

# 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

## Pastor

Fr. Tim Coonen, OMI

## Administrative Assistant

Heather Duggan

## Pastoral Associate

Sr. Matilda Owolagba

## Director of Religious Ed.

Adele Casuga Lalonde

## Pastoral Council

Peter Brimacombe, interim  
Meetings: 1st Thurs., 7pm

## Finance Committee

Joseph Duggan

## Development and Peace

Anna Dorner

## Weekly Gatherings

### Christian Meditation

Dorothy Wood

Mondays, 3pm, virtual

### Lectio Divina & Meditation

Maureen Cerroni

Tuesdays, 8pm, virtual

### Evening Prayer

Pierre LaViolette

Wed., 6:30pm, [via Zoom](#)

### Sunday Liturgy of the Word

Sundays, 11:30am, [via Zoom](#)

### RCIA

Parish RCIA Team

Sundays, 9am, Parish Centre

## 6th Sunday in Ordinary Time February 10/11, 2024



Photo by Heather F. Duggan

**PLEASE PRAY FOR OUR SICK:** Carol Bazinet, Louise Blanchett-Smith, Isabella Boles, Devin Bursey, Sandy Cano, Frank Chauvin, Eileen De Rosayro, Sheila Gasnick, Eileen Kearns, Marigold Kenney, Fran Kubale, Jeff Meulemans, Fr. Peter Monty, Andrea Redway, Br. Len Rego, Gerarda Staples

## MASS INTENTIONS

**Tues., Feb. 13** Eleanor Begley by Rosemarie Hoey & family; **Thurs., Feb. 15** Pat & Fern Denny by Margaret Denny; **Tues., Feb. 20** Pauline Cesselen by Margaret Denny; **Wed., Feb. 21** For unwell friends by Yvonne Bennett; **Thurs., Feb. 22** Bertha DiBartolo by Margaret Denny; **Fri., Feb. 23** Jozef Nowosielski by Richard & Susanne Shaftoe; **Sat., Feb. 24** Joanne Renahan by Rosemarie Hoey & family; **Tues., Feb. 27** Jim & Mary McMinn by Margaret Denny

## EVENTS/MEETINGS

**Wed., Feb. 14** Ash Wednesday Masses, 10am (deaf Mass), 11:30am and 7pm

**Sun., Feb. 18** Lenten Fair, after Mass

**Sat., Feb. 24** Lenten Retreat with Fr. Peter Bisson, 9:30-11:30am

**Sun., Feb. 25** Lunch and Learn: "A Journey into Exile", after Mass

**Sun., Feb. 25** Youth Mass, 7pm

Please check out the Happenings page on our website: [canadianmartyrs.org/happenings/](http://canadianmartyrs.org/happenings/)

# Our Parish News

## WORLD DAY OF THE SICK, FEBRUARY 11 ANOINTING OF THE SICK

“It is not good that man should be alone”.

Read Pope Francis’ message for the 32nd World Day of the Sick [here](#). “The sick, the vulnerable and the poor are at the heart of the Church; they must also be at the heart of our human concern and pastoral attention. May we never forget this! And let us commend ourselves to Mary, Most Holy, Health of the Sick, that she may intercede for us and help us to be artisans of closeness and fraternal relationships.”

Our Masses this weekend (**Feb. 10/11**) will include the Anointing of the Sick.

## LENTEN FAIR

The Lenten Fair will be on Sunday, **February 18** following the 10:00am Mass. Families are invited to come and check out the crafts that are designed to help us prepare our hearts for Lent and Easter. We are asking for volunteers to bring snacks and to help with the craft tables. Please call or [email](#) the office if you can help.

## PARISH LENTEN RETREAT

Join us at Canadian Martyrs for a retreat led by Fr. Peter Bisson, SJ on Saturday, **February 24**, from 9:30 to 11:30am. The theme is “Decolonizing: A Change of Heart”. You can register by emailing the parish office: [office@canadianmartyrs.org](#).

## YOUTH MASS

Following a request from our Youth Group, on Sunday, **February 25** at 7pm, we will celebrate a Mass in which our youth will serve as lectors, discuss and reflect on the readings, and circle the altar for the Eucharist. This is an opportunity for youth involvement in the Liturgy of the Eucharist as well as in the Liturgy of the Word. You are welcome to join us, especially if you are a part of our youth community at Canadian Martyrs Church.

## TAKE "A JOURNEY INTO EXILE"

Jesuit Refugee Service Canada will be facilitating a simulation exercise called “A Journey into Exile” for our Lunch and Learn on Sunday, **February 25** after Mass. Come walk in the shoes of refugees forced to flee and find safety beyond their homeland. Listen to their stories. Learn why people become refugees, and where, we, as Canadian people of faith, fit within the picture. We will be led by Tevfik Karatop from Jesuit Refugee Service,. To aide us with seating and refreshments, please register by

[clicking here](#) or add your name to the sign up sheet on the Welcome Table. Questions? Contact us at (613) 232-5347 or [office@canadianmartyrs.org](mailto:office@canadianmartyrs.org)

## CHRISTIAN MEDITATION AND LECTIO DIVINA

Did you know we have two mediation groups that meet weekly by Zoom? Our Christian Meditation group meets on **Mondays** at 3pm and our Lectio Divina & Meditation group meets on **Tuesdays** at 8pm. If you are interested in joining one of these groups, please email the office.

## LUNCH AND LEARN SPEAKERS

The Faith Formation Committee is looking for speakers for our Lunch and Learn events in 2024. Several topics have been suggested: sustainable investment portfolios and divesting from fossil fuels, yoga from a Catholic perspective, learning about other faiths, and Christian meditation. If you can speak on any of these topics or know someone who can, or can suggest other topics of interest, please contact the office.

## TAX RECEIPTS

Many thanks to everyone who donated financially to our parish in 2023! If you contributed through weekly offering envelopes or by auto-debit, you should have received an official receipt for income tax purposes by email (please check your inbox!). If you don’t have email, your receipt can be found on the back table near the Canadian Martyrs shrine. If you didn’t receive your tax receipt, please contact the office.

### JANUARY COLLECTION

Collection:	\$ 11,359.25
Direct Deposit (EFT):	\$ 7,115.00
Canada Helps:	\$ 3,440.98
<b>Total:</b>	<b>\$ 21,915.23</b>
Average monthly expenses:	\$ 23,430.76

# Diocesan and Community News

## **GIVE IT UP FOR THE EARTH!**

The [Give it up for the Earth!](#) 2024 campaign (**February 14-March 28**) includes three action items:

- [A pledge](#) to reduce your personal and household greenhouse gas emissions.
- A commitment to embrace eco-spirituality through climate action and by building relationships with the Indigenous communities on whose traditional territories we live, work, and play. [Watch the Eco-Spirituality in Action webinar.](#)
- [Sending a letter](#) to the Minister of the Environment and Climate Change, Steven Guilbeault, urging him to set more ambitious climate action targets and expressing support for a just transition towards a low-carbon economy. You can also sign this letter on our *Laudato Si'* table in the church foyer.

## **COFFEEHOUSES ON SUSTAINABILITY**

Join the second in a series of exciting events at the Glebe Community Centre, 175 Third Ave., dedicated to sustainable living in Ottawa on Saturday, **February 24**, 9:30-11:30am. At *Coffee Houses on Sustainability – Reducing Your Carbon Footprint*, carbon calculators will be explored and there will be discussions about carbon offsets and what environmentally sustainable consumer choices have the best return on investment. To reserve your spot, [click here](#).

## **DIOCESAN WEDDING ANNIVERSARY MASS**

This Mass at Notre Dame Cathedral Basilica, 385 Sussex Dr., on Sunday, **April 14**, 2:30pm, is for those celebrating 60 (or more), 50, 40, 30, 25 and 20 years of marriage. [The registration form is available here](#). Please register before Easter to ensure your spot (note the earlier date).

## **VOLUNTEERS NEEDED AT CCFC**

The number of people visiting the Centretown Community Food Centre (CCFC) increased 54% in 2023 compared to 2022. They are now providing food for over 1,200 people every month! In order to meet this increased demand, the Food Centre will be open one more day each week starting in March. To make this happen they need some additional volunteers for Client Service on Thursdays from 12pm to 3pm and for Shelf Stocking and Food Portioning on Fridays from 8am to 10am. Please contact Diana Mahaffy, [manager@ccfcottawa.ca](mailto:manager@ccfcottawa.ca), if you would like to volunteer at the Food Centre and help us meet this need in our community.

## **TRUTH & RECONCILIATION: CALLS TO ACTION UPDATE**

How is Canada doing when it comes to the TRC Calls to Action? Read the Yellowhead Institute's report entitled [“Calls to Action Accountability: A 2023 Status Update on Reconciliation”](#) for a review.

## **PREPARING FOR LENT**

Lent offers us all a very special opportunity to grow in our relationship with God and to deepen our commitment to a way of life, rooted in our baptism. In our busy world, Lent provides us with an opportunity to reflect upon our patterns, to pray more deeply, experience sorrow for what we've done and failed to do, and to be generous to those in need. Creighton University provides resources for “Praying Lent”. You can [find them here](#).

## **SYNODAL SHARING: “The Church of God is convoked in synod.”**

Synodality is not just a process we can do for specific topics. We should consider doing it for all topics. We should allow synodality to wrap us in its arms and help guide us in our journey of faith and community.

This Lenten season, let's consider using synodality in our approach in prayer, connection, almsgiving, fasting, forgiveness and confession.

How can we be always more synodal in our interactions as a parish?

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**Find us on Facebook and Instagram:**

[Canadian Martyrs Parish, Ottawa](#)

[canadianmartyrsottawa](#)



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.



**PARISH REGISTRATION:** The registration form is available at the back of the church or can be accessed at <http://canadianmartyrs.org/register/>.

**DONATIONS:** Forms are available on the Welcome Table in the church foyer if you wish to make donations through direct deposit. If you wish to donate via credit card through Canada Helps, [please click here](#). Please call the office if you would like a box of offering envelopes. Thank you!

**PASTORAL CARE OF THE SICK:** Please contact the office to inform us of shut-ins or people in hospital so that we can arrange to bring Holy Communion and administer the Sacrament of the Sick, if desired.

**BAPTISM PREPARATION:** Please contact the office to schedule a baptism.

**MARRIAGE PREPARATION:** Please contact the office to set up an interview with our pastor. It is recommended that the first contact be a minimum of 6 months before the wedding.

**PARISH PASTORAL COUNCIL MINUTES:** The minutes of Parish Pastoral Council meetings can be [found here](#) and on the Welcome Table.

**FOOD DONATIONS:** 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 the outer coloured bags and put them in the baskets under the table in the hall near the breezeway.

**507 SANDWICH CLUB:** If you are interested in volunteering for the 507 Sandwich Club, [please click here](#). If you would like to donate towards the sandwich ingredients, [please click here](#) (choose 507 Sandwich Club fund).