

# ST. MARY OF THE VISITATION PARISH

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

Tel: 519-658-4443

Email: [stmarycambridge@hamiltondiocese.com](mailto:stmarycambridge@hamiltondiocese.com)

[www.stmaryhespeler.ca](http://www.stmaryhespeler.ca)

Rev. Ed Henhoeffler, Pastor

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 Ed and Deacon Michael 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 13	7:00 p.m.	+ Cecil Tourout and Joey Woods + Natalie Thompson Schall + Maria Rosa and Joe Afonso Intentions of the Nusca Family	The Woods Family Len Crichton The Afonso Family Ruth Ann Milne
Wednesday, February 14 <b>Ash Wednesday</b>	<b>8:00 a.m.</b> <b>7:00 p.m.</b>	+ John Pellegrini + Rosemary Hanley	Frances Powell St. Vincent de Paul Society
Thursday, February 15	8:00 a.m.	+ Alfred Crichton + Father Harry Schmuck	Len Crichton Jean Czuczman-Syvret
Friday, February 16	8:00 a.m.	+ Kathleen Coppes	Henk Coppes
Saturday, February 17	8:30 a.m. 5:00 p.m.	+ Marjorie Weiler  + Maria Rosa and Joe Afonso + Alois Maier and Ida Maier + Shirley LeFleur	Mary Jane & Franco Pizzio  The Afonso Family Barbara Maier Beryl Stortz and Family



### THE SEASON OF LENT

**ASH WEDNESDAY:** Mass at 8:00 a.m. and 7:00 p.m. on February 14.

**STATIONS OF THE CROSS** at 7:00 p.m. every Friday, beginning February 16, followed by a ½ hour of Adoration of the Blessed Sacrament and concluding with Benediction.

**LENTEN DEVOTIONS:** "*Lifted Up in Love*", "*Repent and Believe*", and "*Walking in His Ways – Family Devotions for Lent*". Booklets available in the parish entrance. (\$2)

**"THE CHOSEN" VIDEO SERIES:** Join us **Saturday mornings during Lent** (*concluding March 23*) for Mass at 8:30 am followed by the video and discussion in the Parish Centre. All are welcome.

**LENTEN MESSAGE FROM BISHOP DOUGLAS CROSBY:** Please pick up a copy by the church entrances or read online: <https://www.stmaryhespeler.ca/news-2>

**ADORATION OF THE BLESSED SACRAMENT:** *Wondering what to do this Lent? Why not spend a Holy Hour in our Eucharistic Adoration Chapel? As you plan your journey through this holy season of Lent, please consider dedicating a precious hour of your time to draw closer to Our Lord through Eucharistic Adoration. Come and sacrifice one hour a week to Our Lord in this season of repentance and renewal. 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*

*"Be still and know that I am God." (Psalm 46:10)*

**LENT**  
Pray + Fast + Give



**COFFEE SUNDAY:** Join your fellow parishioners for coffee and treats **this weekend** following ALL Masses.

**NEW VOLUNTEER SCHEDULE:** The new schedule begins February 14. Please contact the office if you need access to our online schedule.

*New volunteers are welcome!* Speak to Father Ed or contact the office.

**FIRST RECONCILIATION 2023:** Please pray for our young students preparing for their First Reconciliation on on **Thursday, February 22<sup>nd</sup>** and **Thursday, February 29<sup>th</sup>**.

**LOST AND FOUND:** Please check our lost and found table in the hallway to the parking lot. There are many items to be claimed!

**TAX RECEIPTS:** Annual tax receipts for the 2023 year are available for pick-up in the parish entrance. Envelopes that are not picked up will be mailed by February 16, 2024. Tax receipts for donations made to the St. Vincent de Paul Society in 2023 are also available for pick-up.

### PARISH OFFERINGS

*February 3/4, 2024*

Sunday Envelopes (133):	\$3,842.70
Loose Offerings	\$526.50
Seminary (29)	\$1,385.50

*Your continued financial support is greatly appreciated.*



**SHARE LENT 2024:** *REAPING OUR RIGHTS* is the theme of the Share Lent program promoted by the Canadian Catholic

Organization of Development and Peace/Caritas Canada. Each year the Catholic development organization strives to forge links between Canadians and the Global south, promoting a world of justice and addressing causes of poverty, oppression and inequality. The Lenten program is guided by Catholic social teaching. A mini-promotional-magazine published by CCODP contains a message of support from Calgary Bishop William McGrattan, President of the Canadian Conference of Catholic Bishops. Visit <https://devp.org/en/campaign/reaping-our-rights/resources-lent-2024/>

**PARENTING TIP OF THE MONTH:** Children love Valentine's Day because of the exchange of cards and little parties at school. It is a great time to talk to them about what real love is: *giving, receiving, caring, thinking of the other before self and putting others needs above your own.* Your children will develop deeper and healthier relationships with this understanding. They will especially know what to look for when they grow up and find someone to love in their future. Do not forget to remind them that God loves them completely and unconditionally, so they can and should pray and talk to him about their life anytime. (From: *Teresa Hartnett, Family Ministry Office; 905-528-7988 ext. 2250*)

**WORLD DAY OF PRAYER 2023** will be hosted at St. Andrew's Presbyterian Church, 73 Queen Street East, Cambridge on **Friday, March 1<sup>st</sup> at 1:30 pm.** All are welcome. Envelopes will be provided for donations. Social and fellowship time for everyone.

### MARDI GRAS MOMS' NIGHT OUT AT ST.

**CLEMENT'S PARISH:** Come to St. Clement Church on **February 13 at 7:00 p.m.** to meet amazing Catholic moms where you'll laugh, eat some sweets, and casually gander at the different stations set up to give you ideas on how you and your family can observe Lent. Please email Andrea Szrejber, Family and Children's Ministry Coordinator, [andreaszrejber@gmail.com](mailto:andreaszrejber@gmail.com) with any questions.

### FORMED: TOP PICKS THIS WEEK INCLUDE

**Metanoia:** In the Gospel of Mark, the first words of Jesus are an invitation to metanoia, to repent, to change, to be converted. This 10-episode series explores topics such as who is Jesus, what must we do to inherit eternal life, and many other significant matters of faith. With preaching from Fr. Dave as well as personal testimonies from men and women, their stories will inspire you to seek to encounter Jesus and the new life he is constantly inviting us to.

*New to FORMED?* Registration is FREE for parishioners. Go to [signup.formed.org](http://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!

**MINI RETREAT:** All ladies are welcome to attend a special Retreat Presentation at **St. Patrick's parish** hall on **Tuesday, February 13<sup>th</sup>** at 7pm. We invite you to a presentation by *Mrs. Teresa Hartnett*, Director of the Diocesan Family Ministry Office, which will help you to learn to F.L.Y. – Love Yourself First! When we love ourselves, we are happier, healthier and stronger, which makes us a better person for all the other special loves in our lives!

**ALPHA 2024:** Join us **Thursday evenings, February 22 to May 2** at St. Mark's Parish Hall, 55 Driftwood Drive, Kitchener. Alpha is an 11-week program that brings adults together for conversations about life, faith and Jesus. All are welcome! To learn more, contact Denise Case at [stmarkalpha@gmail.com](mailto:stmarkalpha@gmail.com)

### SEPARATED / DIVORCED SUPPORT GROUP: ST. MICHAEL'S PARISH, 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 3<sup>rd</sup> Tuesday of every month - 7:30-8:30 pm – **February 20**, March 19, April 16, May 21, June 18. We will meet in the Parish Centre (basement) at 7:30pm. To register: 519-884-9311, or [parish@stmichaelw.ca](mailto:parish@stmichaelw.ca)

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Contact  
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**519-621-3665**  
or  
PGK Dan Schmalz  
**519-239-5003**



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