



Call 613-226-6098
goldsmithmedical.ca
Serving the Ottawa Valley • Non-critical transport



ROYAL LEPAGE
Team Realty

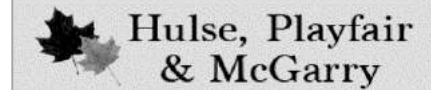
My clients are placed in the loving hands of St. Joseph. Let us sell your home!
St. Joseph, pray with us!
JAQUI CADIEUX 613.725.1171



McEvoy Shields
Funeral Home and Chapel
1141 Hunt Club Rd 613-737-7900



Millers
Farm, Market & Garden Centre
6158 Rideau Valley Dr.
Manotick, ON
613-692-2380
www.millersfarmandmarket.ca



Funeral & Cremation Services /
Services funéraires et de crémation
Celebrating over 90 years in your community!
We offer complimentary seminars. Please see our website for more information.
613-233-1143 www.hpmcgarry.ca



Estate Planning Services in the Glebe
Need a WILL?
We'll visit you at home!
613-691-1020
Erin@McNamaraLawServices.com



Is your computer really secure?

Call Chris at 613.728.6545
info@gryfdigital.com www.gryfdigital.com

Because family matters!
613-235-6712
kellyfh.ca/somerset



Sean P. Copeland, 4th generation Funeral Director, invites you to call, should you have any questions or inquiries.
515 Cooper Street, Ottawa 613-233-1488
Tastefully updated facility. Intimate single family visitation.
Family owned and operated since 1925.



GLEBE@TROTTERS
CASUAL FOOTWEAR
860 Bank Street, Ottawa ON K1S 3W3
613-231-6331

Liturgica Inc. Catholic Gifts & Souvenirs
1260 Old Innes Road, Unit 602
613-745-1547 or 1-866-745-1537
www.liturgica.ca info@liturgica.ca

BOB FRASER
SALES REPRESENTATIVE
Phone: 613.563.1155
Email: bob@bobfraser.com
www.bobfraser.com



PSYCHOLOGIST
DR. BILL WINOGRON
Brief Cognitive Therapy
Adults & Couples

Partly covered by most insurances.



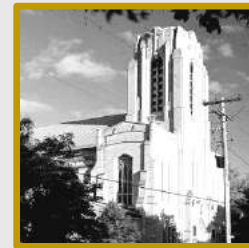
www.drwinogron.com
613.258.8710

Robert A. Lewis
Law Office

Over 35 Years of Service
♦ Wills
♦ Estates
♦ Real Estate (same day reporting on real estate transactions)
♦ Small Business
Free Consultation — Free Parking
40 – 2450 Lancaster Rd. Ottawa
613-737-4000
www.robertlewislaw.com

Capital Home Hardware
736 Bank St. 613-234-6353

Special Offer for Parishioners!!
Messy Maid
613-612-6243
www.messymaid.com
Makes Your Day!
Worry-Free Cleaning Services



Blessed Sacrament Parish
HOME OF THE PILGRIM STATUE OF OUR LADY OF THE CAPE, QUEEN OF CANADA

194 Fourth Avenue, Ottawa ON K1S 2L6
Office Telephone: 613-232-4891
office@blessedsacrament.ca www.blessedsacrament.ca



May 28, 2017 — Ascension of the Lord

MASS SCHEDULE

SUNDAY MASS TIMES
Saturday 4:30 pm
Sunday 9:00 am
..... 11:00 am
..... 8:00 pm

WEEKDAY MASS TIMES
Tuesday & Thursday 6:30 pm
Wednesday & Friday 9:30 am

HEALING MASS
3rd Thursday 6:30 pm

RECONCILIATION
Tuesday 6:00—6:30 pm
Saturday 4:00—4:30 pm
During NWTK 7:00 pm
— (or by appointment) —

EUCCHARISTIC ADORATION
Tuesday Noon — 2 pm
NWTK (See Website for Schedule)

OFFICE HOURS
CLOSED on Mondays
Tuesday to Friday: 9:00 am — 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
613-232-4891
office@blessedsacrament.ca
Melissa Monette
Youth Coordinator
613-868-2907
melissa.monette83@gmail.com
Corbin Blanchard
Maintenance Custodian
613-299-6437
corbin.blanchard@outlook.com

PILGRIM STATUE KIOSK HOURS
Tuesday & Thursday 2 pm—8:30 pm
Wednesday 10:15 am—4 pm
Sunday 10:00 am—2 pm

PARISH MINISTRY

BAPTISM:
Julia Moffat, 613-697-7966,
knowthydog@yahoo.ca
CENTRETOWN EMERGENCY FOOD CENTRE:
Joe Courtright, Liaison,
centretownchurches@gmail.com
CHILDREN'S LITURGY:
Alsace Abboud, nassoum52@gmail.com;
Vanessa Altobelli,
vanessamaltobelli@gmail.com
CURSILLO REPRESENTATIVE:
Rosella MacNeil, 613-327-0061,
rosella.macneil@sympatico.ca
DECORATING COMMITTEE:
Chris Moffat, 613-316-0526,
chrismoffat@me.com
FIRST COMMUNION & RECONCILIATION:
Jaqui Cadieux, 613-882-3613,
jaqui@royalpage.ca
GROUNDS COMMITTEE:
Sharon Quinn, 613-523-2574,
seaquinn@rogers.com

HOSPITALITY:
(1) Coffee Sundays:
Charlene White, 613-225-4505,
cmvw15@gmail.com
(2) Events/Functions:
Dianne Wood, 613-739-5519,
diannempwood@hotmail.com
KNIGHTS OF COLUMBUS:
Dave Mulcair, Liaison, 613-807-0875,
dmulcair@aol.com
MARRIAGE:
(1) Marriage Preparation Course:
Cathy Bourguignon, 613-699-5624
**NOTE: 2017 course completed in April
(2) Wedding Coordinator:
Carol Ann Parlato, (after 5pm),
613-852-4434, caparlato@gmail.com

PILGRIM STATUE RELATIONS:
Dennis & Angelina Girard, 888-501-1083,
dnagirdard@gmail.com
PRO-LIFE REPRESENTATIVE:
Rosella MacNeil, 613-327-0061,
rosella.macneil@sympatico.ca
R.C.I.A. (ADULT FAITH FORMATION):
Gord Johnson, 613-761-2895,
gordjohnson@sympatico.ca
WIDOWS & WIDOWERS FAITH-BASED GROUP:
Shirley Hamre, 613-824-0692;
Thea Boyd, 613-521-2082
YOUTH MINISTRY:
Melissa Monette, 613-868-2907,
melissa.monette83@gmail.com



The Ascension of the Lord

By His Ascension, Jesus, the risen Christ, True God and True Man, is One with the Father and the Holy Spirit in glory forever. For it was the risen Jesus, whole, alive and entire, in his glorified Body that ascended: a body which the disciples had touched, the body in which Jesus had eaten and drunk with them both before and after His Resurrection, a real, physical, but gloriously restored body, bearing the marks of nails and a spear. The Ascension, along with the Incarnation, tells us that it is a good, important and holy thing to be human. It is such an important thing that God did it!
When we are unable to pray on our own, let us remember that we have an advocate with the Father, Jesus Christ, the righteous, praying for us. Christ has not deserted us but has made it possible for the Holy Spirit to enter all times and places. Through the Holy Spirit, we are enlivened and our actions become animated in a new way as we serve the God we love.



The Visitation of Blessed Virgin Mary to St. Elizabeth — Wed, May 31st

The Feast of the Visitation recalls the following great truths and events: The visit of the Blessed Virgin Mary to her cousin Elizabeth shortly after the Annunciation; the cleansing of John the Baptist from original sin in the womb of his mother at the words of Our Lady's greeting; Elizabeth's proclaiming of Mary—under the inspiration of the Holy Spirit—as Mother of God and "blessed among women".

Filled with the Holy Spirit, Mary begins to sing the great song of thanksgiving, the Magnificat, for all the wonderful things God has done for her.

Let us all change our ways and everything that we do, so that when Jesus comes again in His glory, we may be welcomed into His eternal kingdom, and receive the glory of eternal life with Him.

Come Holy Spirit, come by the powerful intercession of the Blessed Virgin Mary, Your well-beloved spouse, and enkindle in us the fire of Your Love!



YOU ARE INVITED TO JOIN IN CELEBRATING THE FEAST OF THE VISITATION this Wednesday evening at 7:00 pm. Shauna Healey will lead us in praying the Rosary in the presence of the Pilgrim Queen of Our Lady of Cape.

*Parishioners, please patronize our Advertisers!
Thank you to all our Advertisers and for your loyalty in continuing to support our Parish bulletin!*

THINK FRESH. THINK LOCAL.
McKeen metro GLEBE
www.metroglebe.com



May 28, 2017 — Ascension of the Lord May, the Month of Mary



Mass Intentions

- Saturday, May 27
4:30 pm † Soul of Peter Hopman by the Girard's
- Sunday, May 28 — ASCENSION OF THE LORD
9:00 am † Soul of Lucille Nolan and deceased members of the family by Cheryl Kelly
† Soul of Tom Ray by Paul and Craig Vinet
11:00 am † The healing of Frances by Ros & Richard Weeks
† Intentions of Gary Lewis by Ron Lewis, Barbara Martin and Joan Moorman
8:00 pm † Pro Populo
- Tuesday, May 30
6:30 am † Soul of Peter Hopman by the Girard's
- Wed, May 31 — VISITATION OF THE BLESSED VIRGIN MARY
9:30 am † Soul of Peter Hopman by the Girard's
† Soul of Michael Peake by his family
† Intentions of the Healey-Parent family
- Thursday, June 1
6:30 pm † Soul of Marguerite Lucina Kavanagh
† Intentions of the Holy Spirit Healing Clinic Prayer Team by Carol Gaboury
- Friday, June 2
9:30 am † Soul of Peter Hopman by the Girard's
† Intentions of Gary Lewis by Ron Lewis, Barbara Martin and Joan Moorman
- Saturday, June 3
4:30 pm † Soul of Peter Hopman by the Girard's
- Sunday, June 4 — PENTECOST SUNDAY
9:00 am † Soul of Tom Ray by Paul and Craig Vinet
† Soul of Marguerite Lucina Kavanagh
11:00 am † Soul of Tim Richards by Rutha Astravas
8:00 pm † Pro Populo

Parish News

COFFEE SUNDAY IS THIS WEEKEND!

Come on down to the church hall for fellowship and refreshments after the 9:00 am or 11:00 am Mass today. Enjoy coffee, tea, juice and goodies. Thank you for any treats that you were able to bring along to share! If you can lend a helping hand between the Masses or at the end to help clean up, that would be most appreciated ... and a big thanks as well. We look forward to seeing many of you!



170TH ANNIVERSARY OF THE ARCHDIOCESE — In 1947, the Marian Congress took place to mark the 100th anniversary of our Archdiocese. On **Thursday June 8**, a brief procession at Notre Dame Cathedral to honour *Our Lady of the Cape, Queen of Canada*, followed by Mass, will take place to mark the 170th Anniversary of our Archdiocese.

Join with other Blessed Sacrament parishioners to give thanks, recall our spiritual heritage, pray for the future and enjoy each other's company after Mass. Let's know our story so we can tell it! **Procession 6:45 pm; Mass 7:00 pm Notre Dame Cathedral—June 8.** Hope to see you there.

HOW CAN WE BETTER LIVE OUT BLESSED SACRAMENT'S PARISH VISION? We want your feedback. Please share your thoughts using the forms in the foyer, or send an email to buildingthevision.feedback@gmail.com. We promise to keep careful track of all points and to ponder each one repeatedly and prayerfully. We are working hard on developing other avenues of communication; just starting here for now. Respectfully, your servant leadership team (Marisa Casagrande, Dennis Girard, Shauna Healey, Dave Mulcair, Fr. Galen).



VACATION BIBLE SCHOOL (VBS) 2017: OUTLAWS FOR GOD ... an Adventure in the Wild, Wild West! Saddle up partners! Get ready for a rootin' tootin' hoe-down show-down with Outlaws for God! This is for all our little buddies entering SK to Grade 6 in September 2017. **Dates: Monday, July 24 — Friday, July 28** (9:00 am to 12:00 pm daily); **Cost:** \$60 for one child per family; \$100 for 2 children per family; \$150 for 3+ children per family. Registration forms are located in the front vestibule or on our website. Grab your 10 gallon hat and mosey on down!

HELP TO KEEP OUR PARISH GROUNDS BEAUTIFUL!

Can you give of your time for some green-thumb work? Lots of little jobs are available, and you choose when to work. Sharon Quinn, our stellar gardening leader, has done an excellent job getting the grounds to this point (thank you Sharon). She is now seeking to involve many more people. Contact Sharon at seaquinn@rogers.com for details and to be placed on her regular gardening email list. All ages welcome. Many hands make light work. Let's keep our grounds looking inviting!



PARISH FINANCIAL ADMINISTRATION

Parish Collection for May 21, 2017 — \$2,648.30

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 Charity number is #12896-7353-RR0092.

Thank you and many blessings to you and your loved ones!

Our Vision Statement

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.

Celebrating Baptism

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

- ◆ Alexandra Diane Sauvé ◆ Samantha Lena Sauvé
- ◆ Owen Anthony Hughes Schofield
- ◆ Marcus Lewis Nery ◆ Esmée Heyden Côté

Diocesan News

LIFE IN THE SPIRIT SEMINAR: Are you spiritually dehydrated? Plunge into the Living Waters of the Holy Spirit by attending a Life in the Spirit Seminar this Pentecost at St. Augustine Church, 1060 Baseline Road, downstairs in the church hall on: **Monday May 29**, 7:30—9:00 pm; **Saturday June 3**, 9:00 am—4:00 pm; **Sunday June 4**, 2:00—4:00 pm and **Saturday June 10**, 9:00 am—12:00 Noon. For info and to register: (cousep@gmail.com); (613-668-2400).

PROJECT RACHEL — private and confidential. A weekend retreat for women whose hearts have been broken by abortion: **June 2—4, 2017.** Do you need to rest your burden? We can help. Please call 416-629-8264 or e-mail: ProjectRachel@stmarysrefuge.org. "Fear not, for I am with you; be not dismayed, for I am your God. I will strengthen you, yes, I will help you; I will uphold you" Isaiah 41

SPIRITUAL MOTHERHOOD OF PRIESTS APOSTOLATE invites you to the 7th Holy Mass and Induction Ceremony, celebrated by our Chaplain, Bishop Scott McCaig, CC **Saturday June 3, 11:00 am**, St. John the Apostle, Baseline. Refreshments to follow. 167 spiritual mothers of priests from our diocese and others will be professing or renewing their life-giving promises. Website: www.spiritualmotherhoodofpriests.ca. For further info please call: 613-225-6067; or 613-875-6279; or email: spiritualmotherhoodottawa@gmail.com.

EUTHANASIA PREVENTION COALITION: Screening the documentary "The Euthanasia Deception" near Parliament Hill on **Tues., June 6, 7:00 p.m.**, 131 Queens St., Room 7-52. View Trailer at: (www.VulnerableFilm.com). Info: (519-439-3348); (1-877-439-3348); (info@epcc.ca); (www.epcc.ca).

NET CANADA ANNUAL THANKSGIVING MASS AND BANQUET: St. Isidore Parish, Kanata, **June 3.** Doors open at 9:30 am, Mass at 10:00 am. Cost for banquet: \$20. Tickets & info: (melissa@netcanada.ca).

St. Thérèse of Liseux Prayer Group Perpetual Novena Intention

May 29 — June 7:

St. Thérèse, please ask Mother Mary to beg Her Son to open the eyes of the blind that they may see and embrace Truth.

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, Frank Licari, Kerri Lynn Bulger, Tyler Huneault, Paula Scott, Daphne Moffat, Jim Grover, Leighton Beacock, Daniel & Madeline McBride, Ethel Morris, June McGuire, Ben Proctor, Mary Christine Spencer, Rick Tracey, Fr. Rory Brady, David Low, Anna Gemella, David Kibbee, Marc Le Gras, Natalie Quinn, Rose Cutrara, Loren Cooper, Gloria Henderson, Richard Gehring, Bruce McCracken, Bridgette Bradway, Morgan Hawken, Melissa Moloissa, Debbie Lavallie, Yvonne Bulger, Joseph Hutchinson, Alex Neron, Marta Pappalardo and baby Dominic, Joaquin Olivier LeGras, Brigitte and Victor Couwenbergh, Sebastien Parent, Jim Morgan, Thérèse Cochlin, Michael Reid, Tyler Moffat, Lynn Ashdown, Laszlo DeRoth, Darrell and Peter Herauf, Kathleen Jordan, Sharon Boothroyd, Luigi Lorusso, Cindy Orr Marcelle and Gerry Ouder Kirk, Beryl Johnson, Anne Kennedy, Britney & Jesse Colliver and healing of their unborn baby who is missing a fibula bone, and Frances from the UK.

To add or remove a name, please contact the parish office.

The Power of the Holy Rosary

"The Rosary is the most excellent form of prayer and the most efficacious means of attaining eternal life. It is the remedy for all our evils, the root of all our blessings. There is no more excellent way of praying." ~ Pope Leo XIII

"Go to the Madonna. Love her! Always say the Rosary. Say it well. Say it as often as you can! Be souls of prayer. Never tire of praying, it is what is essential. Prayer shakes the Heart of God, it obtains necessary graces!" ~ St. Padre Pio

Eucharistic Adoration

Join us for Eucharistic Adoration and prayer every Tuesday from Noon – 2:00 pm. Recitation of the Rosary, Divine Mercy Chaplet with intentions and the Way of the Cross. Come participate, or sit and rest awhile with Our Lord anywhere in the church. Do you hear Him calling?

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: _____