



**St. Joseph's Parish**  
An inclusive community

A Parish of the Oblates of  
Mary Immaculate  
since 1856

## St. Joe's Weekend Bulletin

September 10th, 2017 — 23rd Sunday in Ordinary Time

151 Laurier Ave. E. Ottawa, ON K1N 6N8 \* 613-233-4095 \* frontdesk@st-josephs.ca

www.St-Josephs.ca  
Find us on Facebook!

### Office Entrance

151 Laurier Ave. E.

### Office Contact

613-233-4095 x 221

frontdesk@st-josephs.ca

### Church & Hall

174 Wilbrod St.

### Office Hours

Mon-Fri: 8am-7:30pm

Sat: 11am-5pm

### Weekend Mass

Saturday 5pm

Sunday 9:30am & 11:30am

7pm University Mass (Sept-Apr)

### Weekday Mass

Wed/Thur/Fri at 12noon

### Reconciliation

after noon Mass or by appt.

### Adoration

1st Fri. after the noon Mass  
in the Church.

### Parking

—In our lot (no need to pay meters while attending week-end Mass + 30 minutes after Mass. If you are parking for non-parish related activities, please pay the meter located at the southern end of the lot.

—Or park in U of O Lot B **only** on Sundays from 9am-2pm (enter off Cumberland between Wilbrod & Stewart). Get pass at Welcome Desk to display in car. Questions? Contact Brandon at x251.

### Reminder

St. Joe's is a busy place. Please do not leave valuables in plain sight in your cars, and please don't leave purses in the pews. If you find any items that could be lost, please bring them to the Welcome Desk.



### TODAY (Saturday) after the 5 pm Mass!

Young Adults are invited to visit with our YAM team at the back of the church to get a taste of St. Joe's!

More hands are always welcome, so if you are able to volunteer at this event, please find Brian.

### REVISED: Confirmation 2018 Registration



Who? Students Grades 6 and up

Prerequisites: Baptism and First Communion

Where? St. Joseph's Parish

When? Day/Time determined after registration.

Suggested fee/donation: \$30

Classes begin in October. **To Register**, contact Brian at [bouellette@st-josephs.ca](mailto:bouellette@st-josephs.ca) or 613-233-4095 x 235

### "Growing in the Mission": L'Arche's Photo

**Exhibition**—Over the next two weekends, St. Joseph's Parish will be exhibiting 22 photographs featuring members of the L'Arche Ottawa community. This project was the fruit of a formation program Henrietta Kelemen undertook in 2016-2017 called "Growing in the Mission." Henrietta occupies the position of Community Life and Volunteer Coordinator with L'Arche Ottawa. Participants spent intentional time reflecting on the mission of L'Arche, their personal mission in life and the intersection of the two. In response to the challenge of "announcing" the gift of L'Arche to the wider community, she chose to capture a different facet of community life in her photography. Henrietta sees the phrases that appear beneath the photographs as describing the essence of the mission of L'Arche becoming a reality, as L'Arche members transform each other in the mutuality of community life, sharing their gifts with each other.

Henrietta and members of the L'Arche community will be attending Sunday masses on Sept. 17 and 24, so please make them feel welcome!

### Welcome!

Are you new to St. Joe's or a visitor? Please introduce yourselves at the Welcome Desk at the back of the Church, or contact Maria Virjee, 613-234-6000, [mvsali2@gmail.com](mailto:mvsali2@gmail.com)

### Registration

Forms can be found at the Welcome Desk

### Donation Envelopes

Are provided upon registration. Please mark your name clearly on front of each envelope.

### Online Giving

Sign up for auto-debit at Welcome Desk or through "Canada Helps"

**Don't like passing the basket empty-handed?** Feel free to stop by the Welcome Desk each week as you enter Mass, and pick up a laminated donation card that you can drop in the basket as it passes.

### Requests

Please consider including St. Joe's in your will.

### Coffee Sales

Fair-Trade Coffee is sold near the Welcome Desk after each Sunday Mass. Bags (340g) are \$13. All proceeds directly benefit Development & Peace.



## Need info on:

- Baptism
- First Communion
- Confirmation
- Adult Initiation
- Marriage Prep
- Weddings

Visit our website, then contact:

Brandon Rushton x251 or [brushton@st-josephs.ca](mailto:brushton@st-josephs.ca)

### —Funerals

Sharon Gravelle  
[segravelle@bell.net](mailto:segravelle@bell.net)

### —Memorial Masses

Contact the Front Office

### —Pastoral Care or

### Anointing of the Sick

Contact the Front Office or Fr. Richard Beaudette

### —Our Bulletin

- Is also posted on our website each week.

- Email submissions online at the website under "publications/bulletin/submission" by Wed noon.

- To receive this Bulletin via email each week, contact the Front Office.

## News from around the Table...



### The Supper Table

Mary Murphy, Manager  
[mmurphy@st-josephs.ca](mailto:mmurphy@st-josephs.ca),  
613-233-4095 x 240  
[www.stjsuppertable.ca](http://www.stjsuppertable.ca)

**Happy Fall!**—This week, someone stopped by to ask for volunteers for a project that she has undertaken. Below is a description of the work. If interested, please contact Mary.

*I would be very appreciative of help carting and carrying nourishing food and clothing to the homeless in the Byward Market area.*

*Every Sunday morning from around 9 –11:30 am, I bring a wheeled cooler filled with sandwich bags of freshly chopped melons, berries, organic apples, whatever other fruit is available, and seeds. There are also jugs of ice water in the cooler and a cart with clothing for the men and women who are homeless in the area. I usually focus on those near the shelters. If anyone is interested in helping me distribute items or even just chop up the fruit on Sunday mornings, it would be much appreciated.*

—Sincerely, Hortense



**Community Spaghetti Dinner**—Will be held in the Parish Hall on Saturday, Sept. 30 at 6:15 pm. All are welcome! We will be inviting people from the neighbourhood and parish, as well as friends of the Supper Table. Tickets: \$8 (adults), \$5 (students), \$20 (family).

## Other Volunteer Opportunities:

- **Website Volunteer:** Our website needs to be updated. This task would require as little as one hour per week and can be done from home.
- **Wednesday Morning Food Bank Help:** Help to unload a truck, carry things up and down stairs, bag grocery items.
- **Saturday Veg and Fruit Triage Team:** Help sort and manage load from 3- 5 pm. If the load doesn't arrive, cleaning the kitchen would be a wonderful alternative. (Think of it as getting people out of purgatory!)
- **Compost Volunteers:** We need volunteers who have an interest in composting to help pick up some free buckets with lids, as well as facilitate and cook the compost.
- **Meatloaf Makers:** Make a meatloaf to serve at the Supper Table. Pick up the suggested recipe and pan from the Welcome Desk, and bring your cooked meatloaf to the Supper Table (placing it in fridge) for the Sept. 23/24 weekend. It will be served on Sept. 26. Please indicate any ingredient changes from suggested recipes, especially if you substitute proteins, since many people cannot eat pork.

**Looking for our volunteer Miles**—Miles, please contact Mary at your earliest convenience. We have undergone email changes, and some contact info, including yours, was lost in the process.

**Food Bank Needs:** Canned tomatoes, canned vegetables, soup and cream soups, canned stews, mac and cheese, chick peas, red beans, black beans, navy beans, canned meat.

**Meal Program Needs:** Dried chick peas, dried black beans.

## Calling all Catechists

St. Joe's Faith Formation Ministry is looking for catechists for the upcoming catechetical season of Confirmation and First Communion. If you are interested in being placed on a list of catechists, please contact Brian: [bouellette@st-josephs.ca](mailto:bouellette@st-josephs.ca) or 613-233-4095 x235. Catechists will work in pairs/triads and will be trained. NB: A vulnerable-sector volunteer police check must be conducted for this position, and a letter can be obtained from Brian. volunteer police check will need to be conducted and a letter can be obtained from Brian.

## Marriage Preparation For Engaged Couples



**October 28 & 29, 2017 from 9:30 am-4 pm.** For more information and to register, visit [www.st-josephs.ca](http://www.st-josephs.ca) (scroll down to "Marriage" under the Sacraments tab). Cost: \$150 per couple (discount offered for registered and active parishioners of St. Joe's). Limited space available. If you have any questions, contact Brian Ouellette at [bouellette@st-josephs.ca](mailto:bouellette@st-josephs.ca) or 613-233-4095 x235.

## Baptism Preparation Sessions

—Baptism preparation sessions are scheduled to begin on Saturday, Sept. 9. This series will be held over three consecutive Saturdays and is intended for parents who are preparing for the baptism of their infant or young child and who have not previously attended baptism preparation sessions. To register, please visit the infant baptism page (<http://www.st-josephs.ca/sacraments/baptism/infant-baptism-prep/>) and complete the registration form at the bottom of the page. The password to submit the form is "WATER." For additional information, please contact Kathy Crowe at [crowne@sympatico.ca](mailto:crowne@sympatico.ca).



## Contacts

Main: 613-233-4095

### Executive Director

—Chris Adam x223  
cadam@st-josephs.ca

### Pastor

—Fr. Richard Beaudette x222  
rbeaudette@omilacombe.ca

### Music & Liturgy

—Jamie Loback x228  
jamieloback@yahoo.ca

### Young Adult Ministry & Faith Formation

—Brian Ouellette x235  
bouellette@...

### Finance

—Saul Mendoza x229  
smendoza@...

### Office Manager

—Brandon Rushton x251  
brushton@...

### Maintenance

—Nick Cacciato x230  
ncacciato@...

### Supper Table Manager

—Mary Murphy x240  
mmurphy@...

### Women's Centre Director

—Marsha Wilson x224  
mwilson@...



### Library News

Books on ST. IGNATIUS OF LOYOLA include: Martini, Carol-Maria, *Letting God Free Us: Meditations on Ignatian Spiritual Exercises* (BX2179.L8M3717); Pungente, John, *Finding God in the Dark, I & II* (BX2179.L8P85); Stanley, David, *I Encountered God! The Spiritual Exercise* (BS2615.2.S725).

### LGBT+ & Straight Alliance Book Club

Please join us in reading *Desert of the Heart* by Jane Rule. We will meet for discussion in the Oblate Lounge, Sept. 28 at 7pm.



### ROC Donations for Newcomers

In support of our newcomers to Canada, the Refugee Outreach Committee is looking for a girl's bike (suitable for a 10- to 12 year-old), a men's bike (suitable for a medium-stature man), and a gently used laptop. If you are able to donate or help us attain any of these, please contact John Weir at [jhnwr99@yahoo.ca](mailto:jhnwr99@yahoo.ca). Thank you!



### New Lead Collector Needed for 9:30 am Mass

Due to serious illness, David Robb has had to give up his duties as Lead Collector for the 9:30 am Mass. Since all current Assistant Collectors are unable to take on this position at this time, we need a new volunteer who is a regular attendee at this Mass. Persons willing to take on this responsibility should see one of the 9:30 am Collectors, who will arrange for the duties to be explained.



### One-on-One Experience of Healing Touch

The next session will take place on Friday, Sept. 29 from 9:30-11:30 am in the church. Come if you are experiencing stress, anxiety, losses in your life, or if you are in physical, emotional or spiritual distress. Sessions are 15-20 minutes. There is a sign-up sheet at the Welcome Desk. The facilitators are Clara Nasello, Colette Chartrand, Helena Robb and Norah McMahan. It is extremely important to inform the Front Office or me (Clara Nasello) if for some reason you cannot keep your appointment. Please respect the time of the facilitators who travel some distance to be present for these sessions. Contact Clara Nasello at 613-241-7085 or email [clara.nasello@ndn@gmail.com](mailto:clara.nasello@ndn@gmail.com) for information, last minute appointments, or cancellation before 8 am on the day of the session.

### Practising Attitudinal Healing Course

Practising Attitudinal Healing (PAH) means learning how to let go of our fears and find love in any situation. This seven-week course explores the 12 Principles of Attitudinal Healing, discussing and discovering a different way to look at things. We will be meeting on Wednesday mornings from 9 am-12 pm, beginning on Oct. 18 and ending Nov. 29. Please e-mail Margaret Dumoulin (PAH Facilitator) at [mijd24@hotmail.com](mailto:mijd24@hotmail.com) for more information or to register. Come and change your mind to change your life!



### Attention Seniors!—The monthly Seniors'

Ministry Gatherings will resume after the Noon Weekday Mass on Thursday, Sept. 28 in the Main Floor Meeting Room. Ophelia John, a Young Adult, will be hosting a simple lunch where you can come and socialize, as well as participate in some activities. A \$5 donation is suggested. Please RSVP by calling Brian Ouellette at 613-233-4095 x235, or by signing up at the Welcome Desk. (Please include dietary restrictions). If you have any questions, please contact Ophelia directly at 647-205-1348 or [ojohn090@ottawa.ca](mailto:ojohn090@ottawa.ca)

## Weekly Events Sundays

—Masses at 9:30am & 11:30am + 7pm University Mass (Sept-April).  
—Children's Liturgy at 9:30 am Mass three Sundays a month. Children are dismissed with leaders during Mass to meet in age groups (JK-1, Gr 2-3 and Gr 4-6) and share on the Word of God at their own level. All children are welcome. For more information, please contact Toni Tarasco at [tarasco.toni@gmail.com](mailto:tarasco.toni@gmail.com)

## Mondays

—weekly 9:30am **Christian Meditation** 613-730-0108.

## Wednesdays

—English Conversation and Practice for Newcomers to Ottawa

7- 8:30 pm (Sept - June)  
Saint Paul University, 233 Main St., Laframboise Hall, Rm L142. 613-744-2429 or [michaelrichard2008@hotmail.com](mailto:michaelrichard2008@hotmail.com)

## Fridays

—weekly 7:30pm **Christian Meditation** 613-236-0155  
—Catholic LGBT & Straight Alliance meets the 2nd Fri/month

([SJcglgroup@gmail.com](mailto:SJcglgroup@gmail.com))  
—Breathing Class is held with Robert Black each Friday at 10:30am in the Parish Hall. Sign up at the Welcome Desk or Parish Office.  
—Adoration is held in the sanctuary after the last Friday Noon Mass each month

## Saturdays

—Vigil Mass at 5pm

**Children's Liturgy of the Word**—Children's Liturgy of the Word begins on Sept. 24 at the 9:30 am Mass. There will be a Welcome Back celebration on Sept. 17 for all families and parishioners. Please join us for this potluck brunch after the 9:30 am Mass in the Parish Hall to celebrate the new school year and return of Children's Liturgy of the Word. There will be crafts, games and tours for families to learn where their children are going each Sunday. We are also looking for more volunteers to lead and assist. Please see the sign-up sheet at the Welcome Desk, or join us for a new volunteer orientation on Sept. 24 after the 9:30 am Mass in the Oblate Lounge. We will meet by the altar after Mass.



## YOUNG ADULT MINISTRY

Events this September!

ALL  
ARE  
WELCOME

### —Thursday, Sept. 14 @ 7-9:30 pm

YAM Game Night—Oblate Lounge  
(Bring a Snack to Share)

### —Wednesday, Sept. 20 @ 6-7:30 pm

YAM Evening of Reflection: “More Like  
Christ” — Oblate Lounge

### —Sunday, Sept. 24 @ 12:30-2 pm

YAM Brunch—Oblate Lounge  
\$5 suggested Donation, or \$3 with food to share  
(Set Up/Cook Volunteers needed at 11:30 am)

### —Thursday, Sept. 28 @ 4:30-6 pm

Happy Hour at Royal Oak (on Laurier, east of  
Parish Office)

For more information or to RSVP to any of the  
above, please contact Brian Ouellette at  
[bouellette@st-josephs.ca](mailto:bouellette@st-josephs.ca) or by calling  
613-233-4095 x 235

Follow the Young Adult Ministry at:

Facebook: [https://www.facebook.com/groups/  
397094266998828/](https://www.facebook.com/groups/397094266998828/)



Twitter: @StJoesYAM1

**Pray for the sick:** Roy Bowers, Xenon Kizas, Larry Haffner, Jean-Claude Filion, Richard Leveille, Evelyn L'Heureux, Aime L'Heureux, Nicole Caissie, Jamie Caissie, Alfriede Schmid, Madison Powell, Delores Part, Katherine Laundry, Lois Garneau, Jan Chisanga, Joseph Paul, Antoinette Tissarachchi, Javier, Jonathon Pitre, Pauline Shields, Charlotte McCarthy, Myra Lidstone, Richard Balsan, Monique Aubry, Percy D'Aoult, Phil Swift, Dorothy Chiklakis, Ann Elmer, Tom Scalisi, Pat MacDonald, David Robb, Ron Burns, Kevin Harper, Ann Young, Bob Britton, Tony Graziadei, Alma Kennedy, Patricia Dunningan, Anne MacIsaac, Brian Gravelle Rick Balsan, Stephanie Ryan, Emily Rixon, Mary Catherine Njie, Jainaba Manneh, Estelle Lemoyre, Paul Labelle, Ray Daly, Kevin Harper, Bruce Hadley, Caroline Midgley, Connie Lafrance, Cassandra Destin, Karson Napoleon, Fritzner Donatien, Jack Lalonde, Kitty Crowe, Mary Roland, Helena Robb, Laura Brady, Margot Duford, Julie Mercier Doucette, Donna Rowlings, Brian Smith, Beth Smith, Emily Tippin, Kelly Lyon, and Kaputo Malama.

**Prayers for those who have died:** Anne Marie Lacasse, Gladys Reina, Hernan Escobar, David Major, Eduardo Magalhaes, Frances Manning Morris, Sheryl MacDonald, Mary Pat Mongrain, Miguel and Maria, James Charles Okenyt, Dan Rietschlin, George MacFarlane, Joshua Henry, Adeline Ryan, Guadalupe Farfan, Todd Gardiner, Elizabeth Argyle, Mick Ryan, Irene Sauer, John Connelly, Joan Taillefer, Gloria Beath, Ronnie Doerge, Fr. Come Chenier, Pam McConnell, Rosemary Trapper, William Gray, Brian Barr, and Irma Liss. **To add a name**, please inform the Front Office or write it in the binder at the Welcome Desk.

Prayers  
please

### Six-Day Directed Retreat Sept. 16-22



## Galilee Centre

Facilitators: Frs. Roy

Boucher OMI, Richard Kelly OMI, Mary Catherine Kelley GSIC and Lucy Germain, CSJ. This directed retreat is made in an environment of silence, accompanied daily by a spiritual director to facilitate your discernment of what God is revealing to you.

For more info and to register, go to: [www.galileecentre.com](http://www.galileecentre.com) or contact:  
[info@galileecentre.com](mailto:info@galileecentre.com) or 613-623-4242 x 21.

## FROM AROUND THE COMMUNITY...

**HOUSING FIRST & HOMELSSNESS PREVENTION SYMPOSIUM:** You are invited to attend a symposium of academics, policymakers, practitioners, and other stakeholders to discuss Housing First and homelessness prevention taking place in at Richelieu Vanier Community Centre Park (300 Des Pères-Blancs Ave.) on September 18/19. This symposium will be focused on the evidence around homelessness prevention and the effectiveness of Housing First as a strategy to combat chronic homelessness, as well as its merits from a fiscal perspective. For more information and to purchase tickets, visit at [www.housingfirstottawa.com](http://www.housingfirstottawa.com)

**LITTLE ROCK SCRIPTURE STUDY—JOB:** Starting on Sept 19th, join us at Canadian Martyrs Parish Centre (100 Main St.) as we begin a seven-week course exploring The Book of Job. Cost is \$20. Contact the Canadian Martyrs Parish Office at 613-232-5347 to register.

## Dying Well: A Reflective Information

**Session Offered by St. Joe's**—At some time we may find ourselves journeying with a friend or loved one who is nearing the end of their life, or it may be our own journey. St Joe's is offering an informative day of reflections on 'dying well'. The session will take place on Sat. Nov. 18 from 10 am - 4:30 pm at Sacre Coeur Church (591 Cumberland St.). Fee: \$15 (includes copy of *booklet "Dying Well"*). Beverages will be provided, but you are asked to bring your own bagged lunch. Presenter: Sr. Rosemary O'Toole CSJ is an experienced spiritual director at The Upper Room Home of Prayer in Ottawa. This presentation and her book, "*Dying Well*", arose from her own experiences as she accompanied her mother through her dying process. **To register, please email Erin Ryan [erinmusicmouse@gmail.com](mailto:erinmusicmouse@gmail.com).** For more information you can contact Erin at 613-565-0555 or through her email address.

## FINANCIAL COACHING MINISTRY



St. Joe's Financial Coaching Ministry is equipping our community with personal finance tools and education for peace and prosperity at any and all stages of life. Contact Mélanie Forget at 613-294-1418 or [coach@melanieforget.ca](mailto:coach@melanieforget.ca) to book your free confidential one-on-one coaching session today or for more information. You can also pick up an information card at the back of the church or at the Welcome Desk.