

World Mental Health Day

Lived Experiences Heard: Real Voices, Real Change

World Mental Health Day is an international awareness day dedicated to issues related to mental health. Its purpose is to inform the general public, combat the stigma surrounding mental illness, and promote access to care.



It offers an opportunity for health organizations, governments, and associations to highlight both the challenges and the progress made in this field.

Origins of the Day

Established in 1992 by the World Federation for Mental Health (WFMH), the day has been supported from the beginning by the World Health Organization (WHO). It is observed every year on October 10 and serves as a key moment to raise awareness about mental health conditions and their treatment. Initially, its main goal was to encourage the exchange of information among professionals. Over time, its impact has broadened to include public awareness campaigns aimed at the general population.

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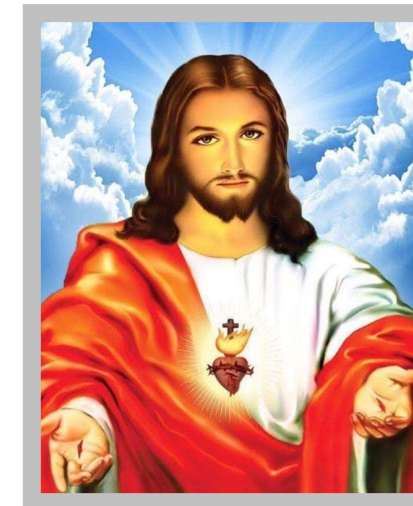
Purpose of the Day

One of the main objectives of this day is to promote a better understanding of mental health disorders and to fight against the prejudices that surround them. It also aims to encourage governments to invest more in mental health infrastructure and services. Each year, a specific theme is chosen to highlight a particular aspect of mental health, such as suicide prevention, workplace wellbeing, or access to care for all.

Cont'd inside...

	« I lift up my eyes toward the mountains, whence shall help come to me? My help is from the Lord, who made heaven and earth » (Ps 121) *** A parishioner	Centre de formation francophone pour adultes 69, rue Birch E. • 705-864-2763 formationplus@vianet.ca
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Parish Bulletin October 4, 2026 27th Sunday in Ordinary Time- Year A



Sacred Heart RC Parish

Chapleau, ON



Fr. Benedictus Nshikita, Parish Priest

PARISH SERVICES AND COMMITTEES

Finance Council
Decorating Team
Liturgy (E)
Liturgy (F)
Music (E)
Music (F)
Pastoral
Funeral Meals

Chantal Desbois
S. Joly/M. Beaulieu/A. Duffney
Adyh Duffney
Pierrette Ouellette
Vicki St. Amand
Joanne Allaire

Chantal Desbois

PARISH ORGANIZATIONS
Catholic Women's League
Missionary

Anne Ouellette
Gloria Demers

SUPPORT STAFF
Snow Removal/Repairs
Janitorial/Maintenance
Bookkeeping/Secretarial

Dan Pilon/Phil Morin
Lynn Landry/Daniel Guitard
Hélène Pineau

Mass Schedule
As published herein.

Communion at home
Please contact Fr. Ben to make arrangements.

Sacrament of Baptism
Please contact the office to make arrangements.

Sacrament of Marriage
Please call the office at least six months (preferably one full year) prior to the wedding date to make arrangements.

Sacrament of the Sick
Please contact Fr. Ben to arrange either for a home or a hospital visit to receive the Sacrament of the sick.

Sacrament of Reconciliation
Upon request.

OFFICE HOURS

Tuesday to Thursday, 10am to Noon, 1pm-4pm
Friday, 10am to Noon

CELL (FR BEN) : (705) 362-3357
CHURCH : 26 Lorne St. North | OFFICE : 21 Lansdowne St. North
PO Box 490 | Chapleau, ON P0M 1K0
Telephone : (705) 864-0747 | Fax : (705) 864-2204
E-mail: sacrecoeur1883@gmail.com | fb/sacred heart parish chapleau
Web site: hearstmoosonee.com

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Key Facts

- According to the WHO, nearly one billion people worldwide live with a mental health disorder.
- Depression is one of the leading causes of disability globally.
- Less than half of people with mental health conditions receive adequate treatment.
- Each year, around 700,000 people die by suicide, making it one of the leading causes of death in certain age groups.
- The COVID 19 pandemic led to a significant increase in anxiety and depressive disorders, highlighting the urgent need to strengthen mental health services.

Activities Surrounding the Day

Many initiatives are organized to mark the occasion, ranging from conferences and public discussions to awareness campaigns on social media. Health institutions, associations, and businesses take part in prevention and information efforts, such as free screenings, patient testimonies, and training sessions for professionals. In some countries, iconic landmarks are illuminated in green, the symbolic color of mental health. Media outlets also play a key role by sharing personal stories and highlighting solutions to improve the care and support of people living with mental health challenges

« O God of hosts, look down from heaven, and see;
have regard for this vine,
the stock that your right hand planted. »

(Psalm 80)

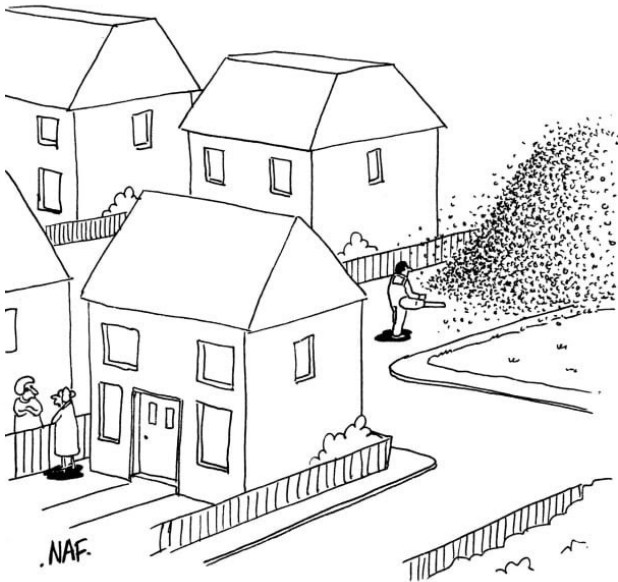
MASS SCHEDULE From October 3 to 11, 2026

Sat	3	5 pm	F	• Parishioners' Intentions / Your pastor
Sun	4	9:30 am	E	• Gilles Babineau / Patricia & André Fournier • Lucien Pilon / CWL
Mon	5			No mass
Tue	6	9:30 am	B	• Nicole Lalonde / Pierrette & Réjean Ouellette
Wed	7	9:30 am	B	• Diane Collings / Judy, Jim, & Nancy Collings
Thu	8	11am Hosp	B	• Fr. Ben's Intentions
Fri	9	9:30 am	B	• Forgotten Souls in Purgatory / Roy Brown
Sat	10	5 pm	E	• Family Intentions / A parishioner • Suzette Lacroix-Paré / CWL
Sun	11	9:30 am	F	• Parishioners' Intentions / Your pastor

Offerings for Sept 26-27, 2026

Sunday Collection	\$1,589.65
Diocesan Levy	\$50.00
Heat.....	\$20.00
Canadian Church	\$165.00
Priests' Pension Fund.....	\$50.00

Thank You for your Support



« Since he bought the leaf blower
I hardly ever seen him. »

Sanctuary Lamp:
The Ouellette & Lacroix families

This Week's Liturgical Colours

Green. Liturgical colour used during Ordinary Time, calling to mind the growth of the Church, springing from the very wellspring of God.

White. Liturgical colour used for adornments during Christmas and Easter. It is also found during feasts of the Dedication, the Virgin Mary, the Holy Angels, of pastors, of Doctors of the Church, and Saints who were not martyred. White is symbolic of purity, but even more so of the Heavenly Glory and the brightness of everything which emanates from God. It is the colour of the Resurrection.

Red. Liturgical colour calling to mind blood or fire. It is used on Palm Sunday, Good Friday, Pentecost Sunday and during masses honouring the Holy Spirit, during the Feast of the Holy Cross, feasts of the Apostles and the Evangelists, and during feasts of the Holy Martyrs.

Upcoming Events

October 4 - Bingo



Welcome to our first **Bingo** of the season to be held this **Sunday, October 4, 2026 at 1pm** in the parish hall. Admission is \$25. Open to all players 19 years & up.

October 5 - Choir Practice

There will be a rehearsal of the **English choir** at the church this **Monday, October 5th at 4pm**. Looking forward to seeing everyone there!



October 5 - CWL Meeting



A reminder to CWL members that our next meeting will be held in the church hall on **Mon., Oct. 5, 2026 at 7pm**. See you all there!

October 6 - AA Meeting

A reminder to members of **Alcoholics Anonymous** that our next meeting will take place in the sacristy on **Tuesday, October 6, 2026 at 7pm**.



October 26 - Municipal Election



Regarding the **2026 Municipal Election** to be held **Monday, October 26, 2026**, Catholic ratepayers are reminded to make sure you are registered as a Separate school supporter by calling the Chapleau town hall at 705 864-1330.

Attendance at Sunday Mass

♦ Sept 26 (18 present)

Sept 27 (37 present)