



# ST. MICHAEL CATHOLIC CHURCH

 @StMikesWaterloo

 @StMikesWaterloo

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

For food assistance in the Waterloo Region call 519-743-5576 Ext 340 to be directed to the program nearest you. SSVP is currently supporting the North of 60 project providing food assistance to Chesterfield Inlet, Nunavut as well as creating Essential Hygiene Kits for newly arriving Ukrainian refugees.

## 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** (Jn 2.13-25)



By expelling the merchants and the money changers from the Temple, Jesus is performing a prophetic sign. He is proclaiming that from now on He is the New Temple, the very presence of God. Therefore, there is no need for sacrifices.

The Body of Christ is the temple of God, and since we are part of that Mystical Body, we also form the temple of God. This truth is expressed very well in the famous question St. Paul asks: *“Don't you know that your body is the temple of the Holy Spirit, who lives in you and who was given to you by God?”* (1Cor 6:19-20).

Fr. Jamroz

**WELCOME TO ST. MICHAEL PARISH**

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

**Parish Office Hours**

The parish office is open Monday to Friday from 9:00 am to 4:30 pm.

**Sunday Homilies Online**

Sunday homilies are available weekly online in audio and pdf version through our parish website – just click on the button 'SUNDAY 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.

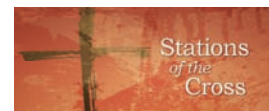
**Prayer Intentions**

Prayer intentions are placed at the front of the Altar and are remembered privately at Mass during the Prayers of the Faithful. You can also have your request shared with our prayer group ministry. Please go to our website [www.stmichaelw.ca](http://www.stmichaelw.ca) and click on Request a Prayer or contact the parish office by phone or email.

**Parish Email List**

All parishioners are welcome to join a parish email list. If you are on this list, you will be notified of upcoming parish events including funerals. To join the list, please sign up on our website at

<https://www.stmichaelw.ca/contact-us>



**Mass and Stations of the Cross**

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

**MASS INTENTIONS**

**Tuesday, March 5, 2024**

**7:00 pm** + Sheila Rose Pascual – Sheila Danielle Tiamson  
+ Mrs. Annamma Antony – Paul Antony

**7:30pm-8:30pm** Holy Hour with Adoration & Benediction

**Wednesday, March 6, 2024**

**12:15 pm** + Special Intentions of Frederick Francis Wayne – Gwendoline Nubila  
+ Patrick Coulter – The Family

**Thursday, March 7, 2024**

**12:15 pm** + Bill Bernhardt – Jenny Bernhardt  
+ Special Intentions of Mark Loquan  
- Anthony & Magnell Robinson

**Friday, March 8, 2024**

**8:00 am** + Special Intentions of Colm Fay  
– Sharon Fay  
**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, March 9, 2024**

**5:00 pm** + Marie Dietrich – Dan Dietrich  
+ Martha Serrao – Blossom Martis  
+ George Chrysler, Jr. – The Family



**Optional Memorial of Saints Perpetua and Felicity, Thursday, March 7  
- Mass at 12:15**

Perpetua, a noblewoman, and Felicity, a slave, two courageous women were killed for their faith on March 7, 203, in Carthage. During the persecution of Christians by Emperor Severus, several catechumens were arrested, among them Perpetua with her infant son and the pregnant Felicity. They were baptized while under arrest. After being flogged, the Christians were led to the amphitheatre, exposed to the wild beasts and beheaded. (*Living with Christ*)

**Why no meat on Fridays?**

On Fridays, we refrain from eating meat because Jesus died for us on Good Friday. Traditionally meat was more expensive and eaten only during times of feasting and rejoicing. Fish is permitted on Fridays because it doesn't belong to the "flesh meats." Flesh meat includes any meat from poultry or mammals, such as beef, chicken, and pork. Products that come from these animals can be consumed on Fridays, such as milk and eggs. (*Archdiocese of Toronto*)

**Lent – a good time for meditation**

Are you looking for ideas for a more meaningful Lenten Season? Do meditative reading. Nourish your faith by spending time in quiet reading and reflection. Prayerful reading of God's word each day will open your heart to the Spirit and let God's thoughts and ways influence yours. (*Archdiocese of Toronto*)

**Pray the Rosary during Lent**

CWL members and parishioners are invited to join together in praying the Rosary on **Monday** evenings during Lent – February 19<sup>th</sup>, February 26<sup>th</sup>, March 4<sup>th</sup>, March 11<sup>th</sup>, March 18<sup>th</sup>, and March 25<sup>th</sup>. **The Rosary will be prayed on-line over Zoom at 7pm.** It will be led by a member of the CWL. If you would like to join, please email Shani Pregelj: [cwl@stmichaelw.ca](mailto:cwl@stmichaelw.ca) or phone 519-883-8933 to request the Zoom link. **All are welcome to participate – CWL members, parishioners and friends.**

**Denouncing oil pollution in Nigeria**



Nigeria is Africa's largest economy and biggest oil producer. Despite oil exports worth billions of dollars, millions of Nigerians remain in poverty and face food insecurity. In the south, pollution and contamination by the oil industry are causing great hardship.

Development and Peace — Caritas Canada's partner Health of Mother Earth Foundation (HOMEF) defends farmers' rights and helps protect their lands. To learn more about the work of HOMEF, read our [Mini-magazine](#) and watch the video at [devp.org/lent](http://devp.org/lent).

**All Day Confessions**

Save the date. All day confessions will be held on **Wednesday, March 27**, from 8 am to 8 pm. Details to follow.

**Lenten Healing Ministry Vigil with  
Fr. Bill Trusz - Missionary of Mercy  
Wednesday, March 13<sup>th</sup> at 7 pm**

The outline for the evening:

- Exposition of the Blessed Sacrament and Exhortation. (Confession will be available)
- Procession of the Blessed Sacrament.
- Anointing of the Participants with Blessed Oil.
- Celebration of the Holy Mass. Claiming Freedom from the Attitudes and Habits that Enslave Us.

*Father Bill Trusz was blessed at St. Peter's in Rome by Pope Francis to be a "Missionary of Mercy." He continues to pray with people in need through what he calls "the St. Therese Spiritual Healing Ministry of the diocese of Hamilton."*



DIocese of Hamilton

**PARENTING TIP OF THE MONTH** Vacations or 'Stay-cations' are a wonderful time to step away from the busy-ness of everyday family living and reconnect with each other. As you laugh and play this March break, do not forget to stay connected to your faith. Be the family that plays and prays together. Take some time to talk about Lent and how it leads us to the great celebration at Easter!





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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

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