



# 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](mailto:office@canadianmartyrs.org), [www.canadianmartyrs.org](http://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.*

## 5TH SUNDAY OF EASTER, MAY 2/3, 2026

### MASS SCHEDULE

Saturday 5:00pm

Sunday 10:00am

Tuesday 7:00pm

Wed.-Fri. 12:15pm

### Sacrament of Reconciliation

Before Mass Tuesday-Saturday or call the office

Find us on Facebook and Instagram:

[Canadian Martyrs Parish, Ottawa](#)  
[canadianmartyrsottawa](#)



**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, Maryalice Nugent, Janna Petrunik, Michael Petrunik, Archbp. Terrence Prendergast, Eleanor Rabnett, Br. Len Rego, Fr. Ollie Rich, Caroline Samson, Jeff Stadtmueller, Beatriz Vercosa Leal

**MASS INTENTIONS:** **Wed. May 13** Alice & Frederick Bennett by Yvonne Bennett; **Sat., May 16** Claude Morrison, Fred Miller & deceased Oblates & Associates by A-M Bazinet-Miller; **Tues., May 19** Intentions in our prayer basket; **Wed., May 20** Fr. Brendan Megannety, OMI by Yvonne Bennett; **Sat. May 23** Bernadine Burke by Michael Cassidy

### MEETINGS AND EVENTS

**Sat., May 2:** Pizza supper after Mass; Young Adult Group, 7pm;

**May 2/3:** Proposed Mural Conversation, after Masses;

**Sun., May 10:** Confirmation at Mass; **Mon., May 11:** T&R Committee meeting, 7pm via Zoom; **Wed., May 20** Faith Formation Committee meeting, 7pm;

**Sat., May 23:** Spring Clean-up. 9am; **Sun., May 24:** International Potluck after Mass

### Pastor

Fr. Frank Kuczera, OMI

### Administrative Assistant

Heather Duggan

### Pastoral Associate

Sr. Matilda Owolagba

### Director of Religious Ed.

Adele Casuga Lalonde

### Youth Coordinator

Mallory McAvoy-Daniels

### 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

### Lectio Divina &

### Meditation

Maureen Cerroni

Tuesdays, 8pm, via Zoom

### Evening Prayer

Brian Cano

Thurs., 6:30pm, via Zoom

### RCIA

Sundays, 8:45am

Parish Centre

## SCAM ALERT: PROTECT YOUR INFORMATION

Please be aware that scammers often impersonate clergy or staff via email or text, asking for urgent favours, "secret" tasks, or gift cards. Fr. Frank and parish staff will never ask you for money or gift cards over email. Check the Sender: Always verify the actual email address, not just the display name. Don't Click: Avoid clicking links or downloading attachments from unexpected messages. Verify Directly: If you receive a suspicious request, call the Parish Office directly to confirm. Stay vigilant and help us keep our community safe!

## YOUNG ADULTS GROUP

Looking for a fun and relaxed evening with good company? Our Young Adults Group is meeting on Saturday, **May 2** at 7 pm (after pizza supper) for a night of prayer, fellowship, and board games. Bring your favourite game and a friend, and enjoy a great evening together!

## RED DRESS DAY

Red Dress Day on **May 5** honours Missing and Murdered Indigenous Women, Girls, and Two-Spirit People (MMIWG2S+). There are several key events in Ottawa including a Sunrise Ceremony on Parliament Hill on May 5 at 5:30am. Public gatherings and art installations are also scheduled at Ottawa City Hall on May 4 and 5 to promote awareness. There is also a display at the parish (inside and outside) with more information about Red Dress Day.

## EPISTLE NEWSLETTER

Do you or your parish committee or group have information or thoughts to share in The Epistle newsletter? Send your articles and photos to [office@canadianmartyrs.org](mailto:office@canadianmartyrs.org) by **May 8** for our Pentecost 2026 issue.

## PROPOSED MURAL PROJECT: LEARN MORE!

Our parish Truth and Reconciliation Committee is researching the use of Indigenous art in the form of an outdoor mural, with funding already approved by the Archdiocesan Indigenous Reconciliation Fund committee. This will be a collaborative process. We are seeking parish support before proceeding. Committee members will give a brief presentation (10 minutes) in the church after Masses this weekend, **May 2/3**. You can also read about the project and see an initial artists' proposal for the mural in this overview – the artists will be asking for community input before anything is finalized. Thank you!



## CATHOLIC EDUCATION WEEK

Catholic Education Week begins on Sunday, **May 3**. This year's Catholic Education theme is, "Pilgrims of Hope: On the Path to Holiness." Our lives as Christians are truly a path toward holiness – becoming, more and more, the people God created us to be. That will look different in each of our lives, but for all of us, we know that it is God's Spirit at work in us who guides us toward holiness: "The Holy Spirit illumines all believers with the light of hope. He keeps that light burning, like an ever-burning lamp, to sustain and invigorate our lives." (Spes Non Confundit, 3) The Catholic Education biblical quote is, "As God who called you is holy, be holy yourselves." 1 Peter 1:15-16

## SPRING CLEAN-UP

On Saturday, **May 23**, we will be having our Spring clean-up from 9am to noon. This used to be an annual event that was put on hiatus by the pandemic, so we are finally getting back on track! We will be cleaning the inside of the church and tidying the church gardens. Please bring mops, pails, Swiffers, rakes, etc. Please sign up at the Welcome Table in the church foyer so we will know numbers for lunch. We will also need volunteers to help serve the lunch. Thank you!

## INTERNATIONAL POTLUCK

On **May 24** after the 10am Mass, join your fellow parishioners in the cafeteria of Immaculata High School for an International Potluck lunch organized by the Canadian Martyrs Parish Social Committee. There will be food, fellowship and fun for all ages... with a global flavour! Bring a dish to share, meet friends old and new, learn some dance moves and enjoy trivia. Sign up to attend on the sheet on the Welcome Table in the church foyer or click here AND tell us what dish you'll be bringing to share. Choose 3-5 songs from your culture (include title and artist) and add them to the song list for the potluck. For more information, see page 4 of the bulletin or visit our website: <https://canadianmartyrs.org/happenings/>.

### PRAYER FOR PEACE

St. Basil's Parish, 940 Rex Ave., is again sponsoring, on Sunday, **May 3** from 3-5pm, a moment for the community to gather in silent contemplation to pray for peace. The length of your stay is up to you. The Blessed Sacrament will be exposed. All are welcome at this event.

### HAYDN'S "THE CREATION" WITH THE OTTAWA SYMPHONY ORCHESTRA

The 2025-26 Ottawa Choral Society season concludes with two performances of Franz Joseph Haydn's The Creation – a joint anniversary collaboration to celebrate 85 years of the Ottawa Choral Society and 60 years of the Ottawa Symphony Orchestra. Haydn's The Creation, an oratorio considered a masterpiece of the classical period, drawing on texts from Genesis, the Psalms, and Milton's Paradise Lost.

Saturday, **May 2**, at 7:30pm and Sunday, **May 3** at 3:30pm, Carleton Dominion-Chalmers Centre, 355 Cooper St. [Click here](#) for tickets or call: 613 725-2560. There are \$19 tickets for under 30/full-time students (including mature students or those who can't afford full price!) available through [ottawasymphony.com](http://ottawasymphony.com): look for "Upbeat Tickets". Tier C is in the balcony, and they're some of the best seats in the house!

### PEOPLE'S PARK CELEBRATION & BBQ

Councillor Shawn Menard and his team invite everyone for a celebratory BBQ on Saturday, **May 9** at the People's Park! The BBQ will be in celebration of the removal of the Capital Ward section of the Alta Vista Transportation Corridor (AVTC) from the Transportation Master Plan. The free food and fun will be happening from 12:00pm - 2:00pm! RSVP at: [www.shawnmenard.ca/bbq](http://www.shawnmenard.ca/bbq)

### A CONVERSATION ON DILEXI TE (I HAVE LOVED YOU)

Join an evening conversation on Monday, **May 11** at 7pm in the Upper Room Church Hall of Holy Redeemer parish, 44 Rothesay Dr., Kanata, to explore Pope Leo XIV's first apostolic exhortation about the way we see poverty and discuss Pope Leo's call to move beyond charity for the poor toward structural reform to address the root causes of global inequality. Please register with: [Neilrjmaxwell@rogers.com](mailto:Neilrjmaxwell@rogers.com).

### MOOSE HIDE CAMPAIGN DAY

Join Canadians in ceremony and solidarity on **May 14** for Moose Hide Campaign Day with the goal of ending gender-based violence. Together, we are making a change. This Indigenous-led movement invites all people to take part in ceremony, reflection, and action for reconciliation. Registration is free. Whether you're joining from home, your office, or taking a stand in your own community at a local walk, this is your spot. Register as a Virtual Attendee to show your commitment to ending gender-based violence — no matter where you are. As a Virtual Attendee, you'll have full access to all of the Campaign Day content, including livestreams, workshops, and ceremony throughout the day. Your presence matters, together we can make a difference!

### SHADES OF IRELAND TOUR – OCTOBER 16–25, 2026

Join Fr. Gerard Plant (Our Lady of Miraculous Medal, Russell, Ontario) for an unforgettable 10-day journey through the Emerald Isle with Collette Tours next fall! Highlights include Dublin, a traditional Irish dinner & entertainment, Blarney Castle, a brewery experience, the Ring of Kerry, Cliffs of Moher, and a sheepdog demonstration. The trip concludes with a magical stay in a majestic Irish castle, where we'll toast farewell to Ireland during an elegant group dinner. Hurry, the \$300 discount ends on May 15. Pre- and post-tour extensions are available. For details or to reserve your spot, contact Nisreen Salem at Marlin Travel — 613-728-1616 ext. 232 or [nisreen.salem@marlintravel.ca](mailto:nisreen.salem@marlintravel.ca). Travel, faith, and friendship — a journey to treasure forever. 🍀

### BLESSED WATER FROM GLOBAL CLIMATE EVENT RELEASED INTO ST. LAWRENCE RIVER

A ceremony hosted by Precious Blood Parish and the Archdiocese of Ottawa-Cornwall marked the release of glacier water blessed by Pope Leo XIV into the St. Lawrence River on April 19. Following Mass with Archbishop Marcel Dampousse, participants gathered by the water for reflection, a land acknowledgment, and an Indigenous smudging led by Dr. Rose-Alma McDonald. Women leaders carried and poured the water as prayers were offered. Organizers emphasized caring for creation—especially water—as a path to peace. Read the full article here. To read the full article, [click here](#).

### ST. PIUS X HIGH SCHOOL – CLASS OF 1976 50TH REUNION

The St. Pius X Class of 1976 warmly invites all alumni to a 50th reunion in Ottawa, **September 15–17**. Reconnect, renew friendships, and share memories. For more details, please contact us at: [stpiusx76@gmail.com](mailto:stpiusx76@gmail.com).

# INTERNATIONAL POTLUCK, SUNDAY, MAY 24 AFTER MASS

The Social Committee of Canadian Martyrs Parish invites you to participate in an international potluck lunch on Sunday, May 24 after the 10am Mass. There will be food, music, dress and decor from around the world, trivia and dance lessons at the upper cafeteria at Immaculata High School! Bring a dish to share and meet friends old and new!



## By May 17th:

**Sign up** to attend on the sheet at the back of the church or [click here](#) and tell us what food you will bring to share. Please help us to balance the meal by keeping the overall numbers of appetizers, main courses, side dishes and desserts as even as possible!

Note: There are 3 ovens and 2 refrigerators at the parish centre. Food can be heated or chilled during Mass and carried over to Immaculata after Mass. Crock pots can also be plugged in at Immaculata.

**Choose 3-5 songs** from your culture (include title and artist) and add them on the song list.

You can find the list at the back of the church and by [clicking here](#). Your songs will be added to a playlist for the potluck.



## On the May 16/17 weekend:

Bring something from your culture that you can lend to help decorate the Immaculata cafeteria for the potluck. Clearly label the object with your name and the culture represented and leave it in the box marked "Potluck decor" at the back of the church before or after Mass.

Possible items include: a textile (flag, scarf, cloth) or object (basket, poster, etc.) Please, nothing valuable, breakable or unsafe. Objects can be picked up on the May 30/31 weekend, after the Masses.



## For May 24th:

**Food:** Make a traditional dish from your culture to share. Please no nuts. Clearly label your dish with a list of the ingredients it contains, and if it needs to be heated or chilled during Mass. Bring it to the parish centre between 9 and 10am on Sunday, May 24. Take it to the Immaculata cafeteria after Mass. Please plan ahead for carrying hot dishes.

**Dishware and tableware:** Label and bring plates, bowls, cups/mugs and cutlery for yourself and anyone else in your party.

**Dress:** Wear traditional clothing from your culture.





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