

# St. Teresa of Avila

## Roman Catholic Church

February 22, 2026

First Sunday of Lent

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

Website: [www.stteresaelmira.ca](http://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 Gallipeau

#### 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/](http://hamiltondiocese.com/vocations/)  
or [resurrectionists.com/vocations](http://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](http://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. ✠

# FIRST SUNDAY OF LENT

## MASSES FOR WEEK OF FEBRUARY 23<sup>RD</sup>

**Tuesday, February 24**

**6:30 pm Stations of the Cross (led by the Knights)**

**7:05 pm**

**+Jim Hanley; Knights of Columbus Council 8192**

*Today, there is an inescapable duty to make ourselves the neighbour of every individual, without exception, and to take positive steps to help a neighbour whom we encounter, whether that neighbour be an elderly person abandoned by everyone, a foreign worker who suffers the injustice of being despised, a refugee, an illegitimate child wrongly suffering for a sin of which the child is innocent, or a starving human being who awakens our conscience by calling to mind the words of Christ: "As long as you did it for one of these, the least of my brethren, you did it for me. (Matthew 25:40).*

*– St. Elizabeth of Hungary*

**Wednesday, February 25, 10:30 am (Agecare)**

**+Colleen & Ron Weber; Estate**

*It is because of faith that we exchange the present for the future. – St. Fidelis of Sigmaringen*

**Thursday, February 26, 12:05 pm**

**+Gerard Bruder; The Family**

*Virtues are formed by prayer. Prayer preserves temperance. Prayer suppresses anger. Prayer prevents emotions of pride and envy. Prayer draws into the soul the Holy Spirit and raises a person to heaven. – St. Ephrem*

**Friday, February 27, 9:00 am - Maryhill**

*Wrestle for your own soul, especially in such days as these. – St. Cyril of Jerusalem*

**Saturday, February 28, 5:00 pm**

**+Marie Kraemer; Nancy Kamberdis**

**+Lucy Bertin; Armand Bertin**

**Sunday, March 1, Second Sunday of Lent**

**9:00 am Our Parish Community  
(with Confirmation Enrolment)**

**11:00 am Maryhill**

### READINGS FOR February 28/March 1

First Reading: Gn 12:1-4a

Second Reading: 2 Tm 1:8b-10

Gospel Reading: Mt 17:1-9

### HAMILTON DIOCESE PRAYER CALENDAR

#### PLEASE PRAY FOR:

Mon., Feb 23	Rev. Joonbin Lim
Tues., Feb 24	Rev. Ralph Diodati
Wed., Feb 25	Society of the Sacred Heart of Jesus, R.S.C.J.
Thu., Feb 26	Rev. Saju Oreethaparambil, C.Ss.R.
Fri., Feb 27	Rev. Kevin Upendran
Sat., Feb 28	Rev. Drago Gacnik, S.D.B.

### THIS WEEK IN OUR PARISH

<b>TUE</b>	6:15 p.m.	<b>First Communion Session</b> – Hall
<b>WED</b>	7:00 p.m.	<b>Confirmation Session</b> - Library
<b>THU</b>	3:15 p.m.	<b>Youth Choir</b> - Church
	7:00 p.m.	<b>R.C.I.A.</b> – Library
<b>SAT</b>	After Mass	<b>Soups On</b> – Hall

### MINISTRIES for February 28/March 1

#### Eucharistic Ministers

5pm Kieran Kelly, Steve Pond

9am Chris & Allyson Cassidy, Ron Stemmler

#### Hospitality

5pm Debbie Yutzi, Joanne Weber

9am Pat & Linus Ditner, Adrian Miltenburg

#### Lector

5pm Tom O'Marra

9am John Bruder

Will Jakeman

#### Commentator

Marianne Kieswetter

Mike Noel

#### Altar Servers

9am Nathan, Scarlett, Divine

#### Children's Liturgy

Mar 1

### 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

Today is the First Sunday in Lent which marks the beginning of the 40-day journey to Easter, focusing on Jesus' temptation in the wilderness. It signifies a time of reflection, spiritual discipline, and preparation, highlighting Jesus' reliance on God to overcome temptation and calling believers to repentance and renewed faith.

Join us on Saturday, February 28<sup>th</sup> for Soups On. Donations will be in support of Woolwich Community Services through the Coldest Night of the Year.

We are hoping to have a Vacation Bible Camp this summer jointly with St. Boniface Parish. We will need a total of 10 volunteers to help with the bible camp. If you are interested, please contact me by email at [pmeyer@hamiltondiocese.com](mailto:pmeyer@hamiltondiocese.com).

Father Peter

### DILEXI TE ("I HAVE LOVED YOU")

In his first apostolic exhortation, Dilexi Te ("I have loved you"), Pope Leo XIV focuses on poverty and love for the poor. This Lent, the Catechesis Office of the Hamilton Diocese is offering an online book club exploring this call to rediscover the beauty and necessity of serving the poor.

Parishioners of St. Teresa and St. Boniface are invited to join Iris and Mary in the St. Teresa Parish library on **Tuesday afternoons** from 1-2:30 pm. Together we'll participate in the online Zoom discussion, then have some time for in-person fellowship and discussion. We have ordered copies of Dilexi Te and its discussion guide for those able to attend in person.

Dates are **February 24, March 3, March 10, and March 17**. If you are unable to come in person but would like to join in the online Zoom conversation, please go to <https://hamiltondiocese.com/events/2026/01/lent-book-club-dilexi-te/>.

On **Saturday, February 28, 2026** is the Coldest Night of the Year. The C.W.L. invites you for **SOUP'S ON** in the hall following Mass for our social soup supper! Freewill donations will go to our local Woolwich Community Services

for their various programs providing supports to those in need in our community.

The Knights of Columbus Council 8192 is hosting a **FISH FRY** on **Friday, March 13, 2026** here at St. Teresa of Avila Parish Hall. There will be continuous seating from 5:00 p.m. to 7:00 p.m. Take-out will be at 4:30 – 5:00 p.m. Please bring your own take-out bag as we are trying to save the environment. Purchase your tickets by calling Rick Weishar at 519-577-5928, after weekend Masses or at the Parish Office call 519-669-3387 between 9 a.m. and 1 p.m. (Tuesday to Friday). Cost is Adults \$20.00; Children (aged 6 to 12 years) \$12.00; Children (aged 5 and under) Free; and Take-out is \$20.00. Don't miss out on this popular annual dinner. Proceeds go to the Knights of Columbus Charities.

**DEVELOPMENT & PEACE** – Caritas Canada's 2026 Share Lent campaign, *On Track for Justice*, has been launched! Together, let's walk hand in hand with communities in the Global South who are working for justice, peace and dignity. How?

1. By donating online at [devp.org/give](http://devp.org/give) or during the Solidarity Sunday collection on March 22, the Fifth Sunday of Lent. Your generosity helps support over 59 projects in 34 countries around the world!
2. Follow the Solidarity Calendar with your family. Discover all the resources at [devp.org/lent/resources](http://devp.org/lent/resources).

We have 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.

**LECTURES IN CATHOLIC EXPERIENCE** presents Dr. Gary J. Adler Jr. While the winter weather prevents us from meeting in person, you are invited to join a special Zoom lecture on **Thursday, February 26<sup>th</sup>** at 7:30 p.m. It is a virtual lecture. The event is free and all are welcome. The topic is "Catholic in Governing, not Catholicism in Government: How Local Government Officials Manage Interaction between Religion and State. Dr. Gary J. Adler Jr. will examine the intersection of religion and politics in his talk.

Mark your calendar for **WORLD DAY OF PRAYER 2026** on **Friday, March 6, 2026** at 2:00 p.m. at the Trinity United Church, located on the lower level of Floradale Mennonite Church, 22 Florapine Road. Enter from the front entrance and follow the signage. Elevator access is available. The theme is "I will give you rest: come" Matthew 11:28-30. The service is written and prepared by WDP Nigeria.

**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

promoting and fostering 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 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](mailto:ma_zister@hotmail.com).

Join thousands of Catholics for the **35<sup>TH</sup> ANNUAL LIFT JESUS HIGHER RALLY** on **Saturday, March 14, 2026**, at the Metro Toronto Convention Centre. The day will feature inspiring testimonies, Eucharistic Adoration, Mass, and powerful worship designed to ignite your faith and empower you through the Holy Spirit. This event includes a Youth Conference (13-18) and an Adult Conference. For information regarding busing and tickets, please call Anna Joseph at 519-577-8519.

The Sisters Poor of Jesus Christ are hosting a **COME & SEE** from **March 17<sup>th</sup> – 21<sup>st</sup>** at 177 Sanford Avenue North, Hamilton. This is for young women in the Diocese who are considering religious life. Discover God's call and schedule your visit today and take the next step. Contact 905-512-8493 or [vocation.skateritekakwitha@ocaminho.org](mailto:vocation.skateritekakwitha@ocaminho.org).

Mark your calendars for the Woolwich Counselling Centre **50<sup>TH</sup> ANNIVERSARY GALA** on **Friday, March 27, 2026** at the Lions Hall in Elmira. This unforgettable evening will feature a powerful musical keynote by **Séan McCann**, founding member of *Great Big Sea*, and a 3-course dinner prepared by Kennedy's Catering. Through this event, we're aiming to raise \$50,000 to ensure that every resident of Woolwich and Wellesley Townships can access mental health support. Tickets are on sale.

**PARENTING TIP OF THE MONTH** – We are constantly teaching our kids by what we choose to make a priority. We encourage schoolwork to be done well, engage in extra-curricular activities for fun and development, pray and attend Mass so faith stays at the forefront of our family values. We are, however, also teaching our children when we are not trying to teach them. In those moments we are silently saying, you matter and I love being with you, that family time to relax is vital to good mental health and that undertaking chores together connects us as a family. So, enjoy the non-teaching times because they matter more than you might think! From Teresa Hartnett, Family Ministry Office; 905-528-7988 ext. 2250.

**VOCATION SEEDS** – Jesus was led by the Holy Spirit into the desert for forty days of prayer and fasting. Are you open to being led by the Holy Spirit into the life-commitment God has prepared for you? If God is calling you to serve him as a priest, deacon, brother or sister, contact Fr. Mark Morley, Director of Vocations, Diocese of Hamilton at 905-528-7988 or email [vocations@hamiltondiocese.com](mailto:vocations@hamiltondiocese.com).

**STEWARDSHIP REPORT**

<b>Offertory collection for Feb 14/15:</b>	<b>\$ 3,374.50</b>
<b>Building &amp; Maintenance Fund Balance:</b>	<b>\$62,068.73</b>

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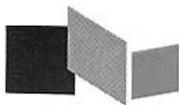
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