



# ST. MICHAEL CATHOLIC CHURCH

 @StMikesWaterloo

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80 University Ave. W., (at Hemlock Street), Waterloo, ON N2L 3C7

P: 519-884-9311 • F: 519-888-6042 • Parish Office email: [parish@stmichaelw.ca](mailto:parish@stmichaelw.ca)

Father Pawel Jamroz, Pastor email: [pastor@stmichaelw.ca](mailto:pastor@stmichaelw.ca)

## SCHEDULE OF LORD'S DAY MASSES

Saturday: 5:00 p.m.

Sunday: 9:00 a.m., 11:00 a.m. & 7:00 p.m.

## WEEKDAY MASS SCHEDULE

Tuesday: 7:00 p.m.

Wednesday & Thursday: 12:15 p.m.

Friday: 8:00 a.m.

## SACRAMENT OF RECONCILIATION

15 minutes before daily Masses and

Tuesday 6:15-6:45 p.m., 7:45 -8:15 p.m.

Friday 8:30-9:00 a.m.

Saturday 4:00-4:45 p.m.

Sunday 6:15-6:45 p.m.

Father is also available before and after Sunday Masses if needed.



Our Worship Space and Parish Centre are barrier free off of Hemlock Street entrance

## PARISH OFFICE HOURS

Monday to Friday: 9:00 a.m. - 4:30 p.m.

## PARISH PRAYER NETWORK

Our parish prayer network prays for those who are in need. To add an intention or become a member of the prayer network, please email us at [parish@stmichaelw.ca](mailto:parish@stmichaelw.ca)

## OUR PARISH SCHOOLS

Sir Edgar Bauer Elementary School	519-884-8480
St Nicholas Elementary School	519-884-9198
Resurrection Secondary School	519-741-1990
St David Secondary School	519-885-1340
St Jerome University	519-884-8111

## SACRAMENT OF BAPTISM

Please contact the Parish Office to begin the process of preparing your child and family for this Sacrament.

## CAMPUS MINISTRY

St Michael Parish welcomes post-secondary students to participate in the life of the parish. The St John Paul II Student Centre (adjacent to the Church) offers programming and pastoral care for all university and college students ([jp2waterloo.ca](http://jp2waterloo.ca)).

## SACRAMENT OF MARRIAGE

The Sacrament of Marriage is normally celebrated on Saturday afternoons. Preparation is provided. Please contact Father before setting a date of marriage.

## PASTORAL CARE TO SICK AND HOMEBOUND

Ministers of Communion to the Sick bring communion to those who are sick or confined at home, in nursing homes or hospital. Anointing of the Sick takes place annually in the parish, and is celebrated personally upon request. To ensure a visit by our Pastoral Team when hospitalized please indicate you are a member of St Michael Parish.

## HEALING MINISTRIES

"Heartache to Healing" is our Grief Support Group and "ACT II" is our Separated/Divorced Group. To find out more about the programs, please contact our parish office.

## ST. VINCENT DE PAUL SOCIETY

Due to COVID-19, emergency food deliveries from our parish are currently on hold. If there is an urgent need, please call 519-742-8327 and press 2 for the House of Friendship food assistance program. Monthly collections have also been "paused" for 2022 due to inactivity for the foreseeable future.

## BLESSING OF EXPECTANT PARENTS

The Blessing of Expectant Parents takes place after each Mass on the First Sunday of the month.

## PARISH BEQUESTS

Keep your love for your parish alive. Remember St. Michael Parish in your will and when recommending expressions of sympathy.

**FROM THE PASTOR'S DESK**

***Weekly Gospel Reflection*** (Mt 5: 38-42)



By saying, “**if anyone strikes you on the right cheek, turn the other also,**” Jesus does not advocate passive resignation or indifference to evil. We should, of course, resist evil but we are invited to do so in nonviolent way.

What the Lord means is illustrated well by St. Paul when he says, “**Do not be overcome by evil, but overcome evil with good**” (Rom 12:21).

Fr. Jamroz

**WELCOME TO ST. MICHAEL PARISH**

Welcome, we are glad you're here! For details on our parish life, please check out our website: [www.stmichaelw.ca](http://www.stmichaelw.ca)



**Tuesday, February 21, 2023**

**7:00 pm** + Justin Marentette – Parish Friends  
+ Maria Eduarda Teixeira – Rita Belfry  
**7:30pm-8:30pm** Holy Hour with Adoration & Benediction

**Wednesday, February 22, 2023, Ash Wednesday**

**12:15 pm** + Janet Hughes – Linda Guacci  
**7:00 pm** + For the Parishioners of St. Michael Parish

**Thursday, February 23, 2023**

**12:15 pm** + Sheila Oliner – Moya Quinton

**Friday, February 24, 2023**

**8:00 am** + Clark Groleau – Daphne Cruz  
+ Special Intentions of Lukasz – Maria Kuzio  
**8:30am-9am** Adoration of the Blessed Sacrament  
**7:00 pm** + For the Parishioners of St. Michael Parish  
**7:30 pm** + Stations of the Cross

**Saturday, February 25, 2023**

**5:00 pm** + Sara Barros – Maria Ianni  
+ Floyd Ertel – Ron & Pat Waters



The Parish Office and the Church will be closed on Monday, February 20 for Family Day.

**Parish Office Hours**

The parish office is open Monday to Friday from 9:00 am to 4:30 pm. If you are in need of a priest, you can contact Fr. Jamroz by telephone at 519-884-9311 ext. 27 or by email at [pastor@stmichaelw.ca](mailto:pastor@stmichaelw.ca).

**Sunday Homilies Online**

Sunday homilies are available weekly online in audio version through our parish website – just click on the button ‘LISTEN TO HOMILY’.

**The Church is Open for Prayer**

The Church is open for quiet prayer Monday to Friday, from 9:00 am to 4:00 pm.

**Prayer Intentions**

Prayer intentions are placed at the front of the Altar that are remembered privately at Mass during the prayers of the faithful. You can also have your request shared with our prayer group ministry. If you wish to have a prayer intention added, please go to our website [www.stmichaelw.ca](http://www.stmichaelw.ca) and click on the link on the bottom of the page or contact the parish office by phone or email.



**Mass and Stations of the Cross**

Every Friday during Lent we will have **Mass at 7pm** followed by the **Stations of the Cross**



## ASH WEDNESDAY, FEBRUARY 22<sup>nd</sup>

Mass 12:15 pm and 7:00 pm

**Ash Wednesday** in Latin *Dies Cinerum* (*Day of Ashes*), is the start of Lent. The Church adapted the use of ashes to mark the beginning of the penitential season when we seek to grow in love and virtue. In our liturgy for Ash Wednesday, we use ashes made from the burned palm branches distributed on the Palm Sunday of the previous year. The ashes are blessed and imposed on our foreheads with words, “*Repent and believe in the Gospel*” or “*Remember you are dust and to dust you shall return.*”

As we begin this holy season of Lent, we remember the significance of the ashes we have received: We mourn and do penance for our sins. We convert our hearts to the Lord. We renew the promises made at our baptism when we died to an old life and rose to a new life with Christ. **Ash Wednesday** is an obligatory day of fasting and abstinence for Catholics. (*Excerpt from: ewtn.com*)

### WHAT IS LENT?

Lent is a 40 day season of prayer, fasting, and almsgiving that begins on **Ash Wednesday** and ends on **Holy Thursday**. It is a period of preparation to celebrate the Lord's Resurrection at Easter. We are called not only to abstain from luxuries, but to a true conversion of heart.

Traditionally we refrain from meat on Fridays during Lent, but we are also called to fast in other ways (see, **Joel 2:13**). In Lent, those who are baptized are called to renew their baptismal promises while others prepare to be baptized through the *Rite of Christian Initiation of Adults* (a period of learning and discernment for those who wish to become Catholics).

### Harambee Pub Night

The Harambee Pub Night was a big success - lots of music and fun! Thank you to everyone who attended, donated prizes, or made extra donations. Just over \$3,200 was raised towards the construction of the Blessed Theresa of Jesus Gerhardinger Educational Centre in Nyalieng'a Kenya. Progress reports on the construction will be shared as work progresses.



## Lenten Retreat For Women Saturday February 25<sup>th</sup> 9:30am – 12:30pm

**St. Michael CWL is hosting a Lenten retreat at our parish the morning of February 25<sup>th</sup>.** This retreat is open to all women, both in our parish as well as our broader faith community in KW. CWL members and non-members from other parishes will be joining us as well. **Charlie Van Alphen will lead our retreat and focus on the theme “The Spirit within us”.** This is a wonderful way to prepare ourselves as we embark on our Lenten journey with a sense of renewal and spiritual growth. **The morning will begin with Mass at 9:30am in the parish.**

All women are welcome -- *bring a friend.*



DIOCESE OF HAMILTON

For those wishing to support the earthquake relief effort, the Diocese of Hamilton is encouraging contributions to one of the following Catholic entities currently mounting humanitarian responses on the ground.

Catholic Near East Welfare Association (CNEWA)

<https://cnewa.org/ca/work/emergency-syria/>

Development and Peace/Caritas Canada

<https://www.devp.org/en/>

Catholic Relief Services

<https://support.crs.org/donate/earthquakes>

Aid to the Church in Need (ACN)

<https://acn-canada.square.site/>

**Help for Every Marriage** – Are you frustrated or angry at each other, or have you just stopped talking to each other? Retrouvaille helps couples through difficult times and allows you to rediscover the relationship that drew you together. This program has helped tens of thousands of couples find a better way for their marriage. For confidential information about, or to register for the program, happening the weekend of March 10, 11, 12, 2023 please call **905-664-5212** or email: [1013@helpourmarriage.org](mailto:1013@helpourmarriage.org) or visit the web site at [www.retrouvaille.org](http://www.retrouvaille.org).



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## Waterloo Knights of Columbus

Columbus Conference Centre  
145 Dearborn Place

Friday Night Fish Fry:

Take out call Derek 226-748-8378

Eat in call Manager 519-884-2060

Wednesday Spaghetti: Take out/Eat in call

Manager 519-884-2060, place orders by 2:30 pm

Hall Rentals: Stag & Does, Meetings, Parties,  
Life Celebrations call Manager 519-884-2060



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