



Holy Canadian Martyrs Church

A parish of the Missionary Oblates of Mary Immaculate
100 Main Street, Ottawa, ON K1S 1C2

613-232-5347, office@canadianmartyrs.org, www.canadianmartyrs.org

We gather on the traditional and unceded territory of the Algonquin Nation. We offer our time, our attention, and our support, listening and learning together, knowing that respect grows strongest when it is shared.

Mass Schedule

Tuesday at 7:00pm

Wednesday-Friday at 12:15pm

Saturday at 5:00pm

Sunday at 10:00am

Sacrament of Reconciliation

Before Mass Tuesday-Saturday
or call the office

Pastor

Fr. Frank Kuczera, OMI

Administrative Assistant

Heather Duggan

Pastoral Associate

Sr. Matilda Owolagba

Director of Religious Ed.

Adele Casuga Lalonde

Pastoral Council

John Richardson

Meetings: 1st Thurs., 7pm

Finance Council

Joseph Duggan

Development and Peace

Anna Dorner

Laudato Si' Team

Agnes Richard

Meetings: 2nd Wed., 7pm

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

Brian Cano

Thurs., 6:30pm, via Zoom

RCIA

Sundays, 8:45am, Parish Centre

FIRST SUNDAY OF LENT

FEBRUARY 21/22, 2026

The Temptation of Jesus

**Jesus rejects power and self-interest to
remain faithful to the Father.**

St. Eugene wrote,

"We must strive to become saints."

**Lent calls us to a conversion of heart,
so that we may serve the poor with
integrity and humility.**

**What am I being asked to let go of to follow
Christ more faithfully?**

canadianmartyrs.org

REMEMBER IN PRAYER: All who are ill, including: Debbie Artman, Carol Bazinet, Devin Bursey, Brian Cano, Sandy Cano, Austin DeCoste, Fr. Jim Fiori, John H., Nick H., Eileen Kearns, Marigold Kenney, Sandra LaPointe, Sr. Gwen Legault, OLM, Tony Lim, Fr. Peter Monty, Marg Anne Morrison, Janna Petrunik, Michael Petrunik, Eleanor Rabnett, Br. Len Rego, Fr. Ollie Rich, Caroline Samson, Jeff Stadtmueller, Mike Staples, Beatriz Vercosa Leal

MASS INTENTIONS: **Sat., Feb. 21** Tara Baran & family by Lily Carroll; **Tues., Feb. 24** Bertha Dibartolo by Margaret Denny; **Thurs., Feb. 26** Jim & Mary McMinn by Margaret Denny; **Fri., Feb. 27** Intentions in our prayer basket; **Wed., March 4** Intentions of Julian & Sandra Bennett by Yvonne Bennett; **Sat., March 7** Jim Chambers by his family; **Sat., March 14** Jorma Nieminen by Theresa Nieminen; **Thurs., March 19** Pat & Fern Denny by Margaret Denny; **Tues., March 24** Intentions in our prayer basket.

EVENTS/MEETINGS

Tues., Feb. 24: Adoration following 7pm Mass (monthly on the last Tuesday)

Sun., Mar. 1: Oblate Mission in Kenya presentation, after Mass

Tues., Mar. 3: Stations of the Cross, after 7pm Mass

Sat., Mar. 7: Pizza night with St. Paddy's Day music, after Mass

Tues., Mar. 10: Stations of the Cross, after 7pm Mass

Fri., Mar. 14: Lenten Reconciliation Service, 7pm

Sat., Mar. 15: Lenten Retreat: Of Crosses, Conversion & Community, 2pm

Our Parish News

ANNOUNCEMENTS AT MASSES

To help ensure everyone hears important parish news, committees and ministries are asked to submit their announcements to the office and we will make sure that they are delivered at **both the Saturday and Sunday Masses**. Thank you for helping us keep the whole parish informed!

LENTEN FOOD DRIVE

This Lent, help us collect **750 non-perishable food and hygiene items** for the Centretown Community Food Centre to support people in need in our community. Bring one item or twenty—collection bins are in the church foyer. Most needed items: peanut butter (500 ml or less), canned fish and meats, stews, vegetables and soups, canned beans, cereal, pasta and canned sauce (no glass jars), Kraft Dinner, toothpaste, toothbrushes, and toilet paper.

EUCCHARISTIC ADORATION

On the last Tuesday of the month, **beginning February 24**, the daily Mass at 7pm will be followed by Eucharistic Adoration. All are welcome.

SHARE LENT WORKSHOP

On Saturday, **February 28** from 9:30am to 1pm, our parish is hosting the Ottawa-Cornwall Diocesan Share Lent workshop. Join us! This workshop will give you the opportunity to discover Development and Peace's Share Lent campaign, On Track for Justice. Refreshments and lunch are included.

KENYA: AN ADVENTURE IN MISSION AWARENESS PRESENTATION

On Sunday, **March 1** after Mass, join Arnie Francis, a local traveler, Oblate Associate, and Galilee Board Director, and parishioner, McE Galbreath, on a journey through rural and urban Kenya, to explore Oblate missionary work among the most marginalized citizens of the country and "shilling-for-shilling" shared development. Free-will offering to Oblate Kenyan projects welcomed.

STATIONS OF THE CROSS DURING LENT

During Lent, the Stations of the Cross will be presented by various parish groups **on Tuesdays after the 7pm Mass**.

March 3: led by the Youth Group

March 10: led by the *Laudato Si'* Committee: an Ecological Stations of the Cross

March 17: led by Mass Coordinators

March 24: Development and Peace: the Solidarity Way of the Cross.

PARISH WALK, SUNDAY, MARCH 8

The new parish social committee invites you to its kick-off event—a parish walk with a fun activity and snacks along the way! Join us Sunday, **March 8**, departing from the church parking lot at 11:15 am. The route is a 3km square: we'll head down to the Rideau River, along the river, up to the Rideau Canal, and back over to the church. A great chance to reconnect and meet new friends. Sign up at the Welcome Table or [online](#) by Monday, **March 2**.

LENTEN MISSION

This year, the Oblates of Mary Immaculate celebrate 200 years since the Approbation of their Constitutions and Rules: the foundation of their life, mission, and charism. Join us this Lent as we reflect on the Cross, renew our call to conversion, and rediscover the strength of community for mission, allowing Christ's mercy to set our hearts ablaze once again. Our retreat leader will be Sandra (Sandy) Prather, an Oblate Associate and Honorary Oblate, dedicated to helping others grow in faith. A joyful and down-to-earth retreat leader, she has led retreats, parish missions, and workshops locally and internationally.

Friday, March 13, 7pm, Liturgy of Reconciliation: The Gaze from the Cross – Meeting Mercy

Saturday, March 14, 2pm, Mission: Of Crosses, Conversion, and Community

Weekend Masses, March 14/15, Gospel Reflection: The Man Born Blind

PARISH PASTORAL COUNCIL UPDATE

The Parish Pastoral Council (PPC) meets on the first Thursday of each month from 7–8 pm and serves as a consultative body to the pastor, focused on serving our parish community. Meetings include prayer, faith-sharing, discussion, decisions, and updates—always in a spirit of collaboration and joy. Recent initiatives include forming a new Social Committee that is planning a parish walk and international potluck, applying to participate in Doors Open Ottawa (June 6), and launching a new welcome initiative for parishioners with letters and special Masses in May and October. Council minutes are posted monthly on the parish website, and members are always happy to hear your questions or ideas. To read the full update and PPC minutes, [click here](#).

Diocesan and Community News

SHARE LENT: ON TRACK FOR JUSTICE

This Lent, let's move forward On Track for Justice "The Church, like a mother, accompanies those who are walking." *Pope Leo XIV (Dilexi te, §75)* Development and Peace - Caritas Canada's 2026 Share Lent campaign, On Track for Justice, has been launched! Together, let's walk hand in hand with communities in the Global South who are working for justice, peace and dignity. How?

1. By donating online at devp.org/give or during the Solidarity Sunday collection on **March 22**, the fifth Sunday of Lent. Your generosity helps support over 59 projects in 34 countries around the world!
2. Get the Mini-magazine on the D&P table at the back of the church and follow the Solidarity Calendar with your family. Discover all the resources at devp.org/lent/resources.

INDIGENOUS JUSTICE EVENT

Co-sponsored by Kateri Native Ministry (KNM) and St. Joseph's Parish, the first annual Fr. Jim Bleackley, OMI Memorial Lecture on Indigenous Justice is an opportunity for learning, respectful dialogue, and relationship-building in support of Call to Action 61 of the Truth and Reconciliation Commission (TRC). On Thursday, **March 5** (new date) at 7pm at St. Joseph's Parish, 151 Laurier Avenue East, Anishinaabe author, professor, editor and activist, Niigaan Sinclair, will inaugurate [this series](#) with a reflection on where Canada stands in its reconciliation journey in the decade since the TRC was released. A free-will offering for KNM will be collected. All are welcome, please share the event with your friends and neighbours! For more information, contact Mikayla at info@st-josephs.ca or 613-233-4095 x 251.

JOURNEY THROUGH LENT

The Canadian Conference of Catholic Bishops offers [Journey through Lent](#) with the Most Rev. Daniel Miehm, Bishop of Peterborough. Join them as they reflect on the Scriptures for the Sundays of Lent 2026.

ARCHBISHOP'S FUND FOR MISSION ADVANCEMENT

On the First Sunday of Lent, we invite you to contribute to the Diocesan & Missionary Works special collection, which supports the Archbishop's Fund for Mission Advancement. This fund helps Archbishop Damphousse respond quickly and generously to real needs and to opportunities that support the mission of the Church, especially here in the Archdiocese of Ottawa-Cornwall.

Most of what is given stays right here in our diocese, supporting evangelization, youth and family ministry, Catholic education and campus ministry, and other charitable works close to home. Thanks to your generosity, more than \$60,000 was raised last year. This year, our goal is \$100,000. Thank you for being a part of the mission! To make a donation online visit ottawacornwall.ca/donations. Select: Fund - "Special Collections" Sub-fund "Missionary & Diocesan Works (Archbishop's Fund)"

ECOLOGICAL FAIR

St. Paul University (233 Main) [Eco Fair](#), Wednesday, **March 11**, 10am to 4:30pm: Local booths, panels & green action. The Ecological Fair 2026 is a community-driven initiative of Saint Paul University that brings together students, researchers, local organizations, activists, artists, and community members to explore sustainability, ecological justice, and collective action. This full-day event creates a space for dialogue, learning, creativity, and connection, highlighting local efforts that are actively shaping more just and sustainable futures.

FEAST OF ST. JOSEPH BAKE SALE

The Oblate Associates invite you to a Feast of St. Joseph Bake Sale on Sunday, **March 22** after the 10:30am Mass at St. Joseph's Parish, 151 Laurier. Proceeds will be shared between St. Joseph's Parish and the Oblate Kenyan Missions. All are welcome to contribute and purchase baking.

OBLATE SPIRIT

As we continue in our Catholic journey, we are reminded that faith grows through acts of service, compassion, and standing alongside those in need." The Missionary Oblates and MAMI family walk as pilgrims, accompanying communities around the world and bringing hope to those who need it most. The latest issue of Oblate Spirit highlights the Special Masses and Novena of Prayers for Healing, which will be celebrated by Oblates from nine missions around the world, from **March 19 to 27**. We invite you to join in this time of prayer for those in need of comfort and strength. Please take a copy of the Oblate Spirit from the breezeway or [find it here](#). Inside, you'll find inspiring mission stories and ways we can share in the Oblates' work throughout the year.

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Contact us today!

Holy Canadian Martyrs Parish

Volunteer with us!

Canadian Martyrs is proud of its vibrant and active community, with many different committees and ministries currently serving the needs of our parish and neighbourhood.

Volunteers come from many backgrounds, all ages, and interests. All we ask is that you have a positive attitude and a willingness to learn.

If you are interested in learning more, or would like to be connected with a particular group, you can:

- Browse the volunteer binder on the Welcome Table in the church foyer
- Check out "Our Ministries and Committees" page at www.canadianmartyrs.org
- Reach out to the church office: office@canadianmartyrs.org



Parish Committees and Ministries

Altar Servers	Liturgy Committee
Children's Liturgy	Mass Coordinators
Communications	Music Ministry
Development and Peace	Parish Pastoral Council
Eucharistic Ministers	Pastoral Care Team
Faith Formation	Prayer of the Faithful
Finance Council	RCIA Team
507 Sandwich Club	Refugee Settlement Committee
Greeters	Sacramental Preparation
Hospitality Team	Synod Committee
Laudato Si' Team	Truth & Reconciliation Committee
Lectors	Ushers
Liturgical Environment	Youth Group

Which ministry is calling you?



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 on the Welcome Table in the church foyer 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 or email 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](#). The Pastoral Plan 2025-2030 can be [found here](#). These documents are also on the Welcome Table in the church foyer.

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 would like to donate towards the sandwich ingredients, [please click here](#) (choose 507 Sandwich Club fund). If you would like to volunteer, please contact the office.