

Twenty-Fourth Sunday in Ordinary Time – Year B

Diocesan Theme: **Christ is Everything for Us!** “Lord, to whom can we go? You have the words of eternal life”.
(John 6.68).

Parish Mission Statement: **Love God, Love Others, Make Disciples!** Our Lady of the Miraculous Medal parish through the liturgy, faith formation and sacramental life, provides opportunities for members to develop their faith and service to others.

MASS INTENTIONS

Saturday, September 14th – The Exaltation of the Holy Cross

4:30pm Repose of the soul of Gisèle Langevin by Sylvie Dupuis

Sunday, September 15th – 24th Sunday in Ordinary Time

9:00am Repose of the souls of Mary and Bob Urlocker by the Urlocker-Lalonde family

10:45am Intentions of the parishioners by the Pastor

Tuesday, September 17th

7:00pm

Wednesday, September 18th

9:30am For the health needs and blessings of Ken and Heather Sisk by the James family

Thursday, September 19th

9:00am Repose of the soul of Gisèle Langevin by Lynne Dupuis

Friday, September 20th – St. Andrew Kim Tae-Gōn, Paul Chōng Ha-Sang and Companions

9:00am Intentions and well-being of all seniors

Saturday, September 21st –

4:30pm Repose of the soul of Gisèle Langevin by Sylvie Dupuis

Sunday, September 22nd – 25th Sunday in Ordinary Time

9:00am Intentions of the parishioners by the Pastor

10:45am Repose of the soul of Gisèle Langevin by the James family

Intentions of the Holy Father for September FOR THE CRY OF THE EARTH

We pray that each one of us will hear and take to heart the cry of the Earth and victims of natural disasters and climactic change and that all will undertake to personally care for the world in which we live.

Twenty-Fourth Sunday in Ordinary Time (Year B)

He summoned the crowd with his disciples and said to them, “Whoever wishes to come after me must deny himself, take up his cross, and follow me. For whoever wishes to save his life will lose it, but whoever loses his life for my sake and that of the gospel will save it.” [Mark 8:34–35](#)
Practically speaking, how do we follow Jesus and save our souls? Is it enough to profess that we believe in Jesus? If we were to conclude that Jesus is God and the Savior of the World, would we then be saved? Certainly not. Even the demons believe this truth. Jesus is quite clear that salvation requires action on our part. We must deny ourselves, take up our crosses, and follow Him. Furthermore, the road to salvation requires that we lose ourselves for the sake of Christ and the Gospel. What exactly does this mean, practically speaking?

To answer this question, let's first consider the way that many people live. We tend to desire the easiest in life, the most enjoyable, the greatest, and the most consoling. We often seek out those things that make us feel good and the path of least resistance. For example, if you could fast on bread and water or feast on the most delicious foods, which would you choose? If you could choose between a vacation in the most exotic and luxurious location or a week of tough work, which would you choose? If you could choose to drive a brand new, high-end car or a very old beater, which one would you prefer? Most people would quickly pick the nice food, luxurious vacation and fancy new car.

In his spiritual classic, the *Ascent to Mount Carmel*, Saint John of the Cross outlines a very different path. He gives a series of spiritual maxims to use for prayer and meditation to help purify your soul of every unhealthy attachment so that you can become more fully attached to God and His holy will. St. John says, “Strive always to prefer, not that which is easiest, but that which is most difficult; Not that which is most attractive, but that which is most unpleasant; Not that which gives most pleasure, but rather that which gives least...” These spiritual maxims, when read in their entirety, challenge us to the core of our being. They quickly reveal to those who are honest that they often prefer the easiest, most pleasant and best that this world has to offer. But what is best for your eternal soul?

Jesus' teaching, that we must deny ourselves, take up our cross, and follow Him, is the road map to saving your eternal soul and to discovering a spiritual fulfillment that far surpasses anything this world or our flesh has to offer. But in order to understand this road map and then to follow it, we often need to make a “spiritual U-turn” so to speak. This U-turn begins with us choosing the Cross on every level of our being and concludes with God stripping away all selfish desires and replacing them with a desire for sacrificial love.

If you were to carefully examine your thoughts throughout the day, you might find that you think about yourself a lot. Very often, our thoughts begin with “I” and end with “me.” Denying yourself, taking up your cross, and losing your life means that you no longer think about yourself. It means that the eyes of your soul have turned away from yourself and focus exclusively upon the will of God and the love of others. But this will never be possible until we are freed of the numerous selfish desires that often direct most of our actions day in and day out.

Reflect, today, upon that which you desire throughout your day. What occupies your thoughts the most? What are you drawn to the most? Do you spend most of your day thinking about how you can better serve God and His holy will? Or do you spend most of your day thinking about yourself? Do the eyes of your soul most often turn to the selfless service of others? Or do they more often think about what you want in a selfish way? Reflect upon these difficult questions and seek to eradicate everything within you that is selfish. Doing so will enable you to make a spiritual U-turn so that you can carry the glorious and transforming Cross of Christ.

My sacrificial Lord, You lived a selfless life in which Your only concerns were the glory of the Father in Heaven and the salvation of the world. Please free me from all selfishness so that I will be more able to deny myself in every way, run toward every cross in life, and follow You into the beautiful life of selfless and sacrificial love. Jesus, I trust in You.

September 15, 2024

Are you new to Our Lady of the Miraculous Medal Parish?
WELCOME! If you have not yet registered, please complete a registration form found in the foyer or in the office.

You may bring the completed form to the office or drop in the collection basket.

ANNOUNCEMENTS

This Week at Our Lady's

Tuesday, September 17

7:30 pm – Liturgy Committee Meeting

Wednesday, September 18

10:00 am – Our Lady's Littles Group

6:00 pm – Baptism Parents Meeting

Thursday, September 19

10:00 am – Legion of Mary Meeting

Friday, September 20

9:00 am – Seniors' Mass

7:00 pm - Youth Group Meeting

Saturday, September 21

11:30 am – Baptism

We are excited to introduce Our Lady's Littles!

Our Lady's Littles is a playgroup for babies and children where they can play and make friends. It is a time for mothers to share experiences, enjoy each other's company, and connect with other like-minded mothers in the same stage of life. Join us every Wednesday from 10:00 am -12:00 pm. If you have any questions, please feel free to reach out to Megan Louise at meganandyohan@gmail.com. We look forward to welcoming you and your little ones!

Starting in October, our Catechesis of the Good Shepherd (CGS) program will be offered in the church hall.

Levels 1 through 3, for children aged 3 to 12 years old, will be running. Please pick up a registration form in the church foyer for more information.

14th Annual Autumn Pilgrimage to St-Joseph's Oratory

on Sunday, October 20, 2024, from the Dioceses of Ottawa-Cornwall, Gatineau, Pembroke, St-Jérôme-Mont Laurier, and Kingston. Seats are limited. The cut-off date is October 4, 2024. For more information contact Mike Budge at 613-224-8110 or by email at mikebudge2021@gmail.com.

Have you been missing the fellowship from attending coffee Sundays? If so please feel free to sign up and host an up-coming coffee Sunday. Sign up sheets are posted on the kitchen counter. Thank you all in advance.

TRUTH

The CWL is more than sandwich makers! Yes, service is part of our ministry – as we feed many in sadness, friendship and celebration – but we are so much more. Did you know members of the Catholic Women's League donate more than a million dollars to charities across the country per year as well as thousands of volunteer hours? Truth be told – we can do more – with you on our team! Join today!

The Fall 40 Days for Life campaign, a time set aside to pray and fast for an end to abortion, is taking place from Wednesday, September 25 to Sunday, November 3, 2024.

More information can be found on the website, <https://www.40daysforlife.com/en/>

To kick off this year's 40 Days for Life campaign we're showing the movie Unplanned. Good Shepherd Parish has generously offered their church hall for the viewing. This movie is not recommended for children under 12 years old. There is no admission charge, but a free-will offering will be taken up.

First Promises of Sr. Caroline

The Servants of the Cross cordially invite you to the ceremony of the First Promises of Sr. Caroline Protasevych, SC, to be received by The Most Reverend Marcel Damphousse, Archbishop of Ottawa-Cornwall.

Saturday, October 5th, 2024, 11:00 am Mass, St. Mary's Parish - 100 Young St. Ottawa, ON

KNIGHTS OF COLUMBUS COUNCIL 12401 CORNER

The mission of the Knights of Columbus is to deliver four key programs to our parish community. These programs are

- Faith: Knights are called upon to help strengthen men and their families in the catholic faith
- Family: Knights help to strengthen the bonds of families in our parish
- Community: Knights are called to serve others through charitable works in our parish and community
- Life: Knights are called to help vigorously defend the dignity of each human being at each stage of life

To learn more about the Knights of Columbus go to www.kofc.org