

St. Teresa of Avila Parish

Missionary Oblates of Mary Immaculate

44 Leonard St., Kitchener, Ontario, N2H 6C8 Phone: 519-743-4525

E-mail: st.teresa@stteresakit.ca www.stteresakit.ca

Pentecost Sunday

May 31, 2020

St. Teresa of Avila

“To have courage for whatever comes in life - everything lies in that.”



Parish Staff & Organizations

Pastor: Fr. Marian Gil, OMI

Parish Secretary: Mary Steffler

Business Administrator: David Agnew

Facilities Manager: Jim Weber

Volunteer Gardeners:

Baptism Preparation Team:

CWL President:

Lector Co-ordinator: Mary Alice Zister

Eucharistic Minister Co-ordinator:

Kim Voelzing

Prayer Group:

Mila Navaleza - 519-579-8276

Finance Council Chair:

Don Pickett, Jr.

Pastoral Council Chair:

Barbara Daly

St. Vincent de Paul:

Bernie & Rosemary Pickett

519-749-1501

Parish Office Hours

Monday - Friday

9:00 a.m. – 12:00 p.m.

1:00 p.m. – 3:00 p.m.

Wednesday – Office Closed

Weekday Schedule

Please check inside for weekly schedule

Saturday Liturgy:

9:00 a.m.

5:00 p.m.

Sunday Liturgy:

10:00 a.m.

Confession: 30 min. before Mass; Sat., 4:15 – 4:45p.m.

Healing Mass: First Friday of each month – 7:00 p.m.

Prayer Meeting: 2nd, 3rd & 4th Friday – 7:00 p.m.

St. Teresa School

Principal: Mr. Brian Goodyear

Secretary: Mary Lavigne

519-743-2131

Pentecost Sunday

Today we celebrate what is often called the birthday of the Church. Happy birthday to all! We also bring to completion our celebration of the Paschal Mystery – the suffering, death, resurrection, ascension and coming of the Spirit on Jesus' disciples. Although this 'mystery' is really one great reality, we have stretched its celebration over a period of more than seven weeks. Most of us are more familiar with the account given in the Acts of the Apostles, which is the First Reading of today's Mass. In this account, the apostles are all gathered in one room at the time of the Jewish feast of Pentecost, which in the Jewish calendar traditionally falls 50 days after the Passover or Easter in our Christian calendar.

Full of symbols

What follows is a scene filled with scriptural symbols. First, there is the sound of a mighty wind from heaven filling the whole house. The word in Greek for 'spirit' and 'wind' is the same, so the wind clearly indicates the Spirit of God. Then there appeared tongues of fire which rested on the head of each one present. Again we have a symbol of God's presence. All present are then filled with the Spirit. The sign of this presence is their ability to speak in different languages.

A message for all

Immediately, the apostles go out and begin to speak to the crowds of people. The meaning is clear. What the apostles are preaching is a message destined for the whole world and not just for one people. A long time ago, as described in the book of Genesis, men tried to build a tower right up to heaven. For such arrogance they were punished by having to speak in a myriad of languages, unintelligible to others. Humanity became deeply divided. Today, Babel is reversed. All are speaking and hearing the message with full understanding; people are being brought together in unity, under God.

7 Gifts of the Holy Spirit

Do you know the meaning of these gifts?

Wisdom helps us recognize the importance of others and the importance of keeping God central in our lives. **Understanding** is the ability to comprehend the meaning of God's message. **Knowledge** is the ability to think about and explore God's revelation, and also to recognize there are mysteries of faith beyond us. **Counsel** is the ability to see the best way to follow God's plan when we have choices that relate to Him. **Fortitude** is the courage to do what one knows is right. **Piety** helps us pray to God in true devotion. **Fear of the Lord** is the feeling of amazement before God, who is all-present, and whose friendship we do not want to lose.

9 Fruits of the Holy Spirit

"But the fruit of the Spirit is **love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control**. Against such things there is no law." Galatians 5:22-23

Office Closure

Due to the Ontario government's further extension, to their emergency orders, the Parish Office will remain closed until **June 9, 2020**.

You can continue to reach us at st.teresa@stteresakit.ca or 519-743-4525.

Diocese of Hamilton Prayer Calendar 2020

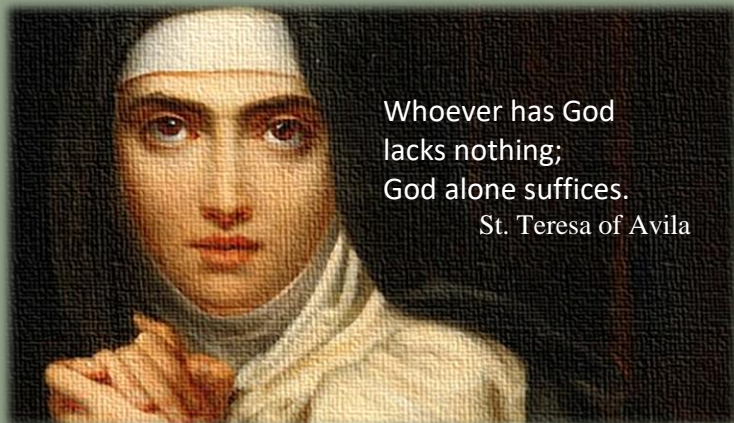
June 1 – Very Rev. Adrian Lee
June 2 – Rev. Gabriel Morais Catarino
June 3 – Seminarians
June 4 – Rev. Robert Kiffman
June 5 – Rev. James Link, C.R.
June 6 – Rev. David Avila
June 7 – Solemnity of the Most Holy Trinity

Vocations – Pentecost Sunday May 31, 2020

"Come Holy Spirit, fill the hearts of your faithful and kindle in them the fire of your love." Send forth workers into your vineyard. If God is calling you to the priesthood, contact Fr. Michael King, Vocation Director, Diocese of Hamilton at 905-528-7988. vocations@hamiltondiocese.com www.hamiltondiocese.com

Prayer for Vocations

God, the source of creation and love, You invite each of us to serve you through the life which is your gift. May your grace encourage men and women to heights of holiness through service to the Church as priests, sisters, brothers and lay ministers. Make me an instrument to encourage others to give themselves and challenge me to do the same. Amen.



Whoever has God
lacks nothing;
God alone suffices.
St. Teresa of Avila

Mass Intentions – For 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.

Mass Intentions for June 1 – June 7, 2020

Tuesday, June 2 – 7 p.m. – +Colleen Mullin – Jason & Kathryn Fedy & Family

Wednesday, June 3 – 7 p.m. – +Ed Forwell – Betty Jane Forwell

Thursday, June 4 – 7 p.m. – +John Forthuber – Helene Meier

Friday, June 5 – 7 p.m. – +Edna & Howard Weber – Sue Weber-Bell

Saturday, June 6 – 9 a.m. – **Special Intentions of Kay & Ron McManus** – Jason & Kathryn Fedy & Family
7 p.m. – +Ludwig Ceh – Theresa Ceh & Family

Sunday, June 7 – 10 a.m. – **The Most Holy Trinity – Parishioners of St. Teresa Parish**

Mass Intentions for June 1 - June 7, 2020 will be celebrated by Father Gil each day, **privately**. The **Masses** will be **live-streamed**, Tuesday to Friday at 7 p.m., Saturday at 9:00 a.m., Saturday Vigil in anticipation of Sunday at 7 p.m., and on Sunday at 10:00 a.m., on Zoom. Please join Father by clicking on the following link:

<https://zoom.us/j/5887658626>

Password: 274733

The Divine Mercy Chaplet is also **live-streamed**, Tuesday to Friday at 3 p.m., on the same link.

Stewardship Report – May 27, 2020

Envelopes	\$ 425.00
Building & Maintenance	\$ 50.00
Easter	\$ 100.00
Estate of Yvonne Bastian.....	\$1000.00

Stewardship Report

As we know, this COVID-19 pandemic, has not allowed us to congregate, as a community, on Sunday. Although, we are not together, our regular expenses continue. If we were gathered together, the weekly contributions of our parishioners would normally be used to cover these expenses, and so at this time, I would ask you to continue to keep our parish in your prayers and prayerfully consider continuing your donations. **As you pay your bills, please also insert a donation to St. Teresa Parish.** Thank you to those who continue to remember the parish through financial donations - We appreciate your continued support!

We would, at this time, appeal to those who have not yet had a chance to contribute/support us, during this time.

For your convenience, please find below a list of options to make a donation:

To support our parish via credit card, please visit the special **Parish Offertory Fund: COVID-19** page at the Diocese of Hamilton:

[COVID-19 Parish Fund - Diocese of Hamilton](#)

Once you are on the Parish Offertory Fund: COVID-19 page, there are 4 sections on the form to complete. They are as follows:

- DONATION DETAILS
- DONOR & TAX RECEIPT INFORMATION
- PAYMENT INFORMATION
- IF YOU HAVE A MESSAGE FOR YOUR PARISH, PLEASE SHARE IT HERE:

To ensure the funds get directed to our parish, it is imperative that you select **St. Teresa of Avila Parish, Kitchener** in the drop box in the **FUND** box of the Donation Details section. Once you have completed the form, click on **COMPLETE DONATION NOW**. This method of giving will provide you with an **electronic tax receipt** immediately upon making your gift.

If you choose the above option, it would be greatly appreciated if you could email the parish office at st.teresa@stteresakit.ca to advise us of your donation.

You may also **send a gift directly** to our parish through the mail: **St. Teresa of Avila Parish, 44 Leonard St., Kitchener, ON N2H 6C8** or you may drop off **cash or cheque**, securely, at the Parish Office, through the mail slot in the wooden door, behind the white storm door.

Please be sure to include your name, address and phone number or use your donation envelope.

Continuing support of our parish is an act of generosity and faith. We are very grateful for any contributions you may be able to make at this time.



Marillac Place Baby Bottle Campaign

The spring Baby Bottle Campaign serves as the foundation from which Marillac Place relies on to operate.

With the help of over 30 churches and organizations, Marillac Place was able to raise almost **\$70,000** in 2019 and have the goal of raising over \$85,000 in 2020.

Last year, **St. Teresa Parish**, raised almost **\$600** for Marillac!

This year, because of the pandemic, and due to an urgent need for support, the Baby Bottle Campaign, which launched on Mother's Day, will be a virtual campaign.

Any amount of support you can provide will make a difference in the lives of the vulnerable young mothers and families we serve.

No one should face motherhood alone. Make a difference today and donate now.

Donate on-line at www.marillacplace.ca/donate/ or send cheques directly to 109 Young Street, Kitchener, ON, N2H 4Z2

Saint Teresa Conference of the Society of Saint Vincent de Paul are still unable to distribute food hampers but we have been able to do some good things, because of the generosity of the Parish. From your donations, we collected and purchased **50 boxes of tea**, as well as donating **\$240 for the Baker Lake Project**. The food container will be leaving in the next 2 weeks for Nunavik. Thank you to those who have continued to support us with donations using Church envelopes. We will need to completely restock our food supply, as we decided to donate all our food, to the Food Bank, at the start of the Covid-19 pandemic. We wish to be ready, when we are called upon, to assist those in our neighbourhood. Thank you and God bless you!

St. Vincent de Paul – Hampers – If you are in need of food assistance or know of someone in need, please contact the Food Bank at 519-743-5576 or the House of Friendship Food Distribution Centre at 807 Guelph St., in Kitchener, 519-742-0662.

Waterloo Knights of Columbus Fish Fry – Available every Friday. **Pick up only:** From 4:30 to 6:30 p.m., 145 Dearborn Place, Waterloo. Please call Derek, at 226-748-8378, to order. 1 P.C. - \$14.00; 2 P.C. - \$16.00 Best in Town

All Parish Events suspended until further notice!

Are there 9 or 12 fruits of the Holy Spirit?

St. Paul in his letter to the Galatians lists specific “fruits” of the Holy Spirit, **“the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such there is no law”** Galatians 5:22-23. The Catechism of the Catholic Church defines this fruit as “perfections that the Holy Spirit forms in us as the first fruits of eternal glory” (CCC 1832). Basically, if we are living a “life of the Spirit,” these “fruits” will be found in our lives.



Most translations of the above passage only list nine fruits, while the Latin Vulgate provides a list of 12 fruits, adding **modesty, generosity, and chastity**. According to the Catholic Encyclopedia, “there is no doubt that this list of twelve — three of the twelve are omitted in several Greek and Latin manuscripts — is not to be taken in a strictly limited sense, but, according to the rules of Scriptural language, as capable of being extended to include all acts of a similar character.” With this in mind, the Catholic Church has accepted these “extra” fruits and lists them in the Catechism, **“The tradition**

of the Church lists twelve of them: charity, joy, peace, patience, kindness, goodness, generosity, gentleness, faithfulness, modesty, self-control, chastity.” (CCC 1832).

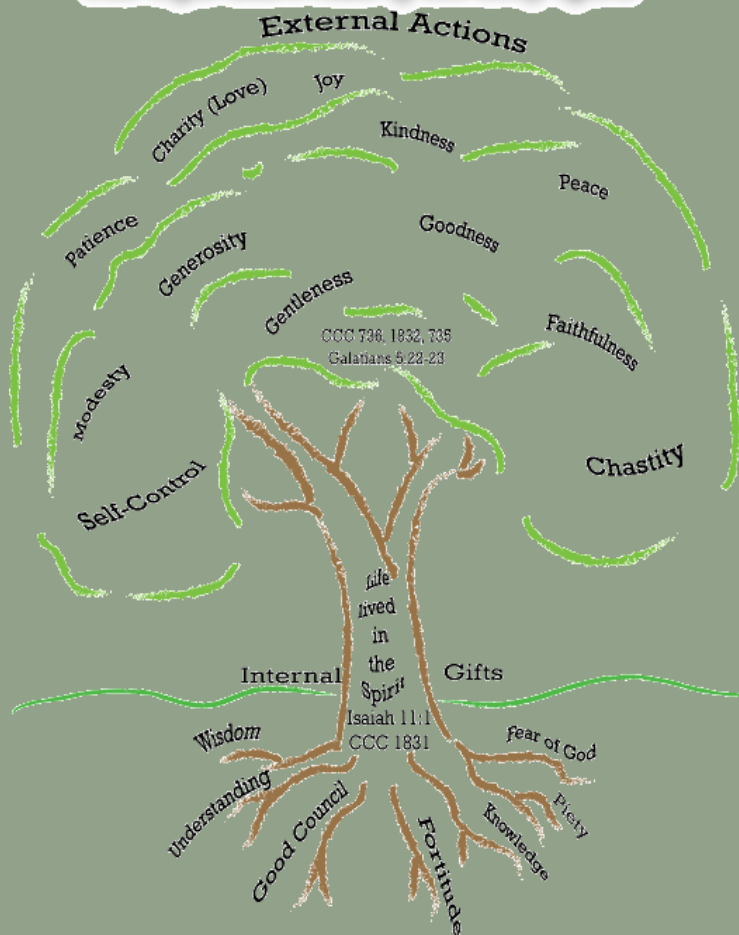


12 Ways the Fruits of the Spirit Can Transform Your Life

The Holy Spirit is alive and active! Practicing these fruits will change us.

By Lesli White

The Gifts and Fruits of the Holy Spirit



Paul writes in his Letter to the Galatians “But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law.” Galatians 5:22-23. According to Paul, these nine attributes sum up Christian life. In Catholic, and other Church traditions, there are 12 fruits of the Holy Spirit.

To better understand the Fruits of the Holy Spirit, turn to Matthew’s Gospel: “Likewise, every good tree bears good fruit, but a bad tree bears bad fruit. A good tree cannot bear bad fruit, and a bad tree cannot bear good fruit. Every tree that does not bear good fruit is cut down and thrown into the fire. Thus, by their fruit you will recognize them.” (Matthew 7:17-20). This passage helps us understand the observable behaviours of people who have allowed the grace of the Holy Spirit to be active in their lives. Practicing these fruits, or virtues, can change your life tremendously as we are allowing the grace of the Holy Spirit to be active in our lives. Here are the 12 fruits of the spirit and how they can transform your life.

We experience joy.

We know from Proverbs 10:28 “The prospect of the righteous is joy, but the hopes of the wicked come to nothing.” We are also told in 1 Thessalonians 5:16-18 “Rejoice always, pray continually, give thanks in all circumstances; for this is God’s will for you in Jesus Christ.” When we exhibit the virtue of joy, we recognize that happiness is rooted not in things of this world, like money, power or possessions but in being believers of Christ.

We can find peace.

In a world full of chaos, violence and turmoil, God promises us a peace that passes all understanding. We are told in John 14:27 that Jesus leaves us with peace: “Peace I leave with you, My peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid.”

We are freed from the bondage of fear and worry when we have God in our hearts, which allows us to experience inner peace. Many Christians who are in tune with this virtue often pray for peace throughout the world.

We exemplify kindness.

We all know the Golden Rule: do unto others as you would have them to do unto you, or in other words, treat others the way you would like to be treated. The same goes for the kindness virtue, where we give people the same respect, we'd like given to us. We exhibit kindness through generous acts of service. People who practice this are not only compassionate and considerate, but have the ability to see the best in others.

We exhibit charity.

Charity nearly always means "love" when it is referenced in the Bible. Charity to indicate "giving" is mentioned in Acts 9:36 which references a disciple named Tabitha who was full of good works and acts of charity. We exhibit when we are to God and our told in Matthew 25:34- King will say to those 'Come, you who are Father, inherit the for you from the world. For I was gave me food, I was gave me drink, I was a welcomed me, I was clothed me, I was sick and you visited me, I was in prison and you came to me'...And the King will answer to them, "Truly, I say to you, as you did it to the least of these my brothers, you did it to me." When we care for those in need, we are doing God's will. When we see a brother or sister in need and we have no empathy, love is not in us.

**We learn to be more patient.**

In our daily lives, we are confronted with difficulties. Patience allows us to endure these circumstances. We are told in Proverbs 14:29 "Whoever is patient has great understanding, but one who is quick-tempered displays folly." When we treat others with tolerance and thoughtfulness, we are demonstrating patience. Because of patience, we don't give up in difficult situations, and can overcome temptations and suffering because we know that God is present.

We recognize the goodness of God.

This virtue requires that we be in tune with who we are, and our own actions. When we practice goodness, we are putting God first, particularly when it comes to our decision-making. We are conscious of sin and try to avoid it because we know it's not in line with a true life with Christ. We are able to experience goodness through God's great love for us. We can love others through goodness and do good things because we know it's what God wants from us.

We become more generous.

Generosity by definition is the quality of being kind. When we practice the virtue of generosity, we are able to give even when we don't benefit from that giving, or there is a cost to ourselves. We are told in the book of Acts "In all things I have shown you that by working hard in this way, we must help the weak and remember the words of the Lord Jesus, how He Himself said, 'It is more blessed to give than to receive.'" We demonstrate generosity when we're open to sharing our possessions and gifts with others. This displays our desire to help others, even when it means sacrificing something that we have.

We learn how to be more gentle with others.

Gentleness is a practice that involves having a calm temperament; we act calmly and stay away from actions that might lead us, or others to a place of anger or resentment. When we act out this virtue, we are also displaying forgiveness. We know it is better to forgive, than to hold on to resentment, by being angry. When we keep love in our hearts, we are led to gentleness, peace and grace.

We live more modestly.

Modesty is a virtue that deals with moderation in all your actions and behaviour. When you exhibit this fruit, you're in tune with your words and your behaviour, and whether these are in line with God. We are modest when we are pure in our thoughts and words. While modesty, particularly as it relates to dress, has been a controversial topic in Christian spaces, what it comes down to is centering your focus on God and how in line those actions are with His will.

We learn how to practice self-control.

The fruit of self-control is exhibiting the will to overcome temptation and living according to God's will. We can practice this through the discipline of our emotions and actions. Ask yourself if what you're doing promotes respect of God and respect of self. Am I living a modest life? When we have self-control, we are less likely to be sabotaged by the enemy because we are in line with Christ, our actions and our emotions.

We are more faithful.

We are told in the book of John that the one who overcomes the world is the one who believes that Jesus is the Son of God (1 John 5:5). We know that in order for us to reach salvation, we have to have faith, and that faith must be centered in our Lord, Jesus Christ. People who exhibit faithfulness are dependable, trustworthy and obedient, particularly to the teachings of Jesus Christ, and God's Word through the Scriptures. They have faith in God, not faith in worldly things.

We nurture self-respect.

It's easy for us to recognize when someone is disrespecting us, but we don't always pay attention to how much we nurture our own self-respect on a daily basis. When you nurture the fruit of the spirit known as chastity, or self-respect, you are taking care of yourself. You begin to look at your daily habits objectively and start working towards self-care. The Holy Spirit and its fruits are a gift of God's love given to those who place their faith in Jesus Christ. Once you accept Jesus Christ, you will receive this gift. With this privilege comes great responsibility. With the Holy Spirit guiding us, we must seek earnestly to remove ourselves from a context of sin, and obey the commands of God. Our thoughts and our actions should exemplify our faith. As Christians, we can enjoy the fullness, greatness and power of the Holy Spirit working in our lives and enhance our relationship with God. Accept the Holy Spirit at work in your life today.

Living the Fruit of the Holy Spirit

This past week, in a very special way, we have been preparing for Pentecost Sunday, and as a sign of our visual preparation, **we have planted 9 cedars along the church, which symbolize the 9 Fruits of the Holy Spirit.** In front of each tree, we will post a sign/plaque, so that it can become a visual journey to the Gifts of the Holy Spirit, as we walk through the grounds, at the front of the church. We would welcome our parishioners to sponsor these evergreens (6 ft. cedar tree) which cost \$35 each. In gratitude, we will add your name to the sign/plaque in front of the tree.

Even though we are isolated, the Holy Spirit is able to renew our faith and relationship with Jesus - to make our life more meaningful and filled with a tremendous joy and new life. I trust that these evergreens will continue to remind us, that we are sent to the world to make a difference and bring new life.

