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Arbor Memorial Inc.

Arbor  
Memorial**Canadian Martyrs  
CATHOLIC CHURCH****A Welcoming Oblate Parish**

100 Main Street, Ottawa, ON K1S 1C2

613-232-5347

office@canadianmartyrs.org

www.canadianmartyrs.org

**March 9/10 2019****1<sup>st</sup> Sunday of Lent****Strengthen me in times of  
temptation.**

Lord, may I recognize the cross that is mine and carry it in a trustful way, mindful of your Word and presence.

What helps me to remain steadfast in times of temptation?

**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**

Rob Criger

Meetings: 1st Thur. 7:15p

**Finance Committee****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

**Triple F****Fencing and Deck Services**

Faris For Fencing

613-262-6067, 613-879-7734

tripleffco@gmail.com

**Whelan****Funeral Home****Sean P. Copeland****515 Cooper Street****613-233-1488****Immaculata High School**

140 Main Street, Ottawa

**Proud Sponsors of the  
Community****613-237-2001****We are a Full  
Care Community**Please call Evelyn  
for a Complimentary

Lunch &amp; Tour:

**613-864-6026****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 INTENTIONS**

Sat. Mar. 9 5:00p Audrey McKeown &amp; Inez Hoey by Rosemarie Hoey &amp; family, Alan &amp; Lesley Gorman by Robert Gorman, Gregory Chauvin by his family, Jim Chambers by his family

Sun. Mar. 10 10:00a Intentions of all parishioners

Tues. Mar. 13 11:30a Pasquale Cotroneo, Rosario Cotroneo by Lidia Cotroneo

Thur. Mar. 14 11:30a Jack O'Reilly by Joe O'Reilly

Sat. Mar. 16 5:00p Pat Todkill, Pasquale Cotroneo by Lorna Kelly, Christiane Caloz by Jocelyn Caloz

Sun. Mar. 17 10:00a Intentions of all parishioners

**PLEASE PRAY FOR OUR SICK:** Raul Esteban, Fr. Norm Bonneau, Fr. Mike McCarthy, Vincent Kroon, Janet Fulton, Nancy Jansen, Chris Smith and family, Ping Cai, George Cull, Tim Cull, Leonardo Miseferi, Gilbert Bouchard.**MEETINGS AND EVENTS****Mar. 14:** Session on Prayer, 7:30pm, **Mar. 17:** Lunch and Learn, 11am, **Mar. 26:** Liturgy Committee, 7pm, **Mar. 28:** Session on Deaf Culture, 7pm, **Mar. 29:** Youth Gathering, 7pm

COLLECTION March 2/3 2019  
Envelopes and Loose change: \$ 2653.45  
**Thank you!**

## **OUR PARISH NEWS**

### **WHAT IS PRAYER?**

Join us this winter and spring on Thursday evenings, as we explore different types of prayer.

**Mar. 14:** Pierre LaViolette reviews the Liturgy of the Hours

**March 28: session to be rescheduled**

**Apr. 11:** Fr. Peter Monty S.J. discusses Ignatian prayer

**May 9:** an examination of Lectio Divina  
All sessions are 7:30pm to 9:00pm.

### **SHARE LENT IN THE NAME OF PEACE**

For this year's Share Lent, Development and Peace is encouraging us to come together for peace! You will find inspiring testimonials in the Mini-magazine on the Development and Peace table at the back of the church. During this first week, our search for peace takes us to Cambodia to meet ICSO, a Development and Peace partner that works with minority Indigenous communities to help them have their rights recognized by the government, defend their land against corporate interests, and develop sustainable economic activities that enable them to live with dignity.

### **LENTEN FOOD DRIVE**

At this time of year donations to our neighbourhood food bank drop drastically. Please consider bringing canned goods such as salmon, soup and spaghetti sauce to church for those in need. The food will be donated to

the Centretown Emergency Food Centre. Please place your donations in the bins on the table at the back of the church.

### **ACCESSING THE CHURCH: THE EXPERIENCE FOR THE DEAF**

Come join us for a reflection on the experience of the Deaf person accessing the Church. Led by Sue Gudenkauf, a Consecrated Virgin from the Diocese of Madison, Wisconsin (USA), take a glimpse into the experience of the Deaf accessing the Church and hear real experiences from the local Deaf Catholics. Thurs., **March 28**, 7:00pm Canadian Martyrs Church  
Contact Maureen Cerroni for more information: 613.286.0353 (Cell/Text)

### **LUNCH AND LEARN: MARY AND THE KORAN**

Did you know that Mary is spoken about in the Koran more than in the Gospels? On Sunday, **Mar. 17**, his Eminence Imam Dr. Mohamad Jebara will speak at our Lunch and Learn on Mary and Islam. This should be a very interesting and enlightening view of the mother of Jesus as seen through the eyes of Islam which venerates Jesus as a prophet.

### **DIOCESAN AND COMMUNITY NEWS PRO-LIFE**

Novena of Masses - 40 Days for Life Campaign: 40 Days for Life campaign is **Mar. 6 - Apr. 14**. Novena of Masses at Divine Infant Parish, 6658 Bilberry Dr., Orleans. **Mar. 25, 27 & 28** at 7pm, **Mar. 26, 30 & Apr. 1, 2** at 9am, **Mar. 29, 31** at 6:30pm. Info:

wanda40daysforlife@clife.ca; 613-299-2515; 40daysforlife.com/.  
Pro Life Mass: Sat. **Mar. 23** at 10am, St. Elizabeth Parish, 1303 Leaside Ave.

### **GOD'S PLAN FOR YOUR PARENTHOOD**

Parenting presentation by Catholic Lay Evangelist, Patrick Sullivan, husband, father, author, speaker, educator and founder of Evango. Real life experiences and practical tips on helping parents with their most sacred task. Divine Infant Parish, 6658 Bilberry Dr., Sat., **Mar. 16**, 11:30am - 2:30pm. Lunch by the Queenship of Mary. To register: [https://bit.ly/MMO\\_DI](https://bit.ly/MMO_DI). Info: Andrea [momsmorningout.di@gmail.com](mailto:momsmorningout.di@gmail.com).

### **WALK IN SOLIDARITY**

Save the Date: 'Share the Journey' Walk in Solidarity with Forced Migrants: A walk in solidarity with 68.5 million forced migrants around the world, organized by Development and Peace, ending with Mass at Notre Dame Cathedral with Archbishop Prendergast SJ and Archbishop Durocher. Sat., **April 6**. Info: [thurford@devp.org](mailto:thurford@devp.org); 613-738-9644 x224

### **CHRISTIAN MEDITATION RETREAT**

Step out of your daily life and focus on the spiritual journey. Denis Paquette explores the meaning and need for faith. "Fortify Your Life: Dive into Faith". Register by **Mar. 30**. Galilee Centre, Arnprior, **May 3 - May 5**. Cost: \$250/\$210. Info: [william\\_meek@bell.net](mailto:william_meek@bell.net); 613-521-3234.

### **ARCHBISHOP'S LETTER FOR LENT 2019**

Dear brothers and sisters in Christ, This Lent,

I invite you to focus on family prayer. It will strengthen your home life, promote personal holiness, and advance world peace. Read letter at [www.CatholicOttawa.ca](http://www.CatholicOttawa.ca).

### **LENTEN CENTERING PRAYER RETREAT**

In silence we find our home: **April 4-7**. The Centering Prayer method opens and deepens our awareness of the Presence, Action and Grace of the Divine in our lives. You are invited to a 3 day immersion into Contemplative Wisdom and Silence. All ways of Contemplative and meditative (silent) prayer are welcome. Facilitated by retreat leaders Susan Kehoe and Mary Ellen Berry of Contemplative Outreach of Eastern Ontario  
Who would like this event? Anyone wishing to deepen their experience of the Divine through the ancient practice of silent prayer. Cost: \$350.00, Galilee Centre, Arnprior. <https://www.galileecentre.com/in-silence-we-find-our-home-lenten-centering-prayer-retreat-april-4th-7th-2019/>

### **VOLUNTEER OPPORTUNITY**

Do you have a few hours each month and want to give back? Looking for help transcribing audio interviews for folks facing long-term health issues who want to give their loved ones a written gift of themselves. This project is part of St. Vincent Hospital and the Spiritual Care Department there. For more information or if you would like to volunteer, please contact Roshene Lawson, Clinical Chaplain at St. Vincent Hospital at 613-562-6262 ext. 2190. Thank you.

**Our Lenten reflections were inspired by  
a Lenten prayer by Joyce Rupp.**