

# 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)



## FOURTH SUNDAY OF LENT

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

No matter who you are or where you're from, we extend to 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  
Deacon Richard Olson  
Penny Laurette – Administrative Assistant  
Robert Tasse – Music Director  
Amy Cyr – Chef, Kitchen Project Manager  
Erin Kloos – Outreach Co-Ordinator  
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 Erin at [erink.stmarys@gmail.com](mailto:erink.stmarys@gmail.com).

### Visits to the Sick

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

### St. Vincent de Paul



Reach out to [ssvp.cupboard@gmail.com](mailto:ssvp.cupboard@gmail.com) to volunteer, inquire or donate with e-transfer. For grocery/other assistance call or text 226-988-5915 Monday – Friday.

### 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

Thursday: 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 Mass

### Baptism and Marriage

Registered parishioners, please email the parish office at least 6 months before the required date for details.

### 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.



[facebook.com/StMarysKitchener](https://facebook.com/StMarysKitchener)



[instagram.com/stmarysparish](https://instagram.com/stmarysparish)

## FOURTH SUNDAY OF LENT



### Mass Schedule and Intentions

March 17 – 22, 2026

#### TUESDAY – ferial

Ezekiel 47.1-9, 12 John 5.1-16

**12:00 pm †Mary Belanger**

12:30 pm Eucharistic Adoration until 1:00 pm

#### WEDNESDAY – ferial

Isaiah 49.8-15 John 5.16-30

**12:00 pm For the Intentions of the O'Reilly Family**

12:30 pm Rosary

#### THURSDAY – St. Joseph

2 Samuel 7.4-5a, 12-14a, 16 Romans 4.13, 16-18, 22  
Matthew.1.16, 18-21, 24a

11:30 am Confession until 11:50 am

**12:00 pm For the Intentions of the Curran Family**

#### FRIDAY – ferial

Wisdom 2.1a, 12-22 John 7.1-2, 10, 25-30

11:30 am Stations of the Cross

**12:00 pm For the Intentions of the Damaren Family**

### FIFTH SUNDAY OF LENT

Ezekiel 37.12-14 Romans 8.8-11 John 11.1-45

#### SATURDAY

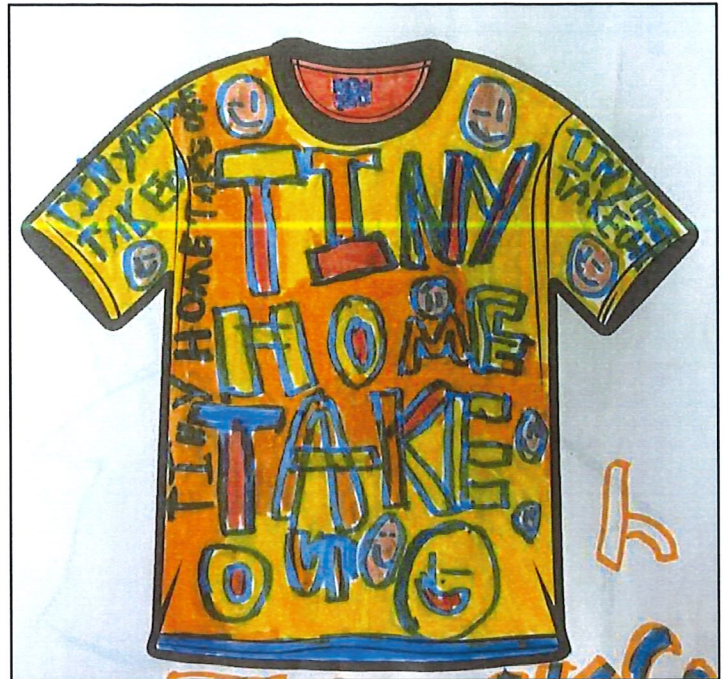
**5:00 pm †Mary Paul, †Annamma Xavier, †Carlos Fonseca, †Rafael Castorena, For the Intentions of Madeline Dvorak, Shirley Poirier, Allan Visneskie**

#### SUNDAY

**8:30 am †Patricia McCarthy**

**11:00 am For Our Parishioners**

### PIC OF THE WEEK



Students at St. Elizabeth's Elementary school in Cambridge had some very special guests teach their class one morning this week. Our Tiny Home Takeout's "Stirring up Knowledge" program aims to meet elementary students in their classrooms from across the WCDSB and start conversations around food, faith and community involvement. Using creative projects and interactive lessons - the THT is there with them as they develop their ideas around their faith in action, connection to the lands of our region, and finding peace within themselves.

### REQUESTS FOR THE COMMUNITY CLOSET

Men's & Women's  
Sweat Pants &  
Joggers  
Men's & Women's  
Hoodies  
T-shirts

Winter Boots,  
Mitts, hats,  
Men's winter coats  
Thick/Wool socks  
Men's Jeans

Toiletries  
Women's  
Underwear  
Men's Boxers  
Sleeping Bags  
Tents

Drop off anytime between 10 am to 7 pm any Tuesday to Saturday or place in the bin at the back of the church



MARCH 15, 2026

### FRIDAYS AT ST. MARY'S –BIBLE STUDY

**March 20<sup>th</sup> at 7 pm in the church hall.** Have you ever wanted to know the Bible better, but felt you didn't know where to begin? Join us as we explore the Sunday readings. BYOB - Bring your own Bible, meet new friends, learn what a genuinely Catholic approach to the Bible looks like, and grow in confidence in your ability to read, understand, and pray with Scripture.

### EXTRA CONFESSION TIME FOR THIS LENT



**Saturday, March 21<sup>st</sup> 4 – 4:30 pm and Sunday, March 22<sup>nd</sup> 9:30 – 10:45 am.** We encourage everyone

to receive this Sacrament of God's mercy and forgiveness, and to celebrate this season of Lent and Easter with joy and renewed hearts. Through this privileged encounter with God we are offered forgiveness, healing, made whole again and restored to intimacy with God.

### GROCERY CARD AND TOILETRY DRIVE



St. Mary's Saint Vincent De Paul Society is doing a grocery card and toiletry drive this Lenten season. Grocery cards are a big part of our Saturday morning food cupboard program. \$10 gift cards from Food Basics, President's Choice, Central Fresh Market and Giant Tiger are given to our clients to offset some of the things that aren't provided by our partnership with the Food Bank of Waterloo Region. We will have boxes located at the back of the church for the gift card donations. Toiletries are also always welcome. Please consider donating to our program regularly, as we continually help battle food insecurity and household needs in our parish boundary. We have envelopes at the entrances of the church for regular donations and our email is [ssvp.cupboard@gmail.com](mailto:ssvp.cupboard@gmail.com) for e-transfers. Thank you for considering and continually supporting our program.

### STATIONS OF THE CROSS



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

Faith doesn't only belong in church. Sometimes it happens over a drink.

When the world feels like a Monday... remember Sunday is coming.

TOPIC: How my Catholic Faith picks me up when the world is getting me down.

From 'Good Grief' to Good Friday: How My Faith Flips the Script.

Tuesday, March 24, 2026 7:00 PM

**ABE ERB - DTK**  
151 Charles St. W., Kitchener, ON

\*\$10 off food & drink purchase\*

Faith | Friends | Community | Conversation  
Everyone welcome - bring a friend.

@STMARYSPARISH @STMARYSKITCHENER

### EXTRAORDINARY MINISTERS OF HOLY COMMUNION NEEDED

St. Mary's invites lay people to consider serving as Extraordinary Ministers of Holy Communion. We are seeking volunteers willing to be trained, or those already trained in a previous parish, to support our community and make a difference through faith and service. Volunteers take turns assisting at Mass and help distribute Holy Communion reverently and prayerfully to the faithful. A sign-up sheet is available at the entrance to the church to request an interview. We welcome your prayerful consideration.

### VOCATION MINUTE



Jesus heals a man who was blind from birth. At first, the man does not fully understand who Jesus is, but step by step his eyes and his faith are opened. Discernment often works the same way. God does not reveal everything at once; He gradually helps us see more clearly. Are you ready to let Jesus open your eyes as you discern your vocation? Fr. Pawel Szymanowski, CR [resurrectionistvocation@gmail.com](mailto:resurrectionistvocation@gmail.com).

# FISH & CHIPS DINNER



Order your Fish & Chips Dinner for Good Friday in support of Tiny Home Takeout. **Orders must be placed by March 27th.**

FRIDAY  
APRIL 3, 2026

Pick up at St. Mary's Parish Hall  
56 Duke St W. Kitchener  
4:00 PM - 5:00 PM

**\$20** Dinner includes: Two pieces of fish, french fries, coleslaw, and tartar sauce.

**Take-Out Only.  
Pre-Order Only.  
Complete Google  
Form to Order**



Pay ahead by eTransfer to  
tinyhometakeout@gmail.com  
(Fish & Chips in message line)  
OR cash/card at time of pick up.