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Canadian Martyrs
CATHOLIC CHURCH
A Welcoming Oblate Parish

100 Main Street, Ottawa, ON K1S 1C2
613-232-5347
office@canadianmartyrs.org
www.canadianmartyrs.org

Triple F

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Immaculata High School

140 Main Street, Ottawa

Proud Sponsors of the
Community

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BAPTISM PREPARATION: Contact the Parish Office a minimum of 3 months before the baptism. Baptismal instructions are required.

MARRIAGE PREPARATION: Contact the Parish Office to set up the initial interview. It is recommended that the first contact be a minimum of 6 months before the wedding.

DIRECT DEPOSIT DONATIONS: The forms are available at the back of the church if you wish to make donations to the church through direct deposit. Envelopes for special collections will still be provided.

PARISH REGISTRATION: The registration form is available at the back of the church or can be filled out online at <http://canadianmartyrs.org/register/>.

FOOD CUPBOARD: We collect non-perishable food items for the Centretown Emergency Food Centre on an on-going basis.

If you would like to **advertise** your business in our bulletin, please call 613-232-5347 or email office@canadianmartyrs.org.

Find us on Facebook : Canadian Martyrs Parish, Ottawa.

PARISH PASTORAL COUNCIL MINUTES: For your information, the minutes are available in a binder at the back of the church and at <http://canadianmartyrs.org/pastoral-council-minutes/>

Welcome to our guests and new parishioners who have chosen to be with us for this celebration. As we worship and pray together may your experience among us be one of peace and joy. If you wish to register, please fill out a registration card.

Mass Times

Sunday 10am
Saturday 5pm
Weekdays 11:30am
(No Mass on Mondays)
Sacrament of
Reconciliation is half an
hour before Mass or by
appointment.

Pastoral Team

Pastor:

Fr. Tim Coonen, OMI

Pastoral Assistant:

Jane Staples

Admin. Assistant:

Heather Duggan

Pastoral Council

Dorothy Wood

613-523-2829

Meetings: 1st Thur. 7:15p

Finance Committee

Bob Richer 613-738-4731

Development and Peace

Evelyn Kelly 613-235-
6266

Diocesan Centre

613-738-5025

Schools

Corpus Christi

613-232-9743

Immaculata HS

613-237-2001

Cemeteries

Hope Cemetery

613-822-1212

Notre-Dame

613-746-4175

January 19/20 2019 2nd Sunday in Ordinary Time



MASS INTENTIONS

Sat. Jan. 19 5:00p Dan Kelly and Ben MacDougall by Lorna Kelly

Sun. Jan. 20 10:00a Intentions of all parishioners

Tues. Jan 22 11:30a Robbie & Breanne Archibald and their mother, Bonnie by Paul Cheng

Wed. Jan. 23 11:30a Pasquale Cotroneo by Anita Tosto

Thur. Jan. 24 11:30a Pasquale Cotroneo by Carroll family

Fri. Jan. 25 11:30a Rollie Goulet by Margaret Denny

Sat. Jan. 26 5:00p Catherine Allen by Robert & Brian Allen

Sun. Jan. 27 10:00a Intentions of all parishioners

PLEASE PRAY FOR OUR SICK

Fr. Norm Bonneau, Fr. Frank Morrissey, Fr. Mike McCarthy, Vincent Kroon, Janet Fulton, Nancy Jansen, Chris Smith and family, Ping Cai, George Cull, Tim Cull, and Gilbert Bouchard.

MEETINGS AND EVENTS

Jan. 20 Lunch and Learn, 11am

Jan. 25 Youth Gathering, Bowling

Feb. 7 Parish Pastoral Council, 7:15pm

Feb. 9 Pizza Supper, 6pm

Feb. 10 Anointing of the Sick, 10am

COLLECTION Jan. 5/6

Envelopes and Loose change: \$2474.85

Thank you!

FINANCES – Jan.1 to Nov. 30/2018

	Actual	Budget
Revenue	\$249,334.91	\$211,475.00
Expenses	<u>\$222,529.22</u>	<u>\$225,205.00</u>
	\$ 26,805.69	(\$ 13,730.00)

OUR PARISH NEWS

ANOINTING OF THE SICK

During the regular 10:00am Sunday Mass on **February 10th** the Sacrament of Anointing of the Sick will be celebrated. Those who are sick or suffering in any way, mind, body, or spirit are invited to come forward. During the Mass we pray for: the sick to be made whole and their caretakers be strengthened by faith, that people in broken relationships may be given the strength only God's love can bring, and for all who have endured illness or brokenness and who wait in the hope of God's healing care.

GREEN AUDIT

The church will be undergoing a Green Audit in late January. A Green Audit will help ensure that the place where we work and worship is healthy for us and the environment. Stephen Collette from Your Healthy House will spend a day at the church to help us determine how the church and parish centre buildings might be failing. He determines how the building could be impacting occupant health, through testing and assessments. Stephen pulls all of this knowledge together and will offer us

solutions to make our church building more resilient, more efficient, more economical to operate, and healthier for us and the planet. Stay tuned for more information and please join us for this informative day.

<http://www.yourhealthyhouse.ca/>

BETTER BODY BOOT CAMP

A unique fitness class combining the Zen of yoga with the high intensity aspect of bootcamp. It's the perfect blend of strength, mobility, flexibility and cardio in one cued to breath. Instructor: Parishioner, Leigh Anthony Brethour
Dates & Location: **Sat. Jan. 12th to Sat. March 31** – 12 sessions, 9:30-10:45am in our parish centre!
Cost: \$144.00 / \$15 for drop in **(Join Anytime!)**

THANK YOU

Thank you to the parishioner who volunteered to be the parish representative on the Centretown Churches Social Action Committee.

DIOCESAN AND COMMUNITY NEWS

WEEK OF PRAYER FOR CHRISTIAN UNITY

The annual Week of Prayer for Christian Unity will be celebrated **18 - 25 January** on the theme "Justice and only justice you shall, pursue" (Deuteronomy 16:18-20). The Christian Council of the Capital Area invites you to join them for an Ecumenical Prayer Service at St. Basil's Catholic Church, 940 Rex Ave. on Sunday, **January 20** at 4:00pm. www.weekofprayer.ca

PRO-LIFE

Novena of Masses - 40 Days for Life Campaign: 40 Days for Life campaign is **Mar. 6 – Apr. 14**. Novena of Masses at Holy Redeemer Parish, 44 Rothesay Dr., Kanata (Ad Orientem) and at St. Isidore Parish, 1135 March Road, Kanata. First nine Wednesdays of 2019 at 9:00 am, **Jan. 23, 30, Feb. 6, 13, 20, 27 & Thurs., Mar. 7** (St. Isidore only). Info: wanda40daysforlife@clife.ca; 613-299-2515; 40daysforlife.com/.

ASCENSION JAZZ SERIES

Jan. 26, 7:00pm, Church of the Ascension, 253 Echo Drive
Django Libre - Jazz Manouche, or Gypsy Jazz, blends American big band swing with the exotic sounds of European gypsy folksongs. Dating back in the 1930s, it was the creation of the legendary two-fingered guitarist Django Reinhardt.

GOOD FOOD BOX PROGRAM

The Mainstreeter recently spotlighted the Good Food Box program, which has operated in Ottawa for the past 22 years. Operated by the Centretown Community Health Centre, the program allows residents to order produce packages at cost each month, with a mixed assortment of fruits and vegetables in each box. One of its 26 pick-up locations is in Old Ottawa East, at the Sandy Hill Community Health Centre Satellite Office, located at 95 Main Street. <https://ottawagoodfoodbox.ca/>

FROM THE JPIC OFFICE

Canada has become officially a member of a key intergovernmental agency, the

International Renewable Energy Agency (IRENA) that promotes the adoption of solar, wind, geothermal and other forms of renewable energy. For decades, Canada is known to be a world leader in the production and use of renewable energy. IRENA, has described Canada as an "important market" for renewable energy. To learn more about this partnership:

<https://www.nationalobserver.com/2019/01/09/news/canada-joins-key-global-renewables-agency>

TAIZE PRAYER

Taizé Prayer schedule for winter 2019
Prayers at Sacré-Coeur parish: (Univ. of Ottawa campus, 591 Cumberland) **January 24th, February 28th, March 21st, April 25th**. Before each prayer, at 6:00 p.m., there is a song practice for anyone interested in learning the songs. The prayer itself begins at 7:15p.m. www.taizeottawa.ca

FIND YOUR VOICE – FOR WOMEN

Are you nervous about speaking in public? Learn effective public speaking techniques in a safe, supportive and fun environment on Sat., Feb. 23, 9:30 am - 3:30 pm at Annunciation of the Lord Parish hall. Cost: \$10. Bring a brown bag lunch. All women over the age of 16 are welcome. Sponsored by CWL Ottawa Diocesan Council. Info & registration: Lynn Lavictoire (613-833-1742); (aolpcommunications@bell.net).