



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

FIFTH SUNDAY OF LENT

MARCH 21/22, 2026

The Raising of Lazarus

Jesus calls Lazarus from death to life.

St. Eugene trusted deeply in God's work
through community, writing,

"Among yourselves practice charity."

Lent invites us to bring hope and new life
to those in despair.

How can I be an instrument
of Christ's life for others?

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: **Tues., March 24** Intentions in our prayer basket; **Wed., March 25** Denis & Ewa Bennett by Yvonne Bennett; **Wed., April 1** Intentions of Julian & Sandra Bennett by Yvonne Bennett; **Tues., April 7** For peace in the world; **Wed., April 8** Ewa Bennett & Teresa Fallenbuchl by Yvonne Bennett; **Sat., April 11** Lorna Kelly by Connie Kelly

EVENTS/MEETINGS

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

Sat., April 11: Laudato Si' Team meeting, 3pm

Sat., April 11: Pizza night after Mass

Sun., April 12: Lunch and Learn after Mass

Mon., April 13: T&R Committee meeting via Zoom, 7pm

HOLY WEEK & TRIDUUM SERIES

EASTER

Easter is not just the celebration of an event long ago. It is a question. It is a shaking. It is a stone rolled away in places we had already sealed shut.

The women went to the tomb expecting death. They brought spices for a body. They came prepared for grief — not for glory. And yet the first words of Easter were not an explanation, but a challenge: “Why do you look for the living among the dead?” Isn’t that still the question? How often do we search for life in places that cannot give it? How often do we return to tombs — old wounds, old labels, old regrets — as if resurrection were impossible?

Easter declares something disruptive and dangerous: Death does not get the final word. Failure does not get the final word. Sin does not get the final word. Despair does not get the final word. Love does.

Are we ready for the stone to be rolled away — not just from Jesus’ tomb, but from our own guarded hearts? What tomb have we grown used to sitting beside? What have we declared “over” that God may be calling “not finished”? The disciples struggled to believe. Resurrection sounded like nonsense. And if we are honest, sometimes it still does. Because resurrection requires trust. It requires stepping into light when we have adjusted to the dark.

The empty tomb is not just proof of power. It is an invitation. An invitation to forgive when resentment feels justified. An invitation to begin again when shame feels permanent. An invitation to hope when the world feels fractured. An invitation to live as people who believe light is stronger than darkness.

Resurrection is not just something we celebrate. It is something we participate in. Christ is risen — not simply to impress us, but to transform us.

So the question of Easter remains: Will we walk away from the tomb unchanged... or will we run into the world as witnesses that life is stronger than death?

Alleluia is not just a word we sing. It is a way we live.

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 16, we have collected almost 450 items and delivered them to the Food Centre as our cupboard was full!**

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

SOLIDARITY SUNDAY

This weekend on Solidarity Sunday, **March 21/22**, you will find envelopes in the pews for donations to Development and Peace. D&P's *On Track for Justice Share Lent campaign* hits its crescendo on Solidarity Sunday, March 22. On this fifth Sunday of Lent, parishes across Canada will hold a special collection for Development and Peace - Caritas Canada. This collection, supported by the bishops, is their most important fundraising moment of every year. The donations they receive sustain their partners' transformational work around the world ([see their new reports page](#)). That's why D&P invites you [to give generously](#) and to urge your family and friends to do so, too.

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!

REFUGEE COMMITTEE UPDATE

The Yemeni family is arriving in 3 weeks! We've received official confirmation that our family of four (married couple, 5-year-old, and baby) will arrive in Ottawa on **April 6**. We urgently need:

1. Temporary lodging (a private apartment/house, not shared) for a few days or weeks after arrival. If you have an Airbnb, empty unit, or will be away, please contact the

[office](#) or Christine Andress (christine.andress@gmail.com, 613-304-0585).

2. Leads on summer sublets/ affordable rentals nr. transit.
3. Unlocked cell phones
4. Baby stroller

We will also welcome donations of furniture, dishes, cookware, blankets, towels, and other household items. Please send photos of any household items to [the office](#) or christine.andress@gmail.com. **Do not drop off items at the Parish Centre yet.** This will help us stay organized until permanent housing is secured.

PIZZA NIGHT

Our next pizza night will be on Saturday, **April 11** after Mass. Come join us for pizza and conversation. Pizza is \$3/slice and drinks are \$1.

LUNCH AND LEARN

Join us for Lunch and Learn after Mass on Sunday, **April 12**. Agnes Richard will present the [Catholic Eco-Investment Accelerator Toolkit](#). This resource was developed by Mouvement Laudato Si' Movement - Canada to help small and medium investors discern how to align their financial savings (retirement pensions, savings plans, etc.) through a lens of ecological sustainability and Indigenous allyship. She will present how such decisions can help shape a societal shift towards a just energy transition.

KICK-OFF EVENT - NEW SOCIAL COMMITTEE!

On Sunday, March 8, after Mass, more than 35 parishioners took part in the kick-off event of the new Social Committee. The rain held off while people walked the 3 km route and enjoyed each other's company, a scavenger hunt activity, and a tasty outdoor lunch. Thanks to all for their contributions. Look for the Social Committee's next event, an International Potluck, in May!

HOLY WEEK

April 2, Holy Thursday, 7pm

April 3, Good Friday, 3pm

April 4, Easter Vigil, 8pm

April 5, Easter Sunday, 10am

Diocesan and Community News

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 Damphousse, 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/jpBDLwDOKg>. Please register before **April 16** to ensure your place! For questions, please contact Annmarie at annmarie.brown@ottawacornwall.ca.

KIDS ON THE LAND. RECONCILIATION IN ACTION

Leadership from Kateri Native Ministry of Ottawa and the Ottawa Catholic School Board gathered in ceremony to sign a Reciprocal Land Use and Stewardship Agreement at Naategamaa—creating new opportunities for Indigenous land-based education, youth healing, and reconciliation through time on the land. Through this partnership, the Ottawa Catholic School Board will fund and support the installation of yurts on the land, creating dedicated spaces for Indigenous land-based education. Indigenous Teachers will be able to significantly increase time on the land for Indigenous youth, helping them reconnect with creation in a safe, calm, natural environment. The Ministry will also be able to better support family gatherings on the land for the Indigenous community living in Ottawa's downtown core. This is the healing. [Read more here](#).

FOOD FOR LIFE

Food For Life is an important in-person panel discussion addressing a growing problem in Ottawa - the food insecurity gap in our city. On Tuesday, **March 24** at St.

Mark's Anglican Church, 1606 Fisher Avenue, community leaders and experts actively working to combat food insecurity will discuss growing concerns about inadequate access to quality food in our communities. The [free event](#) is hosted by the Ottawa Horticultural Society. The discussion begins at 7:30 pm.

CARTY HOUSE FUNDRAISER

[Carty House](#) is delighted to promote the 2026 spring musical production from Unity for Action, an amazing student club at the University of Ottawa. All proceeds of the play, *Shoulder the Sky*, go to Carty House! Shows are Fri/Sat/Sun **March 27/28/29** at 7pm at the Alumni Auditorium at the University of Ottawa, 85 University Private. Tickets are \$20. [Buy your tickets here](#).

FAITH IN ACTION

An opportunity for young adults to reflect on how they can live the Gospel through justice and solidarity. During the gathering on Sunday, **May 3**, 2 - 4pm, at Sagrada Familia Parish, 152 Glenora St., we will:

- Hear a short Gospel reflection connected to justice and mission
- Reflect together on our responsibility as Christians, especially as young believers living in the Global North
- Participate in an interactive activity to explore themes of justice and solidarity
- Learn about opportunities to get involved with Development and Peace – Caritas Canada

The hope is to create a space where young adults can connect their faith with action and discover how they can respond to the call of the Gospel in today's world. Food will be provided

OBLATE SCHOOL OF THEOLOGY PODCAST

Leaving Nothing Undared: A Podcast from the Oblate School of Theology (OST) Continuing Education is your gateway to insightful conversations with speakers and thought leaders presenting at upcoming workshops, lectures, and mini-courses at Oblate School of Theology. Inspired by the bold spirit of St. Eugene de Mazenod, who challenged us to "leave nothing undared for the Gospel", this podcast embraces the courage and commitment at the heart of the Oblate's mission. Each episode offers a deeper look into the topics and voices shaping their programs, while highlighting OST's dedication to transformative learning, spiritual growth, and service to the most marginalized. To listen, [click here](#).

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GOD BLESS!**

Find us on Facebook and Instagram:

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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 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.