



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

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

THIRD SUNDAY OF LENT

MARCH 22/23, 2025

“The Lord is merciful and gracious, slow to anger and abounding in steadfast love.”

Psalm 103

Life is fragile, death is reality and we have a need to be in a right relationship with our God. Suffering is not reserved for the sinner and repentance is necessary for everyone.

How can you use this time to examine your relationship with others and seek reconciliation where needed?

What sacrifice can you make that will draw you closer to God?

Living with Christ. Sunday Missal, Novalis

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., 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; **Tues., April 29** Albert Casuga by the Lalonde family

EVENTS/MEETINGS

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

Sat., April 5: Pizza Night after the 5pm Mass

Wed., April 9: Liturgy Committee meeting, 1:30pm

Sun., April 13 - Sun., April 20: Holy Week

Sun., April 27: Lunch and Learn after the 10am Mass

Our Parish News

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.

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.

PIZZA NIGHT

Join us for pizza after Mass on Saturday, **April 5**, \$3 for a slice of pizza and \$1 for a drink.

EXTERNAL DEBT AND ECOLOGICAL DEBT: WHO OWES WHOM?

Peru is facing an ecological debt crisis as extractive industries, often foreign-owned, plunder its natural resources, harming the environment and human rights. These industries contribute to the unjust enrichment of the Global North at the expense of the Global South. Thus, as countries in the Global South incur financial debts that further impoverish them, they are owed a mounting ecological debt by the Global North that is never settled. Development and Peace's partners, the Episcopal Commission for Social Action (CEAS) and the Institute Bartolomé de Las Casas (IBC) work closely with affected communities, advocating for justice and sustainable alternatives. This Lent, discover the work of CEAS and IBC by reading D&P's [Mini-magazine](#) and watching their testimonial video at devp.org/lent.

CANADIAN MARTYRS RELIC TOUR

The [major relics of the Canadian Martyrs](#)—including the skull of St. Jean de Brébeuf and bones of St. Charles Garnier and St. Gabriel Lalemant—are traveling across Canada for the first time. They will be joined by a relic of St. Kateri Tekakwitha, the first Indigenous North American saint. You are invited to visit Notre Dame Cathedral, 385 Sussex Dr., on Friday, **March 28**, between 3pm and 9pm, with Mass at 6pm celebrated by Archbishop Damphousse. You are welcome to come at any time during the event to venerate the relics and seek the intercession of these great saints! The purpose of the devotional tour is to bring the relics to parts of Canada whose people can't easily get to visit the Martyrs' Shrine, so that Canadians can have an encounter with these great saints, and receive the graces of healing and reconciliation for themselves, their families, and our country. For more details on the national tour, visit: <https://martyrs-shrine.com/relic-tour/>

The poster features a central white archway set against a background of a religious painting depicting figures in a heavenly setting. At the top of the arch is a circular logo with the letters 'TMS'. The text within the arch reads: 'VENERATION OF THE RELICS OF THE CANADIAN MARTYRS'. Below the arch, the event details are listed: 'Friday, March 28th | 3 PM - 9 PM' and 'Notre Dame Cathedral (385 Sussex Dr, Ottawa)'. A list of activities follows: 'Veneration of the Relics of the Canadian Martyrs & St. Kateri Tekakwitha', '6 PM - Votive Mass celebrated by the Archbishop Damphousse', '7 PM - Talk by Fr. John O'Brien on the Martyrs & St. Kateri', and '7:30 PM - 9 PM - Continued veneration'. In the bottom right corner, there is a red circular logo with the letters 'OC YP'. At the very bottom of the poster, a line of text reads: 'Come and honour these great saints through prayer, reflection, and devotion.'

Diocesan and Community News

FAITH, EDUCATION & ECOLOGY IN ACTION!

Join the *Laudato Si'* Action Platform on Thursday, **March 27** at 10am, for an inspiring webinar that will explore the interconnection between ecological spirituality and ecological education as key components of ecological transformation. Discover practical ways to integrate *Laudato Si'* principles into faith-based and educational settings, bridging spirituality and ecological transformation. [Register here.](#)

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.

UNDERSTANDING FALSE SELF & TRUE SELF

Join Daryl MacPherson on Saturday, **March 29**, 9:30am – 3:00pm at the Galilee Centre, Arnprior for this retreat which includes lunch and book by Sr. Rosemary O'Toole. "Out with the old and in with the new" was a popular slogan to usher in the New Year; the enduring appeal of a fresh start. Jesus calls us to "lose ourselves" or "deny ourselves" in order to find life. In this one day retreat, we will explore how God lovingly works within us to free us from our old ways of being and living, and allow our true self to emerge. We experience a gradual but tangible growth of self-knowledge and knowing of God. [Click here to register online](#) or call Galilee at 613-623-4242 x 21. Cost: \$95

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.

PRAYING FOR POPE FRANCIS

As the whole church, and indeed the world, continues to pray for the recovery of Pope Francis, who has been hospitalized since February 14 with a serious respiratory ailment, TVO's *The Agenda* aired a program on the Francis papacy and what comes after. [This episode aired on Tuesday, March 4.](#) Hosted by anchor Steve Paikin, it includes a dialogue with Michael Higgins and Emma Anderson, Chair of the Department of Classical and Religious Studies at the University of Ottawa. They look at Bergoglio's papacy and consider what may come after.

DIOCESAN WEDDING ANNIVERSARY MASS

If you are celebrating 60 (or more), 50, 40, 30, 25, 20, 15, 10 & 5 years of marriage in 2025, you are invited to attend the Diocesan Wedding Anniversary Mass at Notre Dame Cathedral on Sunday, **May 4**, 2:30pm. [Register](#) before Easter, **April 20**, to ensure your place! For questions, contact Annmarie at annmarie.brown@ottawacornwall.ca.

VOCATION REFLECTION

Rooted, Growing ... Still Waiting by Darcie Lich, Oblate Associate

In this Sunday's Gospel, Jesus tells the fig tree parable, reminding us that while growth may take time, patience, care, and faith can help us bear fruit in ways we might not yet see - just like my own pear trees and journey of discipleship. Every year, I stand in my yard, looking up at my pear trees, wondering if this will finally be the year. And every year, I say same thing: They just need more time. They're not quite there yet. And maybe, just maybe, all I need is a little more time, too.
Read the [full reflection here.](#)

CHARACTERISTICS OF A SYNODAL CHURCH

In becoming a listening Church, we discover the joys of truly listening and being listened to, just as Jesus listened to those he met. Our listening is not just within our communities, but to the world, and especially to the marginalised.

Taken from the *Instrumentum Laboris*, the guiding document for the Synod in Rome.

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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).