



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

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 (Jn 4:5-42)



Jesus says to the Samaritan woman, “**Give me a drink.**” It is much more than a desire for a cup of water; it is a profound and symbolic request. We only know what it means towards the end of Jesus’ life. Dying on the Cross the Lord says, “**I am thirsty**” (Jn 19:28). The Lord thirsts for each of us, for our acceptance and love.

As we long for God, He longs for us even more. Our hearts are parched with thirst that only God can satisfy. This is why the Lord wants to give us the *living water*, that is, to quench the deepest longings within us and give a new start to our life.

Fr. Jamroz

WELCOME TO ST. MICHAEL PARISH

For details on our parish life, please see our website: www.stmichaelw.ca The parish office is open Monday to Friday from 9:00 am to 4:30 pm.

The Church is Open for Prayer

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

MASS INTENTIONS

Tuesday, March 10, 2026

7:00 pm + Ronald Strauss – Bob & Jean Balahura

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

Wednesday, March 11, 2026

12:15 pm + Diane Delost – Linda Guacci

Thursday, March 12, 2026

12:15 pm +Brian Krulicki – Jim & Marlene Durrer
+Walter Bauer – Tara, Tucker & Edwin
+Frances Klein – Anthony & Magnell
Robinson

Friday, March 13, 2026

8:00 am +Rudy Ianni – Maria Ianni
8:30am - 9am Adoration of the Blessed Sacrament
7:00 pm Mass
7:30 pm Stations of the Cross

Saturday, March 14, 2026

5:00 pm + Walter Stone – The Family
+ Paul Grobe – Maryanne Grobe & Family
+ Steven Bedic, Sr. – The Family

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’.

Prayer Intentions

Prayer intentions are placed at the front of the Altar and are remembered privately at Mass during the Prayers of the Faithful. A request can be also shared with our prayer group ministry. Click on Request a Prayer on our website or contact the parish office.

Parish Email List

All registered parishioners are welcome to join a parish email list to be notified of upcoming parish events including funerals. To join the list, sign up at <https://www.stmichaelw.ca/contact-us>

Rosary during Lent

CWL members are praying the Rosary on-line over Zoom on Monday evenings at 7:30 pm during Lent. To join, please email Shani Pregelj: email cwl@stmichaelw.ca or phone 519-883-8933. *All are welcome!*

**FRIDAY MASSES AND
STATIONS OF THE CROSS**

Every Friday during Lent we have
MASS at 8AM and 7PM
STATIONS OF THE CROSS -7:30PM



LENTEN PRACTICES

What is fasting and abstinence?

Abstinence from eating meat is to be observed on every Friday unless a Friday occurs on a day listed as a solemnity. Abstinence and fasting, however, are to be observed on Ash Wednesday and Good Friday. Fasting in the Latin Church is the limitation of food and drink – typically to one main meal and two smaller meals. The law of abstinence binds those who are fourteen years of age and older. The law of fasting binds all those who are eighteen to fifty-nine years of age. Fridays are days of abstinence, but Catholics may substitute special acts of charity or piety on this day. (Archdiocese of Toronto)

There are various types of penance and abstinence:

- Abstain from meat, or dessert, or entertainment.
- Spend some time in reading God's word.
- Take part in the Way of the Cross.
- Pray with family or spend time in personal prayer.
- Do good works like visiting the sick or aged, or helping those in any need.



LENTEN AFTERNOON OF REFLECTION

On Sunday, **March 15th at 12:15pm**, we will have a Lenten Reflection in the parish hall by our Pastor, Fr. Jamroz.

HOW CAN GOD ALLOW EVIL AND SUFFERING?

Coffee and pizza will be provided. All are welcome!

Sign up for this year's Passion Play



We are planning a Passion Play on Good Friday at 7 pm. We invite any students grade 5 and up who are interested in participating and anyone who is interested in volunteering to sign up in the narthex or contact the parish office.

SHARE LENT 2026



In Brazil, the lives of several rural communities are disrupted by industrial agriculture, mining and the Carajás railway. Women are at the heart of the fight to protect the land and the environment from the pollution that they cause and the harmful effects on health. To assert and protect their rights, they formed a women's association called *Seeds of the Earth* with the support of Justiça nos Trilhos, a partner of Development and Peace — Caritas Canada. Discover their work and learn more about the women by watching their testimonies at devp.org/lent

St. Michael Prayer Shawl Ministry

This Ministry has given comfort to parishioners, those in hospital, assisted living and long-term care residences with their hand made Prayer Shawls. Please support us by joining our ministry Wednesday, **March 11th at 1:00 pm** in the parish library, new members are always welcome!

Grief Support Group

Grief support provides companionship on the long journey through the grief process. Our informal drop-in group will meet Wednesday, **March 11th at 7:00pm** in the Parish Library and continue on the second Wednesday of each month.



DIocese of HAMILTON

LISTENING AND FASTING: POPE LEO XIV'S MESSAGE FOR LENT

Pope Leo XIV's message for Lent 2026, entitled "*Listening and fasting. Lent as a time of Conversion.*" To read the message, visit www.humandevopment.va

Henry Walser
FUNERAL HOME LTD.

AN INDEPENDENT FAMILY
- OWNED FUNERAL HOME

507 FREDERICK ST. (at expressway)
519-749-8467

WOODWORKS
Install & Repair services

www.aplusstudio.ca
aplustudio_art@hotmail.com
548-333-6750

SM
SUPERIOR
MEMORIALS
Since 1924

528 Victoria St. N., beside Weston's Bakery
519-745-6136

ELZ & GRECO
hair & beauty studio

52 King St N
548-288-4114

RUDY'S CUSTOM UPHOLSTERY
FREE ESTIMATES
WORKMANSHIP GUARANTEED

426 Albert St., Waterloo
CALL STEVE BRUCE
519-884-2610

We Offer:

- Kitchen design
- Closet solutions
- Furniture assembly
- Cabinet refacing
- Bathroom vanity
- TV units

You Dream
WE Design



HARVEY'S

Free original Hamburger with purchase of an Original Combo

SWISS CHALET
ROTISSERIE & GRILL

Free Chalet soup or side salad with purchase of entre

Available only at 315 Arthur St. S. Elmira location. Expires Apr. 30/26.
Not valid with any other offers.

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

Hall Rentals: Life Celebrations, Weddings and Showers,
call Manager 519-884-2060




CARESEB
SUPPORT SERVICES

Lighten Your Day-Friendly help with
errands & home comfort

647-410-2235

ERB & GOOD
FAMILY FUNERAL HOME
Exceeding Expectations Since 1946

Paula Heimpel &
Rebecca Hlavac
(nee Henhoeffler)
Funeral Directors & Owners

171 King Street South
Waterloo
519-745-8445
www.erbgood.com

EXECUTAX
Income Tax Preparation Service
Personal / Self Employed / Estate

Contact: **Jerome Freiburger**
519-501-2155 jerome.executax@gmail.com
Reasonable Rates

Anthony Cheah, RCIC R511743
Above and Beyond Immigration Consultant

416-333-8110
whatsapp
www.abicrcic.ca

CANADIAN IMMIGRATION SERVICES

- Study Permits
- Post-Graduation Work Permits (PGWP)
- Spousal Open Work Permits
- Pathways to Permanent Residence

Helping International students & their families
Immigrate to Canada



Hygate
Retirement Residence

Seniors Apartments
Independent Living Plus
Assisted Living
Respite Care

519-501-1131 ext 7502
info@hygateliving.com

Call for your complimentary tour & lunch



THE PERFECT SPOT TO ADVERTISE



TO ADVERTISE IN THIS SPACE
PLEASE CALL
1-800-268-2637

Tri-City
Cremation Services
McKay Memorials Inc.

Simple.
Dignified.
Affordable.

Specializing in simple cremation. Pre-plan today for peace of mind.
Kitchener 519-772-1237 www.tricitycremations.com
Family owned and operated since 2014