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

Sixth Sunday in Ordinary Time

February 14, 2021

St. Teresa of Avila

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



Parish Staff & Organizations

Pastor: Fr. Marian Gil, OMI **Seminarian:** Carlos Diaz

Parish Secretary: Mary Steffler

Business Administrator: David Agnew

Facilities Manager: Jack Pigeau

Volunteer Gardeners:

Baptism Preparation Team:

CWL President: Mary Alice Zister **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

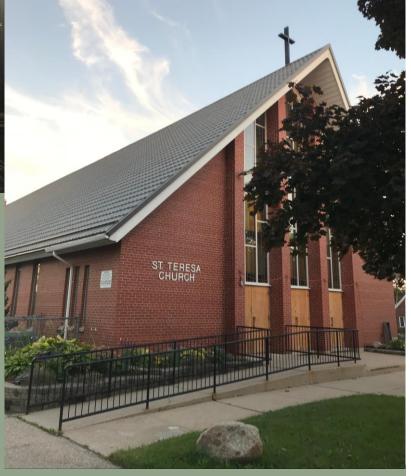
519-749-1501

St. Teresa School

Principal: Mr. Brian Goodyear

Secretary: Mary Lavigne

519-743-2131



Parish Office Hours

Monday - Friday 9:00 a.m. – 12:00 p.m.

1:00 p.m. – 3:00 p.m.

Wednesday - Office Closed

Saturday Liturgy:

Sunday Liturgy:

weekly schedule

Weekday Schedule

Please check inside for

9:00 a.m. 5:00 p.m.

10:00 a.m.

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

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

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

See inside for revised schedule during church closure.

Sixth Sunday in Ordinary Time

In today's Gospel (Mk 1:40-45), we continue to hear Mark report the miraculous healings that Jesus performed in Galilee. The Gospel begins with Jesus healing a man with leprosy. Leprosy is a disfiguring, infectious skin disease that has been surrounded by many social and religious taboos throughout history.

While healing the man, Jesus touched him, which also violated established social norms. This is an important sign of the depth of Jesus' compassion for the man. He instructed the man not to tell anyone about the cure and told him to present himself to the priests as prescribed by the Law of Moses.

Despite His instructions, the cured man spread the word about Jesus' healing power. Even when Jesus was in deserted places, people sought Him out in search of His healing. In the person of the man with leprosy, we see an image of all those in need. The sick and the outcast of our world are watching us, to see if we as Christians will choose to extend ourselves to others in need of healing and compassion.

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

St. Teresa of Avila

Ash Wednesday – February 17^h. 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.

The Significance of 40 Days as the 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 this time of the pandemic, if the churches are open, the distribution of ashes will be carried out differently.

After the ashes have been blessed by the priest, the formula for the distribution (Repent.../Remember...) is said once from the sanctuary as a general pronouncement to the gathered congregation and one general response ("Amen") is to be made by all. The ashes will be distributed by sprinkling on the head of each one without saying anything. There will be no tracing of the cross on the forehead. Similar to the distribution of Holy Communion, all who intend to receive the ashes are required to wear a mask.

Diocese of Hamilton Prayer Calendar 2021

February 15 – Rev. Thomas Vermiglio, M.C.C.J.

February 16– Rev. Stephen Murrin

February 17 – **Ash Wednesday**

February 18 – Rev. Toby Collins, C.R.

February 19 – Rev. Joseph de Viveiros, C.R.

February 20 – Rev. Jungheon

(Francisco) Kwak

February 21– First Sunday of Lent

Vocations

Sixth Sunday in Ordinary Time February 14, 2021

Today's Gospel says that "Jesus was moved with pity when He saw a leper". Are you moved with love and compassion when you see the outcasts of today's society? Today, Jesus continues to call forward men and women to minister as He did. If you think God is calling you to be a priest, religious, or permanent deacon, call Most Reverend Wayne Lobsinger, VG, EV, Auxiliary Bishop & Vocations Director, Diocese of Hamilton at (905) 528-7988 x2222

<u>vocations@hamiltondiocese.com</u> https://hamiltondiocese.com/vocations/

Prayer for the Perseverance of Vocations

O God, You have constituted Your only-begotten Son supreme and eternal Priest for the glory of Your majesty and the salvation of mankind: grant that those whom He has chosen ministers and dispensers of His mysteries may be found faithful in fulfilling the ministry they have received. Amen.

Parish Office

Due to the Province-wide lockdown which came into effect on December 26, 2020, the Parish Office at 44 Leonard St. will be closed until further notice. Please continue to check the bulletin for further updates on the re-opening.

Mary will be working from home and therefore, you can continue to reach our Parish Office at st.teresa@stteresakit.ca or telephone 519-743-4525.

Mass Intentions for 2021 – We will now accommodate any available request, for Mass Intentions. Please call the office.

2020 Income Tax Receipts – Income Tax Receipts for 2020 for our parish were mailed out on February 8, 2021. One Heart One Soul Campaign receipts for donations contributed in 2020 will be sent directly from the diocese. We have been advised that they are en route. Please call the Office if you have any questions or concerns. Thank you for your great generosity and continued support in caring for our parish community.

2021 Offertory Envelopes – Please call the parish office to obtain your 2021 Offertory Envelopes.

Stations of the Cross at St. Teresa Parish -

We would like to invite all parishioners to join

us for the Stations of the Cross during our Lenten season on Fridays at 7:30 p.m., beginning February 19th. If you would like to read the meditations during this devotion, please contact the parish office to let us know which Friday you would like to read.

CANADA

Catholic Women's League - We have received a motion from the National Catholic Women's League of Canada that the national per capita fee be increased from \$13.00 to \$25.00 effective with the 2022 membership year. This means that our annual membership at St. Teresa's would be \$38.00. We are required to have an in-person meeting to discuss and vote on this motion as soon as we can meet in person. We encourage as many members as possible to attend the meeting to make your opinion known and to vote. Please consider this and if you have questions, please call

Mary Alice at 519-578-2019.

Help Needed: St. Teresa's CWL needs a secretary in order to be a viable council. If you are willing, please call the same number.

Mass Intentions

Mass will be celebrated privately for the following intentions:

February 15, 2021 – February 21, 2021

Tuesday, February 16, 2021 – **7:00 p.m. Healing for Kalina** – *Great- Aunt*

Wednesday, February 17, 2021 - 7:00 p.m.

Ash Wednesday – Day of Fast and Abstinence +Elaine Tschirhart – Pat Wilkins

Thursday, February 18 – 7:00 p.m. + Hans Forthuber – Helene Meier

Friday, February 19, 2021 – 7:00 p.m.

Special Intentions of Julia Barber – Marion Jagelewski 7:30 p.m. – Stations of the Cross

Saturday, February 20, 2021

9:00 a.m. – Special Intentions of Pierre & Suzanne Rouleau – Ken & Betty

7:00 p.m. – +Julia Micko – Chris Hennebry & Family

Sunday, February 21, 2021–10:00 a.m. – First Sunday of Lent – Year B – Parishioners of St. Teresa Parish

Live-streaming on Zoom

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. Join Father by clicking on the following link: https://zoom.us/j/5887658626 The Password is: 274733 The Divine Mercy Chaplet will also be live-streamed, Tuesday to Friday at 3 p.m.

Daily Readings:

Lectors may find daily readings at this link: https://readings.livingwithchrist.ca

Saint Teresa Conference of the Society of Saint Vincent de Paul — Tax receipts for donations made to the Saint Vincent de Paul Society for the year 2020 were mailed out January 25th. If you should have received a tax receipt or if you think that there was an error with the receipt you received, please DO NOT contact the parish office. Please contact Bernie Pickett at berniejpickett@gmail.com or feel free to call me at 519-745-6334. We thank everyone for their continued support and look forward to the day when we are able to assist people in need. Please remember that we will be starting with nothing, as we gave all our food to the Food Bank, so we will need to replenish. With your continued support this will be possible. Please see our financial statement for the year 2020, attached with today's message and bulletin. Take care and may God bless you for your generosity on behalf of the Saint Teresa Conference of the Society of Saint Vincent de Paul.



Online Pre-registration for Kindergarten is Open: It's Time to Sign Up for School!!

It's time to sign up for the 2021-22 school year – and registering to attend one of Waterloo Region's 43 <u>Catholic elementary schools</u> has never been easier.

- Children born in 2017 are eligible for Year 1 Kindergarten (JK).
- Children born in 2016 are eligible for Year 2 Kindergarten (SK).

Parents can access the Online Pre-Registration form by clicking on the **Register for School** link on the **WCDSB Homepage** and then choosing **Kindergarten Registration**.

Further questions can be directed to Mary Lavigne, Administrative Assistant, St. Teresa School, 519-743-2131.

Family Day – February 15, 2021

Family Blessing at both Masses on February 13/14

The family is important to the Church and to civil society, for it is the primary life-giving community. In our prayer we call down the Lord's blessing upon you, so that you may continually be instruments of God's grace to one another and witnesses to faith in all the circumstances of life. Continuing through the rest of the year, there will be a family blessing on the last Sunday of the month.

Holy Season of Lent

Ash Wednesday, February 17th, 2021, begins the Holy Season of Lent. The Diocesan Office for Evangelization and Catechesis and the Diocesan Office for Liturgy have prepared an Ash Wednesday program that can be celebrated at home – with the Gospel proclamation and a brief reflection by His Excellency, Bishop Douglas Crosby. Parents may bless their children by tracing the Sign of the Cross on their foreheads, marking the beginning of the annual Lenten journey. In addition to the liturgy, a resource sheet for families has been compiled that encourages a prayerful observance of this Holy Season. For more information and additional resources for celebrating Lent in pandemic times, click here: https://hamiltondiocese.com/lent2021/

Office Closed – Family Day

The Parish Office will be closed Monday, February 15, 2021. Messages will be returned on Tuesday, February 16, 2021.

Happy Family Day!

PARENTING TIP OF THE MONTH - Parenting Tip 127: Two kinds of love are on display in the month of February this year — one on Valentine's Day celebrating romantic love and one on Feb. 17th, Ash Wednesday, celebrating the infinite love of a merciful God. When we recognize the depth of God's love, so powerful that nothing can separate us from it, we feel secure that God is always with us. Both these loves are important and this is a great month to help children understand that God is responsible for both. Talk to them about how He created us to want to be in relationships, care about others and love important people in our lives. Help them to understand that the six weeks of Lent ends with the celebration Easter. Easter, the day we rejoice over Christ's resurrection and through His love, our ability to spend eternity in Heaven.

MARRIAGE TIP OF THE MONTH - Marriage Tip 107: In February we celebrate Valentine's Day, a day created to celebrate love and a great month to think back to the days of dating we experienced with our spouses! Days when we flirted, complimented, spent endless hours talking, hated to be apart and planned and went on dates! Now compare it to your time together today — have you given up all or most of these actions? Marriages that continue to have relationships that reflect their dating days feel connected, vitalized and loved. Why not consider making February a month of renewal for your marriage? Purposely create a relationship with your spouse where you give them your time and attention by making them your number one priority and ignite that same spark of love you felt in those early days of dating.

Marriage Enrichment - Looking for a wonderful opportunity to spend time together as a couple, in the safety of your own home? Join the Virtual/Online Worldwide Marriage Encounter experience from March 5-7. During these stressful times, give your marriage a booster shot! Restore your loving communication with your spouse and rekindle the romance. The Marriage Encounter experience is a skill-building enrichment program where together, you, as husband and wife, learn how to be the best couple you can be. No group discussion. Based on Catholic values but open to couples of all faiths. Rediscover the love in your relationship! Contact: Marge & Gerard McCauley at gerard.marge@rogers.com or (905) 792-1925 or visit the website at: www.me.org

Anniversary Mass 2021 Registration - The Anniversary Mass scheduled for June of 2021 has been cancelled due to restrictions and concerns around COVID-19. We invite you to register your 25, 40, 50, 60 and 60 plus years of marriage on the Diocesan website at www.hamiltondiocese.com. The Anniversary Mass is listed on the home page - click on the icon and you can register your anniversary. We will send you the certificate you would have received from Bishop Crosby at the Mass.

A Walk Through Fratelli Tutti - On Jan. 27th a successful and well attended session, A Walk Through Fratelli Tutti, occurred and participants overwhelmingly expressed a desire to delve further into this beautiful Encyclical. Pope Francis sees Fratelli Tutti as a social Encyclical where he breaks down, by looking at a number of concepts, what being created relational means and how living as a relational people can bring us into communion with both God and each other.

Join us for five sessions in March where we will discover more fully the beauty of the Encyclical, and Pope Francis' call for each of us to consider how we can truly see all people in the world as our brothers and sisters.

The sessions will be held on Mondays, March 1, 8, 15, 22, and 29^{th} . Two time slots are available from 1:30-3:00 P.M. <u>OR</u> 7:00-8:30 P.M. Please register for the time slot that will work best for you and the zoom link to join by internet or phone will be sent to you.

Once you have registered for a session, you are free to attend the other time slot on any given week if that will work out better for you - you will simply need to email thartnett@hamiltondiocese.com to get the link for the session for which you are not registered. This will allow you flexibility around which session you attend.

This will be a great Lenten journey for all those in attendance, so please feel free to pass this information on to anyone on your e-mail list who you think might be interested! The link for registration, along with a bit more detail on Fratelli Tutti, can be found here: https://hamiltondiocese.com/offices/family-ministry/fratelli-tutti.

COME RETREAT WITH LOYOLA HOUSE VIRTUALLY!

Are you looking to break away and spend some time in silence? See our website at <u>lovolahouse.com</u> for more information on these upcoming retreats & programs:

- **Knowing the Heart of Jesus -** February 26-28 A weekend of guided prayer with Bill Clarke, SJ
- **Finding Your Way Retreat** February 26-28 A weekend of discernment with Paul Panaretos, SJ & Joe Waters
- Turn, Turn, Turn Weekend March 5-7 with Greg Kennedy, SJ
- Teilhard de Chardin Weekend Retreat March 12-14 with Bernie Carroll, SJ & Andre Auger
- **Teilhard de Chardin 5-Day Retreat** March 14-19 with Bernie Carroll, SJ & Andre Auger

These virtual retreats may include video links and/or Zoom (or telephone) gatherings, and optional individual meetings with your spiritual director where indicated. Register online at **loyolahouse.com** or contact **registration@ignatiusguelph.ca** or by calling 519-824-1250 ext 266.

Prayer to St. Joseph

Hail, Guardian of the Redeemer,
Spouse of the Blessed
Virgin Mary.
To you God entrusted
this only Son;
in you Mary placed her
trust;
with you Christ became
man.
Blessed Joseph, to us
too,

show yourself a father and guide us in the path of life. Obtain for us grace, mercy, and courage, and defend us from every evil. Amen.



Pre-Authorized Giving We're ACTIVE

For those of you who have signed up for the Pre-Authorized Giving option for Stewardship here at St. Teresa Parish, we are pleased to tell you that we are now ACTIVE. The first withdrawal was in January 2021 and the deductions will continue to be processed on the 28th day of each month.

We thank you for your patience, in getting this started. If you have any questions, please do not hesitate to contact the Parish Office.

We are very grateful for your contributions and would encourage those who have not signed up for this option to prayerfully consider Pre-Authorized Giving, particularly in these times of uncertainty.

Thank you!

Pre-Authorized Giving is now available for our parishioners. A digital copy of the form may be found on our website under Bulletins for 2021. Simply print the form and complete it. For those unable to print the digital copy, please contact the Parish Office. This brochure will hopefully answer any questions you may have about this exciting new option for Stewardship, here at St. Teresa Parish. Completed forms can be returned to the Parish Office via the slot in the Parish Office door or can be mailed to: St Teresa of Avila Parish, 44 Leonard St., Kitchener, ON N2H 6C8

Stewardship Report – February 9, 2021

Envelopes \$ 1753.00
Christmas \$ 50.00
Mary, Mother of God \$ 80.00
Initial Offering \$ 15.00
Building Fund \$ 225.00
Seminary Education \$ 260.00
Share Lent
January Pre-Authorized Giving \$ 1478.00
2020/21 Sunday Missal \$ 10.00

Stewardship Report

Once again, we are not able to gather to worship as a Parish Community, in the church. We would ask you to continue to keep our parish in your prayers and prayerfully consider continuing your donations. Thank you to those who continue to remember the parish through financial donations - We appreciate your continued support!

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.

Feed Your Soul with Prayer this BEST LENT EVER!

Nothing will transform your life so completely, absolutely, and forever like really learning how to pray. That's why this year's BEST LENT EVER journeys through Matthew Kelly's latest book, I Heard God Laugh: A Practical Guide to Life's Essential Daily Habit.

Beginning on Ash Wednesday and continuing through all forty days of Lent, you will receive a daily email with a short video to help you reconnect with yourself and your God.

If you choose to throw yourself into this experience, we promise you that you will be surprised by what God can do in your life with just an email, a short video and an open heart. So this year, don't just sign up for BEST LENT EVER, have your best lent ever! **Sign Up:** www.dynamiccatholic.com/lent



Resources for Lent: https://www.loyolapress.com/catholic-resources/liturgical-vear/lent/living-lent-daily/

8 Ways to Pray During Lent

What do we do when we're facing an upcoming big event, celebration, or special occasion in our lives? We prepare for it. Holy Week and Easter are "big events" in the liturgical year of the Church and in the spiritual life of a Christian. So, as Christians, we prepare spiritually for these through the forty days of Lent. https://www.loyolapress.com/catholic-resources/liturgical-year/lent/perspectives-on-lent/articles/lent-40-days-or-more/

This means that, during Lent, we rededicate ourselves to prayer. There are as many ways to pray as there are prayers in this world, but a few prayer methods can help us in particular to spiritually prepare ourselves during Lent:



1. Make your abstinence a prayer-in-action.

As Catholics we are called to give up something for Lent. Chocolate, coffee, that extra helping of dinner, one less hour of video games or watching DVDs—whatever it is, you can make what you're giving up for Lent a prayer as well: a prayer-in-action. Whenever you encounter the thing you are abstaining from or the time of day that you would normally enjoy it, take a moment to say a prayer in recognition of your wholeness in God even without the thing you have given up. Thank God for the freedom to be wholly yourself without this and, at the same time, acknowledge the gift of its existence in the world.

2. Renew yourself through personal reflective prayer.

Lent is a time of spiritual renewal. One easy step you can take is to use the many free online resources to jump-start or reinvigorate your prayer life. A few such resources are Loyola Press's popular 3-Minute Retreats and Seven Last Words of

Christ guided meditation (https://www.loyolapress.com/3-minute-retreats-daily-online-prayer/), or try the prayer reflections offered by the Irish Jesuit site Sacred Space. If you're seeking more traditional support for your personal reflective prayer, consider a book specially designed to nourish you during Lent, such as Praying Lent.



3. Pray the Stations of the Cross.

One of the most common traditions of Lent is to pray the Stations of the Cross. This prayer helps us reflect on the passion and death of Christ in preparation for Good Friday observance and the Easter celebration. Check your local parish Web site or bulletin for listings of when a Stations of the Cross prayer service is being offered, or try one of the many online resources available.

4. Meditate on Holy Scripture with Lectio Divina.

Perhaps the oldest method of scriptural prayer known to Christians is lectio divina or "holy reading." This method of prayer is characterized by the slow reading and consideration of a text from Scripture, with repetition and meditation on key words or phrases. Lectio divina is rooted in the belief that the scriptural word speaks in the human heart as the word of God and can reveal the thoughts of our hearts in response to God. In this way, lectio divina leads to a deeper communion with the Divine.

5. Reflect deeper on your liturgical prayer.

When you attend Mass during Lent, be conscious of and meditate on the words you pray in the liturgy. For example, the Eucharistic Prayer, the highlight of each Mass, has special significance during Lent. After receiving communion, you may want to sit and reflect more deeply on this great prayer of the Church.



6. Join or start a prayer group.

There are many benefits to praying with others. In group prayer you're able to offer and experience a positive example, needed support encouragement, different perspectives, and the inspiration to grow in the Christian life. A simple way to get started is to invite your spouse, a family member, or close friend to pray with you on a regular basis throughout Lent. You can also contact your local parish and inquire about prayer groups or prayer circles being sponsored. Or start your own communal prayer group. For example, the Meeting Christ In Prayer kit offers step-by-step instructions, guides, and all the necessary resources so even a beginner can start praying with others. christ-in-prayer

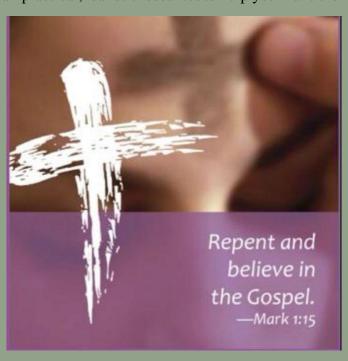
7. Pray with children or as a family.

Being a parent, guardian, or teacher is a holy ministry and a sacred promise. Share your faith with children by letting them see and hear you pray, and by praying together. Guided Reflections for Children: Praying My Faith, Praying with Scriptures, and 52 Simple Ways to Talk with Your Kids about Faith are all practical, realistic resources to help you make the

most of your prayertime with children. And don't forget about family dinners. Dinnertime is a great opportunity to start or enliven a tradition of family prayer during Lent. For children's prayer resources, click here: https://www.loyolapress.com/catholic-resources/prayer/childrens-prayers/

8. Start a practice of daily prayer that will last after Lent.

Perhaps the best prayer advice is to use Lent as a time to instill prayer habits that will last long after Lent has concluded. Resources such as yearly prayer guides—for example, A Prayer Book of Catholic Devotions can get you started and help you stay consistent. So enjoy your Lenten prayer. And don't think you have to do all the above. Perhaps choose one or two of these prayer methods to concentrate on—and then you can more fully experience the pilgrim journey toward Easter that is Lent.



Light the sparkle of hope....

In times of a pandemic, when some people become heavy-hearted or depressed, Catholic Family Radio invites you to take part in this wonderful initiative - to light the sparkle of hope - in the hearts of others, by making a call and simply telling them - it's wonderful to hear you/chat with you.

This initiative can be accompanied by a small gift – a beautiful candle with hearts and a happy face - "A candle with a smile". You can light it at night and say a few prayers for yourself, your family and your friends. You will soon see, how much brighter your life will become. This candle is manually made by a Canadian artist. It is painted with colorful, hot wax and each candle is a unique work of art. It can be a beautiful gift and a sign of your remembrance.

You may order them at www.catholicgifts.ca or by Tel.: (905) 232-7337







