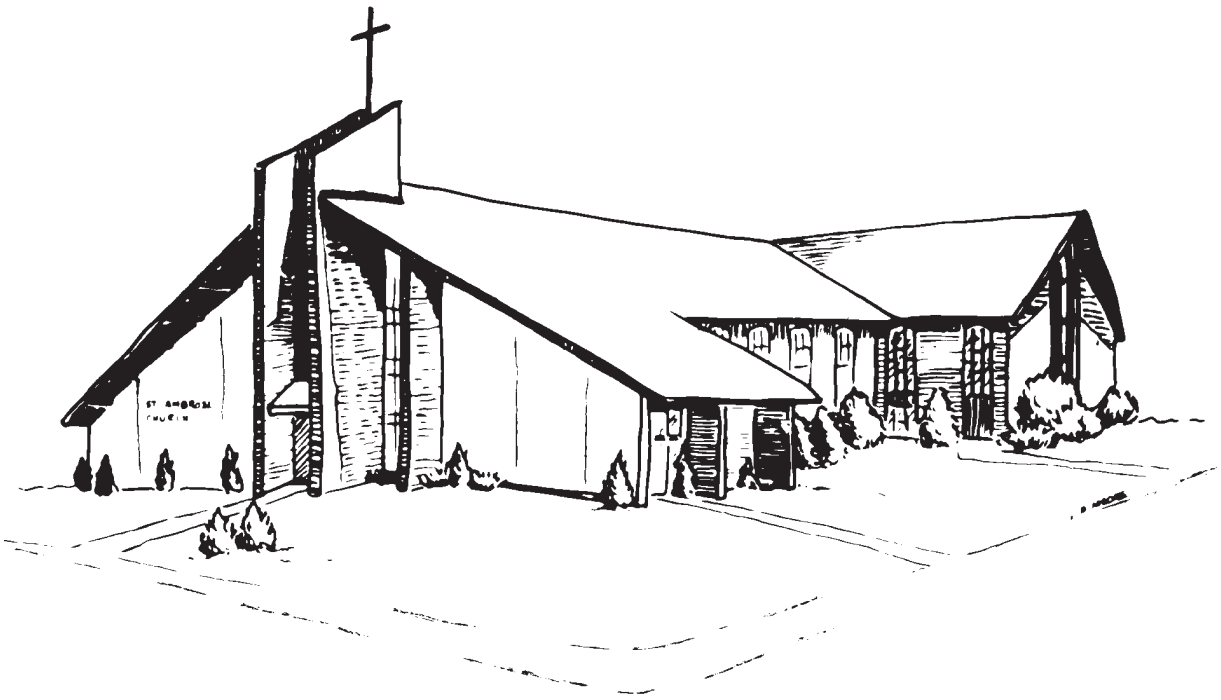
St. Ambrose Church



Fr. Gary Schlack - Pastor
Fr. Michael King, retired - in residence
Rev. Mr. Nick Cherri - Deacon
Rev. Mr. Paul Klaassen - Deacon
Barbara Roy - Administrative Assistant
Myra Klaassen - Parish Ministry
Carol Renner - Housekeeper
Sandy Figueiredo - Sacristan/Custodian

SUNDAY MASSES

Saturday: 5:00 p.m.
Sunday: 9:00 a.m., 11:00 a.m.

SACRAMENT OF RECONCILIATION

- Tuesday to Friday 8:30 a.m. to 9:30 a.m.
- Saturday from 4:00 p.m. to 4:45 p.m.
- Sunday from 8:00 a.m. to 8:45 a.m. and 10:15 a.m. to 10:45 a.m.

SCHOOLS

St. Anne	519-621-8920
St. Vincent de Paul	519-740-0678
Msgr. Doyle High School	519-622-1290
Holy Spirit School	519-621-8973

210 South Street, Cambridge, ON N1R 2P4
519-621-2013
E-mail: stambrose@golden.net
www.stambrosecambridge.ca

OFFICE HOURS

Monday to Thursday 9am to 4pm
Friday 9am to 2pm

BAPTISM

Please contact the parish office for information on the baptism preparation program, which is required before a date is booked.

MARRIAGE

Adequate preparation including Marriage Preparation Course is required.
Contact the parish office at least 12 months in advance.

COMMUNION TO THE SICK

Please inform us of hospitalization or confinement to home due to illness.

SOCIETY OF ST. VINCENT DE PAUL

(519) 623-8764 - for assistance with food, clothing, etc.
(519) 629-0103 - St. Vincent de Paul Store

KNIGHTS OF COLUMBUS

Selwyn Langlois 519-621-2580

Lent: What is it? Why is it held?

The **most solemn day** of the year for **Christians** is **Easter**, the day when we believe that Jesus rose from the dead. Lent is a forty-day season of preparation for Easter. Lent always begins on Ash Wednesday.

Why 40 days? In the bible it tells of how Jesus fasted and was tempted in the wilderness for 40 days. Lent, then, is a time of fasting, prayer, and repentance for believers. While Lent is not required anywhere in scriptures, it has been a custom, which Christians have practiced for most of the last two thousand years.
In many languages, the word "Lent" actually means "fast." This is where the custom of giving up something for Lent originated.

Technically, Sundays are not part of Lent. Although we celebrate them liturgically as part of Lent, the Lord's Day cannot be a day of fast and abstinence. Six weeks of Monday through Saturday gives you 36 days. If you add to them Ash Wednesday and the three days after it, you get the 40 days of Lent.
Lent comes to an end before the evening Mass of the Lord's Supper on Holy Thursday. Then begin the Triduum, the three most holy days.

Acts of penance, fasting and almsgiving are typical ways of preparation for Easter. **Fasting** can mean more than reducing food intake. Fasting can be from words of criticism and negativity; from irresponsible behaviour and unkind words. **Almsgiving** is giving to those in need, perhaps by giving money, but also by donating one's time to organizations that can use volunteers or using your time to visit a lonely relative, friend or neighbour. **Penance** by way of an act of self-denial or an act of piety or charity done out of sorrow for our sins helps to remind us of those who are not so fortunate as we are. Also receiving the Sacrament of Reconciliation will bring us closer to God.

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)

Monday, January 20 – Family Day Holiday (office is closed)

Tuesday, February 21
8:00 am – for the intentions of Desiree Lew
CONFESSIONS at 8:30 am to 9:30 am
Adoration of the Blessed Sacrament 8:30 – 9:30 am

Wednesday, February 22 – ASH WEDNESDAY
8:00 am – MANUEL MEDEIROS – Maria DaSilva

1:00 pm – Prayers for the Sick - everyone welcome. Please enter through the Chapel side door on South Street.

7:00 pm + SOULS IN PURATORY – Lucia Cekan
- SPECIAL ITNETION of Maria and John Correia
- Conversion of Shirley and Tony Borges
- the intentions of Stanley Ngwaba
+ TERESINHA ANDRADE – Manuel and family
+ ANTONIO & MARIA CONCEICAO FIGUEIREDO - Manuel

CONFESSIONS at 6:00 pm to 6:45 pm
Adoration of the Blessed Sacrament 6pm to 7pm

Thursday, February 23
8:00 am – for the conversion of Mary Ann and family
CONFESSIONS at 8:30 am to 9:30 am
Adoration of the Blessed Sacrament 8:30 – 9:30 am

Friday, February 24
8:00 am – for the intentions of Lucia Cekan
CONFESSIONS at 8:30 am to 9:30 am
Adoration of the Blessed Sacrament 8:30 – 9:30 am
7:00 pm Stations of the Cross

Saturday, February 25
CONFESSIONS at 4:00 pm to 4:45 pm
5:00 pm – for the intentions of the of Gauvin family
+ MARY HICKEY – Tom
+ DALIA OLIVEIRA – Maria and Joe Gomes
+ ANTONIO ALVERNAZ – Matilda
+ MILDRED KAVANAGH – Julie Harney
+ WAYNE FREER – Nick and Teresa
+ JOSE PUIM MONTEIRO, WIFE & SONS – family

Sunday, February 26
9:00 am + MR. & MRS. LAZARO CORDON, SR.
11:00 am – for the intentions of all parishioners
CONFESSIONS: 8:00 to 8:45 am and 10:15 am to 10:45 am

Is your child interested in becoming an altar server? We would like to welcome children in grade 4 and older to become altar servers for our Masses. Training is provided. Please contact the parish office for information.

Important to know….

The Sacrament of Anointing of the Sick, often referred to as Extreme Unction or Last Rites, is a ritual of healing appropriate not only for those in immediate danger of death but also for those suffering from physical, mental, or spiritual sickness. When a priest confers this Sacrament, the individual receives from the Holy Spirit the Graces of strengthening, peace, and courage to overcome the difficulties that go with the condition of serious illness or the frailty of old age. Also, the Sacrament formally unites the suffering of the individual with that of Christ's Passion and confers a Grace that contributes to the sanctification of the whole Church.

If people who received this anointing recovers their health, they can in the case of another grave illness receive this sacrament again. If during the same illness the person's condition becomes more serious, the sacrament may be repeated. It is fitting to receive the Anointing of the Sick just prior to a serious operation. If circumstances suggest it, the Anointing of the Sick should be received following the Sacrament of Penance.

Children's Liturgy at 11am Mass

We are pleased to announce that our Children's Liturgy Program, held during the 11:00 am Mass, begins today, February 5.

We ask the children to remain with their parents in the church until Father Gary invites them to come forward at the beginning of Mass.

More volunteers needed for this program – We welcome high school students and adults. If you are interested and would like more information, please contact Barb at the parish office.

Kindergarten registration is happening at all Catholic schools. Please contact your local school for information on how to register your child and to receive a registration package or make a registration appointment.

Stations of the Cross will be prayed every Friday of Lent at 7:00 pm. Please join us for this beautiful Lenen devotion.

Reel Justice Film Festival February 23, 2023 7:00 PM – 9:00 PM. The screening and discuss will be hosted **online**. Discussion lead by Fr. Toby Collins, C.R., Pastor St. Mary Church in Kitchener speaking about Tiny Homes and "A Better Tent City", as well as Jess Brand, Indwell regional manager for Hamilton discussing the community engagement, programs, and initiatives offered through Indwell.
R.S.V.P. and view our full schedule of events at: reeljusticefilmfestival.wordpress.com/

Lift Jesus Higher Rally - Saturday March 4, 2023
www.ljhr.ca
at the Toronto Metro Convention Centre
For tickets, please contact Tina at 519-222-6283.
Adult tickets are $25.00 pp. A bus is being arranged to depart from the area of Hwy 6 and 401. Bus fare to be finalized.

Be A Man men's group at St. Ambrose Church, Saturday mornings at 7:00 am in the Church hall. All men, aged 18 and older are welcome for prayer and discussion with coffee/muffins provided. (**Not on Feb 18th**, but will resume on February 25th)

Grief Relief - Has someone you cared about died? Are you grieving the loss of the person's presence in your life?

Thursdays from 7 – 8:30 p.m. from April 13th - May 18th, 2023. Learn more about what you are feeling and how to gently move forward. You are not alone! The Diocese of Hamilton program will be offered online using Zoom. To register, go to www.hamiltondiocese.com and look for April 13th under Upcoming Events. To find out more, please call Teresa at 905-528-7988 ext. 2250.

A WARM WELCOME to all new parishioners, and visitors to our Parish Community! We invite new parishioners to register at the parish office. If you have moved, have a new phone number or email address please let us know by contacting the parish office. Thank you

Please respect the sanctity of our church by refraining from bringing in coffee/tea etc. to Mass. There is a 1 hour fast required before receiving the Holy Eucharist. If water is needed for medical reasons, then this is acceptable.

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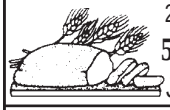

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