

EST. 1956

St. Teresa of Avila Kitchener
Diocese of Hamilton

St. Teresa of Avila Parish

44 Leonard St., Kitchener, Ontario N2H 6C8 519-743-4525
e-mail stteresakitchener@hamiltondiocese.com www.stteresakit.ca

Facebook www.facebook.com/stteresakit

Parish Office Hours

Mon, Tues, Thurs & Fri
9:00 a.m. - 12:00 p.m.
1:00 p.m. - 5:00 p.m.

Wednesday:
Office Closed

Weekday Liturgy Schedule

Tuesday Evening: 7:00 p.m.
Wednesday Evening: 7:00 p.m.
Thursday & Friday Mornings: 8:30 a.m.
Saturday Morning: 9:00 a.m. (excluding August)
Please check inside for schedule changes.

Saturday Liturgy: 9:00 a.m. & 5:00 p.m. Sunday Liturgy: 10:00 a.m.

Adoration and Mass: First Friday of each month.
Mass at 7:00 p.m.

Pastor

Father Stefano Lee

Parish Office Administrator

Claire Rouleau

Business Administrator

David Agnew

Custodian

Kabsoo Park

Divine Mercy Chapel Coordinator

Sandra Naklowski
226-789-1259

Parish School

St. Teresa School
Principal: Pamela Baillie
Secretary: Connie Rawski
519-743-2131

NEW PARISHIONERS: WELCOME! Please introduce yourself to Father Stefano Lee and complete a registration form located in the pamphlet rack at the church doors.

PARISH RECORDS: Our parish records are very important and we try to keep them as up to date as possible. Please advise the Parish Secretary if you change your address or telephone number.

SACRAMENT OF BAPTISM: Please contact the Parish Office for an appointment. Baptisms will be scheduled for the last Sunday of the month. Please contact the pastor to schedule individual baptisms.

SACRAMENT OF RECONCILIATION:
6:30-6:50 p.m. on Wednesdays and 8:30-8:50 a.m. on Saturdays.

SACRAMENT OF MARRIAGE:
Engaged couples contact Parish Priest one year in advance.

HOSPITAL & HOME VISIT/SACRAMENT OF THE SICK:
Please inform the parish office to arrange a pastoral visit. For hospital emergencies, a priest is always on call through the hospitals.

ADORATION OF THE BLESSED SACRAMENT:
Monday to Friday - 9:00 a.m. to 7:00 p.m. in the Divine Mercy Chapel and First Fridays at 6:00 p.m. in the church.

PARISH BULLETIN: News items for the bulletin must be into the parish office *in writing* by noon on Sunday.

Vocations: www.vocationinfo.ca

Catholic Cemeteries of the Diocese of Hamilton: www.thecatholiccemeteries.ca

PARISH BEQUEST: *Keep your love for your parish alive! Please remember St. Teresa of Avila Parish in your Will and when recommending your expressions of sympathy.*

Series – Catechism of the Catholic Church

Paragraph 6. Man

360 Because of its common origin the human race forms a unity, for "from one ancestor (God) made all nations to inhabit the whole earth":²²⁶

O wondrous vision, which makes us contemplate the human race in the unity of its origin in God. . . in the unity of its nature, composed equally in all men of a material body and a spiritual soul; in the unity of its immediate end and its mission in the world; in the unity of its dwelling, the earth, whose benefits all men, by right of nature, may use to sustain and develop life; in the unity of its supernatural end: God himself, to whom all ought to tend; in the unity of the means for attaining this end;. . . in the unity of the redemption wrought by Christ for all.²²⁷

361 "This law of human solidarity and charity",²²⁸ without excluding the rich variety of persons, cultures and peoples, assures us that all men are truly brethren.

II. "BODY AND SOUL BUT TRULY ONE"

362 The human person, created in the image of God, is a being at once corporeal and spiritual. the biblical account expresses this reality in symbolic language when it affirms that "then the LORD God formed man of dust from the ground, and breathed into his nostrils the breath of life; and man became a living being."²²⁹ Man, whole and entire, is therefore willed by God.

363 In Sacred Scripture the term "soul" often refers to human life or the entire human person.²³⁰ But "soul" also refers to the innermost aspect of man, that which is of greatest value in him,²³¹ that by which he is most especially in God's image: "soul" signifies the spiritual principle in man.

364 The human body shares in the dignity of "the image of God": it is a human body precisely because it is animated by a spiritual soul, and it is the whole human person that is intended to become, in the body of Christ, a temple of the Spirit:²³²

Man, though made of body and soul, is a unity. Through his very bodily condition he sums up in himself the elements of the material world. Through him they are thus brought to their highest perfection and can raise their voice in praise freely given to the Creator. For this reason man may not despise his bodily life. Rather he is obliged to regard his body as

good and to hold it in honour since God has created it and will raise it up on the last day²³³

365 The unity of soul and body is so profound that one has to consider the soul to be the "form" of the body:²³⁴ i.e., it is because of its spiritual soul that the body made of matter becomes a living, human body; spirit and matter, in man, are not two natures united, but rather their union forms a single nature.

Taken from: vatican.va/archive/ENG0015/_INDEX.HTM

<p>Mass Intentions March 16, 2026 – March 22, 2026</p> <p>Wednesday, March 18, 2026 – 7:00 p.m. + Jack & Eileen Krafczyk – <i>Bruce Krafczyk</i></p> <p>Thursday, March 19, 2026 – 8:30 a.m. + Jack & Eileen Krafczyk – <i>Bruce Krafczyk</i></p> <p>Friday, March 20, 2026 – 7:00 p.m. For the Healing of Norman Collier – <i>Theresa Schaefer</i></p> <p>Saturday, March 21, 2026 9:00 a.m. - + Patrick Carr – <i>Helene Meier</i> 5:00 p.m. - + Leona & Sheldon Grobe – <i>Peter Grobe</i></p> <p>Sunday, March 22, 2026 – 10:00 a.m. Parishioners of St. Teresa Parish</p>

<p>Diocese of Hamilton Prayer Calendar</p> <p>March 16 – Very Rev. Msgr. Cornelius O’Mahony March 17 – Rev. Patras Samuel Masih March 18 – Franciscan Fathers O.F.M. March 19 – Rev. Tony O’Dell, O.M.I March 20 – Parish & Chancery Staff March 21 – Rev. Harry Reitzel, C.R. March 22 – Fifth Sunday of Lent</p>
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Stewardship Report – March 8th, 2026	
Sunday Offerings	\$ 1,663.00
Building & Maintenance.....	\$ 165.75
Seminarian Education.....	\$ 100.00
Initial Offerings.....	\$ 15.00
Votives.....	\$ 19.50

We are most appreciative of your ongoing prayerful and financial support for our parish, especially during our present time of financial need.

Donations to the parish can be made through the use of Sunday Offertory envelopes, Pre-Authorized Giving, E-Transfer, and CanadaHelps. When you are traveling, please consider switching to E-transfer donations in your absence.

If you require further information on how to give, please contact the parish office, or visit the parish website for more details.

Parish Announcements

Parish Lenten Schedule

Fridays at 7:00 p.m. during Lent

Mass followed by the Stations of the Cross

Thursday, March 19th at 7:00 p.m.

First Sacrament of Reconciliation for First Holy Communion Candidates

Wednesday, March 25th following the 7:00 p.m. Mass

Parish Lenten Sacrament of Reconciliation

Holy Week Schedule

Holy Thursday Mass, April 2nd at 5:00 p.m.

Good Friday Liturgy, April 3rd at 3:00 p.m.
Begins with Stations of the Cross

Easter Vigil Mass, April 4th at 5:00 p.m.

Easter Sunday Mass, April 5th at 10:00 a.m.

Notice – Weekday Mass Schedule

A reminder that as Fr. Stefano returns from vacation this week, our regular weekday Mass schedule will resume on March 18th.

Parish Sacrament of Reconciliation Changes

Parish confession times have been updated to reflect our parish needs. Confessions will now be offered from 6:30 to 6:50 p.m. on Wednesdays and 8:30 to 8:50 a.m. and 4:30 to 4:50 p.m. on Saturdays.

Divine Mercy Chapel

We have openings in the chapel for Mondays at 3:00 to 4:00 p.m., Thursdays at 2:00 to 3:00 p.m., and Fridays at 3:00 to 4:00 p.m. Come and spend a quiet hour with Jesus. Please contact Sandra Nakluski - 226-789-1259.

Anniversary Blessing

Married couples celebrating an anniversary who wish to have their marriage blessed and do vow renewals, please contact the parish office to arrange with Fr. Stefano.

Connecting with a Priest While in Hospital

Parishioners who are hospitalized and require a priest are encouraged to notify the hospital nurses, who will connect you with the chaplain. If the chaplain unavailable, they will help you connect with the on-call priest. If the on-call priest is unavailable, please contact Fr. Stefano by calling (519) 743-4525 and dialing either line.

Diocese Announcements

The Diocesan Wedding Anniversary Mass

Are you celebrating your 25th, 40th, 50th, 60th, or 60+ Wedding Anniversary in the year 2026? You are cordially invited to join Bishop Dabrowski and couples from across the Diocese of Hamilton for a Wedding Anniversary Mass on Sunday, May 31, 2026 at the Cathedral Basilica of Christ the King in Hamilton at 1:30 pm. (Space allows room for Anniversary couples only - those married 60 years or more may bring one guest if you require assistance). Registration is found under Upcoming Events on the home page at hamiltondiocese.com, or call the Family Ministry Office at 905-528-7988 ext. 2249.

Listening and Fasting: Pope Leo XIV's Message for Lent 2026

To read Pope Leo's message, and download a helpful infographic, visit the Dicastery for Integral Human Development here: www.humandevlopment.va.

Jubilee Year of St. Francis of Assisi

From Jan 10, 2026 to Jan 10, 2027, the Church marks a special Jubilee Year of Saint Francis of Assisi on the 800th anniversary of his death. During this year, the faithful may obtain a plenary indulgence by fulfilling the usual conditions and engaging in acts inspired by the Franciscan spirit. To learn more about this Holy Year, visit <https://bit.ly/yearoffrancis>.

The Journey Continues: The Synod on Synodality

The Synod on Synodality is not over! The Universal Church has entered the "Implementation Phase" (2025-2028), inviting a careful reading of the final document of the Synodal journey to help shape a more listening, participatory church. You are encouraged to read the final document of the Synod on Synodality, described by Pope Francis as a 'Gift to the People of God.'

Access it at www.synod.va.

Wisdom of the Saints

"Perseverance: a gratuitous grace, yet forfeited so often!"

– St. Elizabeth Ann Seton

Pope Leo XIV's Prayer Intention for March 2026

For disarmament and peace:

Let us pray that nations move toward effective disarmament, particularly nuclear disarmament, and that world leaders choose the path of dialogue and diplomacy instead of violence.

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