



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

FOURTH SUNDAY OF LENT

MARCH 29/30, 2025

“I will get up and go to my father and say to him: Father, I have sinned against heaven and before you.”

Luke 15.18

This Sunday's Gospel characters model for us many aspects of authentic discipleship. May they lead us to a deeper Lenten reflection on our relationship with God and one another.

How can you incorporate deeper prayer and reflection into your daily routine?

Living with Christ, Sunday Missal, Novalis

canadianmartyrs.org

PRAY FOR THOSE WHO ARE ILL: Carol Bazinet, Fr. Jim Bleackley, Isabella Boles, Devin Burse, 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., April 5 Lorna Kelly by Connie Kelly; **Fri., April 25** The Brown family by Theresa; **Sat., April 26** Mary Davis by former parishioners of St. Margaret Mary Church; **Tues., April 29** Albert Casuga by the Lalonde family

EVENTS/MEETINGS

Sat., April 5: Funeral for Mary Davis, 11am

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. We have collected and delivered over 400 items to the Food Centre already!

PIZZA NIGHT

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

SCRUTINIES

[The Scrutinies](#) are a series of rites in the Rite of Christian Initiation of Adults (RCIA) journey, that take place on the third, fourth, and fifth Sundays of Lent. They are a time of self-examination and repentance for those preparing for baptism. Whenever they are celebrated, the Scripture readings of Year A of the liturgical cycle are used. On the weekend of **April 5/6**, we will celebrate the Third Scrutiny with our RCIA candidate who will be baptized at the Easter Vigil. This Scrutiny is primarily for the benefit of the Elect, but it reminds all the baptized of the promises God has made through Jesus of eternal life.

TURN DEBT INTO HOPE: DEMANDING FAIRER POLICIES IN TUNISIA

Resource mismanagement and unfair international conditions trap Tunisia in debt. Development and Peace's partner, the Tunisian Economic Observatory (OTE), analyzes the country's debt policies, and informs Tunisians about economic issues, enabling them to demand fairer and more equitable policies to promote sustainable development that benefits everyone.

This Lent, discover the work of OTE by reading our Mini-magazine at devp.org/lent/resources. Help create hope for and fulfil the dreams of the communities D&P supports in the Global South by giving to our Share Lent parish collection (**April 5/6**) or online at devp.org/give. Also, help D&P reach the Canadian goal of 100,000 signatures by signing the petition now at devp.org/debt. Thank you for your solidarity!

THE SYNODAL CHURCH

Dr. Catherine Clifford of Canadian Martyrs Parish offered a lecture entitled *From Vatican II to a Synodal Church*, on March 20. This was part of the "Lectures in Catholic Experience Series" at St. Jerome University, Waterloo. Catherine presents very clearly the development of the call

of Pope Francis to embrace the synodal dimension of the Church in which all are called to full participation in church life and mission. Our parish Synodality Committee recommends the lecture to all interested in learning more about our synodal Church. The lecture is available [here](#).

JOIN THE CENTRE 507 BOARD OF DIRECTORS

Join Centre 507 in their mission to support and empower individuals in Centretown. Your leadership and commitment can create lasting change and make our community better for everyone. Please send your resumé and a brief cover letter to [Richard LeBlanc](#), Executive Director of Centre 507.

WATER MOVEMENT

Members of our Truth & Reconciliation Committee attended an event honouring [National Indigenous Water Operator Day](#) with a Sacred Water Ceremony at the Canada Science and Technology Museum. Water Movement is a national, operator-led organization dedicated to ending all water advisories in Indigenous communities. By connecting and supporting water and wastewater treatment operators, they ensure that Indigenous communities have the tools, resources, and recognition they need to deliver safe, clean water to their communities. [Go to the website](#) to read more about water operators in Indigenous communities across Canada.

HOLY WEEK

AT HOLY CANADIAN MARTYRS CHURCH
100 MAIN STREET

Tuesday, 15 April, 2025

11:30am Daily Mass

Wednesday, 16 April, 2025

11:30am Daily Mass

Holy Thursday, 17 April, 2025

7:00pm Mass of the Lord's Supper

Good Friday, 18 April, 2025

3:00pm Celebration of the Lord's Passion

Easter Vigil, 19 April, 2025

8:00pm Resurrection of the Lord

Easter Sunday, 20 April, 2025

10:00am Mass



Diocesan and Community News

CHANT & CHEER WORKSHOP

Join Ottawa Chant for prayer, chant and fellowship at our next Chant & Cheer evening on Monday, **March 31**, 7pm at St. François d'Assise Church, 20 Fairmont Ave. The evening will be dedicated to the Easter Proclamation – The Exsultet. No singing experience necessary. Come learn to sing this beautiful chant with us and take time to meditate on the meaning of this great and ancient prayer heard every year at the Easter Vigil. The evening will consist of sung Compline, a talk on the Exsultet, and then learning to sing the chant. The evening ends with fellowship at a local resto/pub. Full details of the evening can be [found here](#).

FUTURE OF HEALTH AND WELLNESS

You are invited to the Future of Health and Wellness Speaker Series event on Friday, **April 4**. This event will be offered in a hybrid setting. You can join remotely from 8 - 9am. This panel discussion will center around the crucial theme of extreme heat's impact and climate change resilience. For more information and to register for this [free event, click here](#).

MUSIC FROM THE HEART

Attend a concert in support of Centre 507: *Songs from across Canada*, featuring the Nepean Choir and friends, Sunday, **April 13**, 2pm at Trinity United Church, 1099 Maitland Ave. Tickets are \$15 (children 12 and under are free) and available in advance at www.nepeanchoir.ca or at the door on concert day.

CHRISM MASS

On **April 15** at 5pm at the Notre-Dame Cathedral, 385 Sussex Ave., you are invited to celebrate the [Chrism Mass](#). The Chrism Mass is an annual Mass where our Archdiocese gathers together to receive the new holy oils for the year. Priests renew their vows and the Archbishop blesses three different oils which are then distributed to parishes: the Oil of the Sick, the Oil of Catechumens, and the Sacred Chrism.

A JUBILEE SPIRITUAL READING LIST

The theme of the 2025 Jubilee Year is "Pilgrims of Hope". For those who wish to embark on a spiritual pilgrimage through reading and prayer during the Lenten season, or anytime during this sacred year, [here is a list](#) of recommended books, essays, and encyclicals that explore the theme of Christian hope.

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.

JOURNEY OF ENCOUNTER: SYNODALITY

Be part of an upcoming gathering, *Journey of Encounter: Pilgrims of Hope Embracing Synodality*, to be held **June 15-18**, at St. Jerome's University in Waterloo, Ontario. This gathering is meant for anyone who is curious about the Synod on Synodality and what it might mean for the Canadian church. Continue the Synodal conversation with fellow pilgrims! For more information, visit <https://www.synodalchurch.ca/>. Registration Fee - \$175, accommodation and meals are extra. [Registration](#) deadline: **May 29**.

SIX VIDEO GAMES FEATURING NATURE

Beyond the reconsideration of the video game as an artform, one trend blooming across the screens of consoles and PCs is that nature is no longer just a prop, or background landscape; it's the full-fledged focus. As our planet falls into deeper environmental disasters, video games have begun reflecting this reality in their stories. By putting the control in the player's hands, it has the potential to serve as a unique vehicle to greater awareness. These six games position nature, whether that's wildlife, ecology or the changing seasons, as the main character. [Discover these games and read more here](#).

ST. PETER'S BASILICA BECOMES A 'FIXABLE', EXPLORABLE MINECRAFT WORLD

Microsoft's Minecraft Education and the Vatican launch "Peter is Here: AI for Cultural Heritage", an interactive game where students can explore and restore St. Peter's Basilica. Featuring simulated AI tools and historical figures, the game offers an educational journey to discover art, history and faith. [Find out more here](#).

CHARACTERISTICS OF A SYNODAL CHURCH

Synodality is grounded in the vocation of all the baptized; we are all sons and daughters of God, brothers and sisters of Christ in the one Spirit and sent for the common mission.

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

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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).