

Mass Schedule

Tuesday-Friday at 11:30am

Saturday at 5:00pm

Sunday at 10:00am

Sacrament of Reconciliation

Tuesday-Friday 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

Ascension of the Lord

May 28-29, 2022



PLEASE PRAY FOR OUR SICK: Bro. Wayne Jarvo, Agatha Lim, Doug Barr, Theresa Ponto, Kevin Dashney, Brenda Kearns, Eileen Kearns, 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

For the Church, that we may continue the mission of Jesus and bring forth the reign of God through our worship, our work, and our relationships each day, we pray to the Lord.

For those whose lives were shattered by the horrific act of violence in Texas may they be comforted by love and compassion, we pray to the Lord.

For all of God's creation, natural and human, that has been destroyed by the recent storms in Ontario and Quebec, that all will be restored in time, we pray to the Lord.

For guidance through the upcoming election as we vote for people to do work on our behalf and on the behalf of our communities, we pray to the Lord.

For Beatrice, who is receiving her first Holy Communion this weekend, may she grow in her love and appreciation for Jesus' presence with us in the Blessed Sacrament, we pray to the Lord.

MASS INTENTIONS

Sat., May 28 Fr. Monte Peters and Eugene O'Connor by Dolores Furlong; Norm Fraser by Albert White

Tues., May 31 Irma Banoub by Suzan Baddour

Wed., June 1 Habib Banoub by Suzan Baddour

Thurs., June 2 Adele Baddour by Suzan Baddour

APRIL COLLECTION

Envelopes: \$ 10,586.57
Direct Deposit (EFTs): \$ 6,810.00
Canada Helps: \$ 3,607.00
Total: \$ 21,003.57

Average monthly expenses: \$ 22,718.05

PARISH EVENTS

June 4-5 Volunteer Appreciation Weekend
June 9, 7pm Parish Pastoral Council
June 19, 10am Mass on the Grass and BBQ

WEEKLY ZOOM GATHERINGS

3pm Monday Christian Meditation
8pm Tuesday Lectio Divina and Meditation
6:30pm Thursday Evening Prayer
11:30am Sunday Liturgy of the Word (cancelled on June 19th)
Please email the office for Zoom links.

Our Parish News

VOLUNTEER APPRECIATION EVENT

The Pastoral Parish Council and the Pastoral Team sincerely appreciate all the volunteers who devote their time and energy to make our parish such a strong community. In appreciation for the work done by our volunteers, there will be a special blessing for all our volunteers at the weekend Masses on **June 4th-5th**. We will also be having a special pizza dinner after Mass on Saturday, **June 4th** complete with ice cream treats! Join us as we celebrate YOU, our wonderful volunteers!

Please email the office or sign up at the back of the church if you plan on attending the pizza dinner. Please bring a lawn chair if you want to sit outside.

MASS ON THE GRASS

Mark your calendars! Mass on the Grass returns on Sunday, **June 19th!** **Please sign up on the sheets at the back of the church and at the entrances to the church.** We need to know how many hamburgers and hotdogs to buy. **We are also looking for a couple of people to staff the BBQs.**

COME WORK WITH US!

Parish Life Coordinator at Canadian Martyrs Parish: works closely with the Parish's ministries, committees, and Pastoral Team to guide and facilitate virtually all facets of the life and organization of the Parish. This person will need to have strong communications skills, demonstrate leadership ability, and be able to work with others with an attitude of welcome, openness and approachability. You can find the [complete job description here](#) or [email the office](#).

HARD SHAMPOO: A "KID-PRENEURSHIP ADVENTURE"

In an effort to reduce their consumption of plastic, and teach their four children about how to start and run a business, the Lalonde family (Canadian Martyrs parishioners) has launched Hard Shampoo. These shampoo and conditioner bars are ethically-made in Canada, never tested on animals, and best of all, they make your hair soft, shiny and manageable! Most traditional shampoos and conditioners are made up of 80% water, and use a plastic bottle. Hard Shampoo bars do away with all that excess water, and each bar is the equivalent of 2 bottles of liquid product.

The Hard Shampoo team (the Lalonde family) will be promoting their products after Mass on Sunday, **May 29th** in the breezeway. Shampoo bars are \$13, conditioner bars are \$11. You'll also receive a free bar saver bag with the purchase of a set. Also, see their ad in our bulletin!

ACTIVITIES AND EVENTS

The next stop on our tour of Marian Shrines is [Cap-de-la-Madeleine](#). Deep Marian Devotion existed in Cap-de-la-Madeleine since 1694 with the institution of the Brotherhood of the Rosary under Fr. Paul Vachon. [The enormous Great Glebe Garage Sale](#) will draw shoppers from across the city to the downtown Ottawa neighbourhood from 8am to 2pm (rain or shine) on Saturday, **May 28th**.

In Alta Vista, you can shop for paintings, pottery, books, sculpture, jewellery, wooden pieces and fibre art made by some 30 creators at the new [Spring Art Festival](#). There will be food trucks and live music, too! It's happening at the Jim Tubman Chevrolet Rink (2185 Arch Street, Ottawa) from 10am to 4pm on Saturday, **May 28th**, and parking and admission are free.

Diocesan and Community News

REFLECTIONS FROM AN INDIGENOUS CATHOLIC ON EVANGELIZATION

Concerned Lay Catholics Spring Keynote Presentation with The Hon. Graydon Nicholas, C.M., O.N.B., LL.D. Sat., **May 28**, 2-4pm. As we mark one year since the revelations of unmarked graves on the grounds of the former Kamloops Indian Residential School, Graydon will share his reflections as an Indigenous Catholic. More info and registration for this webinar [click here](#). Registration is free.

WORLD YOUTH DAY

More than a year has passed since Pope Francis officially announced that the 37th World Youth Day will take place in Lisbon, Portugal, **Aug. 1-6, 2023**. Interested in participating? Meet the members of the WYD diocesan team at the info meeting at Notre Dame Cathedral, Ottawa on Mon., **May 30**, 6:30pm. Space is limited; register by completing the form at: [Formulaire WYD 2023](#). Further info: Manon Chevalier, 613-738-5025 x219.

NOVALIS WEBINAR

“Prayer That Engages Our Whole Being”, **June 2**, 2-3pm. Learn ways that we can enrich and sustain our daily prayer life by exploring ways to enhance our prayer, different methods of prayer, practical tips and suggestions. Cost: \$9.95, register by [clicking here](#).

SYNOD CELEBRATION—MOVING FORWARD

Please join the Diocese for a Synod Celebration on Tuesday, **June 7** at 7pm at Notre-Dame Cathedral (385 Sussex Drive). The bilingual evening will include

remarks by Archbishop Marcel, music, a liturgy of the Word and a reception.

DEVELOPMENT AND PEACE ANNUAL REPORT

Last year, the COVID-19 pandemic shut down churches, schools and businesses in Canada and exacerbated the effects of poverty in the Global South. However, the pandemic also brought out the best of human resilience and solidarity. Quickly adapting to new realities, Development and Peace’s members kept their campaigns going. Their support allowed D&P’s partners to help marginalized communities cope with new challenges. Read more about the adversities and advances of 2020-2021 in D&P’s latest annual report [by clicking here](#).

ST. PATRICK’S GIFT SHOP & BOOKSTORE

First Communion and Confirmation gifts are now available. More than 500 selected books for sale for the Spring Book Sale. For more info: <https://www.stpgiftsandbooks.ca/>. Located in St. Patrick Basilica, 281 Nepean St.

VOLUNTEER AT HAVEN TOO

Are you an early riser? An opportunity awaits you at Fourth Avenue Baptist church on the corner of Fourth Ave. and Bank St. in the Glebe. Help is needed to provide breakfast to youth aged 16 to 24 years. Haven Too is an overnight shelter running Wednesday and Thursday nights. Morning volunteers arrive on Thursday or Friday at 7:15am, make breakfast, and clean up by 8:45am. If interested in helping please email or text palmaisusan@gmail.com or 613-286-3435

Events at Galilee Centre, Arnprior

LADIES WELLNESS/SELF CARE YOGA RETREAT DAYS

Mon., **June 6** to Wed., **June 8**, 10am - 3pm (each day) Join Marie Morgan, Oblate Associate, certified yoga instructor & spiritual director, for 3 days of meditation, yoga, fellowship, and more.

SUMMER SOLSTICE 2022 LABYRINTH WALK

Tuesday, **June 21**, 8:00pm. \$20 suggested donation. Join this event for a short ceremony, labyrinth walk and refreshments.

MINDFULNESS IN THE LABYRINTH

This retreat, **June 20-21**, will offer an introduction to mindfulness meditation on the land and in the Labyrinth, within a spacious rhythm of sitting, walking, and resting practice. Cost: One night and program \$225; Commuter Rate \$145 (includes meals) Please note: The Solstice Labyrinth Event (June 21st) is open to Mindfulness Retreatants at no added cost.

To register for events at Galilee Centre, call 613-623-4242, ext. 21 or email info@galileecentre.com. For more info, visit www.galileecentre.com.

ASCENSION OF THE LORD

Excerpt from a homily by Fr. Carl Kelly, OMI

In the readings today, we have two versions of one event written by Luke: one in the first reading and one in the Gospel. Luke was interested in giving us the meaning of this event. Luke points to the necessity of suffering and he underlines the necessity of prayer and worship. Luke seems to suggest that the Apostles have a shattered community. They had lost their leader and they had lost him most shamefully. He had been roughly grabbed, subjected to a rigged trial, and executed as a criminal. He appeared to some of the disciples, but now he has gone and they don't know what to do. For the moment, they are in an in-between time. They're between the Ascension and Pentecost. They are between loss and promise. All of us at one time or another have been there - between loss and promise - when we have lost the familiar, and the new has not yet been revealed. This in-between time of the Apostles is something that we may have known from experience.

Today's Scripture readings suggest some things to do during this in-between time. The first thing the Apostles did was to gather in prayer. They knew that they had to pray for guidance, even when it was difficult to pray, even when the best prayer they might have been able to come up with was "I cannot pray and I am not sure you are even there". The second thing, that Luke seems to suggest, is to look for the message of simplicity. When you have loss, things are stripped from you. Luke implies when things are stripped away, as bad as that is, it has a tendency to force us to go to the deepest values of our life. When the Apostles went to that upper room they asked "When all is taken away, what really counts?". Luke implies that the time between loss and promise is hard, and he gave us a program for the in-between time. First, pray; second, look for the message of value in the stripping away. Every loss forces us into looking at things. How many have said, "If I had to do it all over again, I would spend more time with those I love. I would listen more. I would spend more time with loved ones. I would appreciate more each day in this world". When we're faced with essentials of life and death, there's great grace there. In the in-between times, look for the simplicity that will help us to realign our values. We now have to live in hope. This is the time of the year when people begin to work in their gardens. It is an exercise in hope. The disciples could not doubt that Jesus' living presence and power were among them. He taught them about the reign of God. They were to wait for the

power of the Spirit to come upon them. The Easter morning message for the disciples was not to look for Jesus among the dead, but to look among the living. The Ascension message is that they were not to gaze up to where Jesus was last present, rather they were to look out into the world for him. The disciples went back to Jerusalem to wait for the fulfillment of the promise that Jesus had made when he blessed them.

The message today is wait in prayer and joy for God to be revealed to us. Waiting in joy ought to be our own stance when we reflect on the great event of the Ascension. So, for those in the in-between time, or who will be, learn to be patient with the dying, but have hope for the future. The Holy Spirit will breathe where it will, and in the in-between time, we have the right and opportunity to hope.

VOCATION REFLECTION

"Ascension of the Lord"

By Susai Jesu, OMI, OMI Lacombe Canada

As we gather around his table, it is good to ask the question: "What is it that stops us celebrating our redeemed humanity?". One thing that often holds us back is our fear: fear of failure, fear of being alone, fear of being misunderstood or fear of death, etc. The truth is that Christ has conquered everything, and he is simply asking us to trust in him and let go of our fears that we might ascend to a new level of human integrity. Accepting our vocation is one of the greatest honors we can show our redeemed humanity. By accepting and pursuing our God-given vocation, we are extending the incarnation of Jesus in history and are fulfilling the hope of God that we will go to the ends of the earth to share the good news.

Read the [reflection here](#).

"We must accept finite disappointment,
but never lose infinite hope."

- *Martin Luther King, Jr.*

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January 2010—April 2022

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



Find us on Facebook:

Canadian Martyrs Parish, Ottawa

IMPORTANT INFORMATION

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

DONATIONS: PAD forms are available on the Welcome table if you wish to make donations to the church through direct deposit. If you wish to donate via credit card, you can through Canada Helps on the secure link at <https://canadianmartyrs.org/donate/>. Please call the office if you would like a box of offering envelopes. Thank you!

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.

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.

PARISH PASTORAL COUNCIL MINUTES: The minutes of Pastoral Council meetings are available at <http://canadianmartyrs.org/pastoral-council-minutes/>

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

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.