

St. Ambrose Church



210 South Street, Cambridge ON N1R 2P4 519-621-2013

Email: stambrose@golden.net Website: stambrosecambridge.ca

OFFICE HOURS: Monday to Thursday 9am to 4pm, Friday 9am to 2pm. After hours by appointment only.

WEEKEND HOLY MASSES:

Saturday 5:00 pm

Sunday 9:00 am and 11:00 am

SACRAMENT OF RECONCILIATION:

Monday 6:00 pm to 6:45 pm

Tuesday, Thursday, and Friday from 8:30 am to 9:30 am

Wednesday 6:00 pm to 6:45 pm

Saturday 4:00 pm to 4:45 pm

Sunday 8:00 am to 8:45 am; 10:15 am to 10:45 am

Fr. Gary Schlack - Pastor

Fr. Michael King, retired - in residence

Rev. Mr. Paul Klaassen - Deacon

Barbara Roy - Administrative Assistant

Rose Capistrano - Youth Ministry

Sandy Figueiredo - Sacristan/Custodian

PARISH SCHOOLS: St. Anne School 519-621-8920
Holy Spirit School 519-621-8973

St. Vincent de Paul School 519-740-0678
Monsignor Doyle High School 519-622-1290

BAPTISM - The Baptism Preparation Program for parents is required before a Baptism date is scheduled.

MARRIAGE - Contact the parish office at least 12 months in advance, as Marriage Preparation is required.

VISITS and COMMUNION TO THE SICK - Inform the parish office of hospitalization or home confinement.

FOR THE HOSPITAL/HOSPICE/PATIENTS

Need a Catholic Priest? Please call 519-404-5344

Priests are available 24/7, for emergency ministry, e.g. 'Anointing of the Sick' or 'Last Rites'

For non-emergency ministry please contact your local parish or the hospital/hospice spiritual care team.

SOCIETY OF ST. VINCENT DE PAUL - for assistance with food vouchers, leave a message at 519-623-8764

- St. Vincent de Paul Value Store 519-629-0103

First Saturday Promise:

"Behold, my daughter, my Heart encircled with thorns, with which ungrateful people pierce It at every moment by their blasphemies and ingratitude. Give me consolation, you, at least; and make known on my behalf that I promise to assist at the hour of death, with the graces necessary for salvation, all who on the First Saturday of five consecutive months: 1) confess their sins, 2) receive Holy Communion, 3) recite five decades of the Rosary, 4) keep me company for fifteen minutes meditating on the mysteries of the Rosary, 5) and have the intention of making reparation to my Immaculate Heart."

(Our Lady of Fatima's message to Lucia)

First Saturday Masses are held at 8:00 am each month at St. Ambrose Church.

Let's learn about Lent! What and Why?

It's a question we might hear or ask of someone else each springtime before Easter, possibly with a smudge of ashes across our foreheads. But why do Catholics "give up" anything for Lent? What is "Lent," anyway? And why do we walk around in public with a smudge of ashes on our foreheads once a year?

Lent refers to a period of 40 days before Easter, beginning with Ash Wednesday and not including Sundays. We may associate it with ashes, memories of giving up chocolate or video games as children, and priests wearing purple vestments at Mass. A more in-depth answer can be found by looking at the history of Lent, and by considering why it's such a big deal in the Catholic faith.

Periods of 40 days have great significance in the history of Christianity. Moses spent 40 days atop Mount Sinai before he received the 10 Commandments, and Jesus spent 40 days in the desert praying and fasting before beginning His public ministry.

Similarly, the Church uses 40 days before Easter as a time of preparation — a time for prayer and fasting, penance and almsgiving to acknowledge our sins, repent, and refocus on God.

Lent hasn't always looked the way it does now, though. In the early Church, adults were instructed in the faith, and then baptized and confirmed at the Easter Vigil; the period leading up to Easter was a sort of "home stretch" before these people received the Sacraments of Initiation. Lent still fulfills this purpose today, as those who are preparing to be received into the Catholic faith will receive Baptism, First Communion, and Confirmation at the Easter Vigil.

For those of us who are already Catholic, though, Lent serves a unique purpose. Early in the Church, spending a few days or even a symbolic 40 hours preparing for Easter was customary. By the 4th century, spending 40 days in prayer and fasting was a common practice. It became an opportunity for those who are already Catholic to re-orient their lives toward God and turn away from sin. For all of us, Lent is a powerful way for all the faithful to prepare for the celebration of the central mystery of our faith: Christ's passion, death, and resurrection — the Holy Triduum.

The word "Lent" is derived from the Anglo-Saxon word "lencten," which refers to the season of Spring. It's not a coincidence that most of Lent falls in the Spring months because it is a time to seek new life in Christ by virtue of our baptism and through our prayer, fasting, and almsgiving. It's an opportunity to acknowledge our sins and repent, and to re-orient our lives to embrace the renewal — and ultimately, eternal salvation — found in the saving work of Christ in His passion, death, and resurrection.



Monday, February 16

7:00 pm + PETER TRAN - Theresa

Confessions 6pm to 6:45 pm (NO catechism video tonight)

Tuesday, February 17

8:00 am + ANTONIO & MARIA CONCEICAO FIGUEIREDO

CONFESSIONS at 8:30 am to 9:30 am

Adoration of the Blessed Sacrament 8:30 – 9:30 am

2:30 pm – Prayers for the Sick. Everyone is welcome to join us in the Church. Please use the parking lot side door.

Wednesday, February 18 – ASH WEDNESDAY MASSES

8:00 am + VI NYTRAI - Doreen

7:00 pm + SOULS IN PURATORY

+ FRANK CEKAN – Daniel

+ CIDALIA PUIM – Ana Dias & family

+ GILDA FORMICA – Jackman family

+ JORGIANA MELO & DECEASED FAMILY - Tina

CONFESSIONS at 6:00 pm to 6:45 pm

Adoration of the Blessed Sacrament 6pm to 7pm

Thursday, February 19

8:00 am + DECEASED FAMILY of Silvino & Maria Chaves

CONFESSIONS at 8:30 am to 9:30 am

Adoration of the Blessed Sacrament 8:30 – 9:30 am

Friday, February 20

8:00 am + DECEASED ANCESTORS – Thanh Nguyen

CONFESSIONS at 8:30 am to 9:30 am

Adoration of the Blessed Sacrament 8:30 – 9:30 am

6:30 pm – STATIONS OF THE CROSS

Saturday, February 21

CONFESSIONS at 4:00 pm to 4:45 pm

5:00 pm + DIMAS DIAS – Suzy

+ MARIA & JOHN MELO – their family

+ HERMANO CASTELO – Antonioi

+ BOB FERGUSON – MaryEllen

- intentions of Nonye Ngwaba

+ EMILIA, MANUEL & ANTONIO MOREIRA - Rosa

Sunday, February 22 – First Sunday of Lent

9:00 am + FRANCESCA NAPOLI – Cetra family

11:00 am – for the intentions of all parishioners

CONFESSIONS: 8:00 to 8:45 am and 10:15 am to 10:45 am



Ash Wednesday and Good Friday are days of fast and abstinence. **Fasting** is for those who are 14 to 60 years of age. Fasting means reducing our food intake and no snacking, unless a person has a medical condition which prohibits fasting.

Abstinence (no meat) for those 14 years of age and older. (medication is always permitted)

STATIONS OF THE CROSS will be prayed Friday nights during Lent, at 6:30 pm.



Youth Choir – Join Us!
Youth ages 12 to 18 years of age

Once a month – at Saturday 5:00 pm Mass

February 21, March 21, April 18, May 16, June 20

Practices are held on the Friday night at 7pm, prior to the Saturday Mass date.

Come, join us to praise the Lord in song!

Email youth@stambrosecambridge.ca

Mom & Tots Pray & Play: Do you want to introduce your child/children to Eucharistic Adoration. Bring your children to adoration, and when you're ready, leave them to enjoy supervised play time with other children for the remaining time while you pray alone. This is held the LAST Monday of each month from 10:00-11:30am in the Adoration Chapel and Children's Liturgy room at St. Ambrose Church. Registration is required, please email momtotsprayplay@gmail.com Please register for the upcoming date of **Monday, February 23, 2026**

"The Gift of Living in the Divine Will". Have you heard about the Gift of Living in the Divine Will? Have you ever wondered what the difference is between "living in" and "doing" God's will? Are you looking for spiritual growth this Lent? If so, then you are invited to attend an Information Session, based on the Church approved writings of "Servant of God" Luisa Piccarreta. This will be held at:

St. Anthony Daniel's Parish, 29 Midland Drive, Kitchener.

Saturday morning, **February 28, 2026.** Registration at 8.45am and concluding at 12.30pm.

To register, please contact Patrick & Rita Morgan at email: divinewillkw@execulink.com or call 519-748-5548

Are you away for the weekend, or didn't get to Sunday morning Mass? St. Clement Church, at 745 Duke Street, Cambridge (Preston area) offers a Sunday afternoon Mass at 4:30 pm. This fulfills your Sunday Mass obligation.

**Meeting regarding the
Sacrament of Confirmation
TUESDAY, February 24, 2026 at 6:30 pm
At St. Ambrose Church**

Parents/guardians of students in grade 7 are asked to attend this meeting to receive information about the Sacrament of Confirmation, and to register their son/daughter. Students are welcome to attend.

St. Ambrose Ladies' group, "Daughters of the King" will meet on **Tuesday, February 17, 2026** in the Church Hall, 7pm to 9pm. You're welcome to invite a friend to join us! All ladies are welcome.

**Pope Leo's prayer intention for February:
For children with incurable diseases**

Let us pray that children suffering from incurable diseases and their families receive the necessary medical care and support, never losing strength and hope.

www.popesprayer.va

Coffee Sundays: Join us after the 11am Mass (most Sundays), for refreshments and fellowship in the Church Hall.

The parish office is CLOSED on Monday, February 16 for the "family day" holiday.

Did You Know... In 2024, 16,499 Canadian deaths (5.1% of the total) were attributed to MAiD ('Medical Assistance in Dying', i.e. assisted suicide/euthanasia)? This number has increased annually since 2016, when MAiD was legalized. Does offering death as a solution to life's trials concern you? Please let your MP know that you believe in the sacredness of human life and ask her/him to stand against the expansion of MAiD in our country.

(For more info contact Cambridge Right to Life at cambridgerighttolife@gmail.com or 519.623.1850.)

Charitable donation receipts – 2025 donation tax receipts are ready to be picked up from the back of the Church. They are in alphabetical bundles. Thank you.

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