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<p><b>FRAIZE LAW</b> Barristers, Solicitors &amp; Notaries</p> <p>THOMAS W. FRAIZE, K.C., B. Comm. (Hon.), LL.B. DONALD K. POWELL, B.A., LL.B. LARA FRAIZE-BURRY, B.A., M. Phil., J.D. KALLI FRAIZE, B. Mus., M. Phil in Humanities, J.D. 709-726-7978 tfraize@fraizelawoffices.nf.net</p>	 <p><b>Knights of Columbus</b> St. Teresa's Council # 7702 New Members Welcome!</p> <p>Grand Knight, Francis Adjei 709-853-8738 fkadjeimesu@gmail.com</p>	
 <p>Advisor 6 Mount Carson Ave, Suite 201 Mt. Pearl, NL A1N 3K4</p>  <p>"Live for today... Plan for tomorrow"</p> <p>(709) 781-0577</p>	 <p><b>Thomas J Power</b> Investment Fund Advisor (709) 781-0577 tom@thomasjpowerfinancial.com</p>	
 <p><b>Society of St. Vincent de Paul</b> St. Teresa's Conference</p> <p><i>New Volunteers Appreciated!</i></p> <p>For assistance or to donate: 709-579-7201</p>	 <p><a href="http://www.jesusmaryjoseph.ca">www.jesusmaryjoseph.ca</a></p> <p><b>May God bless you and those dearest to you.</b> <b>Amen.</b></p>	
 <p><b>T: 709-753-6845</b> office@caul's.ca</p> <p><i>A Tradition of Trust since 1890</i></p>		
 <p><b>Focused on you.</b></p>  <p><b>Jim DINN</b> M.H.A. St. John's Centre 709-729-2638 jamesdinn@assembly.nl.ca</p>	<p><b>Leave a legacy</b> Consider leaving a bequest or other legacy gift or donate in memory of a loved one.</p> <p><b>Honour someone special</b> Mark a milestone or special occasion by making a donation in honour of a friend, colleague or loved one. <b>Email: stteresascampaign@gmail.com</b></p> 	
<p>Thank you all for supporting our parish community, and for your stewardship of our Church Property!</p> <p>To advertise on this Page please email: <a href="mailto:stteresascampaign@gmail.com">stteresascampaign@gmail.com</a></p>		

**May 10, 2026 ~ Sixth Sunday of Easter**



**The Already and the Not Yet**

The church celebrates again and again during the Easter season a core truth of Christian thought and belief: "the already and the not yet." Jesus has already saved us, but we have not yet experienced the fullness of the kingdom. In this belief, there is tension, the experience of standing in the middle, where the tension is lived, and hopefully where balance is achieved.

What makes the tension bearable is that we know we have not been left as orphans. We are not on our own. The Spirit of God is sent to us and enables us to hold fast to what we have known and experienced and what is still unknown to us. Scripture and tradition, dogmas and doctrines, sacraments and sacramentals, practices and disciplines, all inspired by the Spirit of God, provide us with the necessary support and direction and help us remain balanced. As wonderful as each of these gifts of the Spirit may be, each gift must be received, encountered, enabled, and lived. If the gifts are given but never received—and, even more important, used and shared—we not only refuse a gift freely given by our God but also deprive ourselves of the means to maintain our balance and remain on the path that leads to life and light


Fr. Thomas M. Santa C.Ss.R.  
Ligouri Publications

**St. Teresa's Parish - Served By The Redemptorists**  
Since Sunday, October 21, 1956

**Fr. Ciro Perez C.Ss.R.**  
**Fr. David Purcell C.Ss.R.**  
**Fr. Tony Bidgood C.Ss.R.**  
**Noel Oco C.Ss.R.**

**Telephone: 709-579-0065**  
120 Mundy Pond Road, St. John's, NL, A1E 1V1  
Fax: 579-3804  
Website: [www.stteresa.ca](http://www.stteresa.ca)

**Parish Office Hours** Monday 9:00am to 1:00pm, Tuesday to Friday 9:00am - 4:00pm  
*Our bulletin is available online.*



**Weekend Masses**

Saturday: 5:00pm  
Sunday: 9:00am, 11:00am  
Spanish Mass - 3rd Sunday of month @1:00pm

**Weekday Masses**

Monday & Wednesday: 7:00pm  
Tuesday, Thursday & Friday: 8:00am  
(Weekday holidays - Mass moves to 9:00am)  
Our Mother of Perpetual Help Devotions included in Wednesday Mass.  
Adoration follows Friday Mass.

**Reconciliation**

Wednesday 6:30 - 7:00pm & Saturday 3:00 - 4:00pm or call the parish office for an individual appointment with a priest.

**Marriages**

A minimum of six months advance notice is required. A marriage preparation program is required to be married in the church.

**Baptisms**

Please contact the Parish Office to schedule the pre-baptism course and for more information. A copy of the child's birth certificate must be provided before the baptism.

**Collection May 2/3, 2026**

Green Envelopes \$6,611.00  
 Loose Collection 2,304.00  
 E-Transfers 980.00  
 Total of above \$9,895.00  
 Good Friday \$20.00 (Total \$\$5,645.00)  
 Archbishop's Appeal \$1,730.00 (Total \$1,930.00)  
 Easter Sunday \$220.00 (Total \$11,012.00)  
 Pope's Pastoral Works \$50.00 (Total \$160.00)  
*Acknowledged with gratitude.*



**2026 Trout's Special - STMPC**  
 Congratulations to our 9<sup>th</sup> winner of  
 \$1000 – Don and Carol Butler Ticket  
 #2351.

All tickets have been sold. A big thank you to everyone for your support. The Grand Prize of \$10,000 plus five additional prizes of \$1000 to be drawn on Wednesday May 13, 2026 at the parish office.



**Catholic Charismatic Renewal ~**  
**St. Teresa's** ~ Prayer Meeting ~ every Saturday at 6:15 p.m. in the church following the 5:00 p.m. mass. For information contact Francis Adjei at 709-853-8738 or the parish office.



**Spring Choral Concert - The**  
 Philharmonic Choir of the  
 Newfoundland Symphony Orchestra  
 presents **The Seafarer's Requiem.**  
 Join us on May 10, 2026, for an  
 afternoon concert at St. Andrew's Church (*The Kirk*). Doors open at 3pm for a 3:30pm start time. Purchasing tickets in advance through the Holy Heart Box Office is highly recommended. One of the soloists is our own Alanna Fraize from the Saturday, 5pm Choir and Sunday, 9am Choir.

**Parish Envelopes**

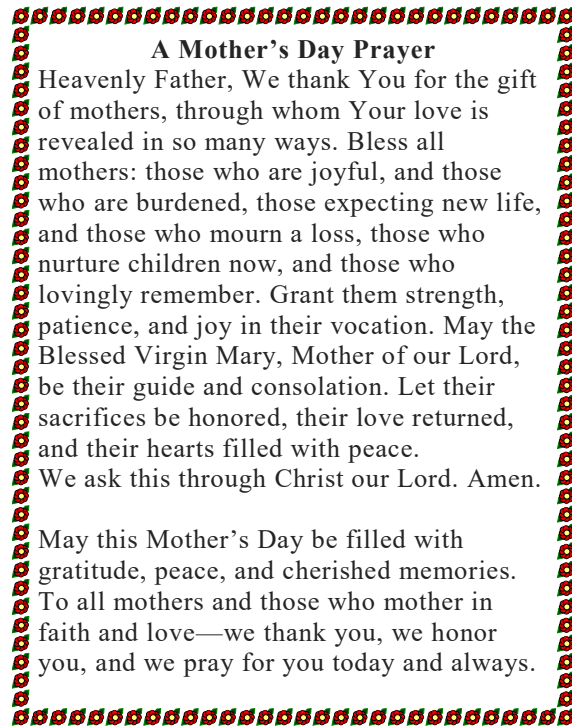
We kindly ask that all information be completed on parish envelopes including your envelope number on E-Transfers. If you are forwarding your envelope to the corporation please indicate that on your envelope. Cheques for the parish, St. Vincent de Paul and the St. Teresa's Mundy Pond Corporation should be made out to each accordingly not to the parish.



**Attention!!! New Date**

Summer Social ~  
 Saturday, June 13,  
 12:00pm - 3:00pm  
 Our parish is excited to announce plans for a

Summer Social. This is a wonderful opportunity to bring our community together in faith, fellowship, and fun! To make this event a success, we are seeking enthusiastic individuals to form the organizing committee. If you have ideas, energy, or simply a desire to help, we invite you to be part of this joyful occasion. Committee members will assist with coordinating activities, and ensuring a memorable event for all. If you are interested in helping please call the parish office or speak with Fr. Ciro or Patrick Dobbin, Chair of St. Teresa's Parish Pastoral Council.



**A Mother's Day Prayer**

Heavenly Father, We thank You for the gift of mothers, through whom Your love is revealed in so many ways. Bless all mothers: those who are joyful, and those who are burdened, those expecting new life, and those who mourn a loss, those who nurture children now, and those who lovingly remember. Grant them strength, patience, and joy in their vocation. May the Blessed Virgin Mary, Mother of our Lord, be their guide and consolation. Let their sacrifices be honored, their love returned, and their hearts filled with peace. We ask this through Christ our Lord. Amen.

May this Mother's Day be filled with gratitude, peace, and cherished memories. To all mothers and those who mother in faith and love—we thank you, we honor you, and we pray for you today and always.



**Society of St. Vincent de Paul**

We are currently in need of volunteers for our food bank operations. If you are available and would like to help those in need by helping to provide the most basic of necessities...food for families, or if you would like more information, please contact Debbie Power at [ssvpnewfound@gmail.com](mailto:ssvpnewfound@gmail.com)

**Cemetery Liturgy Services 2026** ~ all at 7:00pm

Gate of Heaven Cemetery - Tuesday, June 30  
**Kilbride Cemetery** - Tuesday, July 7  
**Mt. Carmel Cemetery** - Tuesday, July 14  
**Belvedere Cemetery** - Tuesday, July 21  
**Holy Sepulchre Cemetery** - Tuesday, July 28

**Youth Climate Change Project**

Come join with Youth for a free Dinner to Address our Future, on Thursday, May 14, at 6:00 PM at the Foran Room, St. John's City Hall. Dinner Discussion prompt is: "What are your hopes for the future of your community?" This is a family-friendly young people's dinner event. To register phone Sr. Mary Tee at 709-725-4680 or email: [rsmtee@gmail.com](mailto:rsmtee@gmail.com) or [lea@goodgreenjobsforall.ca](mailto:lea@goodgreenjobsforall.ca)

**Dear Padre,**

***What are the role and responsibilities of a parish priest in his church and community?***

Primarily, a parish priest is a teacher and sanctifier. As teacher, he is obliged to instruct people in the faith, especially through the homily and catechetical formation—the Catholic education of children and young adults. He fosters “works through which the spirit of the gospel is promoted, even in what pertains to social justice.” With lay assistance, he brings the gospel message “to those who have ceased the practice of their religion or do not profess the true faith” (*Code of Canon Law* 528 §1). As sanctifier, he works “so that the Christian faithful are nourished through the devout celebration of the sacraments,” especially the Eucharist and the sacrament of penance. He is also responsible for ensuring that the Eucharist is central to the faith community by encouraging active participation in the liturgy and parish life so that it’s authentically celebrated. (See *CCL* 528 §2.) His other pastoral obligations are in the area of governance. These duties include outreach to those entrusted to his care, especially the sick and dying. He fosters growth in the Christian life within the family. “With particular diligence he is to seek out the poor, the afflicted, the lonely, those exiled from their country, and similarly those weighed down by special difficulties.” Moreover, he is responsible for grounding his local community within the broader universal Church’s mission. (See *CCL* 529.)

**Fr. Byron Miller, CSsR / Dear Padre.org**

**May 17, 2026 - The Ascension of the Lord**

**First Reading** - Acts 1.1-11  
**Second Reading** - Ephesians 1.17-23  
**Gospel** - Matthew 28.16-20

**Mass Intentions May 11 - 17**

**Monday** 7:00pm Mary Rousseau, Mary Short  
 Eleanor Ryan  
 Intentions of Sharon O'Neil  
**Tuesday** 8:00am Joseph, Mary and Leah Aylward  
 Regina Lannon, Tom Osborne Sr,  
 Monsignor Denis Patrick Walsh  
**Wednesday** 7:00pm Patricia Kieley, John Kennedy  
 William, Marian and Sandra Carroll  
 Gus, Marg and Barry Walters  
**Thursday** 8:00am Mary Ellen Hodder, Mike Melay  
 Sam and Elizabeth Lannon  
 Intentions of Sister Anne John  
 Cunningham  
**Friday** 8:00am Patrick Kelly, Clarke Harris  
 Sandra Sue Swartz  
 Anthony Walsh and family  
**Saturday** 5:00pm The Parishioners  
**Sunday** 9:00am Raymond Cook, Eleanor Ryan  
 Kevin Michael Spurrell  
 Dolores O'Keefe  
 11:00am Margaret Maloney, Wallace Myles  
 Cecilia, Ambrose and Brose Davis  
 Zewdtu Debesay

**Book Sale**

The Salvation Army St John's Temple located at 101 Torbay Rd will be holding a Book Sale on Saturday June 6th between the hours of 10:00 and 4:00. There will be a \$2 admission fee with all proceeds going to the upkeep of the Temple Band.

**Come “Awaken the Energy Within”. with T'ai Chi Chih and Wisdom Healing Qigong.**

These gentle Mindfulness practices offer more energy, wellness, peace, and joy. Tuesdays (TCC) and Thursdays (WHQ). A set of 8-week daytime and evening sessions from April 21<sup>st</sup> – June 11<sup>th</sup> at The Lantern, 35 Barnes Road, St. John's. All welcome! Easy to learn, easy to do, whether seated or standing. For more details, please contact Sheila at 709-727-7863 or visit her website [sheilaleonard.ca](http://sheilaleonard.ca)