

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, via Zoom
except last Monday of the
month, 2:30pm in the church

Lectio Divina & Meditation

Maureen Cerroni

Tuesdays, 8pm, via Zoom

Evening Prayer

Pierre LaViolette

Wed., 6:30pm, [via Zoom](#)

Sunday Liturgy of the Word

Returns in September

RCIA

Parish RCIA Team

Sundays, 9am, Parish Centre

16th & 17th Sundays in Ordinary Time July 20/21 & 27/28, 2024



PLEASE PRAY FOR OUR SICK:

Carol Bazinet, Christina Beemans, Louise Blanchett-Smith, Peter Blanchfield, Isabella Boles, Maria Bruno, Devin Bursey, Sandy Cano, Frank Chauvin, Clare Dashney, Eileen De Rosayro, Molly Fraser, Sheila Gasnick, Eileen Kearns, Marigold Kenney, John Kremer, Cornelius Kroon, Tony Lim, Joe Lochnan, Jeff Meulemans, John Peart, Fr. Vaughan Quinn, Br. Len Rego, Gerarda Staples, Michael Staples

MASS INTENTIONS

Thurs., Aug. 8 Dr. Peter & Mrs. Antoinette Prud'homme by the Prud'homme family; **Sat., Aug. 10** Annette Lapierre by Margaret Denny; **Thurs., Aug. 22** Dr. Peter & Mrs. Antoinette Prud'homme by the Prud'homme family; **Fri., Aug. 23** Ubald Remillard by Denise Remillard

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

EVENTS/MEETINGS

Mon., July 29 & Aug. 26 Christian Meditation, 2:30pm

Sept. 1 - Oct. 4 Season of Creation

Thurs., Sept. 5 Parish Pastoral Council, 7pm

Sept. 15/16 Season of Creation Mass, Sat., 5pm & Sun., 10am

Sun., Sept. 29 Mass with Kateri Native Ministry, 10am

Our Parish News

MUSICIANS NEEDED

Our Saturday and Sunday choirs are looking for more musicians to join them: singers, piano, guitar, flute, violin, etc.! Please call or [email](#) the office if you are interested. Thank you!



CONFIRMATION PREPARATION

Confirmation is the sacrament of initiation where we are anointed with oil and we open ourselves to the gifts that the Holy Spirit can bring to our lives. If your child is in grade 6 or older, please discuss with them if they would like to continue their faith journey with us this fall. Sessions will run on Saturdays at 3pm. The first session is a parents-only session on **September 28**. Please [register here](#), or contact Adele, religioused@canadianmartyrs.org for more details.

CALL FOR CATECHISTS

Our parish joyfully welcomes volunteers who would be interested in joining our Confirmation Preparation team in the fall! Whether you are an experienced catechist, or interested in learning how to share your faith, we invite you to join us! Volunteers can choose to facilitate discussions, participate as musicians, prepare snacks, help with crafts, do room setup and cleanup, or any other number of supportive and valuable tasks. High school students would receive volunteer hours. Please contact Adele religioused@canadianmartyrs.org for more details.

EXPERIENCES CANADA'S NATIONAL YOUTH FORUM

Young people from across Canada are creating podcasts to share what they learned as part of a five-day educational program in Ottawa on reconciliation. Fifty teens took part in Experiences Canada's National Youth Forum. With reconciliation as this year's theme, the group explored cultural and historic sites and met with Indigenous organizations. They'll use these experiences to produce podcasts, covering a variety of topics on reconciliation that pull together both their first-hand experiences and lessons they learned in the program. The podcasts will be available through [Experiences Canada](#) where you can also find other reconciliation resources.

UPDATES FOR THE SUMMER MONTHS

The office is closed on Mondays until **Sept. 9**. The bulletin will be published bi-weekly. The bulletin will be in your inbox on July 18, Aug. 1, Aug. 15, and Aug. 29.

LOOKING FOR A ROOM/APARTMENT TO RENT

If anyone has accommodation to rent to student sisters (friends of Sr. Matilda) in the neighbourhood (Old Ottawa East, Glebe or Old Ottawa South), please [email](#) or call the office.



TO HOPE AND ACT WITH CREATION

SEASON OF CREATION 2024

September 1 - October 4

The firstfruits of hope
(Rom 8:19-25)

SEASON OF CREATION

“To what does creation care call us as Christians? First, we must honour all created things as loved by God. We need to learn to contemplate nature so that we might find God's presence there as well as in other humans. Second, in Christ we should learn to act wisely and justly with and for all creatures, human and nonhuman. And third, we should join in the sacred mission of reconciling all people and creation in Christ, for this has been in God's heart from the very beginning. In *Laudato Si'*, the Holy Father challenges us to examine our lifestyle. He urges us to work together and educate each other on the issues he raises in his encyclical.” (From [Laudato Si' Action Plan](#) by Archdiocese of Atlanta)

With your help, we will be creating a display in the front of the altar which will include the hands of our parishioners like in the Season of Creation symbol for this year. **On the *Laudato Si'* table in the church foyer, you will find Bristol board and crayons. Please make a tracing of your hand on one of the pieces of Bristol board.** You can also include your name or initials on your tracing if you wish.

JUNE COLLECTION

Collection:	\$ 8,133.33
Direct Deposit (EFT):	\$ 7,335.00
Canada Helps:	\$ 2,922.91
Total:	\$ 18,391.24
Average monthly expenses:	\$ 23,701.92

Diocesan and Community News

UPCOMING 2024 GALILEE PROGRAMS

Registration is open for programs and events [online](#) or by calling 613-623-4242 x 21.

August 11-17 Seven Day Directed Retreat with Fr. Richard Kelly and Galilee Spiritual Directors

August 11 -17 Endless Spirit: A Seven Day Preached Retreat with Dr. David Perrin

August 18 Teddy Bear Picnic

August 25 Book Launch - *Studying Christian Spirituality* by David Perrin

SHRINE OF ST. ANN PILGRIMAGE

84th annual pilgrimage at the Shrine of St. Ann in Cormac, Ontario is on Sunday, **July 28**. The principal pilgrimage Mass will be at 11:00am at the Shrine. A Mass of healing with the anointing of St. Ann's oil will be celebrated at 2:00pm. Please bring your own seating. On site there will be St. Ann's religious articles (new), other religious articles, St. Ann's Mass League memberships, food and refreshment vendors. Contact 613-628-2020 or visit www.cormacpilgrimage.com for more information.

WORLD DAY FOR GRANDPARENTS & THE ELDERLY

On Sunday, **July 28**, the 4th World Day for Grandparents and the Elderly will be celebrated. This special Day, initiated by Pope Francis, is a precious opportunity to value grandparents and the elderly in our local communities. Pope Francis' [message](#) for the 4th World Day for Grandparents and the Elderly, entitled "Do not cast me off in my old age" (Ps 71:9), invites us to reflect deeply on the place of the elderly in our lives and in society.

PLASTIC FREE JULY

This month is [Plastic Free July](#) – a personal challenge that is part of a global effort to reduce our overall plastic consumption, creating cleaner streets, oceans, and communities. As part of this pledge, Random Acts of

Green has put together a list of [18 plastic free products](#) that you can try out to reduce your single-use plastic consumption.

ANNUAL PILGRIMAGE, SUNDAY AUGUST 18

For the 67th time, Our Lady of Knock Shrine at St. Malachy's Church in Mayo, Quebec, will be holding their annual pilgrimage on **August 18** to honour Our Lady's apparition at Knock, County Mayo, Ireland on August 21, 1879. The Eucharist will be celebrated in English by Bishop Jean-Louis Plouffe (Bishop Emeritus of Sault St. Marie and Ottawa native), assisted by Father Greg Murray of St. Malachy's parish. Info: <http://stmalachyolv.com/pilgrimage.asp>, or you can phone Ellen Butler 819-986-3860 or Virginia Sellers 819-281-6490 or email mayopilgrimage@gmail.com

PILGRIMS OF HOPE TRIP

Holy Year 'Pilgrims of Hope' trip accompanied by Msgr. Joseph Muldoon, **April 21, 2025** to Rome, St Peter's Basilica, Dublin, Galway, Connemara, the Irish countryside and London. Info: Dennis Kam JBCTravel.ca;dennis@jbctravel.ca; 613 569-3888.

INDIGENOUS CITIES AT THE NAC

Experience stories from the cities you thought you knew. [Indigenous Cities](#) presents memories from Indigenous community members based in cities across Canada; memories that have been interpreted by Indigenous artists to create a unique audio storytelling experience. The National Arts Centre invites you to explore their virtual maps, watch video of the locations where each of these real stories takes place, and listen to these meaningful audio stories and songs capturing the deep and recent histories of the cities known as Vancouver, Saskatoon, Ottawa and Montreal.

A LISTENING CHURCH – A SYNODAL CHURCH

Synodality asks us to look beyond the barriers with magnanimity, to see the presence of God and his actions even in people we do not know, in new pastoral approaches, in uncharted mission territories. It asks us to let ourselves be moved, even "hurt", by the voice, the experience, and suffering of others: of our fellow believers and all those around us. Be open, with an open heart.

- Pope Francis, Audience, 13 June 2024

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(613) 567-4808

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

Photo: I



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. The Pastoral Plan 2020-2025 can be [found here](#).

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).