

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](#)

RCIA

Parish RCIA Team

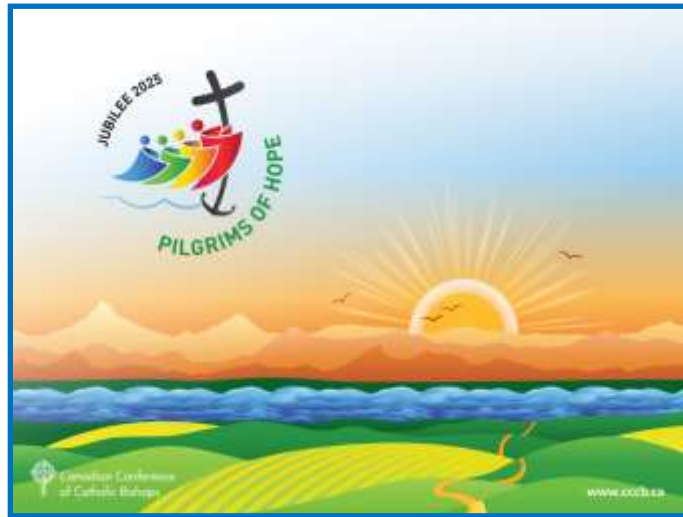
Sundays, 9am, Parish Centre

Holy Family

December 28/29, 2024

The Epiphany of the Lord

January 4/5, 2025



PRAY FOR THOSE WHO ARE ILL:

Carol Bazinet, Isabella Boles, Devin Bursey, Frank Chauvin, Nathalie Comeau, Candy Craigen, Molly Fraser, Richmond Guillermo, Eileen Kearns, Marigold Kenney, Jacqueline Lawlor, Denise LaViolette, Tony Lim, Wayne, Liz and Ian MacDonald, John Peart, Fr. Vaughan Quinn, Br. Len Rego, Mike Staples

MASS INTENTIONS

Sat., Dec. 28 Helen Colton by Maryalice Nugent; **Sat., Jan. 4** Albert Casuga by the Lalonde family; **Wed., Jan. 8** The Bennett family by Yvonne Bennett; **Fri., Jan. 10** Maryna Nowosielski by Susanne Shaftoe; **Sat., Jan. 11** Madeleine Remillard by her family; **Wed., Jan. 15** Deceased family members by Yvonne Bennett; **Fri., Jan. 17** Carl Knopp by Jennifer Ramsaran; **Sat., Jan. 18** Dan Kelly by Connie Kelly; **Fri., Jan. 24** Maryna Nowosielski by Susanne Shaftoe; **Sat., Jan. 25** Catherine Allen by Robert & Brian Allen; **Fri., Jan. 31** Maryna Nowosielski by Susan Shaftoe

EVENTS/MEETINGS

Thurs., Jan. 9: Pastoral Council, 7pm

Sat., Jan. 11: Funeral Mass for Pat Smart, 11am

Sat., Jan. 11: Pizza night after Mass (note date change)

Sun., Jan. 19: Lunch and Learn, 11:15am

Fri., Jan. 24: Youth Group, 7pm

Our Parish News

DONATION ENVELOPES FOR 2025

If you currently use donation envelopes, your box of envelopes for 2025 can be picked up at the Welcome Table in the church foyer. If you are new to the parish and would like a box of donation envelopes, please call or [email](#) the office.

FIRST COMMUNION PREPARATION

Registration is now open for First Communion and First Reconciliation preparation. To register, families can contact Adele at religioused@canadianmartyrs.org or [click here](#). The parent meeting will take place on Saturday, **January 25** at 3pm, in the parish centre. All subsequent preparation sessions will be on Tuesdays at 6pm. Families will be able to choose at which Sunday Mass (after Easter) they would like their children to make their First Communion.

PIZZA NIGHT

Join us for pizza night after Mass on Saturday, **January 11**. Pizza slices are \$3 each and a drink is \$1.

LUNCH AND LEARN

Join us after Mass on Sunday, **January 19** for “Food for Thought: Nutrition and the Aging Brain” presented by parishioner, Kelly Beaton, MPA, R.H.N., Registered Holistic Nutritionist (www.eatwellbewell.ca). In 2020, approximately 597,000 Canadians were living with dementia. It is estimated by 2050, more than 1.7 million Canadians are expected to be living with this disease. (Landmark Study Report 1 - *Navigating the Path Forward for Dementia in Canada*, Alzheimer’s Society of Canada). It is important to know that regardless of your age, it is never too late to take action to support your brain’s health. Using holistic nutrition and lifestyle approaches, you will learn how food, supplementation and lifestyle choices can proactively support your brain. You will leave with information that can empower you to make immediate changes to support your brain health.

CHARITY CORNER

Not sure if a charity gives tax receipts? Canada Revenue lists all its registered charities, https://apps.cra-arc.gc.ca/ebci/hacc/srch/pub/dsplyBscSrch?request_locale=en. Interested in a charity, but don't know if it is legitimate or what they do: Charities Intelligence, <https://www.charityintelligence.ca/>, reviews and rates charities for efficacy and percentage of donation that goes to programs. Want some suggestions? [Carty House](#) is an

Ottawa charity which provides a one-year first home and assistance to refugee women. It recently opened a second house in Ottawa. [Livewater Canada](#) is a small, highly-rated charity which trains and equips in-country teams to drill and repair wells. They work in Africa, Haiti and a bit in Ukraine. The [Centretown Community Food Centre](#) which the parish supports with food drives, provides food for our neighbours in Centretown. [Rideau Valley Wildlife Sanctuary](#) provides wildlife with expert care, formula, food and veterinary services they need to be released back to the wild. They urgently need your help this holiday to ensure the Rideau Valley Wildlife Sanctuary continues to operate next year and for years to come.

MESSAGE FOR THE JUBILEE YEAR 2025

Dear Brothers and Sisters of the Archdiocese of Ottawa-Cornwall, The year 2025 will be a special time for our Church, a Jubilee Year during which we are called to be “Pilgrims of Hope.” The Jubilee is a moment of grace, an invitation to renew our faith and walk together toward a brighter future. It is an opportunity for all of us to respond to God’s call to be witnesses of hope in this world. Read [the full message from the Archbishop of Ottawa-Cornwall here](#).



NOVEMBER COLLECTION

Collection:	\$ 7,883.32
Direct Deposit (EFT):	\$ 7,555.00
Canada Helps:	\$ 4,718.63
Total:	\$ 20,156.95
Average monthly expenses:	\$ 21,749.00

Diocesan and Community News

JUBILEE YEAR 2025 - PILGRIMS OF HOPE

The Catholic Church worldwide will be celebrating a special [Jubilee Year](#) in 2025. This has been a tradition dating back to the year 1300 when Pope Boniface VIII announced the first Jubilee, which is also referred to as a “Holy Year”. The frequency has changed over time, with a Jubilee year originally celebrated every 100 years, later every 50 years and, more recently, every 25 years or at the request of the Holy Father.

The Jubilee Year includes many within the city of Rome and also local initiatives in dioceses around the world. The theme of the 2025 Jubilee will be “Pilgrims of Hope”. In the words of Pope Francis: “We must fan the flame of hope that has been given us, and help everyone to gain new strength and certainty by looking to the future with an open spirit, a trusting heart and far-sighted vision.” The Holy Father will open the Jubilee Year on December 24, 2024, with the official opening of the Holy Door of Saint Peter’s Basilica and continues until January 6, 2026, the Solemnity of the Epiphany, with the closing of the Holy Door.

A GREAT SYMPHONY OF PRAYER: MARY, THE SAINTS AND SCRIPTURE WEBINAR SERIES

The Fall 2024 webinar series, “A Great Symphony of Prayer: Mary, the Saints and Scripture”, hosted by CCCB Ad hoc Committee for the Preparation for the Jubilee 2025 is one meaningful way for the faithful to participate in the Year of Prayer. The Jubilee Office in Rome prepared a series of booklets on prayer, the themes of which were taken up during this webinar series. These webinar sessions were recorded and are now [available for viewing](#).

BECOMING WHO WE ALREADY ARE

Join the Galilee Centre for an upcoming fireside chat series for 6 weeks starting Wednesday, **January 22**, from 1- 3pm facilitated by Galilee’s Spiritual Program Manger, Gerry Kelly. This program will be offered in a hybrid model (in-person & virtual) to (re)introduce the profound insights of Thomas Merton, a renowned Trappist monk, writer, and advocate for peace, and to guide us toward deeper, more fruitful communication in our personal lives and strengthen our participation in a Synodal Church. Cost: \$120, includes study guide. To register, [click here](#) or call 613-866-6479.

EPIPHANY NOVENA

An Epiphany novena is a wonderful way of marking the Christmas season with prayer that is inspired by the scriptural images of the journey of the Magi. This novena in anticipation of the traditional Feast of the Epiphany begins on December 28. [Download](#) this Epiphany Journaling Novena booklet for nine days of written reflection based on Matthew 2:1–12.

GRANDPARENTS, AN EWTN VIDEO SERIES

All seniors are invited to explore an EWTN Home Video original series showcasing the importance of grandparents in the faith lives of their children and grandchildren. Nicole Snook and Deacon Larry Worthen join Fr. James Mallon to talk about Catholicism’s grandparent saints. These half-hour sessions will run on Tuesday mornings at Annunciation Parish, 2414 Ogilvie Rd., beginning **January 21**, at 9:30am after morning Mass. Each video will be followed by group discussion. Coffee and muffins will be provided. All are welcome! [Register](#) by Jan. 16.

The Jubilee Prayer

Father in heaven,
may the faith you have given us
in your son, Jesus Christ, our brother,
and the flame of charity enkindled
in our hearts by the Holy Spirit,
reawaken in us the blessed hope
for the coming of your Kingdom.

May your grace transform us
into tireless cultivators of the seeds of the Gospel.
May those seeds transform from within both
humanity and the whole cosmos
in the sure expectation
of a new heaven and a new earth,
when, with the powers of Evil vanquished,
your glory will shine eternally.

May the grace of the Jubilee
reawaken in us, Pilgrims of Hope,
a yearning for the treasures of heaven.

May that same grace spread
the joy and peace of our Redeemer
throughout the earth.

To you our God, eternally blessed,
be glory and praise for ever.

Amen

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the Community
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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. 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).