

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](#)

FOURTH SUNDAY OF LENT

LOVE

You shall love the Lord your God
with all your heart, and with all
your strength. You shall love your
neighbour as yourself.

Mark 12:28-31



*Lord, give me the discernment to
see those around me who need
my personal attention and care;
and the courage to give it.*

Make a list of ways that you can show others
that you love them.

PRAYER OF THE FAITHFUL

For Pope Francis, who this month celebrates his 10th year as head of the worldwide Catholic Church, that he continues to lead with compassion, humility and in good health for many years to come, we pray to the Lord.

For world leaders, that they strive for peaceful solutions to conflicts and turn their attention to the welfare of their citizens, we pray to the Lord.

For our sisters and brothers in Honduras, who are defending the rights of all those in their communities, whose homes and environment are threatened by large profit-driven economic developments that could force them off their ancestral lands, we pray to the Lord.

For all those who have suffered abuse at the hands of trusted people in their lives that their suffering be acknowledged and that they receive the support they need to overcome the emotional and physical harm, we pray to the Lord.

For all of us as we continue our Lenten observances, and look forward to the joy of Easter, that we remain confident in God's love and forgiveness, we pray to the Lord.

MASS INTENTIONS

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

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

Our Parish News

HOLY WEEK SCHEDULE

Thurs., Apr. 6	Holy Thursday	7:00 pm
Fri., Apr. 7	Good Friday	3:00 pm
Sat., Apr. 8	Easter Vigil	9:00 pm (new time)
Sun., Apr. 9	Easter Sunday	10:00 am
	Liturgy via Zoom	11:30am

There will be a reception in the parish centre after the Easter Vigil. All are welcome.

Please let [Heather](#) know if you can provide sweet or savoury finger-foods for the Easter Vigil reception. Thank you!

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** (we have collected 171 items so far!) 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!

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
Total:	\$ 19,584.37

Average monthly expenses: \$ 22,693.56

MEETINGS/EVENTS

March 23: Faith Formation Committee, 7pm

March 26: Children's Sunday Liturgy of the Word

March 28: Stations of the Cross, 7pm

April 1: Pizza Night, 6pm

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

WHAT DOES IT FEEL LIKE TO NOT HAVE CLEAN DRINKING WATER?

Let us consider this question during Lent and support a project that St. George Elementary School in Ottawa is working on with [Project Nibi](https://everylastsip.myshopify.com/) (empowering Indigenous Peoples with community-owned solutions to scale access to safe drinking water). Check out the website: <https://everylastsip.myshopify.com/> and see if there is a way for you to support this excellent initiative being championed by Ottawa youth. Thank you to St. George Elementary School and Amos Comenius Memorial School in Labrador for being water champions and clean water keepers.

STANDING FOR THE LAND IN HONDURAS

Honduras's diverse ecosystems, fertile lands and rich natural resources attract many profiteering enterprises that overexploit the land to no benefit for local communities. Development and Peace-Caritas Canada supports ERIC, Reflection, Research and Communication Team, an organization that helps communities in their struggle for land and territory and investigates human rights abuses. This Lent, meet our solidarity visitor Elvin Hernández, a human rights investigator at ERIC. Learn more at devp.org/lent.

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 in participating churches' kitchens to take home. Two volunteers need to be at each cooking session. If you have a few hours to volunteer, please email Martha Musgrove, 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 on Tuesday. All are welcome. Our Lady of Fatima Parish, 153 Woodroffe Ave., **Sun., March 26 - Wed., March 29**, 7 pm. Info: 613-722-7661.

A NEW DAWN

A day to learn, reflect and take action on Reconciliation, Saturday, **April 1**, Kitchissippi United Church, 630 Island Park Drive. Registration required and is limited. This is a pay-what-you-can event. Indigenous artisan fair by local artists! Coffee, tea and treats will be available! For a list of programs offered and to register, [click here](#).

"HEARTS FOR THE MARITIMES" FUNDRAISER

The estimated damage to Atlantic Canada caused by Hurricane Fiona is \$800M. The storm damaged not only homes and infrastructure, but for many it destroyed their livelihood, too. In support of our eastern neighbours, St. Theresa Parish (95 Somerset St W.) is hosting a Ceilidh lunch on Sunday, **April 16** at 12:30pm. This fundraiser will ensure genuine Maritime hospitality with great Maritime-themed food and lively Down-East music and dancing. Tickets are \$40, available at 613-727-5763.

Events at Galilee Centre, Arnprior

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

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

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. For info and cost of programs: www.galileecentre.com.

Seeking Board Members at Galilee Centre, Arnprior

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

Purgatory as Seeing Fully for the First Time
by Ron Rolheiser, OMI

Imagine living into adulthood without ever having seen light and colour. Then, through some miraculous operation, doctors are able to give you sight. What would you feel immediately upon opening your eyes? We now know the answer to that question. This kind of sight-restoring operation is being done and we now have some indication of how a person reacts upon opening their eyes, and seeing light and colour for the first time. What happens might surprise us. Here is how an authority on brain function describes what happens: The patient on opening his eyes gets little or no enjoyment; indeed, he finds the experience painful. He reports only a spinning mass of light and colours. He proves to be quite unable to pick up objects by sight, to recognize what they are, or to name them. He has no conception of space with objects in it, although he knows all about objects and their names by touch. 'Of course,' you will say, 'he must take a little time to learn to recognize them by sight.' Not a little time, but, in fact, years. His brain has not been trained in the rules of seeing. We are not conscious that there are any such rules; we think we see naturally. But we have, in fact, learned a whole set of rules during childhood. (See: Emilie Griffin, *Souls in Full Flight*, p. 143-144)

Love grasps the mystery. Love is the eye. Might this be a helpful analogy for what happens to us in what Roman Catholics call purgatory? Could the purification we experience after death be understood in this very way, namely, as an opening of our vision and heart to a light and a love that are so full so as to force upon us the same kind of painful relearning and reconceptualization that have just been described? Might purgatory be understood precisely as being embraced by God in such a way that this warmth and light so dwarf our earthly concepts of love and knowledge that, like a person who is given sight, we have to struggle painfully in the very ecstasy of that light to unlearn and relearn virtually our entire way of thinking and loving? Might purgatory be understood not as God's absence or some kind of punishment, but as what happens to us when we are fully embraced, in ecstasy, by God, in his perfect love and perfect truth?

Indeed isn't this what faith, hope, and charity, the three theological virtues, are already trying in this life to move us towards? Isn't faith a knowing beyond what we can conceptualize? Isn't hope an anchoring of ourselves in something beyond what we can control and guarantee

for ourselves? And isn't charity a reaching out beyond what affectively feeds us?

St. Paul, in describing our condition on Earth, tells us that here, in this life, we see only as "through a mirror, reflecting dimly" but that, after death, we will see "face to face." Clearly, in describing our present condition here on earth, he is highlighting a certain blindness. It is significant to note, too, that he says this in a context within which he is pointing out that, already now in this life, faith, hope, and charity help lift that blindness. These are of course only questions. Many reject the very concept of purgatory on the grounds that, biblically, there are only two eternal places, Heaven and Hell. Many Roman Catholics get anxious whenever purgatory seems to get stripped of its popular conception as a place apart from Heaven. But purgatory conceived of in this way, as the full opening of our eyes and hearts so as to cause a painful reconceptualization of things, might help make the concept more palatable and help strip the concept of some of its false popular connotations. True purification happens only through love because, it is only when we experience love's true embrace, that we can see our sin and drink in, for the first time, the power to move beyond it. Only light dispels darkness and only love casts out sin.

Therese of Lisieux would sometimes pray to God: "Punish me with a kiss!" The embrace of full love is the only true purification for sin because, only when we are embraced by love, do we actually understand what sin is and, only there are we given the desire, the vision, and the strength to live in love and truth. But that inbreaking of love and light is, all at the same time, delightful and bewildering, ecstatic and unsettling, wonderful and excruciating, euphoric and painful. Indeed, it's nothing less than purgatory.

VOCATION REFLECTION

"Surprised by God"

by Richard Beaudette, OMI, Vocation Team

Today, God calls people to religious life and priesthood. I firmly believe that! But like the folks in Bethlehem, like David, we don't recognize the call because we think that God only calls "the holy, the perfect, the strong, the others, the faithful individuals" to religious life. He couldn't possibly be calling me. But no one fits the "ideal" that we think God would require. God calls ordinary people to follow as disciples and to serve their fellow disciples and the world. Like the blind man (who was not able to see until healed) and the Pharisees (who would not see), we often fail to see the signs of God's presence and work in our midst and the signs that God is calling me, and others, to a particular vocation. God invites us to open our eyes and hearts to possibilities and surprises.

Read the [full reflection here](#).

Heron Home Hardware

1740 Bank St.
613-733-3492

Yes, we cut keys, sharpen garden tools, scissors and we repair screens, patio doors and windows



Immaculata High School

140 Main St.
Proud Sponsors of the Community
613-237-2001



Whelan Funeral Home
Sean P. Copeland
515 Cooper St.
613-233-1488



If you would like to advertise in our bulletin, please call or email the office.



OTTAWA
PHYSIOTHERAPY &
SPORT CLINICS™
(MAIN STREET)

OPTSC.COM
(613) 567-4808

205-194 MAIN STREET
MON.-FRI. 7AM-8PM & SAT.. 8AM-1PM

Because family matters.

Our specialists are ready to assist.

Kelly Funeral Homes • kellyfh.ca

Somerset • 613-235-6712

Walkley • 613-731-1255



Arbor
Memorial

Arbor Memorial Inc.



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.



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 church foyer.

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.