



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

The Presentation of the Lord

February 1/2, 2025



PRAY FOR THOSE WHO ARE ILL: Carol Bazinet, Isabella Boles, Carolanne Bursey, Devin Bursey, Sandy Cano, Frank Chauvin, Nathalie Comeau, Molly Fraser, Richmond Guillermo, Eileen Kearns, Marigold Kenney, Sandra LaPointe, Jacqueline Lawlor, Tony Lim, Wayne, Liz and Ian MacDonald, John Peart, Fr. Vaughan Quinn, Br. Len Rego, Mike Staples

MASS INTENTIONS

Sat., Feb. 1 Intentions of Joe & Marion Lochlan; **Wed., Feb. 5** Denis & Ewa

Bennett by Yvonne Bennett; **Thurs., Feb. 6** Intentions of Fr. Jim Fiori by

Rosemarie Hoey; **Fri., Feb. 7** Lucia Silveira by Patricia O'Grady **Sat., Feb. 8**

Albert Casuga by the Lalonde family; **Tues., Feb. 11** Nuala, sister of Aideen

Carolan by Angela and Marie Peart; **Wed., Feb. 12** Timothy Hart by Frances

Montgomery; **Fri., Feb. 14** Pat & Fern Denny by Margaret Denny;

Sat., Feb. 15 Joan Beaton by Kelly Beaton; **Tues., Feb. 18** Jim Manion by

Nancy MacDonald; **Wed., Feb. 19** Pauline Asselin by Margaret Denny; **Sat.,**

Feb. 22 Bertha Dibartolo by Margaret Denny; **Wed., Feb. 26** Jim & Mary

McMinn by Margaret Denny

EVENTS/MEETINGS

Sat., Feb. 1: Pizza night, after Mass

Tues., Feb. 4: First Reconciliation Preparation begins, 6pm

Thurs., Feb. 6: Parish Pastoral Council meeting, 7pm

Sat., Feb 8, Sun., Feb. 9 and Tues., Feb. 11: Anointing of the Sick at Mass

Sun., Feb. 16: Lunch and Learn, after Mass

Wed., Feb 19: Faith Formation Committee meeting, 7pm

Sun., Feb. 23: YAC (Young, Adult, Catholic) Mass, 7pm

Our Parish News

ANOINTING OF THE SICK

Communal anointing of the sick will be offered during the Mass on Saturday, **February 8**, Sunday, **February 9** and Tuesday, **February 11**. “The word of God accompanies us and offers us, in the words of Saint Paul, an encouraging message: “‘Hope does not disappoint’ (Rom 5:5); indeed, it strengthens us in times of trial.” (from [Pope Francis’ message](#) for the World Day of the Sick, February 11)

EPISTLE NEWSLETTER

Do you or your parish committee or group have information or thoughts to share in The Epistle newsletter? Send your articles and photos to the [parish office](#) by **February 10** for our Lent 2025 issue.

JUBILEE STUDY GROUP

If you are interested in joining a parish group that will meet to explore the themes of the [Papal Bull “Spes non Confundit”](#) for the Jubilee Year and how we (personally and as a parish) can become Pilgrims of Hope, please [email](#) or call the office or speak with Sr. Matilda. This group may meet virtually if it works better for the participants.

LUNCH AND LEARN, FEBRUARY 16

Join us after Mass on **February 16** for Lunch and Learn: *All are Welcome: Exploring the links between liturgy and social justice*. Fr Erik Sorensen, SJ, as a part of his doctoral work, conducted a qualitative study at Canadian Martyrs during Lent 2024. Fr. Erik will discuss how the parish links its celebration of the Sunday Eucharist with its social justice outreach through its commitment to welcoming everyone. The hope is to deepen the connections between what we celebrate on Sunday and our commitment to social justice.

YAC (YOUNG, ADULT, CATHOLIC) MASS

Join us on Sunday, **February 23** at 7pm for our YAC (Young, Adult, Catholic) Mass. We meet in the parish centre to read and discuss (or “yack” about) the readings in a circle and then proceed to the church, where we gather around the altar for the Eucharistic. This Mass used to be called our Youth Mass, but we have rebranded it our YAC Mass to encourage more of our younger parishioners to attend.

PARISH PASTORAL COUNCIL

At the January meeting of our Pastoral Council, we welcomed three new members: Bernie Eischen, Megan Richardson and John Richardson (vice-chair). We thank the outgoing member, Chad Glendinning, who has shared his talent with the parish over the past 3 years. Our continuing members of Pastoral Council are Sheila Foy-Connolly (chair), Grace Bruno (secretary), Matthew Iweuze (Finance Council rep.) and Peter Brimacombe (past chair). Welcome and thank you!

UPCOMING COMMITTEE MEETINGS

Several of our committees/groups are meeting in the next few weeks: **Pizza night setup crew on February 1**, **Faith Formation Committee on February 19** and the **507 Sandwich Club continues to meet every Thursday to make sandwiches for Centre 507**. If you are interested in volunteering for any of these committees/groups and would like to sit in on a meeting to find out more, please [contact the office](#).

DEVELOPMENT AND PEACE WEBINAR

Last month, a team from Development and Peace — Caritas Canada visited Bethlehem, at the invitation of the Latin Patriarch of Jerusalem, to attend a meeting of Caritas agencies hosted by Caritas Jerusalem. This webinar, *Notes from Bethlehem*, on Saturday, **February 1** at 1pm will provide an account of what they witnessed. To register, [click here](#).

BATTERIES: YOU CAN HELP EXTINGUISH THE HAZARD

Did you know that batteries are a leading cause of fires in waste facilities. They are known to start fires in collection trucks and at processing plants. No battery belongs in the garbage, regardless of size or shape, and you can help keep waste collection and processing employees and facilities safe by keeping batteries out of bins. **We collect batteries for proper disposal at our *Laudato Si'* table in the church foyer.**

DECEMBER COLLECTION

Collection:	\$ 21,588.01
Direct Deposit (EFT):	\$ 7,555.00
Canada Helps:	\$ 9,643.84
Total:	\$ 38,786.85

Average monthly expenses: **\$ 22,533.83**

Diocesan and Community News

OCSB KINDERGARTEN REGISTRATION

If your child was born in 2021, it's time to register them to start Kindergarten 2025 at the Ottawa Catholic School Board (OCSB)! All their schools provide a nurturing, innovative, and faith-filled environment with rich French programming, making it an excellent choice for your child as they start their schooling journey. Registering is easy; simply complete the [online registration form](#) and upload your documents. If you have questions, the OCSB admissions team (admissions@ocsb.ca) will be happy to help. Visit ocsb.ca/register to register today!

THE WITNESS BLANKET

Between **February 8 and May 5**, you are invited to see The Witness Blanket, an art installation that honours the resilience of survivors of the Indian residential school system, at the [Canadian Museum of History](#). Explore the Witness Blanket at witnessblanket.ca.

WINTERLUDE MINI POW WOW

Come experience a [mini Pow Wow](#) at the Canadian Museum of History on **February 2**, 11am - 4pm featuring a Grand Entry or opening ceremony, intertribals, and invited drums, as well as dancers of many styles and ages. Organized and presented by Indigenous Experiences, this event is called "mini" because of its short duration – a Pow Wow normally lasts several days, but don't worry, the experience will still be spectacular! Admission to the Pow Wow is free. To visit the rest of the Museum, please [reserve a ticket](#).

WALKING TOGETHER SYNODALLY

A series on aspects of synodality by Fr. Pudumai Doss, professor of Canon Law and Synodality at St. Paul University, presented by Holy Rosary Parish. Attend in person at Holy Rosary Parish, 20 Grant St. or join by Zoom via [this link](#) (meeting ID: 818 2993 3228, passcode: 2025Hope) on Friday, **February 8** at 7pm.

JOURNEY OF DISCOVERY

You are invited on a Journey of Discovery, a journey to discover your God-given gifts (charisms) for service and ministry. Sign up to attend an interactive workshop to be offered at St. Mary's Parish on Friday, **February 14** (7:00pm to 9:30pm) and Saturday **February 15** (10am to 4:30pm). Lunch provided. Register at spiritual.gifts@stmarysottawa.ca.

THE ALPHA EXPERIENCE

Alpha is intended for those who do not yet have a relationship with Jesus and for those who have never yet felt the amazing and ongoing deep warmth of God's love. [Click here](#) for more information and to register to attend the next Alpha Experience at St. Mary's parish, 100 Young St. starting on Monday, **February 24** at 7pm. There is no cost to attend Alpha.

GOSPEL NONVIOLENCE: THE FORCE OF LOVE IN THE FACE OF CONFLICT

Join an online film series with guided conversation presented by the Galilee Centre on six evenings in Lent, **March 4 to April 8** (every Tuesday evening), 7 to 9:30pm, to view a series of powerful films that highlight the lives of remarkable nonviolence advocates who have championed love and peace in times of strife. Each viewing will be followed by conversation guided by Len Desroches, a war resister author, retreat director and resource person for the practice and spirituality of nonviolence. Come together to explore the profound impact of nonviolence and to cultivate a deeper understanding of love's capacity to transform conflict. For more information or to register for one or more of these evenings, [click here](#).

SEEDY SATURDAY OTTAWA

Seedy Saturday Ottawa is a yearly seed sale with a focus on heritage, open-pollinated seed from local growers. It also includes supportive sustainable, local businesses and groups related to local food and gardening. This event is organized by the Jardiniers Kilborn Gardeners, in partnership with Just Food and Seeds of Diversity. The next Seedy Saturday event will be held on **March 1**, 10am to 3pm at Emmanuel United Church, 691 Smyth Road.

WAUPOOS FAMILY FARMS VACATIONS

Waupoos Family Farms, which offers vacations to low-income families who otherwise may not be able to afford it, is now accepting applications for their Easter and Victoria Day vacations! They are a wonderful ministry and even have a full chapel onsite with Jesus in the Blessed Sacrament. Could you or someone you know benefit from a Waupoos vacation? Application form: https://bit.ly/WFFsch_2024-25. Submit your application to contact@waupoos.com.

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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).