



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

Body and Blood of Christ

June 5/6 2021



PLEASE PRAY FOR OUR SICK: Robert Bérubé, John Dorner, Peter McAllister, Rabbi Bulka, Joyce White, Devin Bursey, Sandy Cano, 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 the Church, many members but yet one body: that we may grow in unity and love as we manifest Christ's saving love in the world, we pray to the Lord.

May the grace of healing and reconciliation bring peace to Indigenous families whose children died tragically at the Kamloops Residential School. May each of us, religious and laity, work with ever greater concern and understanding to build harmony, respect and appreciation for the diverse cultures of our communities. We pray to the Lord.

For young people, who are preparing for marriage with the support of a Christian community, may they grow in love with generosity, faithfulness and patience, we pray to the Lord.

For a greater sharing in the Christian mission: that sent forth from the Eucharist, we may extend Christ's work and compassion into our families, neighbourhoods and workplaces each day, we pray to the Lord.

For all who have died, especially Lenora Mahoney, and for those who mourn them, 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 electricity, water 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.

CENTRE 507 DONATIONS

Centre 507 is in need of socks, underwear and toilet paper. Please drop off at the parish centre (please call before you come) or at Centre 507, located at 507 Bank St. at Argyle, behind Centretown United Church. To access the Centre, turn right off Bank onto Argyle, then immediate right turn under/between church and grey condos. The entrance is at the back of the church. Please ring the bell.

VAX AIDE—VACCINE SUPPORT

- Need help booking your vaccine appointment?
- Need a ride to and from your vaccine appointment?
- Would you like to volunteer to drive members of the community to their appointment?

Canadian Martyrs parishioner, Malcolm Britto, is leading Vax Aide, a group of volunteers to help those that need assistance. You can make your request at www.vaxaide.ca or by calling 613-869-8221.

NEW YOUTH MINISTRY WEBSITE

Check out the diocese's new youth ministry website at <https://en.archoc.ca/youth-ministry>, featuring events, resources and groups for youth, young adults and parents. Find a youth or young adult group online or in your area! For more info, please contact Andriano De Luca at adeluca@archottawa.ca.

DIRECTOR AT THE MIRIAM CENTRE

Miriam Centre, a Christian ministry, is seeking a compassionate pro-life person whose primary responsibility will be to help pregnant women and their families. Must be fluently bilingual (oral and written),

have good knowledge and experience in management and computer skills. Full-time position, Salary \$16.00/hour, 32.5 hours/week.

Please submit your resumé to: Sr. Rita Lacelle, 107-1803 St. Joseph Blvd., Orléans, ON K1C 6E7, or centremiriamcentre@gmail.com.

For the full job posting, [click here](#).

WATER DROPLETS

From the *Laudato si'* Water Action Group: Dish water can be used to water the garden. Be sure to let it cool before watering your plants.

FOOD DONATIONS

If you grow produce and have a little extra, please consider donating these fresh and local goods to the Ottawa Food Bank or your local community food bank. Fresh and nutritious fruits and vegetables are an essential part of everyone's health and wellbeing. You can donate directly to our community's food bank, Centretown Emergency Food Centre, 507 Bank (613-232-3059) or you're welcome to take your fresh produce directly to the Ottawa Food Bank at 1317 Michael Street, Monday to Friday, 8:00am and 4:00pm.

VIRTUAL EVENTS AND ACTIVITIES

[Eric Carle downloads and activities](#): activity sheets, coloring pages and materials for use at home.

[World Environment Day 2021](#): Reimagine. Recreate. Restore. This is our moment.

[Canadian Environment Week](#): Celebrate and safeguard our environment and restore our ecosystems.

BODY AND BLOOD OF CHRIST

Excerpt from a homily by Fr. Carl Kelly, OMI

“Jesus took a loaf of bread, and after blessing it, he broke it and gave to them, and said: ‘Take; this is my Body’. Then he took a cup, and after giving thanks, he gave it to them and all of them drank from it. He said to them, ‘This is my Blood of the covenant which is poured out for many.’” Today we celebrate the feast of the Body and Blood of Christ. Usually we have interpreted this in an exclusively spiritual sense, as if Jesus was talking solely about the Eucharist. For us the bread of the Eucharist is of course very special bread. Without it we would not have the strength to follow Christ. But human beings suffer from many kinds of hunger. There is the hunger for ordinary bread. Unless this is satisfied, no life is possible. There is the hunger for love. Unless this is satisfied, a person will always be in anguish. This was the concern of which Mother Teresa constantly reminded us. There is the hunger for meaning. Unless this is satisfied, a person will always be dissatisfied. I would like to think then, that the word ‘bread’ has a wider application than the narrow, traditional one.

If we turn to the Gospel we can see the various kinds of ‘bread’ that Jesus offered to people, thus satisfying their many hungers. To the people who followed him into the desert, and who were hungry, Jesus offered ordinary bread, and so satisfied their physical hunger. To the lepers whose bodies were falling apart, he offered the bread of physical healing. To Mary Magdalene, the public sinner, he offered the bread of forgiveness, and satisfied her hunger for acceptance. To the lonely woman at Jacob’s well, he offered the bread of human kindness, and thus satisfied her hunger for love. To the rejects, the tax-collectors, the down-and-outs, by mixing with them and sharing their bread, he offered them the bread of companionship, and so satisfied their hunger for self-worth. To the widow of Naim, who was burying her only son, and to Martha and Mary, who had just buried their brother, Lazarus, he offered the bread of sympathy. He showed them that even in death, we are not beyond the reach of God’s help. With Zacchaeus, the rich tax collector, who had robbed the bread from the tables of the poor, he began by inviting himself to Zacchaeus’ table. Then, having awakened within him a hunger for a better life, he got Zacchaeus to share his ill-gotten money with the poor. To the thief, who died at his side, he offered the bread of reconciliation with God, thus bringing peace to his troubled soul.

Christ shared himself with others in many different ways, and under many different forms. To most of those people

Jesus offered himself before he gave us himself as food and drink at the Last Supper. But there were some who refused his offer of bread. There was the rich young man to whom he offered the bread of discipleship. He refused it because he was not willing to part with his riches. There was Pilate to whom Jesus offered the bread of truth, but Pilate had no appetite for it because it meant putting his political career at risk. There were the people of his beloved city of Jerusalem to whom, with tears in his eyes, Jesus offered the bread of peace, but they refused it. Years later, their city was destroyed. There were the scribes and Pharisees to whom he offered not once, but many times, the bread of conversion, but they refused to share in it. To everyone, rich and poor, and to each of us, Christ offers the only bread that will ultimately satisfy the hunger which the heavenly Father has placed in our hearts, namely, hunger for the bread of eternal life. He says: “Anyone who eats this bread will live forever.” Jesus Christ alone can fully satisfy all the longings and hungers of our hearts. Once we have been nourished by Christ, he sends us forth to nourish others.

VOCATION REFLECTION

“Feast of the Body and Blood of Christ” by Margot Lavoie
Today, we are cast into grief for these children whose remains were discovered in Kamloop’s Residential School’s cemetery and for their families, we groan under the weight of COVID, we feel helpless before the anger, the greed, and the hunger for power within our society. The load is heavy, but we are still called to witness LOVE, HOPE and JOY. We can do it because we are not loners; we are the Body of Christ – We are never alone.
Read the [reflection here](#).

THE FEAST OF CORPUS CHRISTI

It is the 13th-century religious woman who brought us Corpus Christi, Juliana of Liege, visions of the full moon obscured by a dark spot that carries the message about what was most important then and is most important now: the presence of Christ in the Eucharist binds us together, without which there is a dark spot, a shadow, on our unity.
Read the [full article here](#).

“There are people in the world so hungry, that God cannot appear to them except in the form of bread.”

—Mahatma Gandhi

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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.