**The Spirit of Lent:**

*Lent is a season of prayer for interior renewal.*

The somber chant of the Miserere (Psalm 51) on Ash Wednesday instills within us the spirit of this season of repentance:

A clean heart create for me, O God,

and a steadfast spirit renew within me.

Cast me not out from your presence,

and your holy spirit take not from me.

Give me back the joy of your salvation,

and a willing spirit sustain in me. (50:12-14)

We pray for the kind of interior renewal that only God’s grace can provide. God’s creative power can remake our hearts and give us back a spirit that longs for God’s presence and the joy of God’s salvation. This is the spirit of Lent, the spirit that lectio divina encourages within us. The season is not about giving up something for God, but about desiring God again, so that he may remake our hearts.

We often think of Lent in terms of self-inflicted suffering and glum acts of penance. But a persistent spirit of sadness and gloominess is not a Christian one. In the gospel reading for Ash Wednesday, Jesus urges us to fast without glumness, to pray without vanity, and to give alms without smugness (Matthew 6:1-6, 16-18). Jesus advocates these traditional practices of Lent not so that we will receive a reward from God or praise from anyone else. Fasting, prayer, and almsgiving, as encouraged by Jesus, are ways of seeking God and responding to his presence.

The practice of lectio divina can purify these disciplines within us. Fasting can help keep our spirits uncluttered by the concerns of the world and more sensitive to listening to God’s voice in Scripture. Prayer behind closed doors can cultivate the quiet focus and purity of heart so necessary for reflective meditation on God’s word. Almsgiving without others noticing it becomes a contemplative response of a transformed heart, which is the result of lectio divina.

Excerpted from Conversing with God in Lent by Stephen J. Binz (The Word Among Us Press, 2010)

**Diocese of Hamilton Prayer Calendar**

February 19 – Rev. Robert Bulbrook

February 20 – Rev. Ron Cote

February 21 – Discalced Carmelite Sisters (O.C.D.)

February 22 – Rev. William Foote

February 23 – Rev. Michael Isabelle

February 24 – Consecrated Virgin Candidates

February 25 – **Second Sunday of Lent**

**Mass Intentions**

**February 19, 2024 – February 25, 2024**

Tuesday, February 20, 2024 – **7:00 p.m.**

**Group Intentions**

**Intentions of Joshua Osoria, Seminarian** – *Ken & Betty*

Wednesday, February 21, 2024 **– 8:30 a.m.**

**+ Carol Reitzel** – *Wayne & Dawn Schnarr*

Thursday, February 22, 2024 – **8:30 a.m.**

**+ Jack & Eileen Krafczyk –** *Bruce Krafczyk*

Friday, February 23, 2024 – **8:30 a.m.**

**+ Jack & Eileen Krafczyk –** *Bruce Krafcyk*

Saturday, February 24, 2024 **–**

**9:00 a.m.** – **+ Odessa Barrett –** *Bill Barrett*

**5:00 p.m**.– **+ Julia Micko –** *Chris Hennebry*

Sunday, February 25, 2024 – **10:00 a.m.**

**Parishioners of St. Teresa Parish.**

**Vocations**

**First Sunday of Lent - February 18, 2024**

Lent: the springtime of the soul...is a time to make a new covenant with God, develop new signs of our relationship with our Creator. Go into your own desert and discover what God is asking of you. If you think God could be calling you to be a priest, religious, or permanent deacon, call:

**Fr. Mark Morley**, Director of Vocations

905-528-7988; vocations@hamiltondiocese.com

**PARISH ANNOUNCEMENTS**

**Lenten Reconciliation – March 15th**

7:00 PM to 9:00 PM

with Fr. Stefano Lee and Fr. Stanley Nwokeji

**Psalm & Lenten Spirituality Talk**

Sister Eileen will be giving a talk on Jesus’ Prayer (Psalm) and Lenten Spirituality on March 15th at 7:00 PM in the Parish Hall. All are welcome to join.

**Pancake Breakfast**

Join us for pancakes, sausages, eggs and REAL maple syrup on **Sunday, February 25th**following Mass. Suggested donation of $10 per person to help cover costs. If you would like to help, please contact Barbara at bmdaly@me.com.

**Counters Needed**

Our parish is in need of volunteer counters after Mass to help with the Sunday collection. If you would like to volunteer, please see the sign-up sheet at the back of the church, or contact the parish office.

**Stations of the Cross**

**Every Friday at 7:00 PM during Lent**

February 16th – led by Fr. Stefano

February 23rd – led by Knights of Columbus

March 8th – led by CWL
March 15th – led by PPC Members

Any individuals or groups who wish to lead stations of the cross, please contact the parish office.

**Saint Vincent de Paul Tax Receipts**

Tax receipts for Saint Vincent de Paul contributions for 2023 were mailed out this past week. If you did not receive one and you made a contribution or the amount on the tax receipt is incorrect, please **DO NOT** call the Church office. Please contact Bernie Pickett by email at berniejpickett@gmail.com or by phone at 519-745-6334. Thank you for your support this past year!

**Bible Study**

We are pleased to announce the good news that St. Teresa of Avila Parish will be hosting a bible study **beginning** **March 1st at 7:40 p.m.** in the Parish Hall.If you are interested in joining, please see the sign-up sheet at the back of the church. The parish will provide the study materials.

**2024 Offertory Envelopes**

A reminder that 2024 Offertory envelopes are still available for pick up at the back of the church until the end of February.

**Flower Donations**

Flower donation envelopes are at the back of the church. Any donation towards the cost of the flowers in the sanctuary would be greatly appreciated, especially as we prepare for a beautiful Easter season.

**Wedding Anniversary Mass**

The Hamilton Diocese Wedding Anniversary Mass will be held at the Cathedral Basilica of Christ the King in Hamilton

on Sunday, May 26, 2024 at 1:30 PM. Please see the Hamilton Diocese website for details and to register. You will also be able to register at the parish.

**Young Adults Night**

**Saturday, March 2nd – Hamilton**

Fr. Mark Morley invites all young adults (ages 20s and 30s) of our diocese to attend an evening of Adoration, fellowship and music for Lent in support of you as you discern your vocation and as we prepare to celebrate Easter. The Young Adults Night includes a Holy Hour (6:30pm-7:30 pm), social with food, vocations testimony, music, and Compline (9:00pm) on Saturday, March 2nd at St. Ann Roman Catholic Parish (120 Sherman Avenue North, Hamilton, ON). Sponsored by the Vocations Office of the Diocese of Hamilton. For more information, please contact: vocations@hamiltondiocese.com

**We are most appreciative of your ongoing**

**prayerful and financial support.**

**Donations to the parish can be made through the use of Sunday Offertory envelopes, Pre-Authorized Giving, CanadaHelps and Interac e-Transfer.**

**Pre-Authorized Giving –** A digital copy of the form can be found on our parish website or call the parish office. Simply print the form, complete it and return it to the Parish Office.

**E-Transfer –** To donate through E-Transfer, please use the following email account:

**stteresakitchener@hamiltondiocese.com**

**CanadaHelps –** To support our parish via **credit** **card** or **PayPal** please visit **canadahelps.org** You can access our parish directly by following this link:

[**https://www.canadahelps.org/en/charities/119110450RR0053-st-teresas-parish/**](https://www.canadahelps.org/en/charities/119110450RR0053-st-teresas-parish/)

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

If you require any further information, please contact the parish office.

**Stewardship Report - February 11th, 2024**

 Sunday Offerings ..…………………………..…

$2,785.85

 $ 60.00

$ 50.00

$ 12.00

$ 5.00

 Seminary Education ..………………………..…

 Flowers ..…………………………..…………...

 Votives ………………………………….……..

 Building Maintenance …………………………

**wisdom of the saints**

*“*When you begin a good work, earnestly pray to God to bring it to perfection”

 – *St. Benedict*

*“*If we are the heirs of Christ, let us abide in the peace of Christ.”

 – *St. Cyprian of Carthage*

**Pope Francis’ Prayer Intention**

**February 2024**

Please join Pope Francis in praying for the terminally ill during the month of January.