

ST. MARY OF THE VISITATION PARISH



16 Cooper Street,
Cambridge, Ontario N3C 2N2

519-658-4443

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www.stmaryhespeler.ca

Rev. David Reitzel, Pastor dreitzel@hamiltondiocese.com

Mr. Jangho Hong, Seminararian

Mrs. Catherine Quinto Garcia, Pastoral Minister

Mrs. Rosanne Nusca, Administrative Assistant

Mrs. Ruth Ann Milne, Office Assistant

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

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.

SIXTH SUNDAY IN ORDINARY TIME

Date	Time	Mass Intentions	Requested by
Tuesday, February 17	7:00 PM	+ Joan Garant Intentions of Barb Hagey Intentions of Cathy Buchanan Intentions of Katharine Van Beek In Thanksgiving of Our Parishioners	Chris O'Neill Susie Koenderink Anna Altomare Helga Blackwell The SVDP Society
Wednesday, February 18 Ash Wednesday	8:00 AM 7:00 PM	Intentions of Biba Peric Intentions of Terry McKinney	Maria Neeb SSVP Giving Tree
Thursday, February 19	8:00 AM	+ Lynda Caron	Chris O'Neill
Friday, February 20	8:00 AM	Intentions of Barb Glover	Pat Coghlan
Saturday, February 21	5:00 PM	+ Joan Garant + Tony Lourenco + Yolande Castiglione Intentions of The Galera Family Intentions of Pauline Third	Janet and David Freer Ann McKelvey and Family Jocelyn Dominas The Quinless Family SSVP Giving Tree
Sunday, February 22	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	

THE SEASON OF LENT



ASH WEDNESDAY: There will be Mass with the distribution of ashes at **8:00 a.m. and 7:00 p.m.** on February 18th. Our parish schools will have a liturgy of the Word with the distribution of ashes as well. *Ash Wednesday is a day of fasting and abstinence.* (*Fasting:* For everyone between the age of 18-60, you only eat one meal and two small snacks that day. *Abstinence:* For everyone 14 years old and up, you eat no meat that day.)

STATIONS OF THE CROSS at 7:00 p.m. every Friday, beginning February 20th, followed by Adoration of the Blessed Sacrament until 8:00 p.m. and concluding with Benediction.

LENTEN DEVOTIONS AND PRAYERS: "*By His Wounds We Were Healed: Praying through Lent with the Prophets*" and "*Walking with the Saints: Daily Devotions for Lent*". Booklets available at the parish entrance for \$2.00

ADORATION OF THE BLESSED SACRAMENT: Lent is a time of reflection, a time to reconnect with God in preparation for the beautiful Season of Easter. Are you wondering what to do during this Lenten Season? Why not consider spending one hour a week with Jesus in our Chapel of Adoration. *The following hours are available: Monday: 3AM, Wednesday: 1AM, 6AM, 7AM, Thursday: 2AM, 3AM, 1PM, 8PM, Friday: 1AM, 12PM, Saturday: 4AM, Sunday: 11PM.* For more information, please call Frank or Sheila at (519) 658-9414.

FORMED: Prepare for Lent with our four-part video series called **How to Lent**. This series explores the scriptural origins of Lent and its desert imagery. It explains the pillars of fasting, prayer, and almsgiving. It challenges you to think beyond your usual Lenten sacrifices to something that will genuinely help you grow in your faith. Position your heart to hear God's voice and make the most of this Lenten season.

New to FORMED? Registration is FREE for parishioners. Go to signup.formed.org and type **St Mary of the Visitation Cambridge** to find and select our Parish. Provide your name and email address and "Sign Up".

LENTEN RETREAT: Explore new ways to pray and learn at the same time how God's deep love can impact your life. A powerful *online Prayer Retreat* for your Lent this year. Led by *Simone Robinson*, the retreat leader from our past Advent retreat. If you would like to know more, please contact Simone at hello@thevisitation.org

FIRST RECONCILIATION 2026: First Reconciliation will take place on **Thursday, March 26th and Friday, March 27th**. Parents of grade 2 students can sign up online for a date and time: <https://www.stmaryhespeler.ca/date-registration>



COFFEE SUNDAY: Plan to join your fellow parishioners *this* weekend for coffee, juice and treats following ALL Masses.

ALL-AGES FAMILY POTLUCK & GAME NIGHT!

Join your fellow parishioners **next 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 sign up to help us plan for "tons of fun" and ensure we have enough space for everyone. A sign-up sheet is located in the parish entrance and on our parish website:

<https://stmaryhespeler.ca/familypotluck>

PARISH OFFERINGS for Feb. 7/8, 2026

Sunday Envelopes: \$3,026.60

Your continued financial support is greatly appreciated.

SEMINARY OFFERING: This collection supports the educational needs of seminarians within the Hamilton Diocese. To date we have collected \$705.00. Your support is greatly appreciated. Donations can be made to this special collection throughout February.

NEW VOLUNTEER SCHEDULE: The new schedule begins Saturday, February 21st. *New volunteers are welcome!* Please speak to Father David or contact the office.

"THE GIFT OF LIVING IN THE DIVINE WILL"

Information Session: 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 Parish, 29 Midland Drive, Kitchener, on **Saturday, February 28th, 2026**. Registration at 8.45 a.m. and concluding at 12.30 p.m. To register, please contact Shirley Gatchene or Patrick & Rita Morgan at email: divinewillkw@execulink.com or call 519-748-5548.



WORLD DAY OF PRAYER 2026: "Rest for the Weary"

This year the World Day of Prayer will be hosted at **Wanner Mennonite Church** on **Friday, March 6th at 1:30 pm**. Social and fellowship time following the Ecumenical Worship service. All are welcome. Please see the poster in the church entrance for details.

REGINA CAELI ACADEMY GALA: The independent Catholic school opening in Guelph in September 2026 will host a gala on **Saturday, April 11, 2026**. The event will feature dinner, dancing, a silent auction, and many prizes. Tickets are \$140 each. A portion of the ticket price may be eligible for a tax receipt. For more information, to order tickets, to pay by e-transfer, or to donate a prize, please contact info@reginacaeliacademy.ca. Thank you for supporting Regina Caeli Academy.

Upcoming Events at the Parish

- February 14/15----- Coffee Sunday in the Parish Centre following all Masses
- February 16----- Family Day, *parish office closed*
- February 17----- St. Vincent de Paul Meeting at 7:30pm
- February 18----- Ash Wednesday, distribution of ashes at 8:00am and 7:00pm Masses
- February 20----- Stations of the Cross at 7:00pm in the Church
- February 21----- Family Potluck and Game Night in the Parish Centre
- February 22----- Sunday Vespers at 5:00pm
- February 23----- Mission Mats at 6:30pm in the Parish Centre
- February 25----- Family Rosary Night at 6:30pm in the Church
- February 25----- Spanish Prayer Group at 8:00pm in the Hearth Room
- February 27----- Stations of the Cross at 7:00pm in the Church

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