Blessed Sacrament Parish

194 Fourth Avenue, Ottawa ON, K1S 2L6, 613-232-4891
office@blessedsacrament.ca • www.blessedsacrament.ca • Facebook

First Sunday Of Lent ~ March 9, 2025

Mass Schedule

Regular Sunday Mass

† Saturday Vigil ..... 4:30 PM
† Sunday Mass ..... 10:00 AM

Regular Weekday Mass

† Monday & Tuesday ..... 6:30 PM
† Wednesday to Saturday..... 9:30 AM

Seniors Homes Mass

† Colonel By .....Tuesday 11:00 AM
† Glebe Centre .....Thursday 10:30 AM

Reconciliation

· See Fr. Tim before & after ***ALL*** Masses
· By appointment during the week.
· Saturday AM ..... 10:00 - 10:30 AM
· Saturday PM ..... 3:45 - 4:15 PM

Devotions

Eucharistic Adoration

· Wednesday to Saturday ..... 8:30 AM

Recitation of the Holy Rosary

· Sunday in the church ..... 9:30 AM

Devotion to the Holy Face of Jesus

· Tuesdays after Mass .....≈ 7:15 PM

Monthly Reparations During Mass

·1st Friday ~ **Sacred Heart of Jesus**
·1st Saturday ~ **Immaculate Heart of Mary**
·1st Wednesday ~**Chaste Heart of St. Joseph**

Parish Office

Office Hours

Tuesday – Friday: 9:00 AM - 3:30 PM

Clergy

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

Dcn. David Mulcair
buildingthevision.feedback@gmail.com

Priests in Residence

Fr. Siju Xavier

Parish Staff

Jason Morin, Office Administrator
office@blessedsacrament.ca
613-232-4891

Vivian Gratton, Bookkeeper
account@blessedsacrament.ca

Frank Deehan, Custodian

"For 40 days [Jesus] was tempted by the devil" Lk 6: 2

Mar 9th Liturgy of the Word	
1st Reading	Deuteronomy 26: 4-10
Psalm	Ps 91
2nd Reading	Romans 10: 8-13
Gospel	Luke 4: 1-13

Parish News

The Month of March is dedicated to St. Joseph (see pg. 2). In conjunction with the monthly devotion, on March 19th, the Church celebrates the Feast of St. Joseph Husband of the Blessed Virgin Mary.

We commemorate the life of Joseph first and foremost as the husband of Mary and earthly father of Jesus - His father in the shadows. Why is he referred to in this way? There is not a single word of his recorded in the Gospels and little is known about his life:

"In his relationship to Jesus, Joseph was the earthly shadow of the heavenly Father. He watched over him and protected him, never leaving him to go his own way. We can think of Moses' words to Israel: 'In the wilderness … you saw how the Lord your God carried you, just as one carries a child, all the way that you traveled' (Deuteronomy 1:31). In a similar way, Joseph acted as a father for his whole life."

Pope Francis – Patris Corde

St. Joseph is further recognized as the Patron of the Universal Church, Patron of the New World, the Principal Patron of Canada, the Principal Patron of the Archdiocese of Ottawa-Cornwall, the Patron of Families, the Patron of Fathers, the Patron of Expectant Mothers, the Patron of Travelers & Immigrants, the Patron of Workers, the Patron of House Sellers & Buyers, and the Scourge of Demons.

A 9-Day Novena is traditionally prayed beginning on March 10th, finishing on the Eve of St. Joseph's Feast Day. Please consider praying this Novena (see pg. 2)

Our Lenten Mission

One Lord.
One hope.
One story.

Come and fall in love with Sacred Scripture. Learn how you can study the history of salvation and, thereby, open yourself up to the Father's plan for you to help the Church spread the Good News of Jesus Christ to others with confidence and love.

"The New is concealed in the Old. The Old is revealed in the New."

St. Augustine

Three two-hour sessions:

March 20th	**6:30 PM- 8:30 PM**
March 27th	**6:30 PM- 8:30 PM**
April 3rd	**6:30 PM- 8:30 PM**

For each session, bring your Bible, a copy of the Catechism of the Catholic Church, a notebook, a pen or pencil, a willingness to learn and lots of goodwill. Be ready to take notes, discuss some really cool ideas, and receive homework (yes, you will be assigned some homework 😊)

COST: Freewill offering (suggested offering $35)

The materials recommended for this Lenten Mission are as follows:

The Catechism of the Catholic Church
and
The Great Adventure Catholic Bible

You can order these materials from Sunrise Marian directly at the above links.

In addition to the above materials, participants who wish to order the following supplementary materials can do so, again from Sunrise Marian as well:

$16.95 for The Great Adventure Catholic Bible Indexing Tabs

$8.95 for The Great Adventure Bible Timeline Chart

Registration: Fill out the form at the following link by March 14th:

https://blessedsacrament.ca/lenten-mission/

Parish Ministries

COUNCILS

Pastoral Council
pastoralcouncil@blessedsacrament.ca
Chair: Jaqui Cadieux
Vice-Chair: Blaine Duffley
Communications: Roderick Young
feedback@blessedsacrament.ca
Secretary: Fiorella Padowin-Castillo
Treasurer: Ryan Justus
Thomas Bauer
Steve Faught
Marie-France Lapierre
Harold Joseph Marcotte
Ani Momday
Jake Oakes
Fr. Tim – *ex officio*
Dcn. Dave – *ex officio*

Finance Council
Paul Giacomin, CPA
Dorn Roche
Michael Tate

MINISTRIES

Baptism Coordinators
Frank & Heather Deehan

Catechesis of the Good Shepherd
Maria Cruz, Coordinator

Centretown Churches Social Action Committee
Frank Deehan

Children's Liturgy
➡ Volunteer Needed

Cursillo Representative
➡ Volunteer Needed

Evangelization Coordinator
Jacob Loach
evangelization@blessedsacrament.ca

Hospitality Team
Katherine Caine

Music Ministry
Richard Bethell, Music Coordinator
613-232-4891

Mass Ministry Coordinators

Altar Servers & Sacristans:
Jake Oakes

Lectors:
Anne Gilbert

Ushers:
Fiorella Padowin-Castillo

Pro-Life Representative
Shauna Healey

R.C.I.A. (Adult Faith Formation)
Richard Bethell

Sacramental Preparation
Ann-Louise Revells

Safe Environment Coordinator
Frank Deehan

Welcoming Committee
Ann-Louise Revells
Marilyn O'Neil

FINANCIAL STEWARDSHIP

Thank you. Your generosity is greatly appreciated.

March Regular Weekly Collection	
March 2	$1362.55
March 9	
March 16	
March 18 (PAD)	
March 23	
March 30	
March Total:	$1362.55

Pre-Authorized Donations (*PAD)

Did you know ... Once-a-month Pre-Authorized Donations (PAD) is the same as a cash or cheque offering for the collection basket! It helps us by providing a regular, dependable flow of contributions.

To sign-up, please pick-up a form in the Narthex, or download it **HERE** → place the completed form in the collection basket, and we'll set it up for you!

Bequests ~ Please remember Blessed Sacrament Parish in your Will. To make arrangements, please contact the parish Office:613-232-4891.

Our Registered Charitable Tax No. is:
12896-7353-RR-0092

INCOME TAX RECEIPTS

Tax Receipts for 2024 were mailed on Tuesday, March 4th.

CONTACTING THE PASTORAL COUNCIL

Do you have any suggestions, ideas, comments or questions for the Parish Pastoral Council? Two ways you can now communicate these are:

1. Via our new Suggestion Box (located in the Narthex)

2. By e-mail at:
Feedback@blessedsacrament.ca

Of course, you may always approach any member of the pastoral council, the names of which are printed in the bulletin. We welcome your feedback!

Monthly Devotion

March is Dedicated to St Joseph

Act of Entrustment to St Joseph

† In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

O loving and humble Saint Joseph, Protector of the Holy Family and Patron of the Universal Church and of Canada, we honour you as the model of Christian virtues and entrust ourselves to you as our inspiration and guide in living an authentic Christian life.

Modelled after you, whom the Scriptures call the Just man, draw us closer to the Sacred Heart of Jesus and to the Immaculate Heart of Mary, that we may easily turn to the Lord in every circumstance of our lives and, consecrated to Him, we may know, in our vocation, the peace and joy of a holy life.

A man of listening and of action, you who have always been so attentive to the voice of the Lord and to the fulfilling of His will, help us to discern the signs of the times and to engage in the transformation of our world.

Husband, father and worker, in solidarity with the human condition, teach us how to be faithful to our baptismal promises and sensitive to the sufferings and needs of our sisters and brothers.

A man of great faith, unshakeable hope, and a heart burning with charity, come to the aid of the Church and our country, watch over the elderly, the weak and the infirm, protect our children and families, and sustain those who give of themselves selflessly in pastoral and health care.

Merciful and compassionate companion on our journey, you who know the burdens weighing heavily on our hearts, intercede for our many needs, so that, by your powerful prayer, we may be delivered from the many dangers that surround us so as to experience safety and solace in the Lord and, at the hour of our death, come at last to the glory of our eternal home.

Amen.

(Source: CCCB)

Act of Entrustment to St Joseph Response

V. Joseph, who placed your hope in the Lord,
R. Pray for us.
V. Joseph, who experienced the unconditional love of Jesus and Mary,
R. Pray for us.
V. Joseph, whose poverty was turned into treasures in God,
R. Pray for us.
V. Joseph, who taught Jesus how to pray,
R. Pray for us.
V. Light of the Patriarchs,
R. You enlighten our path by welcoming the One who is the Light of the world.
V. Patron of the dying,
R. You accompany us on our journey into Life.
Amen †.

(Source: CCCB)

Novena to St. Joseph

The complete 9-Day Novena, which includes the Act of Entrustment, can be found here.

Pro-Life Corner

"The refusal to take sides on great moral issues is itself a decision. It is a silent acquiescence to evil."

Archbishop Fulton J. Sheen

WHAT CAN I DO TO STAND UP FOR LIFE?

Support the following principles:

- The right to life is the basic human right on which all others depend.
- All human beings have an equal right to life, before and after birth.
- Society has the duty to uphold and protect that right.

Faith Studies

What precisely, is my faith for? What is life about? Blessed Sacrament Parish now has two Faith Study Leaders who are ready to lead small-group faith studies around these questions.

They are presently extending personal invitations to take the DISCOVERY Faith Study. If interested please reach out to:

STEVE FAUGHT
faught_stephen@yahoo.ca
or
JASON MORIN
office@blessedsacrament.ca

If you are approached and invited, consider taking DISCOVERY. You will be glad you did!

Scheduling a Baptism?

Please Call:
613 232 4891

Get to know your fellow parishioners!

Join the Hospitality Team after each Sunday Mass for Coffee, Tea and Treats! We are also looking for volunteers to help supply baked or storebought goods on a rotating basis. s

Centretown Community Food Centre

People need food to survive but some people in our community are faced with a choice between this most basic necessity and paying bills. Please Consider Donating the Following:

- Peanut Butter
- Canned Tuna, Salmon, Meat and
- Stews
- Canned Vegetables
- Canned Soups
- Canned Beans, including baked beans, kidney beans, black beans
- Cereals
- Dry pasta and pasta sauce
  Kraft dinner
- Toothpaste and toothbrushes
- Toilet paper
- Products for families that have special dietary needs (i.e.: alternative dairy options or gluten free products)

Centretown Community Food Centre

NEED A HOT MEAL?

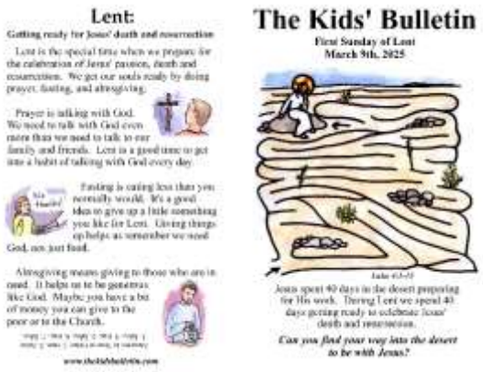
Head over to **Centre 507** at 507 Bank Street for daily meals – 3x/day every day except Monday (2x only, no lunch):

Breakfast: 9:00 - 10:00 AM
Lunch: Noon - 1:30 PM
Dinner: 5:00 - 6:30 PM

Call 613-233-5626 Or click the link http://www.centre507.org/ for drop-in times and daily operating hours.

Family Corner

The Kids' Bulletin
First Sunday of Lent
March 9th, 2025



Click to Download the Kids' Bulletin

Educational Apps for the Whole Family

FORMED

Picks of the Month:

HOW TO LENT:
How to Lent is a new series from the Augustine Institute that aims to equip Catholics with the tools to understand and practice the pillars of Lent: prayer, fasting, and almsgiving. Guided by Solenne Santiago and with the help of priests and religious, this series will challenge our preconceived notions about Lent, laying out a roadmap for entering the season with a purpose.

God's Princesses
God's Princesses is a new series from the creators of Brother Francis, with fun, faith-filled stories that remind all young Catholic girls that they, too, are part of God's Royal Household!

HOW TO USE FORMED:

1. Go to: https://formed.org/parishes
2. Click on 'Find Your Parish Subscription'
3. Search for **Blessed Sacrament Parish Ottawa**
4. It should be the first or second result, click it
5. Enter your Name and Email address
6. Wait for an email with the Formed access link
7. Click the link and enjoy what is offered!

LAUDATE is a fantastic **FREE** Catholic tool that has everything about our Faith that could ever be hoped for in a single app and Fr. Tim has contributed to its content! On AppleOS & Android.

MASS INTENTIONS

Saturday, March 8 — **OM: St John of God, Religious**
9:30 AM • For the personal intentions of Luisa Valbuena

Saturday, March 8 — **Vigil of 1st Sunday of Lent**
4:30 PM † For the repose of the soul of Robert Campbell

Sunday, March 9 — **1st Sunday of Lent**
10:00 AM • *Pro Populo*

Monday, March 10 — **Ferial**
6:30 PM • For the personal intentions of Luisa Valbuena

Tuesday, March 11 — **Ferial**
6:30 PM

Wednesday, March 12 — **Ferial**
9:30 AM • For the personal intentions of Luisa Valbuena

Thursday, March 13 — **Ferial**
9:30 AM

Friday, March 14 — **Ferial**
9:30 AM • For the Holy Father, Pope Francis, on the 12th anniversary of his election to the Chair of St Peter, by Carol Gaboury

Saturday, March 15 — **Ferial**
9:30 AM • For the personal intentions of Luisa Valbuena

Saturday, March 15 — **Vigil of 2nd Sunday of Lent**
4:30 PM • *Pro Populo*

Sunday, March 16 — **2nd Sunday of Lent**
10:00 AM † For the repose of the soul of Robert Campbell

Our Prayer List

Let us pray for the sick and suffering, especially:
Richard Bethell, Wanda Hartlin, Joaquin & Olivier Le Gras, Hudson McGregor & Family, Dcn Chris Moffat, Fr. Tim Nelligan, Fr. Michael Ruddick.
Our prayer list will reset on March 31st. For additional prayers, to retain someone on the list or to add someone to the list, please contact the parish office.

Papal Intentions for March

For Families in Crisis

Let us pray that broken families might discover the cure for their wounds through forgiveness, rediscovering each other's gifts, even in their differences.

ST. THÉRÈSE PERPETUAL NOVENA

We pray for our Parishioners and their intentions and for our community.

Novena Link

March 9 to March 17, 2025
Little Flower, as we enter fully into Lent, please pray for all priests, especially our pastor, Fr. Tim. Please ask Mother Mary to give them courage beyond what they believe they have, to spread the Truth of the Catholic faith. Please pray for all the faithful especially those at Blessed Sacrament Parish, to support their priests in every way possible.

March 18 to March 26, 2025
Sweet sister, please pray for our parish family. There is so much work to be done and so few hands. Please awaken a desire in all of us to want to help according to our gifts and talents. May the gift of service and the fruits that come from participating overflow in our parish family!

Let us join in prayer to support our Priests & Deacon:
Fr Timothy Nelligan - our Pastor
Dcn David Mulcair - our Deacon
Fr Siju Xavier – in Residence

Pray for your Pastor, He needs YOU!

According to recent studies... 4,000-5,000 pastors quit each year. They don't quit because they have a lack of faith in God. They don't quit because they don't believe in the calling God has placed on their life. Most don't even quit because of financial reasons.

Pastors quit because they are **overwhelmed with mental exhaustion.**

Until you are a pastor, you'll never fully understand what it's like to carry spiritual burdens for people. Getting up in the middle of night, praying for your family of faith. Awakened in the middle of night with someone on your heart. Overwhelmed with concern by a person's absence or distance.

Your mind continually occupied with the presentation of the upcoming Sunday message - how to preach it, what to teach on, how do we apply it? Getting critiqued on a continual basis.

Being told you need to do better or that some areas of the church simply need to be better.
Pastors invest their whole life into people and yet people will turn their backs on their pastor at the first sign of a storm, usually without a conversation.

Pastors:
- stand in the middle of disputes.
- stand in the middle of gossip.
- council broken marriages.
- comfort those who have suffered loss. Pastors navigate the waters of imperfect people with a desire to see each one thrive in their faith.

They long for spiritual breakthroughs. Your pastor craves the very best for you. All of this, while trying to battle their own flesh and grow in their own relationship with God.

Pastors:
- see the posts.
- hear the whispers.
- endure the negativity.
- are continually caring for the sheep while fending off the wolves.
- pour out and pour out - rarely being poured into

What keeps a pastor going? **YOU!**

You:
- the person who is genuinely hungry.
- the person who worships with passion and freedom.
- the teenager who is striving to be a follower of Jesus.
- the single mom who understands the beauty of the hope found in Christ.
- the one who walks through the door for the first time because you're in search of peace, hope, and community.

Talk with your pastor. Encourage your pastor. They are human.
They need You more than you think!

Devotion to the Holy Face of Jesus

When: Every Tuesday, immediately following the 6:30 PM Mass

Where: In the church in the presence of our 1st Class Relic!

Why: Jesus requested the devotion take place at least one Tuesday/Month, as revealed to Sister Marie de Saint Pierre.

The purpose is to unite in prayer and in adoration of the **Holy Face of Jesus** in reparation for sins against the first three Commandments, concerning idolatry, blasphemy and irreverence, and to offer the wounded Face of Jesus, the emblem of the Godhead, as an object of adoration and prayer in union with the Archconfraternity of the Holy Face to save souls and restore Christendom in Canada and throughout the world.

Archdiocese of Ottawa-Cornwall

THE Spirit IN THE DESERT

Join us as we go deeper with the Holy Spirit to allow him to empower our growth, our witness, and our service within the community.

Speakers

Peter & Antonella Couse

Marcel Dion

Fr Ben St Croix

Sr Philomena

Chris Keyes

This energizing 5 evening workshop is aimed at opening hearts to the transforming power of the Holy Spirit as we walk with Him through Lent.

DATES
March 13th, 20th & 27th
April 3 & 10
7:00-8:30pm

LOCATION
St. Maurice Atrium
4 Perry St.

Registration Required
No Cost

The Spirit and...Going deeper
Holiness, The Bride, His Gifts and Mission

"And Jesus returned (from the desert) in the power of the Spirit."-Luke 4:14.

For More Info contact Antonella at mommycouse@gmail.com or 613-668-2400

8th ANNUAL SAINT PATRICK DAY PILGRIMAGE
Monday March 17, 2025

Come walk with us!

Enjoy Fellowship, Prayer and Reflection

Celebrate 9:00 a.m. Mass at St. Patrick's Fallowfield and pilgrimage to St. Patrick's Basilica, Ottawa.

The 28 km walk will take approximately 8 hours and will conclude with a reception and refreshments in St. Patrick's scavi (lower-level hall).

Check out Pilgrimage details, such as route, optional starting points at the following signup link or QR code:

https://tinyurl.com/St-Patrick-Pilgrimage

ST. PATRICK'S DAY CELEBRATION

Menu
Guiness Pot Pie
Mashed Potatoes
Veggies
Coleslaw
Buns/Butter
Homemade Dessert
Tea/Coffee

LIVE BAND: KINGS CREEK COUNTRY
2:00 - 5:30 PM

SUNDAY, MARCH 16, 2025
2:00 - 7:00 PM

OLV BANQUET HALL, 5338 BANK STREET

Served Meal
Licensed Bar
Prepaid Tickets: 613-822-2007
Order Deadline: March 14

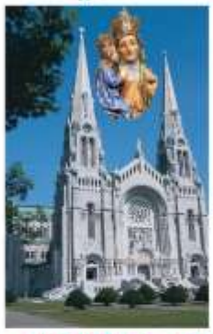
Table of 8-10 Tickets $35 pp
Individual Tickets $40 pp
Children 10 and under $20 pp
Limited Takeout $30 pp

Proceeds support OLV Church Restoration

olvottawa.ca | 613-822-2197 | office@olvottawa.ca

151st Annual Pilgrimage
151e Pèlerinage annuel

To / A
STE-ANNE-DE-BEAUPRÉ & NOTRE-DAME-DU CAP / OUR LADY OF THE CAPE



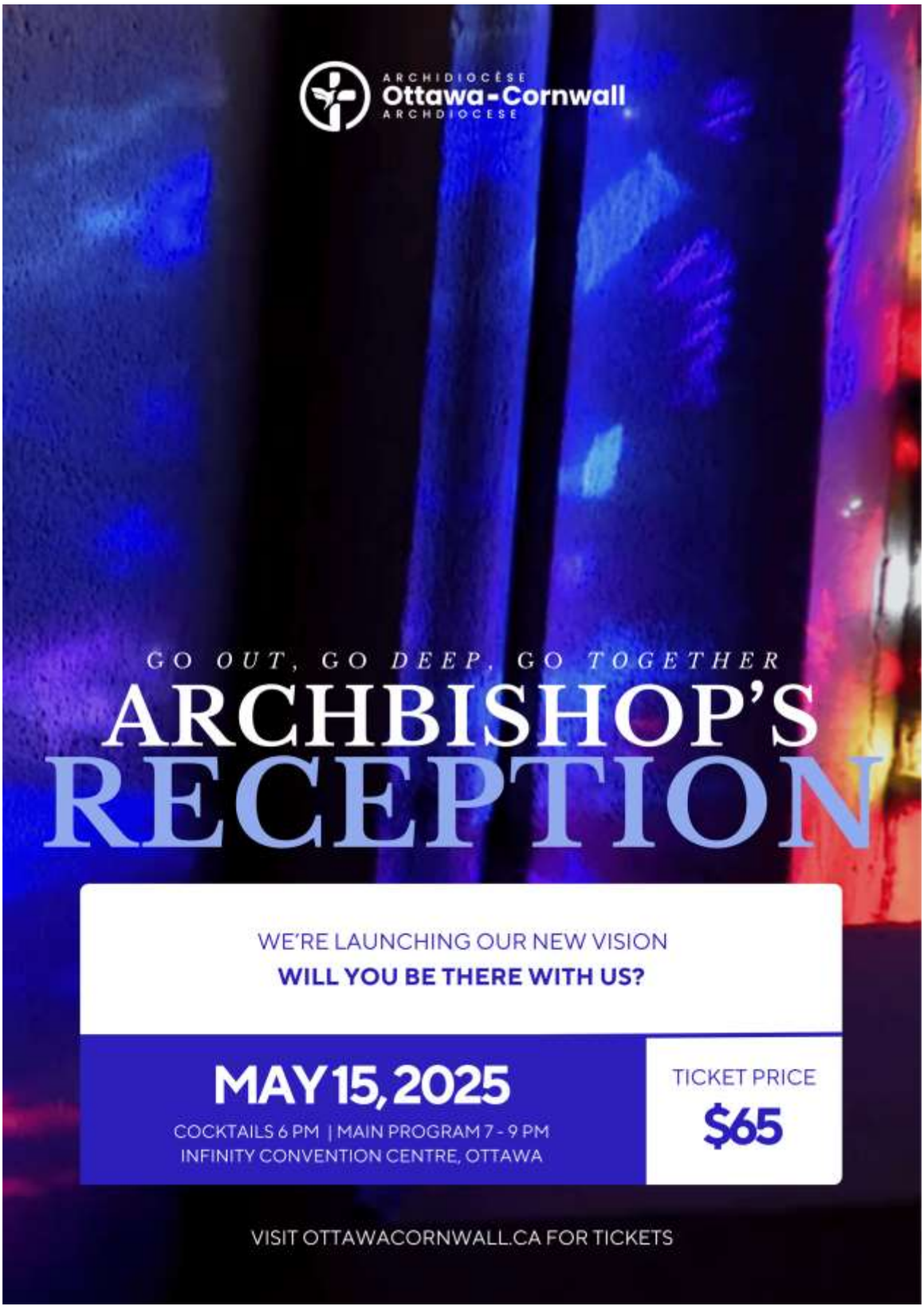
FROM THE DIOCESES
DES DIOCÈSES
Ottawa-Cornwall,
Gatineau, Pembroke,
St-Jérôme-Mont-Laurier, Kingston

AUGUST 9 - 10, 2025 / 9 et 10 AOÛT 2025

OUR CELEBRANT / NOTRE CÉLÉBRANT
Terrence Prendergast S.J.
Emeritus Archbishop
Archevêque émérite
Archdiocese Ottawa-Cornwall

INFORMATION
613-224-8110
EMAIL: pa.ap2025@rogers.com
www.ste-anne-de-beaupre.com

ARCHDIOCESE OF OTTAWA-CORNWALL



On May 15th, 2025, our Archdiocese will gather to hear what God has done, what he is doing, and where he is leading us. Will you be there?

Mingle with others from Ottawa-Cornwall, hear live testimonies from people who encountered God, and be present for the official launch of our new Archdiocesan vision, presented by Archbishop Marcel Damphousse. Whether you are new to the Catholic Church or have been here your whole life, we want you with us. Come be empowered with the mission.

Hosted at the Infinity Convention Centre, doors open at 6 pm for a cocktail hour, followed by the main programming from 7 pm – 9 pm. Appetizers will be served. Tickets are 65$ and on sale now. Visit ottawacornwall.ca/events/archbishops-reception/ to purchase your tickets today.

BISHOP'S BREAKFAST

RESURRECTION OF OUR LORD PARISH
1940 SAUNDERSON DR.

WE WARMLY INVITE YOU TO JOIN US FOR COFFEE AND LIGHT BREAKFAST WITH AUXILIARY BISHOP YVAN.

BISHOP YVAN WILL LEAD AN INSIGHTFUL SEMINAR ON THE SIGNIFICANCE OF THE JUBILEE YEAR FOR CATHOLICS.

SATURDAY, MAY 24TH

10:00-11:15AM

JUBILEE ROME 2025

FORMAL INVITE TO OUR ROME JUBILEE PILGRIMAGE, JULY 2025! ORGANIZED BY YOUNG CATHOLICS HAILING FROM OTTAWA, AGED 18+. LIMITED TO 30-35 PARTICIPANTS FOR A DEEP SPIRITUAL JOURNEY.

WE AIM TO STRENGTHEN BONDS, DEEPEN FAITH, AND DISCERN VOCATIONS. FLIGHT, HOTEL, TOURS INCLUDED.

CONTACT US AT OTTAWAYOUTHJUBILEE@GMAIL.COM FOR DETAILS. LET'S JOURNEY TOGETHER!

Catholic News & Events

Get ready for an unforgettable evening!

Maryvale Academy's **Go Forth Gala** is almost here, and tickets are now on sale! Join us on **Saturday, April 26th**, **2025,** at the stunning **Blu Legacy Convention Centre** as we celebrate 20 years of forming hearts and minds for Christ.

Secure your spot at this milestone event before March 17th to take advantage of our early bird pricing ($100/ticket until March 16th, March 17th onward: $115) Don't delay as this event sold out last year!

Join us for a fabulous evening featuring:

- Enticing array of food and beverages, including savoury late-night snacks
- Exciting live and silent auctions
- Complimentary photo booth
- Beautiful student-made crafts for sale
- 50/50 draw and door prizes
- Choir performances
- Inspiring testimonials
- Lively music & dance

Doors open: 5:00 pm | Dinner: 6:00 pm
Questions about this event?
gala@maryvaleacademy.ca

Semi-formal attire is suggested

To Register: https://www.maryvalegala2025.ca/

613-321-2186
info@maryvaleacademy.ca
https://www.maryvaleacademy.ca

BLESSED SACRAMENT PARISH 2025 ADVERTISERS

WE ARE VERY GRATEFUL TO ALL OUR ADVERTISERS AND THEIR CONTINUED SUPPORT AND LOYALTY.
PLEASE SUPPORT OUR SPONSORS BY PATRONIZING THEIR BUSINESSES.

→ CLICK AN AD TO ACCESS WEBSITE ←

Let Jaqui & St. Joseph sell your home! St. Joseph, pray for us!
JAQUI CADIEUX
Sales Representative 613.725.1171
ROYAL LEPAGE Team Realty

{YOUR AD HERE}
CONTACT US TODAY.

Dignity The Mark of Quality
McEvoy Shields
Funeral Home & Chapel
1141 Hunt Club Rd. 613-737-7900

{YOUR AD HERE}
CONTACT US TODAY.

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

{$300 AD SPACE}
CONTACT US TODAY.

Hulse, Playfair & McGarry
Celebrating a Century of Trusted Service
1925 – 2025
613-233-1143 www.hpmcgarry.ca

Capital Home hardware
Hours:
Monday 8:30 a.m.-6 p.m.
Tuesday 8:30 a.m.-6 p.m.
Wednesday 8:30 a.m.-6 p.m.
Thursday 8:30 a.m.-6 p.m.
Friday 8:30 a.m.-6 p.m.
Saturday 8:30 a.m.-6 p.m.
Sunday 10 a.m.-5 p.m.
Address: 736 Bank St, Ottawa, ON K1S 3V4
Phone: (613) 234-6353
Thank You For Supporting Local Business!

OTTAWA PHYSIOTHERAPY & SPORT CLINICS (GLEBE)
OPTSC.COM
(613) 680-3980
102-108 THIRD AVENUE
MON.-FRI. 7AM-8PM & SAT. 7AM-12PM

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

{$400 AD SPACE}
CONTACT US TODAY.

THANK YOU FOR SUPPORTING OUR ADVERTISERS.

Planning for the future
Free Planning Kit:
613-235-6712
Kelly Funeral Home
Somerset Chapel
by Arbor Memorial
585 Somerset St. W, Ottawa, ON
Arbor Memorial Inc.

Mikey Painting
Interior Painting
Exterior Painting
Specialty Finishing
Cabinet Refinishing
Protective Coatings
Wallpaper Install/Removal
Mike Bui
613 668 5936
mikeypainting.webflow.io

Goldsmith MEDICAL TRANSPORT INC.
613-226-6098 goldsmithmedical.ca
Family owned since 2008 • Non-critical transport

AVAILABLE SPACE!

TO ADVERTISE IN OUR WEEKLY BULLETIN, PLEASE CONTACT THE PARISH OFFICE AT **613-232-4891** OR OFFICE@BLESSEDSACRAMENT.CA.

GOD BLESS!

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.
WHELAN FUNERAL HOME

WILD LOCAL ORGANIC BEAUTIFUL CONSCIOUS JUST LIKE YOU
WILDOAT
Bakery & Café
817 Bank St. (at Fourth Ave.)
https://wildoat.ca • 613-232-6232

FORGRACEPRODUCTIONS.COM
Special pricing for parishioners
Sacred & Immaculate Heart Artwork

{$300 AD SPACE}
CONTACT US TODAY.