



Saint Michael Catholic Community

800 85th Street SW
Calgary, Alberta
T3H 4C7

March 16, 2025: 2nd Sunday of Lent

Lent and Easter Schedule

Lent Fridays: March 7 - April 11 | Mass 6:00pm | Stations of the Cross 6:30pm

Cancelled: Stations of the Cross - Fri. March 14

Fish Friday: Fri. March 21 and Fri. April 4 | Fish Supper 7:00pm

Lenten Retreat: March 25 - 27 | Mass 7:00pm with Adoration to Follow

Lenten Retreat Reconciliation: Thurs. March 27, 5:30pm

Daily Mass Re-scheduled: Tues. March 25 - 7:00pm Mass (not 6:00pm)

Parish Wide Reconciliation: Thurs. April 3, 7:00-9:00pm

Holy Thursday: Thurs. April 17 | Mass 7:00pm | Adoration 8:00pm - 12:00am

Good Friday: Fri. April 18 | Services 12:00pm and 3:00pm

Easter Vigil: Sat. April 19 | Mass 9:00pm

Easter Sunday: Sun. April 20 | Masses 9:00am, 11:00am, & 5:00pm



Moments of Self-Giving

The transfiguration was an awe-inspiring experience of God's presence for Jesus and for His disciples. It was an incredible show of divine support, grace, and inspiration at the time when Jesus faced the most trying period of His life: the decision to offer Himself for our salvation through His own passion and death. This illuminating experience would carry Him through the dark days of confusion, insecurity, and terror that would come after this encounter with the Other. Jesus received the affirmation of His mission to give Himself up from the great figures of His tradition, representing the law and the prophets.

All of us need some graced memories or God-filled experiences to recall or return to when faced with difficulty and challenge in our journey of faith. These grace-filled experiences or God-moments can inspire us and carry us through the darkness and difficulty of our trying periods of our journey. Our own stories of struggle in the faith can sustain us in our trials and tribulations. These God-moments may not approximate Christ's transfiguration on a mountaintop, but their significance can help us in efforts to do God's will when we recognize and acknowledge it in our prayer and discernment. These moments are marked with self-giving and generosity that fulfill the deepest hunger of our soul.

All grace-filled memories or God-filled experiences are times when we realize giving ourselves to others in the spirit of self-sacrifice and true love. These are moments when we imitate God's generosity and love which embody the essence of our personal commitment to Christ who gave Himself up for our freedom from sin and death. Our struggling efforts to offer ourselves to God and others can be transformed into meaningful faith experiences by returning to our graced-filled memories when we experienced God's love and presence in our lives.

In our own lives, we have had experiences of self-giving that continue to inspire and strengthen us in our efforts to love and serve. These are our own transfiguration experiences that transform our own selfish self into a self-giving person. These self-giving moments make us more aware of our own giftedness that should move us to share and care for another.

Fr. Edmund, fredmund@saintmichael.ca

Church Schedule:

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 on 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 10:30 am

Office Hours:

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

Anointing of the Sick:

24 Hour Emergency Diocese Hotline
403-231-9505

Contact Us:

Office:

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

Pastor:

Fr. Edmund Vargas fredmund@saintmichael.ca

Associate Pastor:

Fr. Kelvin Chukwurah frkelvin@saintmichael.ca

Secretary:

Loreen Morrison lmorrison@saintmichael.ca

Administration Assistant:

Pina Rino prino@saintmichael.ca

Sacrament Coordinator/Columbarium Manager:

Francesca Ambrosino fambrosino@saintmichael.ca

Music Director:

Jim Howells jhowells@saintmichael.ca

Volunteer Coordinator:

Marvin Matthews mmatthews@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

Healing Lines

As the Lord is transfigured and we are instructed to “listen to Him”, so we must change ourselves into those who have compassion and listen to our fellow human beings when they suffer from the effects of abuse and harassment. Let us become more like Christ with each passing day.



Ash Wednesday & Good Friday Fasting



Ash Wednesday and Good Friday are universal days of fasting and abstinence from meat. Catholics aged 18 to 59 are required to fast, while those 14 and older must abstain 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. 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.

Parish Renewal



Our parish is stepping forward in renewal, entering the Parish Renewal Planning stage! * Over the past year, we’ve been listening through the Parish Renewal Survey and parish conversations, discerning how we can grow together. Now, our ministry leaders will gather on Saturday, March 29 for a Parish Renewal Planning Day to take the next steps. * Just as Jesus called Simon Peter to cast into the deep, we are called to trust the Holy Spirit and follow where God is leading us. This is more than just another initiative—it is our parish’s path forward, and we are called to embrace it with open hearts. * While our Parish Renewal Team and ministry leaders guide the process, we need your prayers. The insights from this stage will help shape our final Parish Renewal Plan, to be completed by June 15, and officially launched on October 4-5, 2025, the third anniversary of the Diocesan Pastoral Renewal on the Feast of St. Francis of Assisi. Thank you for walking this journey with us. Let’s continue to pray for the Holy Spirit’s guidance as we move forward together!

Parish Renewal



The *Parish Renewal Survey Results and Team Update* are available in the Narthex and by the office. Please take a copy.

Parish Consecration to Jesus in the Eucharist



DAY 7 THE PILGRIM’S VIRTUE

“Perseverance is the pilgrim’s virtue...God’s ways are mysterious. He is at work in your soul like the roots of a mighty tree beneath the surface.” Please read Day 7 in your *33 Days to Eucharistic Glory* book. Here is a reflection by Fr. Jonathan Meyer: [Day 7 The Secret of Surrender](#) Any questions or comments click on this link: <https://forms.gle/XSxAXUPWACLHbdBr7> The book is now available for purchase in the book store for \$5.

Eucharistic Adoration



During Lent, starting March 5, the Eucharistic Adoration Ministry (EAM) will be silently adoring Jesus in the Blessed Sacrament Chapel without Exposition weekly on Fridays from 10am-6pm and 7pm-8pm. We will break for one hour from 6-7 pm for Mass and Stations of the Cross. We are inviting all parishioners to join us and sign up during these Fridays to start promoting this beautiful and blessed practice to all our St. Michael Community. We are looking to have a minimum of four people adoring the Lord in every hour. Drop-ins are also welcome! Please use the following link to book your time: <https://www.signupgenius.com/go/20F0B48A8A72EA0FD0-55186481-march>

Almsgiving Sunday-SSVP



Non-perishable food and monetary donations will be collected after all Masses on March 15 and 16. **New:** You can now “Tap to Give” a donation of \$5, \$10 or \$20 to help us serve those in need. Thank you for your generous support!

Face-to-Face Youth Night (Gr. 6-8)



There will be a Youth Night for Grades 6-8 with Face-to-Face Ministries on Saturday, March 15, 2025 from 6:30-8:30pm. Pizza will be provided. This is a free event; no registration is needed. Join us for fun, fellowship, and faith! Other dates are: April 26, May 10, June 14.

Altar Server Training



There will be an altar server training session on Sunday, March 16, 2025 from 12:00-2:00pm in the Sanctuary. Please come prepared for a two hour duration.

40 Days for Life Prayer Campaign



St. Michael is once again part of this prayer campaign. 40 Days for Life is a prayerful, respectful campaign that seeks to save babies from being killed in abortion. Our prayerful presence near the abortion centre draws attention to the humanity of the preborn and seeks God’s help through intercessory prayer. Will you join us? Sign up and be a loving, prayerful voice for the preborn babies who have no voice but ours. We know from the testimonies of many that these campaigns save lives. St. Michael’s day to pray this campaign is **Friday, March 21**. Our team will be there between the hours of 8am to 1pm that day. Please join us by signing up online at [40 Days for Life](#). Signs are provided and you will not be alone. Questions? Call Karen at 403-870-7080.

Daily Mass Change



The Daily Mass for Tuesday, March 25, 2025 will be at 7:00pm in the Sanctuary.

Coffee Mugs for Visitors & Newcomers



Coffee mugs (in black & tangerine) are now available for use by visitors, newcomers, or those who want to meet others during our coffee receptions after the 9am & 11am Sunday Masses. The Coffee Ministry will take care of this. The newly introduced bistro tables are also designed to encourage more conversations and interaction among our membership.

Monday's Bible Study for Spring 2025

"Luke: The Story of Salvation Fulfilled" will be the next bible study for Mondays. In this Jeff Cavins' study, you will learn the beautiful Biblical roots for Mary, the Rosary, and the Mass that are found only in Luke and from parables that will show you the mercy and compassion that Jesus has for each one of His children, strengthening your prayer life like never before. It will start on March 24 with 8 in-person sessions (no zoom) in the St. Nicholas Room at 7pm. To register or to get additional information, please contact Augusto Bitter at abitter@telus.net or Lee Ettinger at letting1@yahoo.com



Fund Forward Fundraiser

Opens: Ash Wednesday, March 5, 2025

Closes: Sunday, April 6, 2025

Pick-Up: Tuesday, April 15, 2025 (4:40-5:30pm)

St. Michael Catholic Community raises funds year-round to support initiatives within our Church and in the surrounding communities. Stock up your freezers now!

Please go to: <https://fundforward.ca/collections/st-michael-fundraiser-spring-2025>



Lenten Healing Retreat

March 25 and March 26 - 7:00pm-8:45pm:

Holy Mass / Talk / Adoration

March 27 - 7:00pm-10:00pm:

Healing Mass / Adoration / Healing Service

This retreat brings life's struggles to the source of all healing through Jesus to be transformed by His grace.

"I Thirst" (John 19:28) is a Lenten Healing Retreat presented by Shalom Media Ministry in association with St. Michael Catholic Community. The retreat offers a unique opportunity for the faithful, thirsting for divine intimacy, to gather and seek healing of mind, body, and soul, led by Fr. Roy Palatty, a gifted priest and world-renowned speaker. Fr. Palatty will lead you in Holy Mass, a spiritual talk, silent reflection in the presence of the Blessed Sacrament, and special prayers. A Healing Mass/Service and Blessings for the sick will also be offered at this faith-filled, life-changing event. For more information, please visit the website: www.saintmichael.ca



2024 Parish Reports

Sacraments: 87 Baptisms, 118 First Communions, 126 Confirmations, and 13 Weddings.

Columbarium: 25 columbarium niches sold. There are currently 357 spots left available for purchase in the Eternal Springs Columbarium. For more information, please contact Francesca at 403-249-0423 (ext. 126) or FAm-brosino@saintmichael.ca



Tuesday Rosary Prayer Group

Starting April 1, the Tuesday evening rosary group will start at 5:20pm before Mass at 6:00pm. We will begin with the Divine Mercy prayer, followed with the recitation of the rosary.



Pastoral Council

Pastoral Council met for the second time this year, on February 25. A couple of highlights from our meeting are: * Copies of the booklet "Parish Renewal Team Update and Key Survey Highlights & Insights" will be available after Masses this weekend. * A few more volunteers are needed for the Shalom Lenten Retreat, March 25 – 27. Please contact the office for more information. Meeting minutes from February 25 will be available on the website after our next meeting on March 18, 2025. 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. To read the minutes from our meeting in January, or any past meeting, please go to: <http://saintmichael.ca/wp-content/uploads/2025/02/SMCC-Pastoral-Council-Minutes-of-Meeting-January-28-2025-Bulletin.pdf>



Together in Action (TIA)

TOGETHER in ACTION 2025

Launched this Season of Lent, is the Diocese of Calgary's annual campaign to support key ministries, partner organizations, and agencies. As Pilgrims of Hope in this Jubilee Year, we give as we "rejoice in hope, patient in suffering, persevering in prayer." (Romans 12:12) The 2025 Together in Action campaign seeks to raise funds for essential initiatives, including care for retired priests, hospital chaplaincy, pastoral care, diocesan ministries, and the Indigenous Reconciliation Fund. This year's goal is \$121,243 which is the same as the previous few years. Thanks to your generosity, we reached the target amount last year. All surplus funds this year will go to our Building Fund to help pay our loan.

Pilgrimage to Rome 2025

Fr. Edmund is leading a holy pilgrimage to Rome on November 19-27 this coming Holy Year 2025! Please check it out online at <https://gateway.gocollette.com/link/1241218>. For more details, contact Fr. Edmund at efvargas@shaw.ca or (403) 874-2015.



Society of Saint Vincent de Paul

NEED ASSISTANCE? Contact SSVP@saintmichael.ca or phone 403-249-0423, ext. 122. 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: contact SSVP@saintmichael.ca.



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](#)



Have a Blessed Lenten Season!

Week-at-a-Glance: (Sat. Mar. 15- Sun. Mar. 23, 2025):**Saturday 15:**

God Squad: Narthex, 8:00am-4:00pm

Face-to-Face Youth Night with Pizza Gr. 6-8: 6:30-8:30pm

Sunday 16:

Coffee Connection: After 9:00am and 11:00am Mass

Altar Server Training: Sanctuary, 12:00-2:00pm

Share Sunday: SSVF collecting food

Monday 17:

No events

Tuesday 18:

Rosary Group: Day Chapel, 6:30pm

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

Wednesday 19:

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

Coffee Connection: After 9am Mass

Women's Ministry: St. Nicholas Room & Theater, 9:30am

Thursday 20:

Knitting Ministry: Library, 10:00am-12:00pm

Knights of Columbus Meeting: Theater, 7:00pm

Friday 21:

Mass for Lent: Sanctuary, 6:00pm

Stations of the Cross: Sanctuary, 6:30-7:00pm

Fish Friday with Knights of Columbus: 7:00-9:00pm

Saturday 22:

Baptism Prep: St. Nicholas Room, 9:00-12:00pm

Sunday 23:

Coffee Connection: After 9:00am and 11:00am Mass

Gifts to the Parish

	December 2024	January 2025	February 2025
General Collections			
Collections	\$215,611	\$107,778	\$81,129
Other Income	\$52,803	\$11,865	\$29,904
Operating Costs	\$139,917	\$118,929	\$126,188
Surplus (Shortfall)	\$128,497	\$714	(\$15,155)
Central Fund Loan (Mortgage)			
Building Fund Collections	\$131,594	\$112,737	\$12,382
Current Loan Balance	\$3,373,171	\$3,349,592	\$3,324,682
Diocesan Annual Campaign			
Together in Action Year-to-Date	\$121,243	\$49,900	\$52,238
% TIA Goal \$121,243.00	100%	41%	43.1%
Society St. Vincent de Paul (monthly)	\$4,868	\$8,462	\$1,103
Christmas Hamper (before expenses)	\$67,255		

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 15:**

5 pm: Quintero Family † (Fr. Kelvin)

Sunday, March 16:

9 am: Intentions of Rosemary Pangilinan (Fr. Edmund)

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

5 pm: Brent Mainwood † (Fr. Kelvin)

Tuesday, March 18:

6 pm: Gilberto Gudino † (Fr. Kelvin)

Wednesday, March 19:

9 am: Intentions of Joan Gauthier (Fr. Kelvin)

Thursday, March 20:

9 am: Intentions of Mary Amaniampong (Fr. Edmund)

Friday, March 21:

9 am: Conrad Aben † (Fr. Edmund)

6 pm: Fe Oriel † (Fr. Kelvin)

Saturday, March 22:

5 pm: Joe & Maria Tallerico † (Fr. Kelvin)

Sunday, March 23:

9 am: Intentions of Delphine Beischel (Fr. Edmund)

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

5 pm: James Armand Martin † (Fr. Kelvin)

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

Cyril Boudreau, Frank Swacha, Stew Perram, Maurice Claerhout, Fr. Jim Bleackley, Clinton Walsh, Elizabeth Slade, Ally Robertson, Scot C. Smith, Rina VandeGeer, Sylvester Joseph

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**.