



# Canadian Martyrs Church

100 Main Street, Ottawa, ON K1S 1C2

613-232-5347, [office@canadianmartyrs.org](mailto:office@canadianmartyrs.org), [www.canadianmartyrs.org](http://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

Sheila Foy-Connolly

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

Thurs., 6:30pm, [via Zoom](#)

### RCIA

Parish RCIA Team

Sundays, 9am, Parish Centre

## SECOND SUNDAY OF LENT

MARCH 15/16, 2025

"I believe that I shall see the goodness of the Lord in the land of the living."

Psalm 27

Sometimes it just takes stopping, noticing and articulating God-moments, as the disciples did on that mountain: moments of transfiguration that keep us in awe-struck silence.

Which acts of charity or service can you commit to do during Lent?

Living with Christ, Sunday Missal, Novalis

[canadianmartyrs.org](http://canadianmartyrs.org)

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

## MASS INTENTIONS

**Sat., March 15** Jim Chambers by his family; **Wed., March 19** Pat & Fern Denny by Margaret Denny; **Sat., Mar. 22** Leo Doyle, Sr. by Jim & Julie Chadwick; **Wed., Mar. 26** Denis & Ewa Bennett by Yvonne Bennett; **Sat., April 5** Lorna Kelly by Connie Kelly; **Fri., April 25** The Brown family by Theresa

## EVENTS/MEETINGS

**Sat., Mar. 15:** Lenten Retreat, 9:30am

**Sun., Mar. 16:** Lunch and Learn, after Mass

**Mon., March 17 - Thurs., Mar. 20:** Inter-parish Lenten Mission, 7:30pm

**Fri., Mar. 21:** Youth Group, 7pm

**Sun., Mar. 23:** Lenten/Jubilee Fair, after Mass

**Mon. Mar. 24:** Truth and Reconciliation Committee meeting, 7pm via Zoom

**Tues., Mar. 25:** Stations of the Cross, 7:30pm

# Our Parish News

## THANK YOU!

Many thanks to our volunteers (Sheila, John, Megan, Joe and Heather) and everyone who came to enjoy a pancake luncheon on Shrove Tuesday. It was a lovely event and perhaps we can make it an annual one!

## LENTEN FOOD DRIVE

Our target this Lent is to collect **750 non-perishable food and hygiene items** to be given to the [Centretown Community Food Centre](#) for people in need in our community. Bring one item or 20 items! Collection bins are in the church foyer. These items are always needed: peanut butter (500ml or less), **canned** tuna, salmon, meat, stews, vegetables, and soups, **canned** beans (including baked beans, kidney beans, black beans), cereals, pasta and pasta sauce (**in cans, no glass jars, please!**), Kraft dinner, toothpaste and toothbrushes, and toilet paper.

## PILGRIMS OF HOPE PARISH LENTEN RETREAT

As we enter into the season of Lent, we are invited during this Jubilee Year to be “Pilgrims of Hope”. The Oblates of Mary Immaculate also entered into a journey as “Pilgrims of Hope in Communion” at their General Chapter in 2022. Hope is a grace that is needed more than ever in our world today. How can we become persons of hope, sharing that gift with those around us?

As individuals and as a community, we are called to be signs of hope. Our retreat with Fr. Richard Beaudette, OMI, on Saturday, **March 15**, from 9:30 to 11:30am will be a time to gather, pray and reflect together on the theme of hope and how we can share this gift with others. Please register by calling or emailing the parish office: [office@canadianmartyrs.org](mailto:office@canadianmartyrs.org).

## LUNCH AND LEARN

Join us after Mass on Sunday, **March 16** for “Food for Thought: Nutrition and the Aging Brain” presented by parishioner, Kelly Beaton, a Registered Holistic Nutritionist ([www.eatwellbewell.ca](http://www.eatwellbewell.ca)). In 2020, approximately 597,000 Canadians were living with dementia. 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.

## INTER-PARISH LENTEN MISSION

Join an inter-parish Lenten Mission “Becoming Disciples in The Gospel of John” from **March 17 - 20** with internationally respected storyteller, theologian, and author, Megan McKenna. Megan draws from diverse oral traditions and Jewish/Christian scriptures. She has taught forgiveness, reconciliation, and restorative justice.

Monday, **March 17**, 7:30pm: *Introduction to Discipleship according to the Gospel of John* at Good Shepherd Parish, 3092 Innes Road

Tuesday, **March 18**, 7:30pm: *The Samaritan Woman at the Well* at Canadian Martyrs Parish, 100 Main St.

Wednesday, **March 19**, 7:30pm: *The Man Born Blind* at St. Joseph’s Parish, 174 Wilbrod St

Thursday, **March 20**, 7:30pm: *The Raising of Lazarus* at St. Basil’s Parish, 940 Rex Ave.

## LENTEN FAIR

The Lenten/Jubilee Fair will be on Sunday, **March 23**, following the 10:00am Mass. Families are invited to come and check out the crafts that are designed to help us prepare our hearts for Easter and the Jubilee Year. We are asking for volunteers to bring snacks and to help with the craft tables. Please call or [email](#) the office if you can help.

## STATIONS OF THE CROSS

Reflecting and praying the Stations of the Cross is a popular devotion practiced in the church, especially during the Lenten season. The Stations of the Cross will be presented by the youth of the parish on Tuesday, **March 25** at 7:30pm. **If you are a younger member of our parish and would like to participate in the reading of the Stations, please [contact the office](#). There will be a run through of the Stations on Friday, **March 21** at 7pm during our Youth Group meeting.**

## TURN DEBT INTO HOPE: SIGN THE PETITION!

In this Jubilee Year, Pope Francis calls on us to take part in the global *Turn Debt into Hope* campaign to “forgive the debts of countries that will never be able to repay them.” Knowing that 3.3 billion people live in countries that spend more on foreign debt repayment than on health or education, we must act! Sign the global petition calling for:

- Canceling unjust and unsustainable debts
- Reforming the global financial system to prioritize people and the planet
- Establishing a binding and comprehensive debt framework within the United Nations

**Please sign the petition in church at the D&P table or online at [devp.org/debt](http://devp.org/debt).**

# Diocesan and Community News

## NATIONAL INDIGENOUS WATER OPERATOR DAY

Join a powerful evening in celebration of National Indigenous Water Operator Day. The event at the Canada Science and Technology Museum, 1867 St. Laurent Blvd, on Tuesday, **March 18**, 6 - 8pm, will begin with a smudging and opening prayer, followed by a sacred water ceremony led by water operator and water keeper, Josée Street. Guests will learn traditional songs and dances used by water keepers to express gratitude for water, deepening their understanding of Indigenous teachings and the spiritual connection to this life-giving force. Free event, [register](#) by Friday, **March 14**.

## NURTURING ECOLOGICAL CONVERSION

It is easy to feel defeated by the signs of destruction around us and their impacts on plants, animals and humans. Drought, flooding, fire, refugee crises, conflict; the list goes on. As Christians, how can we respond to the cry of Creation in a truly life-changing and life-giving way? On Wednesday, **March 19**, at 10:30 a.m., Novalis is hosting a 1-hour conversation with the authors of *Nurturing Ecological Conversion* to address these pressing questions. [Register here](#).

## WORLD WATER DAY, MARCH 22

The theme of [World Water Day 2025](#) is 'Glacier Preservation'. Glaciers are critical to life – their meltwater is essential for drinking water, agriculture, industry, clean energy production and healthy ecosystems. Rapidly melting glaciers are causing uncertainty to water flows, with profound impacts on people and the planet. This World Water Day, we must work together to put glacier preservation at the core of our plans to tackle climate change and the global water crisis.

## LENTEN MINI RETREAT

On Sunday, **March 30**, 3-5pm at St. Basil's Church, 490 Rex Ave., join guest speaker, Bishop Yvan Mathieu, S.M. as he helps us deepen our understanding of the Jubilee Year of Hope in relationship with the Laudato Si' message calling us to stewardship of our Common Home.

## POLITICS AND CYNICISM

*Politics and Cynicism: How to Create Hope when Everything Feels Bad*, Wednesday, **April 9**, 5 - 7pm, online via Zoom presented by The Jesuit Forum for Social Faith and Justice. Free. [Register here](#).  
Our world is increasingly unstable. Our moral and political authorities seem either ineffective or uncollaborative when

it comes to the many obviously unjust systems of our day. We live in a cynical time, when leaders use power for their own gain and the rest of us can't seem to trust each other or our institutions to build an alternative. Dean Dettloff, PhD in Philosophy and Research and Advocacy Officer for Development and Peace - Caritas Canada, will help us explore the roots and dangers of cynicism in politics and how to create hope where it feels like there is none.

## NIGHT OF WORSHIP AND MINISTRY

Join St. Mary's Parish, 100 Young St., on Friday, **March 28**, 7 - 9pm, for an evening of praise, prophecy, teaching, and healing. Theme: "Trusting in God Most High" Speaker: Fr. Ken Lao, CC, St. Mary's Parish associate pastor.

## MIRIAM CENTRE ANNUAL STAMP SALE

Annual stamp sale, craft sale and book signing at the [Miriam Centre](#), 1803 Blvd. St-Joseph Unit 107, Saturday **March 29** from 9am to 3pm.

## WHY NOT MORE?

Beginning March 2025, the Archdiocese is hosting a young adult faith series called "Why Not More?" where you can receive sound teaching from Catholic leaders on topics that really matter. Please visit the [Archdiocesan website](#) for more details and to register. Each monthly session will be hosted at St. George Parish and you can see a list of topics online.

## SECOND SUNDAY OF LENT

"This is my Son, my Chosen. Listen to him."

Luke 9:28-36





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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).