

# 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

## 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

## February 17/18, 2024

### FIRST SUNDAY OF LENT

Lord God,  
you who breathed the spirit of life within me,  
draw out of me the light and life you created.

Help me to find my way back to you.  
Help me to use my life to reflect your glory  
and to serve others, as your son Jesus did.

Amen

Where do I see signs of God's love in my life?  
Do I recognize the rainbows in my life?

[onlineministries.creighton.edu](http://onlineministries.creighton.edu)

[canadianmartyrs.org](http://canadianmartyrs.org)

**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. 20** Pauline Cesselen by Margaret Denneny; **Wed., Feb. 21** For unwell friends by Yvonne Bennett; **Thurs., Feb. 22** Bertha DiBartolo by Margaret Denneny; **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 Denneny; **Thurs. Feb. 29** Jim & Marion Moyle by Yvonne Bennett

## EVENTS/MEETINGS

**Fri., Feb. 16** Youth Group, 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

**Thurs., Feb. 29** Lenten Reconciliation Service, 7pm

**Sat., Mar. 2** Pizza Night after Mass

**March 11-14** Inter-parish Lenten Mission 2024, all sessions start at 7pm

# Our Parish News

## CENTRETOWN COMMUNITY FOOD CENTRE

The Centretown Community Food Centre, which our parish supports, offers food to people in need in much of Centretown as well as in Old Ottawa East, Old Ottawa South and the Glebe. The Food Centre is adding a fourth day to its weekly service to accommodate the increased need in our community. Starting March 1, the Food Centre will be open on Thursday afternoons, as well as Mondays and Tuesdays, from 12 to 3 pm, and on Friday mornings from 9 to 12. Having served more than 12,000 people last year, they anticipate the demand to rise above 15,000 this year. For more information:

[www.cfcottawa.ca](http://www.cfcottawa.ca). **During Lent, we will once again have the goal of collecting 500 non-perishable food and hygiene items for the Food Centre.**

## LENTEN FAIR

The Lenten Fair will be this 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](mailto: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](mailto: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 aid 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)

## LENTEN RECONCILIATION SERVICE

Let us bring our hearts and minds before the Lord. Our Lenten Reconciliation Service will be held on Thursday, **February 29** at 7pm.

## "ENCOUNTERING THE LORD" PARISH MISSION

Join an inter-parish Lenten Mission with Fr. Bill Burke *Let Hospitality be Your Greatest Care*, Monday, **March 11**, 7:00pm, St. Basil's Parish, 940 Rex Ave  
*The Prophets in our Midst*, Tuesday, **March 12**, 7:00pm Canadian Martyrs Parish, 100 Main St.  
*Reconciliation: Our Notion is Too Small*, Wednesday, **March 13**, 7:00pm, St. Joseph's Parish, 174 Wilbrod St.  
*Hope: God is Making All Things New*, Thursday, **March 14**, 7:00pm, St. Ignatius the Martyr Parish, 518 Donald St.

## LENTEN RESEARCH WITH FR. ERIK

Fr. Erik Sorensen, SJ, a Ph.D. student at St. Paul University, is conducting a research project that is studying the relationship between the parish's Lenten liturgies and broader social issues. Fr. Erik is looking to speak with parishioners who have attended or are planning on attending some of the parish's Lenten liturgies and would be interested in participating in an individual interview or in group sharing sessions. If you are interested in participating or if you would like more information, please contact Fr. Erik, by email [esore005@uottawa.ca](mailto:esore005@uottawa.ca) or by phone (343) 463-1532.

## 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

## CREATE HOPE

This Lent, let's work toward *Reaping our Rights*. This year, Development and Peace - Caritas Canada's *Create Hope: Reaping our Rights* campaign calls you to stand with small-scale farmers and peasant communities who feed the world while caring for the Earth. Do this by:

- Donating online at [devp.org/give](https://devp.org/give) or during the Solidarity Sunday collection on **March 17**, the fifth Sunday of Lent. Your generosity helps support over 73 projects in 36 countries around the world!
- Learning more by reading the Mini-magazine and other resources available at [devp.org/lent/resources](https://devp.org/lent/resources) and on the D&P table at the back of the church.
- Meeting D&P's solidarity visitors and participating in the [campaign launch webinar](#) on **February 17** at 1:30pm.

## 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.

## LENTEN JOURNEY INTO SILENCE

A "Lenten Journey Into Silence" is an online 6-week introductory course to Christian meditation. It will take place every Tuesday evening from 7:30pm to 8:30pm starting Tuesday, **February 20** and continuing to March 26. The course will be hosted by Andrea Sequeira, who lives in Okotoks, Alberta, is a mother of three young adults and has been practicing Christian meditation since 2020 as a member of the World Community for Christian Meditation. To register, please [click here](#).

## 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](#).

## A SPECIAL ADVANCE SCREENING OF SPIRIT BEAR: ECHOES OF THE PAST

Travel to Beechwood Cemetery on **March 3**, from 2-4 pm for an afternoon of family learning and fun with Spirit Bear and Echo the Fox! Beechwood Cemetery is proud to partner with the [First Nations Child & Family Caring Society](#) for a special advance screening of Spirit Bear, Echoes of the Past, featuring Beechwood's own Echo the Fox! Following the film, the program continues outdoors with a snowbear activity to express learnings from the film. (Weather and snow quality dependent). Hot chocolate will be served. [Register 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 to prayer, connection, almsgiving, fasting, forgiveness and confession.

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

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the Community  
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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).