

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

5th Sunday in Ordinary Time February 3/4, 2024



Photo by Heather F. Duggan

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, Michael Wink

MASS INTENTIONS

Fri., Feb. 9 Jim Manion by Nancy MacDonald; **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; **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

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

EVENTS/MEETINGS

Sat., Feb. 3 Pizza night after 5pm Mass

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

Please check out the Happenings page on our website: canadianmartyrs.org/happenings/

Our Parish News

CENTRE 507 DONATIONS

Centre 507 is in need of sturdy men's shoes and boots for their clients. They also appreciate donations of toiletries and socks/underwear for men. Donations can be brought to the church and we will deliver them to Centre 507. Thank you for your continued generosity.

507 SANDWICH CLUB

Please sign up to help make sandwiches for Centre 507 on Thursday afternoons (1:30pm) or evenings (7pm) at the parish centre. The sign up sheets for February and March are now [available here](#). Thank you to everyone who continues to support this initiative.

THE EPISTLE NEWSLETTER

Do you or your parish committee or group have information or thoughts to share in The Epistle? Send your articles and photos to office@canadianmartyrs.org by **February 8** for our Lent 2024 issue.

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](mailto:office@canadianmartyrs.org) 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.

FEBRUARY LUNCH AND LEARN

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. This exercise raises awareness about the reality of refugees around the world seeking safety, security, and a better life. Each participant of "A Journey into Exile" is given a refugee character and a short biography based on real refugee stories. Throughout the exercise, participants make decisions similar to those that all refugees worldwide have to make. While making these decisions, the participants listen to real refugee testimonies and learn about their complex stories of hardship, resilience, and hope. In this activity, despite our time constraints, we

refrain from simplifying refugee experiences and open a safe space for encounters with refugees through their stories. To aide us with seating and refreshments, please register by [clicking here](#).

Questions? Contact us at (613) 232-5347 or office@canadianmartyrs.org

STAND FOR THE LAND PETITION

There is still time to sign Development and Peace's Stand for the Land petition to call on the Government of Honduras to act to protect the constitutional rights to life and dignity of Honduran land and environmental defenders. Copies of the petition are on the D&P table at the back of the church and also in the breezeway. You can also [sign the petition here](#).

LITTLE LENDING LIBRARY

New books have been added to our Little Lending Library and the Truth and Reconciliation table in the church foyer. Pick up something to read by the fire!

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, please email the office.

ZOOM SUNDAY LITURGY OF THE WORD

Feeling under the weather? Don't feel like venturing out in the cold? Want to dive deeper into the readings? Join us for Sunday Liturgy of the Word at 11:30am [via Zoom](#). You can always find the link in the bulletin email.

INADEQUACY, HURT, AND RECONCILIATION

"Even with the best intentions, even with no malice inside us, even when we are faithful, we sometimes cannot not hurt each other. Our human situation is simply too complex at times for us not to wound each other." Read the full article by Fr. Ron Rolheiser, OMI, [by clicking here](#).

DECEMBER COLLECTION

Collection:	\$ 18,364.58
Direct Deposit (EFT):	\$ 7,430.00
Canada Helps:	\$ 4,431.35
Total:	\$ 30,225.93
Average monthly expenses:	\$ 21,510.64

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, 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.

THE USE OF SOCIAL MEDIA

The Canadian Conference of Catholic Bishops (CCCB) recently released its Pastoral Letter on the use of social media titled: *Let Your Speech Always Be Gracious*. “At this time, we call on all Canadian Catholics to pause and reflect, both individually and communally, on their engagement with social media and on how they might be part of the larger effort to claim the ‘digital continent’ for Christ, most particularly by the quality of their conduct online.” [Read the full letter here](#).

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

The entire Church continues its “first ever” worldwide convocation “in synod.” This convocation continues through October 2024. Pope Francis reminds us that “the synod is about synodality” – that is, the common journey of the disciples of Christ through life here to life eternal. The two great hallmarks of synodality are “attentive *listening*” and “honest *speaking*” to each other.

We know what it is to listen carefully and to speak candidly. We do this all the time in our close relationships, our families, our friendships. It’s just the way we are – it’s how we live!

Through this worldwide synodal process, Pope Francis is inviting us to a greater openness and a deeper commitment to listening and speaking to each other – precisely because we are faith-filled persons who share the common Christian vocation: to bring the Good News everywhere – always, by example and, now and then, by words.

During the remainder of the Synod on Synodality, our parish will continue to reflect on the “art of synodal living” as the Church. We look forward to events, formation opportunities, regular bulletin reflections, and more.

Immaculata High School
140 Main St.
Proud Sponsors of
the Community
613-237-2001



Whelan Funeral Home
Sean P. Copeland
515 Cooper St.
613-233-1488



Because family matters.

Our specialists are ready to assist.

Kelly Funeral Homes • kellyfh.ca

Somerset • 613-235-6712

Walkley • 613-731-1255

Arbor Memorial Inc.



If you would like to advertise in our bulletin, please call or email the office.

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).