

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

Meetings: 1st Thurs., 7pm

Finance Council

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

Ascension of the Lord

May 11/12, 2024



Photo by Heather F. Duggan

PLEASE PRAY FOR OUR SICK: Carol Bazinet, Christina Beemans, Louise Blanchett-Smith, Peter Blanchfield, Isabella Boles, Devin Bursey, Sandy Cano, Frank Chauvin, Clare Dashney, Eileen De Rosayro, Molly Fraser, Sheila Gasnick, Eileen Kearns, Marigold Kenney, Jeff Meulemans, Peter Monty, Marilyn Muleski, Vaughan Quinn, Andrea Redway, Len Rego, Gerarda Staples,

MASS INTENTIONS

Tues., May 14 Glenda McDonnell by her friends; **Wed. May 15** Alice & Frederick Bennett by Yvonne Bennett; **Thurs., May 16** Mr. & Mrs. Tony Brennan and Barbara by their family; **Fri., May 17** Pasquale Cotroneo by Lidia Cotroneo; **Sat., May 18** Mr. & Mrs. Tony Brennan and Barbara by their family; **Tues., May 21** Jack Lavoie by Shirley Lavoie; **Wed., May 22** Special intention by Yvonne Bennett; **Thurs., May 23** Alene Marks by Shirley Lavoie; **Fri., May 24** Jozef Nowosielski by Richard & Susanne Shaftoe; **Wed., May 29** Unwell friends by Yvonne Bennett.

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

EVENTS/MEETINGS

Fri., May 17 Youth Group, 7pm

Sun., May 26 Lunch and Learn after Mass

Sat., June 1 Pizza Night after Mass

Sun., June 16 Mass on the Grass, 10am

Our Parish News

HAPPY MOTHER'S DAY

On **May 12**, we celebrate Mother's Day. May each one of us find a special way to honour our moms for that unique and divine gift of a mother's love. "Her children arise and call her blessed...Honour her for all that her hands have done, and let her works bring her praise..."

Proverbs 31:28-31

ALTAR SERVER TRAINING

There will be altar server training on Thursday, **May 23** at 6:00pm with a pizza dinner. Children who have received their first communion can become altar servers. We also encourage adults to become presider's assistants. If you are interested in attending the training, please [email](#) or call the office.

LUNCH AND LEARN

Our Lunch and Learn on Sunday, **May 26** after Mass, will be about integrating Wellness and Catholic Spirituality.

Karin Holtkamp from Pathway Yoga and our own Adele Casuga Lalonde will lead a dialogue about yoga, wellness, and making time for a healthy body, mind and spirit.

Karin will lead a 45 minute introductory yoga session, suitable for all ages and fitness levels (you can do many of the poses from a chair). Come dressed comfortably. Karin will bring yoga mats and belts.

PIZZA NIGHT

If you have never attended a Pizza Night before, the next one will be on Saturday, **June 1**, pizza costs \$3/slice, and drinks are \$1/drink. Meeting up with other parishioners, making new friends, interacting with Parish staff, are all free. Perhaps you might be interested in helping sometime in the future. If so [contact Heather](#) in the office. New helpers are always welcome!

SAVE THE DATE!

Mark your calendars for our annual Mass on the Grass celebration on **June 16** at 10am. We will celebrate Mass outside on the Immaculata High School lawn and then gather in our parking lot for a BBQ. It is always a fun day so plan on joining us...and pray for sunshine!

OUR PARISH ON SOCIAL MEDIA

Connect with us on [Facebook](#) and [Instagram](#). Bulletins, Pastoral Council Minutes and other Parish news and history can be found on our website, www.canadianmartyrs.org and there are a few interesting videos on our [YouTube channel](#).

STAMPS FOR DEVELOPMENT AND PEACE

The stamps affixed on the right corner of your envelopes can be very useful. Members of Development and Peace, who are philatelists, will sell them to stamp collectors. The proceeds will help fund development projects in Africa, Asia and Latin America. If you wish to support this initiative, simply cut off the stamps from your envelopes without damaging perforations and put them in the bag on the D&P table.

MILK BAGS

We continue to collect milk bags (the outer colourful ones) that are then crocheted into sleeping mats. Help keep plastic out of landfill sites and provide a sleeping surface for those in developing countries. You can drop off your milk bags in the baskets in the hallway near the breezeway.

WEEKLY ZOOM EVENTS

We still have weekly events that happen virtually on Zoom. Join one of our Zoom meditation groups on Monday afternoons or Tuesday evenings. Please email the office for the Zoom links for the meditation groups. Sunday Liturgy of the Word is at 11:30am on Sundays and Evening Prayer is at 6:30pm on Wednesdays. You can find the Zoom links on the front page of the bulletin or in the bulletin email.



Photo by Heather F. Duggan

VOCATION REFLECTION

"Walk the Talk" by Darcie Lich, OMI Lacombe Canada Vocation Team

In the Gospel for Ascension Sunday, Jesus gives us our marching orders. For each one of us, our vocation – our 'calling' – finds its genesis in his command to "go out into all the world and proclaim the good news to the whole creation" (Mk 16:15). He's put his trust in us – we're smart and he knows we understand the assignment. But success requires follow-through, not just good intentions. And so, Paul, in the second reading, calls us to accountability when he says to us, "lead a life worthy of the calling to which you are called" (Eph 4:1). In other words, walk the talk. Read the [full reflection here](#).

Diocesan and Community News

MOTHER'S DAY PLANT SALE

In Ottawa on Mother's Day (Sunday, **May 12**, rain or shine), the Friends of the Farm are holding [their plant sale](#) at the Central Experimental Farm from 8am to 1pm. Growers and nurseries from across the region will be on hand, along with master gardeners. You can nosh on goodies from the refreshment tables and shop for gardening books, too.

TULIP FESTIVAL

The [Canadian Tulip Festival](#) rolls into town for 11 days of spring fun (**May 10 to 20**) at Commissioners Park on the edge of Dows Lake. Along with viewing gorgeous displays of tulips (weather cooperating), you can check out an artisans' market, enjoy a nightly sound-and-light show with a Second World War theme, a black-lit tulip garden at night, and movies in the park.

NATIONAL FAMILY AND LIFE WEEK

The Canadian Conference of Catholic Bishops (CCCB) warmly invites the Catholic faithful to celebrate [National Family and Life Week 2024](#) (NFLW), which will take place from **May 13-19**. This year's theme, "Love hopes all things," is inspired by the words of St. Paul, the Apostle: "[Love] bears all things, believes all things, hopes all things, endures all things." (1 Corinthians 13:7). This theme, linked to *Amoris Laetitia*, a discourse on love by Pope Francis, guides us towards hope, a theological virtue that renews our relationship with God and others.

MOOSE HIDE CAMPAIGN

[Moose Hide Campaign Day](#), **May 16**, is a day of ceremony where all Canadians are called to join together to take a stand against violence towards women and children, and to take practical steps for our collective journey of reconciliation. Together, we are making a change. There will be live-stream of the [in-person ceremony](#) starting at 7am (PST) from Victoria, BC. [We are medicine](#) is an online learning experience, led by Indigenous Wisdom Carriers from across Turtle Island and the Moose Hide Campaign, that you can take at your own pace.

TULIPATHON

[Tulipathon](#) is Multifaith Housing Initiative's (MHI) main annual fundraiser that raises money for tenant subsidies for people living in MHI-owned housing communities. Congregations and faith groups from all dominations across Ottawa are walking to raise money for this important cause. Sunday, **May 26** at 2pm is MHI's Tulipathon Celebration 3K Walk in support of affordable housing at Commissioners Park (Dow's Lake). [Please support our diocesan team](#) by making a donation. The process is fast, easy, and secure, and you can be sure that it will benefit an individual or a family in need!

MEMORIAL EUCHARIST & DINNER IN MEMORY OF FR. ROY BOUCHER, OMI

Join the Galilee Centre, Arnprior on Sunday, **May 26**, 2024 to celebrate the memory of Fr. Roy Boucher, OMI. The event will start with Eucharist at 4pm, followed by dinner at 5:30pm. Dinner tickets are \$30 per person, or \$35 with wine. Proceeds to support the ongoing operations of Galilee Centre. Reservations required for dinner. Click here [to register online](#) or call the office at 613-623-4242 x 21.

DAY OF RECOLLECTION

On **June 1**, 9am to 1pm, the Legion of Mary will hold its yearly Day of Recollection for seniors and handicapped persons at St. George Church, 414 Piccadilly Ave. This is a day of spiritual refreshment and a chance to socialize. This year the theme is "The Wedding at Cana". And it's free with lunch included! For info: Cheryl Clingaman, 613-728-5687 or cclingaman@gmail.com.

COFFEE HOUSES ON SUSTAINABILITY

Join the last of the Coffee Houses on Sustainability at the Jim Durrell Recreation Centre, 1265 Walkley Road. At Coffee Houses on Sustainability – Climate Risk of Basement Flooding on **June 8** at 9:30am, we'll dive into the causes of backups and basement flooding as well as provide tips on what homeowners can do to prevent and respond to sewerage and rainwater flooding their basements. [Reserve your spot!](#)

A LISTENING CHURCH – A SYNODAL CHURCH

"The basic meaning of synodality is 'journeying together,' walking together on a path."

- Fr Tom O'Reilly

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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.



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).