

ST. MARY OF THE VISITATION PARISH



16 Cooper Street,
Cambridge, Ontario N3C 2N2

519-658-4443

stmarycambridge@hamiltondiocese.com

www.stmaryhespeler.ca

Rev. David Reitzel, Pastor
dreizel@hamiltondiocese.com

Rev. Mr. Michael Foulger, Permanent Deacon
Mrs. Catherine Quinto Garcia, Pastoral Minister
Mrs. Rosanne Nusca, Administrative 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

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 and
Deacon Michael would be most willing to visit.

ST. VINCENT DE PAUL FOOD PANTRY

Please call 519-658-6511 for assistance.

FIRST SUNDAY OF LENT

Date	Time	Mass Intentions	Requested by
No Weekday Mass			
Saturday, March 15	5:00 PM	+ Daniel Chabot + Agnes, Frank, Roy & Michelle Weston + Fred Drexler + Benedicto Ngo Tran Intentions of Kristal Coelho	Jocelyn Dominas Gerard Schmidt Hannah Nash & Brendan Baragwanath The Nguyen Family Anna Altomare
Sunday, March 16	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	



STATIONS OF THE CROSS: Fridays at 7:00 p.m., followed by Adoration of the Blessed Sacrament until 8:00 p.m. and concluding with Benediction.

SUNDAY VESPERS: On Sundays in Lent, we will be praying Vespers (Evening Prayer) from 5-6pm in the church. Vespers is one of the five daily prayers all priests and nuns must pray as part of their vows. These daily prayers are collectively called the *Liturgy of the Hours* or *Breviary*. If you have ever seen a priest or nun walking with a big book in their hand, chances are it's the Breviary. All are welcome.

ADORATION OF THE BLESSED SACRAMENT: During this Lenten Season we invite you to spend time with Jesus in Eucharistic Adoration. Jesus is waiting for you in this Sacrament of Love. There are several time slots still available. Please call Frank or Sheila for more information (519) 658-9414.



Journey through Lent with a new four-part video series called **How to Lent**. This series explains the pillars of fasting, prayer, and almsgiving and challenges you to think beyond your usual Lenten sacrifices to something that will genuinely help you grow in your faith. Continue your journey with **Foretold**, a Lenten video series that weaves together Old and New Testament stories that reveal Jesus as our salvation from the beginning of time.

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".



MEETING NOTICE: Msgr. Paul J. Meyer Knights of Columbus Council 4916 welcomes all Brothers to our March Meeting on **Thursday March 13th at 7:00 p.m.** at St. Mary of the Visitation Parish. Please come and join your Brother Knights.

PARISH OFFERINGS for March 1/2, 2025

Sunday Envelopes (142):	\$4,103.00
Loose Offerings	\$477.20
Seminary Education (4)	\$370.00

Your continued financial support is greatly appreciated.

As a courtesy to our collection counters, we kindly ask that you do not fold the bills in your envelope. Thank you!

MARCH BREAK: There will be no weekday Masses from March 11 thru 14 while Fr. David is attending a retreat. **Office Hours:** The parish office will be closed on Monday, March 10 and Friday, March 14. There will be regular office hours Tuesday thru Thursday. *Have a fun and safe March Break!*



THE POPE'S MARCH PRAYER INTENTION: For families in crisis

Let us pray that broken families might discover the cure for their wounds through forgiveness, rediscovering each other's gifts, even in their differences. *Pope Francis – March 2025*
Watch - <https://thepopevideo.org>

Cambridge Right to Life: "Some insist that the definition of when life begins is impossible; that the question is a theological or moral or philosophical one, anything but a scientific one. Fetology makes it undeniably evident that life begins at conception and requires all the protection and safeguards that any of us enjoy..... As a scientist I know, not believe, I know that human life begins at conception" - Bernard Nathanson



This Lent, Turn Debt into Hope
2025 is a Jubilee year. A year in which Pope Francis

invites us to “forgive the debts of countries that will never be able to repay them.” (Spes non confundit, 16). Development and Peace — Caritas Canada is responding to this call through the global **Turn Debt into Hope** campaign.

Here are a few ways you can join us:

1. **Donating online** at devp.org/give or during the Solidarity Sunday collection on April 6, the fifth Sunday of Lent. Your generosity helps support over 79 projects in 34 countries around the world! Donation envelopes are available in your envelope boxes and at the parish entrances.

2. **Get the Mini-magazine and follow the Solidarity Calendar** with your family. Discover all the resources at devp.org/lent/resources. Please pick up a mini-magazine at the one of the parish entrances.

SPIRITUAL RETREAT ON ST. JOSEPH: St. Gregory Parish is holding a Spiritual Retreat on **Sunday, March 16th** from 4pm-8pm. The program includes two talks by Fr. Ian on St. Joseph, Rosary and Divine Mercy will be prayed. Adoration of the Blessed Eucharist and confessions are part of the evening. A light supper will be offered. Registration is required, please call the office at 519-623-3111 or email stgreg@rogers.com



JUBILEE OF HOPE, 2025: The Diocese of Hamilton joins the celebration of the Global Church in this Ordinary Jubilee Year, 2025, as **“Pilgrims of Hope”!** We are all

invited to journey through this year drawing closer to God through prayer, service and experiences of renewal.

Six churches have been designated as pilgrimage sites across the Diocese, welcoming you as a visitor over the course of the Jubilee to come and pray. Information and locations of the pilgrimage sites are available on the Diocesan Website <https://hamiltondiocese.com/jubilee/>

LITURGICAL MINISTERS OF HOPE: During Lent this year, the Liturgy Office invites all Liturgical Ministers to gather for a Lenten retreat on the theme of Liturgical Ministers of Hope. **Saturday, March 22, 2025, Basilica of Our Lady Immaculate, Guelph**, 10:00 a.m. to 12:30 p.m. Visit the Hamilton Diocese website for additional dates, details and registration.

LENTEN HEALING MISSION: St. Ambrose Parish will host a Lenten Healing Mission **from March 15 to 19, 2025**. It will be led by Father Bill Trusz and the St. Therese Healing Ministry Team. Father Bill will be preaching at our weekend Masses on the topic of healing. The weeknight Masses will begin at 7:00 pm and during each evening a different aspect of healing will be explored:

- Mon. March 17 – Healing from Helplessness
- Tues. March 18 – Healing from Trauma
- Wed. March 19 – Healing of Families

Wednesday evening will include Exposition and Procession of the Blessed Sacrament, Benediction, Teaching on Healing of Families, Holy Mass and individual healing prayers. The Sacrament of Reconciliation will be available Monday, Tuesday, and Wednesday, 10am-12 noon and 4pm-6:30 pm

THE CARMEL OF ST. JOSEPH GUILD, founded in 1952, is dedicated to supporting the personal and household requirements of the Carmelite Nuns, and is instrumental in helping the Nuns preserve their life of prayer and service to the Church at the Carmel of St. Joseph (St. Agatha). They share in the spiritual benefits of the Community and help others to become sharers in these benefits. The Guild invites you to explore our webpage, read our 2025 Newsletter, purchase a 2025 Guild membership for yourself or a loved one, donate to the Chapel Fund, attend Special Events and Masses at the Carmel of St. Joseph, and consider becoming a member of the women's General Support Group and attend our meetings and our spiritual retreat on Saturday, May 24! <https://thecarmel.ca>

MARRIAGE TIP OF THE MONTH: March is the start of Lent, a time when we reflect on our faith and our commitment to living as we are called to as disciples of Jesus. It is a perfect time to discuss as a couple how your marriage, considered both a Sacrament and Vocation by the Church, is fulfilling its mandate to be the visible sign of God's invisible love. Do you strive always to treat each other as God loves, in total self-giving, with mercy and forgiveness acting as strong pillars of your marriage? This Lent, make your Lenten journey a time to pray together and to work as a couple to strengthen one of the most important parts of your life, your marriage. (*Family Ministry Office; 905-528-7988 ext. 2250*)

16TH ANNUAL DYNAMIC WOMEN OF FAITH CONFERENCE: Saturday, March 22, 2025 from 9:00am-4:00pm at the Old Mill in Toronto. For more information and registration visit <https://dynamicwomenfaith.com>. *Make the conference your Lenten Retreat!*

SCHIEDEL

CONSTRUCTION INCORPORATED

Design-Build
Project Management
General Contractors

405 Queen St. W.

519-658-9317

www.schiedelconst.com



Goad and Goad LAW FIRM

Estate and Wills
Powers of Attorney
Real Estate & Business Law

519-623-7660

www.goadandgoad.com



Listen to
the Holy Rosary Hour
Sunday
from 9 - 9:30 a.m.
On CKWR 98.5 fm
Sponsored by CWL

CAMBRIDGE DRIVING SCHOOL

Specializing in:

Driving School | Drivers Education | Road Test
Driving Lessons | G2/G Lessons

29 Dickson St. Suite #202

519-721-1938

www.thecambridgedrivingschool.com

info@thecambridgedrivingschool.com

FREE HEARING SCREENINGS



101 Holiday Inn Dr.
Cambridge, ON

NEW HOPE
HEARING

519.220.1441

A Proud Hespeler Business Since 2010



All Types of Non-Sterile Compounding
Free Prescription Delivery • Seniors Discount
Travel health & Injection for Travel Vaccines • Meds Check
Diabetes Management • Home Health Care Supply
940 Jamieson Parkway, B3
519-260-8000 www.TownlinePharmacy.com



Dumfries Memorials

670 Fountain St. N.
beside Parklawn Cemetery

519-650-0190

JOIN US

To learn more about your
Parish Knights of Council #4916

Contact
GK George Harris
519-621-3665
or
PGK Dan Schmalz
519-239-5003



THE PERFECT SPOT TO ADVERTISE YOUR BUSINESS!



TO ADVERTISE IN THIS SPACE PLEASE CALL 1-800-268-2637



ALFRED FACH
EXCAVATING
LTD.

R.R. 21, Cambridge

519-658-5021

George Szczepski CA CPA
Personal & Corporate Tax

519-654-6633

taxtip07@gmail.com

Lounsbury

FUNERAL HOME

Steve Parker

Owner

1766 Franklin Blvd.

519-658-9366

www.lounsburyfuneralhome.com