

Our Lady of Mount Carmel Parish

Archdiocese of Ottawa

400 St. Laurent Boulevard, Ottawa, Ont. K1K 2Z6

613-748-6040 • Direct Line 613-744-1518

www.olomc-ottawa.com • E-mail: olmc400micro@gmail.com



"Our Lady of Mount Carmel Parish is an active community of believers, living the Gospel and growing in faith, love and service." Accordingly, we intend

- to strengthen one another in community through prayer, charity & social activities
- to provide opportunities for growing into a mature understanding of our faith
- to deepen our understanding of ourselves and our relationship with God.

WEEKEND MASS SCHEDULE

Saturday: 4:30 pm

Sunday: 9:00 am and 11:00 am

Office Hours: Tuesday to Thursday - by appointment
Friday 9:30 am to 12:00 pm
Saturday 4:00 pm to 6:00 pm
Sunday 10:00 am to 12:00 pm

CONFESSIONS:

Saturday - before the 4:30 pm Mass

Weekdays - Tues. to Fri. before Mass

Baptism / Sacramental Preparation:

Kindly email us: olmc400micro@gmail.com

Marriage:

Couples must meet with the pastor six months in advance to set date and arrange for marriage preparation.

Parish Schools:

Our Lady of Mount Carmel 613-745-4884

St. Brigid's School 613-746-4888

Immaculata High School 613-237-2001

Lester B. Pearson High School 613-741-4525

Social Action & Education:

Refer to bulletin boards

Parish Monthly Socials & Refreshments:

Last weekend of each month

Vocations:

Please make an appointment with the pastor

Knights of Columbus:

www.LukeHartCouncil5558.ca

4th Degree Knights of Columbus

Bishop John Beahen Assembly

Supper meeting here 4th Tuesday

Catholic Cemeteries:

Hope Cemetery - 613-822-1212

Notre Dame Cemetery - 613-746-4175



Mass Intentions and Schedule

✠ Denotes Repose of the soul

25th Sunday in Ordinary Time

Saturday, September 19

Online live Mass and in-person Mass

- 4:30 pm ✠ Joe and Mae Foster
by Paul and Martha Lou Sauv 
✠ Gertrudes Lumabi; Blas Sarmiento;
and, Martina Cabanlla
by Josefina Sarmiento
✠ Gloria and Joaquin Timbal; and,
Feliciana Goda
by Josefina Sarmiento

Sunday, September 20

Online live Mass and in-person Mass

- 10:00 am ✠ Gertrude Cote
by Deacon Norm and Louise
✠ Nestor Vargas, Ambroise Paquette
and Feriza Villanueva
by Ana and Pierre Paquette

Thursday, September 24

Online live Mass and in-person Mass

10:00 am Mass intention available

Friday, September 25

Online live Mass and in-person Mass

- 10:00 am ✠ Marilyn D'Amour
by Charles and family
Thanksgiving to Our Lady of Mount
Carmel by Marie Maude George

Mass Times during Pandemic

Kindly note that during this time of pandemic, we will continue to have Masses according to our summer schedule.

Weekday Masses will be offered on Thursday and Friday mornings at 10:00 am. Weekend Masses will be offered on Saturday at 4:30 pm and Sunday at 10:00 am. Online live Masses will continue to be offered for those who cannot attend in person.

Pandemic Update

For the past six months our parish has demonstrated courage and compassion while dealing with the challenges that arose with Covid-19. You have responded well in this challenging time to the many changes that have occurred at the church. Please know that your efforts to adhere to our safety protocols continue to minimize the risk of exposure and have helped allow our parish to remain open in a safe manner.

Even though our perception of 'safety' may differ, we are learning to cope together. We know it can be hard not to be able to do the same things we used to do. It is important to remember that all decisions were made to minimize risk levels to parishioners, volunteers, staff and clergy.

What can you do to help us minimize risk?

- 1) Seating: Please allow the ushers to guide you to your seat. This will allow for the optimization of seating while maintaining social distancing.
- 2) Communion: Kindly follow all directions provided by Fr. Jessi at the beginning of Mass.
- 3) Masks: Face masks must be worn when attending Mass.
- 4) Dispensation from attending Mass is still in place if you are not attending Mass "in-person" due to health reasons.

The prolonged uncertainty of the pandemic can be stressful. We are thankful for everyone who has worked hard to help us open our church as well as for our parishioners who support them by adhering to our safety protocols.

A Prayer to Our Blessed Mother for Protection in Time of Pandemic

O Blessed Mary,
you always brighten our path
as a sign of salvation and of hope.

We entrust ourselves to you,
Health of the Sick, who, at the Cross,
took part in Jesus' pain
while remaining steadfast in faith.

O loving Mother, you know what we need,
and we are confident you will provide for us
as at Cana in Galilee.

Intercede for us with your Son Jesus,
the Divine Physician,
for those who have fallen ill,
for those who are vulnerable, and
for those who have died.

Intercede also for those charged
with protecting the health and safety of others
and for those who are tending to the sick
and seeking a cure.

Help us, O Mother of Divine Love,
to conform to the will of the Father
and to do as we are told by Jesus,
who took upon himself our sufferings
and carried our sorrows, so as to lead us,
through the Cross,
to the glory of the Resurrection. Amen.

We pray for God's healing:



Lina Peters; Pauline Doyle;
Deacon Norm; Roy Conrod;
Tess Lam; Richard Currie;
Sylvia Carter; Jim Sutton;
Eddy So; Alicia and Frank Gutsch; ;
Donald MacKenzie; Jane Dominic;
Simon Jacques; Carlos Quiroz;
Helen Smith; Gloria Laganson
Mary and Bill Martin.

Office Information

Rev. Jessimar Cavan-Tapia, Pastor
email: olmc400pastor@gmail.com
Direct line (613) 744-1518

Rev. Mr. Norm Levesque, Deacon
Robella Folliet, Bookkeeper
Louise Levesque, Office Manager

Office Hours

The Parish Office Manager continues to work
remotely from home. If you require any form of
assistance or have any questions,
you may call 613-744-1518 or email here at
olmc400micro@gmail.com.

All calls and emails will be returned.
Thank you for your kind understanding.

Reminders

Reservation to attend Weekend Mass in-person

Kindly go to our website under COVID-19 tab
and fill out the online reservation form to attend
our 4:30 pm Saturday or the 10:00 am Sunday
Mass in-person. Deadline for reservation will
be **Friday 8:00 pm** before each weekend.

Mass Intention Requests

Kindly check our parish website, under the
"Liturgy Tab" (Mass Intention Request Form)
that can be filled out and send to us electronically.

Liturgical Calendar at a Glance

September 20: 25th Sunday in Ordinary Time
September 27: 26th Sunday in Ordinary Time

October 4: 27th Sunday in Ordinary Time
October 11: 28th Sunday in Ordinary Time
October 18: 29th Sunday in Ordinary Time
October 25: 30th Sunday in Ordinary Time

November 1: All Saints Day
November 8: 32nd Sunday in Ordinary Time
November 15: 33rd Sunday in Ordinary Time
November 22: Christ the King



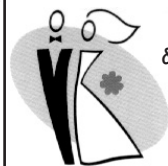
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