

St. Teresa of Avila

Roman Catholic Church

February 1, 2026
Fourth Sunday in
Ordinary Time

19 Flamingo Dr., Elmira, ON N3B 1V3
519-669-3387
stteresaelmira@hamiltondiocese.com

Website: www.stteresaelmira.ca

Established on the Second Sunday of Easter, 1851.

Pastor: Rev. Peter Meyer
pmeyer@hamiltondiocese.com
Deacon: Rev. Mr. Basil Markides
Office Administration: Donna Vollmer
Pastoral Associates: Iris Miltenburg, Mary Forcier
Office Hours:
Tuesday to Friday 9:00 a.m. – 1:00 p.m.



Mass Times

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

Weekday Masses
see inside

Reconciliation

Tuesday 6:30 p.m. - 7:00 p.m.,
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

Colleen Jack Debbie Yutzi
Fr. Peter Meyer Jim McInnis
John Bruder Ken Gallepeau

Building & Finance Committee

Fr. Peter Meyer Diane Smith
Dan Lauzon Maria Diemert
Rick Weishar
Sebastian Siebel-Achenbach

Catholic Women's League

Barb Vodicka
h094.cwlpresident@gmail.com

Knights of Columbus

Rick Weishar
gk8192@ontariokofc.ca

Vocations

Contact hamiltondiocese.com/vocations/
or resurrectionists.com/vocations

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. ✠

FOURTH SUNDAY IN ORDINARY TIME

MASSES FOR WEEK OF FEBRUARY 2ND

<p>Tuesday, February 3, 7:05 pm +Theresa Cassel; Estate <i>Let us have clean hearts ready inside us for the Lord Jesus, so that he will be glad to come in. – St. Clement of Alexandria</i></p>
<p>Wednesday, February 4, 10:30 am (Heritage House) +Colleen & Ron Weber; Estate <i>We should hold everyone in high esteem. We should love all humankind for they are children of God. God wants his children to love one another in the same way as a loving father wants his children to love each other. – St. Charles de Foucauld</i></p>
<p>Thursday, February 5, 12:05 pm +Shirley Kuntz; Rick & Leona Weishar <i>Christ chose to appear despised, needy and poor in this world so that people who were in utter poverty might become rich in him by possessing the kingdom of heaven. Rejoice and be glad. – St. Clare of Assisi</i></p>
<p>Friday, February 6, 9:00 am - Maryhill <i>Never be in a hurry; do everything quietly and in a calm spirit. Do not lose your inner peace for anything whatsoever, even if your whole world seems upset. – St. Francis de Sales</i></p>
<p>Saturday, February 7, 5:00 pm +Elaine Forler; The Family +Kaethy Aschwanden; Theresa Wuersch</p>
<p>Sunday, February 8, Fifth Sunday in Ordinary Time World Marriage Day 9:00 am Our Parish Community 11:00 am Maryhill</p>

READINGS FOR February 7/8

First Reading: Is 58:7-10
 Second Reading: 1 Cor 2:1-5
 Gospel Reading: Mt 5:13-16

HAMILTON DIOCESE PRAYER CALENDAR

PLEASE PRAY FOR :

Mon., Feb 2	The Presentation of the Lord World Day for Consecrated Life
Tues., Feb 3	Rev. Allen Varlaki
Wed., Feb 4	Missionaries
Thu., Feb 5	Rev. Charles Jordan
Fri., Feb 6	Rev. Ken Miskiewicz
Sat., Feb 7	Rev. Florian Stasinski, C.R.

THIS WEEK IN OUR PARISH

TUE	7:35 p.m.	Parish Pastoral Council Meeting
WED	7:00 p.m.	Parent/Candidate Confirmation Mtg.
THU	7:00 p.m.	R.C.I.A. – Library
FRI	7:00 p.m.	Youth Group – Hall

MINISTRIES for February 7/8

Eucharistic Ministers

5pm	Steve & Patsy Pond
9am	Ron Stemmler, Iris Miltenburg, Rick Weishar

Hospitality

5pm	Marilyn Hurlburt, Marianne Kieswetter
9am	John Bruder, Paul Shuttsa & Diane Smith

	Lector	Commentator
5pm	Mary Forcier	Kevin Dupuis
9am	Linda Bruder Paul Shuttsa	Joan Coutu

Altar Servers

9am Hudson, Xander, Hannah

Children's Liturgy

Feb 8 Anna Jakeman, Nikki Totten

FOODBANK NEEDS

Canned Pasta, Juice, Canned Fruit

LIVING ROSARY INTENTION

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.

FROM THE PASTOR'S DESK

Let us pray for Most Reverend Joseph Dabrowski as he is installed tomorrow, Monday, February 2nd, as our Bishop to be our shepherd for the Hamilton Diocese. We pray that he will have wisdom, courage, and pastoral zeal to lead with mercy and truth.

The Feast of the Presentation of the Lord is Monday, February 2nd and is also the World Day of Consecrated Life. In 1997, Pope Saint John Paul II instituted a day for women and men in consecrated life. This global celebration is attached to the Feast of the Presentation of the Lord on February 2nd. This Feast is also known as Candlemas Day; the day on which candles are blessed symbolizing Christ who is the light of the world.

Join us for our upcoming Spaghetti Dinner on Friday, February 13th. Tickets are now available. Come and bring your family for food, fun and fellowship.

Father Peter

A sincere **THANK YOU** from the C.W.L. for the great turnout on our very cold **Saturday Soup's On!** Our combined efforts raised a generous donation to Marillac Place which provides social supports and aftercare for unhoused women and their babies.

CONFIRMATION – You are invited to a parent/candidate information meeting on **Wednesday, February 4th** at 7 p.m. in the church for those who are in Grade 7 and above. This is a time for any questions or concerns that you may have regarding this Sacrament. The program and schedule will be discussed. If you know of anyone attending a public school who would like to receive confirmation please let them know. Contact Iris at imiltenburg@hamiltondiocese.com.

FIRST COMMUNION PARENT MEETING will be held on **Tuesday, February 10th** at 6:15 p.m. in the church.

SPAGHETTI DINNER – HOSTED BY THE KNIGHTS OF COLUMBUS, COUNCIL 8192 & THE CATHOLIC WOMEN'S LEAGUE – The Spaghetti Dinner is on **Friday, February 13, 2026**, beginning at 5:00 p.m. with takeout at 4:30 p.m. It will be continuous seating until 7:00 p.m.

Please consider volunteering 1-2 hours for this worthwhile event. Your help will be needed for ticket sales, preparation, set up/take down and during the evening of the event. Sign-up sheets are in the narthex. Cost \$16.00 for Adults, \$10.00 for Children (6-12), and Free for Children (5 & Under). Please reserve your tickets by calling the Church Office at 519-669-3387 or Rick Weishar at 519-577-5928. Tickets will be on sale as of January 17, 2026 and will also be available at weekend Masses. Proceeds will be going to reupholstering the hall chairs.

We have ourselves a small but mighty team of 3 walkers for the **COLDEST NIGHT OF THE YEAR WALK** on **Saturday, February 28th**. It's not too late if you would like to join us or if you would like to donate. Please go to CNOY2026 Elmira and our Team is St. Teresa's Trotters if you wish to donate to this worthwhile cause. Thanking you in advance.

Face Off for Mental Health! **ELMIRA SUGAR KINGS CHARITY GAME** on **Sunday, February 1, 2026** at 2 p.m. at the Dan Snyder Memorial Arena. Come together with family, friends and community members to watch the Elmira Sugar Kings take on the Stratford Warriors at the Dan Snyder Memorial Arena. Puck drop is 2 p.m. with the Jersey Auction to follow. The Elmira Sugar Kings, CJ Brubacher and Woolwich Counselling Centre are teaming up to support mental wellness in our community.

The Woolwich Counselling Centre is offering:

- **CONNECTING MIND AND BODY FOR KIDS** (In-Person Group), Ages 3-4, on **Tuesdays, February 3 – March 3** from 10 – 11 a.m. The fee is \$150.
- **PARENTING CHILDREN WITH ADHD** (In-Person Adult Group) on **Tuesdays, February 3 – March 3** from 6 – 7:30 p.m. The fee is \$150.
- **GRIEF GROUP FOR SENIORS** (In-Person Group) on **Wednesdays, February 4 – March 11** from 10:30 – 11:30 a.m. No Cost.

To register, please visit <https://woolwichcounselling.org/upcoming-event/>. Further subsidies available if needed.

The next **PRAYER VIGIL** is **Thursday, February 5th** from 10 a.m. to 11 a.m. opposite Freeport Hospital, 3570 King Street East, Kitchener, for babies being aborted. All are welcome to pray quietly for those who have no voice, but our own! Parking is across the road at Schneider Park. Any queries, contact Cathy at cmlamers@rogers.com or call 519-742-9025.

The **CATHOLIC LAND MOVEMENT (CLM)** is forming a local chapter in the Kitchener–Waterloo area. The CLM is a lay initiative that supports Catholics who feel drawn to Christ-centered rural living, rooted in the Church's social teaching. All are invited to the **Chapter Kickoff** on **Saturday, February 7th**, from 10:00 a.m. – 1:00 p.m. at St. Mary's Parish in Linwood, preceded by First Saturday Rosary and Mass at 9:00 a.m. The event will include an introduction to the Catholic Land Movement, a keynote talk by Fr. Brendan McGrath, and a potluck lunch. For more information or to RSVP, contact Feisal Borjas at (416) 303-7659 or clmkitchener@gmail.com.

YOUNG ADULTS NIGHT – Fr. Mark Morley invites all young adults (ages 20s and 30s) of our diocese to attend an evening of prayer, fellowship and praise music in support of your vocations. The Young Adults Night includes a Holy Hour (6:30 p.m. - 7:30 p.m.), social with food (7:30 p.m. – 8:00 p.m.), praise night with vocations testimony (8:00 p.m. - 9:00 p.m.), and Compline (9:00 p.m.) on **Saturday, February 7th** at St. Michael's Church, Waterloo. Sponsored by the Vocations Office of the Diocese of Hamilton: <https://hamiltondiocese.com/vocations/>. For more information, contact: vocations@hamiltondiocese.com. *The*

SERRA CLUB is glad to resume meetings at **St. Agnes Parish, Waterloo on the second Thursday of the month**. Join us at St. Agnes for a Holy Hour, Rosary and Benediction at 6:00 p.m. and Mass at 7:00 p.m. There will be a brief meeting and fellowship in the parish hall following evening Mass. Serrans are lay Catholics, men and women of all ages and from all walks of life, all dedicated to promote and foster vocations. Serra International ("Serra") is formally recognized by the Holy See as the only global lay apostolate for vocations in the Catholic Church. Masses for 2026 are February 12, March 12, April 9, May 14, June 11, July 9, August 13, September 19, October 8, November 12, December 10, 2026. Join us for the Rosary on ZOOM every Monday at 7:00 p.m. Address: 891 4699 8295, Pass Code GvsW9U. New members are welcome! Contact ma_zister@hotmail.com.

RESTART: MOVING FORWARD – Have you experienced a divorce or separation? Are you looking to learn ways to cope, for support from others and to gain a feeling of moving forward? Our 10-week program offers education and support to anyone seeking to heal or simply learn more. The sessions will run **Tuesdays from Feb. 17 – April 21, 2026** from 7-9 p.m. at the Chancery Office at 700 King St. West in person. Cost is \$35 for materials, but no one is turned away. Registration online is at hamiltondiocese.com and look for the date under Upcoming Events, or by contacting Sarah at 905-528-7988 ext. 2249 or at familyministry@hamiltondiocese.com.

RESURRECTIONIST VOCATION MINUTE – We rarely get a glimpse of the whole path ahead of us, but we can always see the choices that are in front of us. And by reflecting on whether the choices we are making are resulting in the Beatitudes being more or less present in our lives – we can have a good indicator if we are on the right path, if we are pursuing our vocation. Fr. Raphael Ma, C.R.; resurrectionistvocation@gmail.com.

VOCATION SEEDS – "Blessed are you when people revile you and persecute you and utter all kinds of evil against you falsely on my account. Rejoice and be glad, for your reward is great in heaven..." Do not be discouraged by jeers when considering being a priest, deacon, brother or sister. If God is calling you, contact Fr. Mark Morley, Director of Vocations, Diocese of Hamilton at 905-528-7988 or email vocations@hamiltondiocese.com.

STEWARDSHIP REPORT

Offertory collection for January 24/25:	\$ 3,236.00
Building & Maintenance Fund Balance:	\$64,959.13



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