



# St. Mary Our Lady of the Seven Sorrows Roman Catholic Church

56 Duke Street West, Kitchener ON N2H 3W7

Under the Administration of The Congregation of the Resurrection

[www.resurrectionists.ca](http://www.resurrectionists.ca)



## FIRST SUNDAY OF LENT

### Welcome to St. Mary's Parish!

No matter who you are or where you're from, we extend you a warm welcome and hope that you feel at home. For information on registration and to find out how you can get more involved with parish activities, please contact us at:

Phone: 519-576-3860

Email: [stmarys@rogers.com](mailto:stmarys@rogers.com)

Website: [www.stmarysrcchurch.ca](http://www.stmarysrcchurch.ca)

### Our Parish Team

Fr. Toby Collins, C.R. – Pastor  
Fr. Raphael Ma, C.R. – Associate Pastor  
Fr. Paul Szymanowski, C.R. – Priest in Residence  
Penny Laurette – Administrative Assistant  
Robert Tasse – Music Director  
Amy Cyr – Chef, Kitchen Project Manager  
Andrew Zettel – Outreach Coordinator  
Andrew Olinski – Caretaker

### Parish Office Hours

Monday to Thursday: 8:30 am - 4:30 pm  
Friday: 8:30 am - 1:00 pm

### Parish Outreach

Are you interested in getting involved? Do you have ideas about how we might better serve our neighbours? If so, please contact Andrew Zettel, our Outreach Coordinator at [andrewz.stmarys@gmail.com](mailto:andrewz.stmarys@gmail.com).

### St. Vincent de Paul

For assistance with groceries and other needs call 226-988-5915 Monday - Friday, from 9:00 am to 11:00 am. For information on volunteering, please email Don McClure at [don@teambilton.com](mailto:don@teambilton.com).

### Sunday Masses

Saturday: 5:00 pm  
Sunday: 8:30 am and 11:00 am

### Weekday Masses

Tuesday – Friday: 12:00 noon  
(See inside for any possible changes)

### Sacrament of Reconciliation

Thursdays: 11:30 – 11:50 am  
Saturday: 4:00 – 4:30 pm

### Eucharistic Adoration & Rosary

Adoration: Tuesday after Mass until 1:00 pm  
Rosary: Wednesday after noon Mass

### Baptism and Marriage

Please email the parish office at least 6 months before the required date for details.

### Visits to the Sick

Please contact the parish office to arrange for Holy Communion and Sacrament of the Sick.

### Tiny Home Takeout

Everyone deserves a great meal! Visit us Tuesday – Saturday from 5:00 – 6:30 pm and 'grab a bite, give if you can'. Visit [tinychometakeout.com](http://tinychometakeout.com) or email [tinychometakeout@gmail.com](mailto:tinychometakeout@gmail.com) for more information.





# FIRST SUNDAY OF LENT

## MASS INTENTIONS

February 20 - 25, 2024



### TUESDAY – ferial

Isaiah 55.10-11 Matthew 6.7-15

**12 noon For the Intentions of Elizabeth Goral**

12:30 pm Eucharistic Adoration until 1:00 pm

### WEDNESDAY – ferial

Jonah 3.1-10 Luke 11.29-32

**12 noon For the Intentions of the Damaren Family**

12:30 pm Rosary

### THURSDAY – The Chair of St. Peter

1 Peter 5.1-4 Matthew 15.13-19

11:00 am Advent Penitential Service

**12 noon For Deceased Resurrectionists**

### FRIDAY – ferial

Ezekiel 18.21-28 Matthew 5.20-26

11:30 am Stations of the Cross

**12 noon †Lloyd Walter**

## SECOND SUNDAY OF LENT

Genesis 22.1-2, 9-13, 15-18 Romans 8.31b-35, 37++  
Mark 9.2-10

### SATURDAY

4:00 pm Confession until 4:30 pm

**5:00 pm ††Phillip & Olive Arnette, †Adam Buschlen**

### SUNDAY

**8:30 am For Our Parishioners**

**11:00 am For All Victims of Sexual Abuse**

## PICTURE OF THE WEEK



It's always great to see our parish community continue to grow in so many ways. We are delighted to welcome new and returning faces to the Sunday Masses. May God bless you and your loved ones this week as we begin journeying together through the season of Lent.

## URGENTLY NEEDED



Tiny Home Takeout is still in urgent need of **blankets and sleeping bags** for our unsheltered friends. Please drop them off in the bin at the back of the church by the bulletin board. Thank you!

## STATIONS OF THE CROSS



Join us **every Friday at 11:30 am during Lent** for Stations of the Cross, followed by 12 noon Mass.

## LOAVES & LAUGHTER BREAD NIGHT



A night of baking and fun for everyone! **Fridays from 7 - 9 pm** in the church hall (enter by the elevator). Bring a friend and a bowl for mixing. Free event and free parking in the church lot.



FEBRUARY 18, 2024

YOU'RE INVITED TO JOIN...

# CATHOLIC AMIGOS

Faith & <sup>grilled</sup> Cheese Night

**CALLING ALL YOUNG ADULTS!** We're starting a new group at St. Mary's and our first event is **Tuesday, February 20<sup>th</sup> at 7 pm.** We'll meet downstairs in the church hall. It's a grilled cheese party with some reflections on the season of Lent, and it'll also be a great opportunity to make some new friends in the parish. See you there!

## HOLY HOUR OF PRAYER

In collaboration with the Presbyteral Council, Bishop Crosby has declared that a **Holy Hour of Prayer For Survivors And Victims of Sexual Abuse** take place in every parish of the Diocese on the Second Sunday of Lent. This is to respond to the need to pray for victims and all those affected by the abuses. **Please join us at St Mary's for a Holy Hour of Prayer on Sunday, February 25<sup>th</sup> from 9:30 - 10:30 am.**

## NEW TO ST. MARY'S?



St. Mary's Parish is a vibrant and growing community of faith. Our parish is happy to welcome all who visit us and share in Christ's life - especially at Sunday Mass. We welcome the talents and abilities of our parishioners who participate in all our parish groups. We invite you to submit a Registration Form, located at all church entrances and on our website. Once completed, the form can be placed in the collection basket, mailed, or emailed. A minimum of 6 months as a registered parishioner is required when you or members of your family wish to prepare to receive the sacraments (ie: baptism, marriage, etc) at St. Mary's. In order to keep our records up to date, we ask you to notify the parish office when there is a change of address or telephone.

## RESURRECTIONIST VOCATION MINUTE



... But maybe that's the point. Maybe Lent is not a time where we prove something to God, but where we risk doing something that we will actually need help with – and to actually receive the gift of God's help. And perhaps this is true of the vocation that God is calling us to as well. Read more at [www.resurrectionists.ca](http://www.resurrectionists.ca)

## St. Mark Parish, Kitchener

### ALPHA

Is there more to life than this? Why and how do I pray? Why and how do I read the bible? Who is Jesus and why did He die? Does God heal today? How does God guide us? How can I resist evil? How can I be sure of my faith? Explore these and other questions at *Alpha 2024*. Alpha is open to adults who are curious about Jesus, are exploring Christianity, have questions about life, or want to strengthen their faith. Join us **Thursday Evenings (starting with dinner) February 22<sup>nd</sup> to May 2<sup>nd</sup> from 6:45 to 9:15 pm.** There is no cost to attend, unless you'd like to make a small contribution for dinner. For more information, email Denise Case at [stmarkalpha@gmail.com](mailto:stmarkalpha@gmail.com). Plan to join us ... and bring a friend ... all are welcome!



## Online

### REEL JUSTICE FILM FESTIVAL

Join the Reel Justice Film Festival **February 24<sup>th</sup>, 7 – 9 pm** for the screening of **La Lucha Sigue (The Struggle Continues)** with special guest speaker Honduran human rights investigator Elvin Hernandez. In Honduras, the most dangerous place in the world to be a land defender, the Lenca and Garifuna people are fighting to uphold their spirituality and Indigenous ways of life in the face of state backed mega-projects that threaten to destroy their lands and erase their existence. The screening and discussion will be hosted online via Zoom. Register and view our full schedule of events at: <https://reeljustice.hamiltondiocese.com/> A partnership between the Bishop Farrell Library & Archives and Development and Peace, the Reel Justice Film Festival shines a spotlight on issues of social, political, and economic injustices.



## FIRST SUNDAY OF LENT

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### Online

#### **GROUP SPIRITUAL DIRECTION**

##### **WHY@Breakfast**

Looking for growth and direction in your journey of faith? Group Spiritual Direction allows participants to enjoy God's promptings and the fellowship of others who are also seeking God on their spiritual journey. Sister Eileen Power, CND and Therese Lee are facilitating **online, biweekly group sessions** on the following dates and topics: **March 2<sup>nd</sup>- Self-reflection; March 16<sup>th</sup>-Self-denial.** Meetings start promptly at 9:30 am and end before 11:30 am. If you are interested in joining our Group and for more information, please send an email to [whyatbreakfast@gmail.com](mailto:whyatbreakfast@gmail.com) to indicate your desire to tread on this spiritual journey to talk and to listen to God.

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### **St. Agnes Church, Waterloo**

#### **EDUCATION CAFÉ**

Do you ever wonder how God is at work in your life? Sometimes we struggle to see it, to hear his voice – or to find the “right words” to confidently share the truths of our faith with love, especially in challenging situations. Attend “**Speaking our Truth as Catholics: The Truth Will Set You Free**”. Special guests Bishop Wayne Lobsinger and Teresa Hartnett, Director, Family Ministry on **Sunday, March 3<sup>rd</sup> at 1:30 pm.**

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### **Basilica of Our Lady Immaculate, Guelph**

#### **STEP/BLENDED FAMILY: SMART STEPS FOR BUILDING FAMILY**

Are you a parent or stepparent adjusting to blended family life? Smart Steps offers practical insights and suggestions on how to make the relationships work well for all. The next session will be held on **Saturday, March 9<sup>th</sup> from 9:15 am - 3:30 pm.** PRICE: \$50 per person (includes lunch). Register online at [hamiltondiocese.com](http://hamiltondiocese.com) and look under Upcoming Events. For more information, contact the Family Ministry Office at 905-528-7988 ext. 2249.

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#### **ADULT FAITH FORMATION THROUGH VLCFF**

The Diocese of Hamilton is proud to partner with Dayton University's Virtual Learning Community for Adult Faith Formation (VLCFF) to offer certificate programs for ministry and enrichment for adult faith formation. We are currently taking enrollments for the Youth Ministry and the Catechist Formation Programs for the Diocese of Hamilton, beginning in September 2024. 3 and 5- week e-seminars are also available at discounted rates for those looking to further their learning. For more information and how to register, visit [www.hamiltondioceselearns.com](http://www.hamiltondioceselearns.com).

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#### **Cathedral Basilica of Christ the King, Hamilton** **DIOCESAN WEDDING ANNIVERSARY MASS**

Are you celebrating your 25<sup>th</sup>, 40<sup>th</sup>, 50<sup>th</sup>, 60<sup>th</sup>, or 60+ Wedding Anniversary in 2024? Join couples from across the Diocese on **Sunday, May 26<sup>th</sup> at 1:30 pm.** Registration is available at [hamiltondiocese.com](http://hamiltondiocese.com).

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#### **PARENTING TIP OF THE MONTH**

Children love Valentine's Day because of the exchange of cards and little parties at school. It is a great time to talk to them about what real love is: giving, receiving, caring, thinking of the other before self and putting others needs above your own. Your children will develop deeper and healthier relationships with this understanding. They will especially know what to look for when they grow up and find someone to love in their future. Do not forget to remind them that God loves them completely and unconditionally, so they can and should pray and talk to him about their life anytime.

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#### **MARRIAGE TIP OF THE MONTH**

The month of February, known as the month of love, can sometimes create unrealistic expectations for couples. “Real” love supports their spouse when they have had a bad day, creates ways to spend time together, offers help without asking and is self-giving, not self-receiving. This month, take the time to look for ways to support the one you love and you will experience a deeper, more connected relationship.