

Because family matters!

613-235-6712

kellyfh.ca/somerset



Hulse, Playfair & McGarry

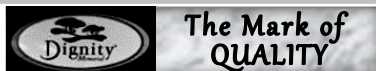
Funeral & Cremation Services / Services funéraires et de crémation

Celebrating over 90 years in your community!



1260 Old Innes Road, Unit 602 613-745-1537

GLEBE @ TROTTERS CASUAL FOOTWEAR



McEvoy Shields Funeral Home & Chapel

SPITERI & URSULAK LLP LAWYERS OTTAWA AND TORONTO

Real Estate, Litigation, Business/Commercial, Wills, Estates, Family Law, and Class Actions

1010-141 Laurier Avenue West Ottawa, ON K1P 5J3

Special Offer for Parishioners!

Messy Maid



613-612-6243 www.messymaid.com

Makes Your Day!

Worry-Free Cleaning Services



Let Jaqui & St. Joseph sell your home!

SALES REPRESENTATIVE 613.725.1171



613-226-6098 goldsmithmedical.ca



BILLINGS BRIDGE PLAZA 613.521.5007

LYNWOOD PLAZA (BELLS CORNERS) 613.721.4663

RIVER ROAD & EARL ARMSTRONG 613.822.1048

STRANDHERD & LONGFIELDS (BARRHAVEN) 613.843.4663

- FREE Home or Office Pick-Up and Delivery
Guaranteed Wedding Gown Cleaning and Preservation
Full Shoe Repair Service
Professional Repairs and Alterations
Fire and Flood Restoration

PSYCHOLOGIST DR. BILL WINOGRON

Brief Cognitive Therapy Adults & Couples

Costs partly covered by most insurances.



www.drwinogron.com 613-565-0087

McKeen metro GLEBE www.metroglebe.com



6158 Rideau Valley Dr. Manotick, ON 613-692-2380

PLACE YOUR AD HERE !!

To Advertise with Blessed Sacrament Parish, please call the Parish Office at 613-232-4891.

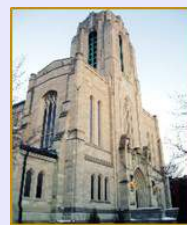
Thank you to our Advertisers. Please patronize our Advertisers! Their support helps to defer our printing costs.



SEAN P. COPELAND, 4th generation Funeral Director, invites you to call should you have any questions or inquiries.



BOB FRASER SALES REPRESENTATIVE 613.563.1155 bob@bobfraser.com www.bobfraser.com



Blessed Sacrament Parish

HOME OF THE PILGRIM STATUE OF OUR LADY OF THE CAPE, QUEEN OF CANADA

194 Fourth Avenue, Ottawa ON K1S 2L6 613.232.4891; office@blessedsacrament.ca; www.blessedsacrament.ca

JULY 7, 2019 - THE 14TH SUNDAY IN ORDINARY TIME



MASS SCHEDULE

SUNDAY MASS TIMES
Saturday (Sunday Vigil) 4:30 pm
Sunday Mass 10:00 am & 8:00 pm
WEEKDAY MASS TIMES
Monday and Tuesday 6:30 pm
Wednesday, Thursday, Friday, and Saturday morning 9:30 am
First Friday Mass 9:30 am
First Saturday Mass 9:30 am
SENIORS HOMES MASS TIMES
Tuesday (Lord Lansdowne) 10:00 am
Thursday (Glebe Centre) 10:30 am
Thursday (Colonel By) 11:00 am

RECONCILIATION

- See Fr. Tim before/after Weekday Mass
Saturday AM 10:00-10:30
Saturday PM 3:45-4:15 pm

EUCCHARISTIC ADORATION

- Wednesday to Saturday: after morning Mass 10:00 am-Noon

DEVOTIONS

- Recitation of the Holy Rosary: Monday and Tuesday before Mass Sunday before 10:00 am Mass in Hall

PARISH OFFICE

OFFICE HOURS Tuesday to Friday 9:30 am-3:00 pm

PASTORAL STAFF

Fr. Timothy P.V. Nelligan, Pastor pastortpvn@blessedsacrament.ca

PARISH STAFF

Kim Jennings, Office Administrator 613-232-4891; office@blessedsacrament.ca

Vivian Gratton, Bookkeeper account@blessedsacrament.ca

Dennis Girard, Parish Projects dennis@blessedsacrament.ca

Stéphane Bussière, Custodian 613-232-4891

PILGRIM STATUE KIOSK HOURS

- Sundays following morning Mass or by appointment

DnA LIVE SHOWS

- Most Wednesdays at 12:00 Noon

CONTACT:

Dennis and Angelina Girard, 1-888-501-1083; or dnagirard@gmail.com

PARISH MINISTRIES

- BAPTISM: Julia Moffat 613-697-7966; knowthydog@yahoo.ca
CENTRETOWN EMERGENCY FOOD CENTRE: Joe Courtright, Liaison, centretownchurches@gmail.com
CATECHESIS OF THE GOOD SHEPHERD: Ruth Ann McClure; ruthann\_mcclure@rogers.com
CHILDREN'S 10:00 AM CHOIR: Cynthia Orr, 613-558-9447; cynthia.orr357@gmail.com
CHILDREN'S LITURGY: Ann-Louise Revells 613-818-5254, alrevells@gmail.com
COUNCILS: 1) PASTORAL COUNCIL CHAIR, Ann-Louise Revells, 613-818-5254, alrevells@gmail.com 2) FINANCE COUNCIL CHAIR - TBD
CURSILLO REPRESENTATIVE: Rosella MacNeil, 613-327-0061; rosella.macneil@sympatico.ca
DIVINE MERCY CENACLE: Jennifer Huestis, 613-862-6318
EUCCHARISTIC ADORATION: Mallory MacPherson eucharisticadorationbsp@gmail.com
HOSPITALITY TEAM: Ann-Louise Revells, Coordinator 613-818-5254; alrevells@gmail.com
MUSIC MINISTRY COORDINATORS: Richard Bethell or Dennis Girard BSP\_music\_team@blessedsacrament.ca
MASS MINISTRY COORDINATORS: 1) Sacristans: Carol Campbell, 613-234-8302; carol0482@gmail.com 2) Lectors: Gerry Nagy; gerrynagy4@gmail.com 3) Ushers: Sara D'Arcey; sara.j.darcey@gmail.com 4) Eucharistic Ministers: COORDINATOR NEEDED!
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
SACRAMENTAL PREPARATION: Ann-Louise Revells; 613-818-5254, alrevells@gmail.com
WEDDINGS: 1) Wedding & Rehearsal Coordinator Carol Ann Parlato, caparlato@gmail.com 2) Marriage Prep Course (Spring only) Cathy Bourguignon, 613-699-5624; cpbourguignon@gmail.com
WELCOMING COMMITTEE: Agnes Cunningham, agnescunningham602@gmail.com
WIDOWS/WIDOWERS FAITH-BASED SOCIAL GROUP: Shirley Hamre, 613-824-0692; or Thea Boyd, 613-521-2082

SHRINES & PILGRIMAGES

What is a shrine and why should I care?

For thousands of years people have been traveling on local and destination pilgrimages and from this we have seen hundreds of shrines emerge.

Why should I care? What is in it for me? I go to Mass and live the Catholic Life, what else could a shrine have to offer?

A Shrine is officially defined as a holy or sacred place, which is dedicated to a specific martyr, saint, Our Blessed Mother, or similar figure of awe and respect, at which they are venerated. A Shrine gives us another place to truly learn about our God, Our Blessed Mother, and many of the saints, each one honouring and focusing on a story, a history, and giving us better understanding of our faith.

Those who have taken pilgrimages tell of their visit as both a spiritual and physical journey. Going physically to a Shrine, brings a great sense of peace, reflection and even accomplishment. Just as St. Catherine was told my Mary, we are to "Come to the altar and pray and great graces will be shed upon you".

"The Irish call a place that you feel closer to God 'A Thin Place'. This refers to the veil between us and heaven feeling thinner, allowing stronger feeling of God's Love and graces that wrap around you like a blanket of reassurance." This is a wonderful description of a shrine, where you can come to pray, lay your burdens down, and feel wrapped in God's Love through Mary's, or another saint's, intercession on your behalf.

Shrines are a place of learning, love, and refuge from our hectic and sometimes spiritually deprived lives. Shrines are often associated with intercessory prayers for healing of various ailments or other troubles. They also bring Catholics together in community of prayer and their faith.

Why are pilgrimages important?

By definition, a pilgrimage is a journey or search of great moral or spiritual significance. Typically, it is a journey to a shrine or other location of importance to a person's beliefs and faith. Many religions attach spiritual importance to particular places: the place of birth or death of founders or saints; the place of their "calling" or spiritual awakening; place where they believe miracles were performed or witnessed; or locations where a deity is said to live or be "housed".

Taking time for your spiritual well being and/or physical healing is an important part of our journey here on earth as Catholics. Through a pilgrimage, we can find solace in the planning, traveling and visiting of shrines themselves. When a pilgrim goes to a Shrine or is returning back from a pilgrimage, they seem to be filled with the Holy Spirit and excited to share about their wonderful experience.

The 1000's of shrines all over the world, are gifts of our Faith given and waiting to be received. They are God's gifts waiting to help us find more of Heaven's great graces through understanding and prayer. A pilgrimage can be a great way to deepen your faith life and grow closer to Christ.

Visit a Shrine! Do a Pilgrimage or two or.... in your life. Graces are waiting for you! Fr. Tim



# Blessed Sacrament Parish Vision

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.



## † MASS INTENTIONS

Saturday, July 6 — **ST. MARIA GORETTI**

(First Saturday Devotion)

9:30 am † Intentions of Our Lady of the Cape by the Girard's

4:30 pm † For the soul of Ophelia Kennedy by David Kennedy

Sunday, July 7 — **14<sup>TH</sup> SUNDAY IN ORDINARY TIME**

10:00 am † ~

8:00 pm † PRO POPULO

Monday, July 8

6:30 pm † ~

Tuesday, July 9 — **ST. AUGUSTINE ZHAO RON AND COMPANIONS**

6:30 pm † ~

Wednesday, July 10

9:30 am † ~

Thursday, July 11 — **ST. BENEDICT**

9:30 am † Birthday blessings for Dennis Girard by Angelina

Friday, July 12

9:30 am † ~

Saturday, July 13 — **ST. HENRY**

9:30 am † ~

4:30 pm † PRO POPULO

Sunday, July 14 — **15<sup>TH</sup> SUNDAY IN ORDINARY TIME**

10:00 am † For the souls of Alex & Gertrude Johnson, by Gord and Beryl

† For the souls of Mary and John Trus, by Charlene, Terry and Brennan White

8:00 pm † For strength, courage and healing of Robert Tipple, by a family friend

## OUR PRAYER LIST



WE REMEMBER IN OUR PRAYERS, those who are sick and in need of encouragement: Nancy Grover, Kerri Lynn Bulger, Paula Scott, Jim Grover, Daniel and Madeline McBride, Ben Proctor, Mary Christine Spencer, David Low, Anna Gemella, David Kibbee, Marc Le Gras, Natalie Quinn, Rosa Cutrara, Loren Cooper, Richard Gehring, Bridgette Bradway, Morgan Hawken, Gerry Ouderkirk, Melissa Moloissa, Debbie Lavallie, Joseph Hutchinson, Marta Pappalardo and Dominic, Joaquin Olivier Le Gras, Sebastien Parent, Jim Morgan, Thérèse Cochlin, Lynn Ashdown, Laszlo DeRoth, Sharon Boothroyd, Luigi Lorusso, Anne Kennedy, Britney, Frances from the UK, Norman Revells, Elizabeth (Elsa) Witteveen, Yvonne Bulger, Kristine Brady, Deacon Dan Careau, Darlene Humphries, Marie Coombs, Georgie Hutchinson, Rosalind Weeks, Renee Scott, the Marcille family, Cecile Dubue, Helen Guillet, Oliver Rude, Philip Girard, Chris Moffat, Pauline Nelligan, Norah Hoskinson, Sheila Gasnick and Mary Hill.

To ADD or REMOVE a name, please call the Parish Office.

## OUR HOLY FATHER'S PRAYER INTENTION FOR JULY

Let us pray: That those who administer justice may work with integrity, and that the injustice which prevails in the world may not have the last word.

## ST. THÉRÈSE OF LISIEUX — PERPETUAL NOVENA

July 3—11: St. Thérèse, please pray for young people. May they break free from the relativism that is so prevalent in our society and discover the beauty of God's law, laid out to keep them safe. May young adults discover God's plan for marriage and be deeply blessed.

July 12 – July 20: St. Thérèse, please pray for all politicians, especially in Canada, that the Lord will bless them, guide them and instruct them in His ways. May they truly hear the voice of God in every decision they make, and follow it.

## FORMED THE CATHOLIC FAITH. ON DEMAND.

To help enrich our spiritual journey, FORMED offers Documentaries, Talks, Movies, and more! All FREE for parishioners! Register today on our website under 'Happenings', or click the FORMED icon.

## 'DNA LIVE' FROM THE KIOSK!

Most Wednesdays in the Church Hall at 12:00 Noon

To view the LATEST episode of DnA LIVE, [CLICK HERE](#) or go to [www.PSKiosk.com](http://www.PSKiosk.com).

\* \* \* \* \*

**ENROL IN THE CONFRATERNITY OF THE MOST HOLY ROSARY TODAY!** Bishop Fr. Pierre-Olivier Tremblay, OMI, and Rector of Canada's National Marian Shrine of Our Lady of the Cape, invites you to enrol in the Confraternity of the Most Holy Rosary, established in 1694. Info: Call Dennis/Angelina at 1-888-501-1083; or visit [www.CatholicInCanada.com](http://www.CatholicInCanada.com).

## REGULAR COLLECTION FOR JUNE 2019

Regular Collection:	
June 2 .....	\$ 1,845.65
June 9 .....	\$ 2,252.25
June 16 .....	\$ 2,202.00
June 18 (PAD Deposit* ) .....	\$ 8,215.33
June 23 .....	\$ 1,813.25
June 30 .....	\$ Amount to be provided next week
Total Collection to date .....	
	\$ 16,328.48

\*Join the many parishioners who have converted to Pre-Authorized Donation (PAD Deposit). To register, just pick up a PAD Form in the Narthex with a set of boxed PAD envelopes for Special Collections, or [CLICK HERE](#) to download the Form.

Please consider Blessed Sacrament Parish in your Will and include us in the bequeath section of the obituary notice. Our Registered Charitable Tax No. is #12896-7353-RR-0092.

Your continued support is essential to the temporal affairs of our Parish. Thank you and may God Bless you.

## PARISH HAPPENINGS!

Presented by the Marian Devotional Movement:

## CAPE-CAPITAL PILGRIMAGE EXPERIENCE

— A Full 5-Day Event! —

Participate in any, or all of this year's inaugural 'Queen of the Most Holy Rosary Pilgrimage', August 21—25! Daily Mass; Confession; Adoration; Speakers; a 3-day Pilgrimage to Cap-de-la-Madeleine, and more! For a full itinerary and bus/hotel packages (rooms limited!) [CLICK HERE](#), or visit <https://visitationproject.org/pages/rosary-bowl>. FLYER AVAILABLE IN THE NARTHEX!

### ★ A SIGNATURE EVENT!



On Thursday, August 22, Feast Day of the Queenship of Mary, pilgrims will gather at Lansdowne Park in Ottawa (now TD Place) — the very spot where Canada was consecrated to the Immaculate Heart of Mary at the historic 1947 Marian Congress! As a special note, the Holy Rosary will be led by the Queenship of Mary Community and the Corpus Christi School Rosary Club. For info call Dennis Girard at 1-888-501-1083.



In preparation for the historic Lansdowne Rosary Bowl, pilgrims are invited to participate in the 54-Day Novena. To follow online, download or print Novena at <https://visitationproject.org/pages/rosary-bowl>.

**OUR LADY OF THE CAPE DIVINE MERCY CENACLE:** We are inviting all parishioners, new and old, to a faith Formation commitment, studying the Diary of Saint Faustina, Sacred Scripture and the Catechism of the Catholic Church! Join us at our next meeting, Monday, July 8 at 7:15 pm in the St. Pius X Room (enter through the Fourth Ave. Sacristy door). Info: Jennifer Huestis at 613-862-6318.

**THANK YOU** Blessed Sacrament for helping the parishioners of St. Margaret Mary feel at home! A special thank you goes out to the volunteers who assisted at the Welcome Reception:

- ✦ Kelly & Richard Bethell
- ✦ Cathy & Paul Bourguignon
- ✦ Marie-France Lapierre
- ✦ Rosella MacNeil
- ✦ Ruth Ann McClure
- ✦ Julia and Chris Moffat
- ✦ Dave Mulcair
- ✦ Gerry Nagy
- ✦ Cynthia Orr
- ✦ Lorna St-Amour
- ✦ Christy & Gary Vanderhaden

## IN AND AROUND THE DIOCESE

**MONTHLY PRO-LIFE MASS:** To pray for the establishment of a Pro-Life Centre in Ottawa (info: 613-831-2515; [wandawoj@rogers.com](mailto:wandawoj@rogers.com)):

- Saturday, July 17 at 10:00 am at St. Catherine of Siena Parish, 2714—8<sup>th</sup> Line Rd., Metcalfe.
- Sunday, August 24 at 9:00 am at Good Shepherd, 3092 Innes Rd.

**81<sup>ST</sup> ANNUAL PILGRIMAGE TO THE SHRINE OF ST. ANN, CORMAC, ON, Sunday July 28:** Homilist, Fr. Brian J.T. Clarke, Pastor, Ascension Parish, Scranton PA. Info: <https://cormacpilgrimage.com/>.

**VACATION BIBLE SCHOOL SUMMER CAMP:** For children ages 4 to 12 years old. Hosted by Academia Stella Maris, August 6—9, 8:30 am to 3:00 pm. 1<sup>st</sup> child \$80; 2<sup>nd</sup> child \$60; 3<sup>rd</sup> (or more) child \$30. Details/Register: Julie 613-448-1997; [info@academiastellamaris.ca](mailto:info@academiastellamaris.ca).

**9<sup>TH</sup> ANNUAL WOJTYLA SUMMER INSTITUTE, AUGUST 8—11:** Not limited to teachers — anyone interested may attend. Offered by Seat of Wisdom College, 18 Karol Wojtyla Square, Barry's Bay, Ontario. Theme: "The Splendour of the Liturgy." A 3-hour Gregorian Chant Workshop led by Dr. Aaron James on August 8 prior to the opening of the Conference. Info: [www.seatofwisdom.ca/wojtyla](http://www.seatofwisdom.ca/wojtyla).

**ACADEMIA STELLA MARIS FUNDRAISER BBQ, August 9:** Begins with 4:30 pm Mass with Archbishop Prendergast SJ at Paroisse Saint Viateur, 154 Rue Mabel, Limoges. Followed by a BBQ at Academia Stella Maris School, 45 Rue Des Bénévoles, Limoges. Fun for the whole family! Info: 343-883-6600; [info@academiastellamaris.ca](mailto:info@academiastellamaris.ca).

✦ **2019-2020 ACADEMIA STELLA MARIS PART-TIME (HYBRID) AND FULL-TIME PROGRAMS:** There are still a few spots available in the hybrid and full-time programs (Gr. K-8) starting September 2019. Explore our website and discover our critical thinking program, exploration program, artistic program and investigation program, as well as our full-time program. Info: [www.academiastellamaris.ca](http://www.academiastellamaris.ca); 343-883-6600

**PILGRIMAGE TO CAP-DE-LA-MADELEINE FOR DISABLED PERSONS AND THOSE WHO WISH TO ASSIST THEM:** Taking place from September 13—15, 2019. Costs range from \$324 to \$396 per person, depending on the numbers of persons/room. Reservations are required. Info: Cheryl Clingaman 613-728-5687; [cclingaman@gmail.com](mailto:cclingaman@gmail.com).

**SPIRITUAL MOTHERHOOD OF PRIESTS (SMOP) 8TH ANNUAL CONFERENCE** — at Holy Redeemer Parish, 44 Rothesay, Kanata. Theme: *Our Triumph Through Mary*, with international speaker Fr. Donald Calloway, MIC. Saturday September 28, 8—4pm, closing Mass at 5pm with Bishop Scott McCaig CC. Cost: \$50, incl. lunch. All are welcome. Info: [spiritualmotherhoodottawa@gmail.com](mailto:spiritualmotherhoodottawa@gmail.com); 613-225-6067/875-6279. Register: [www.spiritualmotherhoodofpriests.ca](http://www.spiritualmotherhoodofpriests.ca); Flyer and registration forms also available in Narthex.

**PILGRIMAGE TO THE HOLY LAND, NOVEMBER 6—15, 2019:** Follow in the footsteps of Jesus. Accompanied by Fr. Lukose Kochupurackal, CMF. Cost: \$3299 (per person/double occupancy), includes taxes, tips and other related fees. Info: Contact Fr. Lukose 613-731-7834; or [lukekochupura@gmail.com](mailto:lukekochupura@gmail.com).

## EMPLOYMENT & VOLUNTEER OPPORTUNITIES

**BRUYÈRE CONTINUING CARE VOLUNTEER OPPORTUNITY** — For further information call 613-562-6262 x 1334:

- **St. Vincent Hospital site — Extraordinary Eucharistic Ministers to bring Holy Communion to patients once per week or more.** Our patients faith life and practice is extremely important to us.
- **Élisabeth Bruyère Hospital site — Sacristans and other assistants needed Sunday mornings, 10:00 am to 12 Noon.** Help bring patients to the Chapel for Mass, welcome and greet visitors, set-up and clear the Altar, help maintain the Chapel space and participate in various Liturgies.

**HUMAN RESOURCES ASSISTANT /VOLUNTEER COORDINATOR, Archdiocese of Ottawa:** Full-time, permanent, 37½ hrs/week. A recent Canadian Criminal Records check is required. Job description at [catholicottawa.ca](http://catholicottawa.ca). Send your CV to Ms. Hélène Le Dorze, Human Resources Officer [hledorze@archottawa.ca](mailto:hledorze@archottawa.ca). No phone calls please; only candidates selected for an interview will be contacted.

## A Warm Welcome to our New Parishioners!

Interested in joining our Parish Family?!

Let us know who you are and we'll 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!

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_