

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

Seventh Sunday in Ordinary Time February 18/19, 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

For the Church, that we may join with Pope Francis in his prayer for February, that our parishes be places of communion, where faith, fraternity and welcome to those most in need, is strong and generous. We pray to the Lord.

For all who are recovering from earthquakes and other disasters, that God will relieve the pain and suffering of the people, especially in Turkey and Syria, provide warmer weather, and speed the assistance which they need. We pray to the Lord.

For our religious leaders, as Lent approaches, that God grants them strength and insight to lead their communities through the coming spiritual journey. We pray to the Lord.

For the grace of reconciliation, that God will heal the wounds and divisions amongst families, co-workers, neighborhoods, and nations so that we may work together to advance a greater good. We pray to the Lord.

For Tomas, who is being baptized this weekend, that he becomes a faithful witness to the Good News with the support of his family and this community. We pray to the Lord.

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

MASS INTENTIONS

Sat., Feb. 18 Pauline Asselin by Margaret Denneny; **Tues., Feb. 21** Fr. Brendan Megannety, OMI by Yvonne Bennett; **Thurs., Feb. 23** Bertha DiBartolo by Margaret Denneny; **Sat., Feb. 25** Mary McMinn by Margaret Denneny; **Tues., Feb. 28** Michael Cassidy by R. Hoey and family

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

Our Parish News

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.

TURKEY/ SYRIA EARTHQUAKE EMERGENCY AID CAMPAIGN

With the support of the Canadian Conference of Catholic Bishops (CCCCB), Aid to Church in Need (ACN), Canadian Jesuits International (CJI), Catholic Near East Welfare Association (CNEWA) Canada, and Development and Peace-Caritas Canada (DPCC) are launching an emergency aid campaign in response to the destructive earthquake that hit Turkey and Syria. They have pledged the total sum of nearly one million Canadian dollars. Funds received will be used now and in the coming months for food, medical supplies, shelter, and other essentials to meet basic human needs. These funds will also serve to meet long-term needs to help families go back to a more stable life.

To donate or for any inquiries, you can contact the organizations as follows:

ACN: bit.ly/acn-donate-syria or 1-800-585-6333 ext. 228

CJI: canadianjesuitsinternational.ca or 1-800-448-2148

CNEWA Canada: www.cnewa.ca or 1-866-322-4441

DPCC: www.devp.org or 1-800-494-1401

THIS LENT, LET’S STAND FOR THE LAND

This year, Development and Peace - Caritas Canada’s *Create Hope: Stand for the Land* campaign calls you to support our sisters and brothers in the Global South in defending their land and territory. Do this by:

Donating online at devp.org/give or during the Solidarity Sunday collection on March 26, the fifth Sunday of Lent. Your generosity helps support over 86 projects in 40 countries around the world!

Learning more by reading the Mini-magazine and other resources available at devp.org/lent/resources.

Meet our solidarity visitors and participate in the [campaign launch webinar](#) on **February 25** at 1:30pm.

LENTEN SERIES

From Ash Wednesday until Good Friday, “St. Eugene Speaks” will provide daily reflections for your Lenten spiritual journey. Visit www.eugenedemazenod.net or subscribe to receive reflections by email at oblatestudies@ost.edu

COMMUNITY KITCHENS

Centretown Churches Social Action Committee is seeking volunteers to supervise at community kitchens that will be hosted weekly so that one or two neighbours who lack cooking facilities can prepare meals for their families. The task involves providing a brief kitchen orientation and light supervision. The time commitment would be 4 hours/week, every two weeks. If you can help, please contact Martha Musgrove at musgrom@hotmail.com.

EVENTS AND ACTIVITIES

6 Eco-Friendly Date Ideas: Get the greenlight from the Earth with these 6 eco-friendly date ideas! Resources include free inspirational documentaries to watch together, a star-gazing resource, shadow puppet chart and more. [Find out more!](#)

The [Great Canadian Kilt Skate](#) comes to the skating oval at Lansdowne Park on Sunday, **February 19**. 2-4pm. The organizers note that you don’t have to be Scottish and you don’t have to wear a kilt, but it would be great to sport some sort of tartan—a coat, a scarf or even socks—for this free afternoon event.

MEETINGS/EVENTS

February 21: Lenten Workshop, 7pm

February 22: Ash Wednesday, 11:30am & 7pm

March 2: Parish Pastoral Council, 7pm

March 4: Pizza Night, 6pm

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

2023 WORLD DAY OF SOCIAL JUSTICE

2023 commemorative event on the occasion of the World Day of Social Justice, “Overcoming Barriers and Unleashing Opportunities for Social Justice” on **February 20**, 1:15-2:30pm. This is a virtual event that will start with an online dialogue with youth advocates and young entrepreneurs on their vision for social justice and shared prosperity, and will be followed by an in-person side-event. For more information and to register, [click here](#).

“DO SOMETHING AMAZING” RETREAT

Are you between 18-30? Do you want to deepen your faith and share it with youth across Canada alongside other young Catholic adults like you? NET Canada invites you to a Do Something Amazing Retreat on Sat., **February 25**, 10am - 5:30pm at Annunciation of the Lord Parish, 2414 Ogilvie Rd. Come find out what it’s like to be a NET missionary and how you can radically change the lives of young people across Canada through the life-changing message of the Gospel! Interested or know someone who would be? Register at netcanada.ca/apply. Have questions? Email recruit@netcanada.ca or call/text 613-292-9991.

MARY’S WAY OF THE CROSS FOR LENT

This Way of the Cross takes us through Lent to Easter. Fridays during Lent: **March 3, 10, 17, 24, 31** and ending on Good Friday, **April 7**. Starting at 6:45pm with hymns and 7pm Mary’s Way of the Cross. Sponsored by the Committee of the Annual Pilgrimage to the Shrines of Ste -Anne-de-Beaupré and Our Lady of the Cape. Info: mike.budge@bell.net. Click here for the [Zoom link](#).

THAT WE MAY WALK TOGETHER

On February 8, 2023, the Canadian Conference of Catholic Bishops issued four pastoral letters on reconciliation with Indigenous Peoples. Intended as a framework for local engagement with Indigenous Peoples, the letters are the fruit of many months of listening, encounter, and dialogue with them. To read the letters, [click here](#).

PEACE BY CHOCOLATE

Buy chocolate and support the relief efforts in Turkey and Syria. 100% of sales from the Peace by Chocolate Earthquake collection bars will be donated to Syria - Türkiye Earthquake Red Cross Relief Fund now through the end of February 2023. Purchase the chocolate bars [online](#) or in [local stores](#).

MARRIAGE PREP AT ST. THERESA PARISH

Marriage Preparation Course at St. Theresa Parish, 95 Somerset St. W., on the weekend of **April 28-29**. For more information and registration, contact the Parish office at 613-235-5119 or sttheresa@rogers.com.

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

Events at Galilee Centre, Arnprior

February 18 - *Women of Faith: Walking the Mindful Path* Morning Session with Suzanne Doerge: Your Camino Path; Afternoon Session with Tana Saler: Mindful

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 8 - *Mindfulness Movement Class with Lacey Smith* Movement equips us with tools to experience a more healthful and full life.

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.

SEVENTH SUNDAY IN ORDINARY TIME
Excerpt from a homily by Fr. Carl Kelly, OMI

Continuing his Sermon on the Mount, Jesus tells his followers that the Christian law demands much more of them than did the Mosaic law, especially as interpreted by the Pharisees. His hearers were all Jews who knew the Old Testament. The law of “an eye for an eye” as it is called, sounds very harsh to us today. It was a restriction on the practices of a primitive society, where there was no central authority or courts of law and where each one took the law into their own hands. This law meant that the injured could inflict only an injury equal to the one suffered. Our Lord is now abrogating any permission for revenge allowed by the Mosaic law. A Christian must forgive those who injure him and not retaliate even in the restricted form of “an eye for an eye”. This would seem to exclude one’s right to self-defence, except possibly in the case of a threat to one’s own life. But even in this case, only such defense is permitted as would save one’s life, not going as far as taking the unjust aggressor’s life. The example Christ gives is a bodily injury, not an attempt on one’s life. Furthermore, our Lord is teaching the perfection of Christianity here. True Christians must strive to imitate their infinitely loving, infinitely merciful and forgiving Father. They will fall very short of reaching any such perfection, but all God and Christ expect of them is that they will go as far as they can in keeping the Christian way of life.

The lesson we have to learn from today’s Gospel hardly needs any emphasizing. We must, if we are truly Christian, forgive those who offend or injure us. We must love all. G. K. Chesterton says, “We are commanded to love our neighbours and our enemies; they are generally the same people.” This is very true for all of us. It is very easy to love people who never come in contact with us. But it is our neighbours, who are liable to injure us, and thus become our enemies. Charity begins at home, because it is here that it can and should be learned and practiced. Partners must learn to understand and tolerate each other’s imperfections and faults. If one offends, the offended one should not demand an apology, but should show forgiveness before the other has humbly apologized. No two persons in the world can agree on all things, so it is vain and unrealistic to expect one’s partner to agree with one in all points. Christian charity alone can cover the multitude of faults of both partners. If there is peace and harmony between partners, as there will be if both are truly charitable, the

children will learn, too, to be understanding and forgiving. Such a home will be a truly happy home even if it has little of the world’s riches.

Our charity must spread from the home to our neighbours, that is, to all those with whom we have contact. It is easy to get on with most people, but in every neighbourhood there will always be those who are difficult. There will be the dishonest, the quarrelsome, and the critic of everyone and everything. It is when we have dealings with such people that all our Christian charity is necessary. Most likely, we will never be able to change their ways of acting, but charity will enable us to tolerate their faults and will move us to pray for their eternal welfare. Fr. Faber, in a booklet on kindness, has a poem which we could all learn and practice with great profit for ourselves and for a neighbour in need of kindness.

“It was but a sunny smile,
And little it cost in the giving,
But it scattered the night like the morning light
And made the day worth living.

“It was but a kindly word,
A word that was lightly spoken,
yet not in vain for it chilled the pain
Of a heart that was nearly broken.

“It was but a helping hand,
And it seemed of little availing,
But its clasp was warm, it saved from harm
A brother whose strength was failing.”

VOCATION REFLECTION

“Be Holy...”

by Richard Beaudette, OMI - Vocation Team
Even the greatest saints were ordinary people who lived their lives simply, imitating God’s love in their relationships with others. Yes, some had extraordinary experiences, but at the heart of their holiness was their commitment to live as disciples, following God’s invitation. God would not call us to be “holy as God is holy” if this were an impossible thing. The readings this weekend remind us that holiness lies in the quality of our relationships and those qualities are spelled out in the Psalm response. Thus, we are called to a life of holiness – in every moment of life, in every action, relationship, vocation. And, some are called to live lives of holiness as priests and religious, “loving our neighbour as ourself.” Read the [full reflection here](#).

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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.