

St. Mary of the Visitation Parish

16 Cooper Street,
Cambridge (Hespeler), Ontario N3C 2N2

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www.stmaryhespeler.ca

Rev. Ed Henhoeffter, Pastor

Rev. Mr. Michael Foulger, Permanent Deacon

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 Ed and Deacon
Michael would be most willing to visit.

ST. VINCENT DE PAUL FOOD PANTRY

Please call 519-658-6511 for assistance.

TWENTY-EIGHTH SUNDAY IN ORDINARY TIME

Date	Time	Mass Intentions	Requested by
Tuesday, October 17	7:00 p.m.	+ Salvatore and Margherita Natalizio + Maria Rosa and Joe Afonso	The Natalizio Family The Afonso Family
Wednesday, October 18	8:00 a.m.	Intentions of John and Linda Pellegrini	Anna Altomare
Thursday, October 19	8:00 a.m.	Intentions of Carol O'Brien	Chris O'Neill
Friday, October 20	8:00 a.m.	+ Charlie MacLean	The Milne Family
Saturday, October 21	5:00 p.m.	Intentions of Juliet Teixeira + Alois and Ida Maier + Stanislav Kubala + Manuel Piques	Soozie Teixeira Barbara Maier Sidonia Kubala The Pedro Family



BOOK OF LIFE: During the month of November, we pray in a special way for the faithful departed. The names of our deceased loved ones can be inscribed in the Book of Life. The Book will be

located in the Church Hall *starting next weekend*. Stop by and inscribe the names of your loved ones. On November 1st it will be moved into the church near the altar.

ALL SOULS DAY: On **Thursday, November 2nd** there will be two Masses: 8:00 a.m. and 6:30 p.m. At the evening Mass we will pray in a special way for those whose funerals were celebrated in our parish this past year.

MONTHLY MASS AT ST. LUKE'S PLACE: Our next Mass at St. Luke's Place is **Wednesday, October 18th at 2 p.m.** The Mass takes place in the auditorium located on the basement level -ask for directions. All are welcome.

FIRST RECONCILIATION & FIRST HOLY COMMUNION 2023-2024: Online registration for First Holy Communion is available on our parish website: <https://www.stmaryhospeler.ca/grade-2-registration>.

CONFIRMATION 2023-2024: Online registration for Confirmation is available on our parish website: <https://www.stmaryhospeler.ca/confirmation-registration>.

HAVE YOU SIGNED UP FOR FORMED? You can access beautiful and faithful Catholic content: movies, e-books, award-winning studies, inspiring audio content, and kids' programming. 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 your email address and click "Sign Up". Enjoy!



COFFEE SUNDAY: Join your fellow parishioners this **Sunday, October 15th** following the 9:00 a.m. and 11:00 a.m. Masses. We hope to see you there!

THE SEARCH: Join us for week 4 of this six-week video series. **Thursday, October 19 at 7:00 p.m.** in the parish centre. Everyone is welcome.



ST VINCENT DE PAUL THANKSGIVING FOOD DRIVE:

Thank you for your generous donations of non-perishable food items that help to stock our food pantry. Donations will be accepted by the doors of the church until Sunday, October 15.

NEEDS OF THE CANADIAN CHURCH: Thank you for your donations totalling \$655.00. *This is the last weekend to contribute to this special collection.*



WORLD MISSION SUNDAY:

Next Sunday is World Mission Sunday. On this day, every Catholic community and parish throughout the world is involved in this special event. It is a day that we show that all Catholics are missionaries who have a role to play in spreading the message of the Gospel. We are being sent to be witnesses to what we have seen and heard, through prayer and personal sacrifices, for our brothers and sisters around the world. The financial assistance that you offer will support mission priests, religious sisters and brothers, and catechists who are Christ's witnesses to a world so in need of His love, healing and peace. As always, your prayers are your most treasured gift to the missions. Thank you for participating with your prayers and donations on the World Mission Sunday.



HELP AND HOPE: The Catholic Women's League was formed in the early 20th century to help immigrants arriving in Canada. Members continue to help the most vulnerable across the country. Anyone seeking refuge and hope can find it in the CWL.

Come out and join us to become a woman of hope. Our **next meeting is on Tuesday, October 24th** following the 7:00 pm Mass.

Thank you for supporting us by donating your Canadian Tire Money.

Mark your calendars: Our annual Bazaar will be held after the weekend Masses November 18th & 19th.

There will be more news regarding the Bazaar in the upcoming bulletins.

PARISH OFFERINGS

October 7/8, 2023

Sunday Offerings:	\$3,907.20
Needs of the Canadian Church	\$75.00

Your financial support is greatly appreciated.

Please note: Offertory envelopes for 2024 will be distributed in November. If your home address has changed, or you no longer wish to receive boxed envelopes, please notify the office.

PARENTING TIP OF THE MONTH: October is the month we celebrate Thanksgiving, a time to reflect on all God has blessed us with in our world. The harvest is evident at this time of year, but remind your children of the intricate way God created the world so humans could live. Remind them that they are part of his creative plan and their gifts and talents are like food allowing the world to thrive. And remind them that God ensured they would have faith and family to support them throughout their lives. There is so much to be thankful for, and an attitude of gratitude can provide a positive impact on our emotional and mental health, so help your children give thanks for all they have been given!

MARRIAGE TIP OF THE MONTH: There are many strategies we use to support our partners when they are under stress, but researcher Sarah Walker of the University of Sydney and her team found that two seem to have the most impact. Receptive listening, allowing your spouse to share detail about the situation without having you providing judgment or advice, and telling your spouse how much they matter to you, called valuing, are the two that provide the most benefit to your partner. Try these proven techniques and you will find a receptive and happier husband/wife in your life!
(From: Teresa Hartnett, Family Ministry Office)

WOMEN'S RETREAT: All women are invited to take part in a retreat hosted by the Sacred Heart CWL, Paris, on **Saturday, November 4th**. 8:30am registration, Mass at 9am and retreat to follow until 1pm. Dr. Josephine Lombardi will explore how our cooperation with God's grace can lead to authentic freedom. Cost: \$35 includes a copy of her award-winning book, *Experts in Humanity*, and a light lunch. Reserve your spot by paying prior to Oct. 29th. Contact Valerie by phone: 519-805-9975.



PRAY TO END ABORTION: From **September 27th to November 5th** we invite you to join together with over a million volunteers across North America who will simultaneously participate in 40 consecutive days of prayer and fasting for an end to abortion. 40 Days for Life saves the lives of children in the womb who do not have the chance to stand up for themselves. You are encouraged to get involved by Prayer and Fasting for an end to abortion, as well as attending a Peaceful Vigil outside of Freeport Hospital, for an allocated hour between 7am and 7pm, seven days a week. You can either sign up for prayer hours online at www.40daysforlife.com/kitchener or by contacting Ewelina at 40DaysKW@gmail.com or 519-904-2620. It is VERY IMPORTANT that you sign up BEFORE coming to the site as this prevents one of the committee members from driving out to the site.

ADULT FAITH FORMATION THROUGH VLCFF

The Diocese of Hamilton is proud to partner with Dayton University's Virtual Learning Community for Adult Faith Formation (VLCFF) to offer certificate programs for ministry and enrichment for adult faith formation. The Diocese of Hamilton is also pleased to offer a special certification program in Youth Ministry and Catechesis. Three and five-week e-seminars are also available at a discounted rate for all adults in the Diocese looking to further their learning. For more information about our programs, and how to register, visit us at www.hamiltondioceselearns.com

SEPARATED / DIVORCED SUPPORT GROUP

WATERLOO: Life changes are never easy. After a separation or divorce, you may be feeling isolated or need of support and healing to adjust to your new life? Come together with others to realize there is a 'second act'. Join us on the 3rd Tuesday of every month - 7:30-8:30 pm - October 17, November 21, and December 19, 2023. We will meet in the Parish Centre (basement) of St. Michael Church, 80 University Avenue West, Waterloo at 7:30pm. To register: Phone 519-884-9311, or Email: parish@stmichaelw.ca

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