

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](#)

SECOND SUNDAY OF LENT

MARCH 4/5 2023

FORGIVE

All the prophets testify about
him that everyone who believes
in him receives forgiveness of
sins through his name.

Acts 10:43

*Jesus, help us to grow so that
we can learn to love as you do.
Help us to accept one another's
apologies and let go of our
resentments.*



Think of a person that you have hurt.
Ask God for the courage to make an apology.

PRAYER OF THE FAITHFUL

That we, like Abraham, may go forth from all that is familiar to new places into which God leads us, so that we may be a blessing to others, we pray to the Lord. That our leaders in government act with righteousness, standing for justice for the weak and a voice among the powerful for those who have been silenced, we pray to the Lord.

That we appreciate and support the work that the partners of Development and Peace-Caritas Canada around the world do to give hope, help and comfort to those afflicted by natural and human-made disasters, we pray to the Lord.

That we appreciate the great gift of the land we live on, and work to protect it and all of God's creation that exists within it, we pray to the Lord.

That as the Lord watches over us, we, too, watch over all children and work to protect and cherish them, and use our voices to fight for their rights, and help them grow in strength and courage, we pray to the Lord.

MASS INTENTIONS

Sat., March 4 Burke Nugent by Maryalice Nugent; **Fri., March 10** Sarina Cotroneo and family by Lidia Cotroneo; **Sat., March 11** Jim Chambers by his family; **Sat., March 18** Pat Denny 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 NIGHT

Join us for pizza night on Saturday, **March 4** after Mass. Please stay after Mass and break bread with your fellow parishioners!

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.

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.

THE COURAGE TO CREATE HOPE

Pope Francis said, "...you have the ability and the courage to create hope where there appears to be only waste and exclusion." These are the words that inspired the choice of *Create Hope* as a five-year guiding theme at Development and Peace-Caritas Canada. The courage to *Create Hope* is rooted in actions big and small. For to drive away anguish and despair, it is best to act. Every action we take has a positive effect on us, our neighbours, our great human family, our children and their descendants. What will you do this Lent to *Create Hope*? Join our campaign at devp.org/lent.

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 if you would like to volunteer your time.

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, inspired by the Pope Francis' encyclical, *Laudato Si': On Care For Our Common Home*. 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](#).

GROWING IN WISDOM: SEEKING DEEPER GENERATIVITY

This online program is rooted in the Forest Dwelling Program, Oblate School of Theology in San Antonio, Texas, and the ground-breaking work of Fr. Ron Rolheiser, OMI. It is an ecumenical program, grounded in the mystical Christian tradition, and open to learning from other interfaith and spiritual traditions. The program welcomes all who have the time, interest, and energy to engage in a dynamic 2-year adventure of learning and exploration. How do I give my life to the world? How do I prepare for eventual illness, diminishment and death, so that my death is my final blessing to my family, community and the world? More info: contact Dorothy Wood at dorgeo50@gmail.com or 613-523-2829 or www.growinginwisdom.ca.

MEETINGS/EVENTS

March 4: Pizza Night, 6pm

March 5: Children's Sunday Liturgy of the Word

March 7: Lenten Reconciliation Service

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, Marigold Kenney, Rosie Payner, and Sharon Kelly

Diocesan and Community News

INTERNATIONAL WOMEN'S DAY, MARCH 8

The Government of Canada's theme for International Women's Day 2023 is *Every Woman Counts*. It's a reminder that all women, from all ages and walks of life, have a place in every aspect of Canadian society, including in the economic, social and democratic spheres. Let's celebrate the successful women around us, reminding today's youth and girls that their dream is within reach. [Click here for ways to get involved](#).

We also pause to consider the special circumstances of Indigenous women in Canada and abroad as we assess whether there has been progress made on human rights, justice, economic stability, and basic security.

"We are the mothers who give birth to our Nation. We are the mothers who bring future generations into being. We are the lifeblood of our people. We are the grandmothers and mothers and daughters, the aunties and nieces, the sisters of our Nation. We make our Nation rich. We come from the matriarchy and our womanhood is a blessing." *Heiltsuk Women's Declaration, Sacred and Strong*

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.

PRESERVING BIODIVERSITY: CREATION CARE FROM FAITH TO ACTION,

Join Citizens for Public Justice and For the Love of Creation for a thoughtful conversation on Biodiversity and Creation Care in Canada on **March 23**, at 6:00pm. Our expert and diverse panelists will talk about our

planetary boundaries, the latest updates from COP15, and Indigenous perspectives on biodiversity. Our gathering will conclude with a theological reflection on creation care. To register, [click here](#).

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](#).

OUR COMMON HOME

A guide to caring for our living planet. This guide, a joint initiative of the Holy See and the Stockholm Environment Institute on caring for our living planet, summarizes evidence on issues that are at the heart of our current predicament. It is inspired by Pope Francis' second encyclical, *Laudato si': On Care for Our Common Home*, which explores our ecological crisis and its roots in over-consumption and current models of economic development. The aim is to inform, inspire hope, and stimulate debate and action. [Read the guide here](#).

DAILY LENTEN VIDEOS

God wants you to be the best that you can be. Why not discover this for yourself. A short video link (3-5 minutes) can be sent daily to your phone or email. [Sign up here](#).

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 for daily reflections at oblatestudies@ost.edu.

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.

Different Kinds of Glory by Ron Rolheiser, OMI

We all nurse a secret dream of glory. We daydream that in some way we will stand out and be recognized. And so we fantasize about great achievements that will set us apart from others and make us famous. The daydreams vary but, inside them, always we are at the center - the most admired person in the room, the one scoring the winning goal, the author writing the best-seller, or even just the one in the circle who tells the best story. What we are chasing in all this is notice, appreciation, uniqueness, and adulation, so that we can be duly recognized and loved. We want the light to be shining on us. And this isn't all bad. We are built to stand in the spotlight. Our own reality is massively real to us and scientists today tell us that the universe has no single center but that everywhere and every person is its center. And so it is not a big secret that each of us feels ourselves at the center and wants to be recognized as being there. We nurse a secret dream of glory and, partly, this is healthy.

What's less healthy in our daydreams is how we envision that glory. In our fantasies, glory almost always consists in being famous, in standing out, or in achieving a success that makes others envious. In our fantasy, glory means having the power to actuate ourselves in ways that set us above others, even if that is for a good motive. For instance, some of our fantasies are daydreams of goodness, of being powerful enough to squash evil. Indeed, that was the messianic fantasy. Before Jesus was born, good-hearted and religious people prayed for a Messiah to come and, in their fantasy, that Messiah was generally envisaged as a worldly superstar, a person with a superior heart and superior muscles, a Messiah who would reveal the superiority of God by out-muscling the bad.

But, as we see from the Gospels, real glory doesn't consist of out-muscling the bad, or anyone else. When Jesus was being crucified, he was offered precisely the challenge to prove that he was special by doing some spectacular gesture that would leave all of his detractors stunned and helpless. But, with a subtlety that's easy to miss, the Gospels teach a very different lesson: On the cross, Jesus proves that he is powerful beyond measure, not by doing some spectacular physical act that leaves everyone around him helpless to make any protest, but in a spectacular act of the heart, wherein he forgives those who are mocking and killing him. Divine kingship is manifest in forgiveness, not in muscle. That is real glory, and that is the one thing of which we really

should be envious, namely, the compassion and forgiveness that Jesus manifested in the face of jealousy, hatred, and murder.

We see this illustrated in the Gospels in the incident where James and John come to Jesus and ask him to give them the seats of glory at his side. Jesus takes their request seriously and does not, on that occasion, caution them against pride. Rather he asks them: "Can you drink from the cup [of suffering] that I shall drink?" In naiveté, they answer: "We can!" Jesus replies: "The cup that I shall drink you shall drink, but as for the seats [of glory] at my right hand or left, these are not mine to give." What Jesus is saying, in effect, is this: You will taste suffering, everyone will, and that suffering will make you deep. But, it won't necessarily make you deep in the right way. Suffering can make you deep in compassion and forgiveness, but it can also make you deep in bitterness and anger. However only compassion and forgiveness bring glory into your lives. Jesus defines glory very differently than we do. Real glory, for him, is not the glory of winning a gold medal, of being a champion, of winning an Oscar, or of being an object of envy because of our looks or our achievements. Glory consists in being deep in compassion, forgiveness, and graciousness—and these are not often spawned by worldly success, by being better-looking, brighter, richer, or better muscled than those around us. We all nurse the secret dream of glory. Partly this is healthy, a sign that we are emotionally well. However, this is something that needs to grow and mature inside of us. Our secret dream of glory is meant to mature so that eventually we will begin, more and more, to envision ourselves as standing out, not by talent, looks, muscles, and speed, but by the depth of our compassion and the quality of our forgiveness.

VOCATION REFLECTION

"Abraham's Journey and Our Journey"

by Susai Jesu, OMI, Vocation Team

Like the disciples, we, too, can experience rare moments of light and joy. We get glimpses of the promised land towards which we are travelling in faith. These moments of transfiguration are given to us to strengthen us for our everyday tasks and to enable us to face the cross that in some shape or form comes to everyone. This experience is meant to help us face our life's journey with all its difficulties and challenges, and to embrace the high and the low moments of our life.

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.