



St. Joseph's Parish
An inclusive community

A Parish of the Oblates of
Mary Immaculate
since 1856

St. Joe's Weekend Bulletin

May 12, 2019 — Fourth Sunday of Easter

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.



PARISH PASTORAL COUNCIL ELECTIONS/ APPOINTMENTS

It is that time of year again to renew the membership of the Parish Pastoral Council. We are looking for nominees for 4 member-at-large positions and appointments from the clusters for 3 Cluster Representatives (Community Building Cluster, Liturgy Cluster and Faith Formation & Initiation Cluster). Member-at-large positions are open to any member of the parish 16 years of age and older. All parishioners are eligible to nominate candidates and to vote if an election is needed. Cluster Representatives are appointed by the members of the ministries within each cluster and have the responsibility of being the liaison between the ministries of their cluster and the Parish Pastoral Council. If you wish to nominate someone for a member-at-large position, please email your nomination to Fr. Richard rbeaudette@omilacombe.ca or send a written nomination to the parish office. Nominations will be forwarded to the election coordinator. Ministries are to send their recommendations to their current Cluster Representative.



Welcome Desk Volunteer Needed!

For 5:00 PM Mass on Saturdays

Must be able to arrive 15 minutes before Mass and remain in the church for at least 20 minutes after the end.

For more information, please, contact Ann Kelly at:
ak-3@sympatico.ca

Thank you!

AGM 2019

(Annual General Meeting)

Dear parishioners,

It is this time of the year again where you have the possibility to vote for the two ministries you would like to be featured at the AGM 2019 (Annual General Meeting). This very meeting will be held on Tuesday, June 11, 2019 at 7:00PM in the Parish Hall.

Voting is very easy. Simply put a checkmark beside the two ministries of your choice and that is it! The voting sheets are available in the Church, displayed against the wall near the votive candle counter.

We count on your participation!

Thank you so much.

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

Acts 13.14, 43-52

Revelation 7.9, 14b-17

John 10.27-30

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 May 5, 2019: \$6,654



News from around The Supper Table

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

- Instant coffee
- Sugar
- Tea
- Ground coffee
- Cookies
- Spices
- Pasta
- Rice
- Noodle packages
- Canned fruit
- Salt and pepper

Donations by cheques are always welcome!

Happy Mother's Day all! Wishing everyone a very happy Mother's Day! This week is an exciting one as we are starting to sell our home made JAM! All jam is \$5, but we have a mom's special for you this Sunday as we are giving it to you for \$3 instead of \$5 — this week only!

The Supper Table is in desperate need of the following:

Spiritual Seekers monthly Mini-retreat is Saturday May 18th;

9:30AM - 12:30PM, in St. Joe's Hall — The Journey of Liberation continues. What does resurrection mean for me? What if the kingdom Jesus proclaimed - is now? Then what really matters? Let's Seek first the kingdom ... to know and breathe in the reality of who I am in the Mystery and Grace of God. All are welcome, no charge. For more info - email davidanthonyperry@gmail.com. (final retreat for the season is June 15)



Living Spirit! & Raising the Barn: A Day Retreat for Men - May 25th - Almonte, ON — What does it mean to be 'Living Spirit?' Why do we often live only in the Ego? For a creative mix of archetypal language and ritual in the Christian mystic and Indigenous traditions -- men from around Ottawa - of all stripes, are invited to this day of healing, inner

work, fellowship and joy. It's co-facilitated by Dave Perry (Male Spirituality Ottawa) and Frank Leaney (Wabano Centre). Suggested contribution is \$50; includes lunch and dinner. Oh yeah, and it's in a Barn. For more info & the registration package, email Joe Michniewicz at joziu9@hotmail.com

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 7-8PM in the Oblate Lounge



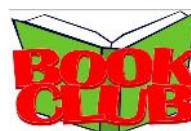
Development and Peace

CARITAS CANADA

Development and Peace: Cyclone Idai leaves 3 million people in need of aid — Over three million people in Mozambique, Malawi and Zimbabwe are in need of urgent aid after tropical cyclone Idai ravaged this south eastern area of Africa. Over 300,000 people have lost their homes from flooding, especially in Mozambique which was the hardest hit. There the city of Beira was particularly hard-hit, cases of cholera have been reported and residents need refuge. DEVELOPMENT AND PEACE CANADA is working with CARITAS to help 27,000 most in need for basic hygiene items, kitchen supplies and emergency shelter materials. Your gift can make a difference for those in need. Info: devp.org.



Library News — Books about HENRI NOUWEN include - *Higgins, M. Genius born of anguish: the life and legacy of Henri Nouwen (BX4705.N87H53 2012)*, *O'Laughlin, M. Henri Nouwen: his life and vision (BX4705.N87O53 2005)* & *Roderick, P. Beloved: Henri Nouwen in conversation (BV4705.N87A5 2007)*.



LGBT+ and Straight Alliance's Book Club

— Join us for a discussion on "Soar, Adam, Soar", in which a father retells a story of his transgender son, and meet the author, Rick Prashaw, who will be our guest on Thursday, May 23. We will gather at 7PM in the Sacristy room. May 23.

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

ppcc@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.



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. Maria Virjee mvsali2@gmail.com



ORDER JUNE GROCERY CARDS NOW!

It's time to order grocery cards for June! Consider creating a monthly order and giving post-dated cheques payable to OMRA Shelter Corp for the rest of 2019.

TWO PIECES OF NEW INFORMATION

From now on orders need to be placed by 7PM of the last Sunday of the month! One of our card suppliers has changed the way we order our cards. To be sure you get your cards by the 2nd Sunday of the month, we need your order by the last Sunday of the previous month. Orders placed by 7PM on May 26th will be available on the 2nd Sunday of June, June 9th. Also, because of changes initiated by one of our card suppliers we now have the following cards available for purchase: Loblaw's/Independent - \$50 and \$100, Metro/Food Basics - \$50 and \$100, Farm Boy - \$50. 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). Please return your empty Farm Boy cards to one of us. OMRA receives \$1 for each card OMRA returns and Farm Boy reissues those cards.

Your participation helps to subsidize the rent of 13 refugee families in Ottawa.

OMRA AT ST JOE'S IS SPONSORED BY THE REFUGEE OUT-REACH COMMITTEE

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.



Financial Coaching Ministry

Are your finances causing you stress? You're not alone. A little help can go a long way to reduce your stress and help you regain control and peace of mind. Contact me at 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

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 Friday of month.
Sjcgigroup@gmail.com

Saturdays

—**Vigil Mass** at 5pm

St. Joe's Women's Centre Presents:

A Night of Comedy!!

-Come and enjoy a fantastic evening filled with good laughs and great company!

Thursday June 13th, 2019

8pm, 8:30pm Showtime

Where: 412 Preston St.

www.absolutecomedy.ca

Tickets: \$ 20



For more information or to purchase tickets please contact: St. Joe's Women's Centre
Jenn Clark
613-231-6722 or jclark@st-josephs.ca

Book of the Sick:

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.



Young Adult Ministry

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

Hiking Trips around Ottawa and Gatineau.

Once a month we will head out of the city for a nice outing depending on the weather. We will meet at the Church and arrange rides with people who can drive.

**ALL
ARE
WELCOME**

With the University Mass finishing up for the season I wanted to draw attention to a number of young adult activities and initiatives we will be holding over the Summer. If you are interested and available over the Summer **please let Andrew know by email** and mentioning what events you want to sign up for.

Young Adult Catechesis.

A few of you have asked if it would be possible to have a young adult faith learning and sharing group. We need about 8-10 people committed to meeting weekly to go through selected sections of the "Journey of Faith for Adults" curriculum.

Summer BBQ's on the upstairs deck.

With the roof repaired and the deck being rebuilt we will be able to have BBQ nights. The deck should be ready by mid-June so I'll let you know when we will have our first one.

Weekly Writing Café for Thesis Writing and Graduate Work.

This would consist of a three to four hour session with coffee and small snacks. You would come with your work and writing goals. Once we have people signed up we will send out a doodle poll to set a time each week where we can meet in the Oblate Lounge.

Weekly Games Nights in the Oblate Lounge.

This will be a closed group once we have enough people signed up so that we can plan our games and activities.

Mass Intentions:

Wednesday, May 15, 2019: Dr. Wilbert J. Keon

Thursday, May 16, 2019: Jean Vanier

Friday, May 17, 2019: N/A

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!

**Prayers
Please**

Prayers for the sick: Leta Walsh, Bill Pynter, Walter Cibischino, Gaetano Gallizzi, Roger Toner, Milan Agnesi Gonzalez, Paul Tymchuk, Henri Laroque, Nova-Anne Rousseau, Esther Cvirik, Emilio Giuliani, 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, Rita Hogan, Janet Pritchett, Barry Crawford, Denise Crawford, and Fran Franklin. **Prayers for those who**

have died: Peter Craig Gillis, Maurice Lalonde, John Flynn, Ignacio David, Sr. Kitty McCann (gsic), Rosemary McCanny, Andrea Jone, Cecil Gleason, David Scott, Joe Konst, Max Strader, 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, and Rolph Almstedt. **To add a name,** please inform the Front Office or write it in the binder at the Welcome Desk.

Information from The Refugee Outreach Committee (ROC)



The government of Ontario is cutting the funding to Legal Aid Ontario by \$133 million this year. Legal Aid Ontario assists the most vulnerable people in Ontario to preserve their basic essentials: keeping stable housing and avoiding eviction; maintaining income support benefits and resolving complex immigration legal issues. Presently the St. Joe's Refugee Outreach Committee (ROC) is working with 10 families including 14 adults and 15 children. We have referred and accompanied some of them to Legal Aid Ontario lawyers, who have provided them with invaluable legal advice and support that would have been inaccessible

to them because of limited or non-existent financial resources. Studies show that every dollar retracted from legal aid leads to a \$3-5 increase in other areas of government expenditure, such as homelessness, health, family breakdown and incarceration.

Please consider the following actions:

1. Contact the Ottawa MPPs and express your concern. It's especially important that the Progressive Conservative MPPs hear from you.
2. Sign this petition calling on the Ontario government to stop the Legal Aid cuts: <https://www.stoplegalaidcuts.ca>.
3. Share this email.

Thank you for your consideration.

GRACENOTE VESPERS – THURSDAY MAY 9, 2019; 7:30 PM:

Join us at Galilee Centre for evening prayers of Thanksgiving & Praise led by the uniquely talented GRACENOTE. This compassionate & talented group of artists brings a vibrant, joyful, & soulful approach to this ancient Christian prayer. Cost: Goodwill Donation For more information: 613-623-4242 ext 34 or www.gracenotemusic.ca.



UNENDING PULL OF LOVE – MAY 10 – 12, 2019

Dr. Maureen McDonnell invites you to draw aside with fellow pilgrims for a time of enrichment and community, through story, contemplative practices, literature, music, and nature so as to raise your questions and yearnings for a fruitful way of being as we age. We hope you are willing to risk this remarkable journey! Cost: Single \$210, Double \$180, Commuter (including meals) \$150 CDN. For more information: 613-623-4242 ext 21 or info@galileecentre.com

Spring-into-Summer Pot Luck Supper

The Saturday 5 O'clock Mass Community invites all parishioners, families, friends and walk-ins, to a Pot Luck Supper coming up on May 18. We will sit down together after Mass and share a little food and companionship along with a few "getting to know you better" stories - the familiar and ongoing ones, and others as yet untold. So bring a favourite dish to church on May 18 along with any out-of-town family who may be visiting on this long weekend. After Mass we will have a little fun and enjoyment with the food and fables, and counting our many blessings.





Hello St. Joe's! I am just delighted to assist in offering some health and wellness programming here in the parish over the next 7 weeks. As was noted previously, this programming is being offered based on the results of the parish survey that was conducted last November by the Health & Wellness Working Group. In order to respond in a timely fashion to the needs that the survey identified, we are ready to move on a few programs. It's im-

portant that we hear from YOU during these 7 weeks. Health & Wellness "Comment Cards" are available at the Welcome Desk, the Parish Office, or contact me directly. I look forward to seeing you and hearing from you. Peace, Michelle Miller

BOOK CLUB

"Being Mortal" by Atul Gawande
Five sessions—Mondays beginning May 27 through June 24 from 7pm-9pm at St. Joe's—enter 151 Laurier. Come to one or all of the sessions.
Sign up at the Welcome Desk, Parish Office or with Michelle. *Need help locating the book? Contact Michelle.*

SAVE THE DATE

—Saturday, June 22, Workshop at St. Joe's
***Understanding Palliative Care 101—
Even if You Are Not Dying!***

"Being Mortal"...Bestseller for *The New York Times & The Globe and Mail*, and best book awards from *The Guardian, The Telegraph, Amazon, and Maclean's*.

*"In his latest book, Surgeon Atul Gawande writes, with his customary warmth and panache, a plea to the medical profession and the rest of us to shift away from simply fighting for longer life towards fighting for the things that make life meaningful."
"Not so much a book about death and dying...but a book about living!" "It is a book you feel you have to discuss with others as it makes you think about your own life experiences."*

Support for caregivers came up as an important need from the survey. We want to connect with you specifically and make sure our programming for you is helpful and timely. So if you are caring for a parent, spouse, special-needs child, or someone else in your life, please sign up at the Welcome Desk or with Michelle. What and when we offer programming will depend on what we hear back from you. Please sign up at the Welcome Desk, the Parish Office, or with Michelle directly.

Health & Wellness Contact:

Michelle Miller
Wellness@st-josephs.ca
To reach via phone,
please call the Parish Office

Health & Wellness Working Group:

Chris Adam
Fr. Richard Beaudette
Dona Bower
Roshene Lawson (Chair)
Joanne Lee
Patricia Malikail
Marsha Wilson

AROUND THE COMMUNITY

*We'll be sharing resources and events around Ottawa for various groups.
This week we highlight some upcoming events for seniors:*

Aging in the City: Engaging Ideas for Age-Friendly Ottawa
Tuesday, May 14, 6:30-8:30PM, St. Paul University, L-120.

Info Session: Senior LGBT Well-Being Check-In Program
Sponsored by the Good Companions & Ottawa Senior Pride Network
Tuesday, May 14, 6:30-8:30PM,
The Good Companions Centre, 670 Albert St., 613-236-0428.

The Gift of Years – 10th Annual Conference on Spirituality and Aging
June 5, 9AM-1PM at The Council on Aging of Ottawa, 1247 Kilborn Place
Register online at coattawa.ca or 613-789-3577 x101, \$15.00
(For more information, see colour poster on our parish bulletin boards in the back of church).