

**DON'T BE AFRAID
TO GO TO THE
SACRAMENT OF
CONFESSION,
WHERE YOU
WILL MEET
JESUS WHO
FORGIVES YOU.**
Pope Francis



Sacrament of Confession

Now that we are quickly approaching the end of the Lenten season, parishes will be offering several opportunities to receive the Sacrament of Reconciliation (confession).

It's fairly common knowledge that many people have pretty much eliminated this sacrament from their lives - perhaps not consciously - but simply pushed it aside. This is unfortunate because it is a Sacrament so vital to our faith life, not only now but on judgment day.

Let's face it. It's not easy to admit our sins, and it's even harder to confess them to another person, even if it is a priest. Be assured that every priest must confess his sins to a fellow priest. Even the Pope goes to confession regularly.

Centuries ago those who went to confession had to announce their sins to everyone present!! Luckily for us that is not the way it is these days. What happens in the confessional is private.

The Simple Steps to Receiving the Sacrament :

- a) Examination of conscience. This is not supposed to be a painful session. Actually, our conscience will bring to mind any serious sins we have committed. Even people who have been away from the confessional for many years, even decades, realize that knowing our sins is not the hard part ~ It's actually owning up to them.
- b) Sorrow for sin. If we are serious about going to confession, sorrow comes almost automatically. Sorrow is in the heart and in the will.
- c) Confession of sin. Confess your sins as simply and as honestly as you can. There is no need for great details, nor is the priest interested in detail. If you need help, don't hesitate to ask the priest for assistance.
- d) Receive penance given. Listen to the words of the priest as he tries to guide you and remind you of God's love for you.
- e) Act of contrition. Making an act of contrition can be very short: "O, God, I am sorry for all my sins, now and in the past, and I will try with all my heart not to sin again." (or more traditional, as in the prayer below)
- f) Thanks to God. Leave the confessional and thank God for his forgiveness and pray the prayers the priest gave you for a penance.

Act of Contrition:

My God, I am sorry for my sins with all my heart. In choosing to do wrong and failing to do good, I have sinned against you whom I should love above all things. I firmly intend, with your help, to do penance, to sin no more, and to avoid whatever leads me to sin. Our Savior Jesus Christ suffered and died for us. In his name, my God, have mercy.



NO Mass on Mondays

Please consider joining fellow parishioners, and of course myself, for daily Mass as we journey through the year by reflecting on a different saint of the day. ~ Fr. Irek

Tuesday, April 2

8:00 am + DECEASED MacNEIL FAMILY - John
+ MARIA MOREIRA & JOSE ANDRADE FIGUEIREDO -Carmen

Wednesday, April 3

Exposition of the Blessed Sacrament begins at 6:00 pm and concludes with Benediction at 7:00 pm
7:15 pm + JOSE MONTEIRO - Fatima
- intentions of Rebecca Wardell on her 18th birthday
Sacrament of Reconciliation 6:00 - 7:00 pm

Thursday, April 4

8:00 am + SOULS IN PURGATORY - Parents in Touch group
- for Vocations to the priesthood and religious life

Friday, April 5 - First Friday

(no morning Mass)
6:00 pm - IN THANKSGIVING - from Maria Correia
+ PATRICIA WHELAN - Wendy & Rick Ezekiel
6:45 pm - STATIONS OF THE CROSS

Saturday, April 6

8:00 am + BRENDEN WELSH - St. Anne School staff
5:00 pm + MARCO FERREIRA - mom and dad
+ JIM DELAHUNTY - Pat and family
+ HANK VANDERVOORT - Gert & Les Gueth

Sunday, April 7 - Fifth Sunday of Lent

9:00 am - intentions of all parishioners
11:00 am + BILL WYNEN - Wynen children

In case you are wondering....The Diocese of Hamilton is, once again, asking parishes to count the number of attendees at each Mass (including children). This is why you may see a person walking the church aisles counting people.

Donations to the Society of St. Vincent de Paul are gratefully accepted TODAY at exits of the Church, and every last weekend of each month.



For this year's Share Lent, Development and Peace – Caritas Canada encourages us to reach out to forcibly displaced persons and to share their journey. The funds collected are used to support over 162 projects in 37 countries around the world!

Development and Peace – Caritas Canada thanks you for last year's Share Lent donation, and look forward to this year's support at the annual collection, **April 7/8**.

Donations will help support the actions of our sisters and brothers in Africa, Asia, Latin America, and the Middle East. Thank you for continuing to pray for all those who are working to build a world of peace and justice for all.

Washing of the Feet is a custom of the Catholic Church at Holy Thursday evening Mass. Parishioners are invited to have a foot washed in symbolic remembrance of Jesus washing the feet of His disciples. **We are in need of 12 people** who can participate in this small ceremony at Holy Thursday Mass, **April 18 at 7:00pm**. Please leave your name with the parish office 519-621-2013 or email stambrose@golden.net

"Such small groups can be made up of men and women, and it is appropriate that they consist of people young and old, healthy and sick, clerics, consecrated men and women and laity." - quote from the Congregation for Divine Worship and the Discipline of the Sacraments.

Volunteers to mend and sew please...

For many years a very special lady has helped **Canadian Food for Children** - Kitchener Depot by repairing dolls that have been donated. The "Doll Lady" has retired and we have broken, worn dolls who need help. They need washing, combing and dressing. These will then bring great joy to children in the Third World who would love to have a doll. Are you interested? Please contact Linda Lou Pinnington at 519-894-5046 or pinn@golden.net

Prayers for the Sick

Wednesday mornings **10:00am - 10:30am** in the Church, everyone is welcome to join with other parishioners to pray for those among us who are suffering from illness and who need our prayers for healing and strength. This is a weekly prayer gathering. Please use the South Street side door.

Hamilton Diocese Youth Rally - we would like to invite all youth in our parish in Grades 7 to 12 to join other faith-filled youth for this yearly rally. This year it will be held at Bingeman's Centre in Kitchener on **Saturday May 25**. If your child is interested in attending, please contact Barb at the parish office so that a group from our parish can be registered together!

God's Holy Word holds so much promise and love for young people, and together, through the 2019 Youth Rally, we will learn more about how to pray with scripture and make the Gospel come alive through words and deeds.

Our parish will have a Children's Stations of the Cross on Friday, April 5 at 6:45 pm. If your child would like to participate by reading one of the Stations please contact Barb at the parish office.
519.621.2013 stambrose@golden.net

Bridge/Euchre Card Party - Saturday April 13, 2019 at 6:30 pm in St. Ambrose Church Hall. Cost is \$6.00 at the door. Everyone welcome ☺

Heartache to Healing - Grief Support Group 6 week support group beginning May 1st

St. Michael Parish in Waterloo will offer a 6 week grief support group sessions starting May 1st. The program assists those who have lost a loved one, or another significant loss. This program follows the process developed by Dr. Bill Webster, an experienced leader in grief counseling. The sessions will be held on Wednesday evenings from 7-8:30pm (May 1, 8, 15, 22, 29, June 5), at St. Michael's, 80 University Ave. W. Waterloo. There is no fee, but you must register by April 12th. To register, or for more information, please contact the parish office 519-884-9311.

Pro-Life Prayer Vigil - Thursday, April 4, 2019, from 9:00 a.m. to 10:00 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



It is possible that on entering this church, you may hear the Call of God.

On the other hand, it is not likely that He will contact you by phone. Thank you for turning off your phone.

If you would like to talk to God, come in, choose a quiet place, pray to Him, and let's celebrate Mass together.