

## 7th Sunday in Ordinary Time

The Gospel Reading is from the Gospel of Matthew (5:38-48). This is a continuation of the great Sermon on the Mount. The entire Sermon on the Mount (Matthew: Chapters 5, 6 & 7) might be considered a "blueprint" or "instruction manual" for "**How to Be Happy in This World.**" However, it is not easy; but then, what good things in this life are "easy"? Jesus begins by explaining to the people of His time and culture that the Mosaic Law permitted punishment, but only to the extent of the original injury; and no further. However, now He wants us to go the "extra mile" and "turn the other cheek." Well, not exactly! What he is saying is "Treat your enemies as you would want to be treated under the same conditions." In other words, "**Love your enemies, your neighbors, your wayward child, or relative, as yourself**" in the biblical sense or meaning of LOVE and that will be sufficient. We must, if we are truly Christian, forgive those who offend or injure us. Charity begins at home, because it is here that it can and should be learned and practiced. No two persons in the world, not even identical twins, can agree on all things, so it is vain and unrealistic to expect even one's married partner to agree with one in all points. Christian charity alone can cover the multitude of faults of both partners.

When the devil reminds you of your past, remind him of his future.  
St. Teresa of Avila

**The Significance of 40 Days** period of Lent (Technically 46, as Sundays are not included in the count) is based on two episodes of spiritual testing in the Bible: the 40 years of wilderness wanderings by the Israelites after the exodus from Egypt (Numbers 33:38 and Deuteronomy 1:3) and the Temptation of Jesus after he spent 40 days fasting in the wilderness (Mt 4:1-11; Mk 1:12-13; Luke 4:1-13).

**The Distribution of Ashes** - During Mass, the ashes which give Ash Wednesday its name are distributed. The ashes are made by burning the blessed palms that were distributed the previous year on Palm Sunday. After the priest blesses the ashes the faithful come forward to receive them. The priest dips his right thumb in the ashes making the Sign of the Cross on each person's forehead, says, "Remember that you are dust, and to dust you shall return."

**Ash Wednesday – February 26th.** The Church emphasizes the penitential nature of Ash Wednesday by calling us to fast and abstain from meat. Catholics who are over the age of 18 and under the age of 60 are required to fast, which means that they can eat only one complete meal and two smaller ones during the day, with no food in between. Catholics who are over the age of 14 are required to refrain from eating any meat on Ash Wednesday.

**Vocations – 7th Sunday of Ordinary Time – Feb. 23th**  
"Be perfect, therefore, as your heavenly Father is perfect."  
Do you feel called to help people get closer to God? If you

think God is calling you to be a priest, contact Fr. Michael King, Vocation Director, Diocese of Hamilton: vocations@hamiltondiocese.com

## Parish Events

**Sunday, March 1, 2020** – 10:00 a.m. – Holy Mass with blessing of the Rosary.

**Thursday, March 5, 2020-** Catechetical Session 4: "We Prepare for Reconciliation". Meeting with parents and 1st Communion candidates.

**Preparing for Lent! Don't Give Up Sweets...**

Instead, you can join us for different spiritual exercises at our parish: **Dedicate** ONE HOUR or half an hour for prayer in front of the Blessed Sacrament in our Divine Mercy Chapel... **Participate** in Station of the Cross each Friday - 7:00 p.m. **Pray & reflect** upon the text which you will receive each Sunday following the liturgy or **Read** each day a short passage from the Bible. Choosing one of these commitments will help you to have a deep, powerful and unforgettable Lent!

**It's not what you give up... It's what you want to give!**

**Stations of the Cross at St. Teresa Parish**

We would like to invite all parish organizations, especially First Communion and Confirmation students to lead the Stations of the Cross during our Lenten season on Friday at 7 p.m. beginning **February 28th**. Please contact parish office to let us know which Friday your group would like to lead.

**Lenten retreat with Fr. David Perrin.**

Please join us for Lenten Retreat with Fr. David Perrin on **March 14 at 5:00p.m. and March 15, 2020 at 10:00a.m.** During this retreat we will host a book event: "The 20-Minute Retreat" by Fr. David Perrin. Before and after masses the new book *The 20-Minute Retreat* will be made available for parishioners so everyone could do a Lenten retreat on their own time at home. **The Lenten retreat can be done alone or with a couple others** (which is all explained in the Introduction of the book). Each meditation is written to be read under 20 minutes and is followed by several questions for personal meditation and reflection. This is what Fr. Ronald Rolheiser, OMI had to say about the book: "*David Perrin reaches into the deep wells of Christian tradition to serve us a drink of needed water. This is more than a simple "feel-good" spirituality. You will enter some real depths here. Put this book on your coffee-table.*" Please invite others to join us for this retreat.

**February 24 – March 1, 2020**

**Tuesday, February 25 – 7:00 p.m.**  
+Joe Mitchell – MA & Bill Zister

**Wednesday, February 26 – 8:30 a.m.**  
Ash Wednesday

**School Mass – 11:00 a.m.**

**7:00 p.m.**

**Intention of Isabelle Hummel – Ann & Michael Onn**

**Thursday, February 27 – 8:30 a.m.**

**Intention of Lee Binkle – MA & Bill Zister**

**Friday, February 28 – 8:30 a.m.**

+Bill Haid – MA & Bill Zister

**7:00 p.m.**

**Stations of the Cross – Corsio Group**

**Saturday, February 29 – 9:00 a.m.**

**5:00 p.m.**

+Norman Mueller – Helen Mueller

**Sunday, March 1 – 10:00 a.m.**

**Parishioners of St. Teresa Parish**

**Stewardship Report February 2, 2020**

Envelopes.....	\$2,054.00
Loose.....	170.90
Building and Maintenance.....	30.00
Seminary Education.....	10.00
Baptism.....	25.00

**Diocese of Hamilton Prayer Calendar**

Monday, February 24 – Rev. James Curtin  
Tuesday, February 25 – Rev. Marijan Mihokovic  
Wednesday, February 26– Ash Wednesday  
Thursday, February 27 – Rev. Msgr. Victor McNamara  
Friday, February 28 – Rev. Michael Bennett  
Saturday, February 29 – Rev. Mike Myroniuk  
Sunday, March 1 – First Sunday of Lent

**Adoration of the Blessed Sacrament:** Exposition of the Blessed Sacrament in our church (Divine Mercy Chapel) is taking place from Monday to Friday from 9:00 am – 9:00 pm. We would like to invite our parishioners to sign up for adoration and dedicate at least one hour a week.

**Prayer Network:** For those not on the internet there is an envelope on the bulletin board at the main entrance marked 'PRAYER NETWORK'. Please take a copy of the prayer intentions inside this envelope and pray for fellow parishioners.

**Pre-baptismal Preparation** (a one-hour meeting) is required and is available to parents after they register their child for baptism (pick up envelope at back of church on rack). These meetings are friendly gatherings helping parents to learn more how to accompany their children in passing on their faith. If child care is an issue, parents may bring their children. Godparents may attend but their presence is not mandatory.

**Mass Intentions** – On Mother's Day, **May 10th** and Father's Day, **June 21st**, we will accept multiple mass intentions. Call the office if you would like to make a request at 519-743-4525.

**Income Tax Receipts for 2019** will be at the back of the church in alphabetical order. They will be there for one more week. We would like to thank you for your continued support of this parish.

**Holy Hour and Mass by the Serra Club of K-W** invites you to their monthly Holy Hour and Mass followed by a dinner with guest speaker, Father David Perrin, for a mini-Lenten Retreat at St Teresa Church, 44 Leonard St. on **Wednesday, March 4th** at 5:00 pm. The purpose of Serra K-W is to pray that more men and women will join the religious life as priests and sisters and to offer support to priests and religious. If you would like to attend or would like more information, call 519 570-4375 before Monday, March 2nd.

**Coffee Sunday** - next **Sunday, March 1st**. Please join us for treats and good fellowship with other parishioners. Free-will offering appreciated.

**Catholic Women's League Elections – March 10th.** See CWL bulletin board at main entrance for details.

**Basic Bible Study - How well do you know your bible?**

Join us **Saturday, February 29th** from 9:00 a.m. to 4:00 p.m. There are no costs associated with this religious seminar. It will be in held in St. Teresa's parish hall and food will be provided so please register in advance by contacting Mila Navaleza 519-579-8276 or email [mlnavaleza@gmail.com](mailto:mlnavaleza@gmail.com). Bring your bible, notepad and pen.

**2020 World Day of Prayer Services** will be held in Kitchener, at the following Churches at the times stated on **Friday, March 6th**. The program material this year was prepared by the Churches of Zimbabwe, with the theme, "Rise! Take Your Mat and Walk". Refreshments follow the services.

St Anne's Catholic Church, 268 East Avenue, at 11 a.m.  
St Teresa's Catholic Church, 44 Leonard Street, at 2 p.m.

**Euchre**

High Score - Bill Zister / Low Score - Jean Giles  
Most Lone Hands - Mary Alice Zister  
1st Draw - Erma Williams / 2nd Draw - Charlotte Wilson

Next Euchre night is **THURSDAY, February 27th!**