

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

Twenty-ninth Sunday in Ordinary Time

October 17, 2021

St. Teresa of Ávila

“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: Jim Weber,
Stella Lemieux, Fatima Pacheco,
Magie Navaleza, Betty Skinner

Baptism Preparation Team:

CWL President: Mary Alice Zister

Lector Co-ordinator: Mary Steffler

Eucharistic Minister Co-ordinator:

Kim Voelzing

Adoration Chapel Co-ordinators:

Herb Altman – 519-893-4793 or

Rosemary Mussar – 519-743-5656

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

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

Weekday Schedule

Please check inside for
weekly schedule

Saturday Liturgy:

9:00 a.m. (except in August) 10:00 a.m.

5:00 p.m.

Sunday Liturgy:

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

Healing Mass: First Friday of each month
(September – June) – 7:00 p.m.

Prayer Meeting: Temporarily suspended

29th Sunday in Ordinary Time

In today's Gospel (Mark 10:35-45), James and John ask to be given seats of honour when Jesus enters into His glory. Once again, the disciples seem to be selective in what they hear Jesus say. They want to share Jesus' glory, but do not appear to understand that His glory will be preceded by His suffering. Jesus notes their lack of understanding and predicts the suffering they will endure for the sake of the Gospel. Jesus says that the honour they seek is not His to give. When the other ten hear what James and John have asked, Mark reports that they are indignant. Jesus takes the opportunity to teach them.

"For even the Son of Man did not
come to be served, but to

SERVE

and to give his life as a
ransom for many."

Mark 10:45

Today's Gospel can be an invitation to consider how authority is exercised in your household. There is a temptation to exercise our authority in ways that show our power over others. Especially when conflicts emerge, many of us rely upon the power we believe our role gives to us. Jesus teaches us that there is a more persuasive form of leadership. In these daily challenges we have the opportunity to practice and teach the kind of service and leadership Jesus modeled for us in His ministry and in His passion and death.

St. Teresa of Ávila - Parish Feast Celebrations

Please see the schedule

St. Teresa of Jesus,
wholehearted servant of love,
teach us to walk with determined fidelity
along the path of interior prayer,
attentive to the presence of the Blessed Trinity,
God dwelling deep within us.

Share with us
your intense apostolic love for the Church.

May Jesus
be our joy, our hope and our energy,
an unquenchable Fountain
and our most intimate Friend.

Teach us
to make your prayer our own:
"I am Yours; I was born for You;
What is Your will for me?"

Amen.

**Diocese of Hamilton
Prayer Calendar 2021**

October 18 – Very Rev. Adrian Lee
October 19 – Rev. Michael King
October 20 – Congregation of the Holy
Cross (C.S.C.)
October 21 – Rev. Marko Stefanec
October 22 – Rev. Hanh Van Tran, O.M.I.
October 23 – Rev. Yvon Paquin, O.H.
October 24 – Thirtieth Sunday in Ordinary
Time

Vocations

**Twenty-ninth Sunday
in Ordinary Time
October 17, 2021**

Jesus' life was the best 'job description':
sympathy; mercy; service; compassion; and
total giving. Life is rewarding when one
lives for others. Do you want to serve or be
served? If you are willing to serve as a
priest, religious or deacon, call Most
Reverend Wayne Lobsinger, VG, EV,
Auxiliary Bishop & Vocations Director,
Diocese of Hamilton at:

(905) 528-7988 x2222

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

Serra Prayer for Vocations

O God, Who wills not the death of a sinner,
but rather that he be converted and live,
grant we beseech You, through the
intercession of the Blessed Mary ever
Virgin her spouse, Saint Junipero Serra,
and all the saints, an increase of labourers
for Your Church, fellow labourers with
Christ to spend and consume themselves for
souls, through the same Jesus Christ, Your
Son, Who lives and reigns with You in the
unity of the Holy Spirit, One God forever
and ever.

Amen.

St. Teresa of Ávila Parish Feast Celebrations

I would like to invite all our parishioners, students and parents from St. Teresa School, to join us for our patronal celebration, this Sunday, October 17th, at the 10 a.m. Mass. This year our celebrations will have a bit of a different format, due to COVID-19; nevertheless, we have the following events scheduled:

- Novena to St. Teresa of Ávila
- Rosary before each daily Mass
- **A Day of Prayer – Saturday, Oct. 16th, 2021 (9:00 a.m. – 9:00 p.m.).** For detailed program please visit our website or attached poster. [This event will be live streamed on Zoom. Please follow the link for Sunday's Mass.](#)
- Rosary on Sunday, Oct. 17th at 9:30 a.m.
- A picture of St. Teresa, for children to colour.
- If you wish to purchase books (The Interior Castle, The Way to Perfection) on our patroness, to help you grow in the spiritual life, they are available in our parish office.
- If the weather permits coffee and doughnuts will be served following the Mass.
- **To register for the Mass on Sunday please visit our website or click the following link:**
http://stteresakit.ca/?page_id=2309

Adoration Chapel



The Divine Mercy Chapel is now open for Adoration of the Most Blessed Sacrament, **Monday to Friday, 9 a.m. to 8 p.m.**

Please see the Chapel Guidelines as you enter the chapel. **We are in current need of an Adorer for Tuesdays**

from 2:00 p.m. - 3:00 p.m. To sign up, please call the parish office - 519-743-4525.

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.

Mass Intentions

October 18, 2021 – October 24, 2021

Tuesday, October 19, 2021 – **7:00 p.m.**

Group Mass Intentions

+ **Wilma & Berny Tenbult** – *Ann & Michael Onn & Family*

Wednesday, October 20, 2021 – **8:30 a.m.**

Intentions of Mary Waters – *Ken & Betty*

Thursday, October 21, 2021 – **8:30 a.m.**

Friday, October 22, 2021 – **8:30 a.m.**

Solemnity of the Dedication of Consecrated Churches (*whose date of consecration is unknown*)

+ **Gil Lemieux** – *Stella Lemieux & Family*

Saturday, October 23, 2021 –

9:00 a.m. – + **Franz Novak** – *Helene Meier*

5:00 p.m. – + **Albert Luft** – *Dorothy Luft & Family*

Sunday, October 24, 2021 – **10:00 a.m.** –

Thirtieth Sunday in Ordinary Time – Year B – **Parishioners of St. Teresa Parish**

Live-streaming on Zoom

The **10 a.m. Sunday Mass** will be live-streamed.

To join Father, click on the following link:

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

Password: 274733

Daily Readings:

Lectors may find daily readings at this link:

<https://readings.livingwithchrist.ca>

Parish Office – Important Up-dated Information

Our Parish Office is open Mon., Tues., Thurs. and Fri. from 9 a.m. – 3 p.m. As parish offices reopen, protocols have been established by the Diocese of Hamilton to do this safely. At this time, admittance to the parish office is by appointment only and you are required to wear a mask. Please call or email the parish office at 519-743-4525 or st.teresa@stteresakit.ca to make an appointment.

SPECIAL COLLECTION: The Special Collection for World Mission Sunday will take place next weekend, October 24, 2021. This collection will give support to the Propagation of the Faith, World Missions.

Pastoral Care of the Sick – If a loved one or family member is seriously sick, please do not hesitate to contact the parish office early, so that the sick person is able to make a good Confession and receive the sacraments while he/she is fully aware. Thank you for your assistance in ensuring we provide good pastoral care to your family and loved ones.

Parish Records – We would be most grateful if you could notify the office of any changes you have experienced, most especially any changes to your address, phone number and email. Thank you for your assistance in this matter.

Parish Security and Keys – Just a reminder that as of July 28, 2021, following diocesan policy, the locks to the church, parish hall and rectory have been changed. Parish groups wishing to use our facility will need to pick up a key from the parish office and return it to the office following the meeting. Please do not hesitate to contact the parish office, with questions or for more information.

Stewardship Report

It is a wonderful blessing to once again gather as a parish community, in the church, albeit at a reduced capacity. 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!

We have several ways to support our parish - Pre-Authorized Giving, E-Transfer, credit card and donations can be dropped off in the collection basket after Mass or at the Parish Office.

For more information or if you require the necessary forms, please contact the Parish Office.

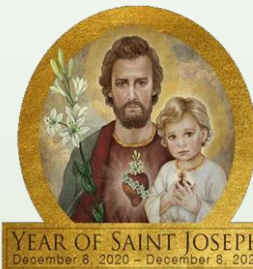
Stewardship Report October 10, 2021

Envelopes	\$ 2215.00
Loose	\$ 77.00
Building and Maintenance	\$ 10.00
Needs of the Canadian Church	\$ 100.00

ROSARY Month of October

October, is a month in which we have a wonderful tradition in the Catholic Church, here and around the world, in praying the Rosary. We invite families to pray one decade of the Rosary, at home, each day and if you are available, to join us in praying the Rosary, 30 minutes before each Mass

Prayer to St. Joseph



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.



Catholic Women's League Online Auction

This year, in place of our Christmas Craft and Bake Sale, we will be holding an online silent auction. If you are interested in donating an item for the auction, please email stteresacwl@gmail.com. We will also have days for drop off to the parish. More information will be available in coming weeks.

COVID Vaccines

The official position of the Catholic Church is that all available COVID vaccines are ethical and all Catholics who are able are encouraged to receive the vaccine. All employees serving in the Diocese of Hamilton are encouraged to be fully vaccinated or to submit to a COVID rapid test every Monday and Thursday in order to carry out their responsibilities. Volunteer liturgical ministers are required to be fully vaccinated. Bishop Douglas Crosby, OMI, encourages every member of the Catholic Church within our Diocese of Hamilton to be fully vaccinated.

Note: A copy of the COVID-19 Vaccination Policy of the Diocese of Hamilton can be found on our website.

40 Days for Life – 40 Days for Life will again be holding its annual Campaign in the K/W area to pray and witness for the weakest members of our Nation, the unborn. We will stand across from Freeport Hospital where abortions are performed, from 7 a.m. to 7 p.m. daily commencing on September 22 and continuing to October 31.

To register: www.40daysforlife.com/kitchener or call 519-748-5548 or email paddym@golden.net. Thank you for your prayers and support of the unborn.

8th Annual Kitchener Public Square Rosary Rally – Saturday, October 16, 2021 – 2:00 p.m. to 3:00 p.m. at Victoria Park Clock Tower Field, Kitchener. Come and pray with us during the 104th Anniversary of Our Blessed Mother's apparitions in Fatima, asking her to intervene on our behalf to her Son so that He may help Canada and the rest of the world in these times of great trial.

Decorations Prepared by Children

St. Teresa of Ávila



Wisdom from St. Teresa of Ávila about Prayer Drawing God's Grace into Your Heart



We like to place people in categories, don't we? Is this person a thinker or a doer? A dreamer or a realist? Friendly or reserved? Even spiritually, we wonder if someone is a "Martha," full of energy and drive to accomplish as much as possible, or a "Mary," a contemplative soul who delights in quiet prayer and recollection.

St. Teresa of Ávila had the great distinction of combining the hardworking personality of Martha with the quiet prayerfulness of Mary. Like Martha, she laboured tirelessly toward the goal of reforming the Carmelite order and the Church as a whole. And yet for all her hard work, she is most remembered and revered for the deep spiritual insights she received as she sat with the Lord in prayer. In her greatest works, *The Life*, *The Way of Perfection*, and *Interior Castle*, Teresa spent the majority of her time teaching people how to come into God's presence and experience the same intimacy with Him that she had known.

According to Teresa, if we want this kind of relationship with God, the first thing we need to learn is how to place ourselves in the flow of His grace. We need to learn how to make ourselves available to God so that He can begin to sweep us off our feet. Since many of the nuns in her

communities were illiterate, Teresa knew she couldn't just tell them to read a book or study the Scriptures. She had to follow Jesus' example and use illustrations and parables. So, she used lively, memorable images that would fire their imaginations. She spoke of castles and diamonds and tar, of buckets and rivers and rain.

Of all these illustrations, one of Teresa's favorites was that of a garden needing to be watered. She first used this analogy in her autobiography, then continued to refine it in her later writings. A methodical, careful thinker, Teresa spoke of a growth process in the spiritual life in which we learn how to increase the flow of God's grace (the water) into our hearts (the garden). Let's take a close look at this image and see how we can apply it to our own lives.

A Bucket and a Well

Teresa described the beginning of our spiritual journey with the concept of watering a garden with a bucket drawn from a well. As you can imagine, it's hard work to lift a bucket filled with water from the bottom of a deep well and then lug it to a garden. It's also painfully slow! It's something we have to do again and again until every flower has been watered.

In this stage, Teresa called for a dedicated, structured time of prayer that involved first focusing our minds on the Lord, then singing some hymns, and then imagining ourselves at a biblical scene with Jesus. We could picture ourselves with the woman at the well (one of Teresa's favorite stories) or at the Last Supper with the apostles or at the wedding of Cana with Mary and Jesus. The purpose of this structured approach to prayer was to help us replace all our worldly thoughts and concerns with thoughts about Jesus, His love, and eternal life. Teresa felt that the more we think about Jesus, the more water we are able to pour on our garden.

The Aqueduct

In the second phase of prayer, we learn how to make more progress with less hard work: "By turning the crank of a waterwheel and by aqueducts, the gardener obtains more water with less labour; and he can rest without having to work constantly." Teresa called this the "prayer of quiet." She called the first phase—the bucket—"ascetical," because it is focused on the work we have to do in order to lay hold of God's grace. The aqueduct, on the other



hand, is “mystical.” We learn how to receive the grace that flows from God with less labour.

It’s at this phase of prayer that the “eyes of our hearts” are opened, and we are able to sense Jesus’ presence more clearly (Ephesians 1:18). Like the aged Simeon in the Temple, we see Jesus as more than just a good person. We see Him as our salvation. We see Him as Someone who loves us deeply and who has the power to release us from sin and lift our hearts to heaven. Seeing Jesus in this way fills us with peace and joy.

One of the best opportunities we have to experience this prayer of quiet is when we receive Communion. Very little work is required here. Jesus comes to us in the form of bread and wine, offering us His grace and His love. Receiving Him humbly, our hearts can be ignited with His love. If only for a second, we may forget about the people around us and the challenges of our lives. We are focused only on honouring Jesus and thanking Him for His love.

According to Teresa, entering into this prayer of quiet is more likely to happen to us after we have been using the “bucket” to draw water for a while. The first phase is much more effective in leading us to the second. For instance, we likely won’t experience this second phase if we receive Communion mainly out of routine and without expectation. We likely won’t experience it if we haven’t been doing the “work” of staying faithful to a structured time of prayer and Scripture reading.

Rivers, Rain, and the Third Heaven

Teresa described the third stage of prayer by talking about a garden that is watered not by a well but by a river or spring. “The Lord so desires to help the gardener here that He Himself becomes practically the gardener and the One who does everything.” Then comes the fourth stage, which she compares to a garden being soaked with a constant rainfall. She speaks of it as a “heavenly water that in its abundance soaks and saturates the entire garden.” Hardly any effort is required, and the garden flourishes.

These two phases have a lot in common. Both have a steady flow of water that comes freely from God and moves us to go out and give this gift away to those who are spiritually dry. The primary difference between the river and the rain is that people who are experiencing heavenly rain are more fully drenched with God’s presence and more fully detached from the world—even to the point of occasionally having out-of-body experiences. At this point, Teresa described her own mystical experiences as well.

If this sounds a bit too eccentric, recall St. Paul’s words to the believers in Corinth: “I know someone in Christ who, fourteen years ago (whether in the body or out of the body I do not know, God knows), was caught up to the third heaven. And I know that this person...was caught up into Paradise and heard ineffable things.” (2 Corinthians 12:2-4) Imagine what it must have been like for Teresa or Paul. They were so filled with the Lord’s presence that it felt as if they were in heaven. They even “heard” and “saw” spiritual truths that they struggled to put into words. These must have been glorious experiences!

Wouldn’t it be a blessing if we could have a similar experience? But neither Paul nor Teresa would say that this is the point of our prayer. We shouldn’t go looking for grand mystical experiences. Rather, all we should be concerned about is drawing closer to God. If we devote ourselves to seeking Him out by drawing water with a bucket, we’ll find the garden of our hearts flourishing. As we become more faithful in carrying that bucket to our garden, He will gradually bring us to the stages of the aqueduct, the river, and the rain. But the most important thing is to keep our eyes fixed on Him and not on the experiences we hope to have.

Don't Give Up!

So keep using your bucket. Keep drawing from the well of God's grace in your daily prayer time. Don't try to force yourself to move from one phase to another. Instead, stay faithful to whatever is helping you now. Take heart in the knowledge that you are drawing divine grace into your heart, and that grace is constantly at work within you. Over time, you'll find that prayer takes less and less effort as you build your own aqueduct and as the aqueduct gives way to a river, which then transforms into a constant, gentle rain.

If there's one thing Teresa insisted on, it's that God doesn't want our prayer to be labourious. He doesn't want it to be drudgery. So even if you are just beginning to draw water from the well, you can be sure that He will reward you with glimmers of His love and His peace. As Teresa herself taught, "Contemplating Jesus is nothing else than a close sharing between friends." So, all we have to do is be sure we are "taking time frequently to be alone with Him who we know loves us."



Christ has no body now,
but yours.

No hands, no feet on earth,
but yours.

Yours are the eyes through
which Christ looks
compassion into the world.

Yours are the feet
with which Christ walks
to do good.

Yours are the hands
with which Christ
blesses the world.

St. Teresa of Avila