

ASCENSION OF THE LORD



MASS
INTENTIONS **May 30 to June 5**

Monday 8:30 a.m. Special Intention of Dr. Maria Kuzio
– Wiecek Family

Visitation of the Blessed Virgin Mary

Tuesday 7:00 p.m. +Bob Ervin – Louise Ervin

Wednesday 8:30 a.m. +Sally & Peggy Anderson
– Maria Reichelt

Beechwood 10:00 a.m. –Special Intention

Thursday 7:00 p.m. +Gregory Hill – Joan Cassidy

Friday 8:30 a.m. +Zora Andric –Olga Perko & Family
Westhill 10:00 a.m. –Special Intention

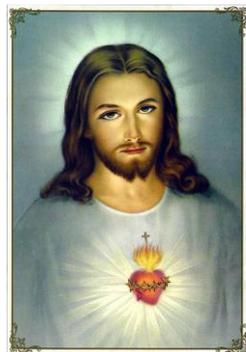
Pentecost

First Saturday 8:30 a.m. Votive Mass to our Blessed Mary

Saturday 7:00 p.m. +Bruno Marceau
– Mario & Joanne Duchaine

Sunday 9:00 a.m. Living & deceased
Livestream Mass members of our parish

Sunday 11:00 a.m. Special intention



8 Ways to honour the Sacred Heart of Jesus in June at home.

Each of the 12 months of the year has a Catholic devotional theme. It's a great way to bring special traditions, symbols, colors and even foods to enrich our faith life at home. During this time that so many of us are self-quarantined and face restrictions in public places, including our churches, the rich traditions and treasures of our faith provide special and reassuring blessings.

June is the beautiful month of the Sacred Heart. Here are 8 ways you can make your home come alive with love for the Sacred Heart of Jesus.

1. START YOUR MORNING WITH THE SON For the entire month, do the morning offering to the Sacred Heart of Jesus. Leave it near your bedside, pasted on your bathroom mirror, or at the breakfast table so you remember to say it first thing in the morning: *O Jesus, through the Immaculate Heart of Mary, I offer You my prayers, works, joys and sufferings of this day for all the intentions of Your Sacred Heart, in union with the Holy Sacrifice of the Mass throughout the world, in reparation for my sins, for the intentions of all our associates, and in particular for the intentions of our Holy Father for this month.*

2. DECORATE YOUR TABLE Set the table or a prominent place in your home with an image of the Sacred Heart and a candle or bouquet of flowers as a constant visual reminder of devotion.

3. PUT YOUR HEART INTO IT Do a Sacred Heart craft with your kids. Here's an easy one: get a grapevine wreath resembling the crown of thorns and place in the center of your kitchen or dining table. Make a large heart out of construction paper to place in the middle of the wreath. Upon the heart, each member of the

family writes a prayer intention and/or a work of mercy they will offer to the Sacred Heart all month. Keeping it simple? Just write your prayer intentions or offerings on a paper heart and place before your image of the Sacred Heart.

4. COOK FOR THE KING Make food in honour of the Sacred Heart. Here's an easy one: prepare or purchase cupcakes and then top with strawberries cut in the shape of a heart. To make the recipe even more devoted to the Sacred Heart, try making them red velvet cupcakes.

5. OFFER SPECIAL PRAYERS TO THE SACRED HEART

Pray one of the many beautiful Sacred Heart prayers. As part of grace before meals you might try adding a brief but beautiful prayer such as Prayer to the Sacred Heart of Jesus and or a beautiful novena to the Sacred Heart that would be very meaningful to pray before sleep (it was St. Padre Pio's go-to novena, as he recited it every day for those who requested his prayers).

6. PARTICIPATE IN EUCHARISTIC ADORATION

ONLINE Participate in a Holy Hour of Eucharistic Adoration online or on television as a way to honour the Sacred Heart of Jesus as present in the Eucharist. This is a great way to increase not only faith, hope and love but also peace, freedom from anxiety, and comfort in your own heart.

7. SET YOUR ALARM FOR 3:00 P.M. That's the hour of Divine Mercy, a devotion inexorably linked to the Sacred Heart of Jesus, as it reminds us of the outpourings of Jesus' heart, with these words, "O blood and water which gushed forth from the heart of Jesus as a fount of mercy for us, I trust in you." Purpose to pray the Divine Mercy chaplet every day this month at 3:00 p.m., the hour that Jesus died for us. It is such a beautiful devotion that it will likely remain a favorite of yours long after June is over.

8. MAKE A SACRED HEART GARDEN This is a wonderful activity for the whole family. In front of an outdoor statue of the Sacred Heart, a garden sculpture of a heart, or even a homemade stepping stone with a heart traced in the concrete, plant flowers that honour the Sacred Heart of Jesus. Flowers for a Sacred Heart Garden could include a display of any blooms in red and orange tones. Dicentra, commonly known as "Bleeding Heart," has a string of heart-shaped blooms that are a symbolic image of sacrificial love. Roses symbolize love and the crown of thorns, so they would be a great choice. Other beautiful choices to honour Jesus include the "Star of Bethlehem" flower and Caladium, also known as "heart of Jesus."



CALLING ALL WOMEN of Our Lady of Lourdes parish for a night of fun, laughter, and renewal of friendships. Let's celebrate together *The Visitation of the Blessed Virgin Mary*, on **Tuesday May 31, 2022, at 7:00 p.m.** Mass followed by potluck in the parish hall. Please rsvp to lourdeswaterloo@rogers.com, by letting us know which dish you are able to bring with you, for example: hors d'oeuvres, salad, dessert, fruit.

Gospel Reading

Luke 24:46-53

Jesus is taken to heaven and the disciples remain in Jerusalem awaiting his sending of the Spirit.

Background on the Gospel Reading

Today is our liturgical celebration of the Ascension of the Lord, when Jesus was taken to heaven on the 40th day after Easter. In Cycle C, our Gospel is taken from the conclusion of the Gospel of Luke.

There are similarities in the reports of Jesus' Ascension found in the Synoptic Gospels—Mark, Matthew, and Luke. In each account, Jesus assigns his disciples the task of proclaiming the Gospel to the entire world. There are also notable distinctions. In the Gospels of Mark and Matthew, the disciples are sent by Jesus to baptize as well as to preach. In Luke's Gospel, however, this commission to baptize is absent. Instead, Jesus directs the disciples to return to Jerusalem to await the fulfillment of his promise to send them the Holy Spirit. Curiously, only Mark and Luke actually report Jesus' Ascension into heaven. Matthew's Gospel concludes with Jesus' promise to remain with his disciples forever. Only the Gospel of Mark notes that Jesus ascended to sit at the right hand of God. In noting this, Mark teaches that Jesus' Ascension affirms the glory Jesus received from God after his death and Resurrection.

Those who believe in Jesus will be empowered to do what Jesus himself has done. Already in Mark's Gospel, during his ministry, Jesus sent his disciples out to preach, to heal, and to drive out unclean spirits. Now, they are sent again to do these things and more. From his place with God in heaven, Jesus helped his disciples, and he continues to help us as we try to live as his followers.



THE CARMEL OF ST. JOSEPH GUILD invites all members, families and friends to attend the Feast of Our Lady of Mount Carmel Mass to be held **Sunday, July 17, 2022, at 2:00 p.m.** at St Agatha Catholic Church located at **1839 Notre Dame Dr.** in St Agatha. The Rosary will precede the Mass. The celebrant will be Rev. Bishop Crosby, Bishop of Hamilton. Reception with light refreshments to follow.

YOU ARE INVITED TO ST. BONIFACE CHURCH in Maryhill for our traditional annual **Corpus Christi procession** to the two outdoor altar houses. The procession will take place immediately after the 10:00 a.m. Mass on Sunday, **June 19th** Everyone is welcome!

PRAYER VIGIL - Thursday, June 2, 2022, from 10:00 a.m. to 11:00 a.m. in front of Freeport Hospital, 3570 King St. E., Kitchener, for babies being aborted. All are welcome to pray quietly for those who have no voice, but our own! Parking - across the road, Schneider Park. Any queries, please contact Cathy at: kwc.prayervigil@rogers.com

JUNE 5TH - ST BONIFACE DAY FESTIVAL
Let's all come together for some good, old-fashioned parish fun! Try your hand at Garden Party-style activities such as a penny table and children's fish pond; learn about St Boniface - the saint and the parish, through youth actors and elders as knowledge keepers; see the 'zines' created by St Boniface School Grade 6 students with the help of retired St Boniface teachers: Terry Hodgkinson and Mary Ann Stroh; hear an arborist speak about the characteristics of the oak tree which plays an important role in St Boniface's conversion of Germanic tribes.
11:00 a.m.-2:00 p.m. for garden party events, Big H Food Truck and Bres-Lolly dickie dee cart.
2pm - Fathers vs Families softball game!!

SUMMER PARISH OFFICE: July & August, please note that the parish office will be **open** on Wednesday, Thursday, Friday and **closed** on Monday and Tuesday.

DIOCESAN PRAYER CALENDAR

This week let us pray for...

- May 30 Rev. Tim Theriault
- May 31 Rev. Msgr. Martin Valley
- Jun 1 Barnabite Fathers (C.R.S.P)
- Jun 2 Rev. Paul Patrick, O.M.I.
- Jun 3 Rev. Robert Sims
- Jun 4 Rev. Godwin Pinto, O.C.D.

Prayer for Vocations... God, the source of creation and love, you invite each of us to serve you through the life which is your gift. May your grace encourage men and women to heights through service to the Church as priests, sisters, brothers, and lay ministers. Make me an instrument to encourage others to give themselves and challenge me to do the same. Amen.

WE ARE PLANNING A PARISH BBQ on Sunday June 26, 2022, at 12:00 p.m. We are in need of a volunteer to make this a successful event. If you are able to assist in the planning of this event please email the parish office, and attend our brief meeting on Friday, June 3, at 12:30 p.m. at the parish office.



THE POPE'S JUNE INTENTIONS FOR 2022

Families

We pray for Christian families around the world; may they embody and experience unconditional love and advance in holiness in their daily lives