

# ST. MARY OF THE VISITATION PARISH

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

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[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.



## FIRST SUNDAY OF LENT

Date	Time	Mass Intentions	Requested by
Tuesday, February 20	7:00 p.m.	+ Luis Fontes Intentions of Lynda Caron Intentions of Bill Power	Chris O'Neill Soul Sisters Carol & Richard O'Brien
Wednesday, February 21	8:00 a.m.	Intentions of Monsignor Sheridan	Hannah Nash
Thursday, February 22	8:00 a.m.	+ John Pellegrini	Chris O'Neill
Friday, February 23	8:00 a.m.	Intentions of Sharon Sanders and Bert Harkness & Family	Anna Altomare
Saturday, February 24	8:30 a.m.	+ Deceased Members of the Nguyen Family	The Nguyen Family
	5:00 p.m.	Intentions of Agnes Doyle Intentions of Father Bradley Markus + Peter Reynolds + Rafael Eduardo Leon Ortiz	The Doyle Family Priscila Soares Rob and Liz Pedro Elaine Browne

**PARISH OFFICE CLOSED MONDAY:** Our Parish Office will be closed on **Monday, February 19<sup>th</sup>** for the Family Day Holiday.

**FIRST RECONCILIATION 2024:** 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>**.

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

**MONTHLY MASS AT ST. LUKE'S PLACE:** Our next Mass at St. Luke's long-term care is **Wednesday, February 21<sup>st</sup> at 2 p.m.** The Mass takes place in the chapel. All are welcome.

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

**MISSION MATS:** Join us on **Wednesday, February 28<sup>th</sup> at 6:30 p.m.** in the parish centre. Did you know it takes about 400 milk bags to make one mat? Come out and see the process. Drop in anytime...you don't need to stay for the whole two hours. A great way for high schoolers to earn volunteer hours. Milk bags are not needed at this time. All are welcome!

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

**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



**SHARE LENT 2024:** Each year the Canadian Catholic Organization of Development and Peace/Caritas Canada 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.

Come and participate in the Diocese of Hamilton **Share Lent Virtual Workshop** as part of the Create Hope campaign for 2024, themed *"Reaping our Rights."* During this event, we will unite in solidarity with peasant farmers from Nigeria, Indonesia, and Bolivia, as they confront various challenges in their quest for a life of dignity.

**Tuesday, February 20, 2024**, from 7:00 p.m. till 8:30 p.m. To register:

<https://devp.org/en/evenements/>

**2023 TAX RECEIPTS:** All 2023 receipts have been mailed. Contact the office if you have not received your tax receipt by Feb. 28<sup>th</sup>.

**PARISH OFFERINGS**

**February 11/12, 2024**

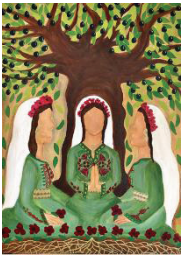
Sunday Envelopes (115):	\$2,988.00
Loose Offerings	\$451.00
Seminary (8)	\$105.60

**PRE-AUTHORIZED GIVING for FEBRUARY 2024**

Sunday Offerings (78):	\$ 5,003.00
Building Fund (45):	\$ 960.00

*Your continued financial support is greatly appreciated.*

**MARRIAGE TIP OF THE MONTH:** The month of February, known as the month of love, can sometimes create unrealistic expectations for couples. "Real" love supports their spouse when they have had a bad day, creates ways to spend time together, offers help without asking and is self-giving, not self-receiving. This month, take the time to look for ways to support the one you love and you will experience a deeper, more connected relationship. (From: Teresa Hartnett, Family Ministry Office; 905-528-7988 ext. 2250)



**WORLD DAY OF PRAYER 2024** 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.

**REEL JUSTICE FILM FESTIVAL:** Join the Reel Justice Film Festival **February 24, 7:00 – 9:00 PM** for the screening of *La Lucha Sigue* (The Struggle Continues) with special guest speaker Honduran human rights investigator Elvin Hernandez. In Honduras, the most dangerous place in the world to be a land defender, the Lenca and Garifuna people are fighting to uphold their spirituality and Indigenous ways of life in the face of state backed mega-projects that threaten to destroy their lands and erase their existence. The screening and discussion will be hosted online via Zoom. Register and view our full schedule of events at: <https://reeljustice.hamiltondiocese.com>. A partnership between the Bishop Farrell Library & Archives and Development and Peace, the Reel Justice Film Festival shines a spotlight on issues of social, political, and economic injustices.

**LIFT JESUS HIGHER RALLY - TAKE HEART: By His Wounds We Are Healed. Saturday, March 2, 2024, 9 AM - 5:30 PM** at the Toronto Convention Centre (North Building). Adult Tickets \$ 30 / Youth Tickets \$ 15. The bus will be leaving from Guelph at 7 AM and returning at approximately 6:30 - 7 PM. For ticket and bus information call Tina 519-222-6283. For event details visit <https://www.ljhr.ca/>

**PREPARE FOR LENT WITH FORMED:**

*Whole 40- Making a Spiritual Plan for Lent.* Ash Wednesday is the beginning of Lent. In this episode, Dr. Ben Akers sits down with Dr. Elizabeth Klein to discuss the purpose of the season of Lent, how to prepare for it, and why it is such a fruitful season in our life of faith.

*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!

**ST. AGNES EDUCATION CAFÉ:** Do you ever wonder how God is at work in your life? Sometimes we struggle to see it, to hear his voice – or to find the "right words" to confidently share the truths of our faith with love, especially in challenging situations. Attend the St. Agnes Education Café talk: **Speaking our Truth as Catholics: The Truth Will Set You Free.** Special guests Bishop Wayne Lobsinger & Teresa Hartnett, Director, Family Ministry. **Sunday, March 3rd, 1:30pm** at St. Agnes Parish, Waterloo.

**FAMILY DROP-IN HOUR:** The Catholic Parent Study Group: Are you craving a community to navigate and share the joys and challenges of being a Catholic parent in today's world? Join other local moms and dads at **St Clement Church** for an informal study group on **Fridays from 11am - Noon** during Lent (Feb 16 - Mar 22). We will watch and discuss 'The Catholic Parent' from Formed.org. Bring the kids along! A colouring station and toys will be provided. Please contact Andrea Szrejber, Family and Children's Ministry Coordinator, [andreaszrejber@gmail.com](mailto:andreaszrejber@gmail.com) with any questions.



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