

# Our Lady of Mount Carmel Parish

## Archdiocese of Ottawa

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

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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 (PANDEMIC SCHEDULE)

Saturday: 4:30 pm reservation only  
Sunday: 10:00 am reservation only

### WEEKDAY MASS (PANDEMIC SCHEDULE)

Wednesday: 12:00 pm  
Thursday: 12:00 pm  
Friday: 12:00 pm

**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

*Saturday, July 10 and Sunday July 11, 2021*



## *Mass Intentions and Schedule*

✠ Denotes Repose of the soul

### ***Fifteenth Sunday in Ordinary Time***

**Saturday, July 10**

**4:30 pm** ✠ Oscar Henri  
by the Mes Family  
✠ Gertrudes and Loreto Lumabi, and  
Robert Yu by Asuncion Lumabi  
Birthday Blessing for Pierre Paquette  
and Sabrina Arreola by the family

**Sunday, July 11**

10:00 am ✠ Clint Ashley by Maude and family  
Special intention for Chika Okoye  
by Chika Okoye

**Wednesday, July 14**

10:00 am Mass intention available

**Thursday, July 15 – St. Bonaventure**

12:00 pm Mass intention available

**Friday, July 16**

**Our Lady of Mount Carmel**

12:00 pm No Mass

7:00 pm Feast Day Mass

For living and deceased parishioners  
and return to health of ill  
parishioners



## **Feast Day Celebration**

Our parish Feast Day, which takes place on Friday, July 16<sup>th</sup> will be marked in the following manner. There will be **no noon Mass** that day.

However, there will be a special Mass at 7:00 pm that evening. We will recite the Novena to Our Lady of Mount Carmel during Mass and Fr. Jessi will bless scapulars at the end of Mass.

Reservations are required. A special form has been published on our parish website under the Liturgy tab. We hope that many of you will take part in this special celebration.

### ***An Act of Consecration to Our Lady of Mount Carmel***

O Mary, Queen and Mother of Carmel, I come today to consecrate myself to you, for my whole life is but a small return for the many graces and blessings that I have received from God through your hands.

Since you regard with an eye of special kindness those who wear your Scapular I implore you to strengthen my weakness with your power, to enlighten the darkness of my mind with your wisdom, to increase in me faith, hope and charity that I may render, day by day, my debt of humble homage to you.

May your Scapular keep your eyes of mercy turned towards me and bring me your special protection in the daily struggle to be faithful to your Divine Son and to you.

May it separate me from all that is sinful in life and remind me constantly of my duty to behold you and clothe myself with your virtues. From henceforth, I shall strive to live in the sweet companionship of your spirit, to offer all to Jesus through you and make my life the mirror of your humility, charity, patience, meekness and prayerfulness.

O dearest Mother, support me, by your never-failing love that I, an unworthy sinner, may come one day to exchange your Scapular for the wedding Garment of heaven and dwell with you and the saints of Carmel in the kingdom of your Son. Amen.



## Mass Intentions and Schedule

✠ Denotes Repose of the soul

### Sixteenth Sunday in Ordinary Time

#### Saturday, July 17

4:30 pm ✠ Joseph Mes  
by the Mes Family

#### Sunday, July 18

10:00 am Mass intention available

#### Wednesday, July 21

10:00 am ✠ Mass intention available

#### Thursday, July 22 – St. Mary Magdalene

12:00 pm Mass intention available

#### Friday, July 23

12:00 pm Mass intention available

7:00 pm Rosary and Novena to Our Lady  
of Mount Carmel via Zoom

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### We pray for God's healing:

Pauline Doyle; Tess Lam;  
Deacon Norm; Roy Conrod;  
Richard Currie; Sylvia Carter;  
Jim Sutton; Donald MacKenzie;  
Alicia and Frank Gutsch;   
Jane Dominic; Simon Jacques;  
Helen Smith; Zaida Calhoun;  
Mary and Bill Martin; Dora Moir;  
Ray Beauchamp; Dave McKerrow.



### Reflection on Our Lady of Mount Carmel

The feast of Our Lady of Mount Carmel is celebrated on July 16<sup>th</sup> and entered the calendar of the universal Church in the early 18th century.

A significant devotion to Our Lady is through the Brown Scapular.

Many popes and saints have recommended wearing the Brown Scapular to the Catholic Faithful. Pope Paul VI said: "Let the faithful hold in high esteem the practices and devotions to the Blessed Virgin ... the Rosary and the Scapular of Carmel" and in another place referred to the Scapular as: "so highly recommended by our illustrious predecessors."

The scapular stands for:

- ✠ A commitment to follow Jesus, like Mary, the perfect model of all the disciples of Christ. This commitment finds its origin in baptism.
- ✠ It leads into the community of Carmel, a community of religious men and women, which has existed in the Church for over eight centuries.
- ✠ It reminds of the example of the saints of Carmel, with whom it establishes a close bond as brothers and sisters.
- ✠ It is an expression of the belief that the bearers of the scapular will meet God in eternal life, aided by the intercession and prayers of Mary.

It is a sign which has been approved by the Church for over seven centuries and which stands for the decision to:

- ❖ Follow Jesus like Mary.
- ❖ Be open to God and to his will.
- ❖ Be guided by faith, hope, and love.
- ❖ To pray at all times.
- ❖ To discover God present in all that happens around us.





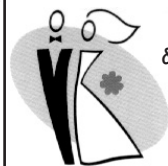
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