



Our Lady of the Assumption

Roman Catholic Church

Mission ~ St. John the Evangelist, Keene, Ontario



1830 Keene Rd., Otonabee, ON, K9J 6X7

Phone: (705) 741-1018

email: office@assumptionotonabee.ca

web: www.assumption-stjohns.ca

Pastor: Monsignor Michael Heffernan C.H.H.

Weekend Holy Mass Schedule

OUR LADY OF THE ASSUMPTION

Saturday 4:00 p.m. in the fall & winter and
5:00 p.m. in the spring & summer.
(Times will switch at Seasonal time change)

Sunday 9:00 a.m.

ST. JOHN THE EVANGELIST

3217 County Rd. 2
Keene, Ontario K0L 2G0
Sunday 10:30 a.m.

Weekday Holy Mass Schedule:

OUR LADY OF THE ASSUMPTION

Monday, Wednesday & Thursday 8:00 a.m.
Tuesday 6:30 p.m. for the first Tuesday
of the month and 8:00 a.m. for all others
(Tuesdays in July & August: Masses 8:00 a.m.)
Friday 7:00 p.m.

ADORATION AND BENEDICTION

Every Friday from 6:00 to 7:00 p.m.
followed by Holy Mass at 7:00 p.m.

NEW PARISHIONERS—

Have you registered in our Parish?
“Parish Census” Forms can be found
at the back of the Churches. Please introduce
yourself to Fr. Michael and welcome!

Reminder -

**If you or a family member is in the
hospital and you would like the priest at
Our Lady of the Assumption to contact you,
please phone the office.**

MOVING? ~ Please let the office know of your move
from this parish. Also, an address change is necessary
for sending out the year's tax receipts.



22nd Sunday in Ordinary Time
September 3, 2023

Parish Office: Phone: (705) 741-1018

Secretary: Monday, Tuesday, Thursday and Friday
from 9:00 a.m. to 1:00 p.m.

Catholic Women's League:

► President: Anna Marie Bolin
(705)742-8249

Marriage: Registered Parishioners must contact
the Parish Office twelve months before the
proposed Wedding date. No date for a Wedding
can be set before a couple has met with the Priest.

Baptism: Please speak with Fr. Michael about
this after any of the Masses. Preparation course is
required.

Reconciliation:

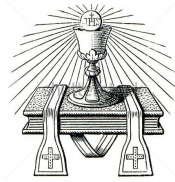
Saturday: 4:15 – 4:45 p.m.

Sunday: 8:15 – 8:45 a.m.

**You may also book an appointment with Father
at ANYTIME**

MASS INTENTIONS**SEPTEMBER 4 – 10**

MONDAY, September 4
Blessed Dina Bélanger
 8:00 a.m. ~ Special Intention



TUESDAY, September 5

6:30 p.m. + Geraldine Heffernan
 (Catholic Women's League)

WEDNESDAY, September 6

8:00 a.m. + Margaret, Aileen, Shelia & Helen
 (Anne)

THURSDAY, September 7

8:00 a.m. + Maria Tucci, Michael, Rosa & Dante Mauro
 (Ida Palma, a friend)

FRIDAY, September 8

Nativity of the Blessed Virgin Mary
 6:00 p.m. ~ Adoration & Benediction
 7:00 p.m. ~ Special Intention

SATURDAY, September 9

St. Peter Claver
 No morning Mass

SUNDAY, September 10

23rd Sunday in Ordinary Time
 5:00 p.m. (Sat.) + Frank & Lina Mauro
 (Loretta & Family)

9:00 a.m. + Terry Keating
 (Ironside Family)

10:30 a.m. (Keene) ~ Missa Pro Populo

LIVE STREAMING OR THE MASS FOR THE 22ND SUNDAY IN ORDINARY TIME

The Mass for the 22nd Sunday in Ordinary Time will be live-streamed from the Cathedral of St. Peter-in-Chains starting at 5:00 p.m. today - Saturday, September 2, 2023. The Mass will be available thereafter on the YouTube channel for the Roman Catholic Diocese of Peterborough.

Please join in prayer through the weblink found below:

<https://www.youtube.com/watch?v=MX7ucbEuJ0g>

Women's Fall Retreat 2023

14th Annual Women's Fall Retreat, **Sat., Oct. 21**, 9am-3:30pm, Holy Cross Church, 503 Clothier St., Kemptville, ON. Miriam Wright, a well-known speaker, will encourage us to respond wholeheartedly to the call of Jesus, the Bridegroom: "Arise, My Beloved, Come!" (Song of "Songs 2:10), so that we may come to love as we are loved. Cost (\$70) includes three keynote addresses and follow up discussions, plus lunch and snacks. Register at www.womensfallretreat.com.

RENEW Conference for Young Adult Catholics

Join us on **Saturday, November 4th** for Renew Toronto – our annual conference for all young adults aged 19-39. It is an opportunity to grow in faith with like-minded people in a similar stage of life. This conference will offer unique opportunities for students, young adult professionals, young couples, families, men and women! This year's conference will be held at the Canada Christian College at 300 Water Street, Whitby, ON, L1N 9B6. Registration opens August 14. Visit www.renewtoronto.org

FRANCISCAN MEET 'N GREET

September 17th from 1:00 to 5:00 p.m. Come join us as we celebrate the Feast of the Stigmata of St. Francis of Assisi and the first year of La Verna Ministries in the Peterborough Diocese. Light refreshments and good conversation, concluding with a Mass celebrating The Feast of the Stigmata of St Francis (4:00 PM). An RSVP would be helpful 705-243-9131

23rd Sunday in Ordinary Time

LAY MINISTRY Eucharistic Minister
 5:00 p.m. (Sat.) Colleen Petersen
 Sun 9:00 a.m. Mary Pat Goodridge
 10:30 a.m. Rose Wornoff

Lector
 Joanne Bolton
 Bob O'Brien
 Carloyn Doris

September 10, 2023

Gift Bearers
 Joe & Barb Amarelo
 Barb Lynch & Anne Coughlin
 Joanne Nelson

C.W.L. News



The next CWL meeting will be on **Tuesday, September 5th** at 7:00 p.m., following the 6:30 Mass.

Parish Beef and Pork Supper **Saturday, September 23rd from** **3:30 to 7:00 p.m**

Delicious Roast Beef and Succulent Roast Pork Dinner with Baked Potato, Salads, and all the Trimmings topped off with Homemade Desserts

Tickets on sale now:
Adults \$25 at door, \$20. in advance
Children 6 to 12 \$10, under 6 free
Tickets will be available after Mass.

Desserts wanted:

Can you bake a dessert for the Parish Beef and Pork Supper?
If so, please sign up after Mass.

Assumption Social Club

Assumption Social Club will host euchre the second Tuesdays of the month. Doors open at noon on **September 12**, and there'll be a light lunch at 1:45p.m. If you wish further info, contact Betty Clark at 742-2803.

2023 PARISH MISSION---OUR LADY OF MOUNT CARMEL HASTINGS

Our Lady of Mount Carmel in Hastings is having a parish mission **September 15-17, 2023.**

Al Smith will be reflecting on the writings of **Venerable Archbishop Fulton J. Sheen.** The relics of the Holy Face will be on display. Free will offering. Schedule: Sat. 1- 4 pm reflections; Holy Mass at 5 pm; 7-10 pm documentary on Bishop Sheen. Sunday from 3:30-5 pm reflections and discussions. You may find more information at:
<https://ladyofmountcarmelhastings.ca/>

Thank you for your generosity!

August 27: Offertory \$2,030.00 Fuel \$30.00
P.O.P. August 30: Offertory \$787.00

Celebration & Thanksgiving Mass **St. Therese, Courtice**

Please join the Congregation of the Daughters of Leuca in celebrating the beatification of their foundress, Mother Elisa Martinez on Saturday **September 9**, 9:30 am, St. Therese in Courtice, His Excellency Bishop Daniel Miehm presiding. Light refreshments will follow in the hall. RSVP required, dml.stmaryofleuca@gmail.com or call 905-436-2308

Douro Doings 2023

The 93rd Douro Doings will be held this year on Monday **Sept. 4** at the Douro Park, lots of games, car and truck show, slow pitch and more. A roast beef dinner will be at the parish hall.

ST. ANNE'S FUNDRAISER

St. Anne's Knights of Columbus is hosting a fundraiser concert featuring The Misfits, in the church at 859 Barnardo, on Saturday, **September 16th** at 7:00 p.m. Intermission, bar open in the hall, 50/50 draw. Everyone welcome!

Newman Golf Classic

The first Newman Golf Classic (NGC) supporting Peterborough Campus Ministry will be held Thursday, **September 21st** at Quarry Golf Club in Ennismore. The NGC features a \$10,000 Hole-in-One Challenge, prizes, player gifts, lunch, and dinner. Cost is \$150. Visit www.ptbocampusministry.ca/golf for details.

The Keene Lions Club will be holding a chicken and fish fry on **Friday, Sept 8** from 4-6 at the Keene Lions Den.

These take-out meals include meat, fries, cold drink, buns and coleslaw. The chicken dinner is \$11; one piece fish dinner is \$13- and two-piece fish dinner is \$17.

Blood Pressure Clinic Kawartha Home Care

Free blood pressure clinic available every Monday 10-12/1-3pm at 320 Water St. Unite 72, Peterborough, Kawartha Home Care Clinic.

Project Rachel Retreat

Project Rachel at the Refuge is offering a retreat **October 27-29, 2023**, for women who are suffering the effects of abortion. We have been offering Project Rachel retreats for more than fifteen years. At our retreats, we welcome women whose pain has been silenced and denied by the world. See our web site (stmarysrefuge.org/rachel), and phone or e-mail us in confidence, 289 691 6840 or projectrachel@stmarysrefuge.org.

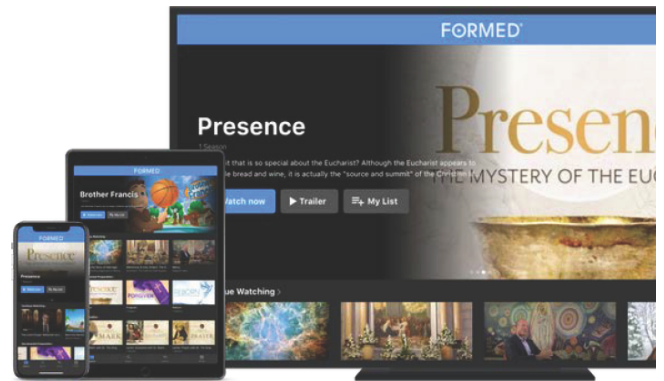
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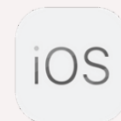
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CYBERBULLYING 101

a quick guide for parents and educators

Cyberbullying is willful and repeated harm, harassing, humiliating, or threatening text or images, inflicted through the internet, interactive technologies, or mobile phones. It can occur 24/7 and go viral throughout a school, community or worldwide instantaneously.

Teachers report that cyberbullying is their #1 safety concern in the classrooms. Pew Research found that nearly 60% of teens report being cyberbullied and consider it to be a major problem.



Cyberbullying Tactics:

- **Doxing:** revealing sensitive or secret personal information to harass or expose the intended victim
- **Gossip:** Sharing information to damage a person's reputation/relationships
- **Exclusion:** Deliberately excluding someone from an online conversations, groups or events to hurt their feelings
- **Impersonation:** Creating an online presence in someone else's name/account in an effort to solicit or post personal or false information about that person
- **Harassment:** Repeatedly posting or sending offensive, rude, and insulting messages on websites/social media and gaming platforms/blogs, or by messaging/texts
- **Cyberstalking:** the use of the internet, or other electronic means, to harass and intimidate a selected victim
- **Flaming:** Online fights where scornful and offensive messages are posted on websites, platforms forums, or blogs
- **Outing and Trickery:** Tricking someone into revealing secrets or embarrassing information, which is then shared online
- **Cyberthreats:** Remarks or distressing material threatening or implying violent behavior to create significant fear
- **Revenge Porn/Sextortion:** nonconsensual distribution of intimate images and sexual extortion (See "Sexting 101" Quick Guide)

Possible Effects of Cyberbullying:

- Feelings of humiliation, isolation, embarrassment, anger, powerlessness
- Negative impact upon self-esteem
- Depression or anxiety
- Declining grades
- Loss of interest or fear of attending school/other activities
- Sleep or eating disorders
- Suicide-related behaviors or thoughts, self-harm (sometimes encouraged or promoted by the cyberbully)

CYBERBULLYING 101

a quick guide for parents and educators

Conversation Starters:

Ask your child:

- Are your profiles set to "private"?
- Would it be easy for someone to track you down?
- How many online "friends" do you have?
- What kind of information do you consider safe? Unsafe?
- Have you posted anything that you wouldn't want your grandmother to see?
- What messages do your pictures and postings portray?
- Have you been contacted by a stranger?
- Have you ever said/posted anything online you wish you could take back?
- Do you treat people differently online than you do offline?
- Has anyone ever hurt your feelings by anything they posted about you online?
- Have your friends ever put themselves at risk? If so, what did you do about it?

Discuss ways for your child to be an upstander and not a bystander when they witness another being bullied. Teach your child not to comment on posts that insult or harass others and not to forward embarrassing photos or messages.

If you suspect cyberbullying is taking place:

- Stay calm. Keep open lines of communication with your children.
- Meet with school administrators to discuss school's bullying/cyberbullying policies if the bullying involves another student. Consider discussing the bullying situation with the bully's parents/guardians.
- Do not delete messages or posts from cyberbullies: save as evidence. If your child is in immediate danger or threatened with harm, crime or illegal behavior, contact your local police.
- Report cyberbullying to the website or app and teach your child to do the same. Teach them it's their responsibility to report it.
- Report child sex abuse material, obscenity or a cybercrime to:
CyberTipline.com or 1-800-THE-LOST
- The National Suicide Prevention Lifeline is available 24/7 to help individuals in suicidal crisis with support.

Call 800-273-8255 or chat by visiting suicidepreventionlifeline.org.

safety & prevention 101
RULES N' TOOLS®

No child is immune to online threats: Parents are the "first line of defense."

- Build an atmosphere of trust and accountability and communicate regularly about online activities and relationships.
- Teach your child to never share personally identifiable information (PII) including date of birth, address, full name, school or any image that can be used to identify or track your child down.
- Your child should not accept any online activity meant to intimidate, threaten, tease, or harm them or anyone else and to come to you if this occurs.
- Remind your child that those who bully want to make their victims feel as if there is something wrong with them; it is the bullies who have the real problem.
- Encourage your child to talk to you (or a trusted adult) if anyone says or does something online that makes your child feel uncomfortable or threatened.
- Teach your child to 'think before you post' and remind them there are 'no take backs'.
- Teach your child to never send or post sexually suggestive images and to tell you if someone sends and/or requests explicit images.
- Know your child's user names and passwords.
- Check to see if your child has any hidden apps or accounts.
- Watch out for warnings signs such as: reluctance to use computer/smart phone, a change in your child's behavior, mood, appetite or sleep, a reluctance to go to school, becoming withdrawn or depressed, or closing social media accounts and/or establishing new ones.
- Block bullies and use privacy settings on all platforms and devices.
- Implement Safety Rules and Software tools ("*Rules 'N Tools*®") on all internet-enabled devices and platforms used by your child. **See the Enough Is Enough® "*Rules 'N Tools*®" guide at internetsafety101.org/safety-intro**
- Essential software tools include setting age-appropriate filters, monitoring and time management software.
- Have your child sign the **Family Contract for Smart Phones and Digital Devices**.

Enough Is Enough® (EIE) Quick Guides are based on EIE's **Internet Safety 101®** Emmy Award-winning multi-media program and website designed to educate, equip and empower parents, educators and other adults with information needed to protect children from internet dangers.

For more information, visit internetsafety101.org and enough.org.



SOCIAL MEDIA 101

a quick guide for parents and educators

Virtual communities open up a new world for kids to chat, network, stay connected and share common interests. However, these opportunities to socially interact can also be used by others to target and harm kids.

Social Media Dangers and Concerns

- Child may share or receive risqué or sexually explicit pictures or videos (sharing an explicit image of a minor is a crime!)
- Social media apps provide anonymous platforms for sexual predators and traffickers to groom unsuspecting youth
- Can use space to humiliate others or post inappropriate content (cyberbullying)
- Can connect with or receive a message from a stranger
- May attempt to physically meet with a stranger
- Can be harassed by peers/cyberbullied
- Is meant for ages 13+, but a lack of age-verification allows anyone to sign up
- Can lead to excessive or addictive use, or a substitute for face-to-face interactions
- Access to unhealthy peer “groups” (cutting, cults, gambling, drugs, etc.)
- No information shared is truly “private” in the digital world
- Over exposure can lead to mental health issues such as depression, anxiety or suicidal thoughts

Teach Teens These Safety Precautions:

- Think before you post. Remind them that there are no takebacks.
- Never send, post or share a sexually suggestive picture or video; tell your parent if someone sends and/or requests explicit images.
- Don't accept any online activity meant to intimidate, threaten, tease, or harm you or anyone else; Let parent/trusted adult know if this occurs.
- Tell you immediately if they receive a threatening, mean or sexual message. Block further communications.
- Get parent approval before opening or downloading new apps.
- Respect others online; Never send or share information that might hurt or embarrass someone.
- Never use vulgar or sexually-explicit language.
- Make sure they understand that they cannot recognize a disguised predator who may pose as a kid or trusted adult to begin the grooming process
- Predators often take conversations outside the app where interactions can't be easily monitored.
- Teach them how to recognize the grooming tactics of predators and traffickers, including trust and relationship building, offering love/romance, gifts, jobs, and the promise of a better life.
- Snapchat, Instagram, Facebook, TikTok, WhatsApp, Discord are among apps predators frequently use to connect with children and teens.

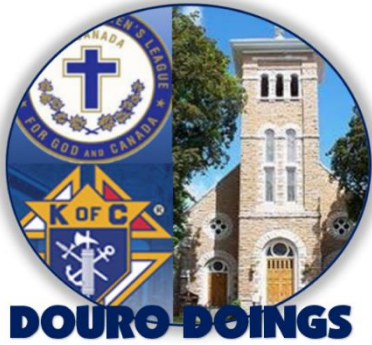
safety & prevention 101
RULES N' TOOLS®

No child is immune to online threats: Parents are the "first line of defense."

- Review app before allowing your child to use it; Review app with your child.
- Do not allow child to download apps; passwords allowing download should be kept by the parent only.
- Teach your child to never share personally identifiable information (PII) including date of birth, address, full name, school or any image that can be used to identify to track your child down.
- Know your child's user names and passwords.
- Follow/Friend your child so you can monitor posts and activity. Friending your child will require your child adding you to their 'friend list'.
- Encourage your child to "Think before you post." Is he/she comfortable with everyone seeing the information shared?
- If anyone shares or asks your child to share sexual messages or images, make a report to CyberTipline.org.
- Check all devices used by your child to see what apps are installed; Look for "hidden" apps (ie. app that looks like calculator but is a front for another app to hide files, photos and videos).
- Be mindful of 3rd party and connected apps – some will allow the user to log into one app using account information from another, which may allow access to profile information.
- When using mobile devices to post or check in, your child may be providing location-sharing information. Check settings to ensure only desired information is being shared.
- Set privacy and security settings on all apps to keep your child as safe as possible.
- Social media accounts are for use by children that 13 years old or older as set by the federal law.
- Implement Safety Rules and Software tools ("Rules 'N Tools®") on all internet-enabled devices and platforms used by your child. See the **Enough Is Enough® "Rules 'N Tools®"** guide at internetsafety101.org/safety-intro
- Essential software tools include setting age-appropriate filters, monitoring and time management software.
- Have your child sign the **Internet Safety Youth Pledge: Laptop, Device and Phone Contract** at internetsafety101.org/youthpledge

Enough Is Enough® (EIE) Quick Guides are based on EIE's **Internet Safety 101®** Emmy Award-winning multi-media program and website designed to educate, equip and empower parents, educators and other adults with information needed to protect children from internet dangers.

For more information, visit internetsafety101.org and enough.org.



Plan to attend
The Historic 93rd
Douro Doings

Labour Day Monday Sept. 4, 2023

All the Great Events

At the Douro Park

205 Douro 2nd Line

*Car & Truck Show

*10k Run at 10 am

*Children's Games and Entertainment

*Snack Bar on site for Breakfast & Lunch

*Weekend Fast Ball, Slow Pitch, Tug of Wars and Horseshoe Tournaments

At St. Joseph's Parish Hall Douro

299 County Rd 8

***Roast Beef Dinner & Entertainment**

***Famous Quilt Raffle** and others

Our Lady of Mount Carmel Parish, Hastings
2023 Parish Mission
Sept 15 -17

LORD SHOW US THY FACE AND WE SHALL BE SAVED! BEHOLD YOUR MOTHER!

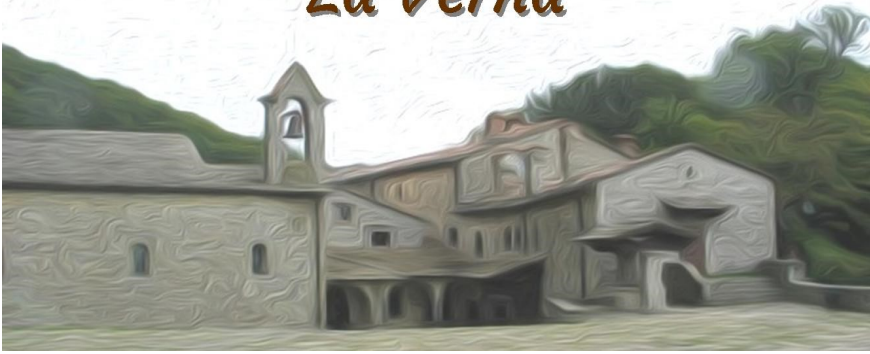
- Come Join Al Smith and enjoy reflections regarding the writings of the Venerable Archbishop Fulton J. Sheen on The Cross, The Blessed Virgin Mary and The Holy Face of Jesus

- **Relics of the Holy Face (The Veil of Veronica) will be on display in the church for veneration and private reflection throughout the mission.**
- ✓ **Free-will offering – ATTEND ALL OR PART OF THE TALKS**
- ❖ **Schedule - Saturday 1- 2 pm – reflection; 3-4 pm reflection; 5 pm Mass; 7-10 pm Fulton Sheen documentary and discussion/socializing**
Sunday Afternoon – after the Masses there will be a 3:30 - 5 pm reflection
- ✓ **(Books and prayer cards for sale)**
- ✓ **Address - 51 Albert Street East, Hastings**

For Information call the parish at **(705-696-2254)** or visit website at ladyofmountcarmelhastings.ca



La Verna

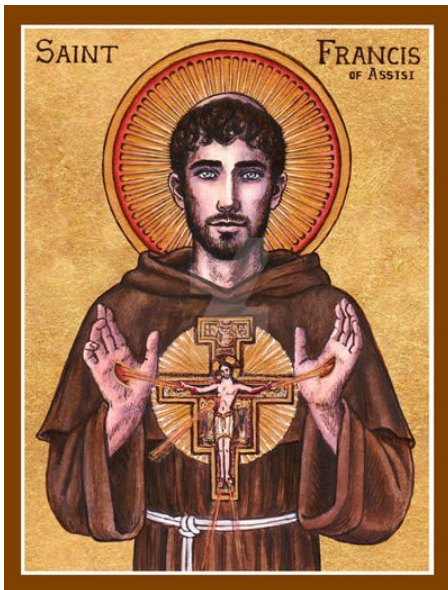


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FRANCISCAN MEET 'N GREET

SUNDAY 17 SEPTEMBER 2023

1:00 PM ~ 5:00 PM



COME JOIN US! AS WE CELEBRATE THE
FEAST OF THE STIGMATA OF
ST FRANCIS OF ASSISI

&

THE FIRST YEAR OF *LA VERNA* MINISTRIES
IN THE PETERBOROUGH DIOCESE!

Come, meet some of our Capuchin Brothers, Secular Franciscans and others like YOU, interested in discovering more about the Secular Franciscan Order, the Capuchin Order and our Franciscan Spirituality and Life!

Light Refreshments and Good Conversation
concluding with a Mass celebrating
The Feast of the Stigmata of St Francis (4:00 PM)

An RSVP would be helpful...



14th Annual

Women's Fall Retreat

*Arise,
My Beloved!*



**Keynote Speaker
Miriam Wright**

Miriam's passion is helping people embrace their identity and destiny in Christ as a beloved child of the Father. She has travelled to countries on four continents to lead others to experience a personal Pentecost and freedom in Christ. Her desire is to see everyone experience the fire of Divine Love which empowers us to fully embrace our baptismal call to holiness and mission.

Miriam and her husband Bill are members of St. Paul the Apostle Parish in Kingston.



**Saturday
October 21st, 2023
9:00am - 3:30pm**

**Holy Cross Church
Parish Hall**
503 Clothier St, Kemptville

In Person: \$70

Register Now

www.womensfallretreat.com

BLOOD PRESSURE CLINIC



WILL BE HELD EVERY
MONDAY
10-12 AM | 1:00-3:00 PM

COME ON IN!

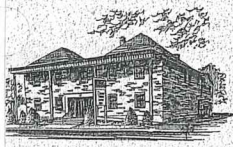
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