

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

Baptism of the Lord January 11/12, 2025



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

PRAY FOR THOSE WHO ARE ILL:

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

MASS INTENTIONS

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; **Thurs., Jan. 23** Rollie Goulet by Margaret Denny; **Fri., Jan. 24** Maryna Nowosielski by Susanne Shaftoe; **Sat., Jan. 25** Catherine Allen by Robert & Brian Allen; **Fri., Jan. 31** Maryna Nowosielski by Susanne Shaftoe

EVENTS/MEETINGS

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
Wed., Jan. 29: Liturgy Committee, 1:30pm

Our Parish News

PIZZA NIGHT

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

EUCCHARISTIC MINISTERS TRAINING

There will be a brief training for any new Eucharistic Ministers (Extraordinary Ministers), or anyone wishing to review procedures on Saturday, **January 18** from 3:30 - 4:30pm.

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.

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.

CARE FOR CREATION

Add a New Year’s resolution to care for Creation! Want to make a difference, please consider one (or more) of these simple ideas and together let’s do our best to care for Creation in 2025!

- Reduce wrapping especially plastic (we may be ingesting 150,000 plastic particles annually from our diet).
- Reduce reliance on fossil fuel: fewer car trips and more bike trips, walking or using public transit.

- Lower our thermostat at home in the winter and raise it in the summer to save money on your energy bill and help the environment.
- Consider improving insulation and air circulation in your home by including the use of heat pumps and ceiling fans.

Be mindful of Creation, appreciate nature, and nourish and protect life.

FROM DEVELOPMENT AND PEACE

“O, little town of Bethlehem how still we see thee lie”... and so begins the story told by Luke Stocking, Development and Peace - Caritas Canada’s interim executive director, as he, along with 14 Caritas members from around the world, ignored the “avoid all travel” advisory to visit the site where Jesus was born. He bears witness to what is happening in Bethlehem, free from the filters of media echo chambers. He invites us to come and see what he has seen. Read the [full article here](#).

VOCATION REFLECTION

“Straighten Your Crown” by Darcie Lich, Oblate Associate

I’m a sucker for pithy sayings and quotable lines. Margins in my notebooks and day planners are filled with them, and they’re scribbled on Post-it notes that cover my desk, with the best ones perched at the edge of my computer screen. Some are clever, some sarcastic, and some are just movie lines that only insiders get. (“Blessed are the cheesemakers.”) Most of these fade quickly, but there’s one that sticks with me. And I’ve never written it down, I’ve never had to. “Whenever you are overwhelmed, remember whose daughter you are and straighten your crown.” It’s not just catchy – it’s grounding. It’s about remembering who I am, where I come from, and the One who calls me “beloved.” Read the [full reflection here](#).

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

JUBILEE YEAR 2025 - PILGRIMS OF HOPE LOGO



The logo shows four figures, representing all of humanity, coming from the four corners of the Earth. They embrace each other to indicate the solidarity and fraternity which should unite all peoples. The figure at the front is holding onto the cross. It is not only the sign of the faith which this

figure embraces, but also of hope, which can never be abandoned, because we are always in need of hope, especially in our moments of greatest need. There are the rough waves under the figures, symbolizing the fact that life's pilgrimage does not always go smoothly in calm waters. Often the circumstances of daily life and events in the wider world require a greater call to hope. That's why we should pay special attention to the lower part of the cross which has been elongated and turned into the shape of an anchor which is let down into the waves. The anchor is well known as a symbol of hope. In maritime jargon the 'anchor of hope' refers to the reserve anchor used by vessels involved in emergency manoeuvres to stabilize the ship during storms. It is worth noting that the image illustrates the pilgrim's journey not as an individual undertaking, but rather as something communal, marked by an increasing dynamism leading one ever closer to the cross. The cross in the logo is by no means static, but it is also dynamic. It bends down towards humanity, not leaving human beings alone, but stretching out to them to offer the certainty of its presence and the security of hope. At the bottom of the logo is the motto of the 2025 Jubilee Year: Peregrinantes in Spem (Pilgrims of Hope).

NURTURING SYNODALITY SERIES: REGIONAL CONVERSATION

Concerned Lay Catholics invites you to add your voice as we continue to walk the path together towards a synodal church in this Jubilee Year of Hope. In preparation for their national synodal event in June 2025 at St. Jerome's University in Waterloo, Ontario, they invite you to share your hopes and dreams for a synodal church in Canada on **January 16** at 7pm via Zoom. To register, [click here](#).

DIOCESAN NET RETREAT FOR TEENS

Children in grades 6-8 are invited to "Into the Deep", a diocesan NET retreat exploring the big questions of life and what really matters on Saturday, **January 18** (10am-

4:30pm) hosted at Our Lady of Mount Carmel Parish, 675 Gardenvale Rd. The cost is \$30/participant and includes lunch. For more info, [click here](#). To register, [click here](#).

CELTIC HARMONIES

On Sunday, **January 19**, Dominion Chalmers welcomes The Oak and Holly Quartet for their first performance at their monthly free community concerts. Journey across the ocean with Celtic Harmonies, a captivating concert that weaves together the rich folk traditions of Ireland, Scotland, and the Celtic diaspora in North America. Featuring beloved ballads, haunting laments, and timeless airs, showcasing the universal stories and sounds that unite distant shores. To reserve a free ticket, [click here](#).

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.

CONCERNED LAY CATHOLICS SPEAKER SERIES

Join this conversation with Michael Gill and Patricia Gemmell as they unpack the synod in Australia, and we compare and contrast with Canada's experience on **January 22** at 6:30pm. For the three years between 2021 and 2024, Concerned Lay Catholics followed events unfolding in Australia with interest and curiosity about the amazing reform movements that were coalescing in that country. Now that the formal Synod has concluded, what's next for Australia and what might we in Canada learn from our Australian brothers and sisters. Register for this zoom event by [clicking here](#).



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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).