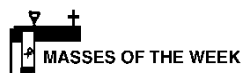


SUNDAY (Liturgical will change to current date each week)



JULY 5-11

Sunday, July 5

Fourteenth Sunday in Ordinary Time

9:00 a.m. *For the parishioners of St. Theresa Parish*
10:30 a.m. *For the intentions of the Handmaids of the Lord*
†Mona Rochefort, by Fr. J.P.

Tuesday, July 7

Weekday

9:00 a.m. †Wilfred Lawrence, by the Kilby family

Wednesday, July 8

Weekday

9:00 a.m. †For the souls in purgatory

Thursday, July 9

Weekday

9:00 a.m. †Paul Tremblay, by Geraldine

Friday, July 10

Weekday

9:00 a.m. †Kevin Dwyer, by Michelle Corbett

Saturday, July 11

Saint Benedict, Abbot

4:30 p.m. *For the protection of Canada & for the well-being of all its citizens, by a parishioner*
†Wayne Quan, by Martha Quan

JULY 12-18

Sunday, July 12

Fifteenth Sunday in Ordinary Time

9:00 a.m. *For the parishioners of St. Theresa Parish*
10:30 a.m. *For the intentions of the Handmaids of the Lord*

Tuesday, July 14

Weekday

9:00 a.m. For the healing of Hanny Jannison

Wednesday, July 15

Saint Bonaventure

9:00 a.m. †For the souls in purgatory

Thursday, July 16

Weekday

9:00 a.m. †Matilda Salgado, by her daughter, Maria

Friday, July 17

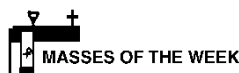
Weekday

9:00 a.m. For the health of Ileana Marinelli, by the Marinelli family

Saturday, July 18

Weekday

4:30 p.m. *For the protection of Canada & for the well-being of all its citizens, by a parishioner*
For Deacon Will Read, by the Read family



JULY 19-25

Sunday, July 19

Sixteenth Sunday in Ordinary Time

9:00 a.m. *For the parishioners of St. Theresa Parish*
10:30 a.m. *For the intentions of the Handmaids of the Lord*

Tuesday, July 21

Weekday

9:00 a.m. For the health of Concetta Marinelli, by the Marinelli family

Wednesday, July 22

Saint Mary Magdalene

9:00 a.m. †For the souls in purgatory

Thursday, July 23

Weekday

9:00 a.m.

Friday, July 24

Weekday

9:00 a.m. †Peter Kilby

Saturday, July 25

Saint James, Apostle

4:30 p.m. *For the protection of Canada & for the well-being of all its citizens, by a parishioner*

JULY 26 – AUGUST 1

Sunday, July 26

Seventeenth Sunday in Ordinary Time

9:00 a.m. *For the parishioners of St. Theresa Parish*
10:30 a.m. *For the intentions of the Handmaids of the Lord*
†Leo Desmarreau

Tuesday, July 28

Weekday

9:00 a.m. For all those who entered the Roman Catholic Church this year

Wednesday, July 29

Saints Martha, Mary, & Lazarus

9:00 a.m. †For the souls in purgatory

Thursday, July 30

Weekday

9:00 a.m. For the health of Gabriella Szilvasi, by the Marinelli family

Friday, July 31

Saint Ignatius of Loyola

9:00 a.m. For birthday blessings to Anna Marinelli, by the Marinelli family

Saturday, August 1

Saint Alphonsus Liguori

4:30 p.m. *For the protection of Canada & for the well-being of all its citizens, by a parishioner*

Please remember these sick people in your prayers:

Michelle Boyer, Nickie Shaw, Marie-Andrée Boyer, Raechel McIntyre, Zygmunt Wysocki, Lily Harmon, Debby MacAdam, Michael Budge, Robby Felteau, Elaine Taylor, Wanda Staples, Judette & Marie, Marilyn Donoghue, Aline Lafleur Raymond, Paul O' Leary, Michaela Fong, Julie Robinson

HOLY FATHER'S PRAYER INTENTION

For respect for human life ~

Let us pray for the respect and protection of human life in all its stages, recognizing it as a gift from God.

FR. VINCENT'S SUMMER MESSAGE

To all parishioners: I wish you a wonderful summer and happy Canada Day! Reenergize with plenty of natural vitamin D, but remember to attend every Sunday Mass – the real source of our life and energy!

AUGUST MASS INTENTIONS

Mass intentions for August need to be submitted to the parish office by **Monday, July 27th**, if you would like them listed in the bulletin. You can still submit Mass intentions for August thereafter, but it won't be possible to post them. Thank you!

Please Note:

Tues.–Fri. 9am Masses – only 1 intention per Mass (ideally)
Sat. Vigil & Sun. 10:30am Masses – can have up to 3 intentions

PARISH BAZAAR – DONATION DROP OFF

The next donation drop off will be **Saturday, July 11 (3-4:30 pm)**.

STRAWBERRY SOCIAL

Remember to honour grandparents & the elderly on **Sun., July 26**. Enjoy a special strawberry treat at our annual Strawberry Social.

MINISTRY OF LECTORS, COMMENTATORS & EUCHARISTIC MINISTERS

At each weekend Mass, we welcome the congregation, proclaim the Word, and assist Father Vincent during Communion. Each of these roles allows us to participate more actively and meaningfully in Mass. More members in our ministry would help share the responsibilities more evenly. If you feel called to serve as a Lector, Commentator, or Eucharistic Minister—or all three—please contact Cathy Major: 613-565-6179 or cathy.daylily@gmail.com.

QUEBEC BUS TRIP

Join us November 27-29 as we travel by highway coach to historic Quebec City. Visit the European Christmas Market, Falls at Montmorency, beautiful Ste. Anne de Beaupre Basilica and Shrine, tour Quebec City and stop at St. Joseph Oratory on the way home. Price includes bus, two nights in a Best Western Hotel, two breakfasts, a fun get-together on Saturday night and more. Single rooms are \$550; double occupancy is \$450 per person. A first payment of \$100 is due August 1, a second installment of \$150 is due September 1, and the balance is due October 27. Join us for Christmas, history, scenery and faith!

SAINT OF THE MONTH:

St. Adjutor

St. Adjutor was a Norman knight who became a monk after surviving miraculous events during the First Crusade. He is known for his deep faith and water-related miracles.

St. Adjutor of Vernon was a French nobleman born in Vernon, Normandy around AD 1073. As a young man, he became a knight, embracing the life of chivalry and fealty. When the call to the First Crusade echoed throughout Europe in 1095, Adjutor joined the cause, driven by a sense of religious duty and the spirit of the times.

During the Crusade, Adjutor was reportedly captured by Muslim forces. Some legends suggest that he was tortured and chained. Despite the dire circumstances, his faith remained unshaken. According to tradition, he prayed fervently and, in a miraculous turn of events, was freed—either by an angel who released his chains or by breaking them through divine strength. He is also said to have crossed the sea back to France by swimming, an act that would later tie him forever to stories of water miracles.

Upon returning home, Adjutor abandoned the life of a warrior and became a monk. He joined the Benedictine Abbey of Tiron in Vernon, dedicating his remaining years to prayer, service, and contemplation. He became known for his piety, humility, and special connection with water. One notable legend tells of how, during a crisis when the Seine River threatened to flood, Adjutor threw holy water and made the sign of the cross, causing the waters to recede. This act cemented his legacy as a protector against drowning and a patron of those at sea. He died around 1131, and his tomb in Vernon became a site of local pilgrimage. He is remembered and invoked, especially by those who work or travel on water. He was canonized by popular acclaim and local veneration – before formal sainthood processes were in place.

As the patron saint of swimmers, boaters, and drowning victims, his intercession is sought by those facing danger on water, reminding believers of God's power to rescue and protect through the example of His saints.

Credit: *Life of Saints for Everyday* by Msgr. Thomas Moothedan