

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



Mass Intentions and Schedule

✠ Denotes Repose of the soul

**Twenty Fifth Sunday
in Ordinary Time**

Saturday, September 18

- 4:30 pm ✠ Janet Collins by Mark and Theresa
- ✠ Maurice Conway by Denise Conway
- ✠ Emidgio Munoz by his wife & family

Sunday, September 19

- 10:00 am ✠ Dolores Reupta by Lilia
- ✠ Loreto, Gertrudes and Emmanuel Lumabi by the Lumabi Family

Wednesday, September 22

12:00 pm Mass intention available

Thursday, September 23

12:00 pm Mass intention available

Friday, September 24

12:00 pm Mass intention available

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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 Gutschi;
Jane Dominic; Simon Jacques;
Helen Smith; Zaida Calhoun;
Mary and Bill Martin; Dora Moir;
Ray Beauchamp; Dave McKerrow.

40 Days for Life Campaign

40 days to pray and fast for an end to abortion. People are encouraged to remember the little lives lost because Canada has no law to protect the child in the womb from being aborted.

Opening Rally: Tuesday, September 21 at 7:00 pm at the prayer vigil site, southwest corner of Queen & Bank Street, Ottawa.

Daily vigil: 7:00am – 7:00pm, at vigil site during campaign which begins on September 22 and concludes on October 31.

Life Chain

Life Chain is a prayerful and peaceful witness to the sanctity of human life and the evil of abortion. Participants pray and hold non-graphic signs at hundreds of locations across North America for one hour.

For our area, the Life Chain will be held on the corner of Montreal Road and St. Laurent Boulevard from 2:00 pm to 3:00 pm.

Prayer for Reverence of Life

Almighty God, giver of all that is good, we thank you for the precious gift of human life.

- ♥ For life in the womb, coming from your creative power.
- ♥ For the life of children, making us glad with their freshness and promise.
- ♥ For the life of young people, hoping for a better world.
- ♥ For the life of people who are disabled, teaching us that every life has value.
- ♥ For the life of the elderly, witnessing to the ageless values of patience and wisdom.

Like Blessed Mary, may we always say "YES" to your gift. May we defend it and promote it from conception to its natural end.

And bring us at last, O Father, to the fullness of eternal life in Jesus Christ, our Lord. Amen



Mass Intentions and Schedule

✠ Denotes Repose of the soul

Twenty Sixth Sunday in Ordinary Time

Saturday, September 25

4:30 pm Mass intention available

Sunday, September 26

10:00 am Mass intention available

Wednesday, September 29

12:00 pm Mass intention available

Thursday, September 30

12:00 pm Mass intention available

Friday, October 1 - First Friday

12:00 pm Mass intention available

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The Sacrament of Anointing of the Sick

A Sacrament is a visible sign of God's presence, God's activity in our lives, in the Church and in our world.

By the sacred anointing of the sick and the prayer of the priest the person who is ill is joined to the suffering and glorified Lord.

The Sacrament of the Sick has been known by four different names throughout history:

- Last Rites
- Extreme Unction
- Viaticum
- The Sacrament of the Sick

Last Rites

If we call the Sacrament "The Last Rites," this captures only one important aspect of the Sacrament. It is often one of the last rituals celebrated with a person as he or

she nears death. If we focus solely on this aspect, we miss the fact that it is meant to be celebrated with any person facing serious illness, a change in health or surgery. The Sacrament is a healing one, and can affect body, mind and spirit. In this Sacrament, God's particular care for the sick and vulnerable is revealed.

Extreme Unction

If we call the Sacrament "Extreme Unction," this also captures one aspect of the Sacrament, for the Sacrament involves anointing or "unction". In the Sacrament of the Sick, the person who is ill or suffering is anointed. Anointing with oil is intended to strengthen the sick person. The person may be strengthened to face the illness or surgery. The person might also be strengthened to face death. What God wants to accomplish in this Sacrament is strengthening and healing.

Viaticum

A third name sometimes given to this Sacrament is "Viaticum" which means "Food for the Journey." Traditionally, as part of the Sacrament is giving the dying person Communion. By calling the Sacrament "Viaticum," we are recognizing that the Eucharist is indeed food for that final journey home to God; it may also be food to sustain the person on the road of returning to health and wholeness.

Sacrament of the Sick: Anointing of the Sick

If we call this Sacrament the "Sacrament of the Sick: Anointing of the Sick," then we have a clearer focus on its meaning. The Sacrament is really about what God wants to do in us and through us and for us in this wonderful encounter. It tells us that God is love, and love is always oriented toward healing and wholeness. Sickness and death are not part of God's will for humanity. Sickness and death came into the world with sin. If we face illness, God walks with us every step of the way, and sustains us and strengthens us with the Sacraments. God's will is that all people will be healed and reconciled with one another and more importantly with God himself.



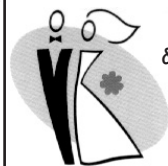
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