

THIRD SUNDAY OF LENT 2026

"Confession is where we encounter Christ."

~ Pope Francis

Answering Jesus' call during Lent

Lent is a time when we can make the decision to answer Jesus' Lenten call "Follow me" (Luke 6:27). Continue to allow the Holy Spirit to lead you on your true journey of conversion, and to serve Christ present in our brothers and sisters in need.

Embracing the three pillars of prayer, fasting and almsgiving, open your heart to new and different Lenten traditions; try one or two practices or traditions that are new to you or your family.

SEASON OF LENT IN OUR CHURCH

When we walk into the church during the season of Lent, we will observe the noticeable change in the colour of the décor and clergy vestments.

Violet vestments: The use of purple vestments indicates a time of penance. Sometimes the Lenten vestments used are a "red-hued" purple, called Roman purple, that anticipates the red vestments of Palm Sunday and Good Friday.

Decoration: The Lenten season is marked by stark décor. Flowers are expressly forbidden from the altar area. That same character should be reflected in all aspects of decoration throughout the season.

Music: Reflecting the decoration, the organ and other musical instruments are used only to accompany vocal song. The "Alleluia" is to be excluded, not only from the Gospel Acclamation, but from any use including hymns. The Glory to God is omitted except on important feasts.

Suggested Prayer and Reflection Resources:

Praying Lent: <https://onlineministries.creighton.edu/prayer-spirituality-resources/praying-lent>

Daily Bible Reading: <https://bible.usccb.org/daily-bible-reading>

Receive Catholic reflections and quotes every morning: <https://www.catholicwisdom.org>



Day of Confessions Tuesday March 24, 2026

10:00 AM to 11:30 AM at Our Lady of Guadalupe

1:00 PM to 3:00 PM at Most Precious Blood

5:45 PM to 6:45 PM at St. Theresa
(before evening Mass)

Reconciliation (officially called the Sacrament of Penance and also known as Confession) is a Sacrament instituted by Jesus Christ in his love and mercy to offer us forgiveness for the times we have sinned and turned away from God. At the same time, we are reconciled with the Church because it is also wounded by our sins.

Every time we sin, we hurt ourselves, other people and God. In Reconciliation, we acknowledge our sins before God and the Church. We express our sorrow in a meaningful way, receive the forgiveness of Christ and his Church, make reparation for what we have done, and resolve to do better in the future.

The forgiveness of sins involves four parts:

CONTRITION: a sincere sorrow for having offended God, and the most important act of the penitent. There can be no forgiveness of sin if we do not have sorrow and a firm resolve not to repeat our sin.

CONFESSION: confronting our sins in a profound way to God by speaking about them—aloud—to the priest.

PENANCE: an important part of our healing is the "penance" the priest imposes in reparation for our sins.

ABSOLUTION: the priest speaks the words by which "God, the Father of Mercies" reconciles a sinner to Himself through the merits of the Cross.

DATES TO NOTE FOR LENT:

All Day Confession: March 24, 2026

Palm Sunday: March 29, 2026



This information will also be available on the North Central Windsor Catholic Family of Parishes website: ncwcf.dol.ca



Easy Homemade Soft Pretzels

Prep. Time: 25 minutes Cook Time: 15 minutes Total Time: 40 minutes Yield: 12 pretzels

Ingredients

- 1 ½ cups (360ml) warm water (lukewarm)
- 1 packet active dry or instant yeast (2 ¼ teaspoons)
- 1 teaspoon salt
- 1 Tablespoon brown sugar or granulated sugar
- 1 Tablespoon unsalted butter, melted and slightly cool
- 3 ¾ to 4 cups (460-500g) all-purpose flour (leveled), plus more for work surface
- coarse sea salt for sprinkling

For the Baking Soda Bath

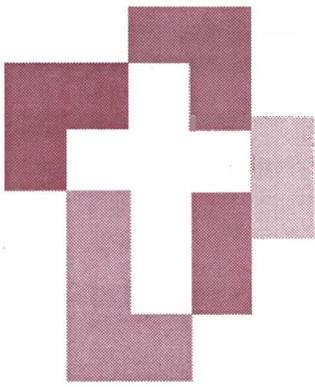
- ½ cup (120g) baking soda
- 9 cups (2,160ml) water

For pictures, a bit more by way of instruction, and a video of how to fold them into their traditional shape, go to <https://sallysbakingaddiction.com/easy-homemade-soft-pretzels/>

Instructions

1. Whisk the yeast into warm water and allow it to sit for 1 minute. Whisk in salt, brown sugar, and melted butter. Slowly add 3 cups of flour, 1 cup at a time. Mix with a wooden spoon (or dough hook attached to stand mixer) until dough is thick. Add ¾ cup more flour until the dough is no longer sticky. If it is still sticky, add ¼ – ½ cup more, as needed. Poke the dough with your finger – if it bounces back, it is ready to knead.
2. Turn the dough out onto a floured surface. Knead the dough for 3 minutes and shape into a ball. Cover lightly with a towel and allow it to rest for 10 minutes. (Meanwhile, I like to get the water and baking soda boiling as instructed in step 6.)
3. Preheat oven to 400°F (204°C). Line 2 baking sheets with parchment paper or silicone baking mats. Silicone baking mats are highly recommended over parchment paper. If using parchment paper, lightly spray with nonstick spray or grease with butter. Set aside.
4. With a sharp knife or pizza cutter, cut dough into 1/3 cup sections.
5. Roll the dough into a 20-22 inch rope. Take the ends and draw them together so the dough forms a circle. Twist the ends, then bring them towards yourself and press them down into a pretzel shape.
6. Bring baking soda and 9 cups of water to boil in a large pot. Drop 1-2 pretzels into boiling water for 20-30 seconds. Any longer than that and your pretzels will have a metallic taste. Using a slotted spatula, lift the pretzel out of the water and allow as much of the excess water to drip off. Place pretzel onto prepared baking sheet. Sprinkle each with coarse sea salt. Repeat with remaining pretzels. If desired, you can cover and refrigerate the boiled/unbaked pretzels for up to 24 hours before baking in step 7.
7. Bake for 12-15 minutes or until golden brown.
8. Remove from the oven and serve warm. Pretzels may be stored in an airtight container or zipped top bag for up to 3 days (they lose a little softness).

Enjoy!



NORTH CENTRAL WINDSOR *Catholic Family of Parishes*

March 8, 2026
Third Sunday of Lent

North Central Windsor
Catholic Family of Parishes
519-948-4133

*Most Precious Blood
Our Lady of Guadalupe
San Juan Diego of Guadalupe
St. Theresa
Sts. Cyril & Methodius*

Family of Parishes' Office
1947 Meldrum Road
Windsor, ON N8W 4E3

Office Hours

Tuesday - Friday
9 AM - 12 PM & 12:30 PM - 4:00 PM

Mass Schedule

Saturday

5:00 PM Most Precious Blood
5:00 PM Our Lady of Guadalupe

Sunday

9:00 AM St. Theresa
10:00 AM Our Lady of Guadalupe
(Bilingual English/Spanish)
11:00 AM Most Precious Blood
- *American Sign Language Available*
11:30 AM Sts. Cyril & Methodius
(Bilingual English/Slovak)

Fourth Sunday of the Month

10:00 AM Our Lady of Guadalupe
(English)
12:30 PM San Juan Diego
(at Guadalupe Church) (Spanish)

Daily Mass

Tuesday 7:00 PM St. Theresa
Wednesday 9:30 AM Guadalupe
Thursday 8:30 AM MPB
Friday 8:30 AM MPB

Adoration

Our Lady of Guadalupe
Wednesdays 10:30 AM - 3:00 PM
Most Precious Blood
Thursdays 10:00 AM - 3:00 PM

Reconciliation

Most Precious Blood
Saturday 11:00 AM

FROM THE PASTOR'S PEN for Sunday, March 8th, 2026

Dear brothers and sisters,

Mark your calendars for our upcoming Day of Confessions within our Family of Parishes.

Though many Families of Parishes are holding their Day of Confessions on March 25th, ours will take place on **TUESDAY, MARCH 24th**. The times and places are as follows:

10:00 a.m. - 11:30 a.m. - Our Lady of Guadalupe Church.

1:00 p.m. - 3:00 p.m. - Most Precious Blood Church.

5:45 p.m. - 6:45 p.m. - St. Theresa's Church.

Confessions in Spanish - Thursday, March 12th at Our Lady of Guadalupe Church at 7:00 p.m.

Confessions in Slovak - Sunday, March 22nd following the 11:30 a.m. Mass at St. Cyril & Methodius Church.

Let us keep in our prayers the many children who will be making their First Confession this coming Thursday, March 12th at 6:00 p.m. at Most Precious Blood Church. These children have been together for many Saturdays preparing for their special Sacrament. May our little ones have a wonderful encounter with the Lord as they make their First Confession.

Many thanks to the members of our Social Justice Committee for their hard efforts on the Development & Peace displays this year. Thank you for helping us to stay focused on the suffering and needs of our brothers and sisters around the world.

Our Third Stations of the Cross will take place this Friday, March 13th at both at Our Lady of Guadalupe (bilingual) and Most Precious Blood at 6:30 p.m. But first, everyone is invited to come out to OLOG and MPB hall for Soup (meatless) at 5:30 p.m.

Stations of the Cross will also be prayed this Thursday, March 12th at 6:30 p.m. at St. Cyril & Methodius (bilingual)
Father Greg

Land Acknowledgement

Out of deep respect for those who have cared for these lands since ancient times, and those who guard and care for them still, we are committed to tread lightly on the land, respect water and all living things as gifts of the Creator, and affirm our desire for right relations with all peoples, especially the Indigenous peoples, who share our common home.

Baptism and Marriage: Please call the office at 519-948-4133

Worship • Grow • Give • Serve • Connect

**Mass Intentions
March 10th - March 13th**

Tues. Mar. 10th - St. Theresa 7:00 pm

- + Jeffrey Giambattista (1st Ann.) (Son, Mom & Sister)
- + Paulette Parent (Husband, Gerald)
- + Dennis Stephenson (14th Ann.) (Wife, Jean & Family)
- + Deceased Members of the Reaume Family
(Claire & Don)

Intentions of Hendrix Mifsud-Houghton
(Mifsud Family)

Intentions of Toni Mifsud-Houghton (Mifsud Family)

Wed. Mar. 11th - Our Lady of Guadalupe 9:30 am

- + Michelle Hennin (Mary Babcock)
- + Ivo Ghione (Ray & Charlotte Colautti)
- + Carl Kearns (Dianne & Theresa Ducharme)
- + Carol Ladouceur (June St. Amour)
- + Deceased Members of the White Family
(Aime & Margaret Caines)
- + Deceased Members of the Kennedy Family
(Aime & Margaret Caines)

Communion Service at Lion's Manor 10:30 am

Thurs. Mar. 12th - Most Precious Blood 8:30 am

- + Frank Durocher (Cathy Cada)
- + Mary Beth (Sister, Cathy)
- + Joanne Nadeau (Bob & Karen Martyniuk)
- + Jane Fase (Pat & Mary Kennedy)
- Intentions of Andy Schmidt (Lucy)
- Intentions of Denis Lortie (Bob & Karen Martyniuk)

Fri. Mar. 13th - Most Precious Blood 8:30 am

- + Elogio Quirog (2nd Ann.) (Family)
- + Manuel Vicente (Pat & Mabel)
- + Edison Ruelland (Mary Ann)
- Intentions of Angel Tubban (Melanie Gamilla)
- Intentions of Shawn Roy (Family)
- Intentions of Teresita Mallare (Rose Tsiquaye)

Stations of the Cross

Thursdays at Sts. Cyril & Methodius at 6:30 PM
(Bilingual in English/Slovak)

Fridays at Most Precious Blood at 6:30 PM
(Soup Served at 5:30 PM, Stations at 6:30 PM)

Fridays at Our Lady of Guadalupe at 6:30 PM
(Soup Served at 5:30 PM, Stations at 6:30 PM)
(Bilingual in English/Spanish)

Offertory Gifts - Feb. 28th & Mar. 1st

Most Precious Blood Parish

Sunday Offertory: Envelopes/Loose/EFT:	\$ 5,847.48
Diocesan Assessment:	\$ 1,030.00
Building Fund:	\$ 190.00
Total:	\$ 7,067.48

Our Lady of Guadalupe Parish

Sunday Offertory: Envelopes/Loose/EFT:	\$ 3,838.19
Diocesan Assessment:	\$ 305.00
St. Vincent de Paul:	\$ 10.00
Building Fund:	\$ 1,252.00
Total:	\$ 5,405.19

St. Theresa Parish

Sunday Offertory: Envelopes/Loose/EFT:	\$ 2,520.00
Diocesan Assessment:	\$ 765.40
Total:	\$ 3,285.40

Sts. Cyril and Methodius Parish

Sunday Offertory: Envelopes/Loose/EFT:	\$ 715.30
Diocesan Assessment:	\$ 120.00
Total:	\$ 835.30

San Juan Diego Community

Sunday Offertory: Envelopes/Loose/EFT:	\$ 381.25
Diocesan Assessment:	\$ 280.00
Total:	\$ 661.25

Thank you for your continued and generous support.

Development and Peace - Caritas Canada Share Lent

"The Church, like a mother, accompanies those who are walking... where walls are built, she builds bridges." Pope Leo XIV

The Social Justice Committee has launched the 2026 Share Lent Campaign, **Create Hope - "On Track For Justice."**

We are invited to respond to Pope Leo's call to walk alongside our brothers and sisters in the Global South, building bridges of solidarity through our prayers, gifts and actions.

This year's Symbols of Solidarity - a mask, a nail, an empty basket, and a seed - remind us to be **Pilgrims of Hope** by working for justice, peace and dignity.

Please visit the display in the Sanctuary to learn more.

A short talk will be given at all Masses on March 14/15, by a member of the Social Justice Committee. Resources will be available at the church doors.

The Share Lent Collection will be taken up on Solidarity Weekend, March 21/22.

Exciting News! An AED is available at St. Theresa's:

On behalf of Fr. Greg and St. Theresa Parish, thank you to the St. Theresa Parish Knights of Columbus Council 9793 for their very generous donation to support the purchase of an AED (Automated External Defibrillator).

The new AED has been installed in the Narthex. We hope it will never be needed, but we are so grateful that it is available.

GriefShare

Our North Central Windsor Catholic Family of Parishes is offering GriefShare beginning **Thursday, March 19th, 2026 from 1:00 pm to 3:00 pm** in the Most Precious Blood Church Hall.

This 13 week support and educational program is non-denominational and available to anyone who has suffered the loss of a beloved person in their lives.

Come and journey with us toward healing and recovery.

The registration fee is \$40.00 with the option for a scholarship for those who might require financial assistance in order to attend. Please contact the office at (519) 948-4133 to register.

Good Friday - Children's Passion of the Christ Play

All NCWCFP children are invited to participate in this year's Passion Play at the **Good Friday Liturgy at 11:00 a.m. at Our Lady of Guadalupe.**

This prayerful tradition helps our children reflect on Jesus' loving sacrifice and share its meaning with our parish family.

Rehearsals: Sundays – March 8, 15, 22, 29

Time: 3:00–5:00 p.m.

Location: Our Lady of Guadalupe

Families are encouraged to join us for this grace-filled experience as we prepare our hearts together for the Paschal Mystery .

Easter Plants in Memory of a Loved One

We invite you to **donate toward an Easter plant in loving memory of a deceased loved one.** These plants will adorn our **four Churches** this Easter Season.

How to participate:

- 1) Print the name of your loved one, along with your name, address and phone number, on a piece of paper.
- 2) Place your note and donation in an envelope. If donating by cheque, please make it payable to the church you attend within our Family of Parishes.
- 3) Clearly mark the envelope **"EASTER PLANTS"** and the **church name**, and place it in the collection or drop it off at the parish office.

Please Note: All donations **must be received by Tuesday, March 24th at 4:00 p.m.** (Donations received after this date will not appear in the Easter Bulletin.)

Thank you for helping our churches celebrate Easter!

Lenten Food Drive

The Society of St. Vincent de Paul conferences of Most Precious Blood, St. Theresa, and Our Lady of Guadalupe will be conducting our annual Lenten Food Drive. Each conference will have containers available at the church doors. Your support is greatly appreciated in assisting us to help others in the community.

We are in need of the following items:

- | | | |
|---------------|-----------------|--------------|
| Peanut Butter | Jam | Rice |
| Crackers | Healthy Cereals | Fruit Cups |
| Pasta Sauce | Pudding Cups | Kraft Dinner |
| Applesauce | Shampoo | Body Wash |
| Bars of Soap | Toothpaste | |

Your Community. Your Thoughts!

Seminole Street Survey

You are invited to participate in the "I wish we had..." survey to share your ideas about infill development and services that could enhance Seminole Street.

To participate, please see the poster for the QR code or link: s.surveyplanet.com/n6073rxk

Lenten Family Calendar 2026

Pray ✦ Fast ✦ Give

<p>Third Sunday of Lent</p> <p>Pray while you go for a walk.</p>	<p>Monday</p> <p>Fast from overscheduling your time. Leave some time to simply be.</p>	<p>Tuesday</p> <p>Curtail your extra spending and donate what you save to your chosen charity.</p>	<p>Wednesday</p> <p>At the end of the day, take time to thank God for all the graces you received during the day.</p>	<p>Thursday</p> <p>Pray the Rosary or other traditional Church prayers, knowing you join millions who have prayed them through the years.</p>	<p>Friday</p> <p>Fast from the habit, substance, practice or mindset that most stands in the way of your growing closer to God.</p>	<p>Saturday</p> <p>While grocery shopping, purchase an additional day's supply of food and drop it off at a local food pantry.</p>
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