



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

A Parish of the Oblates of  
Mary Immaculate  
since 1856

## St. Joe's Weekend Bulletin

March 10, 2019 — First Sunday of Lent

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

151 Laurier Ave. E. Ottawa, ON K1N 6N8 \* 613-233-4095 \* [frontdesk@st-josephs.ca](mailto:frontdesk@st-josephs.ca)

### Office Entrance

151 Laurier Ave. E.

### Office Contact

613-233-4095 x 251

[frontdesk@st-josephs.ca](mailto: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 there is no need to pay meters while attending weekend 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 8am-2pm (enter off Cumberland between Wilbrod & Stewart). Get pass at Welcome Desk to display in car. Questions? Contact the Front Office 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.



The St. Joe's 5:00 PM Mass community potluck really is just that; there's no formal sign-up, so what comes in is a surprise. But for some fifteen years now, it has always come together in the end. A successful potluck requires contributions and participation from many, but it also takes a few to keep this tradition alive and to coordinate the event. Thanks to all those who have kept this community get-together going! Here are some photos from Saturday, 2 March 2019:

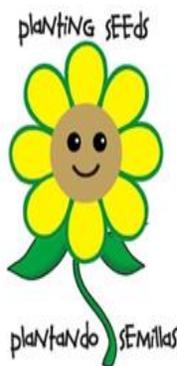
<http://www.st-josephs.ca/photos-from-the-saturday-mass-community-potluck/>

Christopher Adam, *St. Joseph's Parish Executive Director*



**Family Ministry - Lenten Journey** — This Sunday will be the First Sunday of Lent. Lent begins on March 6 with Ash Wednesday and ends April 20. It is the 40-day period in which we prepare our hearts for Easter by contemplating Jesus' sorrowful road to Calvary, before his joyous resurrection. We pray, we fast, we share, and we do works of love. Families with children may wish to check out this website for Lenten activities: <http://catholicmom.com/kids/lenten-activities-for-children/>

At church you will notice that the décor has changed. The liturgical colour for Lent is purple. For the children's procession the doves now have purple streamers. We encourage all children - particularly those preparing for their first communion - to participate in the procession this morning and throughout Lent. In the procession, children heed Jesus' invitation to come to him. It is also a prayerful activity in which the children bless the altar with their presence and share their meaningful ministry with all present at church.



**Planting Seeds International's 7th Annual FUNdraiser** — Planting Seeds International would like to thank the many parishioners who have supported us and extend an invitation to our seventh annual fundraiser in support of Guatemalan educational initiatives on Saturday, April 13 from 6:30-9:30 PM at St. Joseph Parish Hall. The evening will include a silent auction, mercado/market, a cash bar, and sit-down dinner catered by The Ottawa Mission, and presentations by Directors Mac Philips & Shannon Moyle. Tickets are \$60 each (tax receipts for \$40). For more information and to order tickets contact parishioners Aileen and Wayne Moyle at 613-234-9012, or John Weir and Dorothy Collins at 613-749-8619. Please note that tickets will not be available at the door! Visit [www.plantingseedsinternational.org](http://www.plantingseedsinternational.org) to learn more about Planting Seeds International.

## 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.

## THIS WEEKEND'S READINGS

*Deuteronomy 26.4-10*

*Romans 10.8-13*

*Luke 4.1-13*

## Need info on:

- Baptism
- First Communion
- Confirmation
- Adult Initiation
- Marriage Prep
- Weddings
- Young Adult (18-35)
- Pastoral Letters

Visit our website, then contact:

Andrew Pump x235 or  
apump@st-josephs.ca

### —Funerals

Sharon Gravelle  
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.

## Our Financial Stewardship...COLLECTION for March 3, 2019: \$5,193



### News from around The Supper Table

Ryan Mitchell, Manager  
[rmitchell@st-josephs.ca](mailto:rmitchell@st-josephs.ca),  
613-233-4095, x240  
[www.suppertable.ca](http://www.suppertable.ca)

At St. Joe's Supper Table, we always thrive at serving our guests healthy but delicious meals. Thanks to your generous donations, we are able to achieve that.

As always, the Supper Table is looking for items that would allow us to improve our cooking and serving during meal time and Food Bank.

For next week, we would like to request the following:

- Salt, pepper, and spices
- Ground coffee
- Chocolate chips, raisins
- Freezer bags
- Peanut butter and jam
- Crackers, chewy bars
- Canned tuna and other meats
- Kraft Dinner and other pasta
- Toilet paper and napkins

Thank you for your generosity. Have a fabulous week.



### Ancoura Gala - Save the Date!

— Ancoura's mission is to create homes and community for adults living with mental illness. Our Gala Dinner and Auctions will be held Thursday, May 2 at the Helenic Meeting and Reception Centre, 1315 Prince of Wales Drive. \$100 per person (\$50 tax receipt). Reserve at [erik@ancoura.ca](mailto:erik@ancoura.ca) or Erik Sparling 613-233-8130. Sponsorship opportunities. [www.ancoura.ca](http://www.ancoura.ca)

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### Christian Meditation at St. Joseph's Parish:

- Mondays from 9:30-10:30AM in the Library
- Wednesdays from 4-5PM in the Library
- Fridays from 7-9PM in the Oblate Lounge



Development and Peace Share Lent: Share the Journey — This Share Lent let's create a culture of encounter: (1) Donate online at [devp.org/give](http://devp.org/give) or on Solidarity Sunday on April 7, the fifth Sunday of Lent, in support of 162 projects in 37 countries, (2) Take part in the Ottawa Diocesan Solidarity Walk on Sat. April 6, (3) Read the DEVELOPMENT AND PEACE Share Lent materials to encounter children, women and men who have been forcibly displaced and learn how our partners give help. For our long term emergency projects, a good example is the poor coastal communities in Tacloban, the Philippines, who in 2013 saw their homes ravaged by Super Typhoon Haiyan. Land was purchased and the Pope Francis Village of replacement homes was built. A 40' documentary "After the Storm" is available [devp.org/en/philippines-documentary](http://devp.org/en/philippines-documentary). INFO: Larry Martin, [ldmartin@sympatico.ca](mailto:ldmartin@sympatico.ca)



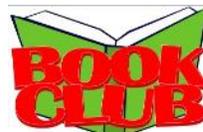
**Spring Funeral Workshop** — Facing our own death or that of a loved one can be very overwhelming. We prepare for many things in life so why not prepare your own funeral service or that of a loved one. Funeral options will also be presented. The date in the Spring will be announced later.

Free will offering. Refreshments. Registration required.

Please call Sharon Gravelle at (613) 837-3368.



**Library News** — St. Joe's Library holds several books on GRIEF, LOSS and BEREAVEMENT. You will find these titles in the Library, located beside the Sacristy, shelved together and labelled, under the call number BF575.G7. The Library, which is also used as a Meeting Room for various ministries and individuals, is open during office hours.



### LGBT+ and Straight Alliance's Book Club

You are invited to join us in reading "*Moonstone: The Boy Who Never Was*" by Sjon. We will meet for discussion in the Sacristy meeting room on Thursday, March 28, at 7PM.

## Contacts

Main: 613-233-4095

### Executive Director

—Chris Adam x223  
cadam@st-josephs.ca

### Pastor

—Fr. Richard Beaudette x222  
rbeaudette@omilacombe.ca

### Music & Liturgy Director

—Jamie Loback x228

jamieloback@yahoo.ca

### Young Adult Ministry &

### Faith Formation Coordinator

—Andrew Pump x235

apump@st-josephs.ca

### Finance Coordinator

—Saul Mendoza x229

smendoza@st-josephs.ca

### Office Manager

—David Trepanier x251

frontdesk@st-josephs.ca

### Maintenance Manager

—Nick Cacciato x230

ncacciato@st-josephs.ca

### Women's Centre Director

—Marsha Wilson x224

mwilson@st-josephs.ca

### Supper Table Manager

—Ryan Mitchell x240

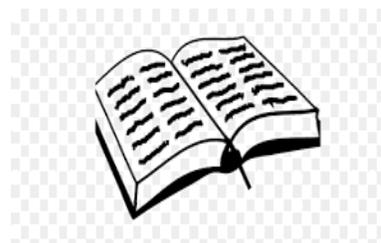
rmitchell@st-josephs.ca

### Parish Pastoral Council

ppc@st-josephs.ca

### Every 1st Sunday of the Month: Healing Prayer After Mass

— Anyone wishing prayer for healing is invited to come to the Healing Space with family, friends, parishioners. There will be a healing ministry member ready to welcome all who come.



scriptures Wednesday evenings until Holy Week at 7:15 PM in the Oblate Lounge (Upstairs Meeting Room). Join us for all sessions or when able. Enter via the Laurier Avenue entrance.



**Lenten Stations of the Cross with Development and Peace and St. Joe's Faith Formation**— Join us after the 11:30 Mass every Sunday during Lent to pray the Stations of the Cross. We will be using the 2019 "Share the Journey" Lent campaign prayers from Development and Peace—Caritas Canada. We will be praying especially for the peace, justice and safety of all migrants forced to flee their homes due to poverty, war, persecution, economic displacement, and ecological ruin.



### Order March GROCERY CARDS NOW

— It's time to order grocery cards for March! Consider creating a monthly order and giving post-dated cheques payable to OMRA Shelter Corp for the rest of 2019. To learn more about this, contact Donna at [dbrietschlin@hotmail.com](mailto:dbrietschlin@hotmail.com). Orders placed before 2pm

on March 3rd will be available on March 10th. Speak to Frank O'Brien or Donna Rietschlin at the 9:30 Mass, Louise Lalonde or Michèle Gascon at the 11:30 Mass or contact Donna Rietschlin directly (613-715-9797 or [dbrietschlin@hotmail.com](mailto:dbrietschlin@hotmail.com)). You can order cards for Loblaw's/Independent -\$25, \$50, \$100 and \$250; Metro/Food Basics - \$50 and \$100; Farm Boy \$50. Please return your empty Farm Boy cards to me. OMRA receives \$1 for each card we return and Farm Boy reissues those cards. Your participation helps to subsidize the rent of 11 refugee families in Ottawa. OMRA AT ST JOE'S is SPONSORED BY THE REFUGEE OUTREACH COMMITTEE .



**It's Tax Season!** — Some of you are already aware of the benefits of giving to your local parish as you are in the process of receiving your charitable donation receipts to claim on your income tax return. But others don't realize that come tax time, the government will provide a tax credit of up to 29% of your charitable donations. So if you're

the type to drop \$5.00 cash in the offering plate on Sunday, consider switching to using envelopes, or even better, doing automatic withdrawals – this can really add up in a year. For more tips on managing your personal finances – please contact me at [coach@melanieforget.ca](mailto:coach@melanieforget.ca) or pick up a card at the back of the church.

## 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, 7-8:30pm (Sept-June) at St Paul's University (233 Main St, LaFramboise Hall, Room L142) Michael Richard (613) 744-2429 or [michaelrichard2008@hotmail.com](mailto:michaelrichard2008@hotmail.com)

— Weekly 4pm **Christian Meditation**

## Fridays

— **One-on-One Experience of Healing Touch** is scheduled for the first Friday of every month from 9:30-11:30 am in the church. All are welcome! More information is available at the Welcome Desk.

— Weekly 7:30pm **Christian Meditation** 613-236-0155

— **Catholic LGBT & Straight Alliance** meets the 2nd Fri/month.

[Sjcgllgroup@gmail.com](mailto:Sjcgllgroup@gmail.com)

## Saturdays

— **Vigil Mass** at 5pm



**St. Joe's Women's Centre** is looking for coffee mugs! New or used. Coffee and tea brew here all day long and mugs often get chipped or broken. If you have any mugs, coffee, tea, sugar or whitener to donate, it would be very much appreciated.

Donations can be dropped off to the Centre Monday - Friday from 9am to 4pm.



**Recycle your Batteries** — Want to get rid of your old (alkaline only!) batteries in an environmentally friendly way? Bring them to church on Sundays and place them in the clearly labelled box at the church entrance. I live in the "backyard" of City Hall and take batteries there for recycling every time I go for a walk.

**ROC Update** — Did you know that the ROC is currently sharing their time, talents and treasures by assisting 14 families (= 38 adults/children), at different levels of their refugee claim, sponsorship, or settlement? In addition to extending friendship to newcomers, ROC volunteers are busy sharing their time and talent:

1. finding lodging, arranging/accompanying newcomers to important appointments (medical, dental, language assessment, school registrations, public transit orientation, rental searches etc.)
2. assisting refugee claimants with the "process" of settlement including connecting families with community services and activities and in some cases guidance in preparing for official refugee hearings
3. through the generous support of our parishioners, our treasure provides our newcomers with: furniture and clothing, short term financial support for living expenses, transportation costs to Refugee Board hearings occurring in Montreal, dental needs, etc.

Our activities are only possible with the generous support of our Parish. We can always use some help so if you are interested in learning more about ROC in sharing your time and talents, please contact John Weir at [jhnwr99@yahoo.ca](mailto:jhnwr99@yahoo.ca). If you are able to share your treasure, you are now able to make one time or monthly donations to the Refugee Outreach Committee (ROC) with your credit card or PayPal, quickly and efficiently, through the Canada Helps form on the St. Joe's website, <https://www.canadahelps.org/en/charities/131771990RR0006-saint-joseph-parish/>, Under "Fund" choose St. Joe's Refugee Outreach Committee and provide the contact information requested. Canada Helps will issue a tax receipt and provide you with regular statements. It is important to note that donations to the ROC Fund are not meant to replace donations to the General funds which go to supporting the Parish's maintenance and staffing needs. We thank you, on behalf of ourselves and our newcomer friends, for all your love and support!

### **Marriage Preparation at St. Joseph's Parish**

St. Joseph's is offering a Marriage Preparation Course for engaged couples. The next course will take place during this Spring on the week-end of May 4 and 5 from 9:30 AM – 4 PM each day. Please see the marriage page on the St. Joseph's website ([www.st-josephs.ca/marriage-preparation-at-st-joes-2/](http://www.st-josephs.ca/marriage-preparation-at-st-joes-2/)) for more information and to register. The cost is \$150 per couple.



### **St. Joseph's Parish and Supper Table Garden 2019**

Gardening season is coming up and we are beginning the planning of our community garden. If you would like to join our Garden Committee or want to help out for this year please reach out to Andrew ([apump@st-josephs.ca](mailto:apump@st-josephs.ca)) or Ryan ([rmitchell@st-josephs.ca](mailto:rmitchell@st-josephs.ca)) and let us know. The garden typically runs from early May to October each year and includes growing vegetables and herbs for the Supper Table as well as flowers to beautify our grounds. We are aiming to have our first meeting in early April.



**Volunteer Opportunity** — Do you have a few hours each month and want to give back? Looking for help transcribing audio interviews for folks facing long-term health issues who want to give their loved ones a written gift of themselves. This project is part of St. Vincent Hospital and the Spiritual Care Department there, so it does involve a volunteer orientation. For more information or if you would like to volunteer, please contact Roshene Lawson, Clinical Chaplain at St. Vincent Hospital at 613-562-6262 ext. 2190. Thank you.

**Join us for a Lenten Retreat: JOURNEY TO WHOLYNESS** — Walking the path of forgiveness. Join us and share your story, come to listen to the stories of others as we "Walk the path of forgiveness" at St. Joseph's Church, Friday March 29, 7-9 PM and Saturday March 30, 9:30 AM-12:30 PM. Facilitators: Genevieve Moore and Raphael Amato.

## Mass Intentions

Wednesday, March 13, 2019: N/A

Thursday, March 14, 2019: For the repose of Jack Doherty

Friday, March 15, 2019: For the repose of Barbara Benson

Mass intentions are available on Wed., Thur., and Fri. during Noon Mass for a \$15.00 donation. Please notify Front Desk for arrangement. Thank you!

## Book of the Sick:

As we open the Season of Lent we will be adding a new element to the Prayers of the Faithful. A new Book of the Sick will be located at the Welcome Desk prior to each Mass and everyone is invited to write the names of loved ones who are sick into this book. We will then pray for those who are listed in the book during the Prayers of the Faithful.

Prayers  
Please

**Prayers for the sick:** Sonja Armstrong L., Kevin Riley, Jo-Anne Stasiuk, Mary Ruddy, John Cyr, Laurent Chretien, Laurie Alain, Jamie's Father, Mzee Oleku, Sheila Genkonyo, Somuta Nguon, Beate Bernhardt, Alfred Johnson, Leonard Sanders, Quincy Anderson, Robert Anderson, Bill McLachlin, Frances Ann, Emilio Giuliani, Mary Cooke, Rita Hogan, Janet Pritchett, Barry Crawford, Denise Crawford, Fran Franklin, Yvonne, David Mann, Denise, Aline Pottie, Eleanor Bois-

sonneault, Joe Salzgeber, Shirley Salzgeber, Lynne Cameron, Jean-Claude Filion, Luz Elena, Jane Kelly, Mary Catherine Mjje, Jainaba Manneh, Bob Britton, Mildred Nesbitt, Hans K., Christine S., Kathleen Kernes, Mallorey Moberly, Elizabeth Lau, Gaston Lauzon, Julia Rettie, Megg Okoret, Dione Kateiwaho, Ida Hersi, Sheila Geronyo, Mike Kelly, Andrea MacWilliams, Ellen Catherine Grummisch, Sheila Katheiwaho Didas, Irma Passi, Len Sullivan, Frank Kwasi, Andrée L'Italien, Vilma, Brian Andrew, Gene King (OMI), Michael Grenby, Carmen Nasello Delzotto, and Jenny Nasello (CND). **Prayers for those who have died:** Lauren Richards, Joe Gariano, Eufrazio Arellano Sr., Mary Wynands, Aline Mary Pottie, Jim Dugdale, Doris Bell-Aunt, Andy Laut, Agnes Roche, Peter Smith, Renee Triebe, John Boissonneault, Shirley Cahute, (Cy Winter, Uncle Cyril, and Joseph Winter), Okpaleke Patrick, John Buchanan, Ofordile Diana, Connie Slay, Anne Everett, Marie Heuson, Mary Oby, Sister Louise Dunn, C.N.D., Don David, Rolph Almstedt, Vivi-Ann, Mitchell, Terry Hayes, Larry Hebert, Brandon McGivney, Lillian Rapini, Fr. James MacDonald (OMI), Daniel Lamont, William Rapini, Dianne Brennan Campbell, Paul Watson, Christopher Bradshaw, Patricia MacDonald, Ma. Cristina Echeverri de Vazquez, Marcelo Vazquez Sierra, Manuel Vazquez Echeverri, Marcela Vazquez Echeverri, Alan, Alma & Alfred, Scott Mellon, Veronica O'Hara, Frank Fedor, Tony Gumpert Etienne, Douglas Lenny, James (Jim) Teahen, Elfriede Schmid, Charlie McDonald, and Therese Therien. **To add a name,** please inform the Front Office or write it in the binder at the Welcome Desk.

**Young Adult Ministry**  
Andrew Pump  
(613) 233-4095, ex 235  
[apump@st-josephs.ca](mailto:apump@st-josephs.ca)

*Donations are accepted for all events. Proceeds go to support the Young Adult Ministry at St. Joe's.*

**ALL  
ARE  
WELCOME**

Throughout the Season of Lent we will be hosting weekly "**Soup-Supper Reflections**" every Thursday night from 6PM-8PM in the Oblate Lounge.

Our Monthly **Young Adult Brunch** for March will be on the 31st after the 11:30 mass.

St. Joe's Community Garden: any young adults or university students staying in town for the Summer and interested in helping out or learning how to Garden are invited to join our Garden Com-

mittee. Just reach out to Andrew or Ryan ([rmitchell@st-josephs.ca](mailto:rmitchell@st-josephs.ca)) and let us know you're interested. You can still help out and get involved even if you don't have time to be on the committee. Just let us know. We are aiming to have our first meeting in early April.

Dessert and Trivia Night in Support of Algonquin College Campus Ministry: Friday, March 22nd at 7PM. Organize a team of anywhere from two to eight people and join the Algonquin College Christian Community in raising funds for their Campus Chaplaincy. The event will be hosted by Bethany Baptist Church at 283 Centrepointe Dr. Deadline to register is March 20. Please contact Jack Wilson at [wilsonjohns@rogers.com](mailto:wilsonjohns@rogers.com)

# *Join us for a Lenten retreat*

*Friday March 29: 7-9 pm & Saturday March 30: 9:30 – 12:30 am*



## **Walking the path of forgiveness**

Join us and share your story, come to listen to the stories of others as we “Walk the path of forgiveness”. Together we will pray, meditate, and sing, taking time to:

- Reflect and share our stories on forgiveness; both on being forgiven and on forgiving others
- Explore stories of forgiveness in today’s world and how they can help us on our journey
- Draw out some common learnings about the impact of forgiving in our lives
- Appreciate the link between forgiveness, healing and wholeness
- Reflect on our experiences of mercy

Where: St. Joseph’s Church

When: Friday March 29 from 7-9 pm and Saturday March 30 9:30 -12:30 am

To register: [frontdesk@st-josephs.ca](mailto:frontdesk@st-josephs.ca) or 613 – 233 – 4095 (parish office)

Genevieve Moore and Raphael Amato will facilitate the session