

Canadian Martyrs Church

100 Main Street, Ottawa, ON K1S 1C2

613-232-5347, office@canadianmartyrs.org, www.canadianmartyrs.org

Our community respectfully acknowledges that we are situated on the unceded ancestral lands and waters of the Algonquin people, on whose territory we live, pray, work, and grow in faith and understanding.

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

Third Sunday in Ordinary Time January 21/22, 2023



Pastor

Fr. Tim Coonen, OMI

Administrative Assistant

Heather Duggan

Pastoral Associate

Sr. Matilda Owolagba

Director of Religious Ed.

Adele Casuga Lalonde

Pastoral Council

Cheryl Khoury

Meetings: 1st Thurs., 7:00pm

Finance Committee

Joseph Duggan

Development and Peace

Anna Dorner

Weekly Gatherings

Christian Meditation

Dorothy Wood

Mondays, 3pm

Lectio Divina and Meditation

Maureen Cerroni

Tuesdays, 8pm

Evening Prayer

Pierre LaViolette

Thursdays, 6:30pm

Sunday Liturgy of the Word

Sundays, 11:30am

[Via Zoom](#)

PRAYER OF THE FAITHFUL

For the Church during this Week of Prayer for Christian Unity, that God will inspire his people to continue the quest for Christian Unity and that our hearts be filled with the gift of Jesus' love for all, we pray to the Lord.

For members of Aboriginal communities as they continue to seek answers in the midst of discoveries of potential Residential School grave sites, and for all Canadians as the search for truth and reconciliation continues, we pray to the Lord. For all medical personnel, who are working in a system that is being held together by their collective determination to care for us when we are at our most vulnerable, that they find strength and rest, we pray to the Lord.

For our clergy, that in these challenging times, they feel supported and upheld in their mission to spread the message of love and justice, as taught by Jesus, we pray to the Lord.

For those who have been marginalized by religious, political, and social structures, and have been made to feel less than part of our community, that they may know that they are loved and cherished by God and fought for by his people, we pray to the Lord.

PLEASE PRAY FOR OUR SICK: Carol Bazinet, Sandy Cano, Frank Chauvin, Kevin Dashney, John Dorner, Eileen Kearns, Marigold Kenney, Rosie Payner, and Barbara White

MASS INTENTIONS

Sat., Jan. 21 Catherine Allen by Robert and Brian Allen, Dan Kelly & Nora Koemstedt by Lorna Kelly;

Wed., Jan. 25 Rollie Goulet by Margaret Denneny; **Sat., Jan. 28** Paul Cormier by Janice Staples, Sick parishioners and their families by Monica Mullane

Mass intentions are available for weekday Masses and Saturday Mass for a \$15.00 stipend. Please contact the parish office.

Our Parish News

VOLUNTEERS – A GIFT TO OUR COMMUNITY!

There are many great opportunities to serve within our church community. Serving as a volunteer not only enables the ministries of the church to function, but also nourishes your own spiritual growth. Please browse the volunteer opportunities that are listed on [our website](#) and in the binder on the Welcome table in the church foyer.

[Email the parish office](#) for more information.

THE EPISTLE NEWSLETTER

Do you or your parish committee or group have information or thoughts to share in *The Epistle*? Send your articles and photos to office@canadianmartyrs.org by **February 7** for our Lent 2023 issue.

CHILDREN'S LITURGY OF THE WORD

Children's Liturgy of the Word is back! Please join us at 10am Mass on Sunday, **January 29**. Parents are welcome to participate with their young children. Please wear your favourite mask.

SACRAMENTAL PREPARATION

If you have a child in grade 2 and up who would like to join us for our First Reconciliation or First Communion preparation classes, our classes will take place once a week on Saturday afternoons beginning on **February 11**. If you are interested in registering your child, please contact Adele at 613-232-5347 or religioused@canadianmartyrs.org.

FAITH FORMATION COMMITTEE

The Faith Formation Committee was very active before the pandemic, organizing our monthly "Lunch and Learn" and other retreats/workshops. We are once again discussing the possibility of faith formation sessions. If you would like to help or have ideas for a workshop or a speaker, please email Sr. Matilda at parishlife@canadianmartyrs.org or call the office.

OBLATE VOCATIONS VIRTUAL GATHERING

The Oblate Vocations team invites you to a virtual gathering, "OMG OMI: Always Close to the People" on **January 25** at 7:00pm. They will share with you the beginnings of the Oblates, about the pillars of the Oblate spirituality and how it's being lived by the ordinary, lay people in ordinary ways. Our hope is to inspire you to embrace an Oblate way of life, in your circumstances and reality. Please register for FREE here:

<https://tinyurl.com/VirtualGatheringJan25>

KINDERGARTEN REGISTRATION WITH THE OTTAWA CATHOLIC SCHOOL BOARD

If your child was born in 2019, it's time to register them for Kindergarten at the Ottawa Catholic School Board. More info, 3D tours, and registration help is [available here](#). Info: (613) 224-2222.

MARRIAGE PREPARATION

St. Joseph's Parish (151 Laurier Ave. E) is once again hosting a Marriage Preparation course for couples preparing for the sacrament of marriage in the Catholic Church. Marriage Prep is being offered in two formats in the coming months:

1. Weekend of **March 4th & 5th**, all day Saturday and Sunday, 8:30am-4:30pm
2. Weeknights, **Jan. 19th - March 30th**, Thursday evenings from 7pm-8pm

For more information: 613-233-4095 or frontdesk@st-josephs.ca

ACTIVITIES AND EVENTS

Did you know that you can ski or snowshoe a two-kilometre trail dotted with contemporary artworks, about 75 minutes southwest of Ottawa? You'll find the [AOG Art Trail](#) in Frankville, Ontario. [Winterlude](#) is back! From **February 3 to 20**, 2023, rediscover the joys of winter activities with family and friends. Check out [the calendar of events](#) to find out more.

FEBRUARY MEETINGS

February 1: Truth and Reconciliation Committee, 7pm, on Zoom

February 7: Liturgy Committee, 7pm, in-person and on Zoom

February 9: Parish Pastoral Council, 7pm, in-person

DECEMBER COLLECTION

Collection:	\$ 16,302.80
Direct Deposit (EFT):	\$ 6,830.00
Canada Helps:	\$ 4,561.22
Total:	\$ 27,694.02

Average monthly expenses: \$ 26,478.34

Diocesan and Community News

2023 WEEK OF PRAYER FOR CHRISTIAN UNITY

'Do Good; Seek Justice'. Annual worship service hosted by the Christian Council of the Capital Area. Sunday, **January 22**, 4pm at St. Andrew's Presbyterian Church, 82 Kent St., (parking available on Sundays along Wellington and right across Wellington from the church, behind and to the west of the Supreme Court). Light reception for fellowship and conversations after the prayer service. All are welcome! To reserve a spot and for more info, [click here](#).

For resources and more information on the Week of Prayer for Christian Unity, [click here](#).

LIVING WITH DEMENTIA?

Two workshops, presented by St. Andrew's Presbyterian Church (Wednesday, **Jan. 25 and Feb. 15**) on Zoom are designed to answer questions you might have about the disease itself, and how to care for and maintain relationships with people with dementia. To receive the Zoom link, please contact office@standrewsottawa.ca or register through the form [linked here](#).

THE GIFTS OF INDIGENOUS WORSHIP FOR SETTLER CHURCHES

An evening with Rev. Teresa Burnett-Cole: this is the inaugural event for the Righting Relations Network. This network intends to be a hub for sharing resources, ideas, questions and the coordination of learning opportunities regarding righting relations with our Indigenous brothers and sisters. Please join us on Thursday, **January 26** at 7pm via Zoom. Please [register here](#).

ENLARGE THE SPACE OF YOUR TENT

A virtual panel conversation on the continental stage of the Synod on Synodality, Tuesday, **January 31**, 6:30 - 8pm. This is part 1 of a series of virtual events to take place across Canada sponsored by the Galilee Centre, Star of the North Retreat Centre, Queen's House Retreat and Renewal Centre and Centre Oblat. Join with Most Reverend Paul-Andre Durocher, Archbishop of Gatineau and Sandy Prather, Provincial Animator of Oblate Associates, for an evening's exploration of the Synodal process, asking where it has been and where it is going. Register online by [clicking here](#).

UNIKKAATUARNIQ

The word *Unikkaatuarniq* is an Inuktitut word that means "Storytelling". Storytelling is an ancient form of magic, with the power to connect the past with the present, teach lessons, impart values, heal, to explain the world and connect us to the universe through language and mythology. Experience Indigenous films from the circumpolar North, outdoors in a theatre made of snow! Friday/Saturday, **February 3 & 4**, 6-9pm at Lansdowne Park; Sunday, **February 5**, 6-9pm Beandigen Cafe (indoors), 106-900 Exhibition Way.

THE COLDEST NIGHT OF THE YEAR

The Coldest Night of the Year, hosted by Jericho Road and the Capital City Mission, is a winterrific, family-friendly walk to raise money for local charities serving people experiencing hurt, hunger, and homelessness. Join the walk on Saturday, **February 25**: team up, fundraise, walk, and gather for good...because it's cold out there. For more information and to join the Challenge, [click here](#).

Events at Galilee Centre, Arnprior

Programs:

January 31 - *Enlarge the Space of Your Tent (Synodality)*

February 18 - *Women of Faith: Connecting in Relationship*

March 17-19 - *Catholic Devotionalism: Growing Up in Our Thinking* with Fr. Jim Clarke

September 15-17 - Retreat with Fr. Ron Rolheiser, OMI

Events:

February 14 - Valentine's Day Luncheon

February 17 - *The Servant Girl* Play and Dinner

To register for events at Galilee Centre, 398 John Street, North, Arnprior ON, call 613-623-4242, ext. 21 or email info@galileecentre.com. For info: www.galileecentre.com.

THIRD SUNDAY IN ORDINARY TIME

Excerpt from a homily by Fr. Carl Kelly, OMI

“The people who walked in darkness have seen a great light. On those who dwell in the land and shadow of death a light has dawned.” These words from the Prophet Isaiah set the tone for an understanding of the message of St. Matthew’s Gospel. Jesus went about healing illnesses and bringing the good news to those who would listen. That is a task that still goes on, wherever people are in need of being delivered from darkness and the shadow of death.

There is a story told by Mother Teresa. “I visited an old man. The room in which he lived was in a terrible state of neglect. The state of the room was a symptom of the man’s physical and spiritual condition. He was living in despair and hopelessness. What could I do for him? I started to clean the room and I found an oil lamp covered with grime. The man watched me and I asked him: “How come you have never lit the lamp?” “Why should I light it”, he said, “I don’t need it for myself.” “Will you promise to light the lamp, if one of my sisters comes to see you?” “Yes,” he replied, “If I hear a human voice, I will light the lamp.” One of the sisters began to visit the man. It was the beginning of a new life for him. Some time later he said: “Sister, I am OK now, but do me a favor. Tell that first sister who came to visit me that the light she lit in my life is still burning.”

Sometimes in order to appreciate light, we have to experience darkness. If all is well with us, if we are content, the Gospel has nothing to say to us. In order for us to change, we need to experience darkness or sorrow. But, if we have that experience, we can know the light of salvation. We all need to change. Each of us has areas of darkness in our lives. We all need the light of Christ. Though light comes as a friend, it is also an intruder. Light shows what is wrong, and demands that we do something about it. If our darkness is really deep, we, like the man in the story, may need outside help in order to face our darkness.

That is what the coming of Christ means for us. Jesus came to bring light into the world. The passage from Matthew speaks about pagan lands and the light that Jesus brought was to be extended to them as well, not just the chosen people. All peoples are now chosen. The kingdom of God has come near. We are invited to reflect on what our God has said to us, and to what area of our lives the light of Jesus has come. We are also reminded to become aware of how we can be a light to others.

Charles Plumb was a U.S. Navy jet pilot in Vietnam. After 75 combat missions, his plane was destroyed by a surface-to-air missile. Plumb ejected and parachuted into enemy hands. He survived the ordeal and began to speak on lessons he learned from that experience. One day, when Plumb was sitting in a restaurant, a man came up and said, “You’re Charles Plumb! You flew jet fighters in Vietnam. You were shot down!” “How in the world did you know that?” asked Plumb. “I packed your parachute,” the man replied. Plumb gasped in surprise and gratitude. The man said, “I guess it worked!” Plumb assured him, “It sure did. If your chute hadn’t worked, I wouldn’t be here today.” Plumb says, “I used to wonder what he might have looked like. I wonder how many times I might have seen him and not even said ‘Good morning’ because, you see, I was a fighter pilot and he was just a sailor.” Plumb thought of the many hours the sailor had spent carefully folding the silks of each chute, holding the fate of someone he didn’t know in his hands. Now, Plumb asks his audience, “Who’s packing your parachute?”

Everyone has someone who provides what they need to make it through the day. Sometimes in the daily challenges that life gives us, we miss what is really important. We may fail to say hello, please, or thank you, or congratulate someone for something that has happened to them, or just do something nice for no reason. As you go through this week, this month, this year, recognize the people who pack your parachute.

VOCATION REFLECTION

“Flashlights” by Darcie Lich, Oblate Associate, Vocation Team

This week, in both the readings from Isaiah and in the Gospel of Matthew, we hear that those who have been in darkness have seen a great light. I think the idea of a flashlight applies well here. But how I might interpret these passages depends on where I’m at on any given day. When I need a certain situation to be illuminated so that I can see clearly what I’m doing, God’s light is appreciated and welcome. When I’m frightened and need reassurance that I’m safe, the light of Christ banishes the things in the shadows and it comforts me. When it’s dark, and I need to see where I’m going – even if the only thing illuminated is the next step – I am thankful for the light that shines on my path. Read the full reflection [here](#).

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the church with their mobile devices. Just
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through the parish's Canada Helps page.



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 (outer coloured bag) and put them in the baskets under the table in the hall near the breezeway.