

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

Sheila Foy Connolly

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

5th Sunday in Ordinary Time

February 7/8, 2026



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. 7** Patricia June Lim by the Lalonde family; **Tues., Feb. 10** Carole Lee Demers by Norina Morris; **Wed., Feb. 11** Intentions of Cindy Budden & family by Yvonne Bennett; **Thurs., Feb. 12** Donald McDonald by Martin Reaume; **Fri., Feb. 13** Pat & Fern Denny by M. Denny; **Sat., Feb. 14** Marissa Espejo by Lalonde family; **Thurs., Feb. 19** Pauline Asselin by Margaret Denny; **Fri., Feb. 20** Jorma Nieminen by Mede McAtee; **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

EVENTS/MEETINGS

Sat., Feb. 7: Pizza supper after Mass; Young Adults Group, 7pm

Sun. Feb. 8: Rite of Enrollment, 10am Mass

Sun. Feb. 15: Lunch and Learn on Oblate charism, after Mass.

Tues., Feb. 17: Shrove Tuesday pancake supper, sign up required, 5:30pm

Wed., Feb. 18: Ash Wednesday, Masses at 12:15pm and 7pm

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

Our Parish News

PIZZA SUPPER

Our next pizza supper will be after Mass on Saturday, **February 7**. Pizza is \$3/slice and drinks are \$1. Join us!

YOUNG ADULT GROUP

Join us after Mass and pizza supper on Saturday, **February 7** at 7pm. Our topic for the evening will be “Lent is not about giving things up, it is about waking up!”

DIGNITY OF HUMAN LIFE SUNDAY

Sunday, **February 8** will be celebrated as Dignity of Human Life Sunday throughout the Archdiocese of Ottawa-Cornwall. From Archbishop Damphouse: “To all who are living with illness, caring for a loved one, or facing difficult decisions. Our Church wishes to walk with you, to listen and to support you with understanding and compassion.” Find out more at actionlife.org.

LAUDATO SI' COMMITTEE

The revitalized *Laudato Si'* Committee had our first meeting on January 14. We will continue to meet on the second Wednesday on the month at 7pm. Our next gathering will be 7pm, **February 11** in the parish centre upstairs sitting room. All are welcome. Come explore what we can do individually and as a community to Care for Creation. On Tuesday, **March 10** the *Laudato Si'* Committee will lead an Ecological Stations of the Cross that will draw parallels between Jesus' suffering and the suffering of the planet. Have a peak at the *Laudato Si'* table at the back of the church for news of local events related to Care for Creation. To connect with us, please contact [Agnes Richard](#) or [Sr. Matilda](#).

AN EXCEPTIONAL THEOLOGICAL JOURNEY

A first for St. Paul University in 60 years! Parishioners are invited to join the celebration of academic excellence: Dr. Catherine Clifford, recipient of the Doctorate Honoris Causa from Tilburg University. In person and livestreamed event, bilingual conference, reception hosted by the Faculty following the conference. Thursday, **February 12**, 4:30 - 6:30pm, St. Paul Amphitheatre, 233 Main St. For more information and to register, [click here](#).

WHO IS SAINT EUGENE DE MAZENOD?

Join us on Sunday, **February 15** after Mass for our Lunch and Learn: A journey look into the Oblate charism. Who was this young refugee who became a saint? What influenced his life? What motivated him to found a missionary community? What does his life, his charism

have to do with us today? Come and learn about the founder of the Oblates of Mary Immaculate and what his charism means for the church and for us today. Pamela Dixon, an Oblate Associate and Fr. Richard Beaudette, OMI will lead the gathering in reflecting on St. Eugene's charism and its place in our world today.

SHROVE TUESDAY PANCAKE SUPPER

Our Pastoral Council is hosting a pancake supper on Shrove Tuesday, **February 17** at 5:30pm before the 7pm Mass. The cost is \$5. Seating is limited to 40 people, so please add your name and contact information to the sign-up sheet on the Mass Coordinators' table or [email](#) the office. If you would like to volunteer to help with this event, please email the office.

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.

LAUDATO SI' PARISH QUESTIONNAIRE

Over the past few years, our parish has been committed to caring for our common home and for the poor. The *Laudato Si'* Committee invites you to complete a short questionnaire to help us assess how we are living out these commitments. Questionnaires are available at the *Laudato Si'* table in the church foyer across from the children's room; please complete one at church or take it home and return it next week, placing it in the folder on the same table.

OFFERINGS FROM THE HEART

- I helped someone.
- A friend was sad so I helped.



Our children are learning that generosity includes everyday acts of kindness. When they bring their offering envelopes forward, they are offering a kind deed—such as helping at home, serving at Mass, or showing care for others. These small acts of love remind us that even little hands can make a big difference.

Children are invited to write a blessing or act of kindness on a heart, place it in a children's offering envelope, and put it in the collection basket during the Offertory.

Envelopes and hearts are available on the table to the left as you enter the church.

Diocesan and Community News

WORLD DAY OF THE SICK

The following is the Message of the Holy Father Leo XIV for the 34th World Day of the Sick, on the theme “The compassion of the Samaritan: loving by bearing another’s pain”: Dear brothers and sisters,

The thirty-fourth World Day of the Sick will be solemnly celebrated in Chiclayo, Peru, on 11 February 2026. For this occasion, I would recommend reflecting once again on the figure of the Good Samaritan, for he is always relevant and essential for rediscovering the beauty of charity and the social dimension of compassion. This reflection further directs our attention towards the needy and all those who suffer, especially the sick. Read [the full message here](#).

BLACK HISTORY MONTH

Celebrate Black History, culture and heritage all month long with [event listings here](#).

SPIRITUALITY FOR A SYNODAL CHURCH

On **February 20**, Dr. Catherine Clifford from St. Paul University (and an official delegate at the Synod) will wrap up the synodality series at St. Mark’s College in Vancouver with a lecture entitled “Toward a Spirituality for a Synodal Church.” [Register here](#) to attend online.

OBLATE ONLINE LENT RETREAT 2026

The Missionary Oblates of Mary Immaculate are delighted to offer online retreat evenings led by Fr Irvin Morastil, OMI and Fr Eduardo Nuñez-Yepe, OMI on Zoom every Wednesday from 8-9pm throughout the Lenten season (**February 25 and March 4, 11, 18 and 25**). These evenings will provide an opportunity for deeper reflection and spiritual growth from the comfort of your home. They look forward to journeying with you through this sacred season. All are welcome, free of charge. For more information and to register, [click here](#).

AN EVENING OF JAZZ

Multifaith Housing Initiative is pleased to share an upcoming concert on **February 27** at 8pm at MacKay United Church, 39 Dufferin Rd, featuring acclaimed jazz guitarist Mike T. Kerr. The concert celebrates the release of Mike T. Kerr’s latest album, Late Night Libretto, described as “a jazz guitar love letter to Canada’s live music scene.” For more information and to purchase tickets, [click here](#). A portion of ticket sales will go to support MHI’s work providing safe, affordable housing in Ottawa.

RITE OF ELECTION

During Lent, adults from across our Archdiocese gather for the Rite of Election, publicly affirming their desire to enter the Catholic Church. At Easter, they will be fully welcomed into the Church through the sacraments of initiation. The entire Archdiocese is invited to celebrate this moment of grace. Our presence is a visible witness to the faith of the Church welcoming them and the prayers that are surrounding them. **March 1**, 2:30pm at Notre-Dame Cathedral-Basilica, 56 Guigues Ave.

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.

SYNODALITY AND ECUMENISM

My dear predecessor, Pope Francis, remarked that the synodal journey of the Catholic Church “is and must be ecumenical, just as the ecumenical journey is synodal” (Address to His Holiness Mar Awa III, 19 November 2022). This was reflected in the two Assemblies of the Synod of Bishops in 2023 and 2024, marked by deep ecumenical zeal and enriched by the participation of numerous fraternal delegates. I believe this is a path for growing together in mutual knowledge of our respective synodal structures and traditions. As we look toward the 2,000th anniversary of the Passion, Death and Resurrection of the Lord Jesus in 2033, let us commit ourselves to further developing ecumenical synodal practices and to sharing with one another who we are, what we do and what we teach. (cf. Francis, For a Synodal Church, 24 November 2024, 137-138).

Pope Leo, 25 January 2026

Vespers, St. Paul’s Basilica

Conclusion of Week of Prayer for Christian Unity

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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.