



BLESSED SACRAMENT PARISH



305 Laurentian Drive, Kitchener, Ontario N2E 2N6 519-742-5061 www.bskchurch.ca

MASS TIMES:

Saturday – 7:00 p.m.

Sunday: 8:15 a.m., 10:00 a.m., 11:45 a.m.

Tuesday – 7:00 p.m.

Wednesday- 9:00 a.m.

Thursday – 9:00 a.m.

Friday – 9:00 a.m. Holy Hour follows Mass

ADORATION:

First Friday of the Month

all day, Benediction at 9:00 p.m.

SACRAMENT OF RECONCILIATION:

Saturdays – 11:00 a.m. – 12:00 p.m.

and during Friday’s Holy hour when available

SACRAMENT OF BAPTISM:

Please see our Parish Website for more information.

SACRAMENT OF MARRIAGE:

Please see our Parish Website for information and to fill out the Preliminary Form at least 9 months in advance.

PARISH REGISTRATION

If you are new to our community or just visiting, welcome to Blessed Sacrament Parish. We encourage all new parishioners to register with the parish. Registration forms can be found on our website bskchurch.ca

We are most happy to have you join our Parish Family.

LEGACIES AND BEQUEST

Keep your love for your parish alive. Remember Blessed Sacrament Parish in your will and when suggesting expressions of sympathy. If you wish to make such a bequest in your will please contact the Parish office.

CONTACT US:

Rev. Luke Kopaniak S.A.C. - Pastor

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Rev. Mr. Neil Devereaux - Deacon

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Keri Smith - Office Administrator

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Shannon Smith - Junior Choir

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Sandra Scarfone – Sacristan

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Jesus healed many who had various diseases

Mark 1:34



SCAN QR CODE TO GIVE

5TH SUNDAY IN ORDINARY TIME

ANNOUNCED MASSES FOR THE WEEK OF Monday, February 5, 2024

Tuesday 7:00 p.m.

† Mr. & Mrs. Peter Nagy – Gus Magnus
Int. of Divya & Family – Joy Kuncheria

Wednesday 9:00 a.m.

Special Intention

Thursday 9:00 a.m.

† Klemens Beyfuss & Relatives
– Loni Beyfuss

Friday 9:00 a.m.

† Joaquim Barreiras & Family
– Cipriano Family

Int. of Chris Ryan

Saturday 7:00 p.m.

For the People of Blessed Sacrament Parish

Sunday

8:15 a.m. † Pauline Fennelly – Mary Moore

10:00 a.m. † Herminia Tojeira – Manuel T.

† Antonio & Maria L. Oliveria - Family

11:45 a.m. † Clara Pereira – A. Pereira Family

Blessed Sacrament Church

January 28 – Offertory

\$ 5,700.80



Thank you for your generosity!

Your gift and attendance truly matters.

It is the life and future of our parish!

EVENTS FOR THE WEEK

Tuesday

Prison Prayer Team 6:15 p.m. Church

Legion of Mary 7:45 p.m. Music Rm

Wednesday

Nursing Home Mass & Liturgy 10:30 a.m.

Jr. Choir Practice 6:00 p.m. Music Rm

Thursday

RCIA 7:00 p.m. Parish Centre

Friday

W & W Lunch at Malt & Barley

Y Ministry 7:00 p.m. Parish Centre

WIDOW AND WIDOWER'S

Please join for lunch on Feb 9th at Malt and Barley at 1187 Fisher Hallman Rd. at 12 noon. A reminder that we are looking for a new leader for this group. If interested please contact the office.

SAINT VALENTINE – LENT LOVE TRIBUTE.

February 14 is known throughout the world as the day dedicated to flowers and chocolates, red hearts and candies, chubby cherubs, and arrows. Couples, especially young ones eagerly look forward to a night out or otherwise romantic getaway on that special day.

This year St. Valentine's Day happens on Ash Wednesday, the beginning of Lent, which is a day of fasting and abstinence with limited food and entertainment. This year let us bring our loved ones to Jesus and offer them our prayer for the whole Lent and every day indeed. You can write your loved person's name on a heart shape poster that will be displayed for the whole Lent in our church sanctuary. The poster is waiting for you in the church lobby.

HOLY LENT

Lent is a 40-day season of prayer, fasting, and almsgiving that begins on Ash Wednesday and ends at sundown on Holy Thursday. It's a period

of preparation to celebrate the Lord's Resurrection at Easter. During Lent, we seek the Lord in prayer by reading Sacred Scripture; we serve by giving alms; and we practice self-control through fasting. We are called not only to abstain from luxuries during Lent, but to a true inner conversion of heart as we seek to follow Christ's will more faithfully. We recall the waters of baptism in which we were also baptized into Christ's death, died to sin and evil, and began new life in Christ. (www.usccb.org)

LENT FASTING DEMANDS

Ash Wednesday and Good Friday are obligatory days of fasting and abstinence for Catholics. In addition, Fridays during Lent are obligatory days of abstinence.

For members of the Latin Catholic Church, the norms on fasting are obligatory from age 18 until age 59. When fasting, a person is permitted to eat one full meal, as well as two smaller meals that together are not equal to a full meal. The norms concerning abstinence from meat are binding upon members of the Latin Catholic Church from age 14 onwards.

If possible, the fast on Good Friday is continued until the Easter Vigil (on Holy Saturday night) as the "paschal fast" to honor the suffering and death of the Lord Jesus and to prepare ourselves to share more fully and to celebrate more readily his Resurrection. (www.usccb.org)

LENTEN "NUGGETS" (reflections)

The Stations of the Cross, also known as the Way of the Cross or Via Crucis, commemorate Jesus's passion and death on the cross. There are 14 stations that each depict a moment on his journey to Calvary, usually through sacred art, prayers, and reflections. The practice began as pious pilgrims traced his path through Jerusalem on the Via Dolorosa.

Later, for the many who wanted to pass along the same route, but could not make the trip to Jerusalem, a practice developed that eventually took the form of the fourteen stations currently found in almost every church throughout the world.

Parish Ministries and Groups will lead our Way of the Cross every Friday of Lent at 7 pm. Join us in prayer.

Each year the Church gives us six weeks to take a long, loving look at our lives to see if our values and priorities are in line with God's desires for us. Since most of us find that we've wandered from God's path, Lent becomes that second chance, or do-over, to "return to God with our whole heart." 20-mins **Lenten Reflection on Tuesday at 6:30 pm before Holy Mass.** Our Tuesday topics: 1. Charity. 2. Sunday. 3. Penance 4. Purgatory. 5. Pope. 6. Heaven. There will be a possibility to submit questions. Perhaps these extra minutes that you can spare for reflection and prayer during Lent will change your life, sanctify you and secure you a safe path to eternity. It will cost you a little but in exchange you will taste heaven.

2023 TAX RECEIPTS

For those who used envelopes or PAD in 2023, your receipts have been prepared and are available for pickup in the lobby. Your St. Vincent de Paul receipt is included also. If you are having trouble finding your receipt, please email the office. Thank you again for your generous support this year.

WORLD DAY OF THE SICK

On February 11, the Catholic Church marks the World Day of the Sick each year. We offer prayers for those suffering from illness and their caregivers. The Catholic Church celebrates this annual World Day on the Feast of Our Lady of Lourdes. This year's observance theme is "Take care of him: Compassion as a synodal exercise of healing," drawn from the Gospel of Luke on the Parable of the Good Samaritan. As the Church marks World Day of the Sick, it encourages everyone to pray for those who suffer from illness and their caregivers. There will be a special prayer and a blessing for the sick with the Blessed Sacrament on Friday, February 9, following the Holy Mass at 9 am. There will be a special blessing for the sick at each Holy Mass on the weekend of February 10/11

TREE OF LIFE

The angel and cross ornaments may be picked up until February 3 in the lobby after all Masses.

CONSECRATION TO ST. JOSEPH

Come meet the highest saint in heaven, after Mary. St Joseph our spiritual Father. Devotion to

St. Joseph in powerful. He will help you grow in virtue, advance in your spiritual journey, protect you from the evil one, He is the patron saint of the dying, protector of the family and so many more gifts and blessings. Join us Thursdays starting February 15th – March 19th Classes are 1-3 p.m. or 7-9 p.m. To register please sign up in the lobby. Books are \$15 Register early!!

DIOCESAN FUNCTIONS

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.

STEP/BLENDED FAMILY: SMART STEPS FOR BUILDING FAMILY

Are you a parent or stepparent adjusting to blended family life? Smart Steps offers practical insights and suggestions on how to make the relationships work well for all. The next session will be held at the Basilica of Our Lady Immaculate in Guelph, 28 Norfolk Street. **TIME: 9:15AM - 3:30PM. PRICE: \$50 per person (includes lunch). DATE: Saturday, March 9, 2024.** Register on line at hamiltondiocese.com and look under Upcoming Events. For more information, contact the Family Ministry Office at 905-528-7988 ext. 2249.

THE DIOCESAN WEDDING ANNIVERSARY MASS

Are you celebrating your 25th, 40th, 50th, 60th, or 60+ Wedding Anniversary in the year 2024? If

you are, you are cordially invited to join couples from across the Diocese of Hamilton for a Wedding Anniversary Mass on Sunday, May 26, 2024 at the Cathedral Basilica of Christ the King in Hamilton at 1:30 pm. (Space allows room for Anniversary couples only - those married 60 years or more may bring one guest if you require assistance). Registration is now available online at hamiltondiocese.com.

OTHER FUNCTIONS

CELEBRATE OUR LADY OF LOURDES!

Come and be reminded of the healing power of prayer and to honour the Blessed Virgin Mary on Saturday, February 10 6:00 p.m. at our Lady of Lourdes Parish, Waterloo ON. - Exposition of the Blessed Sacrament, Holy Rosary and Confession 7:00 p.m. - Holy Mass with Anointing of the Sick followed by a reception in the parish hall.

Sunday, February 11 at 9:00 a.m. & 11:00 a.m. Mass, we will be joined by Celebrant His Excellency Bishop Wayne Lobsinger Holy Mass with Anointing of the Sick followed by a reception in the parish hall. All are welcomed.

ALPHA AT ST. MARK'S KITCHENER

Alpha is open to adults who are curious about Jesus, are exploring Christianity, have questions about life, or want to strengthen their faith. Join us Thursday Evenings (starting with dinner) Feb. 22 to May 2 from 6:45 to 9:15 p.m. at St. Mark's Parish (55 Driftwood Drive) Kitchener. There is no cost to attend, unless you'd like to make a small contribution for dinner. For more information, email Denise Case at stmarkalpha@gmail.com. Plan to join us ... and bring a friend ... all are welcome!