Blessed Sacrament Parish

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

First Sunday Of Lent ~ February 22, 2026

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 in the Parish Hall

Rosary & Evangelization .....≈ 10:30 AM
Children's Rosary (5yo-13yo) ..... 12:15 PM

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

Fr. Leagon Carlin (In Residence)
Fr. Gilbert Fuka (In Residence)

Parish Staff

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

Vivian Gratton, Bookkeeper
account@blessedsacrament.ca
613-232-4891 ext. 2

Frank Deehan, Custodian & Hall Manager
facilities@blessedsacrament.ca

The Temptation of Christ

Liturgy of the Word	
1st Reading	Gen 2: 7-9,16-18,25; 3:1-7
Psalm	Ps 51
2nd Reading	Romans 5: 12-19
Gospel	St. Matthew 4: 1-11

Pope Leo's Lenten Message

Pope Leo offers us some very important advice about our Lenten Practices for this year. Please take a moment to read a short quote from his 2026 Lenten Message.

May we have a Lent where we all grow deeper in Love, Hope and Faith! Let the Lenten pilgrimage begin!

"I would like to invite you to a very practical and frequently unappreciated form of abstinence: that of refraining from words that offend and hurt our neighbor. Let us begin by disarming our language, avoiding harsh words and rash judgement, refraining from slander and speaking ill of those who are not present and cannot defend themselves. Instead, let us strive to measure our words and cultivate kindness and respect in our families, among our friends, at work, on social media, in political debates, in the media and in Christian communities. If we do so, we will let words of hatred give way to words of hope and peace."

Peace,
Leo XIV
Full Message Here

Parish News

We cordially invite you to Blessed Sacrament's ***Second*** **Rescue Project**: an experience of the Gospel with fellow parishioners, surrounded by food, conversation, and prayer.

18 Spots are available on a first-come-first-served basis. Guests are asked to commit to attending **ALL EIGHT SESSIONS**. Please RSVP with this caveat in mind.

When & Where:

Blessed Sacrament Parish Hall Fridays 6:00 PM-8:30 PM	
February	27
March	6, 13, 20, 27
April	10, 24
Retreat*	Sunday April 19 8AM-2:45PM

For more information click **HERE.**

Watch the trailer **HERE**.

If interested contact: The Office, Deacon Dave, Jacob Loach, or speak with 'OG' Oghomwen Eregie, Steve Faught, Mario Fernandez, or Niko Frlan.

The Rescue Project seeks to proclaim the Gospel in a compelling and attractive way over eight weeks in a small group format. This experience is imbued with beauty, authentic humanity, and accompaniment.

Come and join fellow parishioners for the **Blessed Sacrament Parish Trivia Night** on **Saturday, March 14th at 6PM.**

Tickets are $15 each or $60 for families of 4 or more and includes a Chili Supper with Salad and participation in the Trivia Quiz with teams of 4-6 people per table. Beer, wine and soft drinks will be sold that evening.

Tickets are being sold after weekend Masses and will also be available at the Parish Office during regular business hours.

No Tickets will be sold on the day of the event.

Cash only please!

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 .....

Maintenance Advisor .....Harold Marcott

Other Voting Members

Thomas Bauer
Marie-France Lapierre
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
ol.queenofangels.lom@gmail.com

Inner City Ministries.... ➡ Volunteer Needed

Pro-Life .....Shauna Healey

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

Sacrament Preparation ...Ann-Louise Revells

Safe 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.

February Weekly Collection	
February 1	$ 751.60
February 8	$418.40
February 15	$864.02
February 18 (PAD)	$6,956.00
February 22	
February Total:	$8,990.02

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!

To those who already donate through PAD, your generous support is greatly appreciated. To help the parish meet its growing needs, please prayerfully consider making an increase to your monthly donations.

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

Our Registered Charitable Tax Number
12896-7353-RR-0092

Scan for Tip Tap Tax Receipts

SCAN TO REQUEST TAX RECEIPT

2025 Charitable Donation Tax Receipts

Tax Receipts were mailed on Tuesday, February 17th. They should arrive sometime this coming week.

2026 Parish Envelopes

Please collect your parish envelopes (located in the narthex) if you have not already done so.

Centretown Community Food Centre

370 Catherine Street

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.

For suggested items to donate and items in great demand, please follow **this link.**

Spiritual Development

Scheduling a Baptism?

Planning a Wedding?

Call: 613 232 4891

Be sure to check out our website at the above links.

Children's Sacrament Preparation Classes

Sacrament of First Holy Communion
Saturdays 10:15-12:15
February 21st through March 7th.

Sacrament of Confirmation
Saturdays 10:15-12:15, beginning March 21st.

For more information contact the Parish Office

Rite of Christian Initiation of Adults (RCIA)

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 RCIA 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.

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 are Tuesdays at 6:30 PM.

Ottawa Catholic Young Professionals Event Work-Life Balance

Join us Friday, February 27 at 7:00 PM in the Parish Hall at Notre-Dame Cathedral Basilica (385 Sussex Drive) for a free evening exploring work-life balance through the lens of faith, vocation, and real-life experience. Details and registration: www.ocyp.ca/events.

Over the season of Lent, the Servants of the Cross want to introduce a way to feast on Jesus' Word and they guarantee that cravings, and binges can satisfy far more than those sugary treats or salty chips. Join Feasting-Fast via Zoom, every Thursday, ending March 26,2026. Sign up using the QR code or click: I am hungry

Lenten Encounter of Formation and Prayer

On the occasion of the **800th Anniversary of the death of Saint Francis of Assisi** on March 8th at 3:00pm at St. John the Apostle Church, 2340 Baseline Road. This encounter offers a space for formation and prayer, inspired by the life and spirituality of Saint Francis of Assisi, within the context of the Lenten season. The encounter includes screening of a film on his life and a virtual pilgrimage through Assisi, and more. All are welcome. For more information click the link:

St. Francis of Assis Lenten Encounter

Pro-Life Corner

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

Venerable Archbishop Fulton J. Sheen

National March for Life
MAY 14, 2026
This Year's Theme is:

With just three months to go before Canada's largest annual pro-life demonstration, Campaign Life Coalition (CLC) has unveiled the official theme of the 2026 National March for Life.

"Follow Me" is Jesus Christ's original call to His first disciples. "Follow Me, and I will make you fishers of men," Jesus said to them (Matthew 4:19). It is a call that changed history. Upon hearing the call, the hearers "immediately…left their nets and followed Him."

Will you consider doing what it takes to attend? Is Jesus calling you?

Watch the trailer here.

The Tragedy in Tumbler Ridge

"Today, I grieve with the people of Tumbler Ridge, British Columbia, whose lives were changed yesterday. Words feel inadequate before such loss. As Canadians, this sorrow is deeply personal.

We mourn the lives lost and pray for their families in their anguish. We remember the injured, and the first responders who stepped courageously into the chaos. We also entrust to God the perpetrator and their family, asking for his mercy and a grace strong enough to reach even the darkest places.

I invite the faithful of our Archdiocese to join me in prayer for the people of Tumbler Ridge. Offer the small sacrifices of your day for their healing.

Even in profound grief, let us remember to hold fast to hope. The Lord is close to the broken-hearted. May he console, restore, and gently lead Tumbler Ridge toward healing and peace."

✠Marce Damphousse
Archbishop of Ottawa-Cornwall

Source Link

Monthly Devotion

February is Dedicated to The Holy Family

Novena to the Holy Family

''Jesus, Mary, and Joseph, bless me and grant me the grace of loving Holy Church as l should, above every earthly thing, and of ever showing my love by deeds.

Jesus, Mary, and Joseph, bless me and grant me the grace of openly professing as l should, with courage and without human respect, the faith that l received as your gift in holy Baptism.

Jesus, Mary, and Joseph, bless me and grant me the grace of sharing as l should in the defense and propagation of the Faith when duty calls, whether by word or by the sacrifice of my possessions and my life.

Jesus, Mary, and Joseph, bless me and grant me the grace of loving my family and others in mutual charity as l should, and establish us in perfect harmony of thought, will, and action, under the rule and guidance of the shepherds of the Church.

Jesus, Mary, and Joseph, bless me and grant me the grace of conforming my life fully as l should to the commandments of God's law and those of His Holy Church, so as to live always in that charity which they set forth.

Jesus, Mary, and Joseph, l ask in particular this special favor:

(**Mention your favor**)."

(Typically a nine-day devotion starting on December 28th – the Feast of the Holy Family, it is appropriate to begin the novena on February 1st and repeat through the entire month: source - *EWTN*)

Dedication of One's Family

Most loving Jesus, by Your sublime and beautiful virtues of humility, obedience, poverty, modesty, charity, patience, and gentleness, You blessed with peace and happiness the family which You chose on earth. ln Your mercy, look upon my family. We belong to You, for we have received Your many blessings over many years, and we entrust ourselves to Your loving care.

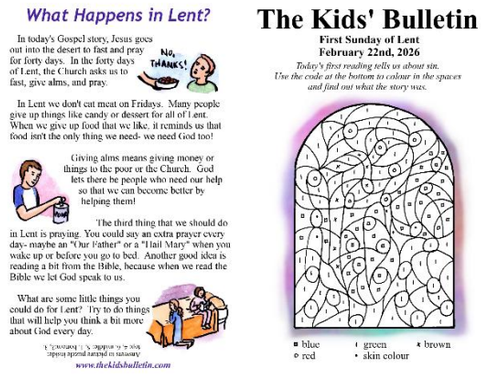
Look upon my family in Your loving kindness, preserve us from danger, give us help in time of need, and grant us the grace to persevere to the end in imitation of Your holy Family, so that having revered You and loved You faithfully on earth, we may praise You eternally in heaven.

Mary, dearest Mother, to your intercession we have recourse, knowing that your Divine Son will hear your prayers. Glorious patriarch, Saint Joseph, help us by your powerful prayers and offer our prayers to Jesus through Mary's hands.

Amen.

Family Corner

The Kids' Bulletin
First Sunday of Lent
February 22nd, 2026



Click to Download the Kids' Bulletin

FORMED

PICK OF THE MONTH:

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. Don't let Lent sneak up on you like it did last year. Instead, heed the call of St. John the Baptist by preparing for the Lord, using How to Lent to transform your spiritual life this Lenten season.

HOW TO USE FORMED:

1. Go to: https://formed.org
2. Click 'Find Your Parish Subscription'
3. Enter email to be assigned to Parish list
4. Search for **Blessed Sacrament Parish Ottawa**
   a. It should be the first or second result, click it
5. If prompted to create a password, create one
6. At this point one should be auto-logged in
   Subsequent use: click "Sign In" at the top of Formed.org and follow the instructions

World Youth Day Interest Meeting

Tuesday, March 3rd, 7pm – 8:30pm
St. Sebastien Church Hall, 1000 Frances St.

World Youth Day 2027 is being held in Seoul, South Korea. Are you in interested in joining the Diocesan Pilgrimage? Come and find out what it is all about. World Youth Day is for young adults aged 18-35.

Diocesan Youth Night

Saturday, March 7th, 7:00pm – 9:30pm.
St. Monica's Parish, 2080 Merivale Rd.

For all high school aged youth. Come and join us in an evening of awesome Praise and Worship, Adoration, Reconciliation, small group discussions and much more. This is a great evening for our Lenten journey. Hope to see you there!

MASS INTENTIONS

Saturday, February 21 — St. Peter Damian
9:30 AM • For the intentions of Stacey Morin on her birthday

Saturday, February 21 — Vigil of the 1st Sunday of Lent
4:30 PM † For the repose of the soul of Roberta Petitti, by Dominic Trevisani & Family

Sunday, February 22 — First Sunday of Lent
10:00 AM † For the repose of the soul of Michael Dillon, by Patricia Dillon

Monday, February 23 — OM: St. Polycarp
6:30 PM • *Pro Populo*

Tuesday, February 24 — Ferial
6:30 PM † For the souls in Purgatory who died from war or violence, by Luisa Valbuena

Wednesday, February 25 — Ferial
9:30 AM • For the healing of Brenden Mosco Carpio, by Jeanette de Nazareth

Thursday, February 26 — Ferial
9:30 AM † For the souls in Purgatory who died from war or violence, by Luisa Valbuena

Friday, February 27 — St. Gregory of Narek
9:30 AM † For the soul of Eric Burdet, by Jeanette de Nazareth

Saturday, February 28 — Ferial
9:30 AM • For the intentions of Janet Mboire, by Carol Gaboury

Saturday, February 28 — Vigil of the 2nd Sunday of Lent
4:30 PM † For the souls in Purgatory who died from war or violence, by Luisa Valbuena

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

OUR PRAYER LIST

LET US PRAY FOR THE SICK AND SUFFERING, ESPECIALLY:
Richard Bethell, Doug Brown & Family, Jeanette de Nazareth, Di Saverio Family, Henry Dupuis, Michaela Fong, The Gilbert Family, Joseph & Ludmilla Grabetz, Cory Labelle, Brian McCarney & Family, Dcn. Chris Moffat, Fr. Michael Ruddick & our Parishioners who are suffering economic hardship.

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.

ST. THÉRÈSE OF LISIEUX PERPETUAL NOVENA

WE PRAY FOR OUR PARISHIONERS, THEIR INTENTIONS, AND FOR OUR COMMUNITY

NOVENA LINK

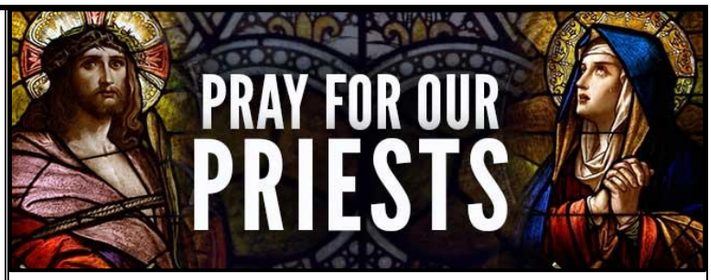
February 22, 2026 – March 2, 2026

Little Flower, please pray during this Lent, in a special way for the young men who God is calling to enter the priesthood. May many godly men, bravely take up the call to become priests and bring Jesus to a hurting world.

March 3, 2026 – March 11, 2026

St. Therese, you had a wonderful earthly father who led you to your heavenly Father. Not all young women have had that blessing bestowed upon them. Some find themselves in a situation that is unthinkable to most. Today, please pray for all the young women who do not know that their true Father is the King of kings, making them princesses! May God send a messenger into their lives to tell them that Jesus died for them and that he wants to make them new!

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
Fr. Leagon Carlin
Fr. Gilbert Fuka

ST. THÉRÈSE'S PRAYER FOR PRIESTS

O Jesus, eternal Priest, keep your priests within the shelter of Your Sacred Heart, where none may touch them. Keep unstained their anointed hands, which daily touch Your Sacred Body. Keep unsullied their lips, daily purpled with your Precious Blood. Keep pure and unearthly their hearts, sealed with the sublime mark of the priesthood. Let Your holy love surround them and shield them from the world's contagion. Bless their labors with abundant fruit and may the souls to whom they minister be their joy and consolation here and in heaven their beautiful and everlasting crown.

Amen.

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.

PAPAL INTENTION FOR FEBRUARY

FOR CHILDREN WITH INCURABLE DISEASES

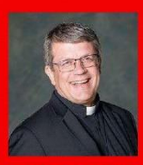
Let us pray that children suffering from incurable diseases and their families receive the necessary medical care and support, never losing strength and hope.

HEART OF WORSHIP ADORATION EVENING

Tuesday, February 24th at Holy Redeemer Parish (44 Rothesay Dr.) @ 7:00pm - 8:30pm – Spiritual talk by Fr. Marc Gaudet– Praise and Worship music – Confessions – Silent prayer time – Fellowship – Livestream link:

www.YouTube.com/HolyRedeemerParishKanata

Healing Service with Mass



Fr. Ben St. Croix

"Crowds gathered also from the towns around Jerusalem, bringing their sick and those tormented by impure spirits, and ***all*** of them were healed." (Acts 5:16)

Friday March 6th - confessions @ 6PM, Mass @ 7PM.
Prayer teams available for one-on-one prayer.
St Augustine Church, 1060 Baseline Rd.

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AVAILABLE SPACE!

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