

# Canadian Martyrs Church

100 Main Street, Ottawa, ON K1S 1C2

613-232-5347, [office@canadianmartyrs.org](mailto:office@canadianmartyrs.org), [www.canadianmartyrs.org](http://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](#)



## PRAYER OF THE FAITHFUL

For the Church, that we may be a source of living water for all who thirst for meaning and purpose in their lives, we pray to the Lord.

For the people of Colombia, who are standing up for the land and the very survival of vulnerable communities, whose fragile ecosystems are at risk of being destroyed by the harmful social and environmental consequences of industrial agriculture and mining, we pray to the Lord.

For those who thirst every day, that God will assist all who have limited access to water, guide all who are searching for new sources of water, and raise our awareness of the importance of protecting clean water, we pray to the Lord.

For the children preparing for First Communion and their catechists, that they sense God's presence during this season of preparation and reflection, we pray to the Lord.

For all of us, that like the women of the Bible (those named and unnamed), we can be humble, compassionate and loving as we build upon our foundation of faith and hope, devotion and service, we pray to the Lord.

## MASS INTENTIONS

**Sat., March 11** Jim Chambers by his family; **Thurs., March 16** Barbara White by Anne Marie Bazinet-Miller;

**Sat., March 18** Pat Denny by Margaret Denny; **Wed., March 22** Denis and Roy Bennett by Yvonne Bennett;

**Thurs., March 23** Gus Fraser by Molly Fraser

# Our Parish News

## STATIONS OF THE CROSS

Reflecting and praying the Stations of the Cross is a popular devotion practiced in the church, especially during the Lenten season. The Stations of the Cross will be presented by the youth of the parish on Tuesday, **March 28** at 7pm.

## LENTEN FOOD DRIVE

Canadian Martyrs' target is to collect **500 food or hygiene items for Lent** to be given to the Centretown Emergency Food Centre for people in need in our community. Bring one can of food or 20 cans! Boxes are in the church foyer. These items are always needed: peanut butter (500ml or less), **canned** tuna, salmon, meat, stews, vegetables, and soups, **canned** beans (including baked beans, kidney beans, black beans), cereals, pasta and pasta sauce (**in cans, no glass jars, please!**), Kraft dinner, toothpaste and toothbrushes, and toilet paper.

## 507 SANDWICH CLUB

Many thanks to all our dedicated volunteers and also to those who continue to support the 507 Sandwich Club. We are currently in need of donations to keep this outreach program running. You can put your donation for the 507 Sandwich Club in the collection basket, or you can donate through [Canada Helps](#) (please indicate that the donation is for the 507 Sandwich Club).

## VOLUNTEER WITH US!

There are many parish groups that are becoming more active and therefore need more members. You are welcome to have a look at our volunteer binder on the Welcome Table in the church foyer and [our website](#) for descriptions of our many parish groups. If you are interested and would like more information on any of our parish groups, please email or call [Heather](#), [Matilda](#) or [Adele](#). Thank you!

## CHILDREN'S SUNDAY LITURGY NEEDS YOU!

Are you interested in joining the Children's Sunday Liturgy of the Word team? We are looking for volunteers to lead the older children (8 and up) on Sunday mornings. Please email Adele, [religioused@canadianmartyrs.org](mailto:religioused@canadianmartyrs.org) if you would like to volunteer your time.

## PASTORAL CARE TEAM

Our own Pastoral Care Team and The Ottawa Hospital, both Civic and General campus, are in need of more

pastoral care volunteers. The next pastoral care training course, which is a requirement, begins **Mar. 20**. It consists of 2.5 hours once a week for 8 weeks, online in the evening or in person in the afternoon. Further info on the course: [www.ottawapastoralcare.com](http://www.ottawapastoralcare.com). If you are interested in joining the parish Pastoral Care Team, please contact the [office](#). For info on volunteering at the hospital, contact Rosella MacNeil, [rosella.macneil@sympatico.ca](mailto:rosella.macneil@sympatico.ca).

## WORLD WATER DAY

You are invited to an online gathering, *Water and Spirituality*, on World Water Day, Wed., **March 22**, 7-8:30pm, organized by the *Laudato Si'* Water Action Group. Water has great significance and is sacred in many religions and spiritualities. Six speakers will help us appreciate what water means within Indigenous spirituality, Buddhism, Christianity, Hinduism, Islam and Judaism. The event is free and open to all who desire a richer understanding of water as an essential element for all life, and a positive, informative encounter among people of different spiritual/faith backgrounds. To register, [click here](#).

## FEBRUARY COLLECTION

Collection:	\$ 10,174.51
Direct Deposit (EFT):	\$ 7,249.63
Canada Helps:	\$ 2,160.23
<b>Total:</b>	<b>\$ 19,584.37</b>

Average monthly expenses: \$ 22,693.56

## MEETINGS/EVENTS

- March 14:** Liturgy Committee, 7pm
- March 15:** Truth & Reconciliation Committee, 7pm
- March 23:** Faith Formation Committee, 7pm
- March 26:** Children's Sunday Liturgy of the Word
- March 28:** Stations of the Cross, 7pm

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

# Diocesan and Community News

## COLOMBIA: DEFENSE OF LAND AND TERRITORY

Colombia is home to nearly 10% of the planet's biodiversity, yet it is also one of the most dangerous countries for people defending their land and territory against exploitation. Development and Peace-Caritas Canada's partner, the Asociación Campesina de Antioquia (ACA, Peasant Association of Antioquia) supports peasant communities affected by armed conflict in defending their lives and territories, and in building a culture of peace through filmmaking and art. This Lent, meet our solidarity visitor, Raquel Soto, a participant in ACA's documentary filmmaking school. Learn more at [devp.org/lent](http://devp.org/lent).

## ENLARGE THE SPACE OF YOUR TENT

Join part 2 of a virtual panel conversation on the Continental Stage of the Synod on Synodality, Tuesday, **March 21**, 7:30pm - 9:00pm. This three-part virtual conversation will provide an opportunity to learn about the synodal process going forward and to explore ways to stay informed and engaged throughout.

## YOUR DOLLARS AT WORK!

The Archdiocese would like to thank you for all your support during their first special collection for the Indigenous Reconciliation Fund. To date, they have raised more than half a million dollars. The parishes have raised \$275,000 of that amount! They are now in the process of reaching out to local Indigenous organizations. The first event that is able to make use of some of the funds that you helped raise happens on **March 25** as the Odawa Native Friendship Centre is hosting the 23rd Annual Ottawa Indigenous Children and Youth Pow Wow at the Shaw Centre (55 Colonel By Drive.) The Pow Wow

begins at noon with the Grand Entry. The Feast is at 5 pm followed by the Round Dance at 7 pm. Admission is free though donations are appreciated. You are invited to drop by to soak in and learn more about the Indigenous culture.

## REFLECTING ON POPE FRANCIS' VISIT

Join a panel reflecting on Pope Francis' visit to Canada **March 28**, 7:00-9:00pm. The Fraser Centre for Practical Theology presents six key speakers in the upcoming panel reflection on Pope Francis' visit to Canada. This free event will be online via Zoom. To register, [click here](#).

## COMMUNITY KITCHENS!

There are refugees and others in our community housed in rooms without kitchen facilities. The Centretown Churches Social Action Committee is supporting a community kitchen pilot project where people can prepare food to take home. The churches that have volunteered their kitchens for this project are Glebe St. James, St. Andrews and First Baptist Church. Each church sets its own day of the week and hours for kitchen use and each church provides a coordinator. Two volunteers need to be at each session. If you have a few hours to volunteer, please email Martha Musgrove, [musgrom@hotmail.com](mailto:musgrom@hotmail.com).

## LENTEN MISSION WITH BISHOP MATHIEU

Bishop Yvan Mathieu, Scripture scholar and Auxiliary Bishop of Ottawa-Cornwall, will explore what it means to be "Baptized in God's love... Sent to the world." There will be a Reconciliation Service during the Tuesday mission. All are welcome. Our Lady of Fatima Parish, 153 Woodroffe Ave., **Sun., March 26 - Wed., March 29**, 7 pm. Info: 613-722-7661.

# Events at Galilee Centre, Arnprior

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

**March 17-19:** *Catholic Devotionalism: Growing Up in Our Thinking*

**April 9:** Easter Sunday Brunch, 11:30am - 2pm

**April 13:** Scrabble Tournament in Support of the Arnprior Library

**April 14:** *Servant Girl* Play and Dinner Event

**April 22:** *Women of Faith: Reclaiming Significant Ceremony*, 8:00am - 4:00pm

**May 25-27:** *Opening to Goodness* Spring Retreat

**To register** for events at Galilee Centre, 398 John Street, North, Arnprior ON, call 613-623-4242, ext. 21 or email [info@galileecentre.com](mailto:info@galileecentre.com). For info and cost of programs: [www.galileecentre.com](http://www.galileecentre.com).

## Seeking Board Members at Galilee Centre, Arnprior:

If interested, please contact Megan Postin, Executive Director, at [director@galileecentre.com](mailto:director@galileecentre.com). Further info and an application form will be sent to you. Info: 613-623-4242 x 30.

## Images for Lent by Ron Rolheiser, OMI

What is the meaning of Lent? Why do we set aside 40 days each year to voluntarily give up some legitimate enjoyments so as to prepare for Easter? The need for Lent is written right into our DNA. Perhaps a look at some images for Lent can help make this clearer.

Religiously, the richest image we have for Lent is the image of the desert, of Jesus going into it voluntarily to fast and pray. Scripture tells us that Jesus went into the desert for 40 days and, while there, he ate nothing. This doesn't necessarily mean that he took no food or water during that time, but rather that he deprived himself of all physical supports that protected him from feeling his vulnerability, dependence, and need to surrender in deeper trust to God. And in doing this, we are told, he found himself hungry and consequently vulnerable to temptations from the Devil, but also, by that same token, more open to God. The desert, by taking away the securities and protections of ordinary life, strips us bare and leaves us naked, both before God and the Devil. This brings us face-to-face with our own chaos. That's an image for Lent.

But we have some wonderfully rich anthropological images for Lent, as well. Let me briefly mention three of them. We must not spend God's mercy as if it were ours to spend. In virtually every culture there is, somewhere, the concept of having "to sit in the ashes for a time" as a necessary preparation for some deep joy or fulfillment. We see this, for example, in the story of Cinderella. The name itself, Cinderella, holds the key. It is derived from two words: cinders, meaning ashes; and puella, the Latin word for girl. Etymologically, Cinderella means the eternal girl who sits in the ashes, with the further idea being that, before she, or anyone else, gets to put on the royal clothes, go to the ball and dance with the prince, she must first spend some time sitting in the ashes, tasting some emptiness, feeling some powerlessness, and trusting that this deprivation and humiliation is necessary to help bring about the maturity needed to do the royal dance.

There is a similar concept inside some North American Native cultures, where it is accepted that, in everyone's life, there will come a season where they will have to spend some time sitting in the ashes. For example, in some tribes, when they used to live communally in long-houses, the fires for heating were kept in the center of the house so that a partially open roof could function as a chimney. Ashes would, of course, accumulate around the fires and occasionally someone from the community

would simply sit in the ashes, quiet, withdrawn from ordinary activities, and take little food or water. Eventually a day would come when they would get up, wash off the ashes, and resume normal activities. Nobody asked why. It was taken for granted that this person was working through something and needed that space to work through some inner chaos and demons. In short, they were seen to need a Lenten season.

A second image is that of being a child of Saturn. In some mythologies, Saturn was thought to be the planet that causes us to feel sadness and despondency. And so, if you were a poet, an artist, a philosopher, a writer, or a religious thinker, you would want, sometimes, to sit under Saturn, that is, to enter voluntarily into certain inner areas of the soul that ordinarily you might want to avoid precisely because they trigger chaos, sadness, heaviness, and despondency. Part of the idea was also that, occasionally in every person's life, you would for a time become a child of Saturn, meaning that you would be overcome by a certain sadness and heaviness, and would have to cease your normal activities and sit for a time with that, patiently learning some lessons that only a certain sadness could teach you.

Finally, there is yet another rich image in anthropology that can help us understand Lent, the image of our own tears as reconnecting us to the flow of life. The image is simple: our tears are salt water, as is the ocean which is ultimately the origin of all life on this planet. What our tears do is put us back into touch with the physical origins of all life on this planet, salt water. The idea then is that, occasionally, it is good to forsake the joys of life for the salt of tears because only tears can deepen us and help us connect to our origins and grounding. Lent is meant to do exactly that.

### VOCATION REFLECTION

"More Exciting Than Miracles?"

by Serena Shaw, Oblate Associate, Vocation Team

We read near the end, the Samaritan community claiming they now believe in Jesus, not because they heard from the woman, but because they heard from Jesus directly. As much as we can lead people to Jesus, they eventually need to hear from him themselves. The truth of salvation is what Jesus will share, but only when we are ready. He will approach us often during our everyday work when we least expect it. And really, what could be more exciting than that?

Read the [full reflection here](#).

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Parishioners can now quickly donate to the church with their mobile devices. Just scan the QR code and donate securely through the parish's Canada Helps page.



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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.