



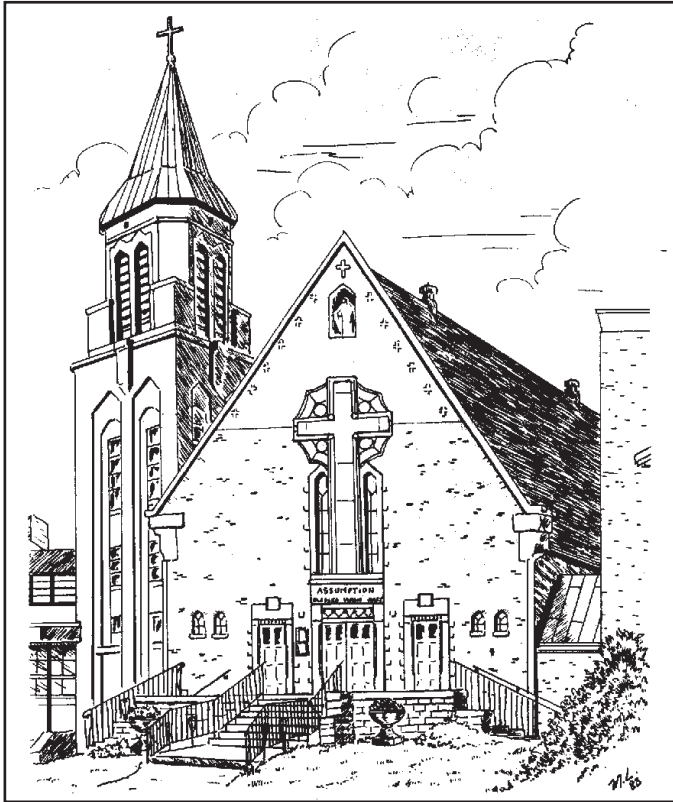
Assumption of the Blessed Virgin Mary Parish



Served by the Franciscan Friars Conventual

320 Olmstead Street, Vanier, Ontario K1L 7K3 • Tel: 613-695-6079

Website: www.assumptionparishottawa.ca



OUR PARISH MISSION STATEMENT

"We endeavour to build for this community a viable Christian Family that all will consider home."

MASS SCHEDULES

Saturdays: 9 am & 4 pm (Sunday Liturgy)

Sundays: 9:30 am, 12:00 pm (Filipino Mass), 7 pm

Mondays to Fridays: 8:00 am (except for School Masses, on Feast and Solemnities)

DEVOTIONS

Rosary: 30 Minutes Before Weekday Masses and Every First Saturday of the Month (after the 9:00 am Mass)

Devotion To Our Lady of Perpetual Help: Every Wednesday After The 8:00 am Mass

Eucharistic Adoration: Every 1st Friday at 8:30am (after the Morning Mass) and every Friday at 6:00 pm

PASTORAL TEAM

Pastor: Rev. Fr. Victor Mateo, OFM Conv.

Pastoral Council Chair: Nicolas Murillo

Finance Council Chair: Mary Stanton

Administrative Assistant: Nora Arriola

PARISH OFFICE HOURS

Monday to Friday, 10 am - 12 noon, 1:00 pm - 4:00 pm
(closed on holidays)

PASTORAL & SACRAMENTAL CARE

Baptism: Please call the Parish Office to make an appointment to register your child for Baptism and to discuss all the requirements. If you belong to another parish, a letter of permission from your pastor is required. If you are not a parishioner of any parish, you must register and attend Mass regularly, and there is a three-month waiting period before your child can be baptized.

Confessions: Weekdays, after the 8 am morning Mass (approach the priest); First Fridays - 8:45 am to 9:15 am; First Saturdays - 9:30 am to 10:00 am, 3:30 pm to 4:00 pm (by appointment) Every Sunday - 11:30 am to 12noon

Marriages: One of the couples must be a registered member of the parish for at least 6 months and attend Mass here regularly. Please make arrangements at least six months before the wedding date. Marriage Preparation Course required.

Sacrament of the Sick & Communion for Shut-ins: Please contact the Parish Office

Funerals: Arrangements should be made firstly with the church, and then with the funeral director to insure proper Christian burial Assisted by the Bereavement Ministry

Youth Ministry: Every 1st Saturday of the month, 30 to 45 min. session (after the 4 pm Mass) at Carlo Acutis Hall.

Welcome

To the new and current MEMBERS of our PARISH.

Kindly visit our website <https://www.assumptionparishottawa.ca>.

PRAYER REQUESTS: Let us pray for the healing or better health of the following:



Lina Groulx, Claire Kiruhira, Christopher Finnerty, Gloriani Mateo, Charity Marohombsar, Michael and Arnita Sabong, Nelia Samonte, Feliza Daiz, Arlene Magpayo, Theresa Akan, Virgie Bautista, Leonida Sarmiento, Melchor Tejero.

Pope Leo's Monthly Prayer Intention
That Everyone Might Have Food

"Let us pray that everyone, from large producers to small consumers, be committed to avoiding wasting food, and to ensuring that everyone has access to quality food."

LITURGICAL MINISTERS

May 30, 4:00 PM – Joan Lepage, Richard Horrigan, with Manny Beloy; **May 31, 9:30 AM** – Lynn Obero, Mary Miguel, with Melchor Tejero, Emilyn Suficiencia; **12 NOON** – Nora Arriola, Macky Abulencia, with Juanita Maniguira, Novie Ramos; **7:00 PM** – Janice Ordinario, Nora Mercader, Lani Agustin, with Lori Scott



Mass Intentions

Please get in touch with the parish office to reserve your preferred dates (at least a week before). Requests will be handled on a "first-come, first-served basis."

MAY 23. Saturday, **9:00 AM**, (white) – Elizabeth Romain by *Mary Stanton*; **4:00 PM SUNDAY LITURGY** – †Frank Barrett by *Dianne Burns & Fraser Family*

May 24, **PENTECOST SUNDAY** (red), **9:30 AM** – Well-being of the donors of the Pew Restoration Project; †Rev. Paul Beaudoin by *Beaudoin Family*; †Frank Barrett by *Beaudoin Family*; †Crispino Obero, Jr.; †Angela Radych; **12:00 NOON** – Well-being of the donors of the Pew Restoration Project; Thanksgiving by *Kristian Rey Alcantara*; Thanksgiving by *Mark Anthony & Jonna Blance (wedding anniversary)*; † Iris Villacora by *Jhun & Cathy Mendoza*; **7:00 PM** – Pro Populo

May 25, **MEMORIAL BLESSED VIRGIN MARY, Mother of the Church** (white) **8:00 AM** – †Feliciano Mercado by *Blesilda Mercado*

May 26, **MEMORIAL, ST. PHILIP NERI** (white) **8:00 AM** – Debbie Romain (birthday) by *Mary Stanton*

May 27, **VOTIVE MASS, OUR LADY OF PERPETUAL HELP** (white) **8:00 AM** – Brian Miguel(birthday) by *Nena Coronel*

May 28, **FERIAL DAY** (green), **8:00 AM** – †Charles Stanton by *Mary Stanton*

MAY 29, **FERIAL DAY** (green) **8:00 AM** – †Cirila, Anselmo & Vicente Alcala by *Nena Coronel*

COLLECTION REPORT
May 16 & 17, 2026
\$ 2,629.

The Holy Spirit & His Gifts

(from the Archdiocesan website)



The Holy Spirit is the third person of the Trinity and the one who inspired Sacred Scripture. The title of ‘spirit’ comes from the Hebrew word ‘ruah,’ which means breath, air, or wind. Jesus calls him the “Paraclete”, or “he who is called to one’s side.”

Throughout scripture, the Holy Spirit is symbolized by fire, like the tongues of fire that descended on the apostles at Pentecost, by water, a cloud, an anointing, a dove, and many other forms. You may be most familiar with artistic depictions of the Holy Spirit as a dove.

You can ask the Holy Spirit for help at any moment. He is an advocate who intercedes on our behalf, inspires our minds and hearts, and helps us discern God’s will. In Scripture, he gives the apostles courage in the face of their fear and inspires their words.

“The Spirit helps us in our weakness; for we do not know how to pray as we ought, but the Spirit himself intercedes with sighs too deep for words.” (Romans 8:26)

In moments when we struggle to find the words to pray, or in times of doubt or confusion, we can ask the Holy Spirit for aid. Simply invoke him by saying, “Come, Holy Spirit,” or pray the following prayer:

“Come, Holy Spirit, fill the hearts of your faithful and kindle in them the fire of your love. Send forth your Spirit, and they shall be created. And You shall renew the face of the earth.”

Through the Holy Spirit, God has also given each baptized Christian two kinds of spiritual gifts: *The gifts of the Holy Spirit and charisms.*

The **gifts of the Holy Spirit** are wisdom, understanding, counsel, fortitude, knowledge, piety, and fear of the Lord. These are supernatural gifts given to us at baptism and sealed in the sacrament of confirmation. They are meant for us to keep. They help us to grow in holiness and aid us in our journey towards heaven. The struggle against sin and temptation is difficult, and we can ask the Holy Spirit to stir up these gifts within us to help us.

Charism comes from a Greek word in the New Testament that means “favor” or “gratuitous gift.” These are unique gifts God has given people to serve others and build up the Church. Given supernaturally by the Holy Spirit, they differ from natural talents and cannot be used for evil. Each baptized Christian has at least one charism.

“Within the communion of the Church, the Holy Spirit “distributes special graces among the faithful of every rank” for the building up of the Church. Now, “to each is given the manifestation of the Spirit for the common good.” (Catechism of the Catholic Church, 951).

ST. FRANCIS OF ASSISI – “Let us produce worthy fruits of penance. Let us also love our neighbors as ourselves. Let us have charity and humility. Let us give alms because this cleanses our souls from the stains of sin. We must not be wise and prudent according to the flesh. Rather, we must be simple, humble, and pure. We should never desire to be over others. Instead, we ought to be servants who are submissive to every human being, for God’s sake. **The Spirit of the Lord will rest on all who live in this way and persevere in it to the end. He will permanently dwell in them.** They will be the Father’s children who do his work.”



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