



St. Joseph's Parish
An inclusive community

A Parish of the Oblates of
Mary Immaculate
since 1856

St. Joe's Weekend Bulletin

March 31, 2019 — Fourth 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

Office Entrance

151 Laurier Ave. E.

Office Contact

613-233-4095 x 251

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.

LENTEN RECONCILIATION SERVICES

Tuesday, April 2 at 12:00 PM (Noon)

Monday, April 8 at 7:00 PM.

Day for Individual Reconciliation:

Friday, April 5

12:30 PM to 2:30 PM

in the Church

My Little Church: Parents, caregivers and parishioners: we love having children play in My Little Church, however please be aware that all children must be supervised while in the play area during our masses, by parents, grandparents etc. Children who are not supervised will be asked to leave My Little Church. The My Little Church volunteers are not responsible for supervising children. Thank you.



St. Joe's Women's Centre launches Mentorship Program —

The St. Joe's Women's Centre launched its new Mentorship Program with a reception and presentation on Tuesday, March 19, 2019. With support from the Community Foundation of Ottawa, the Grey Sisters of the Immaculate Conception in Pembroke and Tucker's Marketplace Restaurant, the program will connect clients of the Women's Centre with influential women from the broader Ottawa community, with the aim of building a safe, healthy and supportive relationship with the mentor and setting both short and long-term goals. Congratulations to Jennifer Clark, Executive Assistant of the St. Joe's Women's Centre, for launching this program and for her presentation Tuesday evening! For information on becoming a mentor, please write to: jclark@st-josephs.ca.

For photos from the launch, please visit: <http://www.st-josephs.ca/st-joes-womens-centre-launches-mentorship-program/>

--Christopher Adam, Executive Director



Family Ministry - Lenten Journey —

This Sunday will be the Fourth 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.

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

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

Joshua 5.9a, 10-12

2 Corinthians 5.17-21

Luke 15.1-3, 11-32

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 24, 2019: \$5508



News from around The Supper Table

Ryan Mitchell, Manager
rmitchell@st-josephs.ca,
613-233-4095, x240
www.suppertable.ca

Happy weekend all!

What an exciting week here at St. Joe's Supper Table. The weather has been amazing (except Saturday) and our guests are starting to smile in the face of Spring. Please pray as we start new initiatives over the next coming weeks that God grows his table and his garden this season.

Reminder that the loaves and fishes Gala tickets are still available for purchase, please contact Ryan Mitchell via email to secure your spot now (rmitchell@st-josephs.ca). Get treated like royalty, eat like a king all while supporting St. Joe's Supper Table.

As our numbers grow, we are in GREAT need of the following:

- Macaroni pasta
- Salt, pepper, and spices
- Bread
- Canned meat (tuna, ham, etc.)
- Baking supplies (sugar, flour, baking soda, brown sugar)
- Desserts (cookie trays, Costco squares, etc.)
- Coffee
- Paper cups
- Ethnic recipes (please share with us your home cooking ideas)

Thank you,
Ryan.



SAVE THE DATE!

As a means of expressing our sincere appreciation for the work done by the many volunteers at St. Joe's, the Parish Pastoral Council invites you to attend a BBQ in your honour. On Thursday, May 2, from 7:00PM to 9:00PM in the Parish Hall, rain or shine. If possible, advise Donna Rietschlin, dbrietschlin@hotmail.com if you plan to attend so that we have sufficient food.

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
CARITAS CANADA

seph's DEVELOPMENT AND PEACE committee Mar. 30/31 masses, (2) Share Lent mini-magazine, prayer card, calendar and signature card for participatory democracy and human rights for migrants (send to Canadian government) and donation envelopes available at the Welcome Table, (3) Ottawa DEVELOPMENT AND PEACE diocesan "Walk in Solidarity with Forced Migrants", Sat. Apr. 6: 12:30PM photo exhibition at Notre-Dame de l'Île Parish, 115 blvd. Sacré-Coeur, Gatineau, 1PM Welcome talk Archbishop Durocher, 1:30PM Perspectives from partner organizations, 2PM Testimonies from forced migrants, Walk (5 km) begins from Notre-Dame de l'Île, 4:30 PM Arrival at National Gallery, 5PM Mass at Notre-Dame Cathedral, Ottawa. INFO: Tara Hurford 613-738-9644 X 224. (4) Mozambique/Zimbabwe/Malawi Emergency Cyclone Idai donations: devp.org-where the need is greatest.

Development and Peace

"Share the Journey"

Events — (1) Solidarity Sunday reflection by Joan O'Connell from St. Jo-



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 — Library titles on FORGIVENESS include – *Holloway, R. On forgiveness (BJ1476.H64 2002)*, *Sica, J. Forgiveness: one step at a time (BV4647.F55 S56 2009)* and *Chittister, J. God's tender mercy: reflections on forgiveness (BV4647.F55 C44 2010)*.

Contacts

Main: 613-233-4095

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Supper Table Manager

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rmitchell@st-josephs.ca

Parish Pastoral Council

ppc@st-josephs.ca



One on One Healing

Touch Friday, April 5,

2019 — Come to experience one on one Healing Touch if you are feeling physical, spiritual, emotional pain, stress, anxiety

or grief. Offered by Clara Nasello, Colette Chartrand, Helena Robb and Norah McMahon on Friday April 5, 9:30AM - 11:30AM. Please sign up at the Welcome Desk or contact Norah at 613-828-1350 or norah.mcmahon@rogers.com.



Lenten Small Group Faith Sharing

— This group will continue to meet Wednesday evenings throughout Lent. You are invited to join fellow parishioners in sharing stories of your faith journey as related to the Lenten scriptures Wednesday evenings until Holy Week at 7:15PM in the Ob-late 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.



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 to learn more about Planting Seeds International.



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 or pick up a card at the back of the church.



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.

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

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
— 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

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.



Haven't ordered your OMRA grocery cards yet? It's still time!

Grocery cards ordered by 2:00 pm on the first Sunday of April (Apr. 7th) will be available on the second Sunday of April (Apr. 14th). During the month of April, while Donna is away realizing a cherished dream, Michele Gascon (gascon0@icloud.com, 613-612-8268) and Louise Lalonde (lesle@rogers.com, 613-567-4386) will be stepping in for her. As former ROC members sensitive to refugee issues, both will be delighted to take your card orders for any, or all, of the following: Loblaw/Independent (available in denominations of \$25, \$50 and \$100), Metro/Food Basics (available in denominations of \$50 and \$100) and Farm Boy (available in the denomination of \$50). It's a win-win for you, for refugees in need of rental support and for the participating grocery stores. A great way to build community! Not on board yet? We invite you to add your support to those who already are.



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 weekend of May 4 and 5 from 9:30AM – 4PM each day. Please see the marriage page on the St. Joseph's website (www.st-josephs.ca/marriage-preparation-at-st-joes-2/) for more information and to register. The cost is \$150 per couple.



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.

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) or Ryan (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.



Parish Luncheon and Adoration of the Blessed Sacrament: Please join us after the Noon Mass this **Friday, April 5th** for our monthly Adoration of the Blessed Sacrament - then come up to the Oblate Lounge for a lunch provided by the Supper Table as a thank you for everything you do as parishioners to help support the Supper Table Ministry.

Mass Intentions

Wednesday, April 3, 2019: N/A

Thursday, April 4, 2019: For the repose of Margaret Oszlanszky

Friday, April 5, 2019: For the repose of Cecil Gleason

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.

Loaves and Fishes Fund of Ottawa-Carleton Gala Fundraiser

The Loaves and Fishes Fund of Ottawa-Carleton has been a major benefactor to St. Joe's and have annually given generously to both our Women's Center and Supper Table, as well as the Young Adult Ministry. They are hosting their 19th Annual Gala to raise funds to continue their work assisting our disadvantaged, underprivileged and homeless neighbours living within our community. The event is to take place at the Infinity Convention Centre on Saturday, April 13, 2019 at 6:00PM featuring a reception, dinner and dance, live and silent amazing auctions. Tickets are \$195.00 per person. Tax receipts available upon request. Please call 613-724-8454 or email Charlene@butlergroup.ca for tickets. Let's support a great cause! Thank you.

Young Adult Ministry

Andrew Pump
(613) 233-4095, ex 235
apump@st-josephs.ca

**ALL
ARE
WELCOME**

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

We also wanted to remind the young adults in our community about our **reconciliation services** coming up on Tuesday, April 2nd at noon; Monday, April 8th at 7PM; and our Day of Reconciliation (for individual confessions) on Friday, April 5th after the Noon Mass from 12:30 to 2:30.

If any university students or young adults are in town for Easter we could use some help for our Easter Triduum celebrations. We particularly need help for our Holy Thursday celebration and the Good Friday Adoration of the Cross.


**SUNDAY
BRUNCH**

There is a **Young Adult Brunch** this weekend after the 11:30 mass. Please join us in the Oblate Lounge.

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

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 Committee. Just reach out to Andrew or Ryan (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.



Prayers for the sick: Frances Armstrong, Mae Lalonde, Aime Lalonde, Bill Girard, Em Stortroen, Maria Rizzi, Sonja Armstrong L., Kevin Riley, Jo-Anne Stasiuk, Mary Ruddy, John Cyr, Laurent Chretien, Laurie Alain, 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, Eleanor Boissonneault, 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, Malloreay Moberly, and Elizabeth Lau.. **Prayers for those who have died:** David Scott, Joe Konst, Max Strader, John Flynn, Peggy and Ted Charette, Remo Caldato, Sheryl MacDonald, Antoinette and Jean Sfeir, Mary and Hallim Abboud, 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), and Daniel Lamont.. **To add a name,** please inform the Front Office or write it in the binder at the Welcome Desk.

Share the Journey
 Share the Journey Development and Peace
 PRESENTS

THE CHALLENGES OF FORCED MIGRATION

PANELISTS:
ULA ABU RASHED
 PUBLIC ADMIN. GRAD. STUDENT WHOSE FAMILY FLED THE SYRIAN WAR
DR. EMILY WILLS
 POLITICAL SCIENCE, UNIVERSITY OF OTTAWA
TARA HURFORD
 ANIMATOR, DEVELOPMENT AND PEACE

APRIL 3RD, 2019
 7-9 PM
 CLASSROOM OF SACRÉ-COEUR CHURCH
 591 CUMBERLAND ST.

IN THE **MINUTE** IT TAKES YOU TO READ THIS, **31 PEOPLE** WILL BE FORCED TO FLEE THEIR HOMES, JOINING THE **70 MILLION CHILDREN, MEN, AND WOMEN** WHO ARE FORCED MIGRANTS. PLEASE JOIN US AND OUR PANELISTS IN RAISING AWARENESS AND EDUCATING ON THIS ISSUE.

Saturday April 6th: Join us for a 5 km walk & event in solidarity with the 68.5 million forced migrants worldwide! Event starts at 12:30PM at Notre-Dame-de-l'Île parish, 115 boulevard Sacré-Cœur Gatineau and ends with 5PM Mass at Notre-Dame Cathedral Ottawa, co-celebrated by Archbishops Prendergast & Durocher. Event includes photo exhibit and short talks by refugees, Archbishop Durocher and local partners.

N.B. Transportation: Carpooling is encouraged but we do have limited space on two buses:

Bus departs from Notre Dame Cathedral, Ottawa to Notre-Dame-de-l'Île parish, Gatineau two times.

Before Walk: 12:15PM

After Mass: 6:15PM

To Register for transportation contact:

Tara Hurford at thurford@devp.org or 613-738-9644 ext. 224.

PANEL

Sharing the Journey: The Challenges of Forced Migration

In the minute it will take you to read this, 31 people will have been forced to flee their homes, joining the 68.5 million children, women and men who are refugees and migrants. Share the Journey is a campaign that aims to raise awareness about the people around the world who are fleeing war, persecution, natural disasters, extreme poverty and development megaprojects and create more welcoming host communities for them. In support of this campaign, we are hosting a panel of University of Ottawa professors and graduate students, as well as an employee of Development and Peace, who will offer a global context on the issue and have ideas of what can be done to help.

When: April 3, 7PM

Where: Classroom of Sacré-Coeur Church, 591 Cumberland Street (located on campus)

The panel is free and will begin at 7PM with interventions from each of the panelists, break for refreshments and then reconvene for audience questions.

Come show your support and learn more about forced migration!

Panelists

Ula Abu Rashed, Public Admin. Grad. Student whose family fled Syrian War, UOttawa

Dr. Emily Wills, School of Political Science, U Ottawa

Tara Hurford, Animator, Development and Peace