



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

FOURTH SUNDAY OF LENT

MARCH 14/15, 2026

The Man Born Blind

The healed man becomes a witness
despite rejection.

St. Eugene urged his missionaries,

“Leave nothing undared for
the Kingdom of God.”

Serving the poor often requires courage
rooted in faith.

Where am I called to witness boldly
to God's compassion?

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, Beatriz Vercosa Leal

MASS INTENTIONS: **Sat., March 14** Jorma Nieminen by Theresa Nieminen; **Tues., March 17** Peter Joseph Ingram by Norina Morris; **Wed., March 18** Paul Marcella by Maureen Anderson; **Thurs., March 19** Pat & Fern Denny by Margaret Denny; **Tues., March 24** Intentions in our prayer basket; **Wed., March 25** Denis & Ewa Bennett by Yvonne Bennett

EVENTS/MEETINGS

Fri., Mar. 13: Lenten Reconciliation Service, 7pm

Sat., Mar. 14: Lenten Retreat: Of Crosses, Conversion & Community, 2pm

Tues., Mar. 17: Stations of the Cross, after 7pm Mass

Tues., Mar. 24: Stations of the Cross, after 7pm Mass

Fri., Mar. 27: Youth Group, 7pm

Sat., Mar. 28: Young Adult Group, 7pm

Tues., Mar. 31: Eucharistic Adoration after 7pm Mass

Our Parish News

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. **As of March 9, we have collected almost 300 items.** 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.

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 17: led by Mass Coordinators

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

LENTEN MISSION

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. **Join us for part or all of the weekend!**

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

SOLIDARITY SUNDAY

On Solidarity Sunday weekend, **March 21/22,** you will find envelopes in the pews for donations to Development and Peace — Caritas Canada. Please give generously. Your Lenten gift will make a real difference by helping hundreds of communities like the one in Brazil. It will further D&P's mission of addressing the root causes of poverty and help build a more just and compassionate world. Above all, it will uphold the dignity of the very sorts of people whom Christ came to save. You can also [make a donation online here.](#)

YOUTH GROUP

Our next Youth Group meeting will take place on Friday, **March 27** at 7pm. Join us for activities, our faith development discussions focusing on “the Way of the Cross”, and snacks!

YOUNG ADULT GROUP

Join us for a *Gentle Walk Through Holy Week: Faith, Fellowship and Reflection* on Saturday, **March 28** at 6pm. Nourish your body and spirit! All young adults welcome. Bring a friend and join us!

SYNODALITY CORNER

Synodality: “That word begins with the Greek word syn – meaning “with” – which speaks of the secret of God's life. God is not solitary. God, as Father, Son, and Holy Spirit, is a “with” in himself, and God with us. At the same time, the word “synodality” speaks to us of a road ahead – hodós – for where there is the Spirit, there is movement, a journey to be made. We are a people on the move. This does not set us apart but unites us to humanity like the yeast in a mass of dough, which causes it to rise.”
Homily of the Holy Father Leo XIV, St. Peter's Square Saturday, 7 June 2025

HOLY WEEK

AT HOLY CANADIAN MARTYRS CHURCH
100 MAIN STREET

Tuesday, 31 March, 2026

7:00pm Daily Mass

Wednesday, 1 April, 2026

12:15pm Daily Mass

Holy Thursday, 2 April, 2026

7:00pm Mass of the Lord's Supper

Good Friday, 3 April, 2026

3:00pm Celebration of the Lord's Passion

Easter Vigil, 4 April, 2026

8:00pm Resurrection of the Lord

Easter Sunday, 5 April, 2026

10:00am Mass



Diocesan and Community News

YOUNG ADULTS MASS AND GAMES NIGHT

[Young Catholics Ottawa](#) is pleased to share their next event, hosted in collaboration with St Joseph's Young Adult Group! Join them for a Young Adults Mass at St. Joseph's Parish, presided by Archbishop Marcel Dampousse, followed by a game night!

Date: **March 15**

Time: Confessions 6:30pm & Mass 7pm

Where: St Joseph's Parish, 174 Wilbrod St.

Bring your favorite board games to share – admission is free. See you there!

DANCE FOR ST. JOE'S SUPPER TABLE

Building on last year's success, St. Joe's Supper Table is bringing back [Salsa & Salsa](#)! Get ready for a lively night of music, movement, and community spirit on Saturday, **March 21**, St. Joe's Parish Hall, 174 Wilbrod St. Doors open at 6pm, Beginner Lesson at 7pm, Social Dancing 8pm. Light snacks & drinks included. No prior dance experience required!

\$20 student ticket, \$35 general ticket

All proceeds support St. Joe's Supper Table.

Come dance for a great cause!

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.

ON TRACK FOR JUSTICE: FROM FATHER TO DAUGHTER

Lives in the village of Piquiá de Baixo in Brazil began being disrupted in the 1980s, with the arrival of several polluting industries in their backyard. The villagers formed an association to defend their rights. Flavia's father started the fight, and she picked up the torch. Last year, after a 20-year struggle, 312 families affected by industrial pollution moved to the new, cleaner, safer village of Piquiá da Conquista. The support of Development and Peace — Caritas Canada's partner, Justiça nos Trilhos (JnT), made this relocation possible for 1,300 people. Discover JnT's work in D&P's [Mini-magazine](#) and meet Flavia and her daughter, Aylla, by watching their testimonies at devp.org/lent.

CHRISM MASS

Attend the Chrism Mass on Tuesday, **March 31** at 5pm at the Notre-Dame Cathedral, 385 Sussex Dr. The Chrism Mass is a special 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.

WAY OF THE CROSS PROCESSION

[The Way of the Cross procession](#), with prayers, songs, and reflections, will be led by the Most Rev. Marcel Dampousse, Archbishop of Ottawa-Cornwall on Good Friday, **April 3**, 9:30am - 12:30pm. Starting from St. Patrick's Basilica, 220 Kent St. through the streets of downtown Ottawa, ending at Notre Dame Cathedral Basilica, 385 Sussex Dr.

DIOCESAN WEDDING ANNIVERSARY MASS

For those celebrating 60 (or more), 50, 40, 30, 25, 20, 15, 10 & 5 years of marriage in 2026! At Notre Dame Cathedral on Sunday, **May 3**, 2:30 pm. The registration form is now available at <https://forms.office.com/r/jpBDLwD0Kg>. Please register before **April 16** to ensure your place! For questions, please contact Annmarie at annmarie.brown@ottawacornwall.ca.

CCCB CALLING FOR PRAYERS FOR PEACE

The Permanent Council of the Canadian Conference of Catholic Bishops (CCCB) has issued a statement calling the Catholic Faithful to pray for peace in the Middle East: "Faced with rising tensions and the risk of escalating war, we invite the People of God in Canada to pray for peace. Let us ask the Lord to increase the thirst for justice, reconciliation, and true peace in the world. Let us pray that the leaders involved in this armed conflict will allow the light of wisdom and dialogue to guide their decisions. Where fear and anger threaten to overwhelm hearts, may the Holy Spirit inspire gestures of openness, reconciliation, and peace". The Statement encourages all Catholics to draw upon the message of the Gospel by becoming peacemakers, cultivating solidarity with people affected by war, and sustaining hope for a better world. Read [the full statement here](#).

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[Canadian Martyrs Parish, Ottawa](#)

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Contact us today!

HOLY WEEK & TRIDUUM SERIES

HOLY (GOOD) FRIDAY

Today we stand at the foot of the Cross. Not as spectators. Not as historians. But as people who know suffering. As people who know betrayal. As people who know fear, regret, injustice, silence, and loss. Good Friday is not simply about what happened to Jesus. It is about what is revealed about us — and about God. The Cross exposes the worst humanity can do: violence disguised as righteousness, crowds swayed by fear, friends who disappear when things get costly, power that protects itself at all costs. And yet — it also reveals the heart of God. A God who does not step down. A God who does not retaliate. A God who absorbs hatred and returns forgiveness. A God who would rather suffer with us than save Himself without us.

The Cross asks us uncomfortable questions: Where do I see myself in this story — in the crowd, in Pilate, in Peter, in the silent onlookers? Who is being crucified in my world today through gossip, exclusion, injustice, or indifference? There is no applause at Calvary. No immediate victory. No visible triumph. Just faithfulness. Just surrender. Just love that refuses to walk away. And maybe that is the deepest question of this day: Will I stay? Will I stay when forgiveness is hard? Will I stay when serving costs me something? Will I stay when faith feels silent? Will I stay at the foot of someone else's suffering — or will I look away?

Good Friday invites us not to explain suffering —but to stand in it with love. Because the power of this day is not in nails or thorns. It is in a love that does not withdraw.

Before we rush to Easter morning, before we speak of empty tombs, today we kneel. We listen. We allow the Cross to question us. And in the silence, we may discover this: The darkest hour was not the end of the story — but it was the fullest revelation of love.

Next week: Easter

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 donation 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.