Blessed Sacrament Parish

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

Twenty-First Sunday in Ordinary Time ~ August 24, 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

The Holy Face of Jesus

Tuesdays after Mass .....≈ 7:15 PM

Legion of Mary
Saturdays After 9:30 AM Mass

Rosary & Evangelization .....≈ 10:30 AM
Children's Rosary (5yo-13yo) ..... 11:30 AM

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

Parish Staff

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

Vivian Gratton, Bookkeeper
account@blessedsacrament.ca

Frank Deehan, Custodian

August 24th Liturgy of the Word	
1st Reading	Isaiah 66: 18-21
Psalm	Ps 117
2nd Reading	Hebrews 12: 5-7, 11-13
Gospel	Luke 13: 22-30

Parish News

Heart of Worship Adoration

Date: Tuesday, August 26th from 7:00pm - 8:30pm

Location: Holy Redeemer Parish (44 Rothesay Dr.)

Event: Spiritual talk by Teresa Kargul, Praise & Worship music, Confessions. Silent Prayer Time and Fellowship

Livestream link here.

Healing Mass

Date: Friday, September 5th beginning at 6PM.

Location: St Augustine Church, 1060 Baseline Rd.

Event: Monthly Healing Service with Fr. Francis Donnelly - Confessions @ 6PM, Mass @ 7PM. Prayer teams available for one-on-one prayer.

Red Blacks Faith Day

Date: Saturday, September 20th

Location: TD Place

Event: Ottawa REDBLACKS vs. Winnipeg Blue Bombers @ 3:00 PM with family-friendly fun including face painters, balloon artists, mascots, and more to keep the kids smiling all evening long. There is post-game field access for great photo opportunities with your family or church group and a Fireside Chat led by REDBLACKS players as they share their journeys of faith.

Phrontistery

Worship Without Words - Part II

Last week we looked at what it means to fully participate as Christians in our ministry of spreading the Good News and living the Life of Christ - be this out in the world or during liturgical worship, especially during Mass.

We examined how we express our intentions based on what ***postures*** we use. This week we look at ***gestures*** and ***signs that speak***.

Gestures: The gestures that we make during Mass also express and deepen our faith and reverence:

- **Sign of the cross.** We make the large sign of the cross at the beginning of Mass and during the final blessing. At the gospel, we make a small cross on our forehead, lips and heart.
- **Sign of peace.** Before Communion, we share a sign of peace with those who are standing near us. By our warm handshake or another friendly gesture, we express our unity in Christ. Through our mutual forgiveness and love, Jesus brings his peace into the world.

Signs that speak: The Church invites us to use signs and symbols that speak for themselves. No longer satisfied with doing only the minimum, we use generous signs.

- **Real Bread.** We are invited to use real wheat bread, though made without yeast: it is to look and taste like real food, bread that can be broken and shared. Communion is to be given with bread consecrated in each Mass. We are invited to receive it and to eat it; to feel its texture and taste its sweetness.
- **Communion from the Chalice.** Jesus commanded us to drink His Blood of the New Covenant. Drinking from the chalice is a fuller symbol of Christ's total gift to us. Wine is the symbol of gladness and shared joy.
- **Book of the Word.** A dignified book – large, clearly printed, well bound – is carried in procession by the deacon or lector. The lectors proclaim God's word from the Lectionary and the priest preaches the homily from its readings.
- **Other symbols.** The vestments of the ministers indicate their role in the celebration. The altar is fashioned as a real table, for the Mass is both sacrifice and meal.

Good symbols are clear signs to us – a good symbol does not have to be explained to achieve its purpose.

- **House of the Church:** The church building is a symbol of God's people on earth. Strangers and visitors are made to feel welcome when they enter. The church is clean and beautiful. The sanctuary remains uncluttered, the altar simply decorated, the lighting good. Our church is a house of prayer for all.

Source: CCCB

Parish Ministries

Pastoral Council

pastoralcouncil@blessedsacrament.ca

Executive

Ex Officio .....Fr. Timothy Nelligan

Chair .....Jaqui Cadieux

Vice-Chair .....Blaine Duffley

Secretary .....Fiorella Padowin-Castillo

Treasurer .....Ryan Justus

Voting Members

Thomas Bauer
Marie-France Lapierre
Harold Joseph Marcotte
Ani Monday
Jake Oakes
Roderick Young

Ex Officio Members

Dcn. Dave Mulcair

Contacting The Pastoral Council

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

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

2. By e-mail feedback@blessedsacrament.ca

3. Of course, you may always approach any member of the pastoral council.

Finance Council

Chair .....Paul Giacomin, CPA

Member.....Dorn Roche, CPA

Member .....Michael Tate

Mass Ministry Coordinators

Altar Servers & Sacristans ..... Jake Oakes

Children's Liturgy..... ➡ Volunteer Needed

Lectors.....Anne Gilbert

Music ..... Richard Bethell (613 232 4891)

Ushers .....Fiorella Padowin-Castillo

Other Ministry Coordinators

Baptism .....Dcn. Dave Mulcair

Centretown Social Action .....Frank Deehan

Cursillo..... ➡ Volunteer Needed

Evangelization .....Jacob Loach
evangelization@blessedsacrament.ca

Hall Manager .....Frank Deehan

Hospitality .....Katherine Caine

Legion of Mary .....Maximilien Vachon
legionmaryottawa@proton.me

Inner City Ministries.... ➡ Volunteer Needed

Pro-Life .....Shauna Healey

R.C.I.A. ..... Dcn. Dave & Jacob Loach

Sacrament Preparation ...Ann-Louise Revells

Save Environment .....Frank Deehan

Welcoming Committee ..Ann-Louise Revells

Welcoming Committee ..... Marilyn O'Neil

Young Children's Catechesis .....Maria Cruz

Financial Stewardship

Thank you!

Your generosity is greatly appreciated.

August Regular Weekly Collection	
August 3	$812.98
August 10	$ 565.00
August 17	$715.70
August 18 – PAD	$7,146.00
August 24	
August 31	
August Total:	$9,239.68

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

Scan to sign up for Tip Tap Tax Receipts

SCAN TO REQUEST TAX RECEIPT

Centretown Community Food Centre

370 Catherine Street

Mon, Tue, Thu	12PM - 3PM
Friday	9AM - 12PM

The Food Centre provides each client with a 3-to-4-day supply of groceries, allowing clients to browse and select their food much like any grocery store.

Please Consider Donating the Following:

- Nut Butters and Spreads
- Canned Fish, Meat, Soups & Stews
- Canned Vegetables, Beans, Baked 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)

People living in the Centretown area bordered by Wellington Street to the north, Billings Bridge to the south, Lyon St. to the west and Main Street, including Lees Avenue, to the east are eligible for help. Please bring ID and proof of address.

Need a Hot Meal?

Centre 507 at 507 Bank Street offers meals 3x/day every day except Monday (2x only, no lunch). For more information call 513/233-5626 or click the link:
http://www.centre507.org/

Spiritual Development

Scheduling a Baptism? or Planning a Wedding?

Please Call: 613 232 4891

Be sure to check out our website at the above links (in blue).

RCIA Programme 2025/2026

Would you like to join the Catholic Church, or do you know someone who might be interested? Are you a Baptised Catholic but have not yet received First Holy Communion or Confirmation? The Rite of Christian Initiation for Adults is a faith formation programme to develop a deeper understanding of the Catholic Faith and so preparing an individual to receive the Sacraments of Initiation (Baptism, Holy Communion, and Confirmation).

This is not merely a series of classes, but a journey involving in-person learning, personal study, and prayer. RCIA classes to join the Church start September 4th, 2025, at 6:30pm in the parish hall, anyone and everyone who would like to join the Church is invited.

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!

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.

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?

Learn about the stages of life in the womb.

This is a baby 11 weeks after conception. Human life is miraculous.

Visit our new Pro-life Corner Located in the Narthex!

Devotion to 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.

Monthly Devotion

August is Dedicated to the Immaculate Heart of Mary

The month of August is traditionally dedicated to the Immaculate Heart of Mary. The physical heart of Mary is venerated (and not adored as the Sacred Heart of Jesus is) because it is united to her person and is the seat of her love (especially for her Divine Son), virtue, and inner life. Such devotion is an incentive to a similar love and virtue.

This devotion has received new emphasis in this century from the visions given to Lucy Dos Santos, oldest of the visionaries of Fatima, in her convent in Tuy, in Spain, in 1925 and 1926. In the visions Our Lady asked for the practice of the Five First Saturdays to help make amends for the offenses committed against her heart by the blasphemies and ingratitude of men. The practice parallels the devotion of the Nine First Fridays in honor of the Sacred Heart.

On October 31, 1942, Pope Pius XII made a solemn Act of Consecration of the Church and the Whole World to the Immaculate Heart. (see next page).

Our very consecration to the Immaculate Heart of Mary calls upon us to make reparation for the offenses that we and others have committed against her.

The Church, in inviting us to consecrate ourselves to her Immaculate Heart, implicitly calls upon us for this reparation. But more explicitly, and even before Fatima, Saint Pius X offered a plenary indulgence to all who, on the first Saturday of the month, would observe special devotions in honor of the Immaculate Virgin in a spirit of reparation for the blasphemies uttered against her.

There is, however, an even more basic reason why each one of us owes reparation to the Immaculate Heart of Mary: every sin of ours caused grief and suffering to her in union with her Divine Son.

For sin was the cause of that terrible day on Calvary when she, as the New Eve, shared in the torment of the great sacrifice, and, amidst indescribable pain, brought forth spiritually all the members of the Mystical Body of her divine Son.

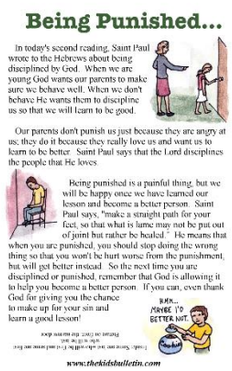
God willed that Mary should be intimately associated with His Son in bearing the burden of all sin; surely then, her Immaculate Heart, in union with His divine Heart, should receive reparation from us who have caused them such pain.

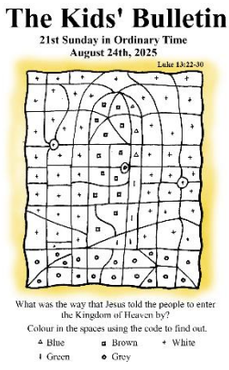
If anyone causes hurt to even a very ordinary human being, he does not overlook the need to make amends. How much more do we owe to the Hearts of Jesus and Mary!

Source: *Mary In Our Life* by Fr. William G. Most

Family Corner

The Kids' Bulletin
Twenty-First Week in Ordinary Time
August 24th, 2025





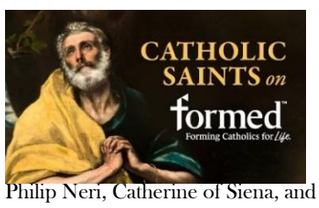
Click to Download the Kids' Bulletin

Educational Apps for the Whole Family

FORMED

Picks of the Month:

Every summer, school ends, and vacation begins. We take trips and visit family and friends, which is a lot of fun! However, our faith formation often takes a backseat during this time. This year, you can have a summer that is both enjoyable and faith-filled. Experience a Summer with the Saints!



In this collection, you can find interviews on dozens of the lives of the saints. Learn about Sts. Monica, Augustine, Stephen, Philip Neri, Catherine of Siena, and more!

The Stories of real-life Saints & Christian Heroes all come to life in CCC of America's award-winning animated film series. Featuring authentic role models today's child can truly believe in.

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

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, August 23 — **OM: St. Rose of Lima**
9:30 AM

Saturday, August 23 — **Vigil of the 21st Sunday in Ordinary Time**
4:30 PM • *Pro Populo*

Sunday, August 24 — **Twenty-First Sunday in Ordinary Time**
10:00 AM • For the special intentions of Emily Suficiencia on her birthday

Monday, August 25 — **OM: St. Louis & St. Joseph Calasanz**
6:30 PM

Tuesday, August 26 — **Ferial**
6:30 PM • For Ann & Phil Baker, Joanne & Ken Sweet, and Jason & Stacey Morin on the anniversary of their weddings.

Wednesday, August 27 — **St. Monica**
9:30 AM

Thursday, August 28 — **St. Augustine**
9:30 AM

Friday, August 29 — **Mem: The Passion of St. John the Baptist**
9:30 AM

Saturday, August 30 — **Ferial**
9:30 AM

Saturday, August 30 — **Vigil of the 22nd Sunday in Ordinary Time**
4:30 PM • For the good health & intentions of Estelle Gibeault, by Clare Grosskleg

Sunday, August 31 — **Twenty-Second Sunday in Ordinary Time**
10:00 AM • *Pro Populo*

Our Prayer List

Let us pray for the sick and suffering, especially:
Richard Bethell, Henry Dupuis, Marc Gagnon, Joseph Grabetz, Wanda Hartlin, Joaquín & Olivier Le Gras, Hudson McGregor & Family, Alex Maharaja, Bianca Mayer-Schopohl, Dcn Chris Moffat, Fr. Michael Ruddick & our Parishioners who are suffering economic hardship. *Please also pray for a resolution to our parking woes.*

Our prayer list will reset on September 30th. For additional prayers, to retain someone on the list or to add someone to the list, please contact the parish office.

St. Thérèse Perpetual Novena

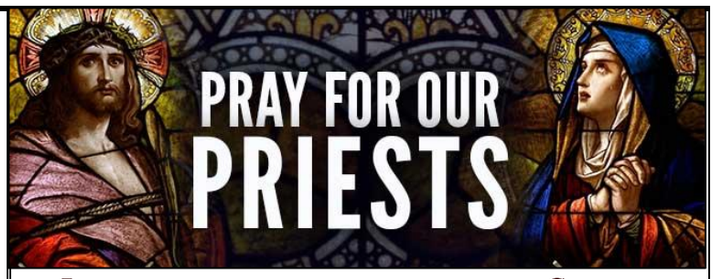
We pray for our Parishioners, their intentions, and for our community.

Novena Link

August 18, 2025 – August 26, 2025
Little Flower, our country is being led at all levels of government in a way that ignores Our Lord. How can we expect blessings? We need strong Catholics to step up and take roles in leadership in all walks of life. Please pray that the Lord will give us all the strength to stand up to what is evil.

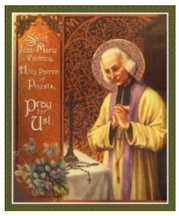
August 27, 2025 – September 4, 2025
St. Therese, Blessed Carlo Acutis will be canonized on September 7, 2025. Please ask him to pray fervently for our children who are being led astray be horrible ideologies. Ask him to join you in praying for more Catholic men to realize that their role in the family is to lead spiritually.

St. Therese, please, please, please, pray for humanity! We have strayed so far. Please pray that all people, all family members and friends, will receive the spiritual benefits of a proper Catholic funeral EVEN IF the remaining family members are not practicing their faith. Please pray for the awakening of ALL baptized Catholics!



Let us join in prayer to support our Clergy:
Fr. Timothy Nelligan
Dcn. David Mulcair

PRAY THIS PRAYER EVERY DAY ALONE, AS A COUPLE OR AS A FAMILY!



Saint John Vianney, we pray you to bless and help our pastor so that he may love dearly in this life and be richly rewarded in the next. Obtain for him the grace always to be kind and generous, self-sacrificing, and zealous. Watch over the people of our parish and keep them free from all evils. Help them to be loyal and generous in the support of our pastor.

Help us particularly always to give him the respect and honor due him as a priest. Except for him we should not have the Holy Sacrifice of the Mass, or Your presence among us, or the other sacraments that we so dearly love and need. ***From his anointed hands we receive the food of our souls, the most precious Body and Blood of our Lord Jesus Christ.***

From his lips we hear the word of God. By the power given to him our sins are forgiven, and we are given all blessings, and it is he who will anoint us when we are dying and will offer the Holy Sacrifice for us when we are dead. Help us, dear Saint, to see Christ in him, and to cooperate with him in all his work for the good of our souls. Amen.

Source: *Rural Life Prayerbook* by Alban J. Dachauer, S.J., National Catholic Rural Life Conference, 4625 Beaver Avenue, Des Moines, Iowa 50310 ncrlc.com, 1956

Act of Consecration to the Immaculate Heart of Mary

Most Holy Virgin Mary, tender Mother of men, to fulfill the desires of the Sacred Heart of Jesus and the request of the Vicar of Your Son on earth, we consecrate ourselves and our families to your Sorrowful and Immaculate Heart, O Queen of the Most Holy Rosary, and we recommend to You, all the people of our country and all the world.

Please accept our consecration, dearest Mother, and use us as You wish to accomplish Your designs in the world.

O Sorrowful and Immaculate Heart of Mary, Queen of the Most Holy Rosary, and Queen of the World, rule over us, together with the Sacred Heart of Jesus Christ, Our King. Save us from the spreading flood of modern paganism; kindle in our hearts and homes the love of purity, the practice of a virtuous life, an ardent zeal for souls, and a desire to pray the Rosary more faithfully.

We come with confidence to You, O Throne of Grace and Mother of Fair Love. Inflame us with the same Divine Fire which has inflamed Your own Sorrowful and Immaculate Heart. Make our hearts and homes Your shrine, and through us, make the Heart of Jesus, together with your rule, triumph in every heart and home. Amen.

Venerable Pope Pius XII

Papal Intention for August

For Mutual Coexistence

Let us pray that societies where coexistence seems more difficult might not succumb to the temptation of confrontation for ethnic, political, religious, or ideological reasons.

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