pro Populo



### Parish and Community News

**CENTRETOWN EMERGENCY FOOD CENTRE NEEDS YOUR HELP!**  
There has been a decrease in donations and a 25% increase in clientele since January 2016. Every month the centre supplies food to more than 900 people, including families and refugees and we need your help to survive. CCSAC is organizing a **Walk-A-Thon for October 16** and we ask for support. Our website [www.centretownchurches.org](http://www.centretownchurches.org) has further info, registration, and options for pledges and donations.

### Faith Formation

**SUMMER INSTITUTE IN THE NEW EVANGELIZATION (SINE):** Ready to step up as a leader in the New Evangelization? The SINE is a collaboration between Catholic Christian Outreach, Mission of the Redeemer Ministries, and the Faculty of Theology at St. Paul University in Ottawa, from **August 8—17**. An intensive program with theological formation, practical ministry training and leadership skill development. Info: ([cco.ca/sine](http://cco.ca/sine)); (CCO Head Office 613-736-1999).

**UNBOUND FREEDOM IN CHRIST CONFERENCE:** Unbound Freedom in Christ Conference with Neal & Janet Lazano, St. Thomas Aquinas Parish on **October 28th—29th**, supported by the Archdiocese, will be presenting a sound and practical way for Christians to receive greater freedom and enjoy the abundant life won for us by Christ's death and resurrection. For more info or to register, go to [www.catholicottawa.ca/unbound](http://www.catholicottawa.ca/unbound) or call Dan & Maria at 613-258-5501 or Anne 613-446-1960.

**NIGHT OF WORSHIP AND MINISTRY:** St. Mary's Parish, 100 Young St. on **Friday, August 26 from 7—9 pm**. The speaker TBD. Prayer Teams will be available and a reception will follow.

**GALILEE EXPERIENCE IN DISCERNMENT, SILENCE AND PRAYER:** Facilitators: J. Roy Boucher, OMI and Mary Wehner, SSJ. **Aug 19, 5 pm – Aug 21, 4:30 pm**, Galilee Centre, Arnprior. To grow in discernment as "a way of life" and to nourish and foster personal and communal growth in holiness. **Register by August 5**. Info: ([www.galileecentre.com](http://www.galileecentre.com)); (613-623-4242, ext. 21).

**ALL HEALTHCARE PROVIDERS—2016 ACTHEALS INTERNATIONAL ANNUAL CONFERENCE:** 'Cultivating Mercy in Healthcare — A Christian Model for Healing', **September 22—25, Holiday Inn, Toronto International Airport**. Join Dr. Ken Fung and a team of Healthcare Professionals as they share their journeys in medicine, psychology, spiritual growth and healing. For more information, go to [www.actheals.org](http://www.actheals.org) or call 416-675-7611.

**ATTENTION TEACHERS! 2016 WOJTYLA SUMMER INSTITUTE FOR TEACHERS:** At Our Lady Seat of Wisdom in Barry's Bay, **August 4—7**. Theme: *Stewardship-Catholic Perspectives on Environment*. Info: ([www.seatofwisdom.org](http://www.seatofwisdom.org)) at the Summer Institutes page.

### 2016/2017 School Registration

**WHY WAIT FOR FALL?** Register your child for the 2016-2017 school year at the Ottawa Catholic School Board's Summer Registration Centre. Parents of elementary and intermediate students are encouraged to visit the Centre at 570 West Hunt Club Rd, **Monday to Friday, July 4—August 26**; call 613-224-3171; or visit ([ocsb.ca/register](http://ocsb.ca/register)). High school students should call the school they will attend and make an appointment to register. The Centre's 'Family Welcome Centre for Newcomers' offers assistance to parents whose child's first language is not English. Info: ([ocsb.ca/summer](http://ocsb.ca/summer)).

**MARYVALE ACADEMY OF OTTAWA ACCEPTING ENROLMENT APPLICATIONS FOR 2016—2017:** *Making Disciples of Christ* through academic excellence and spiritual growth. JK—Grade 8; Bilingual programs 1—4, integrated religious formation, adoration chapel, weekly Mass & Confessions, language arts, math programs, science, history, geography, gym, sacred music, arts and Catholic culture. Info: 613-321-2186; [www.maryvaleacademy.ca](http://www.maryvaleacademy.ca).

### Diocesan News

**PRO-LIFE MASS:** The next Mass in the pilgrimage to pray for the establishment of a Pro-life Centre in Ottawa is at St. Edith Stein Parish, 1646 Landry St., Clarence Creek on **Saturday, August 13, 11:00 a.m.** Info: (613-831-2515).

**YOUTH MINISTRY COORDINATOR:** Our Lady of the Miraculous Medal Parish is seeking a highly motivated and committed Catholic to work as a Youth Ministry Coordinator to evangelize and disciple our youth to come into a real relationship with Jesus and grow strong in their faith and identity. Please send applications to Fr. Paul Nwaeze at [frpaulcn@yahoo.com](mailto:frpaulcn@yahoo.com) or by regular mail. Include a cover letter introducing yourself, resume, and two reference letters. **Application deadline is August 12, 2016**. For further detail, please visit our website at [olmm.ca](http://olmm.ca).

### Pilgrimages for the Jubilee Year of Mercy

**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 Monday at 11:30 am—5 pm; Tuesday to Friday 10 am—5 pm and on Saturday and Sunday for the Masses.

**PILGRIMAGE TO CAP-DE-LA-MADELEINE FOR SENIORS, THE PHYSICALLY CHALLENGED, AND THOSE ASSISTING THEM:** Organized by St. George Parish, with coordination by the Legion of Mary. **Sep. 9, 10 & 11, 2016**. Cost includes transportation, meals (except Friday lunch en-route) and two nights accommodation at Hôtel Maison de la Madonne: Single-\$394; Double-\$331; and Triple-\$322. Pick up at St. George, 415 Piccadilly and Good Shepherd, 3092 Innes Rd. **Reservations** and info: Cheryl Clingaman at 613-728-5687.

### SCHEDULING A BAPTISM?



If you would like to schedule a baptism at Blessed Sacrament, please contact Julia Moffat, our Baptismal Coordinator, at 613-721-1508 or [knowthydog@yahoo.ca](mailto:knowthydog@yahoo.ca).

### Prayer List and Intentions

#### 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: Nancy Grover, Tom Rock, Frank Licari, Tom Ray, Kerri Lynn Bulger, Tyler Huneault, Paula Scott, Daphne Moffat, Jim Grover, Lynn Ashdown, Leighton Beacock, Daniel & Madeline McBride, Mrs. Teresa White, Ethel Morris, June McGuire, Ben Proctor, Mary Christine Spencer, Rick Tracey, Fr. Rory Brady, David Low, Anna Gemella, David Kibbee, Marc Le Gras, Michael Quinn, Natalie Quinn, Rose Cutrara, Loren Cooper, Conrad Rock, Gloria Henderson, Richard Gehring, Bruce McCracken, Bridgette Bradway, Morgan Hawken, Melissa Moloissa, Sebastian Parent, Debbie Lavallie, Yvonne Bulger, Joseph Hutchinson, Garry Stevenson, Marta Pappalardo and baby Dominic, Alex Neron, Joaquin Olivier Le Gras, Evelyn Beaudry, Brigitte and Victor Couwenbergh.

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

#### POPE FRANCIS' PRAYER INTENTIONS FOR THE MONTH OF JULY

**UNIVERSAL:** That indigenous peoples, whose identity and very existence are threatened, be shown due respect.

**EVANGELIZATION:** That the Church in Latin America and the Caribbean, by means of her mission to the continent, may announce the Gospel with renewed vigor and enthusiasm.

#### WELCOME TO OUR NEW PARISHIONERS!

To register as a parishioner, please complete the information below and place it 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 for July 24, 2016: \$ 2,970.30

Help support our parish through the use of our 'Pre Authorized Donation' (PAD) service or by using a boxed set of envelopes. Using PAD makes donations easier and consistent, benefitting the parishioner and 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. **We wish to remind everyone to include our Parish in the bequeath section of their obituary notice. Please remember Blessed Sacrament Parish in your Will. Our Registered Charity number is # 12896-7353-RR0092.**