

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

1st Sunday of Lent

March 5/6, 2022



PLEASE PRAY FOR OUR SICK: Leo Nantais, Sue Garry, Isabella Boles, Ben Westerman, Amy Gertz, Debbie Dufresne, Frances Ann Smeaton, Denis Laforest, 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 Pope Francis lead us into this time of Lent, so that together, the Church may enter a time of purification and conversion, clinging to Jesus who overcame his temptations, we pray to the Lord.

That the war inflicted upon Ukraine by Russia swiftly comes to an end, so that peace restores broken lives and leads to stability and harmony, we pray to the Lord. That Tuesday's International Women's Day affirms the dignity of all women, ensures that their human rights are respected and advances the education of girls all over the world, we pray to the Lord.

That those who are maltreated, afflicted and oppressed, especially those who defend the planet, our common home, find support among us, we pray to the Lord.

That during Lent, we may slow down, detach ourselves from the busyness of daily life, and find a quiet place to listen to God, we pray to the Lord.

MASS INTENTIONS

Sat., Mar. 5 John Gerard Miller by Ellen Dickson, Jim Chambers by his family

Sat., Mar. 12 Ron Kasiban by Janet Kasiban

Tues., Mar. 15 Amelia Mendonca by Ilario Pellizzari

FEBRUARY COLLECTION

Envelopes:	\$ 6,101.50
Direct Deposit (EFTs):	\$ 6,810.00
Canada Helps:	\$ 2,092.86
Total:	\$ 15,004.36

Average monthly expenses: \$ 11,394.00

EVENTS AND MEETINGS

March 6 -13	Synod Sharing Circles
Tues., Mar. 22	Water Zoom Conversation, 7:30pm
Wed., Mar. 23	Lenten Reconciliation Service, 7pm

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 email office for Zoom links.

SYNOD SHARING CIRCLES

As we gather 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 [only one](#) of the small sharing circles that are being offered in March. The parish will submit a report from all the sharing circles to the Archdiocese and to the Vatican. **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](#).** Participants can prepare by using the guide found on the [parish website](#).

DEVELOPMENT AND PEACE

[Development and Peace - Caritas Canada](#) is the official international solidarity organization of the Catholic Church in Canada. They partner with organizations in the Global South that promote alternatives to unjust social, political and economic structures and support women in their quest for equality and justice. With the help of over 11,000 volunteers, D&P informs Canadians about the root causes of poverty and mobilizes them to act for change. D&P’s Lenten campaign, *People and Planet First*, offers us the opportunity to help protect vulnerable communities and ecosystems from corporate abuse. Download your [Solidarity Calendar here](#) and collect donations throughout Lent. Donate the money in the Solidarity Sunday collection on **April 3rd** or donate online at [devp.org/give](#).

LENTEN RESOURCES

Lent is an important time of preparation leading to the great feast of Easter. There have never been so many amazing tools, especially online to help us prepare. The Archdiocese has helped narrow down these resources on the [special Lenten section](#) of their website.

LENTEN RECONCILIATION SERVICE

Our Lenten Reconciliation Service will be on Wednesday, **March 23rd** at 7pm.

WATER CARE!

The *Laudato Si’* Water Action Group invites you to an evening conversation about better water stewardship in Eastern Ontario and beyond, via Zoom on World Water Day, **March 22nd from 7:30pm-9pm**. Listen to speakers for [Water First](#) (partnering with Indigenous communities to improve water management on reserves) and [Action Champlain](#) (industrial development impacts on water near Hawkesbury), then join in open discussion. Zoom registration: creationcare@archottawa.ca

DONATE TO HELP THOSE IN UKRAINE

Perhaps this Lent, with our prayers and fasting, we can consider supporting these organizations as part of our traditional practice of almsgiving or charity.

[Catholic Near East Welfare Association](#) (CNEWA): Help the people of Ukraine survive the war. A generous family from Alberta has pledged to match all donations made to the CNEWA in support of humanitarian aid in Ukraine up to \$250,000.

[Give now | Development and Peace](#) (devp.org):

Solidarity, prayers and support for Ukraine: Development and Peace joins relief efforts.

[Canadian Red Cross](#): Ukraine Humanitarian Crisis Appeal

CENTERING PRAYER MEDITATION CHAPEL

On **March 4th-5th**, Contemplative Outreach is hosting a 24-hour global Zoom prayer vigil for the suffering of all humanity and all creation. Join a session anywhere in the world, no charge. Each hour includes 20 minutes of Centering Prayer and a presentation by the host community. For more info, [click here](#).

ACTIVITIES AND EVENTS

[Holy Heroes' Lenten Adventure](#) offers fun, faith-filled and FREE activities for ages 5 to 12 for every day of Lent, including videos, quizzes and downloads.

In [the Pacific Discovery Tank](#) at the Canadian Museum of Nature, you can see live sea cucumbers, spiky urchins and other sea life, and learn more about them.

1st Sunday of Lent

“Be with me Lord, when I am in trouble.”

Read: Luke 4.1-13



Act: Can I find the time and energy to bring hope and encouragement to my family, friends and neighbours to make this time easier?

Reflect: Given the COVID pandemic, think about what you may need to get through our current public-health crisis.

Prayer: Loving God, it all begins with you, doesn't it? Because you have first loved me, I am able to move into each, new day with a loving heart. Help me to use this to listen openly to my family and the community around me. Amen.

Pope Francis, *Living Lent with Love*

Song: In these days of Lenten journey, we have seen and we have heard the call to sow justice in the lives of those we serve.

We reach out to those who are homeless, to those who live without warmth. In the coolness of evening we'll shelter their dreams; we will clothe them in mercy and peace. (*Breaking Bread* 128)

1ST SUNDAY OF LENT

Excerpt from a homily by Fr. Carl Kelly, OMI

To most of us, I suspect, temptation is a word with one meaning: an enticement to do something wrong. We tend to forget the other side of temptation, and it is just as real and just as powerful. If we are tempted to steal, we are also tempted to be honest. If we are tempted to hate, we are also tempted to forgive. If we are tempted to use people, we are equally tempted to serve them. Every time a man, or a woman, is tempted to be unfaithful to their spouse, they are, in that same moment, tempted to be faithful. To forget this other side of temptation is to put ourselves at a real disadvantage. Military strategists tell us never to underestimate the enemy. But equally true is: never underestimate yourself either. We must never think of ourselves as pawns or playthings of evil, that temptation and sin are overwhelming. We always have the tremendous power of choice. And while it's true that our nature does have its dark side to which evil makes its appeal, it is also true that we have our bright side where honour and decency gain a hearing. This part of us is just as real as the other and in reality, the more powerful, if used with the help of the Lord.

Our Gospel reading today tells the familiar story of the Lord's own temptation. Most of the time, we see only the dark side of that drama. Today, let's look at the other side. The devil WAS there, we are told, but so was GOD. It was the Spirit, the Spirit of God, who led Jesus into that struggle and then the battle began.

On one side, Jesus was tempted to meet the material needs of people. On the other, he was enticed to place his emphasis on their spiritual needs. On one side, he was tempted to seek his goal by traveling the low road. On the other side, he was enticed to be true to God, whatever the cost might be. And finally, he was tempted to expect special protection from God, but he was also enticed to trust God, with no strings attached.

So, temptation is always a two-way street. We are enticed by things that are right and good, just as surely as we are enticed by things that are wrong and sinful. Which prevails depends for the most part on ourselves and the choices we make. We have just as good a chance to be honourable as dishonourable, to be true as to be false. What this means, obviously, is that we engaged in an unending battle. If life pulled us only in one direction, we could relax and go with the flow, no struggle, no problem.

In times of temptation, we must remember we are NOT alone. We do not resist evil all by ourselves, though

sometimes it may seem that way. It may have seemed that way to Jesus, too. Notice that in our story the devil did almost all the talking. He argued, he cajoled, he appealed, almost begged, he quoted Scripture. God doesn't say a word, but we need to remember that God never shouts. More often than not, God's voice is just a little whisper and I'm sure that Jesus heard that quiet voice just as clearly as he heard the blustering loud one. That's what enabled him to win this battle, but the devil would be back.

We've all been there. The circumstances may vary, but the situation is the same. An example suffices I hope. A teenager's friends are saying: "Come on, everyone's doing it. Drugs, alcohol, or sex – maybe all at once. What's the matter with you? Don't you want to be part of the gang?". In that moment, the words, the ages, the attraction may change, but we feel so completely and utterly alone. Our only hope is that quiet something, nudging within us, saying: "Don't give in. Use your head. This is not what you want to do with your life". That's the other side of temptation. And it, too, is ALWAYS present. If we will only listen, it will save us all kinds of grief, whatever our age might be, whatever the situation in which we find ourselves. Inevitably and always, we discover God's mercy.

VOCATION REFLECTION

"Temptation In Life Is Real"

By Susai Jesu, OMI

His victorious life over temptation tells us that Jesus can be our strength and inspiration in the midst of whatever we are tempted with each and every day. Some days we may feel loneliness and isolation, and at other times, we may feel as though the wild beasts of our disordered passions are getting the best of us. Sometimes we may feel as though the evil one is having his way with us. Well, Jesus felt this way, too. That is precisely why Jesus wants to meet us and bring us out of it. Jesus conquered the desert once and for all, and he is able to conquer any desert in our lives, too. Read [the reflection here](#).

"Courage is what it takes to stand up and speak; courage is also what it takes to sit down and listen."

— *Winston Churchill*

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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.