

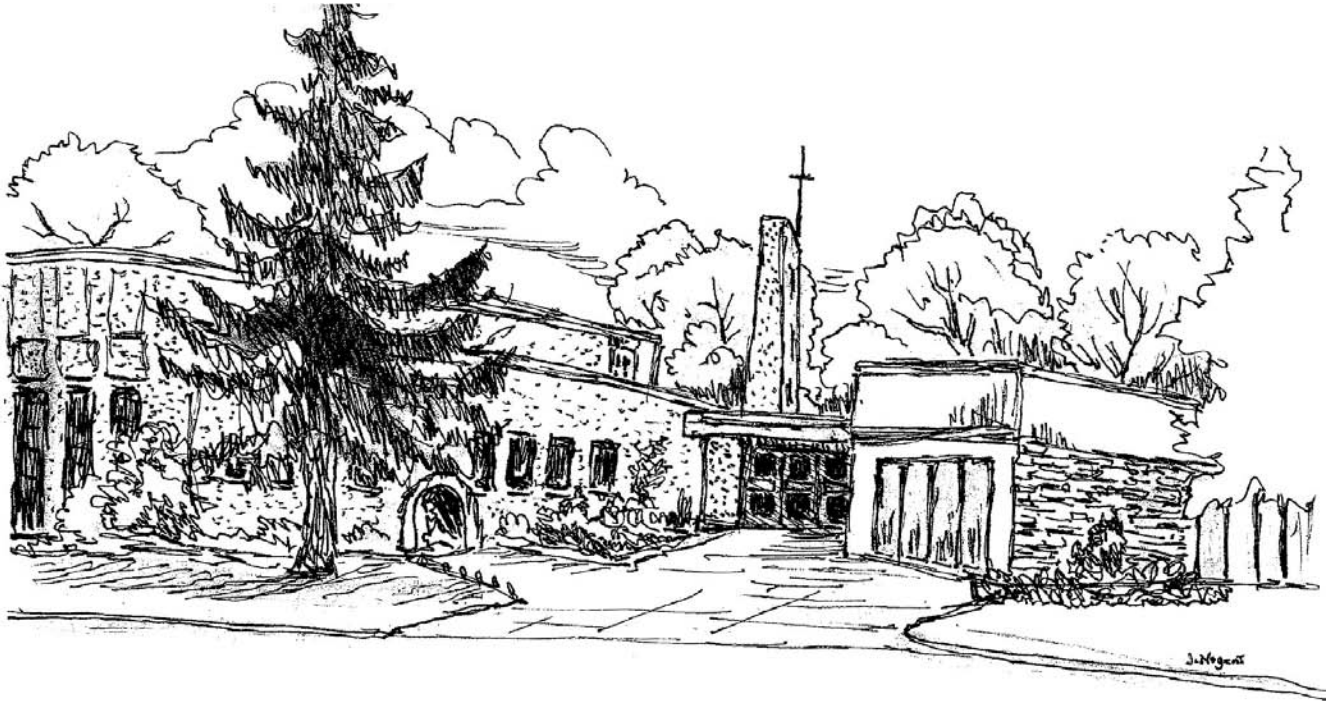


ST. MARGARET MARY PARISH

20 Idlewood Avenue, Hamilton, Ontario L8T 1V9

☎ 905-388-2200 ☎ 905-388-8416

🌐 stmargaretmaryparish.ca ✉ office@stmargaretmaryparish.ca



Very Rev. Msgr. Cornelius O'Mahony, Pastor
Rev. Mr. Rene Marechal, Deacon
Divine Dimaranan, Parish Administrator/Bookkeeper
Mary Luciani, Music Director
Buddy Guevarra, Custodian

Office Hours:

Tuesday-Friday: 9:00 am - 12:00 noon, 1:00-5:00 pm.
July & August: 9:00 am - 12:00 noon, 1:00-4:00 pm.

Weekday Mass:

Tuesday: 7:00 pm
Wednesday, Thursday, Friday: 9:00 am

Sunday Mass:

Saturday: 5:00 pm
Sunday: 9:00 am, 11:00 am

Sacrament of Reconciliation:

Available Saturday 4:00-4:30 pm or
by appointment.

Parish Devotions:

Eucharistic Adoration: Mon-Fri: 8:00 am-8:00 pm.
Sat: Benediction 8:45 am.

Baptism:

 Celebrated by appointment only.

Participation in a Baptismal Preparation Session is required. Please contact the parish office (905-388-2200) well in advance.

Marriage: Parishioners who are planning to marry should contact the parish office at least six months before the proposed wedding date.

Visits to the Sick: If you or someone you know is in need of a visit in home or hospital please call the parish office.

New to the Parish: Please register by completing a registration form (available online and in the Narthex). We also ask that you notify the office of any change in address or telephone number.

Schools:

St. Margaret Mary	905-383-8122
St. Kateri Tekakwitha	905-385-8212
St. Anthony Daniel	905-389-5186
St. Jean De Brebeuf Secondary	905-388-7020

TWELFTH SUNDAY IN ORDINARY TIME JUNE 21, 2026



7:00pm on Tuesday
9:00am on Wednesday – Friday

REFLECT ON THE GOSPEL

Reflect upon next Sunday's Gospel throughout the week.
Thirteenth Sunday in Ordinary Time is: **Matthew 10.37-42**

OUR GIFTS TO GOD

June 14th, 2026 Collection

Regular Sunday Env.	\$ 4,070.00
Loose Collection	\$ 679.00
Cura Pastorum	\$ 977.00
St.M.M. Parish Outreach	\$ 147.00

We thank you for your continued, dedicated and regular financial support for St. Margaret Mary Parish.

DEVOTION TO THE SACRED HEART: A WAY OF LIFE

Devotion to the Sacred Heart of Jesus is more than a set of prayers; it is a way of life. It teaches us patience, generosity, forgiveness, and compassion in a world often marked by division and indifference. This month, consider simple practices such as praying as a family, performing acts of charity, or spending time in Eucharistic adoration or quiet prayer.

We invite you to say at the beginning of each day this prayer;

O Jesus, through the Immaculate Heart of Mary, I offer you my prayers, works, joys and sufferings of this day for all of the intentions of your Sacred Heart, in union with the holy sacrifice of the Mass throughout the world, in thanksgiving for your favours, in reparation for my sins, for the intentions of all my family and friends, and in particular for the intentions of the Holy Father, Amen.

Additional prayers and resources for the Month of the Sacred Heart of Jesus are available on the diocesan website: www.hamiltondiocese.com/sacredheart



THE KNIGHTS OF COLUMBUS will be selling **PORKETTA ON A BUN** after all Masses on June 27/28. Prices are 1 for \$6.00 or 3 for \$15.00. Pre order sheets can be found in the narthex of the church. Last day to order will be Tuesday June 23.

CORPUS CHRISTI PROCESSION PHOTOS

Did you take photos during our Annual Corpus Christi Procession on June 7? If so, we would be grateful if you could share them with the parish, by emailing to office@stmargaretmaryparish.ca. Your photos will help us preserve and celebrate the memories of this special event. Thank you for your support!

Tues., June 23 7:00 pm.	†Rolando Dalipe †Antonio Jose Raymundo Ornelas †Ester Santos
Wed., June 24 9:00 am	†Alesandro Cirela
Thurs. June 25 9:00 am	†Conrado Abesamis
Fri., June 26 9:00 am	†Manuel Dias
Sat., June 27 5:00 pm	†Holy Souls in Purgatory †Pasquale Frenza †Ester Santos †Ma. Theresa Mendiola †Antonio Mazzocchi †Silvio Berardo

A LETTER TO PARENTS ABOUT THE SUMMER

As both a pastor and a lifelong educator, I find myself increasingly concerned about the world our children and young people are navigating. In schools, parishes, and families, we are seeing rising levels of anxiety, loneliness, fragility, distraction, and struggle among youth. These realities deserve our careful attention, not panic, but thoughtful reflection and courageous action.

For this reason, I have developed a deep respect for the work of American social psychologist and author **Jonathan Haidt**. Through his research and writing, he has become an important and urgent voice encouraging parents, educators, and communities to examine honestly the impact of the digital age on young people's mental health and development. As families prepare for the long summer break, his work offers several practical insights that can help make this season not simply a vacation from school, but an opportunity for healthier growth and deeper connection.

1. **Make Space for Real-World Play and Independence**

One of Haidt's strongest themes is that children and adolescents need more real-world experience and less virtual life. Summer provides a precious opportunity to reclaim some of that balance.

Children benefit from time outdoors, imaginative play, neighbourhood exploration, bike rides, camps, projects, reading, and even the creative possibilities that arise from occasional boredom. Older youth need opportunities for age-appropriate independence: responsibility at home, volunteer work, part-time employment, or learning practical life skills.

Growth does not always happen through constant supervision or endless programming. Young people develop resilience when they are trusted to try, stumble, adapt, and discover their own competence.

2. Establish Healthy Boundaries Around Technology

Without the structure of school, summer can quickly become a season of endless scrolling, gaming, streaming, and late-night phone use. Haidt repeatedly warns that unrestricted digital immersion, particularly through social media, can contribute to anxiety, sleep disruption, social comparison, and emotional vulnerability.

Families need not reject technology altogether, but they do need thoughtful boundaries.

Device-free meals, phone-free bedrooms, scheduled screen breaks, outdoor family activities, and honest conversations about how technology affects mood and attention can all make a meaningful difference. Children pay close attention not only to what parents say, but to the digital habits parents model.

3. Protect Sleep, Movement, and Daily Rhythm

When school ends, healthy routines can easily disappear. Yet mental well-being depends heavily on simple human needs that technology often displaces.

Regular sleep patterns, physical activity, family meals, walks, sports, gardening, recreation, prayer, and shared routines help anchor young people during the unstructured months of summer. Healthy minds are supported by bodies that move, adequate rest, and relationships that remain engaged.

4. Invest in Relationships and Meaning

Perhaps Haidt's deepest reminder is that young people flourish through strong human connection and a sense of belonging.

Summer gives families something often in short supply during the school year: time. Time for conversation, shared meals, visits with grandparents, community involvement, worship, service, storytelling, and laughter.

Parents do not need to be perfect. What matters most is attentiveness: listening well, noticing emotional changes, asking thoughtful questions, and helping children know that they are deeply valued and not alone.

For parents, educators, or parishioners who would like to explore these concerns more deeply, I would highly recommend Haidt's recent book, *The Anxious Generation*, which examines how smartphones, social media, and changes in childhood experience are reshaping young lives. His book *The Coddling of the American Mind* is also

insightful, especially for those interested in education, resilience, and cultural change. For a more accessible starting point, several of his talks and interviews available on YouTube on *The Anxious Generation* are excellent conversation starters for families, educators, and parish communities alike.

A healthy summer is not necessarily the busiest or most expensive one. It may simply be the summer in which families intentionally choose more reality, more connection, more balance, and more room for young people to grow into resilient, hopeful, and deeply human lives.

HAPPY ANNIVERSARY!

This year marks the 60th Anniversary of St. Margaret Mary Parish. To kick off our celebrations, we have planned our annual church picnic to be right here at our parish! The date is Sunday July 12th from 12-3pm. Tickets will be sold after masses June 20/21, June 27/28 and July 4/5. Tickets are \$2 per person, children under 5 are free (with a special ticket)50/50 will also be available and the draw will take place at the event. Come join our celebration!

PARISH OUTREACH: We are very grateful to those who came out to the recent meeting to take a closer look at this ministry in the parish and to look at the path forward for the ministry. Several parishioners have put their names forward to take the calls and collect information but we could do with a few more. If you can help please get in touch with Divine in the office. In the meantime, we have secured a new telephone number and telephone to assist the ministry. The new number is: **365-324-2655** for assistance from the Parish Outreach. Those who met with us a few weeks ago will meet again on Wednesday, July 8th at 7:00 pm. In the meantime, we are also familiarizing ourselves with the other agencies offering assistance in the community and for opportunities to work together.

FATHER'S DAY DONUTS FOR PLANTING SEEDS

A big thank you from Christina Mines and the staff of Planting Seeds International for the overwhelming support of St. Margaret Mary Parish to help fund music education in Guatemala over the next academic year. We collected an amazing **\$2,000** from donations and donut orders to go towards this important initiative. Many blessings and thanks. A gentle reminder that those who placed orders for Krispy Kreme donuts can pick up their dozens after Mass on **June 20 and 21st**. Day-off donuts will be available to purchase for **\$13.00/dozen or \$1 each**. Muchos gracias!

COFFEE SUNDAY- JUNE 21ST

Please join us for Coffee Sunday after the 9:00 a.m. and 11:00 a.m. Masses. Come and enjoy coffee, refreshments, and fellowship with fellow parishioners. Everyone is welcome!

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