

ST. MARY OF THE VISITATION PARISH



SCHEDULE OF LORD'S DAY MASSES

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

*Children's Liturgy runs during the 11:00 a.m.
Mass for children in Kindergarten to Grade 2*

WEEKDAY MASSES

Tuesday 7:00 p.m.
Wednesday 8:00 a.m.
Thursday 8:00 a.m.
Friday 8:00 a.m.

PRAYING THE ROSARY

Tuesday at 6:30 p.m. and
7:30 a.m. on Wednesday, Thursday and Friday.
All are welcome.

PARISH ADORATION CHAPEL

Our Chapel is available seven days a week starting
Sunday at 12 noon through Saturday at 5:00 p.m.
For more information please call Sheila at 519-
658-9414.

OUR PARISH SCHOOLS

Our Lady of Fatima School	519-658-4041
St. Elizabeth School	519-651-0400
St Gabriel School	519-658-2008
St. Benedict Secondary School	519-621-4050

**16 Cooper Street,
Cambridge, Ontario N3C 2N2**
519-658-4443
stmarycambridge@hamiltondiocese.com
www.stmaryhespeler.ca

Rev. David Reitzel, Pastor dreitzel@hamiltondiocese.com

Mr. Jangho Hong, Seminarian

Mrs. Catherine Quinto Garcia, Pastoral Minister

Mrs. Rosanne Nusca, Administrative Assistant

Mrs. Ruth Ann Milne, Office Assistant

PARISH OFFICE HOURS

(Located in the lower level of the church)
Monday to Friday: 9:00 a.m. to 4:30 p.m.

NEW PARISHIONERS

Please register through our parish website or by
completing a form located at the parish entrances.

SACRAMENT OF RECONCILIATION

Tuesday – Friday 15 minutes prior to Mass
Saturday 4:00 p.m. to 4:45 p.m. or
by appointment.

SACRAMENT OF BAPTISM

Please contact the parish office to begin the process
of preparing your child and family for this
Sacrament.

SACRAMENT OF MARRIAGE

Please contact the parish office before setting a date
of marriage in order to begin preparations.

PASTORAL CARE TO SICK AND HOMEBOUND

Please contact the office and Father David would be
most willing to visit.

ST. VINCENT DE PAUL FOOD PANTRY

Please call 519-658-6511 for assistance.

FOURTH SUNDAY IN ORDINARY TIME

Date	Time	Mass Intentions	Requested by
Monday, February 2	7:00 AM	+ Mary Miranda	The Miranda Family
Tuesday, February 3	7:00 PM	Intentions of Shannon Bell, 13, Granddaughter of Paul & Marilyn O'Neill	Norbert Oberle
Wednesday, February 4	8:00 AM	+ Virginia de Braga and Family	Carmen and Tony Chaves
Thursday, February 5	8:00 AM	+ Wendy O'Keefe	Anna Altomare
Friday, February 6	8:00 AM	+ Domenic Altomare	Anna Altomare
Saturday, February 7	5:00 PM	+ Joan Garant + John Dominas Intentions of Conrad Mina Intentions of The Chaves Family Intentions of Paul and Susan Deemert	Carol and Richard O'Brien Jocelyn Dominas The Garcia Family Carmen and Tony Chaves SSVP Giving Tree
Sunday, February 8	9:00 AM 11:00 AM	For the people of St. Mary of the Visitation Parish For the people of St. Mary of the Visitation Parish	



FEAST OF THE PRESENTATION

OF THE LORD: Monday, February 2nd marks 40 days since Christmas. On this day we celebrate the Feast of the

Presentation, which commemorates Mary and Joseph bringing Jesus to the Jerusalem Temple so as to present Him to the Lord. Acknowledging that Jesus is the Light of the Nations, we will celebrate Mass on **Monday, February 2nd at 7:00 a.m.** by candlelight. All are encouraged to bring candles to Mass. Candles will also be available for a \$5 offering.

ENCOUNTERING JESUS: A wonderful opportunity awaits you in our Adoration Chapel. An opportunity to encounter Jesus - to spend quality time with Him in silent adoration. Please consider becoming part of this devotion. For more information, please call Frank or Sheila Mauser (519) 658-9414.



YOUTH GROUP MEETING: Calling all creators in Grade 6, 7, and 8! Are you ready to spread some kindness? Come out to create a handmade Valentine craft. Whether it's for you, a friend or a family member - we'll have the glue, glitter and paper you need! When: **Wednesday, February 11th** in the parish hall from **6 - 8 p.m.** Please register through the parish website: <https://stmaryhespeler.ca/youth-group>

ELECTRONIC BULLETIN: If you would like to receive the parish bulletin via email, please visit our parish website and scroll down the home page to 'subscribe to bulletin'.

MEN'S DAY OF RECOLLECTION: All men over 18 are invited to St. Mary of the Visitation Parish on **Saturday, February 7th, 10:00 a.m. - 3:00 p.m.** for a day of recollection. The day will consist of Mass, confession, and talks given by Fr. Paul Pearson of the Toronto Oratory. Lunch and snacks will be provided. Please visit the parish website or scan the QR code on the posters to register. A \$15 fee will be collected at the door.

ALL-AGES FAMILY POTLUCK & GAME NIGHT!

Saturday, February 21st following the 5:00 PM Mass, until 10:00 PM in the Parish Centre. All families and ages are welcome! What to Bring:

- **A Dish to Share:** Bring your favourite appetizer, main course, or side dish...to share.
- **Your Favourite Games:** Whether it's a classic board game, cards, or a group party game, bring the fun to share with others.

Please register on our parish website to help us plan for "tons of fun" and ensure we have enough space for everyone. <https://stmaryhespeler.ca/family-potluck>

PARISH OFFERINGS for Jan. 31/Feb. 1, 2026

Sunday Envelopes: \$2,761.50

Your continued financial support is greatly appreciated.

TAX RECEIPTS: Annual tax receipts for the 2025 year are available for pick-up this weekend in the hallway off the large parking lot.

SEMINARY OFFERING – FEBRUARY 1st, 2026:

This special collection supports the educational needs of seminarians within the Hamilton Diocese. Your support is greatly appreciated.



ST. VINCENT DE PAUL COLLECTION:

The collection for January 24th/25th was \$1,036.20. Thank you for your support!



THE POPE'S FEBRUARY 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. February 2026 – Pope Leo XIV
Watch the video: <https://thepopevideo.org>

PARENTING TIP OF THE MONTH: Parents constantly undertake the task of correcting poor behaviour in their children. To help them grow to be good and capable adults, it is important they learn proper behaviours, etiquette and good manners; parents are the first and foremost educators of all of these. Instead of reprimanding when undesired behaviours arise, ask them how they should be acting, or what would be a better way to act? Take a moment to remind them that their Baptism calls them to follow a better way, undertaking the same actions that Jesus would, ways of caring, love and compassion. Relating their behaviours to their faith provides a guidepost for actions throughout their lives and a way to live fully their Baptism.



MARRIAGE TIP OF THE MONTH:

Gratitude has proven to be one way that we can feel more joy in our everyday living. In our marriages, all the good moments can slip past our awareness when we focus instead on those that are annoying. What if you took time at the end of each day to review the day with eyes of gratitude instead of discontent? You would find that you can be thankful for so many things, for example: a spouse to share your home with, to share parenting with, to make you coffee or dinner, to the shared glance, smile or kiss that day. And there is more: a person who shares your values, who supports your faith, someone who is a forever friend. When we focus on gratitude, our relationship has a different look and feel and both spouse's benefit!

Upcoming Events at the Parish

- February 2----- Candlelight Mass at 7:00am
- February 2----- Social Committee Meeting at 5:00pm – *new members welcome*
- February 7 ----- Men's One Day Recollection in the Church & Parish Centre, 10am-3pm
- February 8----- Baptisms at 12:15pm in the Church
- February 10----- CWL Meeting at 7:30pm in the Parish Centre
- February 11----- Youth Group Meeting at 6:00pm in the Parish Centre
- February 11----- Spanish Prayer Group at 8:00pm in the Hearth Room
- February 12----- Knights of Columbus Meeting at 7:00pm in the Hearth Room
- February 14/15----- Coffee Sunday in the Parish Centre following all Masses
- February 21----- Family Potluck and Game Night in the Parish Centre



SERRA CLUB: 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. New members are welcome! Contact ma_zister@hotmail.com

COUPLES FOR CHRIST - CHRISTIAN LIFE

PROGRAM: Sponsored by Couples for Christ and their Family Ministries. Open to all Christian married couples, singles, widows, widowers and those separated or divorced. Topics include: *God's Love, Who is Jesus Christ, Transformation in Christ*. Join us on Thursday evenings at St Francis of Assisi Parish Hall from January 29 to March 26 inclusive. Presenter on Thursday, January 29 - Fr Paul Voison, CR. Agenda: Dinner at 6 PM, Program: 7pm to 9pm. Child Care: provided for children 12 years and under. There is no fee!



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 you believe in the sacredness of human life and ask her/him to stand against the expansion of MAiD. (For more information contact **Cambridge Right to Life** at cambridgerighttolife@gmail.com or 519-623-1850.)

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Parish Knights of Council #4916

Contact
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519-621-3665
or
PGK Dan Schmalz
519-239-5003



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