



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

5th Sunday in Ordinary Time

February 8/9, 2025



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

MASS INTENTIONS

Sat., Feb. 8 Albert Casuga by the Lalonde family; Evelyn Schlies by Tim Coonen; **Tues., Feb. 11** Nuala, sister of Aideen Carolan by Angela & 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; **Thurs., Feb. 20** Denis Grady by Rosemarie Hoey; **Sat., Feb. 22** Bertha Dibartolo by Margaret Denny; **Wed., Feb. 26** Jim & Mary McMinn by Margaret Denny; **Sat., Mar. 1** Denise LaViolette by Anne Marie Bazinet-Miller; **Wed., Mar. 5** Intentions of Julien & Sandra Bennett by Yvonne Bennett; **Sat., Mar. 8** Albert Casuga by the Lalonde family

EVENTS/MEETINGS

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.

EVENING PRAYER (LITURGY OF THE HOURS)

Join [via Zoom](#) (meeting id: 488 236 684; passcode: 305049) to celebrate every week on Thursday (note change of day effective **February 13**) from 6:30 to 7pm. The Evening Prayer format in the Catholic Book of Worship (CBW) III (section 14) is used and the hymns/psalms are also taken from the CBW III. If you do not have one at home, please contact the parish office to get one on loan.

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.

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.

INDIGENOUS ACTIVITIES AT ST. PAUL UNIV.

February 13, 12 to 1pm: Métis Storytelling: Learn about the stories and traditions of the Métis with a knowledge keeper at the Indigenous Centre. Bring your lunch!
February 27, 11:30am to 1pm: Kokom – Meet & Greet with Bannock & Tea: Connect, learn and engage with stories and traditions passed down through generations at the Student Life Centre. For more info, [click here](#).

DEBT JUSTICE

Canadians are invited to join a global movement for debt justice with a Jubilee 2025 petition drive. Christian organizations urge Canadians to sign a petition supporting global debt cancellation in this historic Jubilee year. In Canada, KAIROS Canada is leading the campaign in collaboration with Citizens for Public Justice, Development and Peace – Caritas Canada, and the Office of Religious Congregations for Integral Ecology (ORCIE). To find out more, [click here](#) and to sign the petition, [click here](#).

BATTERIES: 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 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.**

SUPPORT YOUR LOCAL MAKERS AND SHOPS!

Due to some world events you may have noticed in the last couple of weeks, many Canadians are keen to buy Canadian products. Shopping local helps support creators, entrepreneurs and our communities. It also helps keep our region and our country more resilient. We all win! [Check out this list](#) created by Laura Byrne Paquet of [Ottawa Road Trips](#).

Diocesan and Community News

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](https://www.canadianmuseumofhistory.ca). Explore the Witness Blanket at witnessblanket.ca.

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. Here is a 3 min video sharing what Alpha is about: https://youtu.be/fViYK_Xb3Wg

SINGING BACK THE BUFFALO

Join Canadian Geographic, the International Buffalo Relations Institute and the Singing Back the Buffalo team for a special advance screening of a new version of *Singing Back the Buffalo* on Tuesday, **February 25**, 7pm at 50 Sussex Drive. After a dark recent history, the buffalo herds of North America are awaiting their return, aided by dedicated Indigenous activists, leaders and communities, including award-winning Cree filmmaker, Tasha Hubbard. Pay what you can. [Register now](#).

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](#).

ST. PATRICK'S DAY PILGRIMAGE 2025

Enjoy fellowship, prayer and reflection on this St. Patrick's Day pilgrimage. On Monday, **March 17**, celebrate 9am Mass at St. Patrick's Fallowfield and then pilgrimage to St. Patrick's Basilica in downtown Ottawa. The 28km walk will take approximately 8 hours and will conclude with a potluck reception at St. Patrick's Basilica. Check out the pilgrimage details and signup! Check the route, need for a ride or able to provide a ride, optional start/finish points, potluck dish/volunteer cleanup at <https://tinyurl.com/St-Patrick-Pilgrimage>.

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! 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.

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!

INDIGENOUS-INSPIRED NFL GAME BALL

NFL Canada has unveiled an Indigenous-inspired game ball ahead of Super Bowl LIX. The Canadian Indigenous-inspired game ball, designed by Anishnaabe/Odawa artist, Que Rock (Quentin Commanda), in the lead-up to Super Bowl LIX, will be used to provide access to football in Indigenous communities in Canada. [Learn more](#).

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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).