



Canadian Martyrs Church

100 Main Street, Ottawa, ON K1S 1C2

Phone: 613-232-5347 Email: office@canadianmartyrs.org

www.canadianmartyrs.org

Mass Schedule

Wednesday 11:30am

Saturday 5:00pm and Sunday 10:00am (must register)

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

18th & 19th Sundays of Ordinary Time

July 31/Aug. 1 & Aug. 7/8 2021



PLEASE PRAY FOR OUR SICK: John Smart, Robert Bérubé, John Dorner, Peter McAllister, Joyce White, Devin Bursey, Sandy Cano, Liam Elder, Sheila & Edward Gasnick, Raul Esteban, Chris Smith & family, Leonardo Miseferi, Clare Dashney, Ping Cai, Judette Budden & Marie Christine Maisog

PRAYER OF THE FAITHFUL

For our Church that has worked, and continues to work, with an open heart to create a more just society, that it feels held in the strength of our Lord. We pray to the Lord.

For us all, as we appreciate the benefits of high vaccination rates in our communities, that we act to make sure our neighbours in countries without access are given the same opportunities that we have had. We pray to the Lord.

For all those who have found their faith challenged by the large number of graves that are being uncovered, that they find ways to walk a path of truth and reconciliation that will help to create lasting change and refill their spirits. We pray to the Lord.

For everyone, that we may receive with gratitude the blessings of summer, the ability to meet with friends and family, walk in the sun and celebrate the wonder and joy of community. We pray to the Lord.

MASS INTENTIONS

Sat., Jul. 31 In thanksgiving by Lorna Kelly

Wed., Aug. 11 Annette LaPierre by Margaret Denny

Wed., Aug. 18 Mary and Jim McMinn by Margaret Denny

Sat., Aug. 28 Fred Miller by Anne Marie Bazinet-Miller

JUNE COLLECTION

| | |
|------------------------|--------------------|
| Envelopes: | \$ 9,716.70 |
| Direct Deposit (EFTs): | \$ 7,820.00 |
| Canada Helps: | \$ <u>2,631.47</u> |
| Total: | \$ 20,168.17 |

Average monthly expenses: \$ 17,389.52

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

WEEKEND MASSES AUGUST 7/8

Please note that Masses on **Saturday, Aug. 7 and Sunday Aug. 8** will be on a first come, first served basis (there will **not** be a registration email sent out on Monday as Heather will be on vacation). Please arrive early for Mass so that our ushers can seat you. Thank you for your understanding.

WEEKDAY MASS

To accommodate our visiting clergy during Fr. Tim's upcoming holiday, our weekday Mass will be moved to **Tuesdays starting on August 31st**.

THE INTERNATIONAL DAY OF FRIENDSHIP

July 30th was proclaimed by the UN General Assembly to be the International Day of Friendship with the idea that friendship between peoples, countries, cultures and individuals can inspire peace efforts and build bridges between communities. To confront the challenges faced by our world, their root causes must be addressed by promoting and defending a shared spirit of human solidarity that takes many forms — the simplest of which is friendship. [International Day of Friendship Activities for Kids](#)

THE BLANKET EXERCISE

Join KAIROS at Beechwood Cemetery on **August 15th at 10am** to experience and learn history most Canadians were never taught. The Blanket Exercise is an interactive way to understand our shared history as Indigenous and non-Indigenous. Stepping onto blankets, attendees will be educated about pre-contact, treaty making, colonisation and resistance. Following the exercise, will be a debrief to share and learn as a group. For more information and to register [click here](#).

DEFENDING THE FAITH SESSION

During these trying times, God wants to give us bold and

confident hearts to share his truth and love with joy! Live streamed session includes a thought-provoking keynote, "Rite and Just: The Power of Worship", by presenter Dr. Scott Hahn, a meditative time of Eucharistic adoration, and special guests. **July 31**, 6:30 -10pm. Put on by Steubenville Conferences. Info: <https://steubenvilleconferences.com/events/dfc/#!/livestream>.

SECOND DOSE VACCINE APPOINTMENTS & TRANSPORTATION WITH VAXAIDE

Have you not been able to book your 2nd vaccine appointment, or would you like to advance the date of your existing appointment? Do you require a ride to and from the appointment, and/or assistance while getting the vaccine? Contact VaxAide. Please complete the online form at www.vaxaide.ca or call 613-869-8221. A volunteer will be thrilled to help you.

EVENTS AND ACTIVITIES

[Crayola Creativity at Home](#): Looking for creative activities to do at home with your kids? Crayola has got you covered!

[Ice Cream Toppings](#): Try these simple recipes for ice-cream toppings that are inspired by plants that need the cold—they're sure to cool you off in the summer heat.

[Virtual Hikes in the Canadian Rockies](#): Set up your screen while on your treadmill or stationary bike to enjoy the stunning scenery and serene forests or just chill out and enjoy some down time with a cup of tea.



18TH SUNDAY IN ORDINARY TIME

Excerpt from a homily by Fr. Carl Kelly, OMI

When I was young I lived on a farm. Most of the work we did I found rather boring. I wanted something more than that. I remember dreaming that one day I would leave the farm and then I would find great happiness. At the beginning, I thought it was just the emptiness of the life I was living, but it was more than that. In that emptiness, I experienced a call to become a priest. I eventually joined the Oblates where I began studies for the priesthood. I believed that if I could become a priest, I would be perfectly happy. Then I would be satisfied. I would no longer feel that emptiness. I would do good things for people. God would bless me and I would be happy. Eventually I became a priest. I lived a life that was successful and fulfilling, but every once in a while I would experience that kind of longing I had felt way back on the farm when I was a youngster. Somehow being a priest, a successful teacher and a pastor, the experience of being loved and respected was not enough. There was an emptiness still there, as if God were saying to me, “I want you. I do not want the works you are doing, the successes and failures don’t matter. There is a hunger within you, because I put it there. And it will not be satisfied until you become one with me.”

God wanted me to experience the gift of hunger, or emptiness that no amount of food or work or prestige or human love could satisfy. That hunger was a call to a deeper kind of love. That was the kind of hunger that Jesus is talking about in today’s Gospel - the hunger that can only be satisfied by the bread that comes from heaven. The bread of eternal life, Jesus himself. All of us, I believe, do experience that kind of emptiness, or, as it is called in today’s Gospel, hunger for the bread that comes from heaven.

Last Sunday we heard about how Jesus fed the crowd with five loaves and two fish. This great story about sharing was intended to be a sign to the people of how God loved them and how he wished to nourish them. Today the events showed that people missed the point of the miracle. Jesus wanted them to move from an understanding of bread as food to real nourishment that comes from a knowledge and love of Jesus. The chosen people, as we heard in the first reading, complained because they were hungry. They missed the life they had left in Egypt. They forgot that they were slaves there and that God had delivered them from slavery and their life of hardships. They only remembered the food they had and the good times. We all do this when things are difficult and we feel an emptiness. We, too,

often want to go back to former times when we had what we wanted. What is really happening is that God is calling us to move on to something more, not inviting us to go back. The people in the Gospel saw what Jesus had done, by giving them food, and they wanted to stay with Jesus. We often think that if we have food, and enjoy the good things of this life, that we will be happy. We know, as well, that even when we seem to have everything we need, we still can feel a kind of hunger that material things do not satisfy.

A reflection: you cannot satisfy the satisfied or fill those who are already full or meet the needs of those who have no needs. Jesus said: “Blessed are the hungry, for they will get their fill”. It is a happy day when we can admit that we are poor and vulnerable, weak and wounded and in need of nourishment, for it is in our emptiness that we are filled. It is in our confusions that we are guided. It is in our weakness that we are strengthened. It is in our sins that we are forgiven. It is in our hunger that we are fed. Lord, we turn to you for that food which lasts to eternal life, which you alone can give us, and which alone can satisfy all our hungers and longings. The food which will sustain us as we journey through life, which at times can become as bare as a desert, until we reach the promised land of heaven.

VOCATION REFLECTION

“No Free Bread!” by Richard Beaudette, OMI

Just as Jesus takes the humble gift of a few loaves and a couple of fish, transforming the generosity of the person who shared that small gift into something that is nourishing for so many, so are we called to do likewise. As we celebrate and receive the Eucharist we are given the gift of God’s care, love, compassion, and mercy and asked to share those gifts generously in our daily living. This is our call, our vocation – to do what Jesus did when he fed the crowd with that small gift. Read the reflection [here](#).

Happiness is odd
Found in mysterious places
Where you least expect it
Like a glowing penny on the floor
Not everyone can find it
And sometimes you lose it.

Some find it in small things
Others see it in large things
If you cling to it
You’ll make it through
Because
Happiness is odd.

— Aleena Sebastian

19TH SUNDAY IN ORDINARY TIME

Excerpt from a homily by Fr. Carl Kelly, OMI

The first reading this Sunday tells us about Elijah. As the story tells us, Elijah is extremely discouraged, the wicked Queen Jezebel is after him. He treks across this desert, physically and mentally exhausted, he sits beneath the broom tree, and asks God to take his life. But in the way the story has been saved and passed on to us, there is an interesting point. In the story, God does not take Elijah's life, but summons him to engage in this life after he has recovered. And so we see Elijah as an example for people who have reached the bottom, who are discouraged and hurting; if they just sit beneath the broom tree and give it time, they're going to be invited back to life in a new way. This Elijah story has meaning today because there are likely people here, who have suffered loss or sickness or grief or disappointment. And the story invites us, like Elijah, to enter life and engage in it once more.

There are three lessons in this Elijah story. The first lesson is to remember the reason that we gather as a church, each weekend, weekend after weekend, and hear the same old stories about Jesus, Moses and the prophets and other holy people from our past. We have to keep rereading and remembering our stories so that we can realize that someone has been there before us. As we hear the Elijah story, and we're at our broom tree in despair, the story may encourage us. The first thing we do is we remember the ancient stories.

The second message is to be still. Elijah ran and ran and ran and finally, exhausted in mind and body, sat beneath the broom tree. In that stillness, he had a chance to recover and listen to the Lord. Those who are hurting, or grieving, or in sorrow, or just struggling with something, the story says maybe you need just to sit awhile and rest, and turn your cup upside-down to God, and little by little, let your dry reservoir fill up again. Be still.

The third message of Elijah is to pray for those who are under the broom tree, yourselves, or people that you know. We pray for the people in this world who are violent and killing one another, people who are depressed because they are sick, people who are just sad and people who are hurting. There are all kinds of people sitting under the broom tree, and we have to pray for them. Today, you might mention someone by name in your heart and say, "I'm saying this person's name and lifting it up to God because I know they're under the broom tree, and I know they need my prayers."

The story of Elijah is important. We have been there through the desert. We have been chased by wicked

people. We are tired and weary of the same old struggle, the same old problems, and we're asking God to end it all. Remember Elijah. He listened to the invitation of the Lord. Be still so you can hear God calling you to newness of life, and pray for those who are under the broom tree with you, so that, together, you indeed may hear the voice of God.

VOCATION REFLECTION

The vocation reflection for the 19th Sunday of Ordinary Time will be published online on Friday, August 6th. Please read it [here](#).

For the One Who Is Tired

Dear heart, God does not say
today, "Be strong!"
He knows your strength is
spent, He knows how long
The road has been, how weary
you have grown;
For He walked the earthly
roads alone,
Each bogging lowland and each
long, steep hill,
Can understand, and so He
says, "Be still
And know that I am God." The
hour is late
And you must rest awhile, and
you must wait
Until life's empty reservoirs fill
up
As slow rain fills an empty,
upturned cup.
Hold up your cup, dear child,
for God to fill.
He only asks today that you be
still.

- Grace Noll Crowell

Heron Home Hardware

1740 Bank St.
613-733-3492

Yes, we cut keys, sharpen garden tools, scissors and we repair screens, patio doors and windows



Immaculata High School

140 Main St. Proud Sponsors of the Community
613-237-2001



Whelan Funeral Home
Sean P. Copeland
515 Cooper St.
613-233-1488



If you would like to advertise in our bulletin, please call or email the office.



Find us on Facebook:

Canadian Martyrs Parish, Ottawa



Because family matters.

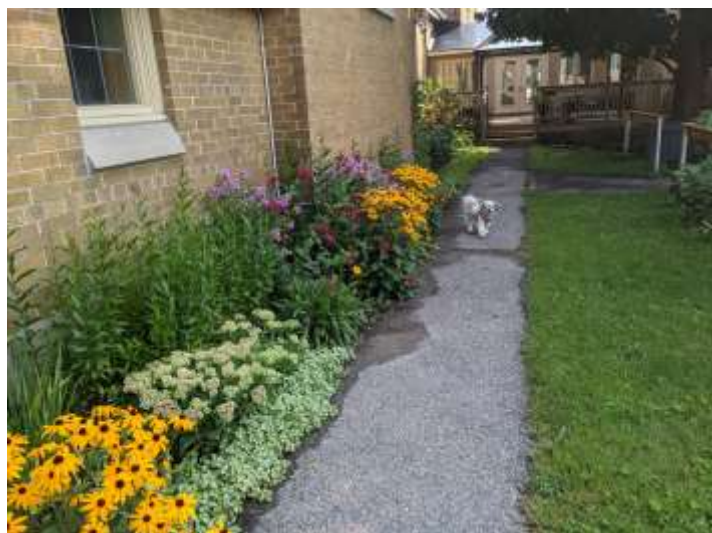
Our specialists are ready to assist.

Kelly Funeral Homes • kellyfh.ca

Somerset • 613-235-6712

Walkley • 613-731-1255

Arbor Memorial Inc.



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. If you attend Mass, there will be a collection basket for donations at the registrar's table.

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.