

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](#)

Body and Blood of Christ

June 10/11, 2023



PRAYER OF THE FAITHFUL

For the Church, that in celebrating the Eucharist and sharing in the body and blood of Christ, we will hear the call to be missionary people, and go out to feed the hungry, care for the poor and love those we meet on the way. We pray to the Lord.

For the leaders of our nation, that national and local government officials will satisfy the human hunger for peace and justice, ensuring that the people most deprived of necessities are helped. We pray to the Lord.

For people who suffer loss in the face of the wildfires in Canada, that they are not overwhelmed by grief or despair, but find strength in community and comfort in the practical support of people from distant places. We pray to the Lord.

For all Eucharistic ministers, particularly those who minister to the sick and homebound, that they may grow in faith through their service, and be signs of God's love, healing, and presence to others. We pray to the Lord.

For all who hunger spiritually, that through the manna of God's Word, they may be nourished and find a way to live in peace and wholeness of life. 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, Eileen Kearns, Sharon Kelly, Marigold Kenney, Jeff Stadtmueller, Ravi Tangudu

MASS INTENTIONS

Sat., June 10 Carmel Thorne by Gerarda Staples and family; **Tues., June 13** Rita Denny by Margaret Denny;

Sat., June 17 Ron Kasiban by Janet Kasiban; **Sat., June 24** Carmel Thorne by Gerarda Staples and family

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

Our Parish News

OFFICE CLOSED MONDAYS

The office will be closed on Mondays starting **June 19 to September 4** inclusive.

VOLUNTEER APPRECIATION

The Pastoral Parish Council and the Pastoral Team sincerely appreciate all the volunteers who devote their time,, energy and gifts to making our parish such a strong community. In appreciation for the work done by our volunteers, there will be a special blessing for all our volunteers at the Masses on the weekend of June 10/11, with a special reception to follow the Mass on Sunday, **June 11**.

MASS ON THE GRASS

Mark your calendars! Mass on the Grass returns on Sunday, **June 18th**! We will have Mass on the lawn at Immaculata High School and then enjoy a BBQ in our parking lot. **Please sign up on the sheets at the back of the church and at the entrances to the church or email the office.** We need to know how many hamburgers and hotdogs to buy. **Please bring a lawn chair if you have one.**

YOUTH GROUP

Our Youth Group met last week and watched the *Laudato Si'* water video panel discussion, *Water and Spirituality*. This discussion is a fascinating “mosaic” of several different religious communities and how they view and cherish water. If you are interested, the recording can be found directly on [YouTube](#). The next meeting for the Youth Group will be on Friday, **June 23** at 7pm to plan their activities for the fall.

EVERY LAST SIP

An update on the clean water project, '[Every Last Sip](#)', at St. George School in Ottawa which the parish's Truth and Reconciliation Committee has supported: “After a stellar pitch by students, Chapman's Ice Cream has committed to purchase \$4,000 worth of coasters for clean water solutions from 'Every Last Sip'! So grateful for the work these young kids did to make a difference in the well-being of Indigenous communities. They are leading the way to the change that is needed in society today. There is hope for the future.”



CENTRE 507 WISHLIST

Centre 507 is hoping to restock their hygiene supply cupboard. Wishlist: soap, toothpaste, toothbrushes, shampoo, deodorant, socks, toilet paper, tampons, wet wipes and men's underwear (M or L). Please bring donations to the church and we will deliver them to Centre 507. Thank you!

TOWARDS FULL PRESENCE

“Towards Full Presence” is the title of a document released by the Dicastery for Communication that offers a pastoral reflection on people's engagement in the digital world. The publication aims to generate a dialogue on how to make this ecosystem more human. Inspired by the parable of the Good Samaritan, the document offers an opportunity to begin a shared reflection on how to promote a culture of being “loving neighbours” also in the digital world. Read the [full document here](#).

MEETINGS/EVENTS

- June 11:** Volunteer appreciation, after 10am Mass
- June 18:** Mass on the Grass and BBQ, 10am
- June 21:** Truth & Reconciliation Committee, 7pm
- June 27:** Faith Formation Committee, 7pm

MAY COLLECTION

Collection:	\$ 10,538.85
Direct Deposit (EFT):	\$ 7,160.00
Canada Helps:	\$ 2,104.04
Total:	\$ 19,802.89

Average monthly expenses: \$ 20,858.93

Diocesan and Community News

CONVERSATION FOR OUR TIMES

Sunday, **June 11**, 2023, at 2:30 p.m.

“Sexuality and Catholic Thought: Flourishing Bodies” with Dr. Doris Kieser. Sexuality is intrinsic to being human. In our current social context, we encounter a variety of perspectives regarding what it means to be sexual. We will explore Catholic thought about sexuality itself in the context of contemporary culture and we will consider how Pope Francis has responded to the ongoing evolution of our understanding of sexuality. For more info and to register, [click here](#).

FOOD CENTRE OPEN HOUSE

Grateful for your ongoing support, the Centretown Community Food Centre invites you to their Open House to see and celebrate their new location in the City of Ottawa’s Catherine Street Community Service Hub on Thursday, **June 15**, drop in from 2 - 4pm at 370 Catherine Street. Refreshments will be served! Please RSVP by June 12 to info@cefcottawa.org.

SUMMER SOLSTICE INDIGENOUS FESTIVAL

From **June 21 - 25**, experience some of Canada’s best Indigenous talent through music, dance, workshops, food and more at this free, family-friendly event. The [Ottawa Summer Solstice Indigenous Festival](#) celebrates Indigenous peoples’ culture and heritage through a variety of programming such as creative workshops, education days, traditional knowledge, culinary experiences, a movie night, and the popular Competition Pow Wow, featuring live music and dance performances. This festival is one of four seasonal events hosted by and held at Indigenous Experiences’ Mādahòki Farm, a rural space within the greenbelt just south of downtown Ottawa.

INDIGENOUS HISTORY MONTH

We can all do something to celebrate Indigenous History Month. Not sure where to start? Here are some ideas: Attend a powwow or [other local community event](#) in your region. Educate yourself about Indigenous history in Canada. Check out the Downie & Wenjack Fund (DWF) [resources online](#). Learn about the land you’re on and the treaties signed in your region. Watch videos by Indigenous filmmakers: [Little Bird](#) is streaming on Crave and was executive produced by Artist Ambassador, Jennifer Podemski, [Bones of Crows](#) is now in theatres and check out [Alanis Obomsawin’s library of films](#) at the National Film Board. Listen to DWF’s Indigenous History Month [Playlist on Spotify](#). Find additional resources at [Kairos Canada’s website](#).

LET’S BIKE MONTH OTTAWA

The City of Ottawa has been partnering with [EnviroCentre](#) to celebrate cycling since 2010. As one of the largest biking campaigns in the country, [Let’s Bike Month Ottawa](#) is expected to have nearly 4,000 participants throughout the month of June. Upcoming events and workshops can be [found here](#).

POPE’S PRAYER INTENTION FOR JUNE

For the abolition of torture: Let us pray that the international community may commit itself concretely to abolishing torture, guaranteeing support to victims and their families.

Events at Galilee Centre, Arnprior

June 22: BBQ Summer Luncheon, reservations required

June 27-28: “Mindfulness in the Labyrinth - A Walking Meditation Retreat”, Facilitator: Susan Kehoe

July 1: \$10 Strawberry Social, 1pm

June 2, July 7, August 4: Monthly Walk of Awareness, First Friday of Each Month

August 20-27: 7-day Directed Retreat

September 15: Fr. Ron Rolheiser Public Lecture Event, 7pm, “Walking in Light and Walking in Darkness”

Cost: \$35 in person or virtually

September 16-17: Fr. Ron Rolheiser Retreat: “Spirituality and the Seasons of our Lives”. More info: [click here](#).

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.

For the Life of the World

by Fr. John Foley, SJ

Let us review for a moment what has happened in the special season just gone by. I suppose this is a summary of the summaries! It leads to Sunday's feast, which is a great remembrance of our salvation.

Holy Thursday: we saw Jesus washing the feet of the disciples, cleaning their feet, wiping off the dirt. Then on Good Friday, we saw Jesus refuse the way of riches, honour, and pride, instead of following the way of love. He could have avoided the cross, but love said yes to God instead. It was the highest example of real, lasting love we know of. It showed us who God is, in the flesh. With spiritual eyes, we would see that the Holy Trinity is made of love and that our lives are included in that love.

The Sundays after Easter: After his resurrection, Jesus spoke to us about his sacrifice and his having risen from the dead, showing how these are signs of the Father's love for the whole world. Then the Ascension. Jesus was going away, back to the Father. He was to take his love back to the Trinity - where it started - thus completing the circle. Therefore, he left us, and if that were the end of the story we would have only memories.

On Pentecost, he sent his Spirit into our hearts. We ourselves, his followers, were to receive that Spirit and become his new and continuing body for the life of the world. There is only one condition: that we let go and allow his Holy Spirit to dwell in our lives. Gradually we would sense with spiritual eyes what the Holy Trinity is all about.

How, exactly, are we to let the Holy Spirit find this dwelling place within us? If we look around at our culture, it seems impossible. A lot of our neighbours have thrown away the idea of a soul altogether and even the notion of a God. Others just dive into the flesh pots, so to speak, and by doing so, deny that there is such a thing in them as a depth where some Holy Spirit could dwell.

But we do have such a depth, all of us and each of us. We just need to let go and learn to be loved by this Spirit of Jesus and of his Abba. Then it will occur to us why the Christ had promised the Holy Spirit and then sent it.

However, one unhandy fact remains. We are flesh and blood creatures, not merely spirits. Would Christ have gone away to Heaven, leaving his followers to make

their own way without him? No. The sacrament of his Body and Blood is the way we join in the complete life of Christ. Just as the Holy Spirit comes together with our spirit, the sacrament of Christ's body becomes one with our own bodies in a gradual but intimate transformation.

To put it another way, we need Manna if we are to survive (First Reading)! Today's Feast of the Body and Blood of Christ shows this. The great plan of God could get lost unless there were a Manna-like sacrament to draw our bodies and our spirits into Christ's presence.

And so, now the Easter picture is complete. Christ remains in the world for all time. He is spiritually and physically present to the world in us, as often as we accept his body and dwell in his Spirit.

That is the reason for this final feast after Easter.

VOCATION REFLECTION

"Let's Keep the Crust!"

by Jarek Pachocki, OMI, Vocation Director

This weekend we celebrate the solemnity of the Body and Blood of Christ. We recognize God's presence among us in the Eucharist, but also in the community of faithful, the Body of Christ where everyone belongs. Unfortunately, sometimes we have a tendency, just like with a perfectly shaped PB&J sandwich, to cut off the crust: namely, people on the margins. We are all the Body of Christ, not only those "holy and perfect" with the softness on the inside, but also those rough edges of the crust, such as people who are poor and homeless, unchurched and those struggling with their faith, LGBTQ, different cultures and races...everyone belongs! Read [the full reflection](#).

VOCATIONS CAFE

The Vocations Café with Fr. James Martin, SJ, about his vocation as a Jesuit, his experience of Kenya, social media communications and his ministry with LGBTQ Catholics is now available on OMI Lacombe Canada's YouTube channel: youtu.be/KL93O5P6iQ8

"If you cannot find Christ in the beggar at the Church door, you will not find him in the Chalice."

- St. John Chrysostom

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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.