



St. Agnes Catholic Parish

Pastor: Rev. Fr. Jeff Bergsma

Permanent Deacon: Rev. Mr. Ed MacIntosh

Administrative Assistant: Mrs. Deb MacIntosh

Bookkeeper: Mrs. Kathy Bader

Fourteenth Sunday in Ordinary Time

July 5, 2026



Focus: *Our rest comes in walking side-by-side with Christ.*

The God who defeated death – this mighty one whose dominion shall be from sea to sea – promises to carry our burdens with us, to never leave us alone in our struggles, to humble himself to walk beside us in our smallness and our need. Our rest comes in walking side-by-side with Christ.

NEWS & EVENTS at ST. AGNES PARISH

Where everyone is welcome!

It's summertime...! Choirs are taking a well-deserved break to enjoy summer activities. If you enjoy singing and would like to help over the summer, you are welcome to grab a book and come on over to the piano and add your voice. There are no practices, no obligations - and visitors are very welcome!

The SSVP North of 60 Project supporting Najaat, Nunavut, is very grateful for your donations of items and financial aid again this year! A detailed report will be available in next week's bulletin.

Altar Servers: We also still need altar servers! Servers at all Masses are needed, but we particularly need adult and young adult servers for funerals and weddings. Please see Fr. Jeff to offer your name.

Ushers: Ushers would also be welcome, especially on Saturday evenings at 5pm Mass to help take up the collection. Please see one of the regular ushers or offer your name to Fr. Jeff.

YOUTH MINISTER'S RETREAT SAVE THE DATE! We are inviting all youth ministers, youth ministry coordinators and leaders in youth ministry, to join us for our annual retreat on September 19 at Mount Mary Retreat Centre in Ancaster. More information and how to register will be shared as soon as possible. In the meantime, if you are interested in attending or have any questions, email: youthministry@hamiltondiocese.com

YOUTH MINISTRY CERTIFICATION PROGRAM We are currently accepting enrollment for the Youth Ministry Certification Program, which begins in September 2026. Join us as we explore the practical strategies for youth ministry and the accompaniment of young people in our diocesan community. To review a full course list and for more information, please visit: www.hamiltondioceselearns.com. To review a full course list and for more information, please visit: www.hamiltondioceselearns.com.

ADULT FAITH FORMATION through VLCFF The Diocese partners with Dayton University's Virtual Learning Community for Adult Faith Formation (VLCFF) for certificate programs for ministry and enrichment. We are taking enrollment for the Youth Ministry Certification Program and the Catechist Formation Program beginning in September 2026. 35-week e-seminars are also available at a discounted rate for all adults in the Diocese. For more information about our programs, and how to register, visit us at www.hamiltondioceselearns.com.

YOUNG ADULTS' NIGHT Fr. John Ha, our new Vocations Director, invites all young adults (ages 20s and 30s) to attend an evening of prayer, fellowship and praise music in support of your vocations. Holy Hour (6:30pm-7:30 pm), social with food (7:30pm-8:00pm), praise & testimony (8:00pm-9:00pm), and Compline (9:00pm) on Saturday, August 1st at St. Catherine of Siena Church (620 Rymal Road East, Hamilton, Ontario). For more information, please contact: vocations@hamiltondiocese.com.

CATECHETICAL CORRESPONDENCE PROGRAM Children in our parishes benefit from the Catechetical Correspondence Program each year for ongoing religious education. We need volunteers to support the program! To learn how you can help, please reach out to the Office for Evangelization and Catechesis at catechesis@hamiltondiocese.com. To learn more about the Catechetical Correspondence Program, please visit: <https://bit.ly/DOHCCC>.

PROJECT RACHEL Struggling After an Abortion? Either your own, or someone else's? Do you feel alone, emotional, or angry and in need of support? Project Rachel is available to help. This confidential service allows people to work through their feelings on an individual basis, with a trained counsellor, to find hope and healing. Please contact us at 905-526-1999 or toll free at 1-888-385-3850.

WYD 2027 The Diocese of Hamilton is blessed to have 82 young pilgrims preparing to travel to Seoul, South Korea next summer as a part of the 45th International Celebration of World Youth Day. To learn more about this pilgrimage of faith and how you can support the young people of our Diocese, visit us at: wyd.hamiltondiocese.com.

Did you know...?

What are all those unusual letters and symbols we often see in Catholic Churches? Here are some that are frequently used:

INRI stand for Iesus Nazarenus Rex Iudaeorum - Latin for “Jesus of Nazareth, King of the Jews. By Roman custom, a placard called a *titulus* was posted above the criminal stating their name and their charge. Pontius Pilate intended this *titulus* as an accusation and mockery of Jesus’ kingship.



The **CHI-RHO**: Is one of the oldest sacred monograms used in Catholicism. It superimposes the first two Greek letters of "Christ"—Chi (X) and Rho (P) - Χριστός (Christos) [Christ]. It gained popularity with Emperor Constantine (he emblazoned it on his military standard), and Early Christians adopted it as a secret symbol for Christ.



The first three letters of Jesus’ name in Greek—iota (I), eta (H), and sigma (S)—ΙΗΣΟΥΣ (Iesous) - a “Christogram” (an ancient monogram). Early Christians used it as a secret, sacred symbol, frequently etching it onto tombs of the faithful.



"ALPHA" and "OMEGA" are the first and last letters of the Greek alphabet.

Figuratively, the phrase means the beginning and the end, or the totality and entirety of something. Isaiah 44:6 *“Thus says the Lord, the King of Israel, and his Redeemer, the Lord of hosts: I am the first and I am the last; besides me there is no god.”* Revelation 1:8 *“I am the Alpha and the Omega,” says the Lord God, who is and who was and who is to come, the Almighty.*



The fish symbol, known as the **ICHTHYS** (Greek for "fish"), was widely used

by early Christians as a discreet way to identify themselves during periods of persecution in the Roman Empire. The Greek letters ΙΧΘΥΣ form an acronym for Iesous Christos Theou Yios Soter, meaning “Jesus Christ, Son of God, Savior”. Fearing prosecution, believers used it to identify meeting places and other Christians without drawing the attention of the Roman authorities.



See how many you can spot in our sanctuary!

PARISH REGISTRATION & INFORMATION UPDATE



Update Your Parish Info!



Call Us: 519-885-4480

office@saintagnescatholicchurch.org

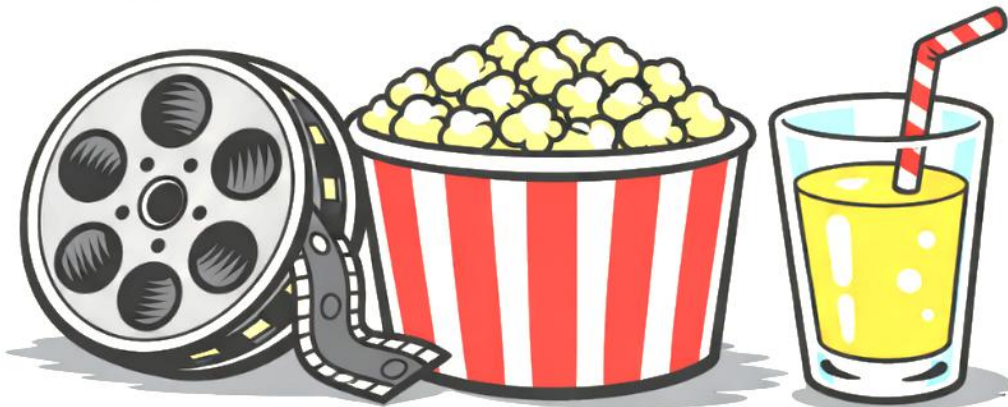
Update your address, phone & email.

As summer approaches and the office is less busy, now is a very good time to check with the [Parish Office](#) and **ensure your personal information is up to date.**

- If you haven't registered at the parish yet, click [HERE](#) to register. If your family information has changed (for example, you have had a child, a spouse has passed away, your child is now an adult) please contact us to update the information.
- If your child is registering for **Kindergarten**, **First Communion** or **Confirmation**, **this is a good time to obtain a copy of your Baptismal Certificate** or **register for the Sacrament of Baptism** before the new school year starts and the church becomes very busy.
- If you know you were baptized at St. Agnes church, send an [email request to the office](#) with the full name and approximate year, to deliver the copy directly to the sacramental preparation team on your behalf.

Summer Movie Nights

at St. Agnes Church



Looking to spend an evening out?

Watch for movie nights coming to St. Agnes Church in the summer!

A little popcorn, a glass of juice, an air-conditioned space...!

Tuesday Nights at 7pm

I CONFESS (July 14) - [trailer](#)

(1953) starring Montgomery Clift, Anne Baxter, Karl Malden

ROMERO (July 21) - [trailer](#)

(1989) starring Raul Julia

ALL or NOTHING (August 25) - [trailer](#)

(2016) The Story of Sr. Clare Crockett

The MISSION (September 1) - [trailer](#)

(1986) starring Robert DeNiro and Jeremy Irons

Mass Schedule

Mondays – **no Mass**

Holy Hour: Thursdays at **6pm**

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

MASS TIMES and INTENTIONS for July 5 - 12			
SUNDAY	10am	Pro Populo	
	7pm	†Anna Maria Dinh	Nguyen Family
TUESDAY	9am	†Elaine McMahon	CWL
		†Leslie Andrade	Suze D’Costa
		†Bob & Marge McKenna	John McKenna
WEDNESDAY	9am	Paul Michalski	Larry Ertel & Family
THURSDAY	7pm	All Priests & Religious of the Diocese	Serra Club
		David & Annemarie Turalija	Zrinka Turalija
FRIDAY	7pm	Jim & Mary Heidmiller 50 th Anniv.	Heidmiller Family
SATURDAY	9am	World Peace & Conversion of Sinners	Sat. Morning Rosary Grp.
	5pm	Pro Populo	
SUNDAY	10am	†Anna Maria Dinh & Joseph Nguyen	Nguyen Family
	7pm	†Anton & Katharina, Helmut & Tony Lautenbach	Lamers Family

Thank you for supporting St. Agnes Parish!

PREFERRED METHOD: 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](https://www.119110450RR0101-st-agnes-parish.com/CharityProfile) | [CharityProfile](#) | [Donate Online](#)



**CANADA
HELPS
QR CODE**



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.

If you are e-transferring for another purpose [i.e., mass stipend or spaghetti dinner, for example] please include that in your message on your e-transfer. Otherwise, your funds are deposited directly into general offertory.



Contact Us:

Office Phone: 519-885-4480

Email: office@saintagnescatholicchurch.org

75 Bluevale Street North Waterloo, ON N2J 3R7

Office Hours: Tues. – Fri.: 9am – 4:30pm

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

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