

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

February 24/25, 2024

SECOND SUNDAY OF LENT

Loving God,
take my hand and lead me out of the
shadows of my fear.
Help me to change my heart.
Bring me to your truth and help me to
respond to your generous love.
Let me recognize the fullness of your love
which will fill my life.
Free me from the darkness in my heart.

How do I hear God's voice as I encounter
challenges in my life?

onlineministries.creighton.edu

canadianmartyrs.org

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

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

Sat., Feb. 24 Joanne Renahan by Rosemarie Hoey & family; **Tues., Feb. 27** Jim & Mary McMinn by Margaret Denny; **Thurs. Feb. 29** Jim & Marion Moyle by Yvonne Bennett; **Sat., March 9** Jim Chambers by his family

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

EVENTS/MEETINGS

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

LENTEN FOOD DRIVE

Canadian Martyrs' target is to collect **500 food or hygiene items for Lent** to be given to the Centretown Community Food Centre for people in need in our community. Bring one can of food or 20 cans! Boxes are in the church foyer. These items are always needed: peanut butter (500ml or less), **canned** tuna, salmon, meat, stews, vegetables, and soups, **canned** beans, including baked beans, kidney beans, black beans, cereals, pasta and pasta sauce (**in cans, no glass jars, please!**), Kraft dinner, toothpaste and toothbrushes, and toilet paper.

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.

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 or by phone (343) 463-1532.

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.

JANUARY COLLECTION

Collection:	\$ 11,359.25
Direct Deposit (EFT):	\$ 7,115.00
Canada Helps:	\$ 3,440.98
Total:	\$ 21,915.23

Average monthly expenses: **\$ 23,430.76**



Diocesan and Community News

DEVELOPMENT AND PEACE: A MOVEMENT OF SOLIDARITY

Established in 1967, Development and Peace - Caritas Canada is the official international solidarity organization of the Catholic Church in Canada. They address the root causes of poverty, oppression, and inequality by working with partners in the Global South and by mobilizing Canadians in the common struggle for justice and dignity. They champion women and social movements as key agents of lasting change. Their transformative work is possible thanks to the generosity and support of our members and Canadians who stand by them. Join the movement of over 12,000 members and help them bring their campaigns to life in your community. Visit devp.org/membership.

OTTAWA SEEDY SATURDAY

Save the date! [Ottawa Seedy Saturday](#) is on **March 2**. The Alta Vista Community Association Local Food Committee, a group of community gardeners interested in food security, is working with Just Food and Seeds of Diversity to host Ottawa Seedy Saturday for 2024. The event will be held at Emmanuel United Church, 691 Smyth Road, on Saturday, **March 2** from 10am to 3pm. There will be seed sales and exchanges, workshops by experienced gardeners, and local artisanal and cuisine offerings. Admission and parking are free.

TRIUMPH OF THE SPIRIT

This Ottawa Choral Society concert on Tuesday, **March 5** at 7:30pm at the Carleton Dominion-Chalmers Centre, 355 Cooper St., opens with Leonard Bernstein's Chichester Psalms, an ode to joyful music entwined with contemplative imagery of devotion and reliance on a

Creator and the pleasantness of shared community. A group of shorter works drawn from the Jewish tradition leads to the powerful Triumph of the Spirit by Canada's Srul Irving Glick. The overarching theme is an uplifting message of hope and thanksgiving for the life we are given. For tickets and more info, [click here](#).

JOURNEY THROUGH LENT

The Canadian Conference of Catholic Bishops presents "Journey through Lent" with the Most Rev. Stephen Hero, Bishop of Prince Albert, and the Most Rev. Mark Hagemoen, Bishop of Saskatoon. Join them as they reflect on the Scriptures for the Sundays of Lent 2024. A joint initiative of the National Liturgy Office, the Office national de liturgie and the Office for Evangelization and Catechesis. Visit www.cccb.ca/lenet for a new reflection every Monday on the readings for the following Sunday.

LENTEN RESOURCE

If you're hoping to walk through this solemn season with a sense of hope and courage, with insights into the weekly Scripture passages, with poetry and beauty to inspire you to keep steadily moving toward Easter, then look no further than this new Lenten resource from Joan Chittister. This downloadable 16-page book is available for just \$6. Print it yourself at home or view it on your computer. Invigorating reflections by Sister Joan, moving poetry, stirring quotations, and questions to prompt your own reflection are included for each week, including Easter. Order yours today through the store at joanchittister.org.

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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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).