



Saint Michael Catholic Community

800 85th Street SW
Calgary, Alberta
T3H 4C7

February 1, 2026: 4th Sunday in Ordinary Time

Living the Beatitudes

There is a parallelism between the Beatitudes which Christ preached on the Mount and the Ten Commandments handed down to Moses on Mt. Sinai. So to speak, the Beatitudes has become the New Testament version of the Ten Commandments.

The Beatitudes goes beyond the demands of the Ten Commandments. It goes beyond our external compliance of what is stipulated in the Ten Commandments. The Beatitudes becomes the positive response to God's call to love, making us comply with our external acts of the law as an expression of our commitment to justice and peace.

The gift of God's love in Christ, as exemplified in the Eucharist, becomes the central force of our acts of justice, kindness, and love. Just evil intentions come from the human heart, goodness comes from the grace of God. God gives us the capacity to act in accordance with God's love in Jesus Christ who became human so we can share our humanity but not our sinfulness. St. James asserts: *"Every generous act of giving, with every perfect gift, comes from above, coming down from the father of lights..."*

Living the Christian faith is not all about complying with outward practices of our religion. Our Christian faith has to be deeply rooted in our souls, making the word of God as the source of all our actions and thoughts. Our faith becomes embedded in our attitudes. Faith becomes a mentality, a spirituality, a lifestyle.

As we come together for this Sunday worship, we renew our faith as we encounter the presence of Christ around God's table in the Eucharist. As we relish His Eucharistic presence, we strengthen more and more the faith that we nurture in our hearts. We go beyond our religious practices and acts of love and justice to realize that it is God's grace that moves us to pursue what is good. May we always welcome the implanted Word that has the power to save our souls by becoming doers and not merely hearers of the Word.

Fr. Edmund, fredmund@saintmichael.ca

Personnel Announcement from the Diocese

Rev. Kelvin Chukwurah, currently Associate Pastor of St. Michael's Parish, Calgary, has been appointed Administrator of St. Mary's Parish, Brooks, effective March 1, 2026 and will be in residence at the parish beginning February 15, 2026.

Rev. Andrew Obinyan, currently in Hospital Chaplaincy, Calgary, has been appointed Associate Pastor of St. Michael's Parish, Calgary, effective February 15, 2026.

Healing Lines



"Blessed are you that weep now, for you shall laugh..." (Luke 6:21) Jesus' words can be such a comfort for those who are abused, especially when hope has returned when they receive the assistance they need. We can be of great help to these individuals, couples, and families by creating a safe place in our parish and supporting them in their healing.

Weekday & Weekend Masses:

Tuesday: 6:00 pm
Wednesday to Friday: 9:00 am
Saturday: 5:00 pm
Sunday: 8:30 am Morning Prayer
Sunday: 9:00 am, 11:00 am, and 5:00 pm

Live-Stream:

Sunday 11:00 am at saintmichael.ca/Mass or Facebook Live

Reconciliation:

Friday: 8:00 am to 8:45 am
Saturday: 3:30 pm to 4:45 pm

Eucharistic Adoration:

Friday: 9:30 am to 8:00 pm

Office Hours:

Tuesday to Friday: 9:30 am to 12:00 pm

Office:

Phone: 403-249-0423 info@saintmichael.ca

Pastor:

Fr. Edmund Vargas fredmund@saintmichael.ca

Associate Pastor:

Fr. Kelvin Chukwurah frkelvin@saintmichael.ca

Administrative Assistant:

Loreen Morrison lmorrison@saintmichael.ca

Office Assistant and

Volunteer Coordinator:

Gladys Doh gdoh@saintmichael.ca

Sacrament Coordinator and Columbarium Manager:

Francesca Ambrosino fambrosino@saintmichael.ca

Music Director:

Jim Howells jhowells@saintmichael.ca

Children's Liturgy Coordinator:

Caroline Dixon cdixon@saintmichael.ca

Technical Director:

Kyle De Jaegher kdejaegher@saintmichael.ca

Bookkeeper:

Michelle Gregory accounting@saintmichael.ca

Anointing of the Sick:

Diocese of Calgary Call Center:
403-231-9505

Alberta Children Hospital; Foothills Hospital;
Peter Lougheed Hospital; Rockyview General
Hospital; South Health Campus

Lent and Easter Schedule

Shrove Tuesday: Tues. Feb. 17, Pancakes, 6:30pm, Narthex

Ash Wednesday: Wed. Feb. 18, Mass 9am & 6pm, Sanctuary

Lenten Fridays: Fridays, Feb. 20 - Mar. 27, Mass 6pm, Sanctuary

Stations of the Cross: Fridays, Feb. 20 - Mar. 27, 6:30pm, Sanctuary

Fish Fridays: Fri. Mar. 6 and Fri. Mar. 27, Supper 7pm, Narthex

Lenten Retreat Day 1: Sun. Mar. 22, Mass 5pm, Reception 6pm, Talk 7pm

Lenten Retreat Day 2: Mon. Mar. 23, Mass 6pm, Talk 7pm

Lenten Retreat Day 3: Tues. Mar. 24, Mass 6pm, Talk 7pm, Reception 8pm

Parish Reconciliation: Thurs. Mar. 26, 7-9pm

Palm Sunday: Sun. Mar. 29, Regular weekend Mass times

Holy Thursday: Thurs. Apr. 2, Mass 7pm, Adoration 8pm-12am
(Note: there will be no 9am Daily Mass on Holy Thursday)

Good Friday: Fri. Apr. 3, Services 12pm and 3pm

(Note: Confessions 8:00-8:45am on Good Friday)

Easter Vigil: Sat. Apr. 4, Mass 8pm (no Mass at 5pm)

Easter Sunday: Sun. Apr. 5 Masses 9am, 11am, & 5pm

Office Hours:

The office will be closed on

Good Friday, April 3, and Easter Monday, April 6.

We will reopen on Tuesday, April 7 with regular office hours.

Hospitality Ministry

The Hospitality Ministry is in need of more volunteers for all Masses! Serving with the Hospitality Ministry is the best way to meet more of the folk who attend the same Mass as you! If you are concerned that you have children and you can't volunteer - no problem! We love to see children with their parents greeting parishioners as they come in the doors! Please contact Gladys Doh at gdoh@saintmichael.ca.

Potluck Sunday

Potluck Sundays for St. Michael Community will be on the first Sunday of each month at 6:00pm. The next Potluck Sunday will be on February 1. This is a free event. Please bring a main dish, bread, salad, pickles, vegetable tray, or dessert to share with others. Please bring your food ready to serve.

Feed the Hungry

The 2026 dates sponsored by St. Michael's Community are April 5, Easter Sunday, and June 21, Father's Day, in St. Mary's Hall. Please consider volunteering or contributing. More details to follow.

Saturday Night Lights

Youths in grades 7-12 are invited to an evening of music, food, friendships, and talks hosted by Access 52. Dates for the evenings are February 14 and April 25. This is a free event. You may register by scanning the QR Code or visiting the website <https://www.eventbrite.ca/e/saturday-night-lights-youth-group-october-25-tickets-1708730341449?aff=ebdsoporgprofile>

Current Pastoral Care Volunteers - Save the Date:

Anthony Banka, Diocesan Pastoral Care Coordinator, will join Home and Continuing Care Visitors for a meeting at SMCC on Thursday, March 5 after the 9:00 am Mass. Further information will be emailed in the coming weeks.

Pastoral Care Ministry

The Diocese of Calgary will be offering Pastoral Care Ministry Training on February 14 and March 7 at Holy Name Parish in Calgary. This training provides support for those who are interested in working with the sick and homebound and is a prerequisite for joining the Pastoral Care Ministry at St. Michael Catholic Community. For more information, please visit [Pastoral Care Ministry Training](#) - ROMAN CATHOLIC DIOCESE OF CALGARY

Easter Fundraiser 2026

St. Michael Catholic Community raises funds year-round to support initiatives within our Church and in the surrounding communities. With our fundraiser, you may choose from 66 products from a variety of meat, fish, seafood, pasta, and sauces. With your purchases, we can help the less fortunate and those in our parish all while enjoying some delicious food over the Easter season which is right around the corner! Stock up your freezers now. The fundraiser opens February 1 and closes March 15. Orders will be available for pick up on Tuesday, March 24 between 4:00-5:00pm outside the parish doors. To view and place an order, please visit [St. Michael Catholic Community Spring 2026 - Fund Forward](#)

Shrove Tuesday

Shrove Tuesday, also known as Mardi Gras, marks the start of Lent, evolving into a time of celebrating and feasting, like a final opportunity for indulgence before the period of fasting and penance. It is also a significant liturgical movement towards the spiritual discipline of Lent. It is geared towards building community. The Knights of Columbus is hosting a pancake dinner on Tuesday, February 17, 2026 at 7:00pm (after the 6pm Mass). Please RSVP by Friday, February 13 at: <https://forms.gle/hvaC8fdhzaXTVZ4S6>

Fish Friday

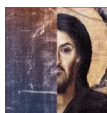
On Friday, March 6 and Friday, March 27 the Knights of Columbus will host a dinner event in the Church gathering area at 7:00pm (after Lenten Friday Mass at 6:00pm which is followed by the Stations of the Cross at 6:30pm). This is a free event. Free will offerings are greatly appreciated to cover some of the cost, if you so wish. To register, please go to <https://forms.gle/Lzw3TH9gsUPZrgty5>

Coffee Sundays

We are looking for volunteers to join our coffee ministry for Sundays after the 9am and 11am Masses. If you are interested, please call Scholastica (403-708-1565) or Arun (587-433-1304). Thank you!

Lenten Retreat / Mission

"Who is the Man of the Shroud?" Fr. Andrew Dalton L.C. reflects on the suffering (1), death (2) and resurrection (3) of Christ in the light of the Shroud of Turin on March 22, 23, and 24, 2026, respectively. Fr Dalton will celebrate Mass before the talks: Sunday, March 22, 5pm, Monday, March 23, 6pm and Tuesday, March 24, 6pm. Reception follows after the 5pm Mass on Sunday before the talk at 7pm. And after the talks on Monday and Tuesday. Details will be provided later.



A Season of Hope and Renewal

In the spirit of the Jubilee Year proclaimed by Pope Francis last year, our Diocese is launching a matching financial campaign for parishes called, ***Multiply the Hope***. Once our parish has fulfilled all of its financial obligations for the year, every dollar contributed to reduce our parish loan will be matched dollar-for-dollar, up to our parish goal. Our goal for this matching program is **\$510,569. You can visit our website at <https://www.canadahelps.org/en/dn/33185> and make your contribution to the "Building Fund / Multiply the Hope Campaign". Thank you!**



Vacation Bible Camp 2026:

"Rainforest Falls - Exploring the Nature of God"

The 5-day bible camp will run from Monday, July 6 to Friday, July 10, 2026 from 8:30am-12:30am for children kindergarten to grade 12, with limited spots available and pending volunteer sign-ups. Online registration is temporarily offline due to a shortage of screened volunteers. Please contact Gladys Doh at gdoh@saintmichael.ca ASAP to volunteer. Please contact cdixon@saintmichael.ca for program details, questions, or concerns.



Pastoral Council

Pastoral Council wishes all parishioners a happy and blessed 2026! Our first meeting of the new year was held on Tuesday, January 27. A variety of matters were discussed including our excellent year end financial results, with special thanks to our generous parishioners! The Parish Renewal Team provided an update – watch for a new volunteer booklet coming out this year and a Stewardship Sunday in September. Initial discussions are underway regarding a parish pictorial directory (our last one was produced for the 60th anniversary of SMCC in 2019). Full details of these and all items will be published after Pastoral Council approval at our next meeting, scheduled for March 10, 2026. The minutes from our October meeting can be found here [SMCC-Pastoral-Council-Minutes-of-Meeting-October-28-2025-Bulletin.pdf](#). If you would like to attend one of our meetings as an observer, or if you have any questions or concerns, please reach us at 403-249 0423.



Art Walk

Attention artists and photographers, both beginner and seasoned pro: come join us and exhibit your art at St. Michael's Art Walk Exhibition on March 6-8, 2026. For more please contact artwalk@saintmichael.ca



IWIN (I'm Worth it Now) Events for February

What is IWIN? IWIN was created in Calgary as a response to the scourge of human trafficking in our own country. Alongside the local CWLs in Alberta, Saskatchewan, Manitoba, and Ontario who advocate for an end to trafficking, IWIN provides backpacks filled with toiletries and supplies which are distributed by our local law enforcement to assist survivors of sex trafficking.



1) SUNDAY, FEBRUARY 8: VIRTUAL PRAYER SERVICE

In recognition of National Human Trafficking Awareness in Canada, IWIN would like to invite you, your family, and your friends to join us for an online prayer service on Sunday, February 8 at 3:00pm. There will be a short program, including praying a Chaplet of Divine Mercy with prayer warriors from across Canada. You may scan the QR Code or join online with the Zoom link: Meeting ID: 841 4111 0108, Passcode: 287004 <https://us06web.zoom.us/j/84141110108?pwd=PMYJWS2GI4P710T5ATP8NOUGYBJ16U.1>



2) SAT. FEB. 21 and SUN. FEB. 22: RED SAND SUNDAY

After each weekend Mass on February 21 and 22, join fellow parishioners in our brief *Red Sand Prayer Service*. All are encouraged to attend this powerful symbolic event to show solidarity and awareness in preventing exploitation by highlighting those who 'fall through the cracks'.



3) THURSDAY, FEBRUARY 26: BUYING HER

Buying Her (Exodus Cry Films) will be shown on Thursday, February 26 at 7:00pm at St. Michael Catholic Community. This one hour movie tackles the critical injustice of sex trafficking in the first documentary ever to explore the lives of sex buyers and what drives them. The evening will include the film and Q & A with a former human trafficking investigator who will highlight what services are provided to those seeking to transition out of the sex trafficking industry. VIEWER DISCRETION IS ADVISED (no children under age 16, please.)



Society of Saint Vincent de Paul (SSVP)

Need assistance? Contact SSVP@saintmichael.ca or phone 825-417-1720. Donations of non-perishables and monetary: drop off at SSVP Food Chest in the Narthex. Monetary donations: go to <https://www.canadahelps.org/en/charities/st-vincent-de-paul-society-st-michaels-conference/>. New Members: SSVP@saintmichael.ca. Annual Report: <https://www.ssvpstmichael.ca/annual-report-2024/>



Diocese of Calgary Beyond Bulletin (Short Version):

[Current Bulletin Insert.pdf - Google Drive](#)

Diocese of Calgary Beyond Bulletin (Full Version):

[Diocesan Info for Parishioners - Sunday Updates - Google Docs](#)

Week-at-a-Glance: (Sat. Jan. 31 - Sun. Feb. 8, 2026):**Saturday, January 31:**

No Event

Sunday, February 1:Lent and Easter Fundraiser Opens: St. Michael's Catholic Church Spring 2026 – Fund Forward.

Children's Liturgy: 8:30am and 10:30am

Coffee Sunday: Narthex, after 9:00am & 11:00am Masses

Potluck Sunday and Name Tag Sunday: Narthex, 6:00pm

Monday, February 2:

Bible Study: St. Nicholas Room, 7:00pm-9:00pm

Tuesday, February 3:

Rosary Group: Day Chapel, 5:20pm

Grief Share: Rooms 143 & 144, 7:00pm - 9:00pm

RCIA: St. Nicholas Room & Theater, 7:00pm - 9:00pm

Wednesday, February 4:

Men's Ministry: Theater, 6:00am-7:30am

Coffee Wednesday: Narthex, after the 9am Mass

Women's Ministry Bible Study: Theater, 10:00am –12:00pm

Thursday, February 5:

Moms & Tots: St. Nicholas Room, 9:30am - 11:30am

Knitting Ministry: Library, 10:00am

Friday, February 6:

No event.

Saturday, February 7:

No Event

Sunday, February 8:

Children's Liturgy: 8:30am and 10:30am

Coffee Sunday: Narthex, after 9:00am & 11:00am Masses

Mass Intentions:*Mass Intentions are booked in person at the office.**Mass Intentions are not final and can be moved to accommodate urgent pastoral needs.***Saturday, January 31:**

5 pm: Debra Healy † (Fr. Janick)

Sunday, February 1:

9 am: Intentions Chris Mudry (Fr. Edmund)

11 am: For the People of God at St. Michael (Fr. Edmund)

5 pm: Elmer Guillermo Sr. † (Fr. Edmund)

Tuesday, February 3:

6 pm: Karl Schunicht † (Fr. Edmund)

Wednesday, February 4:

9 am: Intentions Marcia Lavendar (Fr. Edmund)

Thursday, February 5:

9 am: Intentions Carolina Trotta (Fr. Edmund)

Friday, February 6:

9 am: Ann Marchie † (Fr. Edmund)

Saturday, February 7:

5 pm: Cornelius Brennan † (Fr. Edmund)

Sunday, February 8:

9 am: Melvin Kaskiw † (Fr. Kelvin)

11 am: For the People of God at St. Michael (Fr. Edmund)

5 pm: Eleno B. Laga † (Fr. Kelvin)

Please Pray For:*Please contact the office with your request.*Justin Hewitt, Richard Edgington, Pamela Chaput,
Malaya Rosales, Julie Parinas, Peigi's Family,
Roberto Cantillo, Brian Dourley, Duri Family,
Elizabeth Slade, Ann O'Brien, Melchor Diolata.**For the Souls Of:**

Maria ("Ria") Anna Wanner

Funeral:**Pray For Our Seminarians:**

Please pray for vocations in our Diocese.

Eternal Springs Columbarium:For pricing or more information,
please email: columbarium@saintmichael.ca.**E-Transfer:**Sign in to your own banking institution and e-transfer the
amount to: isupport@saintmichael.ca.**Text to Donate:**To set up your account, text **give** to **833-768-0514**
and follow the prompt.**Sexual Abuse in the Church:**Call the Roman Catholic Diocese of Calgary's Hotline at
1- 833-547-8360. To report sexual abuse,
call the Police at **1-403-266-1234**.**Gifts to the Parish**

	October 2025	November 2025	December 2025
<u>General Collections</u> Collections	\$115,426	\$110,762	\$182,278
Other Income	\$58,215	\$55,883	\$90,416
Operating Costs	\$143,988	\$148,286	\$158,305
Surplus (Shortfall)	\$29,653	\$18,359	\$114,389
<u>Central Fund Loan (Mortgage)</u> Building Fund Collections	\$12,744	\$17,813	\$163,739
<u>Current Loan Balance</u>	\$3,130,740	\$3,105,917	\$3,081,350
<u>Diocesan Annual Campaign</u> Together in Action Year-to-Date	\$88,418	\$97,769	\$138,874
% TIA (Goal for 2025: \$121,243)	73%	80%	114% Surplus goes towards 2026 Campaign
Society St. Vincent de Paul (monthly)	\$1046	\$0	\$0