

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

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](#)

1st Sunday of Lent February 25/26, 2023

PRAY

"He was praying in a certain place, and after he had finished, one of his disciples said to him, "Lord, teach us to pray, as John taught his disciples." Luke 11:1



Good Shepherd, lead us according to your path throughout this first week of Lent. Help us to be gentle with one another and love each other as you love us.

PRAYER OF THE FAITHFUL

For the Church as the season of Lent begins, that we reflect on the Gospel's message to love our neighbours and put it into action in our interactions with our family, our neighbours, and others in our midst. We pray to the Lord.

For Ukraine, as the war enters its second year, that the country receives the support it needs from the West, and that those who have fled their homeland continue to receive help settling in their new country. We pray to the Lord.

For the peacemakers, that they continue to inspire us to Create Hope and Stand for the Land alongside our sisters and brothers in the Global South, whose communities and ancestral lands are threatened by large natural resource developments. We pray to the Lord.

For young Indigenous people facing social challenges such as addiction, suicide, poverty, and incarceration, that we continue to follow Pope Francis' leadership by taking concrete steps to help. We pray to the Lord.

For all who must fast every day, that our fasting may make us more aware of the homeless, refugees, and those recovering from natural disasters, and our hearts more generous towards them. We pray to the Lord.

MASS INTENTIONS

Sat., Feb. 25 Mary McMinn by Margaret Denny; **Tues., Feb. 28** Michael Cassidy by R. Hoey and family;

Sat., March 4 Burke Nugent by Maryalice Nugent; **Fri., March 10** Sarina Cotroneo and family by Lidia Cotroneo

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

Our Parish News

LENTEN RECONCILIATION SERVICE

Let us bring our hearts and minds before the Lord. Our Lenten Reconciliation Service will be held on Tuesday, **March 7** at 7pm.

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.
- Learning more by reading the Mini-magazine and other resources available at devp.org/lent/resources.
- Meeting our solidarity visitors and participating in the [campaign launch webinar](#) on **February 25** at 1:30pm.

Your generosity helps support over 86 projects in 40 countries around the world!

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 obltestudies@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.

DEVELOPMENT AND PEACE: A MOVEMENT OF SOLIDARITY

Established in 1967, Development and Peace-Caritas Canada is the official international solidarity organization of the Catholic Church in Canada. We 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 our 11,000+ volunteer members, we inform Canadians about the root causes of impoverishment and mobilize them to act for change. Our Lenten campaign, *Stand for the Land*, focuses on people's defense of their territories in Colombia and Honduras. To learn more about the D&P movement and to join them, visit devp.org. **There are also resources, at the back of the church on the Development and Peace table, that you are welcome to take home.**

EVENTS AND ACTIVITIES

[One Sentence Sermons: the Wit of Church Signs](#): CBC Under the Influence podcast

[The 613Flea market](#) returns to the Aberdeen Pavilion at Lansdowne Park on Saturday, **February 25**, from 10am to 4pm. Browse for food, handmade goods, antiques, vintage clothing and more. Free admission.

MEETINGS/EVENTS

March 2: Parish Pastoral Council, 7pm

March 4: Pizza Night, 6pm

March 5: Children's Sunday Liturgy of the Word

March 7: Lenten Reconciliation Service

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

Diocesan and Community News

SHARE LENT CAMPAIGN LAUNCH!

Join the Share Lent 2023 launch webinar on **February 25** at 1:30pm. Two special guests, Raquel Soto, from our Colombian partner, ACA, and Elvin Hernández, from our Honduran partner, ERIC, will say a few words about the Development and Peace theme, *Stand for the Land*, and what it means to the people in their community. [Register for the webinar here.](#)

REFLECTIONS ON THE CONTINENTAL STAGE OF THE SYNOD ON SYNODALITY

Join a presentation at St. Paul University about the current “continental” phase of the Synod on Synodality process on Tuesday, **February 28**, at 7:00pm. St. Paul University will host guest lecturer, Prof. Dr. Myriam Wijlens. Join this free event in-person or virtually. [Register here.](#)

AN INTRODUCTION TO MEDITATION THROUGH *THE CLOUD OF UNKNOWING*

This year, The Toronto Branch of The World Community for Christian Meditation invites you to add the discipline of Meditation to your Lenten practices. A short, 8 week course (no charge or obligation) offered on Saturdays from **February 25 to April 22**, at 10am on Zoom. The course will introduce Christian Meditation, through the principal themes of “The Cloud of Unknowing”, the 14th-century spiritual classic described as the most succinct, practical, and balanced guide to meditation in the English mystical tradition. Prior experience of meditation is **not** necessary. For more information, [click here.](#)

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. 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](#).

‘BY MY SIDE’

By My Side is a virtual program of spiritual friendship and healing for separated and divorced Catholics. A non-profit ministry assisting separated and divorced Catholic women to reconnect and build on their faith. Six-week sessions for women begin Sat., **April 15**, 9-11am via Zoom. Info & registration: www.bymyside.ca, or Mary-Jane Manley at 613-294-1308. Cost: \$40.

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.

ARCHBISHOP’S LENTEN MESSAGE

The great family of Christians will begin its annual Lenten pilgrimage. Forty days are offered to us to follow Jesus our Lord, to be instructed, to be transformed from within, and to find new life. [Read the full message here.](#)

GIVE IT UP FOR THE EARTH!

In partnership with For the Love of Creation (FLC), Citizens for Public Justice (CPJ) is launching its annual environmental Lenten campaign, *Give it up for the Earth!* Join CPJ from February 22 to April 6 by making a pledge to reduce your carbon footprint, committing to learn about biodiversity and engage in acts of solidarity with Indigenous communities, and by calling for increased federal action on climate change. [Add your voice!](#)

Events at Galilee Centre, Arnprior

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.

1ST SUNDAY OF LENT

Excerpt from a homily by Fr. Carl Kelly, OMI

The stories we are given today are about the temptations or tests which our first parents were given, and the tests endured by Jesus in the desert. These are two wonderful and familiar stories. In the First Reading, we have the story of creation. God made the man, and put him in a garden. The man was given a helpmate, like himself, and they were very happy in their original state. The test they were subjected to was a prohibition. They were not to eat the fruit of a particular tree, the tree of the knowledge of good and evil. Eve was tempted by a serpent, the figure of evil, and she ate and gave the fruit to Adam. Then they knew shame and guilt. The story is about Adam and Eve, our first parents; they failed their test and sinned.

In the Gospel, we hear of the tests of Jesus. He overcame them and was blessed. Jesus had been led out into the desert. There he underwent the temptations we heard about today. We are never tempted by what is obviously evil or bad. We are only tempted by what looks good or beneficial to us. Temptations usually come from things and situations which are themselves good, but which we desire selfishly for ourselves alone. Temptations can be invitations to greater good, once we recognize that the goodness can be shared and used properly for the benefit of others. As strange as it seems when we first hear it, it is goodness that provides the occasion for temptation. Goodness that exists around us in the beauty and loveliness in other people. Goodness that we recognize within ourselves in the talents and values that we possess. Temptations always come from the parts of our lives where we are strong. Temptations come from our talents or gifts. They never come from our weaknesses. Temptations come out of the improper or selfish use of the goodness that exists whether in others or in ourselves.

In the First Reading, we are shown the extraordinary goodness of the garden of paradise, and given some indication of the exceptional personal gifts of Adam and Eve. Because of these good things, it was possible for them to sin. In the Gospel, we hear that Jesus was tempted while fasting and praying in the desert, where he was led by the Spirit. He had been led out into the desert after he had received the affirmation that he was the beloved son of God and that he had a profound mission from God. It was in the desert that Jesus realized the incomparable gifts that were his as a human being. In the desert, the tempter suggested, "If you really

are the Son of God, work these miracles, quickly, at once, and the messianic triumph all over the world will be accomplished. Why wait?" Jesus, however, concentrated on what he was being called to do. "What was the will of God for him?" The way of God was long, at times tedious, and in the end seemingly a failure. The work had to be handed over to the Apostles, and the disciples, and it continues into the present day. It is still unfinished. We could easily be tempted to think that Jesus should have followed the tempter's advice and carried out the world's salvation as quickly as turning stones into bread. Then all the kingdoms of the world would be his. Jesus waited, for only by the slow process of thought, prayer and dedication can the reign of God be achieved. This salvation must be shared with everyone before individual persons can consider themselves to be fully saved.

The whole human race felt the consequences when Adam and Eve, as our first parents, sinned. They acted as responsible agents for the whole human family. Every member of their family, and that means each one of us, in receiving the gift of life, takes on a part of the strengths and weaknesses, the wealth and problems of their parents. What anyone does affects everyone. No one can be fully saved until the full family membership is complete and all share in the goodness of everyone else. That is why at the beginning of this Lent of 40 days, we pray in the responsorial psalm:

"Create in me a clean heart, O God
And put a new and right spirit within me.
Do not cast me away from your presence,
And do not take your holy spirit from me."

VOCATION REFLECTION

"If"

by Darcie Lich, Oblate Associate, Vocation Team
It's easy to let the ifs get in the way. When Jesus was confronted with temptations that challenged his identity, his resolve, his mission, and his faith, he stood his ground by affirming his trust in God. We are called to do the same. When we are faced with ifs that distract us from our calling, turning to God enables us to acknowledge and live our identity and mission in a way that does not rely on reputation, power or possessions. 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.