

St. Teresa of Avila

Roman Catholic Church

April 26, 2020

Third Sunday of Easter

19 Flamingo Dr., Elmira, ON N3B 1V3
519-669-3387 Fax 519-669-3487
StTeresaofAvila.Elmira@rogers.com

Website: www.stteresaelmira.ca

Established on the Second Sunday of Easter, 1851.

Pastor: Rev. Peter Meyer

frpetermeyer@gmail.com

Office Administration: Donna Vollmer

Sacramental Preparation: Iris Miltenburg

Office Hours:

Monday to Friday 9:00am – 1:00pm

Mass Times

Saturday 5:00pm

Sunday 9:30am

Weekday Masses

see inside

Reconciliation

Tuesday 6:30pm - 7:00pm,
or by request.

Sacrament of Baptism (3rd Sunday of the month outside of Lent)

Parents, please pick up Baptism
package from the parish office.

Sacrament of Marriage

Please contact office six months
prior to desired date.
Marriage Prep offered.

Sacrament of the Sick

Please notify the parish office of
loved ones who are housebound
or in the hospital so they may
receive the comfort of the Church's
sacraments and prayer.

Outreach Ministry (A Ministry of Visitation)

Please contact the Parish Office if
you or someone you know would
like a visit by the Outreach Ministry.

Parish Contacts

Parish Pastoral Council

Annamae Elliott

Deana Pfanner Groves

Fr. Peter Meyer

Ken Gallipeau

Leona Weishar

Lisa Denomme

Building & Finance Committee

Fr. Peter Meyer

Diane Smith

Jason Adams

Kris Kauk

Maria Diemert

Rick Weishar

Sebastian Siebel-Achenbach

Catholic Women's League

Barb Vodicka

Knights of Columbus

Adrian Miltenburg

Vocations

Contact www.vocationinfo.ca or
www.resurrectionist.net

New Parishioners

New parishioners, welcome!

Please register at the office or pick up a
registration package at the church entrance.

Bulletin Deadline

Written submissions by Monday noon.

St. Teresa of Avila School

75 First St. W., Elmira

519-669-8843 Fax 519-669-4509

St. David Catholic Secondary School

4 High Street, Waterloo

519-885-1340 Website: stdavid.wcdsb.ca

Christ has no body now but yours,
No hands, no feet on earth,
but yours.

Yours are the eyes through which
he moves compassion on
this world.

Yours are the feet with which
he walks to do good.

Yours are the hands with which
he blesses all the world.

Prayer of St. Teresa of Avila



Please remember our benefactors and those who have left bequests in your prayers.



THIRD SUNDAY OF EASTER

MASSES FOR WEEK OF APRIL 27TH

Tuesday, April 28, NO MASS

Mary has produced, together with the Holy Spirit, the greatest thing which has been or ever will be – a God-Man; and she will consequently produce the greatest saints that there will be in the end of time – St. Louis Grignion de Montfort

Wednesday, April 29, NO MASS

Nothing great is ever achieved without much enduring. – St. Catherine of Siena

Thursday, April 30, NO MASS

May Jesus Christ, Our Lord, be forever the sole possessor of our hearts, as he will be, if we love and seek only him in all things. – St. Marie of the Incarnation

Friday, May 1, NO MASS

Joseph of Nazareth is a “just man” because he totally “lives by faith”. He is holy because his faith is truly heroic. – St. John Paul II

Saturday, May 2, NO MASS

Sunday, May 3, TELEVISED MASS ON YOUTUBE ON OUR HOME PAGE
Fourth Sunday of Easter

READINGS FOR May 2/3

First Reading: Acts 2:14a, 36-41
Second Reading: 1 Pt 2:20b-25
Gospel Reading: Jn 10:1-10

THIS WEEK IN OUR PARISH EVERYTHING IS CANCELLED

HAMILTON DIOCESE PRAYER CALENDAR

PLEASE PRAY FOR:

Mon., April 27 Rev. Piotr Jurzyk
Tues., April 28 Rev. Juan Carlos Saenz
Wed., April 29 Jesuit Fathers, S.J.
Thurs., April 30 Rev. Lajos Angyal
Fri., May 1 Very Rev. Michael King
Sat., May 2 Rev. Jarek Pachocki, O.M.I.

LIVING ROSARY INTENTION

We pray that those suffering from addiction may be helped and accompanied.

FOODBANK NEEDS

Mayonnaise, Ketchup and Apple Juice
(save these items and bring them in when things are back to normal)

At this time the chapel, church, and office are closed. Please check for updates at stteresaelmira.ca and on the Hamilton

Diocesan website. On the main home page you will see the link where you can click on the YouTube arrow and see weekly reflections on Wednesdays with Fr. Peter Meyer and see/participate in the Mass each Sunday.

FUNDSCRIP GIFT CARD FUNDRAISER

Donate to our fundraiser simply by purchasing and using gift cards for purchases you would be making everyday!! Simply email your order to stteresaelmirafund@gmail.com and e-transfer funds to the same email address. During this time they are offering free mailing directly to your home so no need to wait for the first Sunday of the month. We can order anytime and you will receive the cards in the mail! Please see the Fundraisers page on our website for the order forms and all the details!

April is #BEADONOR month. Check the back of your Health Card. If it does not indicate Donor and you wish to register, use the link <https://www.beadonor.ca/campaign/barb-vodicka> which is found on our parish website.

7 STRATEGIES TO HELP YOU COPE

In this epidemic that has necessarily redefined community, new and practically applied “solo” strategies are needed to maintain and enhance mental health. Here are seven:

- 1. Keep a routine.** Maintain your daily rhythms. Sleep on schedule, attend to personal hygiene and eat as healthily as you are able (even though my office manager is complaining that no one working with us is a “stress baker” and has yet to deliver a pound cake). If your home seems too quiet, play background music. Be cautious about using TV for this; it draws, rather than distracts, attention and makes the brain sort out different sounds and images, which increases stress.
- 2. Stretch, move and practice diaphragmatic breathing.** While physical fitness routines are disrupted, every little bit of activity encourages health. There is a connection between physical and psychological flexibility. When you experience heightened anxiety, lie on your back and put your hands on your stomach. Breathe in and make your belly rise. Breathe out and watch your stomach fall. Do in repetitions of 10.
- 3. Get organized and finish what you start.** Many are complaining with a concern like my own experience: Nothing seems to satisfy, so we bounce

from one thing to another, without any sense of the satisfaction gained from task completion. Once you've initiated a task, see it through to its logical end. Putting the metaphorical period on the end of the sentence gives definition and meaning to the day.

Talking with others is warmer than a text or post on social media. Reach out to the friends who need you.

4. Take a step back. As noted, we are in a period of information overload. The amount of information, accurate or not, takes its toll. Without social channels to help navigate this incredibly complex time, we have difficulty knowing what to reliably believe. Slowing down and looking at the bigger picture allows for psychological breathing room, which lowers anxiety.

5. Make a conscious decision about where you are in charge and where you have less control. Making such a thoughtful decision will neutralize the feeling of helplessness. You might not like your choices, but having choice is preferable to feeling trapped.

6. Reach out and touch. Social media and contemporary methods of technology give us new ways for being connected to others. Zoom, Blue Jeans and Skype are all video-conferencing platforms which offer us innovative means of inviting people over. Facebook and Instagram are not enough. Talking with others is warmer than just a text or a post on social media. Reach out to the friends who need you. We are collectively amid a crisis and some people are more resilient than others. For those who are more frightened and alarmed, a call or virtual visit will provide companionable moments which are good for everyone.

7. Know that it's OK to reach out for professional help. If loneliness gives rise to symptoms of depression for more than a few days, give your local mental health professional a call. Mental health practitioners have been deemed essential during the coronavirus epidemic and are available for consultation.

By Jackson Rainer – He is a board certified clinical psychologist who practices psychotherapy with individuals and couples at the Care and Counseling Center, Atlanta. He is a Professor Emeritus of Psychology with the University System of Georgia.

FROM THE PASTOR'S DESK

Please be assured of my continued prayers for you and for your families. Don't hesitate to call for any pastoral needs you may have.

Let us pray for the deceased victims in the Nova Scotia killings and for their families. It is a very difficult time for all those affected by this tragedy especially because of the state of emergency which limits personal contact. Our hearts and our prayers are with all of Canada at this time.

Again we are looking for volunteers for spring gardening and clean up around the parish property. Those who are interested please contact me.

Father Peter

MARRIAGE TIP OF THE MONTH – Pope Francis, in *Amoris Laetitia* (The Joy of Love), challenges married couples to understand that their love is a call to sacrificial love. He invites each spouse to see their married love as love that must be first and foremost self-giving. When a person in relationship understands this, it helps them to reach beyond themselves and indeed grow. When we take the time to discern our vision of married life and then reach into ourselves to make it happen, both spouses benefit. The Pope is reminding us that love may not be perfect, but it is love and when we nurture it from within, we strengthen and build a deep bond between us. From Teresa Hartnett, Family Ministry Office, 905-528-7988 ext. 2250.

VOCATION SEEDS – Do you recognize Christ in your life? Does your heart burn in his presence? How are you being called? If God is calling you, contact Fr. Michael King, Vocation Director, Diocese of Hamilton by telephone at 905-528-7988 or by email at mking@hamiltondiocese.com.

Join us for a **PILGRIMAGE TO THE SHRINES OF QUEBEC** from **Monday, August 3, 2020 to Friday, August 7, 2020**. Join us for 5 days of Masses, Stations of the Cross, recitation of the rosary and the Divine Mercies, tours of the shrines, and much more. Watch for the flyer advertising all the details. Please consider sharing a room with a friend. For more information, contact Rose Gunn 519-744-5923 or Angie Hunt 519-766-5262.

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