

# 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](mailto:st.teresa@stteresakit.ca) [www.stteresakit.ca](http://www.stteresakit.ca)

**Pentecost Sunday**

May 23, 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

**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 - 519-574-8534 or  
519-900-0250

**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:** By appointment only.

## St. Teresa School

Principal: Mr. Brian Goodyear  
Secretary: Mary Lavigne  
519-743-2131

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

**Prayer Meeting:** 2<sup>nd</sup>, 3<sup>rd</sup> & 4<sup>th</sup> Friday – 7:00 p.m.

**See inside for revised schedule during church closure.**

## 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

### Diocese of Hamilton Prayer Calendar 2021

May 24 – Rev. Peter Pigott, C.R.  
May 25 – +Rev. Chester Chmurzynski, C.R.  
May 26 – School Sisters of Notre Dame (S.S.N.D.)  
May 27 – Rev. Jim Valk, C.R.  
May 28 – Rev. Raymond Reitzel, C.R.  
May 29 – Rev. Frederick Scinto, C.R.  
May 30 – The Solemnity of the Most Holy Trinity

### Vocations

## Pentecost Sunday May 23, 2021

The confused and fear filled apostles were totally changed by the outpouring of the Holy Spirit as they became powerful and dynamic proclaimers of their faith in Jesus Christ. In today’s Church God calls priests, religious and deacons to serve Him and to serve others, especially by the inspiration of the Holy Spirit. If you feel God may be calling you to this ministry, call Most Reverend Wayne Lobsinger, VG, EV, Auxiliary Bishop & Vocations Director, Diocese of Hamilton at (905) 528-7988 x2222.

[vocations@hamiltondiocese.com](mailto:vocations@hamiltondiocese.com)  
<https://hamiltondiocese.com/vocations/>

### Serra 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 that they have received.

Amen.

### *Baptism*

This Sunday, through the Sacrament of Baptism, we welcome:

**Michael Hackl**

son of

Gilberto and Eveline Hackl

**Mass During Lockdown** – We can accommodate up to 9 people to assist at Mass. If you are interested, please call the Parish Office. Thank you.

**May – The Month of Mary** - Following each Mass, we will have a short Marian devotion meditating upon virtues of our Blessed Mother and recite the Litany of the Blessed Virgin Mary. I would like to invite all our families to pray at home at least one decade of the Rosary during this month preparing yourself for the **Act of Consecration** that will take place on **May 30<sup>th</sup>**.

**On Father's Day, June 20<sup>th</sup>** we will accept multiple Mass intentions. Please call our parish office if you would like to make a request. All the requested intentions on this occasion will be listed in the bulletin.

**Mass Intentions for 2021** – The offering of Mass for the deceased, the sick, a personal intention, in thanksgiving, a special intention such as an anniversary, birthday, etc. is an act of deep faith and a most excellent way of remembering a loved one. Please call the parish office if you would like to request a Mass.

### *Spiritual Communion*

*(St. Alphonsus Liguori)*

*My Jesus, I believe that You are present  
in the Most Blessed Sacrament.*

*I love You above all things, and I desire  
to receive You into my soul.*

*Since I cannot now receive you  
sacramentally,*

*come at least spiritually into my heart.*

*I embrace You as if you were already there,  
and I unite myself wholly to You.*

*Never permit me to be separated from You.  
Amen.*

### **Mass Intentions**

**May 24, 2021 – May 30, 2021**

Tuesday, May 25, 2021 – **7:00 p.m.**

+ **Don Popp** – *Ken & Betty*

Wednesday, May 26, 2021 – **7:00 p.m.**

**Memorial of St. Philip Neri, Priest**

+ **Larry Wismer** – *Joan Wismer*

Thursday, May 27, 2021 – **7:00 p.m.**

+ **Alfonz Pavli** – *Helen Bastian & Family*

Friday, May 28, 2021 – **7:00 p.m.**

+ **Mr. and Mrs. Walter Schade** – *Ann Snyder & Family*

Saturday, May 29, 2021 –

**9:00 a.m.** – + **Jerome Bastian & + Lorne Grubb** – *Helen Bastian & Family*

**7:00 p.m.** – + **Joe Straus** – *Angela Straus*

Sunday, May 30, 2021 – **10:00 a.m.** – **Solemnity**

**of the Most Holy Trinity** – 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. Join Father by clicking on the following link:

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

**The Password is: 274733**

### **Daily Readings:**

Lectors may find daily readings at this link:

<https://readings.livingwithchrist.ca>

### **Parish Office – Important Information**

Due to Province-wide restrictions, the Parish Office at 44 Leonard St. is once again closed. Please continue to watch the bulletin for further up-dates. Mary will be working from home and therefore, you can continue to reach our Parish Office at [st.teresa@stteresakit.ca](mailto:st.teresa@stteresakit.ca) or 519-743-4525.



## Prayer to St. Joseph



YEAR OF SAINT JOSEPH  
December 8, 2020 – December 8, 2021

Remember, O St. Joseph,  
loving and powerful protector,  
that according to the testimony  
of your faithful servant,  
great St. Teresa,  
no one who is truly  
devoted to you  
has seen his petition rejected.  
Filled with confidence and hope  
I come to you, worthy Spouse  
of Mary Immaculate.  
Do not close your ears  
to my prayer,  
you who have the glorious title  
of father of Jesus,  
but graciously hear  
and intercede for me.

Amen.

## 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!

## Pre-Authorized Giving

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. 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

## E-Transfer

**Exciting news** – We are now able to provide E-Transfer to our parishioners. For E-Transfers, please use the following email account: **stteresakitchener@hamiltondiocese.com**

## CanadaHelps

To support our parish via **credit card** or **PayPal** please visit [canadahelps.org](http://canadahelps.org) You can access our parish directly by following this link:

<https://www.canadahelps.org/en/charities/119110450RR0053-st-teresas-parish/>

For those who do not get the bulletin electronically, go to [canadahelps.org](http://canadahelps.org) and then follow the instructions below:

Once you are on the homepage, you can access St. Teresa of Avila Parish by going to the Donate tab and clicking on Find a Charity. Click on the blue box that says Pick a category that is close to your heart. Now click on religion. Once you have done this you will have another tab appear that says All Locations. Click on this tab and change region to Ontario and city to Kitchener. You will now be able to scroll down until you find **STTERESAS** (Kitchener, ON appears below). Click on this link and you can then proceed with your donation.

Please note that donations made through the CanadaHelps website, will receive a tax receipt directly from CanadaHelps, via email.

## Stewardship Report

May 16, 2021

Envelopes .....	\$1475.00
Building Fund .....	\$ 80.00
Pope's Pastoral Works .....	\$ 90.00

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.**

**First Communion Postponed until 2022** - Due to Covid-19 restrictions we have to postpone First Communion for those children who signed up in 2020. The pandemic has not allowed us to create a proper environment that would allow children to attend Mass on a regular basis. This situation compels us to postpone the direct preparation and receiving of the sacraments until next year. Never-the-less, parents and children are encouraged to attend Mass whenever possible, in the church and during this time of pandemic, on Zoom.



**Unpacking Patris Corde – With a Father’s Heart** - “WITH A FATHER’S HEART: that is how Joseph loved Jesus, whom all four Gospels refer to as “the son of Joseph””. This opening line from Pope Francis’ Apostolic Letter, *Patris Corde*, released on Dec. 8, 2020 to mark the opening of a Year of St. Joseph, sets the tone for the entire letter. In *Patris Corde*, we hear that, “St. Joseph reminds us that those who appear hidden or in the shadows can play an incomparable role in the history of salvation.” You are invited to join us on Tuesday, **May 25<sup>th</sup> at 7 P.M.** for a 90 minute Zoom webinar (by phone or internet) to discover more about the Patron Saint of both the Catholic Church and Canada. Presented by Monsignor Murray J. Kroetsch (PH, VG) and Mrs. Teresa Hartnett (M.R.E.). Registration is required to receive the zoom link and can be found at: <https://hamiltondiocese.com/events/online-webinar-unpacking-em-patris-corde-with-a-father-s-heart-em-> For further information, contact Teresa at 905-528-7988 ext. 2250.



**Join the Reel Justice Film Festival**, May 27th, 2021, 7:00 P.M. – 9:00 P.M. for the screening of *The End of Immigration*. This powerful documentary examines the realities of temporary foreign workers in Canada and reveals an inequity that is having a profound impact on the society in which we live. Following the film, Sarah Guinta, Coordinator for the Office of Justice and Peace, and Rev. Peter Ciallella, Pastor of Blessed Sacrament Parish, Burford, will offer a conversation regarding ministry to temporary foreign workers in the Diocese of Hamilton. RSVP online: <https://reeljusticefilmfestival.wordpress.com/contact-us/> or by email: [library@hamiltondiocese.com](mailto:library@hamiltondiocese.com). Join the discussion! The *Reel Justice Film Festival* is a partnership between the Bishop Farrell Library & Archives and Development and Peace.

**Prayer Vigil - Thursday, June 3, 2021- 9:00 a.m. to 10:00 a.m.;** in front of Freeport Hospital, 3570 King St. E., Kitchener, for babies being aborted. All are welcome to pray quietly for those who have no voice, but our own! Parking - across the road - Schneider Park. Any queries, please contact Cathy at: [kwc.prayervigil@rogers.com](mailto:kwc.prayervigil@rogers.com) \*\*\*Note: Prayer Vigil will resume only if provincial lockdown is lifted. We will all observe 2 meters distancing.\*\*\*



### Marillac Place 2021 Baby Bottle Campaign Mother’s Day to Father’s Day

St. Teresa of Avila Parish is once again proud to participate in the Baby Bottle Campaign, in support of Marillac Place. Marillac Place relies heavily on the donations from our community to support mother-led families in need of assistance. The Campaign runs from Mother’s Day to Father’s Day. Due to the ongoing social distancing restrictions, we will not be delivering baby bottles this year. Please provide your support through our virtual campaign by donating online or sending a cheque directly to Marillac Place.

To donate click the following link: [Donate - Marillac Place](#)

Thank you so much for your support. All proceeds from the campaign will directly support the operations of Marillac Place to help us make an immediate impact on residents. For more information on Marillac Place please call (519) 571-0722 x 202 or send an email to [admin@marillacplace.ca](mailto:admin@marillacplace.ca) or visit [www.marillacplace.ca](http://www.marillacplace.ca) Thank you for your continued support!

## 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).



**THE FRUIT OF THE SPIRIT IS  
LOVE, JOY, PEACE, PATIENCE,  
KINDNESS, GOODNESS,  
FAITHFULNESS, GENTLENESS,  
SELF-CONTROL. AGAINST SUCH  
THINGS THERE IS NO LAW.**

- GALATIANS 5:22-23 -

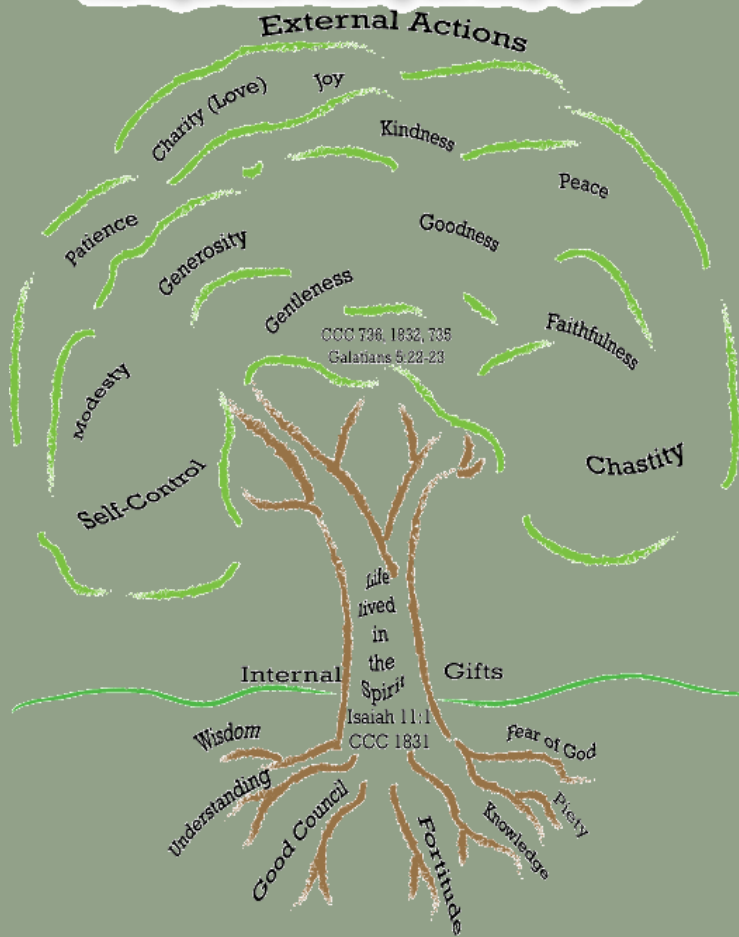


## 12 Ways the Fruits of the Spirit Can Transform Your Life

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.