

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

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](#)

Fifth Sunday in Ordinary Time February 4/5, 2023



PRAYER OF THE FAITHFUL

For the Church, that we may be a light to our world and that the spirit of inclusiveness and the desire for a more welcoming church, that was expressed in the Synod, be put into action. We pray to the Lord.

For people around the world, and here at home, who face persecution and injustice, especially for the people of Ukraine, Afghanistan, Pakistan, the Democratic Republic of Congo and other places afflicted by conflict, that God will be close to them and protect them. We pray to the Lord.

That families who have lost loved ones due to drug overdoses feel comforted by God's presence in their lives, and that our governments provide better supports for those struggling with addictions. We pray to the Lord.

For all of us, that guided by God's spirit, we may strive to be salt and light to the world, to fight injustice and income inequality in our country. 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. 4 Peter Burns by Maryalice Nugent; **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

PIZZA SUPPER

Join us for pizza after Mass this Saturday, **February 4**. Cost: \$3/slice of pizza and \$1 for a drink.

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.

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.

JERICHO ROAD MINISTRIES

The parish has supported Jericho Road ministries through donations to the Poor and Needy account for many years. Jericho Road sent us a short video with a moment of gratitude for all that the parish does for their community. They feel truly blessed to have our support! You can view [the video here](#).

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: kieran.irish@devp.org or 613 738-9644, extension 224.

DONATIONS NEEDED

[Centre 507](#) needs **disposable razors** for their clients. The parish also collects non-perishable food items for the [Centretown Emergency Food Centre](#) on an on-going basis. Please leave your donations in the crates in the church foyer. Thank you!

ACTIVITIES AND EVENTS

[Telling Our Twisted Histories CBC Podcast](#): Words connect us. Words hurt us. Indigenous histories have been twisted by centuries of colonization. Host, Kaniehtiio Horn, brings us together to decolonize our minds— one word, one concept, one story at a time.

[ENGin](#): ENGin is a nonprofit organization that pairs Ukrainian youth with English-speakers for free online conversation practice and cross-cultural connection. They work with students age 10-35 and volunteers age 14+. They are helping a generation of young Ukrainians improve their spoken English and intercultural skills, making an impact at both an individual and a national level.



FEBRUARY MEETINGS

February 4: Pizza Supper after Mass
February 7: Liturgy Committee, 7pm, in-person and on Zoom
February 9: Parish Pastoral Council, 7pm, in-person
February 11: Sacramental Prep starts, 3pm
February 17: Youth Group, 7pm

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

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**.

NEW *LAUDATO SI'* FILM "THE LETTER"

On the feast of St. Francis of Assisi, the new *Laudato Si'* film, "[The Letter – A Message for our Earth](#)", launched in Rome. The 80-minute documentary was produced by Academy Award-winning producer Off the Fence and *Laudato Si'* Movement, with collaboration of the Vatican. The film is free to watch on [YouTube](#).

EXPLORING OTTAWA'S BLACK HISTORY - PAST, PRESENT AND FUTURE

The stories of Ottawa's Black community and those buried within Beechwood's Cemetery grounds will be shared, followed by Councillor Rawlson King, Ottawa's first Black City Councillor, sharing his experience at City Hall on Thursday, **February 23** at 6:30pm at Beechwood National Memorial Centre, 280 Beechwood Ave.

Register [by clicking here](#).

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

HOME ON NATIVE LAND COURSE

Join Anishinaabe comedian, Ryan McMahon, in conversation with leading First Nations thinkers, artists, and legal experts in this free online course, "Home on Native Land". This is a light-hearted, conversational and occasionally very funny series of videos about Indigenous-settler relationships that you watch at your own pace. <https://homeonnativeland.com/courses/home-on-native-land/>

FROM THE VATICAN

The Vatican has released Pope Francis' message for the 31st World Day of the Sick, celebrated on **February 11**, liturgical memorial of Our Lady of Lourdes. The Holy Father's message is entitled: "Take care of him" – compassion as a synodal exercise of healing. In light of the Church's synodal journey, Pope Francis invites "all of us to reflect on the fact that it is especially through the experience of vulnerability and illness that we can learn to walk together according to the style of God, which is closeness, compassion, and tenderness." Read the Pope's [full message here](#).

ST. VINCENT DE PAUL SEEKING VOLUNTEERS

St. Vincent de Paul needs volunteers to help in their Ottawa thrift stores (Merivale Rd., Wellington St. W., and Blossom Park). Individuals or parish groups welcome. Flexible times. Info: 613-722-7166, ssvp.volunteercord@gmail.com.

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 In-person Retreat* This 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.

FIFTH SUNDAY IN ORDINARY TIME

Excerpt from a homily by Fr. Carl Kelly, OMI

Light is an image that shows up in both the first reading and the Gospel. This image is used to tell us how essential we are and how necessary our witness is to God's glory and to the world. In the first reading, Isaiah tells the people how they are to act towards others. It matters less what they say they believe, because how they act makes a much more powerful statement. The people had been in exile for many years and they have just returned to their native land. While they were in exile, they had suffered terribly. They came back inspired by the promises made to them that if they returned and were faithful, God would bless them. What they found out was that reality did not live up to the promises. They celebrated the big feast days. They took part in the important and required fasts. But the glory of God did not seem any more apparent. Their neighbours did not follow their example and come to worship their God. They complained to the prophet and he told them if they wanted their religious acts to be worth anything at all, they were to share their food with the hungry. They were to bring the homeless to live with them. They were to share their clothes with the naked. They were not to turn away from their own people. Don't quit praying, but reach out to others. That was the way their light would shine; that was how their hurt would be healed over. "Then your light shall break forth like the dawn, and your healing shall spring up quickly; your vindicator shall go before you, the glory of the Lord shall be your rear guard. Then you shall call, and the Lord will answer; you shall cry for help, and he will say 'Here I am'." (Isaiah 58:8-12) These words were said to the people because they had observed something each of us has discovered in our own lives at one time or another: we go to church, we perform our religious acts and they seem not to make any difference at all. Nothing changes. So the prophet tells them how to live their religion in such a way that it will make a difference. Feed the hungry. Shelter the homeless and poor. Clothe the naked, do not turn away from your own people. There is an incident related by James Stephen Behrens that illustrates the way that our light can be brought to others: "Eddy was a friendly, big and simple man. He owned a diner that I used to visit a lot. The diner was what is called a railroad car diner. Eddy always gave me a second and even third cup of coffee for free." "No charge there, no charge at all. You just come back real soon," he would say. And I always did. I knew he had

not had an easy life, but it was a very good one. He never knew that I knew he sponsored young people from Poland. He got them over to United States, he got places for them to live and jobs, he made sure they got to church, and put them through school. I do not think he ever married, but he sure took care of a lot of kids. One day, I was watching TV. An ad came on for some kind of a cleanser. The ad featured a vaguely familiar diner and suddenly Eddy's face appeared on the screen, beaming as he wiped the counter with the cleanser. When I saw him again, I told him I saw him on TV and he laughed and said, "You ain't seen nothin' yet." Now the diner was to appear in a film starring Robert De Niro. Indeed, several weeks later, the diner and surrounding area was turned into a scene out of the 1930s. Things soon turned back to normal, and stayed that way for a while, until a wealthy German offered Eddy a lot of money for the diner. Eddy sold it, and the diner was crated and shipped off to Germany. Eddy retired and died a few years later. Jesus told his disciples to enter the world with no possessions. I took a walk last night and wondered what it means to go into the world with nothing in your pockets, no gold or silver. There is a lot of goodness in life, a lot of people like Eddy. Maybe something of God is given in and through all those second cups of coffee, the kind you can never buy but only receive. And so we come back, and we learn that the best things in life are given away. That is one way in which our light can and does shine. Jesus told us: "In the same way, let your light shine before others, so that they may see your good works and give glory to your Father in heaven." (Matthew 5:16)

VOCATION REFLECTION

"Who Does God Call Us To Be?"

by Serena Shaw, Oblate Associate, Vocation Team

We are who we are meant to be, and as soon as we try to control that, we are in trouble. It is when we serve, let our lights shine, and inspire others to do the same, that we will be ready to hear from God. And so, who does God call us to be? Exactly the person he created; we just need to follow his instructions, take the baskets off our lamps and wait to hear what he wants us to do.

Read the [full reflection here](#).



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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.