

EST. 1956

St. Teresa of Avila Kitchener Diocese of Hamilton

Wisdom of St. Teresa of Avila

*Let nothing disturb you,
Let nothing frighten you,
All things are passing away:
God never changes.
Patience obtains all things
Whoever has God lacks nothing;
God alone suffices.*

- St. Teresa of Avila



DECEMBER 2023

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*For just as the body is one and has many members, and all the members
of the body, though many, are one body, so it is with Christ
(1 Corinthians 12:12)*

FEBRUARY

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JANUARY


1


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 <small>New Year's Day</small> <small>OCTAVE OF CHRISTMAS ENDS THE SOLEMNITY OF MARY, THE HOLY MOTHER OF GOD</small>	2 <small>SEASON OF CHRISTMAS BEGINS ST. BASIL THE GREAT AND ST. GREGORY NAZIANZEN</small>	3	4	5	6
7 <small>EPIPHANY OF THE LORD</small>	8 <small>SEASON OF CHRISTMAS ENDS BAPTISM OF THE LORD</small>	9	10	11 ^{12.1}	12 <small>ST. MARGUERITE BOURGEOYS</small>	13
14 <small>2nd SUNDAY IN ORDINARY TIME</small>	15	16	17 <small>ST. ANTHONY</small>	18	19	20
21 <small>3rd SUNDAY IN ORDINARY TIME</small>	22	23	24 <small>ST. FRANCIS DE SALES</small>	25 ^{12.15} <small>THE CONVERSION OF ST. PAUL, THE APOSTLE</small>	26 <small>ST. TIMOTHY AND ST. TITUS</small>	27
28 <small>4th SUNDAY IN ORDINARY TIME</small>	29	30	31 <small>ST. JOHN BOSCO</small>			

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**The Society of Saint Vincent de Paul
Saint Teresa Conference**

*Our mission is to live the Gospel message
by serving Christ in the poor
with love, respect, justice and joy.*

Haemi International Sanctuary in South Korea on November 29th, 2020
– First Sunday of Advent – the Holy See approved the statues of ‘Haemi International Sanctuary’
Fr. Mary Joseph HAN
Haemi International Sanctuary
13, Seongji 1-ro, Haemi-myeon, Seosan-si, Chungcheongnam-do, Republic of Korea, 31957

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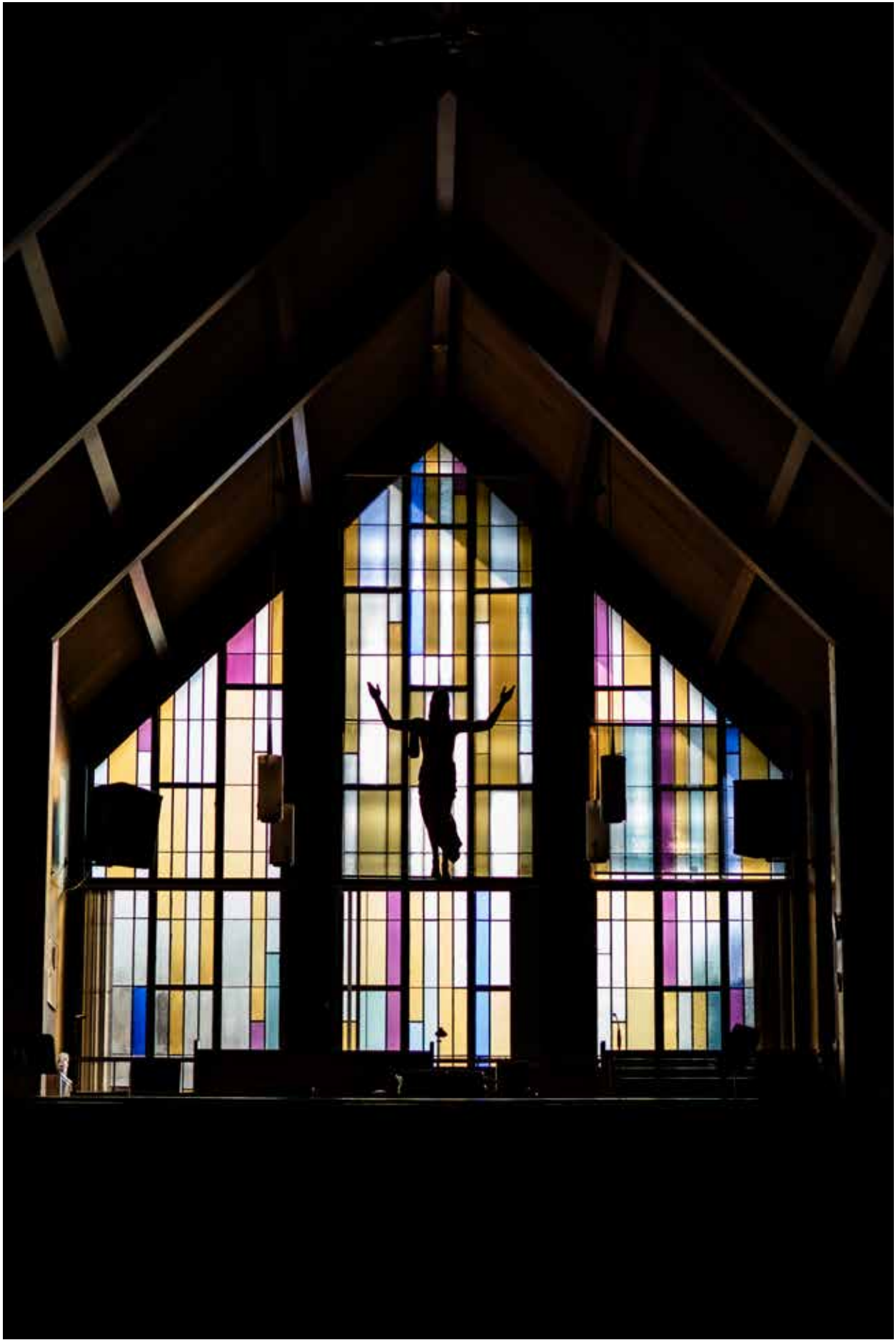
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*For where two or three are gathered in my name,
I am there among them.
(Matthew 18:20)*

MARCH

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FEBRUARY
2

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
					THE PRESENTATION OF THE LORD	
4	5	6	7	8	9	10 ^{1.1}
5 th SUNDAY IN ORDINARY TIME	ST. AGATHA	ST. PAUL MIKI AND COMPANIONS				ST. SCHOLASTICA
11	12	13	14 ^{Valentine's Day}	15	16	17
6 th SUNDAY IN ORDINARY TIME			ASH WEDNESDAY			
18	19 ^{Family Day}	20	21	22	23	24 ^{1.15}
1 st SUNDAY OF LENT				THE CHAIR OF ST. PETER THE APOSTLE		
25	26	27	28	29		
2 nd SUNDAY OF LENT						

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*And teaching them to obey everything that I have commanded you.
And remember, I am with you always, to the end of the age.
(Matthew 28:20)*

APRIL						
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MARCH
3

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
					THE PRESENTATION OF THE LORD	
3	4	5	6	7	8	9
3 rd SUNDAY OF LENT						
10 2.1 Daylight Saving Time starts	11	12	13	14	15	16
4 th SUNDAY OF LENT						
17 St. Patrick's Day	18	19	20	21	22	23
5 th SUNDAY OF LENT		SAINT JOSEPH, SPOUSE OF THE BLESSED VIRGIN MARY				
24 2.15 HOLY WEEK PALM SUNDAY OF THE PASSION OF THE LORD	25	26	27	28	29 Good Friday	30
31 Easter Sunday TRIDUUM OCTAVE THE RESURRECTION OF THE LORD	MONDAY OF HOLY WEEK	TUESDAY OF HOLY WEEK	WEDNESDAY OF HOLY WEEK	THURSDAY OF HOLY WEEK	TRIDUUM FRIDAY OF THE PASSION OF THE LORD	TRIDUUM HOLY SATURDAY

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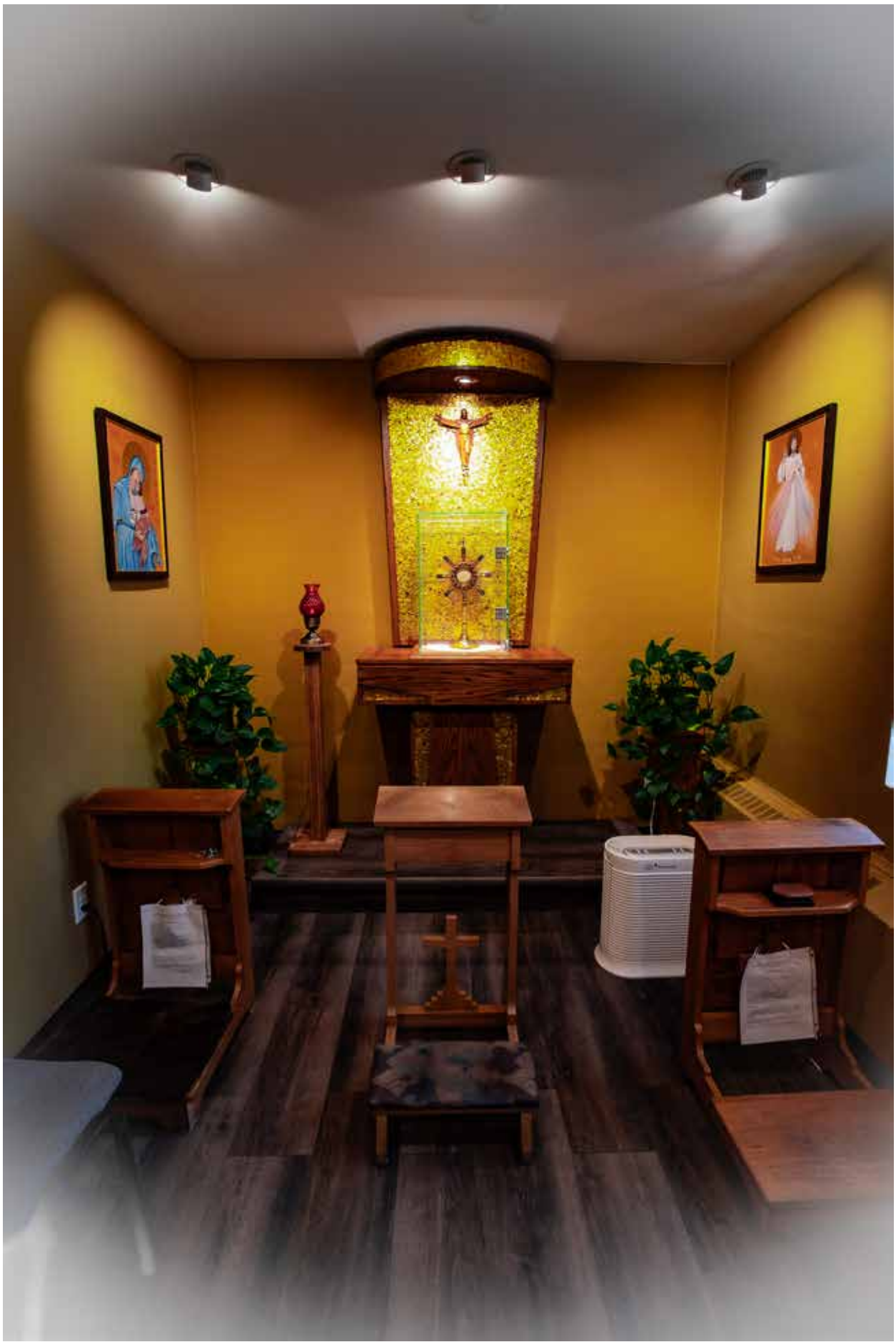


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²⁴ ₃₁	25	26	27	28	29	30

*He humbled himself and became obedient
to the point of death- even death on a cross.
(Philippians 2:8)*

MAY						
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APRIL
4

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 <small>Easter Monday</small>	2	3	4	5	6
	EASTER OCTAVE	EASTER OCTAVE	EASTER OCTAVE	EASTER OCTAVE	EASTER OCTAVE	EASTER OCTAVE
7	8	9 ^{3.1}	10	11	12	13
EASTER OCTAVE 2nd SUNDAY OF EASTER (or OF DIVINE MERCY)	EASTER SEASON THE ANNUNCIATION OF THE LORD			ST. STANISLAUS		
14	15	16	17	18	19	20
3 rd SUNDAY OF EASTER			ST. KATERI TEKAKWITHA			
21	22	23 ^{3.15}	24	25	26	27
4 th SUNDAY OF EASTER				ST. MARK		
28	29	30				
5 th SUNDAY OF EASTER	ST. CATHERINE OF SIENA	ST. MARIE DE L' INCARNATION				

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14	15	16	17	18	19	20
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*His mother said to the servants, “Do whatever he tells you.”
(John 2:5)*

JUNE

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MAY
5


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
				ST. ATHANASIUS	ST. PHILIP AND ST. JAMES	
5	6	7	8 ^{4.1}	9	10	11
6 th SUNDAY OF EASTER	ST. FRANÇOIS DE LAVAL					
12 ^{Mother's Day}	13	14	15	16	17	18
THE ASCENSION OF THE LORD		ST. MATTHIAS				
19	20 ^{Victoria Day}	21	22 ^{4.15}	23	24	25
Season of Easter Ends PENTECOST SUNDAY	BVM, MOTHER OF THE CHURCH 7 TH WEEK IN ORDINARY TIME					
26	27	28	29	30	31	
SOLEMNITY OF THE MOST HOLY TRINITY	8 TH WEEK IN ORDINARY TIME				THE VISITATION OF THE BLESSED VIRGIN MARY	

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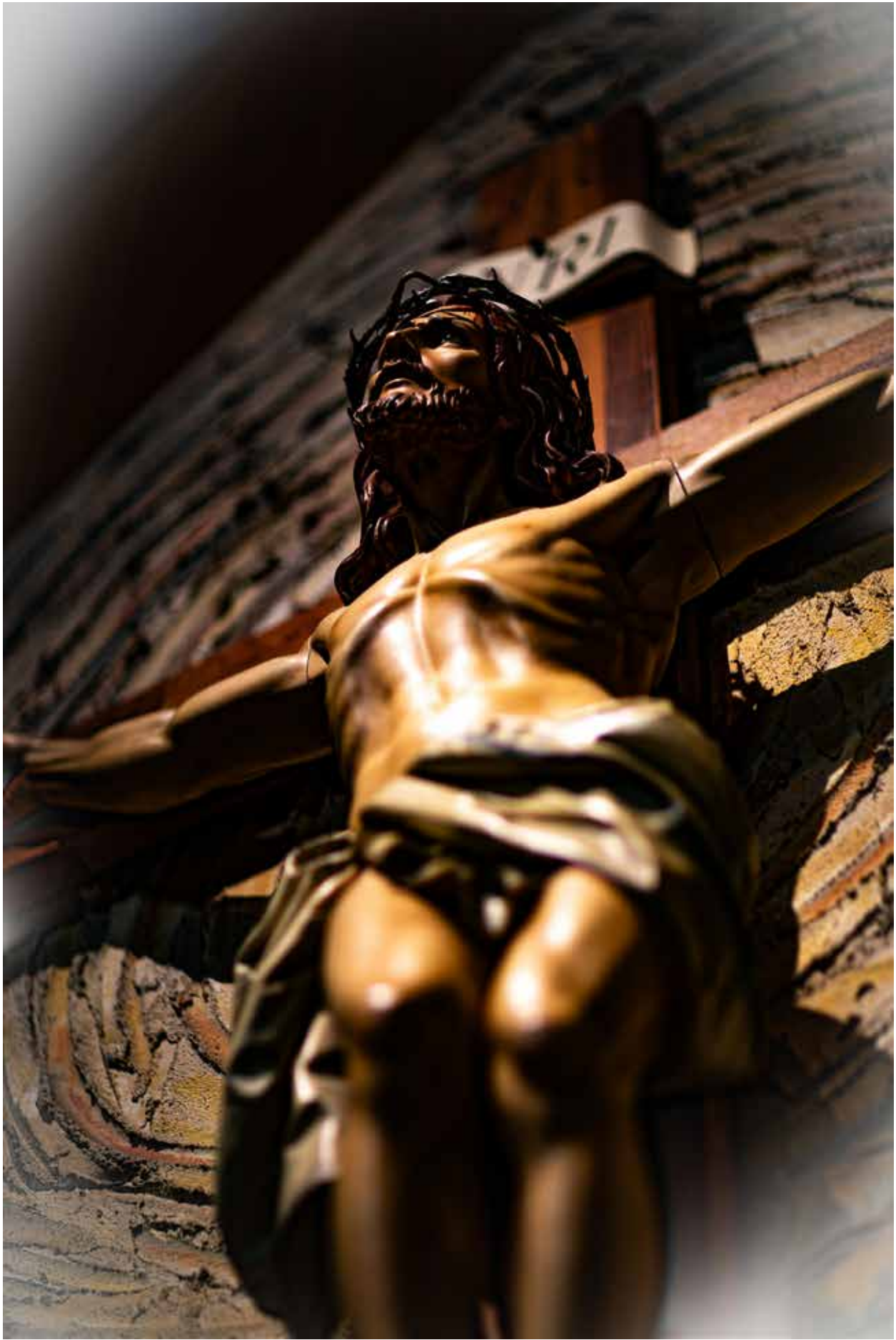
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*Again, Jesus spoke to them, saying, “I am the light of the world.
Whoever follows me will never walk in darkness
but will have the light of life.”
(John 8:12)*

JULY

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JUNE 6


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
						ST. JUSTIN
2	3	4	5	6 ^{5.1}	7	8
SOLEMNITY OF THE MOST HOLY BODY AND BLOOD OF CHRIST	ST. CHARLES LWANGA AND COMPANIONS 9 TH WEEK IN ORDINARY TIME		ST. BONIFACE		THE MOST SACRED HEART OF JESUS	THE IMMACULATE HEART OF THE BLESSED VIRGIN MARY
9	10	11	12	13	14	15
10 TH SUNDAY IN ORDINARY TIME		ST. BARNABAS		ST. ANTHONY OF PADUA		
16 ^{Father's Day}	17	18	19	20 ^{5.15}	21	22
11 TH SUNDAY IN ORDINARY TIME					ST. ALOYSIUS GONZAGA	
23	24	25	26	27	28	29
12 TH SUNDAY IN ORDINARY TIME						
30						
13 TH SUNDAY IN ORDINARY TIME	THE NATIVITY OF ST. JOHN THE BAPTIST				ST. IRENAEUS	SAINTS PETER AND PAUL, APOSTLES

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*But those who wait for the Lord shall renew their strength:
theu shall mount up with wings like eagles; they shall run
and not be weary; they shall walk and not faint.
(Isaiah 40:31)*

AUGUST						
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JULY
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	1 <small>Canada Day</small>	2	3 <small>ST. THOMAS</small>	4	5	6 <small>6.1</small>
7 <small>14th SUNDAY IN ORDINARY TIME</small>	8	9	10	11 <small>ST. BENEDICT</small>	12	13
14 <small>15th SUNDAY IN ORDINARY TIME</small>	15 <small>ST. BONAVENTURE</small>	16	17	18	19	20 <small>6.15</small>
21 <small>16th SUNDAY IN ORDINARY TIME</small>	22 <small>ST. MARY MAGDALENE</small>	23	24	25 <small>ST. JAMES</small>	26 <small>ST. ANNE AND ST. JOACHIM</small>	27
28 <small>17th SUNDAY IN ORDINARY TIME</small>	29 <small>STS. MARTHA, MARY AND LAZARUS</small>	30	31 <small>ST. IGNATIUS OF LOYOLA</small>			


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Saint Teresa Conference**

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by serving Christ in the poor
with love, respect, justice and joy.*

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– First Sunday of Advent – the Holy See approved the statues of ‘Haemi International Sanctuary’**
Fr. Mary Joseph HAN
Haemi International Sanctuary
13, Seongji 1-ro, Haemi-myeon, Seosan-si, Chungcheongnam-do, Republic of Korea, 31957

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JULY						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

*The Eucharist is “the source and summit of the Christian life.”
(CCC 1324)*

SEPTEMBER						
S	M	T	W	T	F	S
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AUGUST
8

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
				ST. ALPHONSUS LIGUORI		
4	5	6	7	8	9	10
18 th SUNDAY IN ORDINARY TIME	Civic Holiday	THE TRANSFIGURATION OF THE LORD		ST. DOMINIC		ST. LAWRENCE
11	12	13	14	15	16	17
19 th SUNDAY IN ORDINARY TIME			ST. MAXIMILIAN MARY KOLBE	THE ASSUMPTION OF THE BLESSED VIRGIN MARY		
18	19	20	21	22	23	24
20 th SUNDAY IN ORDINARY TIME		ST. BERNARD	ST. PIUS X	THE QUEENSHIP OF THE BLESSED VIRGIN MARY		ST. BARTHOLOMEW
25	26	27	28	29	30	31
21 st SUNDAY IN ORDINARY TIME		ST. MONICA	ST. AUGUSTINE	THE PASSION OF ST. JOHN THE BAPTIST		

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AUGUST

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4	5	6	7	8	9	10
11	12	13	14	15	16	17
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25	26	27	28	29	30	31

*For you need endurance, so that when you have done the will of God,
you may receive what was promised
(Hebrew 10:36)*

OCTOBER

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20	21	22	23	24	25	26
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SEPTEMBER
9

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 22 nd SUNDAY IN ORDINARY TIME	2 Labour Day 	3 8.1 ST. GREGORY THE GREAT	4 	5 ST. ALPHONSUS LIGUORI	6 	7
8 23 rd SUNDAY IN ORDINARY TIME	9 	10 8.15	11 	12 	13 ST. JOHN CHRYSOSTOM	14 THE EXALTATION OF THE HOLY CROSS
15 24 th SUNDAY IN ORDINARY TIME	16 ST. CORNELIUS AND ST. CYPRIAN	17 8.15 	18 	19 	20 ST. ANDREW KIM TAE-GŌN PRIEST, PAUL CHÔNG HA-SANG, AND COMPANIONS, MARTYRS	21 ST. MATTHEW
22 25 th SUNDAY IN ORDINARY TIME	23 ST. PIUS OF PIETRELCINA	24 	25 	26 ST. JOHN DE BRÉBEUF AND ST. ISAAC JOGUES AND COMPANIONS	27 ST. VINCENT DE PAUL	28
29 26 th SUNDAY IN ORDINARY TIME	30 National Day for Truth and Reconciliation ST. JEROME					

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SEPTEMBER

S	M	T	W	T	F	S
1	2	3	4	5	6	7
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29	30					

*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 pf Avila)

NOVEMBER

S	M	T	W	T	F	S
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17	18	19	20	21	22	23
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OCTOBER
10


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 <small>ST. THÉRÈSE OF THE CHILD JESUS</small>	2 <small>THE HOLY GUARDIAN ANGELS</small>	3 ^{9.1}	4 <small>ST. FRANCIS OF ASSISI</small>	5
6 <small>27th SUNDAY IN ORDINARY TIME</small>	7 <small>OUR LADY OF THE ROSARY</small>	8	9	10	11	12
13 <small>28th SUNDAY IN ORDINARY TIME</small>	14 <small>Thanksgiving Day</small>	15 <small>FEAST OF ST. TERESA OF AVILA PARISH DAY</small>	16 <small>ST. MARIE-MARGUERITE D'YOUVILLE</small>	17 ^{9.15} <small>ST. IGNATIUS OF ANTIOCH</small>	18 <small>ST. LUKE</small>	19
20 <small>29th SUNDAY IN ORDINARY TIME</small>	21	22	23	24	25	26
27 <small>30th SUNDAY IN ORDINARY TIME</small>	28 <small>ST. SIMON AND ST. JUDE</small>	29	30	31 <small>Halloween</small>		


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OCTOBER

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*And this is the judgment, that the light has come into the world,
and people loved darkness rather than light
because their deeds were evil.
(John 3:19)*

DECEMBER

S	M	T	W	T	F	S
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NOVEMBER

11

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 ^{10.1}	2
3 ^{Daylight Saving Time ends}	4	5	6	7	8	9
31 st SUNDAY IN ORDINARY TIME	ST. CHARLES BORROMEO				ALL SAINTS	COMMEMORATION OF ALL THE FAITHFUL DEPARTED
10	11 ^{Remembrance Day}	12	13	14	15 ^{10.15}	16
32 nd SUNDAY IN ORDINARY TIME	ST. MARTIN OF TOURS	ST. JOSAPHAT				THE DEDICATION OF THE LATERAN BASILICA
17	18	19	20	21	22	23
33 rd SUNDAY IN ORDINARY TIME				THE PRESENTATION OF THE BLESSED VIRGIN MARY	ST. CECILIA	
24	25	26	27	28	29	30
CHRIST THE KING 34 th SUNDAY IN ORDINARY TIME						ST. ANDREW

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NOVEMBER						
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For a child has been born for us, a son given to us; authority rests upon his shoulders; and he is named Wonderful Counselor, Mighty God, Everlasting Father, Prince of Peace (Isaiah 9-6)

JANUARY 2025						
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DECEMBER
12

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 ^{11.1}	2	3	4	5	6	7
1 st SUNDAY OF ADVENT		ST. FRANCIS XAVIER				ST. AMBROSE
8	9	10	11	12	13	14
2 nd SUNDAY OF ADVENT	THE IMMACULATE CONCEPTION OF THE BLESSED VIRGIN MARY			OUR LADY OF GUADALUPE	ST. LUCY	ST. JOHN OF THE CROSS
15 ^{11.15}	16	17	18	19	20	21
3 rd SUNDAY OF ADVENT		Christmas Countdown Begins				
22	23	24 ^{Christmas Eve}	25 ^{Christmas}	26 ^{Boxing Day}	27	28
4 th SUNDAY OF ADVENT			OCTAVE OF CHRISTMAS THE NATIVITY OF THE LORD	ST. STEPHEN	ST. JOHN	THE HOLY INNOCENTS
29	30	31 ^{New Year's Eve 12.1}				
THE HOLY FAMILY OF JESUS, MARY AND JOSEPH	SIXTH DAY WITHIN THE OCTAVE OF THE NATIVITY	SEVENTH DAY WITHIN THE OCTAVE OF THE NATIVITY				

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Thanks To

“Peace be with you.”

(Jn 20:19)

Celza Bonilla

*You attain the goal of [your] faith,
the salvation of your souls.*

(1Peter 1:9)

Young Ae Kim

*I have the strength for everything
through him who empowers me.*

(Phil 4:13)

Kyung Eun Shin

God is love

(1Jn 1:4)

Kyung Mi Cha

Deo Gratias!

Mi Ae Huh

“For to me life is Christ, and death is gain.

(Phil 1:21)

I love all of you. Thank you!

Young Joo (Paula) Jun

If you ask anything of me in my name,

I will do it.

(Jn 14:14)

Joo Hee (Paula) Chang

“Go and do likewise.”

(Lk 10:37)

Woo Jung (Madalen) Ok

“I am the way and the truth” (Jn 14:6)

(Genoveva) Hwang

Deo Gratias!

Joo Hee Yeo

*Why are you downcast, my soul, why do you
groan within me? Wait for God, for I shall again
praise him, my saviour and my God.*

(Ps 42:11)

Sun Ja (Lucy) Kim

*I have the strength for everything
through him who empowers me.*

(Phil 4:13)

Sung Hee (Mary) Oh

It is only by the grace of the Lord that I live.

(1Cor 15:10)

Gi Suk (Teresa) Kim

Be merciful, just as [also]

your Father is merciful.

(Lk 6:36)

Su Jin Chang

*“everyone who calls on the name of
the Lord will be saved.”*

(Rom 10:13)

Mi Young Kim

We are the aroma of Christ for God

(2Cor 2:15)

Kang Sim (Glara) Lee

Blessed are those who trust in the LORD;

the LORD will be their trust

(Jer 17:7)

Sung Ja (Christina) Chung

*you will know the truth,
and the truth will set you free.*

(Jn 8:32)

Juyeong Hong

*You are my friends if you do
what I command you.*

(Jn 15:14)

Kyung Ok (Christina) Kim

Pray without ceasing.

(1Thes 5:17)

Yeon Yoo Kim

*In all circumstances give thanks,
for this is the will of God for you in Christ Jesus.*

(1 Thes 5:18)

Moon Chung Kim

Deo Gratias!

Michaela

Rejoice always.

(1Thes 5:16)

Young Ok Bae

*Your word is a lamp for my feet,
a light for my path.*

(Ps 119:105)

Chong Lan (Teresa) Kim

“Your grief will become joy.”

(Jn 16:20)

I hope so..... Amen

Mi Hwa (Cecilia) Kim

*I will make of you a great nation,
and I will bless you; I will make your name
great, so that you will be a blessing*

(Gen 12:2)

Young Hee (Rosa) Song

God’s teaching is in his heart;

his steps do not falter.

(Ps 37:31)

Eun Mi (Dorotea) Kim

“Trust in the LORD with all your heart”

(Prb 3:5)

Franceska

*Even though I walk through the darkest valley,
I will fear no evil for you are with me; your rod
and your staff, they comfort me.”*

(Ps 23:4)

Won Hee (Rosa) Park

*Have the courage to commit yourself to the truth.
(Have the courage to believe the Good News).
Take courage in the face of life’s difficulties and
injustices.*

St. Pope John Paul II, Denver 1993

Mary Alice & Bill Zister Family

*O give thanks to the Lord, for He is good;
for His steadfast love endures forever.*

(Psalm 107:1, NRSVCE)

Rosemary, Bernie Pickett and Family

Let the children come to me.

Stella Lemieux

*“Father of light, yours is the morning and
yours is the evening. Make Christ, the Sun of
righteousness, shine forever in our hearts and
draw us to the light of that new and eternal day
where you live in radiant glory. We make our
prayer through Christ our Lord. Amen.”*

Hugh & Kitty McDonald