



St. Joseph's Parish
An inclusive community

A Parish of the Oblates of
Mary Immaculate
since 1856

St. Joe's Weekend Bulletin

July 16th, 2017 — 15th 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 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 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.



St. Joe's Women's Centre Back-to-School Program



ST. JOE'S
Women's Centre

I know we're just getting settled into summer, but it's never too early to prepare! Each year

the Women's Centre sponsors children with back-to-school supplies. Last year, we were able to sponsor 48 kids!

If you are interested in helping out this year, please donate either a high school or elementary backpack filled with school supplies, or any single school supply or new backpack you are able to donate. (See list on right).

Donations can be left in the Women's Centre bin at the back of the church during weekend Masses and dropped off directly at the Women's Centre during the week. Thank you for helping the kids in our community and for your continued support of the St. Joe's Women's Centre. Have a wonderful summer!

Commonly needed items include:

- Facial Tissue
- #2 Pencils
- Scissors
- Pencil Case
- Pencil Crayons
- Pens
- Eraser
- Loose leaf Paper
- Glue Stick
- Notebooks
- Zip Lock Bags
- Ruler
- Dictionary
- Thesaurus
- Binders
- Calculator
- Highlighters
- School Bag
- Lunch Box

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 and all proceeds directly benefit Development & Peace.



Reminder: Like most spaces at St. Joe's, the sanctuary kitchen is a shared space, so please be respectful of others and leave the space how you found it. Thank you!

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

—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.

News from around the Table...



The Supper Table

from Mary Murphy, Manager
mmurphy@st-josephs.ca,
613-233-4095 x 240
www.stjsuppertable.ca

This week we had two interesting conversations about the dinner....

Guest: "Since you (Supper Table) started using less salt, I started getting used to less salt, and I hardly put salt on anything now. I noticed that I sweat less and feel better."

Guest re quinoa: "Did you know that this used to be poor people's food? And now the people who grow it can't afford it?" This statement caused me to pause.

Using the Garden

We have made six 8-oz jars of radish pesto to be used for our meals, and we have had an abundance of lettuce for our salads. The colour and the texture and taste were amazing! We also had a nice side dish of stir-fried chard, garlic and onion.

Meatloaf Makers

If you are able to make meatloaf for Sunday, July 23 we will serve it that week. Please take a pan, and sign up at the Welcome Desk.

Composting Outreach

Are you interested in compost? Do you think you might like to be a compost coach to our guests and help them become coaches to others? If composting is

your thing, let us know. We are trying to develop a solid team of coaches or "compost geeks" who will help us form a qualified team of compost coaches among our guests. They will then be part of an outreach team we are developing. The main idea is to have people who are knowledgeable and able to teach others.

Food Bank Needs: Salt and pepper, peanut butter, jams, Ensure, chick peas, canned tomatoes, tomato paste, fruit.

Meal Needs: Sandwich bags, sliced bread, sandwich fillers, black beans, dried chick peas, tahini.



From Bach to Broadway

A special thanks to Caroline Midgley and friends who organized the successful "From Bach to Broadway" fundraising concert that took place over Canada Day weekend on July 2. Proceeds from the event were donated to the St. Joe's Supper Table.



The concert featured Douglas Renfroe, Allison Kennedy and the Baladeers, Tom Fagan and Jamie Loback. More photos from the event can be found on our website

(www.st-josephs.ca/photos-from-bach-to-broadway-fundraising-concert/), and an exclusive video of bass baritone Doug Renfroe performing at the event can be viewed on our Facebook page.



Ontario Trillium Foundation Appreciation & Stair Lift Opening Event

An event to recognize the Ontario Trillium Foundation's generous grant that allowed us to install a much-needed stair-lift in the Parish Hall will be held following the 5 pm Mass on Saturday, Aug. 12. Parishioners are welcome to gather at the back of the church for light refreshments and a demonstration.

Ontario
Trillium
Foundation



Did you know? — Did you know that, every summer, St. Joe's Women's Centre sponsors children to attend summer camps? Over the years, we have collaborated with Waupoos Family Farm, Patro d'Ottawa and various camps run through the City of Ottawa.



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

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@...

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 613-291-1418 or 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.



LGBT+ and Straight Alliance Book Club



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

"Stoking the Fire": Men's Weekend Retreat with Fr Jim Clarke

—At Galilee in Arnprior, August 18-20. "How are you being invited to a greater transformation in the liberating love of God?" Fr Jim will lead, in teaching and ritual, as we look for the fire of Grace among the 4 archetypes and their shadows. This weekend is a mix of renewal and recreation, all men ages 19 & up are welcome. The cost is \$400 (some assistance is available). Check it out at www.malespirituality.ca and see the posters around the church for more info. Request a registration package from davidanthonyperry@gmail.com



Breathing Classes at St. Joe's

Simple breathing techniques can improve your mental health, help you relax, and can greatly benefit your overall well-

being. You can learn some of these techniques and how to get in tune with your body right here at St. Joe's

Breathing Classes, instructed by Robert Black, will take place in the Parish Hall each Friday

from 10:30-11:30 am. The first session will take place on August 4th.

Participants are asked to wear loose, comfortable clothing and bring a yoga mat or something comfortable to lie down on. Each participant is also asked to provide a donation to the Supper Table as payment.

If you are interested in attending Breathing Classes, please sign up at the Welcome Desk or contact the Parish Front Office during the week. The class will begin with a minimum of six participants (sign-ups) and a maximum of twelve.

Lost & Found — The summer weather sometimes causes us to carry more with us than we normally would. Things such as sunglasses, umbrellas, water bottles, and hats are easy to forget in the pews, so please be wary of the items you bring with you to Mass. Because the parish is such an open and busy place, there are no guarantees that lost items will be found.

If you lose something, or spot something that seems out of place, please check in with the Welcome Desk before leaving. They will keep any lost items with them and then deliver them to a secure spot in the Parish Office after Mass. Please visit or contact the Parish Office to access the Lost & Found during the week.



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.
Erin.anderson@rogers.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

Fridays

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

Saturdays

—Vigil Mass at 5pm

Library News

Books available on the



PSALMS include:
Brandt, Leslie, *Psalms Now* (BS1440.B73);
Bruggemann, Walter, *Message of the Psalms* (BS1430.3.B78 1984);
Craghan, John, *Psalms for all Seasons* (BS1430.4).

Ahead at Galilee Centre this summer:

Canoe Pilgrimage: A Journey of Reconciliation – Aug. 8

An intrepid group of 30 pilgrims made up of Jesuits, Indigenous and others will be making a stop at Galilee Centre on Aug. 8, where they will engage any visitors in an evening interactive presentation on the history of colonization, the need for reconciliation and, in particular, the Calls to Action of the Truth and Reconciliation Commission of Canada. The next day, the paddlers will be greeted at the shores of Naataga (Peaceful Waters) Camp by elders of Kateri Native Ministries. More can be learned about the pilgrimage at

<https://canoe-pilgrimage.com> Cost: a goodwill offering will be taken up to assist with the pilgrims' costs.

Finding God in this Confusing World. – Aug. 11-13

Presented by Fr. Jim Clarke, Director of New Evangelization in the Archdiocese of Los Angeles. Fr. Jim is a spiritual guide with an extensive academic background, but, more importantly, has tons of real-world experience in ministry, spiritual direction and spiritual formation. He is the author of *Soulcentred: Spirituality for People on the Go* and *Creating Rituals: A New Way of Healing for Everyday Life*, as well as a CD/DVD series on *Spirituality for a Modern Individual*. Cost: \$330 (Private/Single), \$310 (Shared/Double), \$230 (Commuter). Meals included.

Six-Day Directed Retreat – Sept. 16-22

Facilitators: Frs. Roy Boucher OMI, Richard Kelly OMI, Srs. Anne Taylor GSIC, 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. Cost: \$690 with an early-bird discount for registration by Aug. 13 of \$670.

More info and registration for all above events at: www.galileecentre.com or contact: info@galileecentre.com or 613-623-4242 x 21.

Advanced Care Planning Workshop —Who Will Speak for You?



The next workshop will take place in the fall. The exact date has yet to be confirmed, but please register if you are interested in attending. Space is limited! To register, visit the Welcome Desk or contact the Front Office at 613-233-4095 x 221. You can also contact Roshene Lawson at roshene@me.com or RLawson@bruyere.org for more info.



Welcoming Yard

Signs—While we all celebrate our faith, values and beliefs together on Sundays, it's equally important to live what we celebrate throughout the week as well. That means celebrating diversity, loving one another, being charitable, forgiving and understanding. Signs are \$20 and can be purchased at the Welcome Desk. Proceeds from the signs will go toward projects supporting the integration of immigrants and refugees in our community.

FROM AROUND THE COMMUNITY...

PILGRIMAGE TO THE SHRINE OF ST. ANN, CORMAC —

SUNDAY, JULY 30: A coach bus will be leaving Ottawa from the Greenboro and Baseline Park & Rides. We will arrive in time for the 11 am Shrine Mass and return to the city after the 2 pm Healing Mass. Celebrants: Most Rev. Michael Mulhall, Bishop of Pembroke and Most Rev. Christian Riesbeck, Auxiliary Bishop of Ottawa. Cost is \$40/person. Please RSVP no later than Friday, July 21. Contact Ashley Hillyer for more details. E-mail preferred at ahillyer85@gmail.com or leave a message at 613-733-8962.



Pray for the sick: Estelle Lemoyre, Paul Labelle, Ray Daly, Kevin Harper, Bruce Hadley, Larry Haffner, Caroline Midgley, Connie Lafrance, Cassandra Destin, Karson Napoleon, Fritzner Donatien, Jack Lalonde, Kitty Crowe, Sheryl Mac-

Donald, Mary Rolland, Helena Robb, Laura Brady, Margot Duford, Julie Mercier Doucette, Donna Rowlings, Johana Horvath, Brian Smith, Beth Smith, Emma Tippin, Kelly Lyon, Kaputo Malama, Lise Fillion, Robert Racicot, Pierre Demontigny, Estqlal Al Shereefi, Chris Puricelli, Hilde Oullette, Madison Powell, Carol Speed Zeyen, Pauline Shields, Rosayla Titi, Donna Naughton, John Burton, Zenny Burton, Ezekiel, Joseph Paul, Charlotte McCarthy, John Rasmusen, Bill Rabnett, Ryan Schulze, Catherine Harker, Peter Beninger, Sherry C., Richard Balsan, Joey Kaplanis, Annelise Coulombe, Danielle Cossette, Dorothy Chiklakis, and Phil Swift. **Prayers for those who have**

died: Maureen Monette, Rosemary Trapper, William Gray, Brian Barr, Irma Liss, Thérèse Babineau, Sister Joan Nugent, Sister Marie Anne Bondy, Jose A. Cruz, Mila D. Suarez, Ermelinda Monte Amato, Suzanne Crarette, Fr. John Orval Afleck, Helen Murphy, Louis Mogollon, Florence Alice Fox, Patricia Knatchbull, Xavier Egan, Angela Keyes, Joy Ifedi, Joey Kaplanis, John Conlon, Nancy Gibson, Francesca Matus, Ely Fairey, Ella Green, Jean-Maurice Dirren, Fr. John Brioux OMI, and Giselle Garleneau. **To add a name,** please inform the Front Office or write it in the binder at the Welcome Desk.