Blessed Sacrament Parish

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

Fifth Sunday Of Lent ~ March 22, 2026

Mass Schedule

Regular Sunday Mass

† Saturday Vigil* .....4:30 PM
*Please Use the Weekday Door
† 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

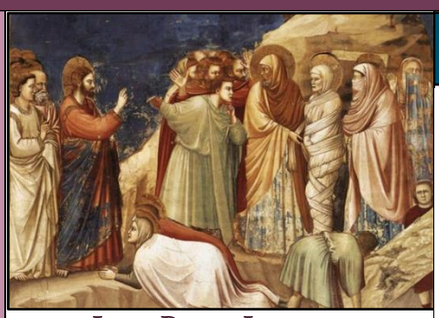
Fr. Leagon Carlin (In Residence)
Fr. Gilbert Fuka (In Residence)

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



Jesus Raises Lazarus

Liturgy of the Word	
1st Reading	Ezekiel 37: 12-14
Psalm	Ps 130
2nd Reading	Romans 8: 8-11
Gospel	St. John 11: 1-45

Holy Week Schedule

Monday March 30th	
6:30 PM	Mass
Tuesday March 31st	
5:00 PM	Chrism Mass at Notre Dame
6:30 PM	**No Mass**
Wednesday April 1st	
9:30 AM	Mass
Thursday April 2nd	
9:30 AM	**No Mass**
7:00 PM	Mass of the Last Supper
Friday April 3rd	
10:00 AM	Stations of the Cross
3:00 PM	Good Friday Liturgy with Veneration of the Cross
Saturday April 4th	
8:00 PM	Easter Vigil
Sunday April 5th	
10:00 AM	Easter Sunday Mass
Monday April 6th	
6:30 PM	Easter Monday Mass

Easter Flowers

Please consider helping us celebrate the Resurrection of Our Lord by making a donation towards this year's Easter Flowers.

1. Fill out a form located in the narthex (please print clearly!)

2. Enclose the form with your donation in the envelope provided and mark and place it in the collection basket or drop it off at the parish office.

Volunteers Needed!

Decorators for the Easter Vigil are needed and will meet on Saturday April 4th at 10:00 AM (to be confirmed). We also need people who will water the Easter Flowers throughout the Easter Season. Please keep these needs in mind as we approach the Holy Triduum.

We are also in need of volunteers to help with the **Great Glebe Garage Sale** on Saturday, May 23rd. Some help will be needed prior to the day to price items and organize them. On the day of the sale, we will need volunteers who will help at a table.

More details and specific dates/times are forthcoming.

Parish News

Night of Reconciliation

Wednesday March 25th, 6:30 PM

Mass for Ancestors

Friday March 27th, 6:30 PM

This Wednesday, March 25th from 6:30 PM until 8:30PM, we will have a Night of Reconciliation in preparation for a Mass for Ancestors, this Friday, March 27th at 6:30PM. This Lenten Penitential Service is ideal for those wishing to go to confession before Holy Week.

Friday's Mass is one of ***Healing of the Generations*** *from the effects of sin and trauma which may have been passed through ancestors, as well as emerging from one's personal sin and trauma.* During the Mass, before the Offertory, there will be a collection of petitions followed by a special Prayer of Healing. All envelopes will remain sealed, then securely shredded before being burned in a brazier with incense. For logistical reasons, the immolation will occur outside of Mass.

For more information click here.

Prayer for the De-Commissioning of Tattoos

It is auspicious for the person(s) requesting this prayer, to make use of the Sacrament of Reconciliation before this is done.

The efficacy of this Sacramental is often viewed as a "brave" step in taking back ownership of one's body and "edit" one's life story. This process of removing or spiritually neutralizing a tattoo, is often driven by personal, professional, or spiritual reasons. Reasons range from changing tastes and regrets to a desire for spiritual cleansing. Here are some further points as to why one should consider this spiritual option in their lives.

Spiritual and Religious Reasons
Deliverance from Occult/Spiritual Danger
Removal of Cursed or Improper Imagery
Repentance and Reconversion

Personal and Life-Stage Changes
Regret and Outdated Tastes
Relationship Breakups
Significant Life Changes
Making Room for New Art

Professional & Social Considerations
Job Requirements and Professionalism
Elimination of Stigma

Health & Aesthetic Reasons
Poor Quality or Fading
Skin Irritation and Safety
Immune System Concerns

For more information click here.

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.

March Weekly Collection	
March 1	$ 1025.00
March 8	$ 1,138.50
March 15	$588.29
March 18 (PAD)	$6,931.00
March 22	
March 29	
February Total:	$9,682.79

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.

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 Preparation Classes for The Sacrament of Confirmation

Sundays 12:30 PM-2:30 PM
Beginning March 29th

Click **here** for more information

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.

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.

Each "chapter" opens with a scrumptuous meal by candlelight, followed by a video presentation from the creator of the Rescue Project – Fr. John Ricardo. Small group discussions following, focusing on three questions relating to that week's topic. Intermixed throughout the evening is prayer, and music (graciously provided by Mario Fernandez).

To watch the trailer click **HERE.** For more information or if interested in attending please contact: The Office, Deacon Dave, or Jacob Loach.

Celebrate faith-filled education at Maryvale Academy's *Hearts Aflame* Gala. Enjoy an elegant evening of fine dining, live entertainment, and exciting auctions as we come together in celebration of a school community devoted to encountering Christ and igniting a new generation of faithful, courageous leaders — at Ottawa's largest independent Catholic school.

Tickets available at www.maryvalegala2026.ca and prices increase March 28th

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

Why should you March on May 14th, 2026 at The National March for Life?

The March for Life exists to stand for life in the fight against abortion but now in more recent years it has come to include the fight for lives of all ages as the MAID program encroaches on the lives of the ill, elderly, mentally ill, depressed and the list goes on. In Quebec, they are even trying to have it include babies.

Many people DO NOT want to believe that this is happening in our country and will outright tell you, that you are wrong if you mention it. The facts are the facts. By the grace of God, may we be moved to stand up for life whenever we can and May 14th is a good start! Will you come? Click on the links below.

FIRST READING: Canada likely to mark 100,000th MAID death by summer

More Canadians are dying from assisted suicide each year than all the world's other countries combined

Author of the article:
By Tristin Hopper

Canada Approaching 100000 M.A.I.D. Deaths

Euthanasia for Babies with Disabilities?

PRAYER FOR PEACE IN THE MIDDLE EAST

God of mercy and justice, we bring before you the people of the Middle East, caught once again in the shadow of violence and retaliation.

Grant protection to the innocent, comfort to the grieving, and healing to the wounded in body, mind, and spirit.

Strengthen those working for peace — leaders, mediators, aid-workers, and communities—that their courage may not fail and their compassion may not grow cold.

Break the cycles of hatred and revenge.
Soften hardened hearts and open paths where none seem possible.
Let justice roll down like waters and righteousness like an ever-flowing stream.
For families separated, for children who know only conflict, for all who long simply to live in safety— surround them with your peace that passes understanding.

In your mercy, bring calm where there is chaos, light where there is darkness, and peace where there is war.

Amen.

Monthly Devotion

March is Dedicated to St. Joseph

Act of Entrustment to St. Joseph

†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.

Modeled 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

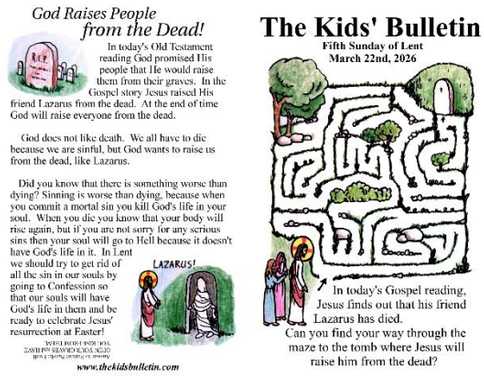
V. Joseph, who placed your hope in the Lord,
R. Pray for us.
V. Joseph, who experienced the unconditional love of Jesus and Mary,
R. Pray for us.
V. Joseph, whose poverty was turned into treasures in God,
R. Pray for us.
V. Joseph, who taught Jesus how to pray,
R. Pray for us.
V. Light of the Patriarchs,
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

Family Corner

The Kids' Bulletin
Fifth Sunday of Lent
March 22nd, 2026



Click to Download the Kids' Bulletin

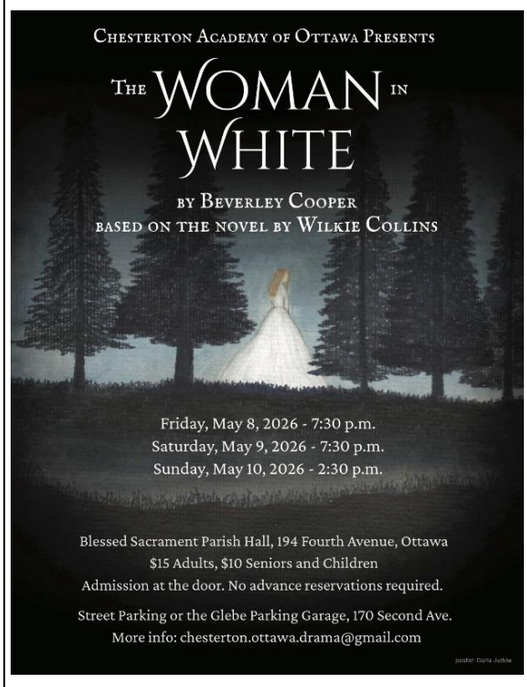
FORMED

PICK OF THE MONTH:

Heart of Prayer invites participants into an intimate and peaceful retreat with Bishop Andrew Cozzens of Crookston, Minnesota. He leads viewers through 8 sessions of teaching and reflection on prayer and its place in our spiritual life. Heart of Prayer reveals the beauty and transcendence of a prayer life, drawing from Scripture and the saints to offer guidance that is practical and down-to-earth. Viewers will quiet their hearts and minds to hear the voice of God calling to them in their life of prayer.

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



MASS INTENTIONS

Saturday, March 21 — Ferial
9:30 AM • For the intentions of Maximilien Vachon, by Carol Gaboury

Saturday, March 21 — Vigil of the 5th Sunday of Lent
4:30 PM † For the souls in Purgatory who died from war or violence, by Luisa Valbuena

Sunday, March 22 — Fifth Sunday of Lent
10:00 AM • *Pro Populo*

Monday, March 23 — OM: St. Turibius of Mogrovejo
6:30 PM † For the souls of Joseph & Mary Mulligan, by their daughter Mary

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

Wednesday, March 25 — The Annunciation of the Lord
9:30 AM † For the souls of Joseph & Mary Mulligan, by their daughter Mary

Thursday, March 26 — Ferial
9:30 AM † For the souls in Purgatory who died from war or violence, by Luisa Valbuena
9:30 AM † For the repose of the soul of Stephen Stack

Friday, March 27 — Ferial
9:30 AM † For the souls of Joseph & Mary Mulligan, by their daughter Mary

Friday, March 27 — Mass for Ancestors
6:30 PM • *Pro Populo* and for their ancestors

Saturday, March 28 — Ferial
9:30 AM † For the souls in Purgatory who died from war or violence, by Luisa Valbuena

Saturday, March 28 — Vigil of Passion Sunday
4:30 PM •

Sunday, March 29 — Palm Sunday of the Passion of the Lord
10:00 AM • *Pro Populo*

OUR PRAYER LIST

LET US PRAY FOR THE SICK AND SUFFERING, ESPECIALLY:
Richard Bethell, Shirley Brownrigg & 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, Sarah Richardson, Fr. Michael Ruddick, Joanne Sweet & 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

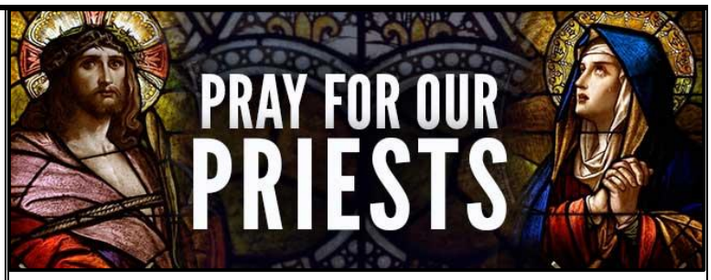
March 21, 2026 – March 29, 2026

Lovely Rose, please pray for all of the people in our lives and community, parish and world who are suffering from mental illness and addictions of any kind. Please ask Jesus, "Lord, could this possibly be the season that You will heal them? Please, Jesus, please, please please. Amen.

March 30, 2026 – April 7, 2026

This is Holy Week! St. Therese, please beg of the Lord to touch hardened hearts this week! Please ask Him to give new eyes to the blind, to soften our hearts and to truly help every person in this world to appreciate the sacrifice Jesus made for each one of us.

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

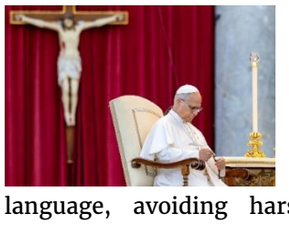
Where: In the church in the presence of our 1st Class Relic!

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 MARCH
FOR DISARMAMENT & PEACE

Let us pray that nations move toward effective disarmament, particularly nuclear disarmament, and that world leaders choose the path of dialogue and diplomacy instead of violence.

POPE LEO XIV'S LENTEN CHALLENGE



"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

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THE PARISH OFFICE 613-232-4891 OR
SPEAK WITH FRANK DEEHAN OUR FACILITIES MANAGER

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OR
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GOD BLESS!

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Arbor Memorial Inc.