



251 Glenridge Avenue, St. Catharines, Ontario L2T 3K2
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 Website: www.stjuliastc.com | Email: parish@stjulia.ca

Mass Schedule

Monday, Tuesday, Wednesday & Friday 8:30 a.m.
 Saturday 5:00 p.m.
 Sunday 9:00 a.m.
 11:00 a.m.

Confessions

Monday, Tuesday, Wednesday & Friday 8:00 a.m.
 Saturday 3:30 p.m. to 4:30 p.m. or by appointment

Office Hours

Monday & Wednesday, 9:00 a.m. to 3:00 p.m.
 (Closed for lunch from 12:00 p.m. to 1:00 p.m.)
 Thursday & Friday, 9:00 a.m. to 1:00 p.m.

Diocesan Bishop

Most Rev. Gerard P. Bergie D.D.

Pastor

Fr. Ronald Angervil
rangervil@saintcd.com

Priest-in-Residence

Fr. Stephen Innamorati
fr.s.innamorati@gmail.com

Director of Music

Dr. David Holler

Maintenance

Jim Salmon

**Administration
 Finance**

Aura Mani
 Lina La Fratta

Parish Mailing Address: 16 Adelene Cres., St. Catharines, Ontario L2T 3C7



March 8, 2026 - Third Sunday of Lent

Growing our desire for God through fasting: On the Third Sunday of Lent, the Gospel from the Gospel of John tells us of the encounter between Jesus Christ and the Samaritan woman at the well. In this conversation, Jesus speaks about “living water,” the grace of God that satisfies the deepest thirst of the human heart. This Gospel gives us a helpful way to understand fasting during Lent. Fasting is not simply about giving something up; it is about discovering our deeper hunger and thirst for God. When we fast—whether from food, comforts, or distractions—we begin to notice something important: our hearts are always searching for satisfaction. Often we try to fill that emptiness with things that only satisfy us temporarily—constant entertainment, social media, busyness, or comfort. Like the Samaritan woman returning to the well for ordinary water, we often return again and again to things that cannot truly satisfy the soul. Fasting helps reveal these habits. It gently shows us where we might be relying more on temporary comforts than on God. But fasting is not meant to leave us empty. Instead, it creates space in our lives for God's grace. When we fast from food, the hunger we feel can become a prayer and a reminder of our dependence on God. When we fast from noise or media, we create silence where God's voice can be heard. When we fast from comforts or conveniences, we grow in patience, generosity, and gratitude. In this way, fasting becomes more than a rule—it becomes an invitation to deepen our relationship with Christ. A helpful question to reflect on this week might be: What do I turn to when I feel tired, stressed, or empty? Lent invites us to redirect that moment toward God. Instead of immediately filling the silence with distractions, we can pause for a short prayer, open Scripture, or spend a moment in quiet before the Lord. The purpose of fasting is not deprivation but freedom. It helps us remember that our deepest thirst cannot be satisfied by the things of this world. Only Christ can fill the heart with the living water of His grace. As we continue our Lenten journey, may our fasting lead us back to the well where Christ waits to refresh our souls.. **May God bless you, Fr. Ronald Angervil**

Parish Calendar

Sunday, March 8

9:00 a.m. - John & Margaret Doodeman †
Edward Kraker † | Antonio La Selva †
Cecilia Riganelli † | Renata Miketic †
11:00 a.m. - Mass for the People

Monday, March 9

8:30 a.m. (Livestream) -
Deceased members of the Owens family †

Tuesday, March 10

8:30 a.m. (Livestream) - Sp. Int: For Fr. Alvin Joys
Sp. Int: For Bladimiro Navas' Birthday

Wednesday, March 11

8:30a.m. (Livestream) - John & Margaret Doodeman †

Thursday, March 12 - No Mass

Friday, March 13

8:30 a.m. (Livestream) -
Sp. Int: For All Holy Souls in Purgatory †
9:00 a.m. - Stations of the Cross
6:30 p.m. - Stations of the Cross

Saturday, March 14

5:00 p.m. (Livestream) - Larry Robichaud †

Collection February 28 / March 1

Offertory	\$ 3371.05
Renovations	\$ 245.00
E-Transfers	\$ 981.50
Total Collection	\$ 4597.55

Thank you for your
faithful stewardship & generosity!
~ Please remember the parish in your will ~

PARISH NEWS

St. Patrick's Day Celebration

St. Julia's will be hosting a St. Patrick's Day Children's Celebration this **Saturday, March 14, 2026 from 1-3pm in the Cafeteria at Denis Morris High School** across from the parish. We ask families & children who are planning on attending to please register at the sign-up sheets in the parish lobby or through the link below to help us with the planning: <https://bit.ly/StPatricksDay2026> **Registration closes Wednesday March 11, 2026 at midnight!** If you are willing to lend a hand, please register as a volunteer at the sign-up sheets in the parish lobby. You can also contact the parish office at parish@stjulia.ca or call us at 905-684-5603.



Catholic Women's
League Corner:
Mar. 7 / 8



- Calling all knitters & rosary makers! Prayer Shawls & rosary makers will be meeting on Wednesday March 11 and Wednesday March 25. All are welcome!
- A reminder to our CWL members: if you're interested in the AMM, please submit your money by Wednesday March 25 to our parish office.

Development & Peace — Women Protecting the Earth

In Brazil, the lives of several rural communities are disrupted by industrial agriculture, mining and the Carajás railway. Women are at the heart of the fight to protect the land and the environment from the air, water and soil pollution that they cause. This pollution damages their kitchen gardens and harms the health of their children, families and neighbours. Courageously, these women resist to continue to exist on their land. To assert and protect their rights, they formed a women's association called Seeds of the Earth with the support of Justiça nos Trilhos (JnT), a partner of Development and Peace — Caritas Canada. Discover JnT's work in our Mini-magazine and learn more about the women by watching their testimonies at devp.org/lent.

St. Vincent de Paul - Lenten Food Drive for St. Patrick Parish Food Bank

The St. Patrick Conference of the St. Vincent de Paul Society operates a food bank. Let's make sure the needy in St. Patrick parish will have enough food for Easter. Help St. Patrick's Parish on St. Patrick's Day or at the weekend masses just before and just after March 17 by donating a non-perishable food item (they could also use toothpaste, but please no clothing or housewares). There's a St. Vincent de Paul collection bin in the narthex of our church near the front door entrance at the driveway.

St. Julia Parish Easter Luncheon & Egg Hunt

We invite you to celebrate with us on **Sunday April 5 with a Parish Easter Luncheon!** Celebrate Easter with us as a parish community and spiritual family! Join us in the **Divinity room after each mass** for some food and drinks. **Registration closes Friday Mar. 27!** Please register at the sign-up sheets in the parish lobby or online at: <https://bit.ly/EasterLuncheon2026>
Calling all kids & families! Join us for an Easter egg hunt **on the Denis Morris football field after the 11am mass. Registration closes Monday Mar. 30!** Please register at the sign-up sheets in the parish lobby or online at: <https://bit.ly/StJuliaEasterEggHunt2026>
We're looking for volunteers! If you're interested, please register at the sign-up sheets in the church.

AROUND THE DIOCESE

Niagara Ice Dogs Hockey Game with Bishop Bergie
Join Bishop Bergie to cheer on the Niagara Ice Dogs against Ottawa 67s on **Sunday, March 15, 2026, at 2:00 pm**. Tickets are \$20 each. A limited number of tickets are available. For more information and to purchase tickets, contact our parish office at parish@stjulia.ca or 905-684-5603.

St. Michael Catholic Men's Speaker Series

Gentlemen of all ages are invited and welcome to attend. Each night will consist of a talk & a social with refreshments (each about 1 hour). Church opens for private prayer & confessions at 7:00 p.m., talk begins at 7:30 p.m. The next session is on **Monday, March 23, 2026 at St. Julia's Church (251 Glenridge Avenue, St. Catharines)** with **Fr. Ronald Angervil**. The theme will be: *"Drawing Close to Our Lord in Fasting"*. There will be the blessing and distribution of salt.

Called & Commissioned

A diocesan retreat is designed to set hearts on fire with God's love and equip parishioners with the skills needed to connect with their God-given purpose in life. This is a free event, and lunch is provided.

Date: **Saturday March 28th, 2026**

Time: **10:00AM - 3:00PM**

Location: **St. Alfred Catholic Church**



Scan the QR Code to register or visit <https://dioceseofstcathari.wixsite.com/connect/called-andcommissioned>

Sacrament of Penance - Saturday March 21, 2026

On Saturday, March 21, 2026 in every parish church across the diocese a priest will be available from 10:00am – 2:00pm to hear individual confessions. There will also be Eucharistic Adoration during this time. No matter how long it has been, you are welcome to celebrate the Sacrament of Penance, which assists us in spiritual discipline as we turn away from sin, opening our hearts to reconciliation & healing

Serra Club Murder Mystery Fundraiser

Join us for a 1920's Murder Mystery Fundraiser. Era-inspired cocktail party attire is highly encouraged. There will be a prize for Best Dressed guest. A 4-Course Dinner Menu will be provided along with Signature Drinks & an evening of dancing. **Early bird pricing is available until March 13th** for \$75/Person. Regular tickets will be available for \$85/Person or \$750/Table of 10 Guests after March 13th. The fundraiser will be taking place at the Starlight Room, **Club Roma (125 Vansickle Rd., St. Catharines, ON) on Saturday, April 25, 2026 at 6:30 pm**. Visit their website to reserve your spot: <https://www.serrastc.ca/murder-mystery-evening-2026/> or email them at events@serrastc.ca.

This Week on Formed
Week of March 08, 2026



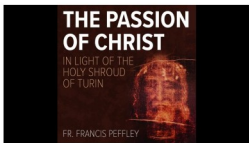
How to Lent

Lent is right around the corner. In How To Lent, you will be guided by priests and religious in the disciplines of prayer, fasting, and almsgiving so that you can make this your best Lent yet.



St. Frances

Join the Tierney family as they celebrate the feast of Saint Frances of Rome, patroness of homemaking! Learn about practicing the corporal works of mercy in the home, the very Catholic Lenten history of pretzels and beer, and watch Kendra and three-year-old Barbara make something they like to call "trash can soup." Find this episode's feature recipes and more about liturgical living in the home at Catholic All Year. <https://catholicallyear.com/at-home/>.



The Passion of Christ in Light of the Holy Shroud

The Holy Shroud of Turin was called the greatest relic in Christendom by Pope St. John Paul II. Fr. Peffley presents new, detailed scientific and medical evidence for the authenticity of the Holy Shroud.

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