

# 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

## Holy Trinity Sunday

May 25/26, 2024



## 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, Joe Lochnan, Jeff Meulemans, Vaughan Quinn, Len Rego, Gerarda Staples, Michael Staples

## MASS INTENTIONS

**Wed., May 29** Unwell friends by Yvonne Bennett; **Fri., May 31** Jack Gorra by Patricia O'Grady; **Sat., June 1** Jacqueline Coonen by the Coonen family; **Thurs., June 13** Rita Denny by Margaret Denny

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

## EVENTS/MEETINGS

**Sun., May 26** Lunch and Learn after Mass

**Tues., May 28** Liturgy Committee, 1:30pm

**Sat., June 1** Pizza Night after Mass

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

**Sun., June 23** Annual Parish Meeting after Mass

**Sun., June 23** Youth Mass, 7pm

# Our Parish News

## OUR LAUDATO SI' TABLE

Remember that the parish collects batteries, printer ink cartridges and LED and CFL light bulbs and takes them to recycling centres. You will find containers at the *Laudato Si'* table in the church foyer.

## 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!

## KATERI NATIVE MINISTRY MASS **POSTPONED**

Kateri Native Ministry Mass and Lunch and Learn that was scheduled on Sunday, **June 2**, has been postponed.

## MASS ON THE GRASS

Mark your calendars! Mass on the Grass returns on Sunday, **June 16**! We will have Mass on the lawn at Immaculata High School (bring your lawn chair!) and then enjoy a BBQ lunch in our parking lot. **Please sign up on the sheets at the back of the church or at the entrances to the church or email [the office](#)** so that we know how many hamburgers and hotdogs to buy. Please also bring a side to share: salad, chips, fruit etc. **We are also looking for a few volunteers to help with set-up and clean-up.**

## ANNUAL PARISH MEETING

Our Annual Parish Meeting is scheduled for Sunday, **June 23** after the 10am Mass. At this meeting, the parish finances for 2023 will be presented by the Finance Council and representatives from our parish committees and ministries will be available for a Q&A period. Before June 23, you will be receiving the Parish Annual Report for 2023 by email and there will be copies on the Welcome Table. Please read it and bring your questions to the meeting on June 23!

## DIOCESE SPOTIFY ACCOUNT

Did you know that the diocese has a Spotify account? They curate English and French playlists for feast days, liturgical seasons, and daily prayer. You can access the [public playlists here](#).

## WHO IS JESUS?



Though born over 2,000 years ago, much of Jesus of Nazareth's life resonates with our modern experience. He was born into poverty in a small town and spent his first years as a refugee. Sometime during his adult years, he lost his father. He worked as a day laborer and took care of his mother. He wept at the grave of a friend. He suffered. He died. But he wasn't ordinary.

Find out more on the archdiocese's website:

<https://ottawacornwall.ca/who-is-jesus/>

## VOCATION REFLECTION

"Do we make it too difficult?"

by Serena Shaw - OMI Lacombe Canada Vocation Team  
This week's Gospel reading from Matthew for the Holy Trinity is brief and straightforward, prompting a reflection on the simplicity of the Christian message. Often, we seek deeper meanings through homilies or theological texts, but perhaps the essence of our faith is less complicated than we make it.

Read the full reflection here: <https://omilacombe.ca/do-we-make-it-too-difficult/>



# Diocesan and Community News

## OTTAWA CHORAL SOCIETY CONCERT

On Sunday, **May 26** at 7:30pm, the Ottawa Choral Society will be presenting three settings of the “Te Deum” from three musical eras: Haydn (classical), Dvorak (Romantic) and Pärt (20th century). Haydn’s Te Deum is like a short choral concerto, highlighting the glorious sound of trumpets in C major. Dvorak’s piece features gorgeous soprano and baritone solos, and combines symphonic grandeur with an exploration into the elements of folk music. Pärt uses his signature titinnabuli style to create a serene and meditative mood, using an electronic drone and long sustained strings.

The \$5 discount code for those purchasing tickets for this concert is VOX2324. You can share this code with your family and friends. [Purchase tickets here.](#)

## DEVELOPMENT & PEACE AGM

Come hear about D&P’s work in Bolivia and Nigeria and community development. If you’ve ever wanted to know the work that D&P supports, this is a great opportunity to learn! The Zoom link is available by contacting the regional animator, Kiegan Irish at 613-738-9644, ext. 238 or [kiegan.irish@devp.org](mailto:kiegan.irish@devp.org). There is no cost, but [registration is appreciated](#). Light lunch and refreshments will be provided. The program begins at 9am on Saturday, **June 1** at Resurrection of Our Lord Parish, 1940 Saunderson Drive.

## A CARE FOR CREATION AFTERNOON RETREAT

Join the Care for Creation Retreat: Becoming Good Stewards of Our Common Home 101 on Sunday, **June 2**, 1-4:30 pm (followed by Sunday Mass) at Saint-Sebastien Parish, 1000 Frances Street. Mgr. Yvan Mathieu will lead a reflection on biblical texts to inspire and enlighten us. A reflection outdoors will follow (weather permitting). Activities and conversations will provide training, advice, strategies and resources to help us work together towards Caring for Creation. Please bring a lawn chair.



## 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!](#)

## ADVANCE CARE PLANNING WORKSHOP

The St. Joseph’s Parish Funeral Ministry, in partnership with Bruyère Continuing Care and the Canadian Hospice Palliative Care Association, is hosting an Advance Care Planning Workshop on Saturday, **June 8**, from 9am to 4pm in the St. Joseph’s Parish Hall, 174 Wilbrod Street. Join Dr. Nicole Dunlop and Clinical Chaplain, Roshene Lawson, as they help navigate the way to a clear Advance Care Plan. Lunch will be provided (pay what you can). This workshop is open to all. To register email: [frontdesk@st-josephs.ca](mailto:frontdesk@st-josephs.ca). Please provide your name, email, phone number, your substitute decisionmaker’s name, and if they will be attending with you.

## ANNUAL PILGRIMAGE TO STE-ANNE-DE-BEAUPRÉ AND OUR LADY OF THE CAPE

150th Anniversary of the Pilgrimage to Ste. Anne de Beaupré and Our Lady of the Cape from the Dioceses of Ottawa-Cornwall, Pembroke, Mont-Laurier/St-Jérôme, Kingston and Gatineau is on **August 10-11**. This may be the last annual pilgrimage. For registration contact [mike.budge@bell.net](mailto:mike.budge@bell.net) or see poster and program on our church bulletin board for more information.



## A LISTENING CHURCH – A SYNODAL CHURCH

“Let anyone who has an ear listen to what the Spirit is saying to the churches.”

(Rev 2:29)



**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](#)



**OTTAWA  
PHYSIOTHERAPY &  
SPORT CLINICS™**  
(MAIN STREET)

**OPTSC.COM**  
(613) 567-4808

205-194 MAIN STREET  
MON.-FRI. 7AM-8PM & SAT., 8AM-1PM



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).