

Mass Schedule

Tuesday at 11:30am

Saturday at 5:00pm

Sunday at 10:00am

Sacrament of Reconciliation

Tuesday at 10:30am

Saturday at 4pm

or call the office

Canadian Martyrs Church

100 Main Street, Ottawa, ON K1S 1C2

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

www.canadianmartyrs.org

Pastor

Fr. Tim Coonen, OMI

Parish Life Coordinator

Maureen Cerroni

Administrative Assistant

Heather Duggan

Pastoral Council

Cheryl Khoury

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

1209 Michael Street North,

Suite 200

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

7th Sunday in Ordinary Time

February 19/20, 2022



PLEASE PRAY FOR OUR SICK: Sue Garry, Isabella Boles, Ben Westerman, Amy Gertz, Debbie Dufresne, Frances Ann Smeaton, Denis Laforest, Fr. Peter Bisson, Barbara White, Michael McManus, Ramon de Rosayro, John Dorner, Peter McAllister, Devin Bursey, Sandy Cano, Sheila & Edward Gasnick, Raul Esteban, Ping Cai, Chris Smith & family and Judette Budden.

PRAYER OF THE FAITHFUL

That we follow the Lord's example in being merciful and forgiving to those who have injured us in some way, we pray to the Lord.

That all levels of government in Canada act wisely and cautiously in diffusing the protests, blockades and occupations that have disrupted the economy, and put the health and safety of many citizens at risk, we pray to the Lord.

That political tensions in the Ukraine can be peacefully resolved through diplomatic measures, we pray to the Lord.

That we remember our friends and neighbours, even as restrictions are lifted, who continue to suffer from COVID, who have been stricken by a terminal illness or who are entering palliative care, we pray to the Lord.

That members of our parish respond generously to the invitation to participate in the Synod sharing circles, we pray to the Lord.

MASS INTENTIONS

Sat., Feb. 19 Pauline Aselin by Margaret Denny

Tues., Feb. 22 Bertha DiBartolo by Margaret Denny

Sat., Feb. 26 Mary McMinn by Margaret Denny

JANUARY COLLECTION

Envelopes:	\$ 5,495.08
Direct Deposit (EFTs):	\$ 6,810.00
Canada Helps:	\$ <u>2,289.79</u>
Total:	\$ 14,594.87

Average monthly expenses: \$ 22,788.06

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.

SYNOD SHARING CIRCLES

We will gather in “sharing circles” to reflect on these two questions: *How are we doing Church?* and *How can we do Church better?*. In preparation for your “sharing circle”, please consider your thoughts, feelings, experiences - and whatever the Holy Spirit inspires you to bring forth. Please register to attend [one](#) of the small sharing circles that are being offered in early March.

If you would like to register for an in-person session, [click here](#).

If you would like to register for a Zoom virtual session, [click here](#).

We encourage participants to use the guide found on the [parish website](#) to prepare themselves before attending a session.

CEFC VOLUNTEER TREASURER NEEDED

The Centretown Emergency Food Centre (CEFC) is seeking a volunteer treasurer. Experience in accounting is essential for this position which would suit an accountant at the beginning of their career or a retiree. For a complete list of duties, please contact Martha Musgrove, HR Coordinator, CEFC at musgrom@hotmail.com.

BY MY SIDE PROGRAM

The By My Side Program for separated and divorced Catholics, consisting of 6 weekly sessions, will begin in March 2022 virtually over Zoom. Registrants will be given a private link to join each session. The cost is \$40. Women’s session begins Sat., March 26, 9:00-11:00 am. Men’s session begins Sat., March 26, 12:00-2:00 pm.

To register, [click here](#).

LISTENING WITH THE HEART

Good listening enriches all of our relationships. It is love in action. Your willingness to listen and try to understand not only eases life’s burdens, but also simply makes life more pleasant. [Read the article by Rosemary O’Toole, CSJ, here](#).

ASH WEDNESDAY

Ash Wednesday is on **March 2nd**. There will be Masses at 11:30am and 7:00pm.

WORLD DAY OF SOCIAL JUSTICE

[World Day of Social Justice](#) in on **Feb. 20th**. This year commemorates the efforts of the international community to seek solutions to achieve sustainable development, poverty eradication and the promotion of full employment and decent work (UN, 2022).

It is never enough to just be compassionate. To ensure justice, you need to take a step, you need to act.

RECONCILIATION DISCUSSION SERIES

St. Joe’s Parish presents a discussion series exploring questions, insights, and new opportunities for reconciliation here in Canada. This series will be hosted by Canadian Martyrs parishioner, Sue-Anne Hess, who holds an MA (Conflict Studies) from St. Paul U. She has previously worked with Aboriginal Catholic Ministry, Victoria (AUS). Initially offered via Zoom, this series is intended to run on alternate Mondays at 7pm, beginning **Feb. 28th**. If you have any questions, please email reconciliation@st-josephs.ca, or phone 613-233-4095, ext. 235. To register, please [click here](#).

ACTIVITIES AND EVENTS

[Tour the Sistine Chapel](#), which displays Michelangelo's *The Creation of Adam*. This painting reminds us that God created each one of us out of great love.

[Make an ice lantern](#). Embrace the cold weather and use the natural touch of frost to make an ice lantern!

The National Arts Centre is offering its [Big Bang festival](#) for kids as an online event on **Feb. 19 and 20**. Enjoy short movies, a digital dance party, music videos and more, all free of charge.

Support a downtown business or non-profit group, many of which are struggling right now. Why not lend them a helping hand? Check out the websites of the [Bank Street BIA](#) and the [ByWard Market BIA](#).

7TH SUNDAY IN ORDINARY TIME

Excerpt from a homily by Fr. Carl Kelly, OMI

How can we love people who have hurt us? How can we do good for people who have gossiped about us, or cheated us, or otherwise oppressed us? How do we love the parent who has abused us? Or the teacher who has called us a fool? How can I love someone I feel no love for? How can I bless those who curse me? The answer, that is indicated by Scripture and by the life of Jesus, is that you can love those for whom you feel no love, only when you decide to do so.

Love is not a feeling, it is a choice. Love is the decision to do right even when wronged. Love is not what we feel, rather it is the good that we decide to do and then do.

Think about your experience of being loved. How do you know when someone loves you? How do you know someone really cares for you? How, in fact, do you know if you really care for someone else?

You cannot tell if you love someone simply by checking out your feelings towards them. Nor, can you show love to them only when you feel warmth and affection for them. Think about your relationship with your closest family members. Can you honestly say that you always like your husband, that you always feel good about him and want him near to you? Can you say that you always feel a tremendous fondness for your wife, that sometimes she doesn't make you feel angry and annoyed? And yet, don't you love them at all times?

In the wedding ceremony, both partners make a commitment to each other. They share a decision that they have made in front of witnesses, proclaiming that they have chosen each other and that they will love each, not just today, when they feel like it, but tomorrow and the next day and the day after that. How do we get up in the morning to go to work when we feel tired? We simply decide, we make a choice and then we follow through.

How do we love our enemies when we do not feel like loving them? Jesus tells us a bit of what it means to love your enemy. He tells us to bless rather than to curse, to wish the best for others rather than the worst. He tells us to be merciful as God is merciful, to forgive as God forgives, without any expectation or hope of reward from that person, but simply for the sake of the other person.

And as we also heard in today's Gospel reading, "Do to others as you would have them do to you." It is a golden rule, and every faith has a version of it for people to follow. Judaism says it this way, "What is hateful to you, do not to others". The Hindu faith says it this way, "Do naught to others which would cause you pain if done to

you". Confucianism tells us, "Do not to others what you would not have them do unto you", and Islam says, "No one is a believer until you desire for another that which you desire for yourself".

"Do to others as you would have them do to you": this is the great rule of love, the great rule by which you can tell if you are loving someone even when you do not feel very loving towards them. Another law is this, "the judgement you give is the judgement you will receive". Do not judge and you will not be judged. Do not condemn and you will not be condemned. Give and it will be given to you. What you do here and now will come back to you in abundance. Forgive because you need lots of forgiveness. Bless because you need lots of blessings. Love your enemies and love will come back to you; judge them, and that judgement will return. Love is not a matter of feeling, it is a matter of choice and of decision, and that choice, that decision, is one that affects us as deeply as it affects the person we decide to love or not to love. What measure do you want to receive from God? May all your choices about who to love be good choices that your measure may return to you, not only full but full of goodness.

VOCATION REFLECTION

"Going Beyond What Is Expected - Seriously?"

by Richard Beaudette, OMI

Jesus challenges each one of us who call ourselves disciples to go beyond, to truly live the fullness of God's love, compassion, mercy, and generosity in our daily lives. But, is that even remotely possible? We have countless role models in the officially recognized saints of the church, as well as the holy women and men we have encountered in our lives. They show us that not only is it possible, but it is the way to live fully as God's beloved.

Read [the reflection here](#).

"If you want to walk fast, walk alone. But if you want to walk far, walk together."

- African Proverb

What the latest news from the Ontario government means for Canadian Martyrs Parish:

On Feb. 17th as Ontario moves into Step 2, indoor religious services, including weddings and funerals, are still capped at the number of people that can maintain two metres of physical distance, if proof of vaccination is not required. **This means that a registration email will be sent out for the weekend Masses on Feb. 26th and 27th to ensure that everyone who wants to attend Mass has a seat.**

On March 1st, **if** COVID numbers have continued to decline and the Ontario government moves forward with Step 3, **we will not require registration** for Masses.

Being overly cautious and to provide a comfortable environment for parishioners, we will close every other pew.

Masks will still be required. Please do not attend Mass if you are not feeling well.



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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.