



St. Agnes Catholic Parish

Pastor: Rev. Fr. Jeff Bergsma

Permanent Deacon: Rev. Mr. Ed MacIntosh

Administrative Assistant: Mrs. Deb MacIntosh

Bookkeeper: Mrs. Kathy Bader

The Fourth Sunday in Lent

March 15, 2026



Focus: *You were once darkness, but now you are light in the Lord.*

The lengthy exchange in today's Gospel between the formerly blind man and the Pharisees serves as a reminder that we are all born blind and are given our sight at baptism, when we are first able to see through the eyes of faith. As our Lenten journey continues, let us pray that God will continue to open our eyes to his truth.

PARISH NEWS & EVENTS



STATIONS OF THE CROSS: Every Friday of Lent, Stations of the Cross will be at St. Agnes Parish at 6:30pm in advance of the 7pm Mass. Join us for this wonderful devotion and make it part of your Lenten journey this year.

MEN'S SOCIAL HOUR: Please come join us on Monday March 30 at 1:00 pm in the conference room for our monthly men's social hour at St. Agnes. In addition to coffee and lively conversation, we will have a presentation on the Walkerton Water Tragedy- 25 Years Later. Please call John Vogan at 226-978-4013 for more information.



NEXT YOUTH GROUP MEETING:



Youth grades 6-10 are invited to join our Youth Group for monthly meetings at 6:30pm in the Parish Centre. Prayer, games & activities and interesting discussions from the Alpha-Youth Program are all on the agenda!

LISTENING AND FASTING: POPE LEO XIV'S MESSAGE FOR LENT 2026 Pope Leo XIV's message for Lent 2026, entitled "Listening and fasting. Lent as a time of Conversion," was published on Friday, February 13, by the Holy See Press Office. To read Pope Leo's message, and download a helpful infographic, visit the Dicastery for Integral Human Development here:

www.humandevlopment.va .

FREE GENTLE EXERCISE CLASS: Tuesdays at 10am at St. Agnes Church Stay active; build better balance; standing and sitting options for ease and stability. NO REGISTRATION required for this free class; bring your running shoes and water bottle! Trained staff guide you following S.M.A.R.T. (Seniors Maintaining Active Roles Together) developed by VON Canada.

INFO: 519-772-8787; physicalhealth@cscmow.org;

www.communitysupportconnections.org

Join us down in the Parish Centre right after Gentle Exercise for an AGE WISE Workshop:
Tuesday, March 24th at 11:15am with presenter,
Leslie Hurst RN, BScN, Home Care Nurse.

AgeWise Workshop

 thrive at home as you age

 avoid costly errors in senior care

 elevate wellbeing, joy and ease



PLEASE REGISTER

Leslie@agewisegroup.com

519-496-3526

Presented by

Leslie Hurst RN, BScN
veteran home care nurse

Did You Ever Wonder?

THE PRIEST'S "SILENT" PRAYERS AT MASS

Offering the Mystical and Holy Mass: Did you know that the Church gives priests celebrating the Mass, several prayers to say in a low voice such that few (if any) in the church hear them? **These are called the "secret" prayers (from the Latin word for "hidden.")** May the great beauty of these prayers inform and inspire your own devotion at Holy Mass.

1. **The priest, before proclaiming the Gospel, pauses in front of the altar to bow and pray:**

"Cleanse my heart and my lips, almighty God, that I may worthily proclaim your holy Gospel."

If a deacon is proclaiming the Gospel:

Deacon: "Your blessing Father"

Priest: "May the Lord be on your lips and in your heart that you may proclaim his gospel worthily and well. In the Name of the Father..."

2. **At the end of the Gospel, the priest (or proclaiming deacon) kisses the book and prays:** "Through the words of the Gospel may our sins be wiped away."

3. **During the Offertory, the priest (or assisting deacon) pours a little water into the chalice of unconsecrated wine and prays:**

"By the mystery of this water and wine may we come to share in the divinity of Christ, who humbled himself to share in our humanity."



4. **After thanking God for the gifts of bread and wine He has given us to offer ("Blessed are you, Lord God of all creation...") the priest bows behind the altar and prays:**

"With humble spirit and contrite heart may we be accepted by you, O Lord, and may our sacrifice in your sight this day be pleasing to you, Lord God."

5. While the priest washes his hands, he prays:

“Wash me, O Lord, from my iniquity and cleanse me from my sin.”

6. During the “Lamb of God,” the priest places a small piece of the Host into the chalice, praying:

“May this mingling of the Body and Blood of our Lord Jesus Christ bring eternal life to us who receive it.”

7. At the end of the “Lamb of God,” the priest joins his hands and prays one of these two prayers:

a) “Lord Jesus Christ, Son of the living God, who, by the will of the Father and the work of the Holy Spirit, through your death gave life to the world, free me by this, your most holy Body and Blood from all my sins and from every evil; keep me always faithful to your commandments, and never let me be parted from you.”

b) “May the receiving of your Body and Blood, Lord Jesus Christ, not bring me to judgment and condemnation, but through your loving mercy be for me protection in mind and body and a healing remedy.”

8. Before consuming the Body of Christ, the priest prays:

“May the Body of Christ keep me safe for eternal life.”

9. Before consuming the Blood of Christ from the chalice, the priest prays:

“May the Blood of Christ keep me safe for eternal life.”

10. Finally, while purifying the sacred vessels following the distribution of Communion, the priest (or Deacon) prays:

“What has passed our lips as food, O Lord, may we possess in purity of heart, that what has been given to us in time may be our healing for eternity.”





Please join us
for our next youth
group meeting!

Sunday, March 29th

6:30pm – 8:00pm
in the Parish Hall

Join us for activities and
reflection as we enter into Holy Week!

Open to Youth in Grades 6-10

Vacation Bible School 2026!

Questions? email: vbs.stagnes@gmail.com

Up, Up & Away in the Assorted Saints hot air balloon! Take flight with your copilots, Juan Diego, Brigid of Ireland, Martin de Porres, Nicholas of Myra, and Kateri Tekakwitha on a five-day adventure! At an altitude of 1500 feet float over land and sea. Let the wind propel you and DISCOVER the timeless virtues of faith, hope, and love at each DESTINATION!



Click [HERE](#) to register!

WHEN? Mon-Fri., July 6-10, 9am – 12:15pm.

AGE? Going into SK to going into grade 6 (born 2015 to 2021)

COST? \$35 per camper, with subsidies available

Youth Volunteers – registration soon!

It is wonderful that we have had a lot of interest in youth leadership at VBS! Watch for Youth Leader registration opening very soon.

Adult volunteers are always needed!

There are various roles to fill, including:

- Planning and preparation
- Helping guide younger campers
- Helping run a center (arts and crafts, music, faith, sports, and games)

There are roles to suit any comfort level and to make use of each one's unique gifts! Please email vbs.stagnes@gmail.com

ST. AGNES EDUCATION CAFE

Small Talks on Big Topics

**God Speaks to Us in Many Ways - Are We Listening?
Overcoming Spiritual Deafness in Our Noisy World**

Presented by Fr. Raphael Ma, CR
Associate Pastor, St. Mary's Parish, Kitchener

About the Event

During Lent, we are invited to go deeper into an examination of our relationship with God. How do I see Him working in my life? How is He calling me? Am I truly listening & responding? In our noisy world there are many voices competing for our attention. We should ask ourselves, whose voice is loudest in my life —the voice of the culture, or is it God's voice deep within me, calling me to the fullness of life in Him. God is always working in our lives, sometimes through others to reach us & teach us. We may be spiritually blind or deaf, maybe unwilling to listen. We need to be still, to go to that quiet place away from the "noise" of our busy lives, like Jesus did. There we can ponder in quiet prayer, especially in front of the Blessed Sacrament, where Jesus is looking at us & we at Him. Like Samuel, we too should humbly say: "Speak Lord, for your servant is listening".

Sunday March 29th

St. Agnes Parish Hall 2:00–3:30 pm

75 Bluevale St N, Waterloo • 45 minute talk + Q&A and Refreshments

SCHEDULE CHANGE: April 9th and 10th evening Masses are moved to 9am.

There will be no holy hour on April 9th.

St. Agnes Parish **Lent and Easter Schedule 2026**



Ash Wednesday

Mass at 10am with St. Agnes School
7pm Evening Mass

Extra Confession Times:

Tuesday, March 24	9:30am - 11:30am
Wednesday, March 25	12pm - 4pm
Wednesday, April 1	5pm - 8pm

Stations of the Cross

Every Friday during Lent at 6:30pm in advance of the 7pm daily Mass.

Palm Sunday of the Passion of the Lord - March 28/29

Weekend Mass times as usual: Sat. 5pm; Sun. 9am, 11am & 7pm.

Holy Thursday, Mass of the Lord's Supper - April 2, 7pm

Vigil of Adoration until 7am.

Good Friday of the Passion of the Lord - April 3, 10am & 3pm

Stations of the Cross at 7pm

Holy Saturday - April 4

Blessing of the Easter Food 12pm

Easter Vigil 8 pm

**Incense will be used

Easter Sunday of the Resurrection of the Lord

April 5 - Masses at 9am & 11am

**No 7 pm Mass



Mass Schedule

Mondays – **no Mass**

Tuesdays, Wednesdays & Saturdays **9am**; Thursdays & Fridays **7pm**

Lord's Day Masses:

Saturday **5pm**; Sunday **9am, 11am & 7pm**

Holy Hour: Thursdays at **6pm**

Reconciliation: Saturdays at **9:30am – 10am; 3:30pm – 4:15pm; or by appointment**

CONSIDER MAKING YOUR OFFERING THROUGH CANADA HELPS: This option allows you to make a secure donation directly to St. Agnes Parish on this webpage [119110450RR0101-st-agnes-parish | CharityProfile | Donate Online](https://www.canadahelps.org/en/charity-profile/st-agnes-parish/)

E-transfers can be made to St. Agnes Parish at any time at stagneswaterloo@hamiltondiocese.com

Please put your **first AND last name** in the memo line or we cannot create a tax receipt.

CANADA
HELPS
QR CODE



MASS INTENTIONS for March 15 - 22			
SUNDAY	9am	†Helen Smith	The Johnstons
	11am	†Ostyn Family Members	Bea Mohaupt
	7pm	†Anna Maria & Joseph Nguyen	Nguyen Family
TUESDAY	9am	Gladys Rebelo	Errol Ferreira
WEDNESDAY	9am	Jennifer Haller-Buchanan	St. Luke Staff
THURSDAY	7pm	David & Annemarie Turalija Sunny & Suzy	Zrinka Turalija Agnes Das
	FRIDAY	6:30pm	Stations of the Cross
SATURDAY	7pm	†Franz Novak	Helene Meier
	9am	†Mary Frankovic	Nancy Frankovic
	5pm	†Marion Feeney	Rachel Trump
SUNDAY	9am	Pro Populo	
	11am	†Gery Knorr	The Family
	7pm	†Mary & Thomas Philoma	The Family

Contact Us

Office Phone: 519-885-4480

Office Hours: 9am – 4:30pm

***SSVP Food Assistance:** 519-504-8399

Email: office@saintagnescatholicchurch.org

Website: <https://saintagnescatholicchurch.org/>

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