



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

2nd Sunday in Ordinary Time

January 18/19, 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, Denise LaViolette, Tony Lim, Wayne, Liz and Ian MacDonald, John Peart, Fr. Vaughan Quinn, Br. Len Rego, Mike Staples

MASS INTENTIONS

Sat., Jan. 18 Dan Kelly by Connie Kelly; **Wed., Jan. 22** John Worswick by Jim & Julie Chadwick; **Thurs., Jan. 23** Rollie Goulet by Margaret Denneny; **Fri., Jan. 24** Maryna Nowosielski by Susanne Shaftoe; **Sat., Jan. 25** Catherine Allen by Robert & Brian Allen; **Tues., Jan. 28** Nicholas Law by Norina Morris; **Fri., Jan. 31** Maryna Nowosielski by Susanne Shaftoe; **Sat., Feb. 8** Albert Casuga by the Lalonde family; **Fri., Feb. 14** Pat & Fern Denneny by Margaret Denneny

EVENTS/MEETINGS

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

Mon., Jan. 20: Truth and Reconciliation Committee meeting, 7pm

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

Sun., Jan. 26: Development and Peace Committee meeting, 11:15am

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

Our Parish News

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.

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). 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.

UPCOMING COMMITTEE MEETINGS

Several of our committees/groups are meeting in the next few weeks: **Truth and Reconciliation Committee on January 20, Youth Group on January 24, Development and Peace Committee on January 26, Liturgy Committee on January 29.** 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](#).

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.

THANK YOU FOR CHRISTMAS SHOEBOXES

A heartfelt thank you note received from the Centretown Community Health Centre: “We would like to extend our heartfelt thanks for your generous donation of Christmas shoeboxes. Every box was distributed within the community and was deeply appreciated by the families who received them. Also, a big thank you for the thoughtful Christmas card!

We look forward to collaborating with you again in December 2025!”

DOMESTIC HELP NEEDED

The Oblate’s Springhurst Residence is looking for a temporary paid employee to help with the laundry and ironing at the residence. If you are interested or know someone who might be, please contact Jane at ontariodistrict@omilacombe.ca.

DEVELOPMENT AND PEACE

Because Haiti is currently in a very difficult situation, Development and Peace - Caritas Canada is commemorating the 15th anniversary of the 2010 earthquake by allocating \$100,000 to emergency aid and [raising funds for Haiti](#). [Your generous donations](#) will support agricultural initiatives to help put food on the tables of host families in rural areas, as well as financial and psychological support for those fleeing the cruelty of the gangs, particularly women victims of gender-based violence. Join D&P in showing solidarity with Haiti during this critical time. D&P thanks you for your continued generosity.

VOCATION REFLECTION

“Many Gifts” by Richard Beaudette, OMI
The liturgy for this weekend highlights the beginning of Jesus’s public ministry. The interaction between Jesus and Mary probably brings up many memories for parents, teachers and others who deal directly with the young. Mary recognized a need; she was concerned about the reputation of the hosts, the young married couple. She also saw the possible solution, but Jesus resisted her gentle prodding. His “time had not yet come”. The liturgy today challenges me to look around and recognize the needs of others. Then it challenges me to look within to recognize the gifts I have been given to use for the common good. Finally, I am called to respond, to use those gifts for the common good just as Jesus responded to the need of the people gathered to celebrate that wedding in Cana of Galilee. 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 - THE PILGRIMAGE

The Jubilee calls for us to set out on a journey and to cross boundaries. When we travel, we do not only change place physically, but we also change ourselves. Hence, it is important to prepare ourselves well, to plan the route, and learn about the destination. In this sense, the Jubilee pilgrimage begins before the start of the journey itself: the starting point is the decision to set out. The etymology of the word “pilgrimage” is quite telling and has undergone little change in meaning over the years. The word comes from the Latin “per ager,” meaning “across the fields,” or perhaps from “per eger” meaning “border crossing”: both possible origins point to the distinctive aspect of undertaking a journey. Learn more: [click here](#).

WEEK OF PRAYER FOR CHRISTIAN UNITY

The 2025 theme for the Week of Prayer for Christian Unity (**January 18-25**), “Do you believe this?” (John 11:26), provides a unique opportunity to reflect on and celebrate the common faith of Christians, as expressed in the Creed formulated during the first Christian Ecumenical Council: a faith that remains alive and fruitful in our days. The Week of Prayer for Christian Unity 2025 offers an invitation to draw on this shared heritage and to enter more deeply into the faith that unites all Christians. For more information and resources, [click here](#).

HOW TO TALK ABOUT YOUR CATHOLIC FAITH

Sometimes it can feel as though we need an advanced theological degree to explain our Catholic faith to others. However, the 12 Apostles had no special theological training, and they effectively brought the Word of God to every part of the known world! Join Dr. Joe Paprocki for a webinar in which he’ll explore the simplicity of the truth that we proclaim as Catholics and offer practical tips for sharing faith with others on Tuesday, **January 21**, 3:00 - 4:00pm. All registered participants will receive a link to the recorded webinar. [Click here to register](#).

SHARED SPACE, SHARED STORY

[Register](#) for this free online event, *Shared Space, Shared Story: Holding the Story of the Church and the Indigenous Story Together*, presented by St. Mark’s College, University of British Columbia: Monday, **January 27** at 7pm PST (if you register, you will be sent a link to the recording later). Join Rev. Dr. Ray Aldred for this *Laudato Si’* lecture on faith, culture, and the shared stories that connect us to each other and the Earth!

CONVERSATIONS FOR OUR TIMES

St. Basil’s parish is happy to announce that their webinar series, “Conversations for Our Times”, will resume on Sunday, **January 26**, at 2:30pm with distinguished guest, Michael W. Higgins, author of *The Jesuit Disruptor: A Personal Portrait of Pope Francis*. Michael will share with us his knowledge of Pope Francis, and in particular this pope’s unprecedented challenges, not only to Catholics, but to all people of good will. Francis urges people of faith around the world to take the lead in addressing the crises facing inhabitants of planet Earth, and to act with courage and respect in seeking solutions to these very immediate and consequential issues. To register for this webinar, [click here](#).

DOCUMENTARY SCREENING & DISCUSSION:

View the documentary, *Fierce Light: When Spirit Meets Action*, National Film Board & Vancouver filmmaker, Steve ‘Velcrow’ Ripper (English with subtitles in French) on **January 31**, 12:05 pm at the St. Paul University Amphitheatre (Guigues 1124). This documentary retraces the movement to save a large urban farm created in the wake of the riots following the brutal beating of Rodney King by LA police officers. In the telling of the story, Ripper weaves in other narratives of faith-based, peaceful resistance the world over from a variety of faith traditions. The film features figures such as John Lewis, Archbishop Desmond Tutu, Joanna Macy, Thich Nhat Hanh, Danny Glover, bell hooks, Van Jones and Daryl Hannah, among others.

OTTAWA PASTORAL CARE COURSES

This spring [Ottawa Pastoral Care](#) will once again offer their Basic Training Course either in-person (Monday afternoons) or online by Zoom (Monday evenings). Both courses begin Monday, **March 10** and run weekly until **May 12** (including Easter Monday). Their Spring 2025 Basic Training Course brochure is available [here](#). They are also excited to present a Continuing Education event on Tuesday, **April 8** from 7- 9pm by Zoom. In this session, Elspeth MacEwan, community psychiatrist and hospice volunteer, will lead a session called *Sacred Conversations: 7000 Ways to Pray*. The workshop will explore an approach focusing on compassion, empathy and journeying with patients as they search for meaning in their suffering. The program brochure is available [here](#). Spaces are limited for both courses so take a few moments and register early.

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[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).