

St. Louis Catholic Church

53 Allen Street East, Waterloo ON N2J 1J3 Tel: 519-743-4101

Email: stlouiswaterloo@hamiltondiocese.com Web site: www.saintlouisparish.ca

Served by the Congregation of the Resurrection since 1890.

Office hours: Monday – Thursday 9 - 12 and 1- 4, Friday 9 - 12

Weekday Masses:

Tuesday – Friday 9:00 a.m.

*Rosary: Tuesday to Friday
before 9:00 a.m. Mass*

Sunday Masses:

Saturday: 5:00 p.m.

**Sunday: 9:30 a.m.
11:30 a.m.**



**1890 - 2020
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CATHOLICS FOR
130 YEARS**

Pastoral Team:

Pastor

Father Phil Reilly, C.R.
preilly@hamiltondiocese.com

Coordinator of Youth and Children's Ministries

Kelly Krause
kkrause@hamiltondiocese.com

Parish Secretary

Anna Malton
stlouiswaterloo@hamiltondiocese.com

Custodian

Doug Lichty

Welcome new members - Whether you are just passing through the area or looking for a spiritual home, we welcome you to St. Louis Catholic Church. We hope you will find our worship environment hospitable and prayerful.

People often attend Mass at a parish for months or years without officially registering. Registration here at St. Louis is an expression of your commitment to being an active member of our community. Parish registration simplifies the process with regard to sponsoring a sacramental candidate; obtaining pastoral references and for preparation of baptisms, weddings and funerals. Registration is easy and can be completed at the Parish Office during regular office hours. Registration forms are available at the back of the Church.

Parish Records - Our parish records are very important. We try to keep them up to date. Please advise the office of any changes.

Music in the Liturgy - Music plays an integral role in the liturgical life of the parish. Parishioners are invited to join our choirs. Please contact the choir directors:

9:30 Choir - Bob Reinhart (robertreinhart182@msn.com),

11:30 Choir - Donna McLellan (donna-ipad@hotmail.com),

5:00 Choir - Peter DeSousa (organist) or Youth Music.

Sunday programs for children - During the Sunday morning 9:30 a.m. Mass there is babysitting for children under 3 years of age, Sunday School for 3 to 6 years of age and Children's Liturgy of the Word for children ages 7 and up.

Sacramental Life - St. Louis Parish celebrates the sacraments for its members who are registered and regularly attending. If you are not registered you are automatically a member of a parish closest to you.

Baptism - Celebrated once a month. Please speak with a priest after Mass on Sunday.

Sacrament of Reconciliation - Saturdays 4 - 4:30 p.m., or by appointment.

Marriage - For registered and supporting members, please contact the parish office at least one year in advance of your date.

Becoming Catholic - Rite of Christian Initiation of Adults, preparing adults for baptism and/or to join the community. Please contact the office for further information.

Anointing and Pastoral Care - Our parish community cares about the sick and elderly and the lonely. Please notify the parish office to arrange for them to receive the Anointing of the Sick, or to have the Holy Communion brought to them.

Pastoral Care to those in Hospital - A family member is asked to contact the parish whenever a parishioner is in hospital and requests a pastoral visit, or Sacrament of the Sick (Anointing).

Priesthood and Religious Life - Is God calling you to religious life, as a Brother, Deacon or Priest? If so, please contact Fr. Dan Lobsinger, C.R., Vocation Director for the Congregation of the Resurrection, at crvocations@gmail.com or www.resurrectionist.ca

Diocesan Newsletter - For information about Activities and Events of interest in the Diocese of Hamilton, subscribe to the online Diocesan Newsletter at www.hamiltondiocese.com

Parish Organizations and Contacts:

Finance Council

Terry Collins, 519-741-1534

Maintenance Committee

Bob Lorentz, 519-576-5556

OOTC Community Suppers

Keith & Sharon Schnarr 519-801-8687

Parish Webmaster

Daniel Delattre, daniel@uwaterloo.ca

Altar Servers Coordinator

Dave Pagett, 519-744-7705

Catechesis Of The Good Shepherd, Youth Ministry

Kelly Krause, 519-743-4101

Catholic Women's League

Donna Herbstreit, 519-884-9380

Ministry to the Elderly & Homebound

Cecilia Beechey, 519-572-5435

Prayer Shawl Ministry

Sandra Williams, 519-742-9239

Prayer Chain

Sharon Carey, 519-746-8073

St. Vincent De Paul

For food hamper or more
information call 519-743-4101



DIVINE MERCY SUNDAY

MASS INTENTIONS

Monday, April 20 – No Mass

Tuesday, April 21

9:00 AM † Janet Stevens – Her Family

Wednesday, April 22

9:00 AM Intentions of Pat Nairn – Cecilia Beechey

Thursday, April 23

9:00 AM † Lucy Monaco – GERALYN YOLKOWSKI

Friday, April 24

9:00 AM † Don Kehn – Beaton Family

Saturday, April 25

Vigil of Third Sunday of Easter

5:00 PM † Edna Ertel – Larry & Phyllis Ertel

† Audrey & Gerald Moser – The Family

† Marnie & Bill Wharnsby – Peter & Wendy Brill

† Francis Forde, OMI – Pat & Joan Forde

Sunday, April 26 – Third Sunday of Easter

9:30 AM † Janet Stevens – GERALYN YOLKOWSKI

† Lucy Monaco – Prayer Shawl Ministry

11:30 AM For People of St. Louis Parish

Reflection on Sunday Readings:

Praised be the God and Father of our Lord Jesus Christ, who in His great mercy gave us new birth into a living hope by the resurrection of Jesus Christ from the dead! The inheritance to which we are born is one which nothing can destroy or spoil or wither. 1 Peter 1:3-4

The reminder of that living hope and its endurance in spite of all setbacks, troubles and persecution, comes most appropriately on this octave day of Easter. In the early centuries it was the Sunday of the laying down of the white garments of the newly baptized. It was the end of that time of intense liturgical celebration which was designed to heighten experience and sensitivity to the saving grace of God. Therefore it marked a transition into apparent ordinariness again, and that made it particularly important to remind not only the newcomers but the whole community of believers that for them nothing will ever be quite ordinary again because they have crossed over with Christ into a new life.

It is true, of course, that the mode in which we enjoy the new life most of the time is that of a living hope, not of a total realization. Community life, prayer and encouragement are needed to keep the hope alive and visible. The first reading, from Acts, describes a situation like that in rather idealistic terms. The community is the first one we read about, when the number of the disciples has been greatly increased in response to Peter's post-Resurrection preaching. They shared a common life, sharing their resources, pursuing a deeper understanding and experience of the good news of salvation, meeting in one another's houses for meals and Eucharist in simple, joyful enthusiasm, and presenting a very attractive style of life to people around them who came in contact with them. Their numbers grew because their way of life was so obviously deeply fulfilling.

Luke, as the author of Acts, is suspect of drawing a picture that is more an ideal to be sought than a straightforward description of an historical fact. Peter's exhortation, on the gift and responsibility of the new life in Christ, introduces a note of realism. This text acknowledges that the response of outsiders is not always enthusiastic praise and conversion, but may often be persecution. It allows that the life of a Christian community is not usually one of uninterrupted joyful celebration, but is full of trials of many kinds. This letter emphasizes the paradox that profound peace and joy can be experienced in the midst of persecution and of internal difficulties of the community. What is

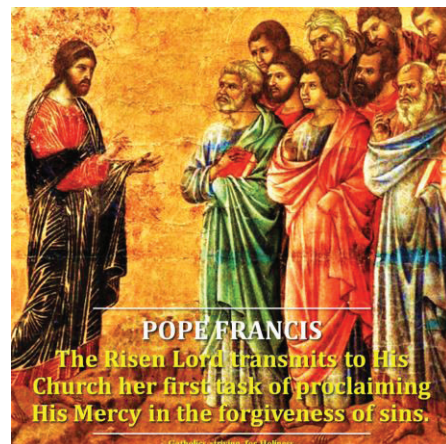
important is not to lose sight of the new birth that has really been granted to us, the new and living hope that it offers, and the utter fidelity of God who holds out salvation to us.

The Gospel reading is the story set on the evening of Easter day, among the gathered disciples huddled together in fear behind locked doors. But the power of the Risen Christ can penetrate the defenses of the fearful in their hiding. Jesus is among them with a message of peace and a gift of new joy exploding into a situation that had seemed past all redemption. The new joy is also a new mission: as the Father has sent Him, He now sends His friends and followers on the task of reconciliation and redemption of the world.

The company that is gathered there is described simply as the disciples. It is to this company of his various followers that the Risen Jesus gives His mandate. He breathes on them, a symbolic action bestowing the Holy Spirit. It parallels the first creation, in which God's breath brings the living human being into existence, with a new creation which restores and enhances the life of the human community. It is the gift that shapes the people of God anew, and contains the imperative to share that new life and peoplehood with all who will respond and hear the good news. The task of presenting the good news and eliciting the response of faith is now theirs, which means ours. There is a sense in which God has entrusted the reconciliation of the world to all of us who are reborn in Christ—entrusted it to the whole Christ in all His members. It is our responsibility to make the good news credible and faith in Christ possible. It is also true that the offer of faith and salvation presents those to whom it is made with a choice laden with consequences. But the offer of faith and salvation is not made by words alone. Jesus makes that offer to His disciples by the sign of his death and resurrection. The community portrayed in the reading from Acts makes the offer to its neighbours and acquaintances by the self-surrender of its life style. It is experience, not hearsay, which is decisive.

The story of Thomas seems to reflect on this. Thomas as a representative figure has appeared in John's Gospel twice before this, once when he said "Let us go and die with him" (Jn 11:16), and once when he said to Jesus "We don't know where you are going, so how can we know the way there?" (Jn 14:15). On that latter occasion Jesus had said that He Himself was the way, and the truth that they needed to guide them, and the life that they were invited to live. On this occasion Thomas again insists on an experiential basis for faith, and it is not denied to him. Yet the emphasis of the narrative is on the concluding remark of Jesus; it consoles and reassures those of us who were not present in those ecstatic first moments of the community's resurrection experience, and who have not known Jesus in the flesh. To us the text says that we are not thereby deprived of a firm foundation for faith. We are invited to reflect on the Good News, seeking relevance in our own lives, in order to hold on to the faith, remembering our new birth into a living hope.

From the book by Monika K. Hellwig "Gladness Their Escort".





Excerpt from the Bishop Crosby letter to the priests of the Hamilton Diocese

Dear Fathers, brothers all,

...
 "We are an Easter people and ALLELUIA is our song!" It is indeed! Jesus Christ, our Lord and Saviour, has conquered sin and death and raised us to a life of love and service. We open our hearts to receive that gift, to proclaim it, and to make it accessible to others. We raise our heads and lift our hearts and we encourage the people to do the same. We know we face long days and weeks ahead in this "in-between time". Can we encourage one another to remain strong and joy-filled for the durations?

Sincerely in the Risen Christ and Mary Immaculate,

(Most Rev.) Douglas Crosby, OMI
 Bishop of Hamilton



"As the Father has sent me, so I send you." Will you respond to God's call to be sent as a priest? If God is calling you, contact Fr. Michael King, Vocation Director, Diocese of Hamilton vocations@hamiltondiocese.com, 905-528-7988, or Fr. Dan Lobsinger, CR, Vocation Director, at crvocations@gmail.com, or Carmel of St. Joseph in St. Agatha at 519-884-6700.

Part of Mass - Consecration: The most solemn moment of the Holy Mass is the consecration. Up to that moment what is on the altar is bread and wine. From the moment when the priest pronounces the words of the consecration "This is my body"; "This is the cup of my blood" what is in the altar is the body and blood of Jesus Christ. Of the bread and wine nothing remains except the appearances. But, under those appearances, God is really present. All of this is done by the power of God. Jesus Christ is God become Man and He can do anything. He can even change a little bread and wine into His own body and blood so that it can be our offering and sacrifice: and also, if we are fit to receive Him, so that it can be our food.

The priest raises the host and the chalice. And we adore Appearances will not deceive us if we have faith. With the eyes of our body we only see bread. But with the eyes of faith which is how the Christian soul sees we see and recognize our Lord himself. Let us express our faith. You remember those words of Saint Thomas, "**My Lord and my God.**" Many people repeat them quietly to themselves at the moment of the elevation. Thomas wished to see the glorious Body of the risen Jesus. Then he proclaimed His divinity. Our Lord said to him, "Thomas, you believe because you can see me. Happy are those who have not seen and yet believe." Let us proclaim our faith in the real presence of Jesus in the host, relying for proof on his infallible word.

From Catholic Education Resource Centre website: *The Mass Explained*

Donations during April 10-16, 2020

Sunday offerings : \$920.00, Easter offerings: \$2160.00
 Preauthorized (per week) \$2555.23
 Needs of Holy Land: \$ 570.00, Share Lent: \$ 205.00

Thank you for your generosity

Due to the COVID 19 coronavirus outbreak all Masses are celebrated privately by the priest.

All public Masses, meetings & programs are cancelled. This bulletin is posted on-line only.

Links to the Daily Readings, Reflections, On-line Masses, Faith Enrichment programs are available on our website.

7 Strategies to Help You Cope by Jackson Rainer, clinical psychologist from Atlanta, Georgia.

In this epidemic that has necessarily redefined community, new and practically applied "solo" strategies are needed to maintain and enhance mental health. Here are seven:

1. Keep a routine. Maintain your daily rhythms. Sleep on schedule, attend to personal hygiene and eat as healthily as you are able (even though my office manager is complaining that no one working with us is a "stress baker" and has yet to deliver a pound cake). If your home seems too quiet, play background music. Be cautious about using TV for this; it draws, rather than distracts, attention and makes the brain sort out different sounds and images, which increases stress.

2. Stretch, move and practice diaphragmatic breathing. While physical fitness routines are disrupted, every little bit of activity encourages health. There is a connection between physical and psychological flexibility. When you experience heightened anxiety, lie on your back and put your hands on your stomach. Breathe in and make your belly rise. Breathe out and watch your stomach fall. Do in repetitions of 10.

3. Get organized and finish what you start. Many are complaining with a concern like my own experience: Nothing seems to satisfy, so we bounce from one thing to another, without any sense of the satisfaction gained from task completion. Once you've initiated a task, see it through to its logical end. Putting the metaphorical period on the end of the sentence gives definition and meaning to the day.

Talking with others is warmer than a text or post on social media. Reach out to the friends who need you.

4. Take a step back. As noted, we are in a period of information overload. The amount of information, accurate or not, takes its toll. Without social channels to help navigate this incredibly complex time, we have difficulty knowing what to reliably believe. Slowing down and looking at the bigger picture allows for psychological breathing room, which lowers anxiety.

5. Make a conscious decision about where you are in charge and where you have less control. Making such a thoughtful decision will neutralize the feeling of helplessness. You might not like your choices, but having choice is preferable to feeling trapped.

6. Reach out and touch. Social media and contemporary methods of technology give us new ways for being connected to others. Zoom, Blue Jeans and Skype are all video-conferencing platforms which offer us innovative means of inviting people over. Facebook and Instagram are not enough. Talking with others is warmer than just a text or a post on social media. Reach out to the friends who need you. We are collectively amid a crisis and some people are more resilient than others. For those who are more frightened and alarmed, a call or virtual visit will provide companionable moments which are good for everyone.

7. Know that it's OK to reach out for professional help. If loneliness give rise to symptoms of depression for more than a few days, give your local mental health professional a call. Mental health practitioners have been deemed essential during the coronavirus epidemic and are available for consultation.

HE BREATHED ON THEM?
 IS THAT EVEN SAFE?



WWW.AGNUSDAY.ORG

IT IS... IF IT'S
 THE BREATH OF GOD!



JOHN 20:19-31

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