

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 (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



Mass Intentions and Schedule

✠ Denotes Repose of the soul

**Twenty Third Sunday
in Ordinary Time**

Saturday, September 4

- 4:30 pm ✠ Teodora and Narcisa Magdael
by Clydie Francisco
- ✠ Rosario Inaudito
by Clydie Francisco
- ✠ Jose Maratas
by Grace Flores and family
- ✠ Dominador Lumabi, Robert Yu and
Richard Young
by Asuncion Lumabi

Sunday, September 5

10:00 am Mass intention available

Labour Day Long Weekend:

Wednesday, September 8

to

Friday, September 10

No Weekday Mass

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.

**Archdiocesan News
Celebrations of the Faithful Departed**

At Notre Dame Cemetery (Montreal Road)

Sunday, September 12 @ 2:30 pm

At Hope Cemetery (4660 Bank Street)

Sunday, September 19 @ 2:30 p.m.

Pope's Prayer Intention for September:

Universal intention for an environmentally sustainable lifestyle.

We pray that we all will make courageous choices for a simple and environmentally sustainable lifestyle, rejoicing in our young people who are resolutely committed to this.

Parish Reminders

Weekday Masses

Effective, Wednesday, September 1, all our weekday Masses are at 12:00 pm (noon). (no Masses Sept. 8, 9 and 10 after long weekend)

Church Attendance

Our attendance numbers remain at a limit of 55 people and need to ensure a 2 meter distance between people. Masks are still mandatory even if you are fully vaccinated.

Reservations are required. Once your reservation has been confirmed, if for some unforeseen circumstances you cannot attend, kindly ensure that you advise us. This will allow us to seat someone else.

Kindly note the church doors will lock automatically once Mass begins. Please make every effort to arrive on time. If you arrive and the doors are lock, please do not bang on the doors. This disturbs the people in the church. Thank you for your kind cooperation

Bulletins

We will continue to publish a bi-weekly electronic bulletin for the foreseeable future. It can be found on our parish website.



Mass Intentions and Schedule

✠ Denotes Repose of the soul

Twenty Fourth Sunday in Ordinary Time

Saturday, September 11

4:30 pm Mass intention available

Sunday, September 12

10:00 am Mass intention available

Wednesday, September 15

12:00 pm Mass intention available

Thursday, September 16

12:00 pm Mass intention available

Friday, September 17

12:00 pm Mass intention available

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Prayer in Time of Pandemic

O God, whose Only Begotten Son bore the weight of human suffering for our salvation, hear the prayers of your Church for our sick brothers and sisters and deliver us from this time of trial.

Open our ears and our hearts to the voice of your Son: Be not afraid, for I am with you always.

Bless all doctors and nurses, researchers and public servants; give us the wisdom to do what is right and the faith to endure this hour, that we might gather once again to praise your name in the heart of your Church, delivered from all distress and confident in your mercy.

We ask this through Christ our Lord.

Amen.

Relying on Faith in Hard Times

As it is not fully back to normal situation yet, during this long time of pandemic many are feeling depressed and may feel as if this will never be over. It is at times like these that we need turn to our faith. Following are a few suggestions to help us:

1. Maintain our faith

Schedule a time of worship and prayer in our day. Ask God to soften our heart and make our more attentive to our daily tasks. Remember that he is always there for us – in bad and good times.

2. Find practices that bring our peace

We may wish to recite the rosary or pray the Stations of the Cross. We may also pray to a favourite saint to help us deal with the stress and find peace.

3. Lay your struggles before God

Bring our fears and doubts to God. It is through this relationship with him that we can find peace of mind. We need to trust him completely and lay all our fears before him and have confidence that he will listen and help us in our time of need.

4. Rely on people we trust

At times, we may find it difficult to lay all our burdens before God. This is when we need to reach out to a person of faith that we trust to hear you and pray with us. Sometimes this is the best way to find God and realize that he is listening and there for us.

5. Find always the good

Remember to be grateful and thank God for what we have. Reflect on the good things in our lives. Look for the good in our day, and week.

6. Remember, that God is bigger than this pandemic.

God is bigger than a bad week.

He is there for us.

All we need to do is reach out.



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