

Things to Give Up for Lent

- Lent Fasting Ideas
 Kids / Teen Fasting Ideas
- Give up a favorite toy or game
 - Fast from social media for a day
 - Give up a favorite snack
 - Drink only water at school
 - Play your favorite game, focusing on helping others instead of winning
- General Ideas for Lenten Sacrifices
- Give up electronics after a certain time in the day (i.e., no screens after 8 p.m.)
 - Wake up without hitting the snooze button
 - Shower without hot (with only lukewarm) water
 - Keep the thermostat several degrees cooler
 - Abstain from reading gossip/rumor sites
- Lent Prayer Ideas
 Kids/Teen Prayer Ideas
- Pray on the way to school
 - Pick a relative each day and pray for that person
 - Go to bed five minutes early and spend extra time talking with God
 - Research the name of your church and learn about its origins
 - Go to confession
- Adult Prayer Ideas
- Each morning, scroll through the contacts on your phone. Randomly stop and say a prayer for whichever person you land on
 - Spend a few minutes with Scripture each day
 - Invite a friend to attend Mass with you
 - Attend Adoration of the Eucharist
 - Go to confession
 - Pray the Rosary once a day
- Lent Almsgiving/Charity/Donation Ideas
 Kids/Teens/General Almsgiving Ideas
- Spend time volunteering as a family
 - Allow kids to be the one to place money in the basket during the offertory at Mass
 - Introduce children to a charity and explain to them how and why to donate to it
 - Donate food to a food bank
 - Give a smile to someone you pass who may be living on the street (instead of ignoring them)

Diocese of Hamilton Prayer Calendar	
February 26	– Rev. Zygmunt Baranowski
February 27	– Rev. Timothy Higgins
February 28	– Society of the Sacred Heart of Jesus (R.S.C.J.)
February 29	– Rev. Michael King
March 1	– Rev. Msgr. Earl Talbot (<i>World Day of Prayer</i>)
March 2	– Rev. Ronald Voisin
March 3	– Third Sunday of Lent

Mass Intentions February 26, 2024 – March 3, 2024	
Thursday, February 29, 2024 – 8:30 a.m.	Intensions of Joshua Osoria, Seminarian – Ken & Betty
Friday, March 1, 2024 – 7:00 p.m.	+ Jack & Eileen Krafczyk – Bruce Krafczyk
Saturday, March 2, 2024 – 9:00 a.m.	+ Odessa Barrett – Bill Barrett
5:00 p.m.	+ Carl & Fran Hergott – Barb Hergott
Sunday, March 3, 2024 – 10:00 a.m.	Parishioners of St. Teresa Parish.

**Vocations
 Second Sunday of Lent - February 25, 2024**

If you need examples of persons responding to God’s call, look at Abraham and Sarah - called in old age to leave their country and have a child. Then Abraham was asked to sacrifice that child. What faith! Answering God’s call to be a priest, brother, sister or deacon is also taking a great risk. If you are willing, and think God is calling you to a Church vocation, call:

Fr. Mark Morley, Director of Vocations
 905-528-7988; vocations@hamiltondiocese.com

PARISH ANNOUNCEMENTS

Notice & Mass Schedule Change
Mr. Sung-Chul (Paul) Lee, father of Fr. Stefano (Moung Kyu) Lee, died February 20, 2024 at the age of 94. Please pray for the repose of the soul of **Mr. Sung-Chul (Paul) Lee**, and that Fr. Stefano and his family may be strengthened in their grief with the consolation of our faith.

While Fr. Stefano is away, there will be no weekday Masses. The regular weekday Mass schedule will resume on February 29th, upon Fr. Stefano’s return.

<p>Lenten Reconciliation – March 15th 7:00 PM to 9:00 PM with Fr. Stefano Lee and Fr. Stanley Nwokeji</p> <p>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.</p>

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.

First Friday Mass
 First Friday Mass will be held March 1st at 7 p.m. with Adoration starting at 6 p.m. Confession will be available during Adoration.

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 23 rd	– led by Knights of Columbus
March 8 th	– led by CWL
March 15 th	– led by PPC Members
March 29 th	– led by Parish Adult Youth Group
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 – Start Date Change
 St. Teresa of Avila Parish’s bible study start date has been moved to March **11th 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.

Holy Tridium Schedule	
March 27th , Wednesday of Holy Week	– Evening Prayer and Soup Dinner at 6:00 p.m.
March 28th , Holy Thursday	– Mass at 7:00 p.m.
March 29th , Good Friday	– Stations of the Cross at 2:00 p.m., liturgy at 3:00 p.m.
March 30th , Holy Saturday (Easter Vigil)	– Mass at 7:00 p.m.
March 31st , Easter Sunday	– Mass at 10:00 a.m.

**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/>
 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 18 th , 2024	
Sunday Offerings	\$1,308.60
Seminary Education	\$ 10.00
Flowers	\$ 10.00
Building Maintenance	\$ 20.00

WISDOM OF THE SAINTS
 “God cannot turn away his face from those who cast themselves at his feet with a humble and contrite heart.”
 – *St. Alphonsus Liguori*

**Pope Francis’ Prayer Intention
 February 2024**
 Please join Pope Francis in praying for the terminally ill during the month of January.