

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

Sixth Sunday in Ordinary Time February 11/12, 2023



Pastor

Fr. Tim Coonen, OMI

[Administrative Assistant](#)

Heather Duggan

[Pastoral Associate](#)

Sr. Matilda Owolagba

[Director of Religious Ed.](#)

Adele Casuga Lalonde

Pastoral Council

Sue-Anne Hess

Meetings: 1st Thurs., 7:00pm

Finance Committee

Joseph Duggan

Development and Peace

Contact office

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

That we be true to the teachings of Christ and not distracted by the ever-present false idols of our consumerist society, we pray to the Lord.

That God will give the people of Turkey and Syria, whose lives have been devastated by earthquakes, strength, renewed spirits, and the resources that they need to rebuild their lives, we pray to the Lord.

That we take from the story of the fishes and loaves the knowledge that God has provided enough for all his creation and that it is our role to follow Jesus' example and make sure it is distributed with justice and equity, we pray to the Lord.

That our politicians see the link between their policies and funding choices, and the outcomes for our sick, our students and the most vulnerable members of society, and act in good faith to provide opportunities for real social change, we pray to the Lord.

That to be part of healing a hurting and divided world, we recognize that people are struggling and we make the effort to act with gentleness and kindness, we pray to the Lord.

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

MASS INTENTIONS

Sat., Feb. 11 Paul Cormier by Janice Staples; **Wed., Feb. 15** Pat & Fern Denny by Margaret Denny; **Sat., Feb. 18** Pauline Asselin by Margaret Denny

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

Our Parish News

SACRAMENT OF THE SICK

The Sacrament of the Anointing of the Sick is a prayer of healing and may be celebrated individually and communally. The Anointing of the Sick will take place on **February 15** at the 11:30am Mass. If you cannot attend and wish to receive this sacrament, please approach Fr. Tim before any Mass.

PRAYER FOR WORLD DAY OF THE SICK

31st World Day of the Sick, Saturday, February 11
Our Lady of Lourdes, Health of the Sick, we entrust to you all who are sick, those who care for them within their families, through work, research or volunteer services. Inspired by your merciful care, may the Church walk together with the sick as a sign of humanity in which everyone is precious and wherein no one is discarded or left behind. Amen.

DEVELOPMENT & PEACE SHARE LENT WORKSHOP

Learn what you can do about mining injustice here and abroad. The new D & P theme is *Create Hope: Stand For the Land*. The workshop will take place in person at our Parish Centre and on Zoom on Saturday, **February 18** from 8:30am to 1pm. No cost, but registration is required. Hosted by the Ottawa-Cornwall Archdiocesan D & P Council. Info: kiegan.irish@devp.org or 613-738-9644, ext. 224.

LENTEN REFLECTION

Fr. Normand Bonneau, OMI will help us start off our Lenten journeys with a reflection entitled, "The Lent-Easter Cycle in the Sunday Lectionary: from overarching story to detailed analysis". Please join us at the Parish Centre on Tuesday, **February 21**, at 7pm. Please contact the [office](#) if you wish to join via Zoom. A Zoom link will be sent to you along with the handouts for the evening.

ASH WEDNESDAY

There will be Masses on Ash Wednesday, **February 22** at 11:30am and 7pm with distribution of ashes.

MARDI GRAS FEAST

Mardi Gras, or "Fat Tuesday," is a traditional holiday celebrated in many Catholic countries around the world. It is typically a day of feasting and revelry before the start of the Lenten season, which is a period of fasting and repentance leading up to Easter. Celebrate this holiday at St. Joseph's Parish Hall, 151 Laurier Ave. E., Saturday, **February 18**, at 6pm. Buy [your tickets here](#) (Adults: \$30, Families: \$50, Students & Seniors: \$20).

WHAT IS LENT ALL ABOUT?

What is Lent all about? Why do Christians receive ashes on Ash Wednesday? Why 40 days? If you're looking for answers, you've come to the right place. Busted Halo explains the significance of this season of prayer, fasting, and giving, and how you can make the most of this time of repentance and renewal. [Watch Lent in 3 Minutes](#).



FEBRUARY MEETINGS/EVENTS

February 11: Sacramental Preparation, 3pm
February 15: Anointing of the Sick, 11:30am
February 17: Youth Group, 7pm
February 21: Lenten Workshop, 7pm
February 22: Ash Wednesday, 11:30am & 7pm

JANUARY COLLECTION

Collection:	\$ 9,453.20
Direct Deposit (EFT):	\$ 6,930.00
Canada Helps:	\$ 4,041.52
Total:	\$ 20,424.72
Average monthly expenses: \$ 24,881.93	

Diocesan and Community News

HAVE A HEART DAY

The First Nations Child and Family Caring Society will be hosting their annual Have a Heart Day event on **February 14**. This event brings children and youth together to help ensure First Nations children have the opportunity to grow up safely at home, get a good education, be healthy, and be proud of who they are. The [video, "End the Gap"](#), explains the focus of this movement. Children, youth and their families can offer their support for the day through [a variety of ideas shared online here](#). [Senator Kim Pate's 2020 Have a Heart Day statement](#) commends the children involved in previous years and emphasizes the importance of their cause.

IMAGINE A CANADA

The National Centre for Truth and Reconciliation invites teachers, parents and guardians of youth from K-G12 and CÉGEP to [submit their vision of Canada through the lens of Reconciliation](#). Twelve pieces of artwork will be featured in a special art book and fifteen projects will receive up to \$1,500 in funding. Deadline to submit has been extended to **February 17**.

CONVERSATIONS FOR OUR TIMES

St. Basil's invites all who are interested in learning about how the Catholic Church in Newfoundland is coping with the fallout from clerical sexual abuse there and the financial settlements awarded by the courts to participate in their next "Conversation for Our Times". The issue of clerical sexual abuse is not confined to Newfoundland and may well affect churches in other areas of the country in the future. To register for this Zoom webinar on **February 19** at 2:30pm, [please click here](#).

LEARN ABOUT BLACK HISTORY AT ALGONQUIN COLLEGE

On Monday, **February 13**, Algonquin College is presenting an afternoon conversation called [Black to the Past](#). Spencer Alexander, the retired assistant curator of the Buxton National Historic Site and Museum, will be discussing themes in Canadian Black history. The Black History Month event will take place in person at the college and will also be streamed on YouTube.

OTTAWA PASTORAL CARE – SPRING 2023 PROGRAMS

Afternoon Basic Training Course in-person or evening Basic Course via Zoom. Beginning Mon., **March 20**, weekly until May 15 ([Spring 2023 Basic Training Course brochure](#)). Continuing Education event on Tues., **April 18**, 7-9pm by Zoom with Lisa Boulay on 'Let's Talk about Families' ([Continuing Education Brochure](#)). Coordinator's event for Coordinators of Spiritual/Pastoral Care Teams/Departments (or their delegates), in-person on Sat., **April 15**, 10am-noon ([Coordinators Event Brochure](#)). More info: www.ottawapastoralcare.com

KINDNESS WEEK

Mark your calendars! Kindness Week is **February 13 to 17** at the Ottawa Catholic School Board. Take the #ocsbKindness Challenge! Please join the OCSB next week to do your part to spread the message of kindness in your schools and work sites. Are you up for the challenge? Don't forget to share what you're doing on social media using the #ocsbKindness hashtag! Let the fun begin. [Click here for Kindness Week activities](#).

Events at Galilee Centre, Arnprior

February 14: Valentine's Day Lunch and Dinner, Noon for lunch, 6 pm for dinner

February 18: Monthly Eucharist, 4pm, Everyone welcome, Fr. Richard Kelly presiding.

March 5-10: *Five-Day Directed In-person Retreat*
Retreat in an environment of silence, as part of a praying community discerning the ways of God through prayer.

March 16: St. Patrick's Day Luncheon at noon

March 17-19: *Catholic Devotionalism: Growing Up in Our Thinking* This in-person retreat is for people who would like to spice up their faith life, grow as an individual and thereby positively influence their family, community, society and the environment.

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 and cost of programs: www.galileecentre.com.

SIXTH SUNDAY IN ORDINARY TIME

Excerpt from a homily by Fr. Carl Kelly, OMI

Today, we hear another part of Jesus' *Sermon on the Mount*. He takes three of the Commandments and looks at their widest possible interpretation. Jesus says that it is not that the Commandments no longer apply, but rather that we have a fuller and more complete understanding of them.

The Commandment says, "You shall not kill", but in the mind and understanding of Jesus, it is not only murder itself, but violence against others, that is forbidden.

Murder as such, is not very common. Violence against others, however, is a very real part of our lives. The call of Christ is to look more closely at how we treat others. Family violence continues to affect the lives of 3 in 10 married women, 1 in 4 children, and 1 in 14 seniors. Those are the national statistics and they are about our neighbours, family and friends, not just cold numbers. Violence has many faces: the way we put people down, hurt or despise them, make them feel worthless and hold grudges.

The Commandment says, "You shall not commit adultery". Now actual adultery may not happen through a dramatic infidelity, though we know it does happen, but by a day by day failing to live up to the personal relationships to which we have committed ourselves. A number of years back there was an ad on TV sponsored by the Mormon Church which asked the question to a number of young married men: "When was the last time you told your wife you loved her?" That is the kind of fidelity we are called to. Not just avoiding the ultimate infidelity, but the pursuit of what is best for others, especially the most important person in our lives. The Eighth Commandment deals with solemn oaths, but deceptions, deceits, evasions are so much a part of our society, we sometimes hardly even notice. We are called to be truthful in all our activities and relations. The three readings today make the point that God's law as set out in the Commandments is not just a set of rules that Moses dreamt up while he was on the mountain with God. These Commandments contain within them all the best and most basic wisdom of humankind. They deal with the way we relate to others and to God.

The First Reading reminded us that in the wisdom of God, we have freedom of choice in the way we shape our lives and in the way we live with each other. "If you choose, you can keep the commandments" and to act faithfully, is a matter of your own choice. "Before each person are life and death, and whichever you choose,

will be given". God has not commanded anyone to be "wicked" and has not given anyone permission to sin. The First Reading insists that we can keep the Commandments and we can act faithfully; it is a matter of our own choice. This passage is very stark in its insistence. What Jesus points out in the Gospel is that it is not only the most extreme examples of violating laws that is forbidden, but the gradual and almost imperceptible beginnings of a destruction of which we need to be constantly reminded. Jesus speaks in a very strong and uncompromising way. Jesus interpreted the law in a most demanding way, specifically when the law touches human life and how we are to treat each other. Although Jesus holds up a very high standard, and the book of Sirach says that we are free to choose, our experience tells us that we cannot do this on our own. St. Paul, in the Second Reading, holds out to us a wisdom, not of human origin, but of God's. "We speak God's wisdom, secret and hidden, which God decreed before the ages began." And then he describes it poetically: "What no eye has seen, nor ear heard, nor the human heart conceived, God has prepared for those who love him". These things God has revealed to us through the Spirit. It is through the Spirit of God, which each of us has received in our baptism, the Spirit that we nourish in the Eucharist. This is the Spirit that enables us to choose, and to live the consequences of our choices.

VOCATION REFLECTION

"For Heaven's Sake, Make Up Your Mind!"

by Jarek Pachocki, OMI, Vocation Director

As we discern our way of life, our vocation, we listen to God's calling. Sometimes it is loud and clear; but most of the time it is whispering with small steps toward full discovery. Whatever discernment takes, it eventually brings us to the point when we have to make a decision. It might be the moment when you pick up that engagement ring and ask the question, "Will you marry me?". It might be the moment when you pick up the application package from the Vocation Director to begin the formation process. It might be the moment when you purchase a ticket to go on the mission trip. Whatever our vocation is, it requires our commitment, for our "Yes" to be decisive and meaningful. So, for heaven's sake, make up your mind!

Read the [full reflection here](#).

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[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.