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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 <a href="mailto:tfraize@fraizelawoffices.nf.net">tfraize@fraizelawoffices.nf.net</a></p>	 <p>Knights of Columbus St. Teresa's Council # 7702 <i>New Members Welcome!</i></p> <p>Grand Knight, Francis Adjei 709-853-8738 <a href="mailto:fkadjeimesu@gmail.com">fkadjeimesu@gmail.com</a></p>	
 <p>Advisor 6 Mount Carson Ave, Suite 201 Mt. Pearl, NL A1N 3K4</p>  <p><i>"Live for today... Plan for tomorrow"</i></p> <p>(709) 781-0577</p>	 <p><b>Thomas J Power</b> Investment Fund Advisor (709) 781-0577 <a href="mailto:tom@thomasjpowerfinancial.com">tom@thomasjpowerfinancial.com</a></p>	
 <p>Society of St. Vincent de Paul 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.jesumaryjoseph.ca">www.jesumaryjoseph.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> <a href="mailto:office@caul's.ca">office@caul's.ca</a></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 <a href="mailto:jimeddinn@assembly.nl.ca">jimeddinn@assembly.nl.ca</a></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:</b> <a href="mailto:stteresascampaign@gmail.com">stteresascampaign@gmail.com</a></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 17, 2026 ~ The Ascension of the Lord**

**Stairway to Heaven**  
Even by the Ascension, after forty days of eating and drinking with the resurrected Lord, the obtuseness of the Apostles still frustrates Jesus. In Acts, they're ready for a fight, "to restore the kingdom to Israel" (Acts 1:6). Matthew reports that "they worshiped, but they doubted" (Matthew 28:17). Pentecost cannot come soon enough, when they will be baptized with the Holy Spirit, and all will be made known.

So the next nine days are crucial. The apostles and other disciples, 120 persons in all, prepare for the arrival of the Holy Spirit, a spiritual retreat, the original "novena." Only then can the apostle go and "make disciples of all nations" (Matthew 28:19).

Jesus, who brought heaven down to earth in the Incarnation, now ascends, taking earth up to heaven, with his resurrection. Saint Paul gives us a hint of how special this interchange is when he wishes for the Ephesians to receive from Jesus "a Spirit of wisdom and revelation" (Ephesians 1:17).

Our own obtuseness can block the Holy Spirit when we think we have all the answers. When I first preached in Honduras, in the village where I live, I was so prepared. I said everything I could think of, all that I had learned in my courses for a masters degree in divinity. But then, when I heard the prayers and insights of poor and simple folks, supported by a rich, personal knowledge of the Lord himself, I cut my sermons in half and let the "saints," as St. Paul liked to call the people, finish the job. Thank you, Holy Spirit!


Miguel Dulick  
Liguori 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 Email Address: [stteresasparish@rcsj.org](mailto:stteresasparish@rcsj.org)  
**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 9/10, 2026

Green Envelopes	\$6,660.00
Loose Collection	1,660.00
E-Transfers	270.00
Total of above	\$8,590.00
Good Friday \$25.00 (Total \$5,670.00)	
Archbishop's Appeal \$350.00 (Total \$2,280.00)	
Easter Sunday \$25.00 (Total \$11,037.00)	
Pope's Pastoral Works \$40.00 (Total \$200.00)	
Development & Peace \$5.00 (Total \$3,046.50)	
Needs of Canadian Church \$5.00	

*Acknowledged with gratitude.*

### 2026 TROUTER'S SPECIAL WINNERS

**Congratulations to our entire slate of winners!**

#### *Nine Weekly \$1,000 Winners*

- Susan Greening (#1170) (March 11)
- Ethnea Guiney (#1611) (March 18)
- Stephen Squires (#0838) (March 25)
- Jodi Norman (#1998) (April 2)
- Olajide Shofolahan (#1765) (April 8)
- Garry Archibald (#0540) (April 15)
- Michael Hickey (#0867) (April 22)
- James Griffiths (#2153) (April 29)
- Carol & Don Butler (#2351) (May 6)

#### *Final Draws – May 13, 2026*

- Grand Prize of \$10,000 – Keith Butler (#0001)
- Seller's \$500 Prize – Jane Higgins
- 1st \$1,000 Prize – Nora English & Anne Scott (#2149)
- 2nd \$1,000 Prize – Anthony Barry (#0171)
- 3rd \$1,000 Prize – Len Pecore (#1276)
- 4th \$1,000 Prize – Bert Hickey (#1253)
- 5th \$1,000 Prize – Betty Anne Barker-Keating (#1669)

Thank you to all volunteers, ticket sellers and those who purchased tickets.

#### **St. Teresa's Mundy Pond Corporation**



#### **Please Note - Mass Time Change**

Mass Monday, May 18, Victoria Day, will be at **9:00am** (no 7:00 p.m. Mass)

The parish office is also closed for the holiday. Have a safe and happy Victoria Day weekend.



Parish Pastoral Council is hosting an outdoor Multicultural Social Event on Saturday, June 13 at 12:00noon until 3:00pm on the

property behind the church. We invite members from all groups in the parish to share their cultural treats, activities, and/or music with all our parish community. Participating groups should confirm their intention by Friday May 22, with contact information for a representative(s) to meet on Saturday May 23 to make further plans. Please contact the parish office or Anne Marie Fleming at [flemingmyc@gmail.com](mailto:flemingmyc@gmail.com) for further information.



**PENTECOST SUNDAY is May 23/24, 2026**  
This great feast is sometimes referred to as "the birthday of the Church"

How will we celebrate at St Teresa's?

At the Masses for Pentecost, we invite anybody who has a national dress, or traditional, dress from their country or region, to wear it. If you do not have a national dress, please consider wearing something red to honour the Holy Spirit.

We will have a map of the world and Newfoundland and Labrador available so that, wherever you come from, you might place a pin on the map, so that we can celebrate the diversity of our origins, and the wonder of our unity in the Holy Spirit.

#### **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.



**NOTE OF THANKS:** I express heartfelt thanks to all who participated in the Celebration of my 40<sup>th</sup> Anniversary of Priesthood. To my family for your love and support; To Archbishop Peter Hundt and the priests of the Archdiocese – fraternal thanks; The Presentation Sisters, Mercy Sisters, Irish Christian Brothers, other Religious Communities for your kindness and prayers; To those who travelled from away to attend, especially Archbishop Gerry Pettipas C.Ss.R., Father Tom O'Rourke C.Ss.R., the Boucher and Garside families; The Hub for printing my anniversary cards; To Father Ciro and the Redemptorist Community; The Parish Staff and parishioners of both St. Teresa's and the Basilica; Those involved in the various ministries, especially the choirs; The Knights of Columbus Terra Nova Council 1452, Father Cecil Critch and the Cathedral Basilica Parish for hosting the reception, those who gave me anniversary cards and gifts, and most of all to you the parishioners and friends from various parishes where I have ministered, for your love and support through the years. Words seem inadequate to express my appreciation for all you did to make this milestone significant in my life. God bless you!! May Our Lady of Perpetual Help intercede for you. Pray for me as I continue to pray for you. THANK YOU!! **Father Ray Earle**

#### **Parish Envelopes**

We kindly ask the parishioner who is using envelope number 556 to contact the parish office.

#### **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



**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.

### May 24, 2026 - Pentecost Sunday

**First Reading** - Acts 2.1-11

**Second Reading** - 1 Corinthians 12.3b-7, 12-13

**Gospel** - John 20.19-23

#### **Mass Intentions May 18 - 24**

<b>Monday</b> 7:00pm	Freddie Predham, William Myles Harry Ralph, Carole Anne Coffey
<b>Tuesday</b> 8:00am	Charlie Power, Eric Carroll Special Intention Intentions of Shawn Gibbons Intentions of Margaret Dalton
<b>Wednesday</b> 7:00pm	Thomas and Betty Ryan and family John Kennedy, Owen, Jean and Paul Moore, George and Bernice Furey
<b>Thursday</b> 8:00am	Msgr. Denis Walsh, Rose Edwards Freeman Cox, Lorraine Hennessey
<b>Friday</b> 8:00am	Eileen Bidgood, Mary Kieley Stephanie Sutton & deceased family David McCarthy
<b>Saturday</b> 5:00pm	Margaret O'Keefe, John Aylward Sr. Elizabeth Marrie rsm Jovita O. Martinez
<b>Sunday</b> 9:00am	The Parishioners
11:00am	Jack Power, Richard Bouzan Brenda Carroll Gordon, Margaret and Robert Groves

#### **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.

#### **The Radiant Woman Reset – Free Workshop – Saturday, May 23 from 9-11:30 AM**

Are you navigating perimenopause, menopause, or the years beyond — and feeling like your body is speaking a language you no longer understand? The Radiant Woman Reset is a wellness workshop designed to help you reclaim your energy, sleep better, clear the brain fog, and reconnect with your body's God-given wisdom. To register or for details, contact Dr. Karen → [kstillman@womansdr.com](mailto:kstillman@womansdr.com) or call/text 613-314-9802. Space is limited (The Lantern on Barnes Road).