

St. Teresa of Avila Parish

Missionary Oblates of Mary Immaculate
44 Leonard St., Kitchener, Ontario, N2H 6C8 Phone: 519-743-4525
E-mail: st.teresa@stteresakit.ca www.stteresakit.ca

First Sunday of Lent

March 6, 2022

St. Teresa of Ávila

“To have courage for
whatever comes in
life - everything lies
in that.”



Parish Staff & Organizations

Pastor: Fr. Marian Gil, OMI
Parish Secretary: Mary Steffler
Business Administrator: David Agnew
Facilities Manager: Jack Pigeau

Volunteer Gardeners: Jim Weber,
Stella Lemieux, Fatima Pacheco,
Magie Navaleza, Betty Skinner

Baptism Preparation Team:

CWL President: Mary Alice Zister

Lector Co-ordinator: Mary Steffler

Eucharistic Minister Co-ordinator:

Kim Voelzing

Adoration Chapel Co-ordinators:

Herb Altman – 519-893-4793 or
Rosemary Mussar – 519-743-5656

Prayer Group:

Magie Navaleza - 519-588-8668

Finance Council Chair:

Don Pickett, Jr.

Pastoral Council Chair:

Barbara Daly

St. Vincent de Paul:

Bernie & Rosemary Pickett
519-749-1501

St. Teresa School

Principal: Mr. Brian Goodyear
Secretary: Mary Lavigne
519-743-2131

Parish Office Hours

Monday - Friday
9:00 a.m. – 12:00 p.m.
1:00 p.m. – 3:00 p.m.

Wednesday – Office Closed

Saturday Liturgy:

9:00 a.m. (except in August)
5:00 p.m.

Weekday Schedule

Please check inside for
weekly schedule

Sunday Liturgy:

10:00 a.m.

Confession: 30 min. before Mass; Sat., 4:15 – 4:45 p.m.

Healing Mass: First Friday of each month
(September – June) – 7:00 p.m.

Prayer Meeting: Temporarily suspended

First Sunday of Lent

Traditionally on this First Sunday of Lent the Gospel (Luke 4:1-13) speaks of the temptations of Jesus in the desert. Jesus has just completed His forty days of preparation in the desert and He now faces one more test before He begins His mission. Jesus had three encounters with the Evil One. Rather than just seeing them as three consecutive temptations happening almost simultaneously at a particular moment, we should perhaps see them as three key areas where Jesus was tempted to compromise His mission during His public life. They were not just passing temptations of the moment but temptations with which He was beset all through His public life.

The first temptation (to change stones into bread) and **the third** (to jump from the top of the Temple) try to turn Jesus away from His role as the Servant-Messiah to become an eye-catching, self-serving superstar. “Follow me because I am the greatest.” **The second temptation** (to worship the devil who can give power and wealth) tries to entice Jesus away from the true direction of all human living – the love and service of God and His creation. He is being lured from setting up a Kingdom of love and service to controlling an empire of minions. Finally, before we leave today’s Gospel, let us not overlook its final sentence: “The devil left Him to return at the appointed time.” The battle with evil was not over for Jesus. It will occur again and again at various stages in His life, right up to and especially at those last hours in the garden and on the Cross. For us, too, the battle against evil never stops.

Why this season of Lent? For those of us who are old enough to remember, Lent in the past was not, in some respects, a time we looked forward to. Fasting and abstinence, not to mention other forms of penance, were in force and it was a serious business. Easter was looked forward to with real anticipation. Our attitudes to Lent tended to be on the gloomy and negative side. Perhaps nowadays we have gone to the other extreme where Lent hardly means anything at all. **“You mean Lent has started already? Really, I had no idea!** Easter will be on top of us before we know where we are and I haven’t bought a thing!” The Church provides Lent (six weeks) almost like an annual retreat, a time for deepening the understanding of our Christian faith, a time for reflection and renewal, a time to make a fresh start. If, in past years, we let it go by largely unnoticed, let this year be a little different. Let it be a second spring in our lives. Let it mean something in our discipleship with Christ.

“Christ has no body now, but yours. No hands, no feet on earth, but yours. Yours are the eyes through which Christ looks compassion into the world.”

St. Teresa of Ávila

Diocese of Hamilton
Prayer Calendar

- March 7 – Rev. Patrick Ohl
- March 8 – Rev. Jerzy Tomon
- March 9 – Sisters of St. Joseph of Cluny (S.J.C.)
- March 10 – Rev. Francisco Sordo
- March 11 – Rev. David Perrin
- March 12 – Very Rev. Wojciech Kuzma
- March 13– **Second Sunday of Lent**

Vocations

**First Sunday of Lent
March 6, 2022**

Jesus was led by the Holy Spirit into the desert for forty days of prayer and fasting. Are you open to being led by the Holy Spirit into the life-commitment God has prepared for you? If God is calling you to be a priest, religious or deacon, contact Bishop Wayne Lobsinger, Director of Vocations and Priestly Formation, Diocese of Hamilton – (905-528-7988)

vocations@hamiltondiocese.com
<https://hamiltondiocese.com/vocations/>

Serra Prayer for Vocations

O God, Who wills not the death of a sinner, but rather that he be converted and live, grant we beseech You, through the intercession of the Blessed Mary ever Virgin, Saint Joseph her spouse, Saint Junipero Serra, and all the saints, an increase of labourers for Your church, fellow labourers with Christ to spend and consume themselves for souls, through the same Jesus Christ, Your Son, Who lives and reigns with You in the unity of the Holy Spirit, One God forever and ever. Amen.

Preparing for Confirmation and First Communion & Reconciliation – *Important Dates:*

Confirmation –

March 9, 2022 at 7:00 p.m. – Catechetical Session 4: “*Confirmed in the Spirit*” (parents & candidates)

First Reconciliation and First Communion –

March 6, 2022 at 10:00 a.m. – *Holy Mass – blessing of the Rosary and Medallions* (parents and candidates)

March 10, 2022 at 7:00 p.m. - Catechetical Session 4: “*We Prepare for reconciliation*”. (parents & candidates)

The Divine Mercy Chapel – Adoration of the Most Blessed Sacrament has resumed in the Divine Mercy Chapel, **Monday to Friday, 9 a.m. to 8 p.m.** We look forward to our Adorers continuing with their hours. Please see the Chapel Guidelines as you enter the chapel. If you would like to sign up for an hour, please call the parish office at 519-743-4525.

Mass Intentions for 2022 – The offering of Mass for the deceased, the sick, a personal intention, in thanksgiving, a special intention such as an anniversary, birthday, etc. is an act of deep faith and a most excellent way of remembering a loved one. Please call the parish office if you would like to request a Mass.

Stations of the Cross – We would like to invite all parishioners to join us during Lent for the Stations of the Cross on Fridays at 7:00 p.m. Parish Groups who would be willing to read the meditations during this devotion, are asked to please contact the parish office at 519-743-4525.

Children’s Choir – Our parish is organizing a Children’s Choir. Those who would like to join this group and develop their talents, are asked to please contact our parish office. The deadline for registration is June 30, 2022.

Lectors/Ushers – We are currently in need of more volunteers to Lector and/or Usher at the Saturday Vigil and Sunday Masses. If you would be willing to serve in either capacity, please call the parish office. Thank you.

**Mass Intentions
March 7, 2022 – March 13, 2022**

Tuesday, March 8, 2022 – **7:00 p.m.**
Living and deceased members of the CWL - CWL

Wednesday, March 9, 2022 – **8:30 a.m.**
+ Mr. and Mrs. William Hoffarth – Ann Snyder & Family

Thursday, March 10, 2022 – **8:30 a.m.**
+ Katharina Bortscher – Bill & Mary Alice Zister

Friday, March 11, 2022 – **8:30 a.m.**
+ Lennie & + Charlie Hoffarth – Ann Snyder & Family
7:00 p.m. – *Stations of the Cross*

Saturday, March 12, 2022 –
9:00 a.m. – **+ Robert Sexton – Lisa Maenpaa**
5:00 p.m. – **+ Deceased members of the Beupre Family – Pat & Dan Weiler & Family**

Sunday, March 13, 2022 – **10:00 a.m.** –
Second Sunday of Lent – Year C – Parishioners of St. Teresa Parish

Live-streaming on Zoom

The **10 a.m. Sunday Mass** will be live-streamed.
To join Father, click on the following link:
<https://zoom.us/j/5887658626>
Password: 274733

Daily Readings:

Lectors may find daily readings at this link:
<https://readings.livingwithchrist.ca>

First Friday – March 4, 2022
Adoration, Mass, Stations of the Cross
Adoration begins at 6 p.m.
Confession will be available
Mass at 7 p.m.
Stations of the Cross at 7:35 p.m.

Stewardship Report

It is a wonderful blessing to be able to gather, as a parish community, in the church. We would ask you to continue to keep our parish in your prayers and prayerfully consider continuing your donations.

We have several ways to support our parish –

Pre-Authorized Giving

A digital copy of the form may be found on our parish website. Simply print the form and complete it. For those unable to print the digital copy, please contact the Parish Office. Completed forms can be returned to the Parish Office via the slot in the Parish Office door or can be mailed to: St Teresa of Avila Parish, 44 Leonard St., Kitchener, ON N2H 6C8

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 are attending Mass, donations may be placed in the collection basket as you leave Mass; or during the Offertory, when it is taken up, at the usual time.

Gifts may also be sent directly to our parish through the mail: **St. Teresa of Avila Parish, 44 Leonard St., Kitchener, ON N2H 6C8** or you may drop off **cash** or **cheque**, securely, at the Parish Office, through the mail slot in the wooden door, behind the white storm door. Please be sure to include your name, address and phone number or use your donation envelope.

Continuing support of our parish is an act of generosity and faith. We are very grateful for any contributions you may be able to make at this time.

Stewardship Report February 27, 2022

Envelopes	\$ 1626.00
Loose	\$ 61.60
Building and Maintenance	\$ 233.00
Initial Offering	\$ 55.00
Seminary Education	\$ 15.00
Mary, Mother of God	\$ 15.00
Needs of the Church in Holy Land (Good Friday)	\$ 5.00
Pope’s Pastoral Works	\$ 5.00
Share Lent	\$ 5.00
Easter	\$ 5.00
Votive Candles	\$ 143.10

LENT
2022

John B. Miller & Friends

Join us for Stations of the Cross followed by a Concert

Mar. 4 - Basilica of Our Lady, Guelph
 Mar. 11 - Our Lady of Lourdes Church, Waterloo
 Mar. 18 - Blessed Sacrament Church, Kitchener
 Mar. 25 - St. Teresa Church, Kitchener
 Apr. 1 - St. Mary Church, Kitchener
 Apr. 8 - St. John Church, Kitchener

All events start at 7pm. A \$10 cash donation is appreciated.
 Contact us at www.johnbmiller.ca or facebook.com/johnbmillerandfriends

Lenten Concert – March 25, 2022 – Mark your calendar! John B. Miller (musician who played over Christmas) will be here with other musicians to present a Lenten Concert.

The evening will begin at 7:00 p.m. with Stations of the Cross, followed by a Lenten-themed concert. A \$10 cash donation is appreciated. Contact us at

www.johnbmiller.ca
facebook.com/johnbmillerandfriends

Coffee Sunday – March 13, 2022 Presentation of 2021 Financial Report

Please join us following the 10:00 a.m. Mass on Sunday, March 13, 2022 for Coffee Sunday in the Parish Hall. The Financial Report for 2021 will be presented at the Saturday Vigil Mass on March 12, 2022 and Sunday, March 13, 2022 at the 10 a.m. Mass. We hope to see you here!



CWL - Reminder to our members that membership dues of \$25.00 for 2022 are due. We have received dues from more than 1/2 of our members but hope that we can receive the remainder soon. Please place your membership in an envelope with your name and CWL membership written on it and place it in the collection basket.



DIOCESE OF HAMILTON

Ukraine Humanitarian Crisis - Parishioners wishing to make a donation to the Ukraine Humanitarian Crisis can do so online through Development & Peace at: https://www.devp.org/en/wp_press_release/solidarity-prayers-and-support-for-ukraine-development-and-peace-joins-relief-efforts/ or by calling 1-888-664-3387

A reminder to please be careful of texts or e-mails seeking donations to support Ukraine. If anyone wishes to make a donation it is better to do so through a reputable agency. **Do not click** on any links from unsolicited emails or texts. Make sure you are on the organization's secure website before sharing your financial information!

Evenings with His Excellency, Bishop Lobsinger – Join Auxiliary Bishop, Wayne Lobsinger, for *Evenings with His Excellency*, an opportunity to learn more and ask questions about our Catholic Faith. You may attend online or in person at Canadian Martyrs Parish, Hamilton, on the 2nd Friday of every month from 7:00 to 8:30 p.m. For more information, visit: <https://www.canadianmartyrshamilton.com/upcoming/2021/9/10/evenings-with-his-excellency>.

Grief Relief - Has someone you cared about died? Are you grieving the loss of the person's presence in your life? Are you looking for relief from the feelings associated with the loss of this loved one? Are you wondering if your feelings are normal? You are not alone! The Diocese of Hamilton will be offering an online grief program beginning in April. <https://hamiltondiocese.com/offices/family-ministry/grief-support>, for more information; or call Teresa at 905-528-7988 ext. 2250.

3 Keys to Creating Your CatholicHOM (Household on Mission) is the third talk in our **Hamilton Diocesan Speaker Series** - What does it take to create a happy, holy family life? Is that even possible these days? It is! Join us for a dynamic discussion of the three things every Catholic family can do to relate more lovingly, connect more meaningfully, and care for each other and the world more deeply. Discover simple, practical ways you can create a more joyful, peaceful family life, encounter Christ more meaningfully at home, and experience your faith as the source of warmth in your home. Join us on Tuesday, March 22nd from 7-8:30 p.m. as we welcome Dr. Greg and Lisa Popcak, creators of CatholicHOM (CatholicHOM.com) a dynamic online community, directors of CatholicCounselors.com, founders of The Peyton Institute for Domestic Church Life, as well as authors of over 20 popular books integrating the timeless wisdom of our Catholic faith with contemporary research in counseling psychology. Visit: <https://amorislaetitia.hamiltondiocese.com> for more information on the series and to register. Contact Teresa Hartnett at thartnett@hamiltondiocese.com or 905-528-7988 ext. 2250 for more information.

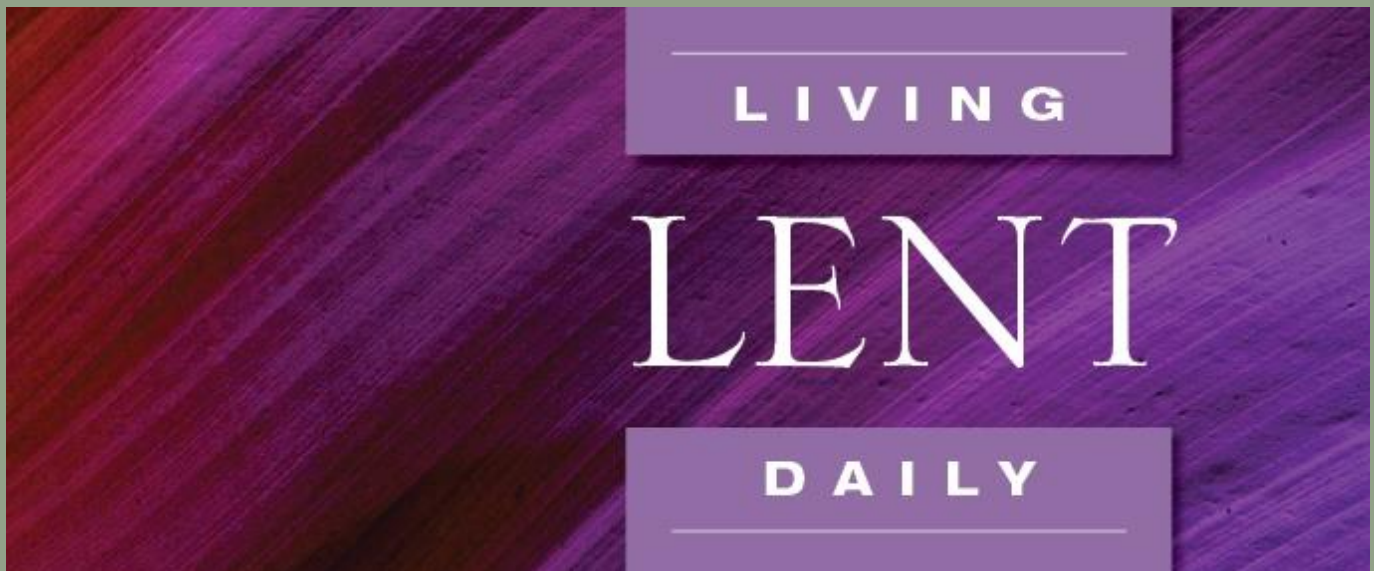
Marriage Support - Is your marriage experiencing more trouble than joy, feeling stagnant or disconnected and/or causing you worries? The solution is Retrouvaille - a program for married couples facing difficult challenges in their relationship. Retrouvaille has one purpose: to help couples restore their marriage and rebuild a loving relationship. This is a practical program, where sharing is not required except between the couple themselves, designed to improve communication, build stronger marriages, and help couples reconnect. It also works well for couples who may be considering separation or divorce. The next Retrouvaille weekend begins March 13, 2022. For more information call 905-664-5212 or email teamrecine@gmail.com.

Feed Your Soul with Prayer this BEST LENT EVER!

Nothing will transform your life so completely, absolutely, and forever like really learning how to pray. That's why this year's BEST LENT EVER journeys through Matthew Kelly's latest book, *I Heard God Laugh: A Practical Guide to Life's Essential Daily Habit*.

Beginning on Ash Wednesday and continuing through all forty days of Lent, you will receive a daily email with a short video to help you reconnect with yourself and your God.

If you choose to throw yourself into this experience, we promise you that you will be surprised by what God can do in your life with just an email, a short video and an open heart. So this year, don't just sign up for BEST LENT EVER, have your best Lent ever! **Sign Up:** www.dynamiccatholic.com/lent



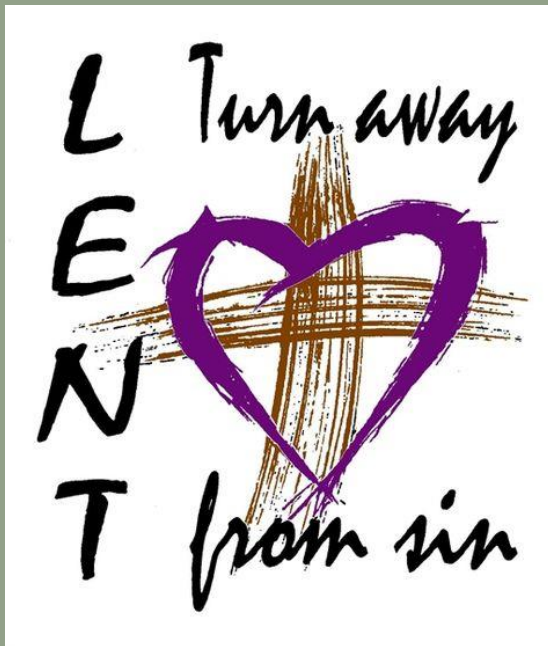
Resources for Lent: <https://www.loyolapress.com/catholic-resources/liturgical-year/lent/living-lent-daily/>

8 Ways to Pray During Lent

What do we do when we're facing an upcoming big event, celebration, or special occasion in our lives? We prepare for it. Holy Week and Easter are "big events" in the liturgical year of the Church and in the spiritual life of a Christian. So, as Christians, we prepare spiritually for these through the forty days of Lent.

<https://www.loyolapress.com/catholic-resources/liturgical-year/lent/perspectives-on-lent/articles/lent-40-days-or-more/>

This means that, during Lent, we rededicate ourselves to prayer. There are as many ways to pray as there are prayers in this world, but a few prayer methods can help us in particular to spiritually prepare ourselves during Lent:



1. Make your abstinence a prayer-in-action.

As Catholics we are called to give up something for Lent. Chocolate, coffee, that extra helping of dinner, one less hour of video games or watching DVDs—whatever it is, you can make what you're giving up for Lent a prayer as well: a prayer-in-action. Whenever you encounter the thing you are abstaining from or the time of day that you would normally enjoy it, take a moment to say a prayer in recognition of your wholeness in God even without the thing you have given up. Thank God for the freedom to be wholly yourself without this and, at the same time, acknowledge the gift of its existence in the world.

2. Renew yourself through personal reflective prayer.

Lent is a time of spiritual renewal. One easy step you can take is to use the many free online resources to jump-start or reinvigorate your prayer life. A few such resources are Loyola Press's popular 3-Minute Retreats and Seven Last Words of

Christ guided meditation (<https://www.loyolapress.com/3-minute-retreats-daily-online-prayer/>), or try the prayer reflections offered by the Irish Jesuit site Sacred Space. If you're seeking more traditional support for your personal reflective prayer, consider a book specially designed to nourish you during Lent, such as Praying Lent.



3. Pray the Stations of the Cross.

One of the most common traditions of Lent is to pray the Stations of the Cross. This prayer helps us reflect on the passion and death of Christ in preparation for Good Friday observance and the Easter celebration. We would like to invite all parishioners to join us during Lent for the Stations of the Cross on Fridays at 7:00 p.m. Parish Groups who would be willing to read the meditations during this devotion, are asked to please contact the parish office at 519-743-4525.

4. Meditate on Holy Scripture with Lectio Divina.

Perhaps the oldest method of scriptural prayer known to Christians is lectio divina or "holy reading." This method of prayer is characterized by the slow reading and consideration of a text from Scripture, with repetition and meditation on key words or phrases. Lectio divina is rooted in the belief that the scriptural word speaks in the human heart as the word of God and can reveal the thoughts of our hearts in response to God. In this way, lectio divina leads to a deeper communion with the Divine.

5. Reflect deeper on your liturgical prayer.

When you attend Mass during Lent, be conscious of and meditate on the words you pray in the liturgy. For example, the Eucharistic Prayer, the highlight of each Mass, has special significance during Lent. After receiving communion, you may want to sit and reflect more deeply on this great prayer of the Church.



ministry and a sacred promise. Share your faith with children by letting them see and hear you pray, and by praying together. Guided Reflections for Children: Praying My Faith, Praying with Scriptures, and 52 Simple Ways to Talk with Your Kids about Faith are all practical, realistic resources to help you make the most of your prayertime with children. And don't forget about family dinners. Dinnertime is a great opportunity to start or enliven a tradition of family prayer during Lent. For children's prayer resources, click here: <https://www.loyolapress.com/catholic-resources/prayer/childrens-prayers/>

8. Start a practice of daily prayer that will last after Lent.

Perhaps the best prayer advice is to use Lent as a time to instill prayer habits that will last long after Lent has concluded. Resources such as yearly prayer guides—for example, A Prayer Book of Catholic Devotions can get you started and help you stay consistent. So, enjoy your Lenten prayer. And don't think you have to do all the above. Perhaps choose one or two of these prayer methods to concentrate on—and then you can more fully experience the pilgrim journey toward Easter that is Lent.

6. Join or start a prayer group.

There are many benefits to praying with others. In group prayer you're able to offer and experience a positive example, needed support and encouragement, different perspectives, and the inspiration to grow in the Christian life. A simple way to get started is to invite your spouse, a family member, or close friend to pray with you on a regular basis throughout Lent. You can also contact your local parish and inquire about prayer groups or prayer circles being sponsored. Or start your own communal prayer group. For example, the Meeting Christ In Prayer kit offers step-by-step instructions, guides, and all the necessary resources so even a beginner can start praying with others. <https://store.loyolapress.com/meeting-christ-in-prayer>

7. Pray with children or as a family.

Being a parent, guardian, or teacher is a holy ministry and a sacred promise. Share your faith with children by letting them see and hear you pray, and by praying together. Guided Reflections for Children: Praying My Faith, Praying with Scriptures, and 52 Simple Ways to Talk with Your Kids about Faith are all practical, realistic resources to help you make the

