



# ST. MICHAEL CATHOLIC CHURCH

 @StMikesWaterloo

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80 University Ave. W., (at Hemlock Street), Waterloo, ON N2L 3C7

P: 519-884-9311 • F: 519-888-6042 • Parish Office email: [parish@stmichaelw.ca](mailto:parish@stmichaelw.ca)

Father Pawel Jamroz, Pastor email: [pastor@stmichaelw.ca](mailto:pastor@stmichaelw.ca)

## SCHEDULE OF LORD'S DAY MASSES

Saturday: 5:00 p.m.

Sunday: 9:00 a.m., 11:00 a.m. & 7:00 p.m.

## WEEKDAY MASS SCHEDULE

Tuesday: 7:00 p.m.

Wednesday & Thursday: 12:15 p.m.

Friday: 8:00 a.m.

## SACRAMENT OF RECONCILIATION

15 minutes before daily Masses and

Tuesday 6:15-6:45 p.m., 7:45 -8:15 p.m.

Friday 8:30-9:00 a.m.

Saturday 4:00-4:45 p.m.

Sunday 6:15-6:45 p.m.

Father is also available before and after Sunday Masses if needed.



Our Worship Space and Parish Centre are barrier free off of Hemlock Street entrance

## PARISH OFFICE HOURS

Monday to Friday: 9:00 a.m. - 4:30 p.m.

## PARISH PRAYER NETWORK

Our parish prayer network prays for those who are in need. To add an intention or become a member of the prayer network, please email us at [parish@stmichaelw.ca](mailto:parish@stmichaelw.ca)

## OUR PARISH SCHOOLS

Sir Edgar Bauer Elementary School	519-884-8480
St Nicholas Elementary School	519-884-9198
Resurrection Secondary School	519-741-1990
St David Secondary School	519-885-1340
St Jerome University	519-884-8111

## SACRAMENT OF BAPTISM

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

## CAMPUS MINISTRY

St Michael Parish welcomes post-secondary students to participate in the life of the parish. The St John Paul II Student Centre (adjacent to the Church) offers programming and pastoral care for all university and college students ([jp2waterloo.ca](http://jp2waterloo.ca)).

## SACRAMENT OF MARRIAGE

The Sacrament of Marriage is normally celebrated on Saturday afternoons. Preparation is provided. Please contact Father before setting a date of marriage.

## PASTORAL CARE TO SICK AND HOMEBOUND

Ministers of Communion to the Sick bring communion to those who are sick or confined at home, in nursing homes or hospital. Anointing of the Sick takes place annually in the parish, and is celebrated personally upon request. To ensure a visit by our Pastoral Team when hospitalized please indicate you are a member of St Michael Parish.

## HEALING MINISTRIES

"Heartache to Healing" is our Grief Support Group and "ACT II" is our Separated/Divorced Group. To find out more about the programs, please contact our parish office.

## ST. VINCENT DE PAUL SOCIETY

For food assistance in the Waterloo Region call 519-743-5576 Ext 340 to be directed to the program nearest you. SSVP is currently supporting the North of 60 project providing food assistance to Chesterfield Inlet, Nunavut as well as creating Essential Hygiene Kits for newly arriving Ukrainian refugees.

## BLESSING OF EXPECTANT PARENTS

The Blessing of Expectant Parents takes place after each Mass on the First Sunday of the month.

## PARISH BEQUESTS

Keep your love for your parish alive. Remember St. Michael Parish in your will and when recommending expressions of sympathy.

## THE MOST HOLY BODY AND BLOOD OF CHRIST

### FROM THE PASTOR'S DESK

#### *Weekly Gospel Reflection* (Mk 14: 12-16, 22-26)



Bread was always regarded as the main principle of life, so it is not surprising that Jesus calls Himself “**the Bread of Life.**” Blood in the Old Testament was regarded as the sacred bearer of life, so it is not unusual that taking a cup of wine Jesus says, “**this is My blood.**” In this way Christ reveals that He is the giver of Life.

Christ indeed nourishes and sustains us. Just as ordinary food and drink sustain us physically, His Body and Blood sustain divine life within us and make us the source of life to others.

Fr. Jamroz

### **WELCOME TO ST. MICHAEL PARISH**

Welcome, we are glad you're here! For details on our parish life, please see our website: [www.stmichaelw.ca](http://www.stmichaelw.ca)

### **Parish Office Hours**

The parish office is open Monday to Friday from 9:00 am to 4:30 pm.

### **MASS INTENTIONS**

#### **Tuesday, June 4, 2024**

**7:00 pm** + Rudy Ianni – Maria Ianni  
+ Special Intention of Artur Anikin  
– Candy Smith  
+ Special Intention of Marilou & Alexander  
Reiko – Marilou Reiko  
**7:30pm-8:30pm** Holy Hour with Adoration & Benediction

#### **Wednesday, June 5, 2024**

**12:15 pm** + Wieslaw “Les” Szewczyk – Paul & Stella Logel  
+ Lona – Sophiya Iona

#### **Thursday, June 6, 2024**

**12:15 pm** + Arnim Cook & the deceased members of the Cook Family – Anthony & Magnell Robinson  
+ Special Intention of Beesan A. – Eleanor Horrigan

#### **Friday, June 7, 2024**

**8:00 am** + Special Intentions of Artur Anikin  
– Candy Smith  
**8:30am - 9am** Adoration of the Blessed Sacrament

#### **Saturday, June 8, 2024**

**5:00 pm** + Keith Barker, Sr. – The Family  
+ Special Intentions of Deb & Paul Sehl on their 40<sup>th</sup> Wedding Anniversary  
– Jean Sehl

### **Sunday Homilies Online**

Sunday homilies are available weekly online in audio and pdf version through our parish website – just click on the button ‘SUNDAY HOMILY’.

### **The Church is Open for Prayer**

The Church is open for quiet prayer Monday to Friday, from 9:00 am to 4:00 pm.

### **Prayer Intentions**

Prayer intentions are placed at the front of the Altar and are remembered privately at Mass during the Prayers of the Faithful. You can also have your request shared with our prayer group ministry. Please go to our website [www.stmichaelw.ca](http://www.stmichaelw.ca) and click on Request a Prayer or contact the parish office by phone or email.

### **Parish Email List**

All parishioners are welcome to join a parish email list. If you are on this list, you will be notified of upcoming parish events including funerals. To join the list, please sign up on our website at <https://www.stmichaelw.ca/contact-us>



## SOLEMNITY OF THE MOST HOLY BODY AND BLOOD OF CHRIST

Also known as *Corpus Christi*, this feast honors Jesus Christ, Really, Truly and Substantially Present under the appearances of bread and wine. This Presence happens through the change which the Church calls transubstantiation (“change of substance”), when at the Consecration of the Mass, the priest says the words which Christ Himself pronounced over bread and wine, “This is My Body,” “This is the chalice of My Blood,” “Do this in remembrance of Me.” (EWTN)

Benedict XVI: “*The Feast of Corpus Christi is inseparable from Holy Thursday ... Whereas on the evening of Holy Thursday we relive the mystery of Christ who offers himself to us ... today ... this same mystery is proposed for the adoration and meditation ... and the Blessed Sacrament is carried in procession ... to show that the Risen Christ walks in our midst ...*”

### Procession of the Blessed Sacrament

Procession with the Blessed Sacrament will take place on the feast of Corpus Christi Sunday, **June 2nd**, following the **7pm Mass**. All are welcome!



### Solemnity of the Sacred Heart of Jesus Friday, June 7<sup>th</sup> - Mass at 8 am; Adoration 8:30am to 9am

“*This feast reminds us of the mystery of the love of God for the people of all times*” (St. John Paul II).

The Feast of the Most Sacred Heart of Jesus dates back to the 11th century. The devotion was embraced by mystics such as St. Bernard of Clairvaux and Gertrude of Helfta. In 1673, Margaret Mary Alacoque received a

vision of Jesus’ compassionate heart, pierced by the sins of the world, which gave impetus to the devotion. Pope Leo XIII explained the Sacred Heart as both, “a symbol and living image of the infinite love of Christ.” (*Divine Office*)

	<p align="center"><b>St. Michael CWL Pot Luck &amp; Service Pin Celebration Monday, June 3rd</b></p>
<p>St. Michael CWL will hold their annual <b>Pot Luck Dinner</b> and <b>Service Pin celebration on Monday June 3rd</b>, starting at 6pm in the parish centre. We will be honouring members with between 5 to 75 years of service to the Catholic Women’s League. Secret Pals will also be revealed. <b>All women of our parish are invited out for this enjoyable evening.</b> Please bring your favourite dish and join us in recognizing our members for their many years of service and commitment to the League.</p>	

### VBS - VACATION BIBLE SCHOOL August 19-23, St. Michael Parish

Registration is now open for VBS. Cost is \$30 per child. Registration is available on our website at <https://www.stmichaelw.ca/vbs> or forms are available at the main entrance of the Church.

### NORTH OF 60 – 2024 Food gathering

St. Vincent de Paul is hosting our annual food gathering to support our northern neighbours in the community of Chesterfield Inlet, Nunavut. The following products will be collected on the weekends of June 1/2 and June 8/9: SUGAR – 2KG BAG, TANG JUICE CRYSTALS – BOXED SLEEVES, TINNED FRUIT, MR NOODLES. **Please place food items in the white bins at the Church entrances.**



DIocese of HAMILTON

**MARRIAGE TIP OF THE MONTH** The statement ‘*Families that pray together stay together*’ is not just a cliché, but also a fact that has research data to prove its impact. To those of us with faith it makes sense, but we sometimes neglect to undertake what we know will be helpful to us. So, take the time to pray as a couple: first thing in the morning, before meals, before going to bed, at Mass and/or any other time you can. It is an easy way to connect and strengthen your relationship. Family Ministry Office; 905-528-7988 (ext. 2250)



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 145 Dearborn Place  
 Friday Night Fish Fry:  
 Take out call **Derek 226-748-8378**  
 Eat in call **Manager 519-884-2060**  
 Wednesday Spaghetti: Take out/Eat in call  
**Manager 519-884-2060**, place orders by 2:30 pm  
 Hall Rentals: Stag & Does, Meetings, Parties, Life Celebrations call **Manager 519-884-2060**



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