

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 10:45am

Saturday at 4:15pm

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](#)

5th Sunday of Easter

May 6/7, 2023



PRAYER OF THE FAITHFUL

That the Church helps to resolve our doubts and uncertainties, and strengthen our faith in God's redeeming love, we pray to the Lord.

That world leaders, including Charles III whose coronation is this weekend, govern wisely and uphold the laws of their country to protect the vulnerable, and to safeguard the environment for future generations, we pray to the Lord.

That, as we remember missing and murdered Indigenous women and girls, we may become agents of transformative change to end the violence and systemic racism in communities across this country, we pray to the Lord.

That, during this National Week of Family and Life, we may find special ways to show our family members just how much we love each other, and that we remember that Jesus accompanies us through the valleys and peaks of life, we pray to the Lord.

That our young people, who are receiving their first Holy Communion today, may grow in their love and appreciation for the Mass, and for Jesus' presence in the Blessed Sacrament. 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, Ken Hart, Eileen Kearns, Sharon Kelly, and Marigold Kenney

MASS INTENTIONS

Sat., May 6 Lorna Kelly by Jane Bergin-Molino and Mary Bergin-Emery **Sat., May 13** In thanksgiving by Janet Kasiban; **Tues., May 16** Pasquale Cotroneo by Lidia Cotroneo; **Thurs., May 18** Mr. and Mrs. Tony Brennan and Barbara by their family

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

Our Parish News

RED DRESS DAY

[Red Dress Day](#), also known as the National Day of Awareness for Missing and Murdered Indigenous Women and Girls and Two-Spirit People, is observed on **May 5**. The day honours and brings awareness to the thousands of Indigenous women, girls and two-spirit people who have been subject to disproportionate violence in Canada. Red Dress Day was inspired by Métis artist, Jaime Black's REDress Project installation, in which she hung empty, red dresses to represent the missing and murdered women. Red dresses have become symbolic of the crisis as a result of her installation. To learn more, [click here](#).

PIZZA NIGHT

Please join us for pizza (pizza slice, \$3 and drink, \$1) and conversation after Saturday Mass, **May 6**. This is a monthly event (September-June).

LUNCH AND LEARN RETURNS MAY 21

The Faith Formation Committee is proud to announce that after 3 long years, "Lunch & Learn" is BACK! Come join us after Sunday Mass on **May 21** for a viewing of *The Letter*. This film tells the story of a journey of frontline leaders to discuss the encyclical letter, *Laudato Si'*, with Pope Francis in Rome. The exclusive dialogue with the Pope, included in the film, offers a revealing insight into the personal history of Pope Francis and stories never seen since he became the Bishop of Rome. *Laudato Si'* encourages us to see how "everything is connected." The way we treat the Earth, our common home, is a reflection of how we treat each other. Caring for each other means caring for the home we share.

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.

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.

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.

MILK BAGS

We continue to collect milk bags (the outer colourful ones) that are then crocheted into sleeping mats. Help keep plastic out of landfill sites and provide a sleeping surface for those in developing countries. You can drop off your milk bags in the baskets in the church foyer.

VOCATION REFLECTION

"Prepare a place for others"

by Jarek Pachocki OMI, Vocation Director

A life-giving community, with healthy relationships, as within a family, faith community or religious congregation doesn't happen on its own. It requires a conscious effort "to prepare a place" for each other, so every member feels at home. How can we do that? "Community is a place for dialogue and healing, forgiveness and reconciliation. To live in communion and enrich our community life, especially in international and intercultural communities, it is essential to know ourselves as Oblates, to recognize each other as brothers, and to be open to values other than our own." (Acts of the 37th General Chapter). Read [the full reflection here](#).

MEETINGS/EVENTS

May 6: Pizza night after Mass, 6pm

May 14: Children's Liturgy of the Word, 10am

May 21: Lunch and Learn, 11:30am

May 28: Children's Liturgy of the Word, 10am

Diocesan and Community News

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 11:45am-1:45pm 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.

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) Let us spend NFLW 2023 united in prayer, reflection, and action, demonstrating our active support for family and life. May [this special focus on family and life](#) be a springboard for renewed pastoral action in support of families throughout the entire year! 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.

DREAM LEBRETON FLATS

The Ottawa Central Council (OCC) of the Society of St. Vincent de Paul (SSVP) aims to raise \$300,000 towards Indigenous-specific units at Dream LeBreton Flats, lead by the Multifaith Housing Initiative (MHI). MHI's primary focus for this new housing community is to provide homes for newcomers to Canada, women and children, adults with cognitive disabilities, veterans and their families, and Indigenous households. The down payments on these units will help to lower rental fees to be equal to shelter allowances provided by Ontario social assistance programs. Tenants will be able to use their basic needs allowances for food and other necessities. The SSVP will provide ongoing support to those tenants according to its mission. If you would like to make a tax deductible donation to this housing project, please [click here](#) and under "Please direct my donation to:" select Ottawa Multifaith Housing Initiative (MHI) or buy tickets in the [Catch the Ace fundraiser](#).

DEVELOPMENT AND PEACE

ONTARIO REGIONAL ASSEMBLY

Join the Ontario Regional Assembly of D&P at St. Basil's parish from **May 19, 7:00pm - May 21, 12:00pm**, (\$25 registration fee) featuring presentations about Anishanaabe Algonquin spirituality, local land struggles of the Anishanaabe Algonquin Peoples, environmental justice, opportunities for spiritual nourishment, explore successes and challenges as members of diocesan councils. With our new governance structures, regional assemblies are no longer the venue for resolutions or business matters. Come and check out this new opportunity for social engagement, learning, & fun with like-minded social justice activist Catholics. Please [register online here](#).

Events at Galilee Centre, Arnprior

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.

For info and cost of programs:

www.galileecentre.com.



“There Is a Season for Everything” by Ron Rolheiser, OMI

A friend of mine likes to explain his religious background this way: “I have powerful conservative roots. I was raised in a very strong conservative, Roman Catholic, immigrant, German farming family, with all the inhibitions, protectiveness, exclusivity, and reticence that this entailed. It would be hard to find a more strongly conservative religious background than mine. And I’m grateful for that. It’s one of the greatest gifts you can be given. Now I’m free for the rest of my life!”

What are the basic stages of the spiritual life?

There is something both healthily conservative and healthily liberal in that assessment. The instinct within the liberal wants to push edges, to widen the circle, to move away from narrowness, to be more inclusive, to not always see the other as threat, and to protect the ineffability of God and God’s universal salvific will. Whereas the conservative intuitively feels the necessity of being rooted in truth, in grounding yourself in the essentials, in having proper boundaries, and in not being naive to the fact that everything that’s precious and true will invariably be under attack.

Both protect the soul. The soul, as we know, has two functions which are often in tension with each other. On the one hand, the soul is the source of all energy inside of us, the fire that fuels everything we do. We know the precise moment when the soul leaves a body. All energy ceases. On the other hand, the soul is also the source of unity and integration. It glues one together. Decomposition begins the very second the soul leaves the body. Without the soul, every element goes its own way.

The liberal instinct is mostly about the fire; the conservative instinct is mostly about the glue. The story of the man who was raised in such a strong conservative background and who now feels rooted enough to be more liberal illustrates that both are necessary. There is a time to be liberal and there is a time to be conservative, and it is important that we know which time is right, both as regards to our own growth and as regards to the growth of others. Malcolm X once said something to this effect: I have a strong allegiance to both Christ and Muhammad because we need them both. Right now, so many of the men to whom I am trying to minister need the discipline of Allah. Their lives are in such disrepair that they need clear, hard rules of discipline that are spelled out for them without ambiguity. Later on, once they have their lives more in order, they can turn more to the liberal love of Jesus. First we need the discipline of Allah, later the freedom of Jesus. He understood that there are stages to the spiritual life and

that what is needed in one stage will sometimes be very different than what is needed in another. What are the basic stages of the spiritual life?

The Gospels, the mystics and the great spiritual writers, with some variation in how they express this, concur that there are three clear stages to the spiritual journey or, in another way of putting it, three levels of discipleship. The first level, which might aptly be termed, “Essential Discipleship”, is the struggle to get our lives together, to achieve basic human maturity (which itself might be defined as the capacity for essential unselfishness, the capacity to put others before ourselves). The second level can be called “Generative Discipleship” and is the struggle to give our lives away in love, service, and prayer. The third level can be called “Radical Discipleship” and consists in the struggle to give our deaths away, that is, to leave this earth in such a way that our deaths themselves become our final gift and blessing to our families, churches, and society.

The first stage, “Essential Discipleship”, is, yes, about essentials, about getting our lives together by properly channeling our energies through discipline (the origin of the word, discipleship). By definition, that task is mainly conservative: learning proper teaching so as to have a healthy vision, submitting to rules of behaviour that ground us and move us beyond our instinctual selfishness, and being a learner within family and church community. Metaphorically speaking, at this stage we are learning the “discipline of Allah.”

But, once this stage is achieved with a certain proficiency, the challenge becomes different. Now the task is to give our lives away and to give them away ever more deeply and to an ever-widening circle. That’s a more liberal task and it becomes even-more liberal as we move towards that truly great unknown, death, where all that we have grounded ourselves in must be left behind as we are opened to the widest circle of all, cosmic embrace, infinity, and the ineffable mystery of God.

In our discipleship, our spiritual journey, there is an important time to be conservative, just as there is an important time to be liberal. We are not meant to pick one of these over the other.

MONTH OF MARY PRAYER

Rejoice, Mary, full of grace; you are welcoming the breath of the Holy Spirit, the Word made flesh, into your womb. Teach us to say “yes” as you did and to trust the Father, in joy as well as in sorrow.

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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.