

Seven Tips for a Happy Lent

1. Do something every day.

It will be hard to make progress if we don't take on a consistent practice each day during Lent. If you do something only once a week or irregularly it won't form a lasting habit or do much to help you to make a consistently good Lent.

2. Make sure it pushes you.

Unless you're totally addicted, giving up chocolate won't get you very far. Giving up TV, music, alcohol, taking cold showers, regularly volunteering to serve others, doing a holy hour—these are the kinds of difficult practices that push us out of our comfort zone and help us to grow during Lent.

3. Don't forget regular fasting.

Lent arose as a forty day fast. Although there are many other important practices, Lent should involve some kind of change in your eating habits. Consider eating less each day, giving up meat more than once a week, abstaining from alcohol, or fasting a few days a week.

4. Prayer is essential.

Nothing that we do will bear true spiritual fruit without prayer. Giving things up can focus on our own efforts, while Lent aims at union with God. Make sure you are increasing your prayer time each day during Lent.

5. Go to Mass more often.

A great way to pray more each day is to go to Mass at least one additional day each week. This will help us to unite our prayer and penance to Christ, spending time with him in the desert as we fight the battle of Lent. At Mass, we will encounter Christ in his tangible presence.

6. Pick a spiritual book to read.

St. Benedict, the father of monks, ordered that everyone in the monastery choose a spiritual book to read straight through during Lent. It's a good idea for all of us, because a good book can guide our Lenten journey. Two great classics are Thomas a Kempis's, *Imitation of Christ* and St. Francis de Sales's, *Introduction to the Devout Life*.

7. Do something to help others.

The pillars of Lenten spiritual growth are prayer, fasting, and almsgiving. We can forget the third one. If we are coming closer to God, he also wants us to do something to help others during this holy season. Consider doing something to help the poor as an expression of almsgiving.

Vocations

Fourth Sunday of Lent - March 10, 2024

St. Paul reminds us that we are "created in Christ Jesus for good works". If you think God's plan for you could be to be a priest, religious, or permanent deacon, call:

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

Mass Intentions
March 11, 2024 – March 17, 2024

Tuesday, March 12, 2024 – **7:00 p.m.**
Group Intentions

Wednesday, March 13, 2024 – **8:30 a.m.**
Intentions and Health of Irene Pickett – Ken & Betty

Thursday, March 14, 2024 – **8:30 a.m.**
+ Mary St. Cyr – CWL

Friday, March 15, 2024 – **8:30 a.m.**
+ Sung-Chul (Paul) Lee – Pat Wilkins

Saturday, March 16, 2024 –
9:00 a.m. – Parishioners of St. Teresa Parish
5:00 p.m. – Florence Cybulski – Family

Sunday, March 17, 2024 – **10:00 a.m.**
Parishioners of St. Teresa Parish

Diocese of Hamilton Prayer Calendar

March 11 – Rev. Sutherland MacDonald, C.R.
March 12 – Rev. David Mowat, C.R.
March 13 – Lay Parish Ministers
March 14 – Rev. Harry Reitzel, C.R.
March 15 – Rev. Raymond Reitzel, C.R.
March 16 – Rev. Florian Stasinski, C.R.
March 17 – **Fifth Sunday of Lent**
(Canadian Catholic Development & Peace)

PARISH ANNOUNCEMENTS

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.

School Sacrament of Reconciliation
March 20
Group A: 10:45 a.m.
Group B: 1:15 p.m.
Parishioners are welcome to join.

For those who wish to plan First Communion for public school students, please contact the parish office to schedule the First Sacrament of Reconciliation with Fr. Stefano Lee.

Coffee Sunday

Join our fellow parishioners and friends for refreshments, treats, and conversation after the 10 a.m. Mass this **Sunday, March 10th**. Donations are welcome to help cover the cost of refreshments.

Thank You!

Thank you to all who supported our Pancake Breakfast. It was a wonderful event bringing the parish together with good friends and good food!

A particular thank you to those who helped with setup, cooking, serving and cleanup. Thank you to Zehrs at the Stanley Park Plaza for donating pancakes, juice and more! Thank you to those who donated maple syrup and coffee!

Lenten Confessions in Kitchener

Tuesday, March 12th, St. Mark
at 7:00 p.m.

Thursday, March 14th, St. Teresa
at 7:00 p.m.

Tuesday, March 19th, St. Joseph
at 7:00 p.m.

Wednesday, March 20th at St. Aloysius
at 7:00 p.m.

Thursday, March 21st at Blessed Sacrament
at 7:00 p.m.

Friday March 22nd at St. Anthony Daniel
at 7:00 p.m.



Stations of the Cross
Friday during Lent

March 15th at 6:00 p.m.– led by PPC Members
March 29th (Good Friday) at 2:00
– led by Parish Adult Youth Group

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

Liturgical Flower Arrangement Team

We are looking for volunteers who would love to worship God with liturgical flower decoration. If you are interested in liturgical flower decoration in the church, please contact the parish office or Fr. Stefano Lee.

We are now accepting flower donations for Easter!

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.



Holy Week Schedule

March 24th, Palm Sunday of the Passion of the Lord
Mass on Saturday at 5:00 p.m. and on Sunday at 10 a.m.

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.
(Collection for the Holy Land)

March 30th, Holy Saturday (Easter Vigil)
No Saturday morning Mass,
Easter Vigil Mass at 7:00 p.m.

March 31st, Easter Sunday
Mass at 10:00 a.m.



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.

Stewardship Report – March 3rd, 2024	
Sunday Offerings	\$2,831.95
Votives	\$ 16.00
Flowers.....	\$ 60.00
Building Fund.....	\$ 25.00
Easter Offerings.....	\$ 25.00
Stella Dombroski Memorial Donations.....	\$1,110.00

Fr. Stefano offers his sincere gratitude to all the parishioners who prayed for Paul Lee (Fr. Stefano's father) and his family.

Wisdom of the Saints

“God is the living light in every respect. From God all lights shine. Therefore, we remain a light that gives off light through God.”

-- St. Hildegard of Bingen

Pope Francis' Prayer Intention
March 2024

Please join Pope Francis in praying for the new martyrs during the month of March.