



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

FIRST SUNDAY OF LENT

MARCH 8/9, 2025

“Be with me, Lord, when I am in trouble.”

Psalm 91

This First Sunday of Lent calls us to remember God’s blessings, knowing the hardships that are ours as well. May this Lenten season be a time of reclaiming our traditions so that when tempted we can resolutely call out the name of the Lord and be saved.

What specific area of your life needs the most focus on spiritual growth?

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, 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. 8 Albert Casuga by the Lalonde family; **Wed., Mar. 12** Sarina Cotroneo by Lidia Cotroneo; **Fri., March 14** Ed Gasnick by Rosemarie Hoey; **Sat., March 15** Jim Chambers by his family; **Wed., March 19** Pat & Fern Denny by Margaret Denny; **Wed., Mar. 26** Denis & Ewa Bennett by Yvonne Bennett

EVENTS/MEETINGS

Sat., Mar. 8: Development & Peace Share Lent workshop, 8:30am

Tues., Mar. 11: Lenten Reconciliation Service, 7pm

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

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

Our Parish News

RITE OF ENROLLMENT

On Sunday, **March 9** at the 10am Mass, our parish community will open its arms in welcome, as our First Communion group celebrates the Rite of Enrollment. Please pray for our young candidates, as they make their way to the Lord's table. Please keep Stella, Samuel, Hannah, Andrea, Alonso, Augustine, Nadia, Angelica, Sophie, Saveria, Zoe, and William and their catechists in your prayers.

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 or 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.

SHARE LENT WORKSHOP

Our parish is hosting the Ottawa-Cornwall Development & Peace Share Lent workshop on Saturday, **March 8** from 8:30am -1:00pm. The parish's Development & Peace committee will welcome people from across the Ottawa-Cornwall area to learn about Development & Peace's campaign "Turn Debt into Hope", to meet other D&P members, build community, and share a solidarity meal together.

LENTEN RECONCILIATION SERVICE

Let us bring our hearts and minds before the Lord. Our Lenten Reconciliation Service will be held on Tuesday, **March 11** at 7pm.

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.

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). 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](mailto:office@canadianmartyrs.org) the office if you can help.

Diocesan and Community News

THIS LENT, TURN DEBT INTO HOPE

2025 is a Jubilee year, a year in which Pope Francis invites us to “forgive the debts of countries that will never be able to repay them.” (*Spes non confundit*, 16). Development and Peace - Caritas Canada is responding to this call through the global “Turn Debt into Hope” campaign. Here are a couple ways you can join D&P:

1. Donating online at devp.org/give or during the Solidarity Sunday collection on April 6, the fifth Sunday of Lent. Your generosity helps support over 79 projects in 34 countries around the world!
2. Get the Mini-magazine and follow the Solidarity Calendar with your family. Discover all the resources at devp.org/lent/resources and check out the D&P table at the back of the church.

LENTEN WORKSHOP AT ST. BASIL’S

Attend a Lenten workshop on *Sharing the Good News – On Preaching and Sharing Reflections Based on Scripture* with Megan McKenna, internationally respected storyteller, theologian, and author of many books, at St. Basil’s Parish, 490 Rex Ave. on Saturday, **March 15** from 9:30am to 3pm with continental breakfast and light lunch. Everyone is welcome. Free will donations are appreciated.

FROM ECOLOGICAL DEBT TO ECOLOGICAL HOPE

The Office of Religious Congregations for Integral Ecology (ORCIE) invites you to the webinar, *From Ecological Debt to Ecological Hope*, on **March 18** at 1pm with guest speakers: journalist Elton Bozzetto, Sr. Nilva Dal Bello, CSJ Brazil & Dr. Sue Wilson, CSJ Canada, with Sasquia Antunez Pineda, ORCIE Advocacy and Communications Officer. Join us to hear from religious in Canada and Brazil and for small group discussions about our call to action and hope. How can we amplify the voices of religious in the Global South in this Jubilee campaign? How can we spread the word on the crushing unjust and unpayable debts facing so many countries around the world? To register to receive the Zoom link, [click here](#).

GIVE IT UP FOR THE EARTH 2025

Give it up for the Earth! is a national faith-in-action campaign that raises awareness about the climate crisis and mobilizes people across Canada to reduce personal and household greenhouse gas emissions, engage in acts of solidarity, and collect signatures as a demonstration of support for increased federal climate action. Together, through the *Give it up for the Earth!* campaign, we are

calling on the federal government to increase its emissions reductions target, increase support for grant-based climate finance, and end fossil fuel subsidies to fund a fair, inclusive and just transition. To find out about *the Give it up for the Earth!* Campaign’s three action items for 2025, [click here](#).

30 DAYS OF HOPE

The Galilee Centre’s first post for 30 Days of Hope is now available. Say “Yes” to 30 days of reflection, based on the booklet “What Pope Francis Says About Hope”, Pope Francis’ clear and strong message to be “Pilgrims of Hope and Builders of Peace.” [Click here](#) to see the daily postings, to register for the weekly Zoom meetings, or to request a copy of the “What Pope Francis Says About Hope” booklet. (Booklets are also available for pickup in person.)

JOURNEY THROUGH LENT 2025

The Canadian Conference of Catholic Bishops presents *Journey through Lent* with the Most Rev. Gary Franken, Bishop of Saint Paul. Join them as they reflect on the Scriptures for the Sundays of Lent 2025. On this First Sunday, Bishop Franken provides a reflection on the Lord’s temptation in the desert. To watch the reflection videos, visit www.cccb.ca/lent every Monday for a new reflection for the scriptures of the following Sunday.

VOCATION REFLECTION

Desert Silence by Darcie Lich, Oblate Associate
The First Sunday of Lent reminds us that silence can be just as challenging as temptation. In the wilderness of vocation and discernment, like Jesus, we are called to trust what we already know—God’s voice, even when it feels distant. Read the [full reflection here](#).

CONVERSION OF HEART FOR THE EARTH

Lent is a time to prepare ourselves to live this year faithfully and fruitfully. *Laudato Si’* Movement (LSM) invites all Catholics to embrace this sacred season by reflecting on how we can care for our Earth, making small changes to our daily actions, and reconnecting with creation through meaningful steps toward healing and sustainability. The daily actions proposed in [this Lenten calendar](#) are based on LSM’s three pillars: eco-conversion, sustainability, and advocacy and were developed in collaboration with the *Laudato Si’* Action Platform. Let this Lent be a season of renewal, hope, and commitment—for our souls and for the Earth.

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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).