

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 Seventh Sunday
in Ordinary Time**

Saturday, October 2

- 4:30 pm ✠ Corry Henri by the Mes Family
✠ Helen O'Grady
by the Conrod Family
✠ Precilda Osias, on 1st anniversary
of her death by Amalia Maquiling
✠ Return to health of
Mariano Maquiling
by Amalia Maquiling

Sunday, October 3

10:00 am Mass intention available

Wednesday, October 6

12:00 pm Mass

Thursday, October 7

12:00 pm Mass intention available

Friday, October 8

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.

**A Message from the
Canadian Council of Catholic Bishops**

The Catholic Bishops of Canada (CCCB), gathered in Plenary this week, took the opportunity to affirm and acknowledge to the Indigenous Peoples the suffering experienced in Canada's Indian Residential Schools. Many Catholic religious communities and dioceses participated in this system, which led to the suppression of Indigenous languages, culture and spirituality, failing to respect the rich history, traditions and wisdom of Indigenous Peoples. They acknowledged the grave abuses that were committed by some members of our Catholic community; physical, psychological, emotional, spiritual, cultural, and sexual. They also sorrowfully acknowledged the historical and ongoing trauma and the legacy of suffering and challenges faced by Indigenous Peoples that continue to this day. Along with those Catholic entities which were directly involved in the operation of the schools and which have already offered their own heartfelt apologies, the Catholic Bishops of Canada expressed their profound remorse and apologized unequivocally.

Together with the many pastoral initiatives already underway in dioceses across the country, the Bishops pledged to undertake fundraising in each region of the country to support initiatives discerned locally with Indigenous partners. Furthermore, they invited the Indigenous Peoples to journey with us into a new era of reconciliation, helping us to prioritize initiatives of healing, to listen to the experience of Indigenous Peoples, especially to the survivors of Indian Residential Schools, and to educate our clergy, consecrated men and women, and lay faithful, on Indigenous cultures and spirituality. They further committed to continue the work of providing documentation or records that will assist in the memorialization of those buried in unmarked graves.

A delegation of Indigenous survivors, Elders and youth will meet with the Holy Father in December 2021. Pope Francis will encounter and listen to the Indigenous Peoples, so as to discern how he can support our common desire to renew relationships and walk together along the path of hope in the coming years. The Bishops of Canada have pledged to work with the Holy See and our Indigenous partners on the possibility of a pastoral visit by the Pope to Canada as part of this healing journey.

For more information, visit the CCCB website:
www.cccb.ca



Mass Intentions and Schedule

✠ Denotes Repose of the soul

Twenty Eighth Sunday in Ordinary Time

Saturday, October 9

4:30 pm Birthday Blessings for Fr. Jessi
by Office Staff

Sunday, October 10

10:00 am Birthday Blessings for Fr. Jessi
by Pastoral and Finance Councils

Wednesday, October 13
to Friday, October 15
No 12:00 pm Mass

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Thanksgiving Prayer

O God, we thank you for this earth, our home;
for the wide sky and the blessed sun,
for the salt sea and the running water,
for the everlasting hills
and the never-resting winds,
for trees and the common grass underfoot.

We thank you for our senses by which we:

- ♥ hear the songs of birds, and
- ♥ see the splendour of summer fields, and
- ♥ taste the autumn fruits, and
- ♥ rejoice in the feel of snow, and
- ♥ smell the breath of spring.

Grant us a heart wide open to all this beauty,
and save our souls from being so blind that we
pass unseeing when even the common thorn
bush is aflame with your glory. Amen.

Importance of Gratitude During the Pandemic

Gratitude is especially important in the COVID-19 pandemic when everything is unpredictable and at times dangerous. Gratitude is a virtue.

COVID-19 makes many people feel their world has been turned upside down. But gratitude helps us focus on the good around us and not be afraid. Following are ways you can practice gratitude.

1. Start a gratitude journal. Every day, enter at least one thing you are grateful for. It doesn't matter how menial it is, it will help you realize that even during the pandemic, there are still things to be thankful for.
2. Give thanks through prayer and meditation. Renew your relationship with God. Ask him to be with you when things are stressful and thank him for being there in good and bad times.
3. Think about the worst moments in your life and consider what you learned through the experience. Look for the positive in a bad situation.

There is no doubt that living through a pandemic is challenging. But remember that life will eventually return to normal – even if it is a new kind of normal. In the meantime, try to look on the bright side during this difficult situation.

Most importantly remember that you are not alone. God will never abandon you.





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