



Canadian Martyrs Church

100 Main Street, Ottawa, ON K1S 1C2
Phone: 613-232-5347 Email: office@canadianmartyrs.org
www.canadianmartyrs.org
Closed for in-person Masses
Office open Monday-Thursday, 9am—4pm

Pastor
Fr. Tim Coonen, OMI

Parish Life Coordinator
Maureen Cerroni
Administrative Assistant
Heather Duggan

Pastoral Council
Angela Davis
Meetings: 1st Thurs., 7:00pm
Finance Committee
Joseph Duggan
Development and Peace
Anna Dorner
Christian Meditation
Dorothy Wood
Mondays, 3pm
Evening Prayer
Pierre LaViolette
Thursdays, 6:30pm

Diocesan Centre
1247 Kilborn Pl.
613-738-5025

Schools
Corpus Christi
798 Lyon St. S
613-232-9743
Immaculata HS
140 Main St.
613-237-2001

Cemeteries
Hope Cemetery
613-822-1212
Notre-Dame
613-746-4175

Ascension of the Lord May 15/16 2021



PLEASE PRAY FOR OUR SICK: Pat Mavis, John Dorner, Frank Groten, Peter McAllister, Rabbi Bulka, Joyce White, Devin Bursey, Sandy Cano, Fred Miller, Liam Elder, Sheila & Edward Gasnick, Raul Esteban, Chris Smith & family, Leonardo Miseferi, Clare Dashney, Ping Cai, Judette Budden, and Marie Christine Maisog

PRAYER OF THE FAITHFUL

For our Holy Father, Pope Francis, and the continued success of his pastoral work, we pray to the Lord.

For the de-escalation of the conflict between Israel and Palestine, especially the current conflict in Jerusalem and the Gaza Strip, we pray to the Lord.

For those who are isolated by COVID, through sickness, mental health or family situations, and for the courageous frontline and health care workers, whose dedication and commitment has made a difference in our lives, we pray to the Lord.

As we celebrate the Feast of the Ascension today, may we feel God's love and support and the presence of the Holy Spirit, as we confront our daily challenges, we pray to the Lord.

For the grace to continue to grow in faith through daily prayers and service to others, we pray to the Lord.

APRIL COLLECTION

Envelopes:	\$ 9,705.00
Direct Deposit (EFTs):	\$ 7,710.00
Canada Helps:	\$ 3,942.87
Total:	\$ 21,357.87

Average monthly expenses: \$ 19,580.77

Thank you!

ZOOM GATHERINGS

3pm Monday: Christian Meditation
8pm Tuesday: Lectio Divina and Meditation
6:30pm Thursday: Evening Prayer
11:15am Sunday: Liturgy of the Word

Please contact the office if you would like to join any of these sessions. The Zoom link for our Liturgy of the Word and Evening Prayer can be found in the body of the Bulletin email.

Parish News

DONATIONS TO THE CHURCH:

Our parish still needs funds to cover recurrent expenses such as heat, electricity and salaries of essential staff. If you wish to donate to the church, you can through Canada Helps using a credit card on the secure link at <https://canadianmartyrs.org/donate/> or drop your donation cheque in our mailbox or mail it to us at 100 Main St., Ottawa, ON K1S 1C2.

2021 NATIONAL WEEK OF LIFE AND FAMILY

This week will be observed **May 9-16**, with the theme, "Family, the Domestic Church: A Sign of Hope and Life". [United Nations International Day of Families](#) is observed on **May 15th**. The 2021 observance of the International Day of Families focuses on the impacts of new technologies on the wellbeing of families. During the National Week for Life and Family, click [here](#) for up-to-date information & virtual links to the National March for Life events.

ROSARY FOR THE MONTH OF MAY

Join St. John the Apostle Parish on Zoom or Facebook daily at 9:00am to pray the Rosary for the end of the pandemic, as requested by the Holy Father. All are welcome! Click this link to participate: <https://us02web.zoom.us/j/82690991609>.

SAVE THE DATE

2021 Virtual Walk for the Centre is planned for Sunday **October 3rd** from 1:00-4:00pm. This is the 6th Walk-a-thon for the Centretown Emergency Food Centre. The CEFC served 6,105 people in 2020 and the 2020 Virtual Walk was a success, raising \$34,000 for the Centre which relies on donations and volunteers to survive and to serve the community.

HENRI NOUWEN AND THE ART OF LIVING

2021 marks the 25th anniversary of the death of Henri Nouwen. This spiritual master has encouraged and blessed millions the world over with his writing! To commemorate and celebrate his remarkable life and work, the Henri Nouwen Society is pleased to announce the

Henri Nouwen and the Art of Living online conference, June 4-5. Keynote speakers include Sr. Helen Prejean, Fr. Ron Rolheiser, OMI, Dr. C. Vanessa White, Dr. Roberto S. Goizueta and others. For more information and to register click [here](#).

RON ROLHEISER'S WEBSITE

Ronald Rolheiser, OMI, a Roman Catholic priest and member of the Missionary Oblates of Mary Immaculate, is president of the Oblate School of Theology in San Antonio, Texas. He is a community-builder, lecturer and writer. His books are popular throughout the English-speaking world and his weekly column is carried by more than seventy newspapers worldwide. [Sign up for Ron Rolheiser's newsletter](#) to receive a twice-weekly meditation from his previously published writings, or news of upcoming events and publications.

VIRTUAL EVENTS AND ACTIVITIES

[Catholic Apps](#): Keeping the faith in technology!

[Vativision](#): The new Vatican streaming service which aims to be a 'Catholic Netflix.'

[Tuliptoons](#): Bringing traditional Dutch fairy tales and the story of the gift of tulips to life for a whole new generation through a series of animated videos.

[Youtube video](#): Something EXTRA to put a smile on our faces.



ASCENSION OF THE LORD

Excerpt from a homily by Fr. Carl Kelly, OMI

Most of the time when we come to Mass, we reflect on our souls, and on how we relate to others and to God. But we don't often think about our bodies and what it means to have a body. I want to reflect on the connection between Christmas, when the Son of God took on human flesh, and the Ascension when he ascended back into heaven. Pope John Paul II gave us many reflections on the meaning of having a human body. His central idea was that the human body is capable of making visible the spiritual and the divine. It was created to transfer into our world the mystery hidden since time immemorial in God. His teaching is for people of all ages and vocations since it sums up the true meaning of the human person: body and soul. After his ascension, Jesus does not use his feet to move among us, or his tongue to proclaim his presence. He uses ours. The treasure of God's personal love has been deposited within us, in our "earthen vessels" as St. Paul puts it. By becoming human and taking on our bodily nature, God's love is made real in how we relate to others and to him in soul and in body.

The ascension tells us that Christians are charged with the responsibility of carrying out God's will on earth and sharing his love here on earth. Jesus' parting words commissioned his apostles to make disciples of every creature. John Paul II gives us a vision that offers us meaning and hope. As he sees it, the physical human body has a specific meaning and is capable of revealing answers to questions about us and our lives. In God's plan, what is the real purpose of our human lives? Why were we created male and female? Does it really matter if we are one gender or another? Why were man and woman, symbolized in Adam and Eve, called to a communion of life from the beginning? What does the union of a man and woman in marriage tell us about God and his plan for our lives?

Reaching way back into Old Testament times, we find God revealing himself as the bridegroom with Israel seen as his bride. In Christ's time, the first miracle took place at a marriage celebration, the wedding feast at Cana, when Christ turned water into wine. The last miracle of Christ before he suffered and died was at another banquet, the Last Supper, which St. John calls "The Wedding Feast of the Lamb." Here, the message is that in giving us his Body and Blood, God, the Son, is marrying himself to us. The ultimate point is that God, the Son, in uniting himself to us and joining us into his body, takes us back home with him to our Father in heaven.

So what does a body do for us? Because you have a body, you are located and made present. Others can reach you, know you, and love you because you have a body. We can't love a fantasy. We can't embrace a fantasy. We can, however, love and embrace another person because we have bodies. A body allows us to communicate with one another, to share our thoughts, our vision, our caring and our hearts and minds with one another. Through our bodies we can enter into communion with each other.

St. Paul directs us to another reality, another fundamental aspect of the human body. St. Paul wrote to the Christians in Corinth warning them, "He who is united to the Lord becomes one spirit with him. Shun immorality. Every other sin which a man commits is outside the body; but the immoral man sins against his own body. Do you not know that your body is a temple of the Holy Spirit within you, which you have from God? You are not your own; you were bought with a price. So glorify God in your body. Because of Christ's passion, death and resurrection, and because the Holy Spirit has been given to you, your body has been made into something holy, a temple in which God wants to live". Many people of our day regard their bodies as instruments of pleasure and think their bodies are merely useful. Many people think their bodies have nothing to do with God and believe they can do anything they want with their bodies. Some think they can likewise do anything they want with other people's bodies. The terrible result of such thinking is seen all around us. Our belief is that, because Jesus Christ ascended into heaven, our ultimate destiny is to likewise ascend into heaven. We profess our faith that we believe in the resurrection of the body and life everlasting, and in Christ that we will give God honour and glory forever and ever. All of this we are to do because our bodies, by the power of the Holy Spirit, have been glorified in Christ.

VOCATION REFLECTION

"The Commissioning of the Apostles" by Susai Jesu, OMI
Jesus now depends on each one of us to preach the Gospel and to be his witnesses before the world. This is a daunting task, but also it is a special and great privilege. The most effective way to preach and to witness to Jesus is by living a good Christian life. We draw strength from our experience that the risen and glorified Christ is with us as he was with the apostles. We are not asked to be successful, only to be faithful witnesses to Christ. Read the reflection [here](#).

"There's always another level up... More grace, more light, more generosity, more compassion, more to shed, more to grow."

– Elizabeth Gilbert

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IMPORTANT INFORMATION

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

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

PASTORAL CARE OF THE SICK: Please call or email the office to inform us of shut-ins or people in hospital so that we can arrange a visit, bring Holy Communion and administer the Sacrament of the Sick if desired.

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

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/>

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

FOOD CUPBOARD: Non-perishable food items for the Centretown Emergency Food Centre are collected on an on-going basis.

MILK BAGS: Milk bags are collected for making into sleeping mats. Please bring in your milk bags and put them in the baskets under the table in the hall near the breezeway.

