



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

Father Pawel Jamroz, Pastor email: 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

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).

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

Monthly collections support the following projects: North of 60 food assistance to Nunavut, Christmas Gift Cards in Waterloo, Hygiene Kits for Ukrainians, and Marillac Place after-care programs. Thank you for your continued support. For food assistance in Waterloo Region call 519-743-5576 ext 340.

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 (Lk 9, 11-17)



Bread was always regarded as the main principle of life, so it is not surprising that Jesus calls Himself “**the Bread of Life.**” Blood in the Old Testament was regarded as the sacred bearer of life, so it is not unusual that taking a cup of wine Jesus says, “**this is My Blood.**”

By offering His Eucharistic Body and Blood as food and drink Christ nourishes and sustains us. Just as the ordinary food and drink form us, our participation in the Body and Blood of Christ in faith transforms us. In words of St. Leo, “*we become what we receive.*”

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

MASS INTENTIONS

Tuesday, June 24, 2025

7:00 pm + Felice Gino – Maria Ianni
+ Jessie Kirk – Surien Das-Giwojno
+ Special Intentions of Luke in Thanksgiving
– Prema D'Souza-Sequeira

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

Wednesday, June 25, 2025

12:15 pm + Roger
+ Special Intentions of Father Matthew Jagus
– The Gross Family

Thursday, June 26, 2025

12:15 pm + Peter – The Vu Family
+ Archbishop James MacDonald
– The Robinson Family

Friday, June 20, 2025

8:00 am + Vivian Gelinas – The Gelinas Family
8:30am - 9am Adoration of the Blessed Sacrament

Saturday, June 21, 2025

5:00 pm + Bernadette Fofack Tonleau
– The Jemetio Family
+ Keith Barker Sr. – The Family
+ Special Intentions of Denise Ballantyne
– Sharon Fay

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



THE SOLEMNITY OF MOST HOLY BODY AND BLOOD OF CHRIST

Also known as *Corpus Christi*, this feast honors Jesus Christ, REALLY, TRULY, AND SUBSTANTIALLY PRESENT under the appearances of bread and wine. This Presence happens through the change which the Church calls transubstantiation (*change of substance*) when at the Consecration of the Mass, the priest says the words which Christ Himself pronounced over bread and wine, “*This is My Body,*” “*This is My Blood*” (*missions.ewtn.com*).

Pope Benedict XVI: *Love transforms all things, and we therefore understand that the centre of today’s Feast of Corpus Christi is the mystery of transubstantiation, a sign of Jesus Christ who transforms the world. Looking at him and worshipping him, we say: “YES, LOVE EXISTS AND BECAUSE IT EXISTS THINGS CAN CHANGE FOR THE BETTER AND WE CAN HOPE”* (Angelus, June 14, 2009).



St. Michael Africa Project KENYA BUILD 2025

All parishioners are invited to join us in the Parish Hall **Sunday, June 22nd at 12:15pm** for a special presentation about the effort to complete building the Blessed Theresa Gerhardinger Primary school in Nyalieng’a, Kenya and how to help! Coffee (best coffee Kitchener-Waterloo) and snacks will be provided.

SUPPORTING OUR STUDENTS Do you have a room for rent?

Looking ahead to the start of the new school year we are anticipating requests we receive directly from our university and college student community. If you have

a room available, please contact the parish office at 519-884-9311 or email parish@stmichaelw.ca As rental requests are received, we will provide you with further information. It will be your responsibility to determine if the individual will be a good fit for you. Thank you for your support!

VBS - Vacation Bible School

August 11th – 15th (9 am – noon)

Cost is \$30 per child. Registration is open on our website at <https://www.stmichaelw.ca/vbs> or forms are available at the main entrance of the Church. Volunteers are still needed, please fill out a form in the narthex or visit the parish website for more information.

Interested in Becoming Catholic?

Any adults who have not been baptized and are considering becoming Catholic, or any adults who have already been baptized in other Christian churches and wish to become full members of the Catholic Church, please contact the parish office parish@stmichaelw.ca A program of formation (RCIA) begins in the Fall and there is a place for you. Registration is available online on our website.

John Paul II Student Centre BBQ for all students

The St. John Paul II Student Centre is inviting all university students to a summer BBQ on **Friday, June 27th, at 6pm** to celebrate the Solemnity of the Most Sacred Heart of Jesus. There will be great food, desserts, and games to play. We hope to see you there to celebrate this great feast.

DIOCESE OF HAMILTON

Frassati Leadership Program

Calling all those entering Grade 10 in September 2025! Are you looking to grow in your faith? Do you want to explore what it means to be a Catholic leader? The *Frassati Leadership Program* may be for you. Join us as we reflect on the foundations of Catholic leadership and foster opportunities for you to grow in your own faith and leadership skills. Information can be found on the church bulletin boards and the diocese website: <https://hamiltondiocese.com/office/pastoral-offices/youth-ministry/frassati/>



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