Blessed Sacrament Parish

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

Twentieth Sunday in Ordinary time ~ August 16, 2026

Mass Schedule

SUMMER MASS SCHEDULE
June 1 – August 31

~~*† Saturday Mass..... 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

Reconciliation

See Fr. Tim before & after ***ALL*** Masses
By appointment during the week.

· Saturday AM ..... 10:15 - 10:45 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. Paul Mwalongo (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 & Facilities Manager
facilities@blessedsacrament.ca

Liturgy of the Word

1st Reading	Isaiah 56: 1, 6-7
Psalm	Ps 67
2nd Reading	Romans 11: 13-15, 29-32
Gospel	St. Matthew 15: 21-28

News & Events

Hail and Fairwell Potluck for Deacon Dave Sunday, August 16th

Deacon Dave has been called by God to the priesthood. He is leaving for Toronto to begin his studies at St. Augustine's Seminary.

In honour of this momentous occasion, and in lieu of all his hard work and devotion to the parish, especially with the Sacraments of Initiation and Parish and Community Evangelization, in military fashion, we are having a "Hail and Fairwell" Potluck, immediately following Sunday's Mass. This will also serve as a festive welcome for Fr. Paul.

Queenship of Mary Community Mass of Profession

The Queenship of Mary Community invites you to Notre Dame Cathedral for a Mass of Profession, **Saturday, August 22nd, at 10:30 AM.**

Profession of Perpetual Vows: Sr. Anastasia Maria of the Cross, Sr. Maryam Josephine of the Child Jesus

Profession of First Temporary Vows: Sr. Hannah Timmons and Sr. Andrea Bator.

Renewal of Temporary Vows:
Sr. Lilia Maria of the Eucharistic Heart of Jesus, Sr. John Mary Jose of the Blessed Sacrament, Sr. Catherine, Daughter of the Father and Servant of Mary

Reception following Mass at Stella Maris Convent, 1030 Baseline Road

Please keep all of the Sisters preparing for vows in your prayers, as they anticipate this joyful union with their Divine Spouse, Jesus Christ!

Phrontistery

The Solemnity of the Assumption of the Blessed Virgin Mary Saturday, August 15th

The Solemnity of the Assumption of the Blessed Virgin Mary was already being celebrated on 15 August in the 5th century. It bore the sense of Our Lady's "Birth into heaven", or in the Byzantine tradition, her "Dormition". The feast began to celebrated in Rome in the middle of the 7th century.

It was not until 1 November 1950, that Pope Pius XII proclaimed the Dogma of Mary's assumption body and soul into heaven. In the Apostles' Creed, we profess our faith in the "Resurrection of the body" and in "life everlasting". This is the ultimate goal and meaning of our life's journey. This promise of faith is already accomplished in Mary, who is the "sign of sure hope and comfort" (Preface). It is a privilege granted to Mary, and closely connected to her being the Mother of Jesus. Since death and the corruption of the human body are consequences of sin, it was not right that the Virgin Mary – who is free from sin – should be affected by this natural law. Hence the mystery of her "Dormition" or "Assumption into heaven".

The fact that Mary has already been assumed into heaven is a reason to celebrate, to rejoice, to hope in the "already and the not yet". One of God's creatures – Mary – is already in heaven. With her, and like her, we too, who are God's creatures, will one day be there too. Mary's destiny, united to the transfigured and glorious body of Jesus, is, therefore, the destiny of all those who are united to the Lord Jesus in faith and love. It is interesting to note that the liturgy – through the biblical texts taken from the Book of Revelation and the Gospel according to Luke (the Canticle of the Magnificat) – helps us, not so much to reflect, as to pray. In fact, the Gospel suggests that Mary's mystery be read in the light of her prayer, the Magnificat, that is, through the lens of gratuitous love that extends from generation to generation, and the predilection of the least and the poor. Its choicest fruit, you could say its masterpiece, is Mary, a mirror in which the entire people of God can see its own features reflected.

The Solemnity of the Assumption of the Blessed Virgin Mary, body and soul, is an eloquent sign of how not only the "soul" but also the "body" is included in the biblical observation that "God found it very good" (Gn 1:31), so much so that in the Virgin Mary, "our flesh" would be assumed into heaven. This does not exempt us from committing ourselves to life here on earth, but rather that with our gaze fixed on the goal, on Heaven, our Homeland, we are driven to commit ourselves during our present life to reflect the Magnificat: to rejoice in God's mercy, to be attentive to all our brothers and sisters we meet along the way, beginning with the weakest and most vulnerable.

Vatican News

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 Volunteers Needed

Children's Liturgy.....Volunteer Needed

Lectors.....Anne Gilbert

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

Ushers ..... Fiorella Padowin-Castillo

Other Ministry Coordinators

Baptism .....Jason Morin

Centretown Social Action .....Frank Deehan

Cursillo..... ➡ Volunteer Needed

Evangelization .....

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. .....Maximilien Vachon

Sacrament Preparation .. Ann-Louise Revells

Safe Environment .....Frank Deehan

Welcoming Committee . Ann-Louise Revells

Welcoming Committee ..... Marilyn O'Neil

Financial Stewardship

Thank you!
Your generosity is greatly appreciated.

August Weekly Collection	
August 2	$930.11
August 9	$582.00
August 16	
August 18 (PAD)	
August 23	
August Total:	**$1,512.11**

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

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SCAN TO REQUEST TAX RECEIPT

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.**

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:

https://www.centre507.org/

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 Sacraments of Initiation

Registration for children intending on receiving First Holy Communion or Confirmation in 2027 will open sometime in September.

Rite of Christian Initiation of Adults

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. A link to the 2026-2027 Registration Form will be included in next week's bulletin. In the meantime, please contact the office with any questions.

Have You Considered Becoming an Altar Server?

To serve at the altar for liturgical celebrations is a great opportunity to increase your faith and knowledge of the Sacrifice of the Mass. The Sacrifice of the Mass is the greatest event in the world and your job as an altar server is to assist the priest so that our liturgies run smoothly and parishioners can pray and worship better and with less distraction.

We are always looking for young men to consider altar serving. If interested please contact the Parish Office.

Young Catholics Ottawa (YCO)

is the place young Catholics (ages 18-35) come together as one community. We host monthly events including Young Adult masses followed by socials, parties, and board game nights. Come celebrate and be encouraged by other young adults to grow in faith and shine Christ's light into the world.

To learn more and stay updated on monthly upcoming events, please visit:

https://linktr.ee/youngcatholicsottawa

Annual Silent Retreat

Sponsored by the Legion of Mary

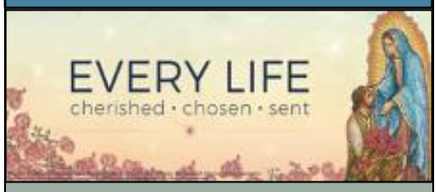
This year's **Silent Retreat for Men & Women** - "Encountering Mary in the Spiritual Exercises" -will be held at the Centre de L'Amour Retreat House in Plantagent, ON from Friday September 18th beginning at 7:30 PM, until Sunday, September 20th ending at 1:00 PM.

The Retreat Master is canon lawyer Fr. Steven Schmieder, a founding member of the Heralds of the Gospel and Virgo Flos Carmeli.

Registration Fee: $200 (single) $150 (double) for two nights Loding, five meals, daily Mass and three conferences.

For more information or to register:
info@regiaofottawa@gmail.com

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

WHAT CAN YOU DO
TO HELP STOP ABORTION?

Learn the Facts!

Watch the following powerful video on the consequences of abortion:

Just the Facts: Did Canada Commit Suicide by Abortion? Birth Rate Dips Below Extinction Rate.

You can pledge to do something concrete by joining us for 40 Days for Life this Fall. Each Parish will have a designated day.

Please say **Yes** when asked for your participation.

More information and date to follow.

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.

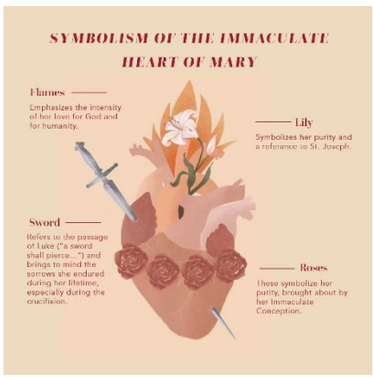
We come with confidence to You, O Throne of Grace and Mother of Fair Love. Inflame us with the same Divine Fire which has inflamed Your own Sorrowful and Immaculate Heart. Make our hearts and homes Your shrine, and through us, make the Heart of Jesus, together with your rule, triumph in every heart and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

Amen.

Venerable Pope Pius XII

Monthly Devotion

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 left panel).

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.

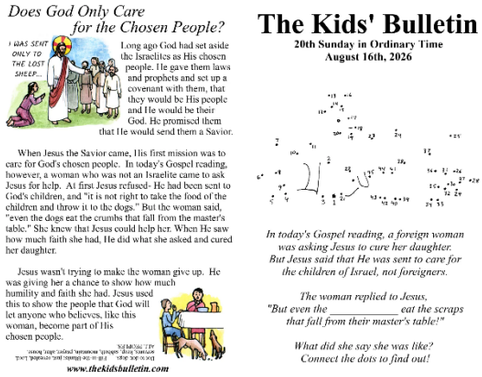
God willed that Mary should be intimately associated with His Son in bearing the burden of all sin; surely then, her Immaculate Heart, in union with His divine Heart, should receive reparation from us who have caused them such pain.

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
20th Sunday in Ordinary Time
August 16th, 2026



Click to Download the Kids' Bulletin

FORMED

PICK OF THE MONTH:

Into Great Silence

Nestled deep in the postcard-perfect French Alps, the Grande Chartreuse is considered one of the world's most ascetic monasteries. In 1984, German filmmaker Philip Gröning wrote to the Carthusian order for permission to make a documentary about them. They said they would get back to him. Sixteen years later, they were ready. Gröning, sans crew or artificial lighting, lived in the monks' quarters for six months—filming their daily prayers, tasks, rituals and rare outdoor excursions. This transcendent, closely observed film seeks to embody a monastery, rather than simply depict one—it has no score, no voiceover and no archival footage. What remains is stunningly elemental: time, space and light. One of the most mesmerizing and poetic chronicles of spirituality ever created, INTO GREAT SILENCE dissolves the border between screen and audience with a total immersion into the hush of monastic life. More meditation than documentary, it's a rare, transformative theatrical experience for all.

HOW TO USE FORMED:

1. Go to: https://formed.org
2. Click 'Find Your Parish Subscription'
3. Enter email to be assigned to our Parish
4. Search for **Blessed Sacrament Parish Ottawa**
   It should be the 1st or 2nd 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.

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 15 — Assumption of the Blessed Virgin Mary
9:30 AM † For the repose of the souls of Fortunata & Gerardo Suficiencia, by Emilyn Suficiencia

Sunday, August 16 — Twentieth Sunday in Ordinary Time
10:00 AM † In memory of Christina Day, by Ann-Louise Revells
10:00 AM • In thanksgiving for the Inauguration of the Ottawa Section of EOHSJ & safe travels for those who attended the event

Monday, August 17 — Ferial
6:30 PM • *Pro Populo*

Tuesday, August 18 — Ferial
6:30 PM • For the intentions of Christina Lange, by S.C.

Wednesday, August 19— OM: St. John Eudes
9:30 AM † For the repose of the soul of Dom Jacques Bolduc, OSB, Maximilien Vachon

Thursday, August 20 —St. Bernard
9:30 AM • For the intentions of Christina Lange, by S.C.

Friday, August 21 — St. Pope Pius X
9:30 AM • For Elizabeth Morin on her birthday

Saturday, August 22 — Queenship of the Blessed Virgin Mary
9:30 AM † For the repose of the soul of Jennifer Huestis, by Allan & Janice O'Hare

Sunday, August 23 — Twenty-First Sunday in Ordinary Time
10:00 AM • For courage & strength for Elaine, from her cousins
10:00 AM • For the spiritual and intellectual formation of Dcn Dave as he begins his studies for the priesthood

OUR PRAYER LIST

LET US PRAY FOR THE SICK AND SUFFERING, ESPECIALLY:

Michaela Fong, the Huestis Family, Joseph & Ludmilla Grabetz, Christina Lange, Dcn. Chris Moffat, Lorraine Pryce, and our Parishioners who are suffering economic hardship.

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 OF LISIEUX PERPETUAL NOVENA

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

NOVENA LINK

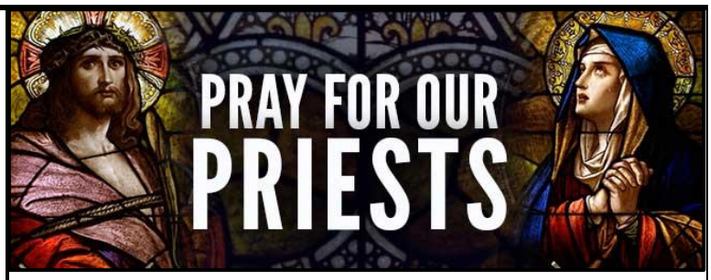
August 11, 2026 - August 19, 2026

Love God above all things. St. Therese, please pray that God will open our eyes that we might recognize the things that we place in higher importance than Him asking Him to grant us the desire to make the necessary changes in reordering our lives to make Him the priority. Please pray that we will all come to love prayer more and more, in all its different forms.

August 20, 2026 - August 28, 2026

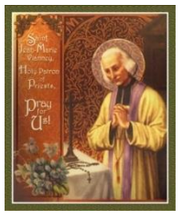
St. Therese, please pray with us in thanksgiving for the gift of our clergy: Fr. Tim, Fr. Paul, and Deacon Dave; especially for their true and beautiful efforts in being our shepherds. Please ask God to shower them with great blessings and give them the desires of their hearts. Please pray in a special way for Deacon Dave who leaves us at the end of August to begin his studies for the priesthood. He served us with such a flame of love for Our Lord and Our Heavenly Mother.

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!



Fr. Timothy Nelligan
Fr. Paul Mwalongo
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, 1956

PAPAL INTENTION FOR AUGUST

FOR EVANGELIZATION IN THE CITY

Let us pray that in large cities often marked by anonymity and loneliness we find new ways to proclaim the Gospel, discovering creative paths to build community.

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.

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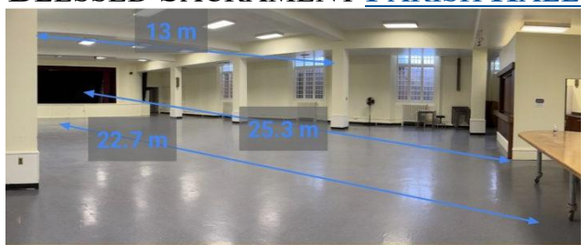

FOR RENTAL ENQUIRES PLEASE CONTACT
THE PARISH OFFICE 613-232-4891 OR
SPEAK WITH FRANK DEEHAN OUR FACILITIES MANAGER

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