

# 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 10:45am

Saturday at 4:15pm

or call the office

## 4th Sunday of Easter

April 29/30, 2023



## 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 Pope Francis and all pastors, that they may faithfully imitate Christ in accompanying the people of God on their journey, and encouraging their growth toward wholeness, we pray to the Lord.

For all who are suffering from natural disasters, that God will be a shepherd to them, guide them to the assistance that they need, and sustain them as they recover, we pray to the Lord.

For greater care of the Earth's resources, that God will help each of us to care for creation and to use the Earth's resources prudently and respectfully, we pray to the Lord.

For a listening heart, that we, who have been called by name, may hear the voice of the Good Shepherd, and respond confidently to God's invitations, we pray to the Lord.

**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, and Marigold Kenney

## MASS INTENTIONS

**Tues., May 2** Jack Lavoie by Shirley Lavoie; **Wed., May 3** Goldie Major by Clara and Tom Hamory; **Sat., May 13** In thanksgiving by Janet Kasiban

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

# Our Parish News

## CHILDREN'S LITURGY OF THE WORD

There will be no Children's Liturgy of the Word on April 30. We look forward to seeing all our young friends again for Children's Liturgy on **May 14, May 28 and June 11**, before we adjourn for the summer.

## THE SHADOW OF WARSHIP

Save the date and join Donna Naughton, Anishinaabe Kwe from Pic River First Nation and Executive Director of Kateri Native Ministry, and Gerry Kelly, Galilee Center Manager of Spiritual Programs, on Saturday, **June 3**, at 10am in the Parish Centre for their presentation, "The Shadow of Wardship." Donna and her team will guide us through a dark and hidden part of our history to reveal the legacy of life for Indigenous people today. To register (registration is limited to 25 people), [please click here](#). If you cannot access the registration form, please email or call the office.

## CATHOLIC EDUCATION WEEK

Please join the Ottawa Catholic School Board community as we celebrate [Catholic Education Week](#), **Sunday, April 30 - Friday, May 5**. This year our board's spiritual theme is *Gratitude, Rooted in Joy, Fill us with Hope* and our provincial theme is *We are Many, We are One*. Mass will be held at Notre Dame Cathedral on Tuesday, **May 2**, at 7:30pm. All are welcome!

**You are invited to pick up a prayer card from the tables at the back of the church.**

## VOLUNTEER OPPORTUNITY

St Joe's Supper Table, 151 Laurier Ave. E. has been providing meals for our community for over 40 years. Once again, they are looking for help to continue this service through the summer months. Tasks include preparing vegetables and desserts, plating meals, staffing the service window and (of course) clean-up. If you are able to commit to one three-hour shift per week for the summer, please email: [suppertable@st-josephs.ca](mailto:suppertable@st-josephs.ca).

## LAUDATO SI' WATER ACTION GROUP WATER DROPLET

April showers bring May flowers! Be sure to check your rain barrel and eavestrough system for any leaks and repair as needed. To help retain moisture during the spring and into summer, consider adding some mulch to your garden beds, and around trees, and shrubs. Finally, this year could be the year you consider a non-grass lawn. [Several alternatives](#) can be sown that can reduce your water impact. Happy Easter season to all!

## LIVE THE MONTH OF MARY

You're invited to experience the month of May in communion with Living with Christ. Each day of the month, receive texts about and prayers to the Virgin Mary by email, FREE of charge. [Sign up here](#).

## STAMPS FOR DEVELOPMENT AND PEACE

The stamps affixed on the right corner of your envelopes can be very useful. Members of Development and Peace, who are philatelists, will sell them to stamp collectors. The proceeds will help fund development projects in Africa, Asia and Latin America. If you wish to support this initiative, simply cut off the stamps from your envelopes without damaging perforations and put them in the bag on the D&P table.

## VOCATION REFLECTION

"In Defense of Sheep"

by Darcie Lich, Oblate Associate, Vocation Team  
And so, this year, on Good Shepherd Sunday, it's actually the smart sheep who reminds me again of my need to heed my Shepherd's voice. It's not because I'm dumb. It's because I've learned that when my Shepherd calls me by name, it's likely because I've gotten too smart for my own good and have decided to do things my way. I've been called to a particular field for a reason, and when I hear my Shepherd's voice, I remember that my place is by his side. Read [the full reflection here](#).

## MEETINGS/EVENTS

**April 30:** Children's Liturgy of the Word, **cancelled**

**May 4:** Parish Council, 7pm

**May 6:** Pizza night after Mass, 6pm



# Diocesan and Community News

## MARY'S WAY OF THE CROSS

You are invited to join Fr. Remi Lepage, OMI [online via Zoom](#) on Saturday, **May 5** at 6:30pm for Mary's Way of the Cross and a special Mother's Day blessing. It has been a Catholic tradition through the centuries to meditate on the Way of the Cross, so that it becomes our way of life. These Stations, called Mary's Way of The Cross, attempt to present Mary's viewpoint. Through Mary's eyes, we see what Jesus was going through on the way to Calvary.

## DIOCESAN FEAST DAY

You are invited to join Archbishop Dampousse to celebrate a Mass in honour of our Diocesan Feast Day on Saturday, **May 6** at 10:00am at the Notre Dame Cathedral, 385 Sussex Dr.

## ENLARGE THE SPACE OF YOUR TENT

The synodal process that we went through last year raised many concerns among Catholics. One of the most significant was the role of women in the Church. St. Theresa Parish, 95 Somerset St. W., will be hosting a presentation and reflection on Sunday, **May 7** from 8am-5pm called, "Enlarge the Space of Your Tent," about rediscovering the role of women in the Church today in the context of the synodal process. Everyone is invited to attend and participate. Light refreshments will be available. For more information, contact Lynn Lavictoire at 613-833-1742 or [lynn.and.will@sympatico.ca](mailto:lynn.and.will@sympatico.ca).

## OTTAWA NEEDS MORE

Help Ottawa receive its fair share of provincial homelessness funding. Without it, Ottawa will have to cancel permanent supportive housing for those on the street. Write your representative by [clicking here](#).

## NATIONAL FAMILY AND LIFE WEEK

[National Family and Life Week](#) (**May 7-14**) is an opportunity to celebrate the joy and beauty of family and life in faith. The official theme is Jesus' words: "Love one another. Just as I have loved you, you also should love one another". (John 13:34) Charity is what holds together our Church, a family of families. Together, faith, hope, and charity are all gifts from God that we receive and practice through prayer, concrete acts of generosity and care, and the Sacraments. [Click here](#) for Catechesis for Families and Parishes prepared by the Office of Family and Life of the Canadian Conference of Catholic Bishops. Also, this year the [March for Life](#) returns to Parliament Hill on Thursday, **May 11** from 12:30pm-4:00pm. Everyone is invited to attend.

## IRISH KITCHEN PARTY

The Kitchen Party, to benefit St. Patrick's Home, will kick off at 6pm on Wednesday, **May 17**. It's an evening to enjoy good company, fabulous food, a taste of Celtic culture, and to raise vitally important funds for St. Pat's spiritual and pastoral care programs, and community engagement initiatives. For tickets or to learn about hosting and sponsorship opportunities, please [click here](#), or email [foundation@stpats.ca](mailto:foundation@stpats.ca), or call (613) 731-4660 x. 353.

## HIKE FOR HOSPICE

This annual tradition brings together families and friends to hike in honour and in memory of someone special, while raising funds and awareness for Hospice Care Ottawa's vital programs that provide support for individuals with life-limiting illnesses and their families. [Register today](#) for the hike on **June 3** starting at Carleton University.

## Events at Galilee Centre, Arnprior

**May 4:** Spring Luncheon, Reservations Required

**May 5:** Monthly Walk at Galilee - A Time of Reflection, 10am, no registration required

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

**June 22:** BBQ Summer Luncheon, Reservations Required

**July 1:** Strawberry Social, 1pm

Reservations not required

**August 20-27:** 7-day Directed Retreat

**September 15-17:** Ron Rolheiser Retreat

More information coming soon. Click here to [pre-register](#).

**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).



## On Hearing The Voice That Soothes by Ron Rolheiser, OMI

Inside each of us there is a deep, congenital restlessness. We are not restful beings who sometimes get restless, but restless beings who occasionally experience rest.

Karl Rahner, I believe, had it right when he said that we do not have souls that get restless, but that our souls themselves are lonely caverns thirsting for the infinite, deep wells of restlessness that make us ache to sleep with the whole world and all that is beyond.

Ultimately we reach a point in life when there is an ache and a sadness inside us that no one can still and comfort. Because of this, we can find it difficult to concentrate during the day and to sleep at night. We go through life feeling like we are missing out on something, that life is more exciting and fulfilling for others than it is for us. Our achievements rarely satisfy us because we are always aware of what we haven't achieved, of missed chances and failed possibilities. Always, too, it seems, that we are inadequate to the task, that we must not disappoint those we love, but we do.

We are always a bit dissatisfied. As Henri Nouwen puts it, in this life it seems that there is no such thing as clear-cut, pure joy, but that even our happiest moments come with a shadow, a fear, a jealousy, a restlessness. Inside us, no matter what our age, we are always somewhat lost and full of a sadness, one that we don't quite know what to do with. Thoreau was right, we do live lives of quiet desperation. What should we do with that?

An analogy might help us here:

We can learn something valuable, I believe, by comparing these feelings to what a baby feels at a certain moment in the presence of a baby-sitter, but in the absence of its mother. As many a frustrated baby-sitter has learned, there can come a moment, usually later in the evening, when the baby grows tired of being titillated by flashy toys, extra sweets, and the continued cooing of the baby-sitter. The baby becomes irritated, cranky, weepy, and finally disconsolate. At this point nothing will soothe its aches, except the voice and the touch of the mother herself. The baby needs to hear the mother's voice and only the mother's voice. No attempt by the baby-sitter to replace the mother or even to imitate the mother are of much use. The baby will not be fooled. There comes a moment when only the mother can soothe and comfort. The baby's disquiet will disappear only when she hears again the mother lovingly call her name.

It's no different for us really, as adults, in trying to come to grips with our congenital restlessness. We can distract

ourselves for a while, be titillated by flashy toys, be soothed and lulled by sympathetic voices, and momentarily be content even in the absence of our real mother. But there will come a time, usually a little later on in the proceedings, when we are a bit more tired and cranky, when these things will soothe no more. We will begin to miss, in the very depths of our souls, the one voice and one presence that can ultimately bring us rest. Of course that one voice that can soothe, that one voice that we search for among all the others, is the voice of God, who is the primordial mother. Ultimately, we reach a point in life when there is an ache and a sadness inside us that no one can still and comfort other than the one who ultimately brought us to birth. Like the baby frustrated with its baby-sitter, we, too, need to hear our mother lovingly pronounce our names.

The Gospel of John opens very differently than the other Gospels. There are no infancy narratives. Right at the beginning, we already meet the adult Christ and the first words he speaks are a question: "What are you searching for?" John's whole Gospel tries to answer that, but the full answer is given only at the very end, by Jesus himself.

What are we ultimately searching for? On the morning of the resurrection, Mary Magdalene meets the newly-risen Jesus, but she doesn't recognize him. He approaches her and asks (in words that repeat his question at the opening of the Gospel): "What are you searching for?" She explains that she is searching for the body, the dead body, of Jesus. He says just one word to her in response: "Mary." He calls her by name and, in that, she not only recognizes him, but she hears precisely what a disconsolate baby cannot hear in the voice of her baby-sitter: the voice of the mother, lovingly pronouncing her name. In Jesus' response to Mary Magdalene, we learn the answer to life's most fundamental question: what do we ache for? Ultimately, all our aching is for one thing: to hear God, lovingly and individually, call us by name. There comes a moment in the night for each of us when nothing will console us other than this, hearing our names pronounced by the mouth of God.





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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.

**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 Community 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.