



# BLESSED SACRAMENT PARISH



305 Laurentian Drive, Kitchener, Ontario N2E 2N6 519-742-5061 [www.bskchurch.ca](http://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](http://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. Rajesh Madtha - Associate Pastor**

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**Rev. Mr. Michael Kuhl - Deacon**

[mkuhl@hamiltondiocese.com](mailto:mkuhl@hamiltondiocese.com)

**Keri Smith - Office Administrator**

[blessedsacrament1977@rogers.com](mailto:blessedsacrament1977@rogers.com)

**Anna Gravesande - Pastoral Minister**

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**Jane Lee – Minister of Music**

[bskchoir@gmail.com](mailto:bskchoir@gmail.com)

**Shannon Smith - Junior Choir**

[bsk.junior.choir@rogers.com](mailto:bsk.junior.choir@rogers.com)

**Sandra Scarfone – Sacristan**

[sacristan7x77@gmail.com](mailto:sacristan7x77@gmail.com)



**Ash Wednesday**  
— Lent Begins



SCAN QR CODE TO GIVE

**8<sup>TH</sup> SUNDAY IN ORDINARY TIME**

**ANNOUNCED MASSES FOR THE WEEK OF  
Monday, March 3, 2025**

**Tuesday 7:00 p.m.**

Int. of Catherine & Eric Espino - Family

**Ash Wednesday**

**9:00 a.m.**

† Frederick Wanzie - Family

**7:00 p.m.**

Int. of William Augustine & Frederick Wanzie  
- Family

**Thursday 9:00 a.m.**

† Anthony Bao – Chinh Nguyen

**Friday 9:00 a.m.**

† Peggy Dietrich – Mary Moore

**Saturday 7:00 p.m.**

† Douglas Frank Hauton – Scarfone Family

**Sunday**

**8:15 a.m.**

† Eugene Ochieng – Josephine Nandi

**10:00 a.m.**

† Aundrie Thomson – Yvonne Thomson

† Isauro Oliveira – Elisa Oliveira

**11:45 a.m.**

For the People of Blessed Sacrament Parish &  
The St. Brigid Mission

**EVENTS FOR THE WEEK**

**Tuesday**

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

SVDP Meeting 7:45 p.m. Parish Centre

**Wednesday**

Ash Wednesday Masses 9:00 a.m. & 7:00 p.m.

Nursing Homes Masses 10:30 a.m.

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

**Thursday**

RCIA 7:00 p.m. Parish Centre

**Friday**

1<sup>st</sup> Friday Adoration

Lenten Talk 6:08 p.m.

Stations of the Cross 7:00 p.m.

**ASH WEDNESDAY - March 5**



Lent is quickly approaching. Our Mass schedule for Ash Wednesday is **9:00 a.m. and 7:00 p.m.** If you would like to bring ashes to a family member or friend who is homebound, please see our Sacristan Sandra.

**LEGION OF MARY SCRIPTURAL ROSARY**

On Tuesday March 4th at 6:15 pm. We'll be praying for the women at the GVI prison. All are welcome to join us.

**FIRST FRIDAY ADORATION**



On Friday, March 7 with adoration beginning after the 9:00 a.m. morning Mass and ending with benediction at 6:00 p.m.

**WIDOWS AND WIDOWERS**

2W's will meet for lunch on **March 4, 2025** at Grandma's Kitchen 751 Victoria St. S. at 12 noon. Remember to wear green for St. Patrick's Day!!!

**Blessed Sacrament Church**

February 23 Offertory \$ 7,687.00

*total includes Pre-Authorized Giving*

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Canada Helps for the Month of February



\$ 2,460.89

**Remember your Parish.** Keep your love for your parish alive. Remember Blessed Sacrament Parish in your will and when recommending expressions of sympathy

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Please take the time to write the dollar amount of your offering on the envelope.

Thank you.

**What is FASTING?**  
The **limitation** of food and drink – typically to one main meal and two smaller meals, with no solid foods in between  
*But remember to drink enough fluids!*

**What is ABSTINENCE?**  
**Avoiding** certain kinds of food or drink, typically meat or other desirable foods

**When do we fast?**  
Ash Wednesday & Good Friday\*

**When do we abstain?**  
Catholics are obliged to abstain from **meat every Friday** throughout the year (except solemn feast days)

\*Paschal Fast: Good Friday and Holy Saturday are days of prayer and quiet reflection. We honour the suffering and death of Jesus and prepare to share in the joy of his resurrection at Easter.

**TIP: Instead of abstaining, you may substitute special acts of charity or piety on Fridays**

**ALL ABOUT Fastening & Abstinence**

**Why fast?**  
It helps us to **pray better**: an empty stomach can lead to more attentive prayer

**Why abstain on Fridays?**  
It's the **day of Christ's saving death** on the cross; we abstain to share in His work of saving the world

**Who has to fast?**  
Catholics aged 18 to 60  
Those with impaired health should not fast in any way.

**Who has to abstain?**  
Catholics aged 14 and older

During Lent, the money we save on food while fasting and abstaining should be given to others in alms  
SOURCE: "Keeping Friday" and "Living Lent" from the Canadian Conference of Catholic Bishops www.cccb.ca

Archdiocese of Toronto | www.archtoronto.org | archtoronto

## 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 60. 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 TALK SERIES: "HERE I AM, O LORD"

Are we ready to say "yes" to God's call? This Lent, join us as we reflect on our vocations—not just our passions or jobs but God's unique call in our lives. Parishioners will share their personal vocation stories each Friday before the Stations of the Cross, starting at 6:08 PM (inspired by *Isaiah 6:8*). After each talk, we will prayerfully transition into the Stations of the Cross. Questions are welcome during the presentations.

Let us pray for our speakers as they inspire us to discern and live out our Christian Vocations. All are welcome!

### Schedule of Speakers:

- **MARCH 7:** FR. LUKE & AIDAN CHAYTOR – *Introduction to the Lenten Talk Series: Priesthood and Considering the Priesthood.*
- **MARCH 14:** MANJU MATHEW – *Consecrated Life: Caregiver, Leader.*
- **MARCH 21:** WINIFRED OTOKHINA – *Single Life: Legion of Mary, Lawyer, Activist, Volunteer, New to the Parish.*
- **MARCH 28:** CHRIS REITZEL – *Husband, Father, Teacher, Leader, Volunteer.*
- **APRIL 4:** VERGARA FAMILY (Therese, Joe, Justin, Maddie, and Marion) – *Family Life: Focolare Activists, Parishioners, Volunteers.*
- **APRIL 11:** BONNIE SCHROTH – *Wife, Mother, Parish Programs Organizer, Coordinator, Leader.*

Come, join us, and say together: "Here I am, O Lord!"

## STATIONS OF THE CROSS

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 p.m. Join us in prayer.**

### FIRST HOLY COMMUNION

Sessions take place on **Saturdays at 6:00 PM-8:00 PM** (7:00 PM Mass) in the Parish Centre. **We will take a break this week and resume on March 15<sup>th</sup>** Students must be accompanied by a parent or guardian. Registered first communicant will also receive an email reminder.

First Holy Communion and Confession registration is open. Grade 2 students and older are welcome. Please check the requirements and submit your registration on our website.

### 2024 TAX RECEIPTS

The receipts are available in the lobby of the church on the weekends and can be picked up from the office on weekdays. Thank you again for your generous support this year.

### DIOCESAN FUNCTIONS

### REEL JUSTICE FILM FESTIVAL

Join us for our special youth screening of **Marcel the Shell with Shoes On, March 27<sup>th</sup>**! Marcel is an adorable, 1-inch-tall shell who ekes out a colorful existence with his grandmother, Connie, and their pet lint, Alan. Once part of a sprawling community of shells, they now live alone as the sole survivors of a mysterious tragedy. However, when a documentary filmmaker discovers them, the short film he posts online brings Marcel millions of passionate fans, as well as unprecedented dangers and a new hope of finding his long-lost family. Available to watch all day! Movie link will be sent straight to your inbox! Register at: <https://hamiltondiocese.com/reel-justice-film-festival/>

### OPENING THE HOLY DOOR: SPRING BOOK CLUB

The Office for Evangelization and Catechesis invites you to join us for a four-week virtual book club, exploring the new book by Joan Watson, **“Opening the Holy Door.”** Tuesdays from 1:00 – 2:00 p.m. **March 18-April 8, 2025.** Together we will reflect on the beautiful images of mercy and hope found on the Holy Door of St. Peter’s Basilica in Rome, open to pilgrims and visitors throughout the Jubilee Year. Join us for this time of prayer and conversation, drawing into deeper fellowship during this Jubilee of Hope. Registration can be made here: <https://hamiltondiocese.com/events/>

### LITURGICAL MINISTERS OF HOPE

During Lent this year, the Liturgy Office invites all Liturgical Ministers to gather for a Lenten retreat on the theme of Liturgical Ministers of Hope. Saturday, March 22, 2025, Basilica of Our Lady Immaculate, Guelph, ON, 10:00 a.m. to 12:30 p.m. or Saturday, March 29, 2025, St. Matthew Parish, Oakville, ON, 10:00 a.m. to 12:30 p.m. or Saturday, April 5, 2025, Annunciation of our Lord Parish, Hamilton, ON, 10:00 to 12:30 p.m.

### LOCAL EVENTS

### K of C FISH FRY

Friday, March 7, 2025 at St. Teresa of Avila Parish Hall, 19 Flamingo Drive, Elmira. There will be continuous seating from 5:00 p.m. to 7:30 p.m. Take-out will be at 4:30 – 5:00 p.m. Please bring your own take-out bag as we are trying to save the environment. Purchase your tickets by calling Rick Weishar at 519-577-5928 or at the Parish Office between 9 a.m. and 1 p.m. (Tuesday to Friday) or call 519-669-3387. Cost is Adults \$20.00; Children (aged 6 to 12 years) \$12.00; Children (aged 5 and under) Free; and Take-out is \$20.00.

**VISIT OUR WEBSITE FOR  
MORE INFORMATION  
[bskchurch.ca](https://bskchurch.ca)**