



# 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

## THIRD SUNDAY OF LENT

MARCH 7/8, 2026

### The Woman at the Well

Jesus meets a woman on the margins  
and restores her dignity.

St. Eugene was convinced that  
"the poor must be evangelized."

Lent draws us to encounter Christ  
in those who thirst for hope and mercy.

Who are the poor that Christ  
is placing in my path?

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 7** Jim Chambers by his family;  
**Wed., March 11** Intentions of Julian & Sandra Bennett by Yvonne Bennett;  
**Thurs., March 12** Sarina Cotroneo and family by Lidia Cotroneo;  
**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

## EVENTS/MEETINGS

**Sat., Mar. 7:** Altar Servers workshop, 2pm

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

**Sat., Mar. 7:** Young Adults Group; 7pm

**Mon., Mar. 9:** Truth & Reconciliation Committee, 7pm via Zoom

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

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

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

## **HOLY WEEK & TRIDUUM SERIES**

### **HOLY THURSDAY**

**Foot washing isn't over. It is not complete, outdated, or redundant. It didn't start and end during the Last Supper, as Jesus washed the feet of His disciples. There is still a seat available today for you, your friends, and your enemies. But until we are brought to our knees by a revelation of what Jesus originally did for us and asked of us, we won't understand why we should get on our knees and wash feet either. It is walking down these roads, stepping into these rooms, and sitting inside that tomb with him that help us understand how unreasonable what Jesus did really was and how inseparable foot washing is from every area of Jesus's ministry and identity. We are following in the footsteps of a King who washes feet. (Jessica Claire Bond)**

**Ask yourself: Do I know the King who washes feet? Am I prepared to wash feet? Do I believe I have anything to learn from a King who washes feet?**

**This year, we gently invite our parish community to enter into the humble and grace-filled moment of foot washing — a sacred gesture that speaks of love expressed through service.**

**On the night before He gave Himself for us, Jesus knelt before His disciples and washed their feet, revealing that true greatness is found not in being served, but in serving. In this simple yet profound act, He left us not only an example, but a command: “As I have done for you, you should also do.”**

**Because the primary calling of the Parish Pastoral Council is one of service, its members will begin this sacred gesture of washing feet. Yet this moment does not belong to a few — it belongs to us all. Every member of our community is warmly welcomed to come forward, whether to have their feet washed or to kneel and wash the feet of another.**

**May we approach this moment prayerfully, allowing the Lord to soften our hearts. May we have the humility to be served and the courage to serve. And in stooping low for one another, may we encounter Christ — who still kneels among us.**

**Next week: Good Friday**

# 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. 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.

## FRENCH-SPEAKING VOLUNTEER NEEDED

We are looking for a volunteer who speaks French to help with Children's Liturgy on Sundays. If interested, please [contact](#) the office.

## 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 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.

## ALTAR SERVERS TRAINING

Altar servers, get ready for Holy Week! Join us on Saturday, **March 7** at 2 pm for a fun afternoon together—photo booth fun, learning, and a hands-on look at our Holy Week liturgies. Don't miss it!

## PIZZA SUPPER & ST. PADDY'S SING-ALONG!

Join us after the 5pm Mass on Saturday, **March 7** for our monthly parish pizza dinner! Stay for great food,

fellowship, and a festive St. Paddy's Day sing-along featuring your favourite Irish tunes. All are welcome—bring your family, your friends, and your singing voice!

## 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

## SYNODALITY CORNER

An authentic Christian community knows how to sincerely and joyfully welcome everyone: Catholics, non-Catholics and people of no faith at all, Pope Leo XIV said.

"A true parish" is where "we all learn to say 'Welcome,' not only with words, but with a spirit of hospitality, opening the door and welcoming everyone," he said, speaking to members of the community during his first visit to a parish in his Diocese of Rome. Read the full [article here](#).

## 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

## WOMEN PROTECTING THE EARTH

In Brazil, the lives of several rural communities are disrupted by industrial agriculture, mining and the Carajás railway. Women are at the heart of the fight to protect the land and the environment from the air, water and soil pollution that they cause. This pollution damages their kitchen gardens and harms the health of their children, families and neighbours. Courageously, these women resist to continue to exist on their land. To assert and protect their rights, they formed a women's association called Seeds of the Earth with the support of Justiça nos Trilhos (JnT), a partner of Development and Peace — Caritas Canada. Discover JnT's work in D&P's [Mini-magazine](#) and learn more about the women by watching their testimonies at [devp.org/lent](http://devp.org/lent).

## RETURN: DIOCESAN YOUTH NIGHT

Return is a diocesan youth night for grades 9–12. Step out of the daily noise and focus in on the voice of Christ. The night focuses on Eucharistic Adoration and prayer. Whether faith feels solid, uncertain, or somewhere in between, Return is a place to show up as you are and encounter the real mercy of God.

St. Monica Parish, Saturday, **March 7**, 7:00–9:30pm

## SONGS FOR THE SUPPER TABLE

[Songs for the Supper Table](#) is an annual fundraising concert supporting St. Joe's Supper Table, a community meal ministry of St. Joseph's Parish in the Archdiocese of Ottawa–Cornwall. Hosted by the Ottawa Regional Youth Choir, this inspiring evening of music brings the community together to support those in need. Come support this worthy cause on Sunday, **March 8** at 3pm, St. Joseph's parish hall, 174 Wilbrod Ave. Tickets by donation.

## 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.

## HOME OF OUR HEARTS CONCERT

Get ready for an unforgettable afternoon with Atlantic Voices! Enjoy the sounds of the Maritimes that celebrate the spirit and stories of home. This concert is all about heart, harmony, and the down-home music that connects us. Don't miss out on this unique experience and help Multifaith Housing build affordable housing at Odenak at LeBreton Flats. Woodroffe United Church, 207 Woodroffe Ave., Sunday, **March 29**, tickets at the door, doors open at 2:30pm, concert at 3pm. [Reserve a spot](#).

## ARCHDIOCESE LENT PAGE

You can find many resources on the Archdiocese's Lent page on their website: <https://ottawacornwall.ca/lent/>

## CONSECRATED VIRGINITY

Have you heard about consecrated virginity?

There are currently about 5,000 consecrated virgins in the world, and five in our Archdiocese! Consecrated virgins receive, from the diocesan bishop, a consecration to a life of perpetual virginity as a Bride of Christ. Unlike religious sisters, they remain in their ordinary circumstances, working, serving, and living in the world while bringing the love of Jesus to others. They provide for their own needs and dedicate themselves to serving God in their diocese. Rooted in prayer and sacrifice, they offer their gifts to meet the needs of the local Church. Do you sense a call to consecrated virginity? Or are you interested in learning more? If you are 22 or older, contact Erin Kinsella at [erinkinsella@live.ca](mailto:erinkinsella@live.ca). We would be happy to speak about how the Lord may be calling you!

## THE POPE'S PRAYER INTENTION FOR MARCH

For disarmament and peace: Let us pray that nations move toward effective disarmament, particularly nuclear disarmament, and that world leaders choose the path of dialogue and diplomacy instead of violence.

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GOD BLESS!**

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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](http://www.canadianmartyrs.org)
- Reach out to the church office: [office@canadianmartyrs.org](mailto: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.