

Reflecting on the Lenten Season

People often don't look forward to Lent. Childhood memories of giving up candy or sitting through weekly Stations of the Cross come immediately to mind. Words like "sacrifice," "discipline," and "self-denial" are often used in ways that suggest that Lent is something to be endured rather than a time of grace and spiritual growth. Have you ever thought of Lent as a yearly second chance? Each year the Church gives us six weeks to take a long, loving look at our lives to see if our values and priorities are in line with God's desires for us. Since most of us find that we've wandered from God's path, Lent becomes that second chance, or do-over, to "return to God with our whole heart."

We're highlighting Lenten practices and memories of people who have shared their stories with us. Their experiences range from pious and traditional to creative and out-of-the-ordinary, but all of them represent attempts to make the season of Lent a meaningful time of prayer, fasting, and almsgiving for themselves, their loved ones, and their communities. Invite family members to share their thoughts, hopes, and desires for Lent. Decide to support one another in whatever you choose to do. As you journey through this annual second chance, remember that each step brings you closer to the welcoming arms of our loving God.

... Let the wisdom and spirit of these stories inspire you in your own Lenten journey.

Around the breakfast table: One of my best Lenten practices was begun when my children were in elementary school and I was a working parent. It seemed as though we were struggling to find time to eat dinner as a family and this was greatly disturbing me. I decided that if we were unable to hold the dinner hour sacred due to work schedules and after school activities, I would instead hold the breakfast hour sacred. I made sure to get up each morning during Lent just a little earlier so that I could not only provide breakfast for my family but actually sit together, pray our meal prayer and begin each day on a happy note. It began in Lent and didn't end until my children went off to college many years later. I learned that Lenten habits could carry far off into the future with my family. The impact was dramatic in that each day was started with a prayer and positive attitudes. Breakfast became and remains one of our favorite rituals of the day. Roberta, IL

Drawing a prayer: I took time every day to draw in a sketchbook. I called the time my "God Time." I wanted to make each day of Lent special by taking time to reflect on God and my relationship to God. Barbara, OH

Vocations

Fifth Sunday of Lent - March 17, 2024

Unless a seed first dries out and dies, it cannot be planted in the earth to grow. Unless we die to our selfish ways, we cannot expect to be people who will "lay down their lives for their friends". If you think God is calling you to lay down your life as a priest, religious or deacon for His Church, call:

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

**Mass Intentions
March 18, 2024 – March 24, 2024**

Tuesday, March 19, 2024 – **7:00 p.m.**

Group Intentions

Wednesday, March 20, 2024 – **8:30 a.m.**

+ **Carol Reitzel** – *Margorie Reitzel*

Thursday, March 21, 2024 – **8:30 a.m.**

Intentions of Joseph Fehrenbach – *Doris Paleczny*

Friday, March 22, 2024 – **8:30 a.m.**

+ **Amaro Rodrigues** – *Rodrigues Family*

Saturday, March 23, 2024 –

9:00 a.m. – + **Dave Tschirhart** – *Pat Wilkins*

5:00 p.m. – + **Scott Weiler** – *Don & Pat Weiler*

Sunday, March 24, 2024 – **10:00 a.m.**

Parishioners of St. Teresa Parish

Diocese of Hamilton Prayer Calendar

March 18 – Rev. Ken Miskiewicz

March 19 – **St. Joseph, Patron of Canada & the Universal Church**

March 20 – Franciscan Fathers (O.F.M.)

March 21 – Rev. Msgr. Dennis Noon

March 22 – Rev. Donald Sanvido

March 23 – Permanent Diaconate Candidates

March 24 – **Palm Sunday of the Passion of the Lord**

PARISH ANNOUNCEMENTS

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.

Lenten Prayers and Simple Soup Supper

Wednesday March 27th 6:00 PM

Join us as we begin our final journey to the death and resurrection of Jesus. Prayers will begin at 6:00 PM, followed by soup and fellowship in the parish hall. If you would like to make a soup for the evening, help with setup or cleanup, please contact Barbara Daly at bmdaly@me.com or 519-635-2604.

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 22nd at 7:00 p.m.

March 29th (Good Friday) at 2:00 p.m.

– 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 10th, 2024

Sunday Offerings	\$2,049.00
Flowers.....	\$ 115.00
Building Fund.....	\$ 200.00
Easter Offerings.....	\$ 200.00

Wisdom of the Saints

“Arm yourself with prayer rather than a sword; wear humility rather than fine clothes.”

-- *St. Dominic*

“God will always be attentive and provide us with whatever is necessary. When all shall fail us, then God will take care of us, and then all will not fail us since we shall have God, who must be our all.”

-- *St. Frances de Sales*

**Pope Francis' Prayer Intention
March 2024**

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