



Saint Michael Catholic Community

800 85th Street SW
Calgary, Alberta
T3H 4C7

March 8, 2026: 3rd Sunday of Lent

"I thirst!"

The biblical imagery of water is best summarized by the formula for the blessing of the water for baptism: *"At the dawn of creation your Spirit breathed on the waters, making them the wellspring of all holiness. The waters of the great flood You made the sign of the waters of baptism that make an end of sin and a new beginning of goodness. Through the waters of the Red Sea, You led Israel out of slavery to be an image of God's holy people, set free from sin by baptism. In the waters of the Jordan, Your Son was baptized by John and anointed with the Spirit. Your Son willed that water and blood should flow from His side as He hung upon the cross..."*

The Old Testament thirst for the living water, comes to fulfillment with the coming of Christ, the Messiah. In Christ, as St. Paul says in his letter to the Romans, *"God's love has been poured into our hearts through the Holy Spirit."* In our gospel today, Jesus refers to this outpouring of God's love as He tells the Samaritan woman at the Jacob's well in Sychar: *"Everyone who drinks of this water will be thirsty again, but those who drink of the water that I will give then will never be thirsty. The water that I will give will become in them a spring of water gushing up to eternal life."* As Jesus said to her in a friendly and gentle tone: *"Give me a drink!"* the Samaritan woman sensed, deep down in her heart that something broken was beginning to mend. For the first time in her life, she discovered through Jesus what she had always secretly thirsted for the living water gushing up to eternal life.

As we touch the water in the font, this natural element transforms us into God's people. Baptism with water becomes the sacrament of our redemption. Making the Sign of the Cross with the water reminds us of our being God's children. Whenever we touch the water, we recognize the truth that we have been restored into God's image and likeness, that we proclaim one faith, that we believe one Lord, and that we are one people.

This season of Lent actually speaks of this thirst of the human spirit. Lent is a journey of the soul through the desert into the living water of Christ's resurrection.

Fr. Edmund, fredmund@saintmichael.ca

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. Andrew Obinyan frandrew@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.



Healing Lines

International Women's Day (March 8) celebrates the economic, social, cultural, and political achievements for women. It promotes equality, justice, peace, and development. The 2026 theme **Give to Gain** emphasizes a mindset of generosity, collaboration, and investing in women to forge gender equality. The campaign encourages reciprocity: when women thrive, everyone rises. Another key theme, "*Rights. Justice. Action. For ALL Women and Girls*," is being highlighted by the UN and other organizations. Let us support equality for the women in our lives and communities. Let us recognize that they too are the way-showers for others to find Christ.



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 7-8, 2026. (Please note: the Art Walk begins on March 7 and not on March 6 as previously noted). For more information please contact art-walk@saintmichael.ca

2025 Tax Receipts

The 2025 tax receipts have been mailed.



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](#)

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>



Adult Confirmation

Have you been baptized Catholic but never confirmed? Our adult confirmation classes are designed for adults who want to deepen their faith, ask real questions, and complete their initiation into the Catholic Church. Classes begin this month February. For more information visit <https://saintmichael.ca/confirmation/> or contact Francesca at sacramentprep@saintmichael.ca



Seeds of the Word

The Seeds of the Word Community will be selling the 2026 Lectio Divina Compendium, as well as their baked and homemade goods, after Masses on the weekend of March 7 and 8. Proceeds from these sales help support our mission of Evangelization through making the Word of God accessible to everyone. Thank you for your generous support.



CWL Meeting

St. Michael's Catholic Women's League will have a general meeting on March 10 at 6:30pm in Rooms 143/144 following Mass. All members and guests are welcome to attend.



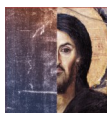
Feed the Hungry

St. Michael Catholic Community will be supporting Feed the Hungry on April 5, Easter Sunday, at St. Mary's Cathedral as part of our Parish Renewal initiative. Volunteers are needed for many roles. If you would like to volunteer, sign-up sheets will be available in the Narthex the weekend of March 14 and 15. You may also contact the office at 403-249-0423 or info@saintmichael.ca to volunteer. Thank you for your generosity of time!



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. If you plan to attend, please [click here](#) to sign up. To donate, please [click here](#) and select "Lenten Mission 2026" in the fund list.



Ash Wednesday & Good Friday Fasting Guidelines

Ash Wednesday and Good Friday are universal days of fasting and abstinence from meat. **Fasting** means limiting food intake to one main meal and two smaller meals that together do not equal a full meal, with no solid food in between. **Abstinence** means refraining from meat. Catholics aged 18 to 59 are required to fast, while those 14 and older must abstain from meat. All Fridays of the year are days of abstinence from meat. In Canada, Catholics may substitute special acts of charity or piety on Fridays, except during Lent, when abstinence from meat is required.



Vacation Bible Camp 2026:

"Rainforest Falls - Exploring the Nature of God"

* SMCC 5-day Vacation Bible Camp (VBC) 2026 has limited spots available (50) for all students/minors aged Kindergarten (6yrs.) to Grade 12. \$100 fee per student/minor or \$200 maximum fee per family (same household only please). Registration is due by Mon. June 1, 2026 at 12pm noon. Please contact Caroline Dixon (Camp Director) at cdixon@saintmichael.ca * Online registration is now open. * Financial assistance is available for anyone in need for the enrolment fee. For more information, please contact Fr. Edmund at 403-249-0423. * Thank you to those who have already engaged with our Parish Volunteer Coordinator, Gladys. Please note that programs like this requested by parish families (i.e. children's liturgy, mom & tots, elevate, youth nights, etc.) are also run by parish families as well. If you are in favor, and would like faith-based programs for families like VBC 2026 to proceed, please contact Gladys at gdoh@saintmichael.ca to begin/continue the "parish volunteer engagement process" A.S.A.P.



Together in Action (TIA)

The Together in Action 2026 campaign begins on Ash Wednesday, February 18, 2026. The theme for this year's TIA is inspired by the Jubilee Year of St. Francis. *"But someone will say, 'You have faith and I have works.' Show me your faith without works, and I by my works will show you my faith."* (James 2:18) This year's TIA also marks the final year of the financial commitment of the Diocese to the National Indigenous Reconciliation Fund, supporting Indigenous-led initiatives across Southern Alberta. Our target goal this year is \$121, 243 same as last year. We thank God for your generosity! All surplus funds this year will go to our Building Fund to help pay our loan.



Eucharistic Adoration Ministry

To assist the Eucharistic Adoration Ministry with scheduling the adoration of the exposition of Jesus in the Blessed Sacrament on Fridays, please consider signing up for a time slot so that they know Jesus will not be left alone. There is a paper sign up outside of the Blessed Sacrament Chapel, or you can visit the link on the parish homepage under "Adoration". The impact of your time spent with Jesus in this way is profound for you and your family - please don't miss out on this spiritual treasure.



IWIN

On behalf of the IWIN team, thank you to everyone for participating in our month long human trafficking awareness activities in February. From joining our February 8 cross-Canada online prayer service, including praying the Divine Mercy Chaplet with Fr. Julian Studden, to our Red Sand services after each Mass on February 21 and 22, led by Fr. Edmund Vargas, to attending the eye-opening documentary 'Buying Her' on February 26, we were able to show support for survivors, share knowledge, and open up conversations on how to prevent exploitation. For more information about IWIN, please check out www.iwininitiative.ca



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!



Library Ministry

Please note that the Library is currently unable to accept any book donations at this time, and also will not be accepting any future donations of textbooks, magazines, pamphlets, CDs, DVDs, or materials written by non-Catholic authors. Should you require further information, please email Joan at joandvo-rak@telus.net. Thank you for your co-operation.



Almsgiving Sunday

The Society of St. Vincent de Paul would like to sincerely thank the generous donations of the St. Michael's Catholic Community during our Almsgiving Sunday campaign. Your support has provided food relief and a sense of hope to financially struggling families within our community. God bless!



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: [Annual Report 2025 – Society of St Vincent de Paul – St Michael Conference Calgary](#)



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. Mar. 7 - Sun. Mar. 15, 2026):**Lent and Easter Fundraiser Open:**St. Michael Catholic Community Spring 2026 – Fund Forward**Saturday, March 7:**

Family Adoration: Sanctuary, 10:00am - 11am

Art Walk: Mezzanine, 6:00-7:30pm

Seeds of the Word Sale: Narthex, after all weekend Masses

Sunday, March 8:

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

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

Seeds of the Word Sale: Narthex, after all weekend Masses

Art Walk: Mezzanine, 10:00-11:00am, 12:00-1:00pm, and 6:00-7:30pm

Monday, March 9:

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

Tuesday, March 10:

Rosary Group: Day Chapel, 5:20pm

CWL Meeting: Room 143 & 144, 6:30pm - 8:30pm

Pastoral Council Meeting: St. Michael Room, 7:00pm - 9:00pm

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

Wednesday, March 11:

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, March 12:

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

Knitting Ministry: Library, 10:00am

Adult Confirmation: St. Michael's Room, 7:00pm (pre-registration needed)

Friday, March 13 (Lenten Friday):

Lenten Mass: Sanctuary, 6pm

Stations of the Cross: Sanctuary, 6:30pm

Saturday, March 14:

Christians of the Holy Land: Mezzanine, after all weekend Masses

Sunday, March 15:

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

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

Christians of the Holy Land: Mezzanine, after all weekend 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, March 7:**

5 pm: Cayetano Villablanca † (Fr. Obinyan)

Sunday, March 8:

9 am: Trina Monsalve † (Fr. Edmund)

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

5 pm: Filomena Lechuga † (Fr. Obinyan)

Tuesday, March 10:

6 pm: Peter & Geneive Swerhone † (Fr. Obinyan)

Wednesday, March 11:

9 am: Straface Giovanni † (Fr. Obinyan)

Thursday, March 12:

9 am: Lolita Mananquil † (Fr. Obinyan)

Friday, March 13:

9 am: Eva Santamaria † (Fr. Edmund)

6pm: Franco Austria † (Fr. Obinyan)

Saturday, March 14:

5 pm: Int. Judy Ivanski (Fr. Edmund)

Sunday, March 15:

9 am: Melvin Kaskiw † (Fr. Obinyan)

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

5 pm: Jonathan Denum † (Fr. Obinyan)

Please Pray For:*Please contact the office with your request.*

Brian Dourley, Duri Family, Elizabeth Slade, Ann O'Brien, Melchor Diolata, Ania Georges, Chris Mudry, Alice Flamand, Hendrik Heerema, Mary O'Regan, Michael Park, Degby Park, Margaret Baker, Patricia O'Brien, Dolores & Gilbert Sieben.

For the Souls Of:**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

	December 2025	January 2026	February 2026
<u>General Collections</u>			
Collections	\$182,278	\$83,939	\$87,745
Other Income	\$90,416	\$38,679	\$49,039
Operating Costs	\$158,305	\$114,988	\$128,298
Surplus (Shortfall)	\$114,389	\$7,630	\$8,486
<u>Central Fund Loan (Mortgage)</u>			
Building Fund Collections	\$163,739	\$15,600	\$60,100
<u>Current Loan Balance</u>	\$3,081,350	\$3,056,783	\$3,032,216
<u>Diocesan Annual Campaign</u>			
Together in Action Year-to-Date	\$138,874	\$2,226	\$6,759
% TIA (Goal for 2026: \$121,243)	114% Surplus goes towards 2026 Campaign	1%	5%
Society St. Vincent de Paul (monthly)	\$0	\$1,243	\$1,883