



Saint Michael Catholic Community



800 85 Street SW | 403-249-0423 | info@saintmichael.ca | March 3, 2024

3rd Sunday of Lent

The Theology of Anger

When Jesus cracked the whip in the temple, He did not exceed His authority for His hands were the hands of God's Anointed. As such, He was above human laws. When asked for a sign to justify His action, He pointed to His resurrection to come. By His resurrection, He would prove Himself as Lord of all creation.

Anger is an emotion not easily understood. *Feeling angry* can be perceived as a weakness, even a sin. In many cultures, the ideal is to keep one's cool and maintain one's serenity. Isn't anger listed as one of the deadly sins?

Yet, Jesus was often angry. We must conclude then that, in itself, anger is not a sin. It is a God-given human passion meant to resist, among others, threats and dangers, evil and injustice under any form. If it happens without going beyond the limits of justice and charity, it is *just anger*, as was the anger of Jesus. Jesus does not use His improvised whip against persons, but only a crop to shoo away the animals. He achieves the very difficult balance of being nonviolently angry. In this respect, as in all others, He remains our model.

As St. Paul writes: "*If you are angry, let it be without sin.*" (Ephesians 4: 26) We can be angry without sin, if we know how to express our anger and at what objects it should be directed. We can even say that we must be angry at times. We must be angry at the attack against the weak and defenseless including the unborn, racism, political corruption, and many other heinous crimes against humanity. Not to be angry at such outrages is not Christian forbearance, but unchristian spinelessness.

Let us examine and reflect on our sense of anger. Do we understand that anger can be the just and appropriate response to a given situation? Are we angry at *sin itself* and its harmful consequences or are we angry at *persons* who deserve our love and respect? How do we express our anger *constructively or nonviolently*? fredmund@saintmichael.ca

Healing Lines

March 8 is International Women's Day. Women in every country, often divided by ethnic, linguistic, cultural, economic, and political differences, come together to celebrate this important date that represents equality, justice, peace, and development. This year's theme is *Inspire Inclusion*. We inspire others to understand and value women's inclusion for a better world. When women are inspired to be included, there's a sense of belonging, relevance, and empowerment. Collectively, let's forge a more inclusive world for women. Let us find ways to make the women in our lives count equally in all ways, recognizing that they too are the way-showers for others to find Christ.

Mass Schedule for this Weekend

Saturday, March 2 at 5pm: Fr. Jose Bustalino
Sunday, March 3 at 8:30am: Morning Prayer with Fr. Edmund Vargas
Sunday, March 3 at 9am: Fr. Edmund Vargas
Sunday, March 3 at 11am: Fr. Edmund Vargas
Sunday, March 3 at 5pm: Fr. Kevin Chukwurah with Dc. Randy Assisting



Lent Schedule

Lent Fridays: Feb. 16 - Mar. 22 | Mass 6:00pm | Stations of the Cross 6:30pm
Fish Friday: Mar. 8 | Fish Supper 7:00pm
Holy Thursday: Thursday, March 28 | Mass 7:00pm | Adoration 8:00pm - 12:00am
Good Friday: Friday, March 29 | Services 12:00pm and 3:00pm
Easter Vigil: Saturday, March 30 | Mass 9:00pm
Easter Sunday: Sunday, March 31 | Mass 9:00am, 11:00am, 5:00pm

Glad to have you here!

We welcome new parishioners and visitors. We'd love to see you again! Please register at the Parish Office, or online at saintmichael.ca

Connect with us

Follow us on social media at [@saintmichael.ca](https://www.instagram.com/saintmichael.ca)

Also, join Flocknote by texting **SMCYC** to **514-900-0130** or by visiting flocknote.com/smcyc



Church Schedule

Subject to change

Weekday & Weekend Masses:

Tuesday: 6 pm
Wednesday to Friday: 9 am
Saturday: 5 pm
Sunday: 9 am, 11 am & 5 pm

Sunday 11 am live-stream
at saintmichael.ca/Mass or on Facebook Live

Reconciliation:

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

Eucharistic Adoration:

Friday: 9:30am to 10:30am

Office Hours:

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

Home & Hospital Visits

If you or someone you know is sick, cannot make it to Mass, and needs Anointing of the Sick and/or Holy Communion, we can arrange to have one of our priests visit them. Please call the Parish Office at **403-249-0423** to schedule a visit.

**Diocese of Calgary 24-hour emergency
Priest paging hotline: 403-231-9505.**

~~~ Lenten Insights ~~~

Lenten Insights (1): <https://saintmichael.ca/bulletin-3rd-sunday-of-lent-3/>

Lenten Insights (2): <https://saintmichael.ca/bulletin-3rd-sunday-of-lent-3/>

Lenten Insights (3): *Why Incense at Mass?* "Let my prayer be counted as incense before thee, and the lifting up of my hands as an evening sacrifice!" (Psalm 141:2) Frankincense was one of the precious gifts brought by the Three Kings to the Baby Jesus, a sign of His function as priest in addition to His two other functions as prophet and king. In his apocalyptic visions of heaven, St. John mentions incense being used at God's heavenly throne. (Revelation 5:6-8) When we see incense at Mass, it reminds us of heaven, that our worship of God in the liturgy is divine in origin, that our prayer rises to God like the smoke from the censer, purifying our worship of Him, and allowing the Holy Spirit to work in us. Incense adds solemnity, mystery and transcendence to the Mass which literally links heaven with earth, allowing us to enter into the presence of God. The Mass transcends space and time, while the use of incense helps the worshiper to enter into this eternal reality through the use of the external senses. That is why incense, fragrant to the senses and visually compelling for the mind and heart, is such a powerful liturgical gift.

Why bells at Mass? Although it is not a required practice, bells are rung during the consecration to draw attention to the precise moment when transubstantiation, the conversion of the bread and wine into the body and blood of Christ, takes place. The bell are rung, once or three times, immediately after the consecration of the bread and of the wine. In some parishes, the large bells of the church are also rung. This homage to medieval practice serves as a stirring witness to the Church's faith in the Real Presence, as the sound of the church bells resonates through the city streets, inviting all to observe a moment of prayerful gratitude to Christ for making Himself present to us in the Holy Eucharist.

Events and Announcements

Morning Prayer from the Liturgy of the Hours | Starting Sunday, February 18, 2024 | Sanctuary | 8:30am

Every Sunday morning, starting on Sunday, February 18, we invite you to join us for Morning Prayer from the Liturgy of the Hours at 8:30 am, just before the 9:00am Mass, in the Sanctuary. You may visit ebreviary.com to follow along for the prayers. All are most welcome to attend!

2023 Tax Receipts

2023 tax receipts have been mailed. If you have not received your receipt, please check with the office.

Handling Panhandling at SMCC and Other Places

What do we do? Respectfully acknowledge the person asking for money and politely say "no". Panhandling is illegal (Calgary by-law 3M99). Panhandlers may not be homeless or may panhandle as part of a larger syndicated operation. Our local Society of St. Vincent de Paul also distributes groceries to needy families in the area throughout the year. Or you may contact one of the city's social agencies that help, including the Drop-in Centre (263-6217), Mustard Seed Street Ministry (269-1319), Salvation Army (410-1111), CUPS (221-8781), Alpha House (234-7388), and EXIT (262-9953). Let us help our Church and other organizations help street people help themselves and rediscover their sense of human dignity and respect. If you see a panhandler in need or trouble, or if you have encountered an aggressive panhandler, you may call the Panhandling Outreach Worker (221-8788) or the Police (403-266-1234).

Pastoral Renewal Team

The Pastoral Renewal Team for our parish, after due consultation and prayerful reflection, is now constituted by the following community members: Karen Bout, Scott Dixon, Christian Estrella, Michael Fitzsimmons, Sarah Ibrahim, Sean Thomas Kelly, Julie Sisenda, and Margaret Tapuska. Our parish team will lead our community in our efforts towards pastoral renewal. We request that we all pray and offer sacrifice for the intention of our eight-member team that they will be guided by the promptings of the Spirit for the renewal of the face of the earth.

Elements of the Catholic Mass Series | March 2 & 3, 2024 | Before All Masses

Purpose of the Mass: In the Catholic Mass, the goal of our worship is quite clearly directed at the praise of God and the sanctification of the world. To find out more go to Purpose of the Mass: <https://watch.formed.org/the-elements-of-the-catholic-mass/season:1/videos/the-purpose-of-the-mass>

Fish Friday | Friday, March 8, 2024 | Narthex | 7:00pm

The Knights of Columbus will host a dinner event in the Church gathering area after Lenten Friday 6.00 pm Mass, 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 for March 8, please go to https://docs.google.com/forms/d/1oKHnZRhgZZVxQ-7Nd0UeDF6LBoV-_cdPRhJZHkd3HqQ/edit.

40 Days for Life | Friday, March 8 and Friday, March 22, 2024 | Kensington Abortuary

St. Michael's Parish has been assigned to pray at the Kensington Abortuary for the 40 Days for Life on Friday, March 8 and Friday, March 22nd. Those interested can sign up online at <https://www.40daysforlife.com/en/calgary>.

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Christians of the Holyland Display and Sale | Saturday, March 9 and Sunday March 10, 2024 | Mezzanine | After All Masses

A wonderful display will be available for sale after all weekend masses (closed during Mass). All the goods come from the Holyland, and more specifically, hand carved by local Catholics there. This is a great way to support the tiny Catholic community residing in Bethlehem.

Presentation: Pilgrimage to Fatima and Lourdes with Barcelona | Tuesday, March 12, 2024 | Day Chapel | 7:15pm

Fr. Edmund Vargas will lead a Pilgrimage to Fatima and Lourdes with Barcelona on November 3-12, 2024. A presentation will be held on Tuesday, March 12 at 7:15pm in St. Mary's Day Chapel. Everyone is welcome. If you are interested in joining, please see the details and itinerary in the link: <https://gateway.gocollette.com/link/1218566>

Collection Baskets are back this Easter...

Those interested to volunteer for this undertaking, please contact the office. After all March 16-17 weekend Masses, the Finance Council will report on our finances and after which, members will also be available for queries and clarifications. "Wealthy" in capital assets with a loan to amortize, more cash can help us to keep up with our growing expenses and needs. A big church requires considerable payroll, repairs, and maintenance. For the past few years, we have not reached our Together-in-Action (TIA) goal which means that our General Fund covers the shortfall. We also share our contributions with SSVF, Christmas Hampers, Partnership of Hope (Refugee Program), and other charities.

Events and Announcements

St. Michael Catholic Community Pastoral Council

We hope that you are having a holy and blessed Lent, in preparation for Easter. We worked our way through a full agenda at our meeting on Tuesday, February 27. Highlights include: * A presentation by the Chairperson of the Finance Committee. A parish-wide presentation will be made at all Masses March 16 & 17.

* Re-introduction of collection baskets at Easter Masses. Volunteers will be needed. * Divine Mercy Celebration on Sunday, April 7, from 2-3 pm, with a reception to follow. More details to be provided. / The meeting in March is cancelled as it falls in Holy Week. Our next meeting will be on April 16. 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: <https://saintmichael.ca/pastoral-council-meeting-minutes-january-23-2024/>

2024 Youth Rally "Impact Nights" | March 16 | April 19 | June 14 | Sanctuary | 7:00-9:00pm

Youth Rally "Impact Nights" at St. Michael's Church are scheduled on the following nights from 7:00-9:00pm: | Saturday, March 16 | Friday, April 19 | and Friday, June 14. | The Youth Nights are coordinated through Michael Chiasson of Access 52. They are an expanded version of our recent Youth Gatherings. An evening of music and inspiration with Joe Melendrez is scheduled for Saturday, March 16, 2024 at 7:00pm for youth in Grades 7-12. Please sign up using the QR Code on the side. It is a free event, with free will offerings graciously accepted.



Knights of Columbus Monthly Meeting | Thursday, March 21, 2024 | St. Michael's Room | 7:00pm

The Knights of Columbus Monthly Meeting has been moved from Monday, March 18 to Thursday, March 22 in the St. Michael's Room at 7:00pm.

Parish Wide Reconciliation Night | Thursday, March 21, 2024 | Reconciliation Rooms and Surrounding Rooms | 7:00pm

There will be a number of priests available to hear confessions prior to Holy Week.

Lectio Divina Workshops: Encounter Christ the Living Word | Wednesday, April 10 and Wednesday, April 17 | Day Chapel | 7:30pm

The Seeds of the Word Community is glad to participate in the Pastoral Renewal by providing the Lectio Divina Workshops: *'Praying with the Word of God: Encounter Christ the Living Word'* for the Parishes of the Diocese of Calgary. Two workshops will be offered at St. Michael's on Wednesday, April 10 and Wednesday, April 17 at 7:30pm in the Day Chapel. You only need to attend one session as both sessions are the same. All are welcome! If you are interested in attending, please register at <https://forms.gle/y1z5ixLpthjMk6Gg7>

40 Hour of Adoration for Vocations | Friday, April 19, 4:40pm to Sunday, April 21, 8:30am

The diocesan 40-hour of Adoration for Vocations is scheduled for St. Michael's Church on Friday, April 19, 4:30pm to Sunday, April 21, 8:30am. A Vocations Rally follows in the afternoon.

Society of Saint Vincent de Paul

Special thanks to all St. Michael parishioners for supporting the Society of St. Vincent de Paul! If you have lost your job, please contact us for food support. **WE ARE LOOKING FOR NEW MEMBERS.** If you are interested, contact us by email SSVP@saintmichael.ca or phone 403-249-0423, ext. 122. **DONATIONS OF NON-PERISHABLE FOOD ITEMS** can be dropped off in the SSVP Food Chest in the church Gathering Area or you can arrange for a pick-up, by emailing us at SSVP@saintmichael.ca. Currently we are looking for: syrup, canned ham, canned chili or stew, Hamburger Helper, shampoo, and conditioner. **MONETARY DONATIONS** can be deposited in the drop-box in the Food Chest or by online donations through the Parish website: <https://saintmichael.ca/giving/>. Please indicate funds are for the Society of St. Vincent de Paul in the drop-down menu. If you or anyone you know needs assistance, please contact us by email SSVP@saintmichael.ca or phone 403-249-0423, ext. 122.



March Regular Events:

Sundays | Coffee Sundays | Narthex | After 9:00am & 11:00am Masses
Mondays | Bible Study: Lectio Eucharist | St. Nicholas Room | 7:00-9:00pm
Tuesdays | Rosary Group | Day Chapel | 6:30-7:00pm
Tuesdays | Grief Share | Rooms 143 and 144 | 7:00-9:00pm
Tuesdays | RCIA | St. Nicholas Room | 7:00-9:00pm
Wednesdays | TMIY | Day Chapel | 6:00am
Wednesdays | Bible Study: Wild Goose | 10:00am-12:00pm | St. Nicholas Room | or Zoom 7:00-9:00pm
Thursdays | Coffee Thursdays | Narthex | After 9:00am Mass
Thursdays | Moms & Tots | St. Nicholas Room | 9:30-11:30am
Thursdays | Knitting Ministry | Library | 10:00am-12:00pm

March 2024:

March 6 | Sacrament for Teens Session 4 | Library | 7:00pm
March 8 | Fish Friday | Narthex | 7:00pm
March 8 | 40 Days for Life | Kensington Abortuary
March 9 | Baptism Prep | St. Nicholas Room | 9:00am
March 9 and 10 | Christians of the Holy Land Display and Sale | Mezzanine | After All Masses | Closed During Mass
March 12 | CWL General Meeting | St. Michael's Room | 6:30pm
March 12 | Grief Share: Last Session | Rooms 143 and 144 | 7:00pm
March 12 | Presentation: Pilgrimage to Fatima and Lourdes with Barcelona | Day Chapel | 7:15pm
March 14 | First Communion Session 2 | Various Rooms | 6:00pm
March 15 | Daily Mass | Moved to the Day Chapel | 9:00am
March 15 | Confirmation Session 4 | Various Rooms | 7:00pm
March 16 | Youth Rally Impact Night | Grades 7-12 | Guest: Joe Melendrez | Sanctuary | 7:00pm
March 18 | Bible Study Lectio Eucharist: Last Session | St. Nicholas Room | 7:00pm
March 20 | Sacrament for Teens Session 5 | Library | 7:00pm
March 21 | Parish Wide Reconciliation Night | Reconciliation Rooms and Surrounding Rooms | 7:00pm
March 21 | Knights of Columbus Monthly Meeting | St. Michael's Room | 7:00pm
March 22 | 40 Days for Life | Kensington Abortuary
March 23 | Sacrament for Teens | Pizza Party and Retreat, St. Nicholas Room, 12:00pm | Reconciliation, Reconciliation Rooms, 3:00pm
March 24 | Cancelled: Altar Server Training
March 26 | Cancelled: SSVP Monthly Meeting
March 28 | Holy Thursday | No Daily Mass at 9:00am | Sanctuary Mass at 7:00pm | Day Chapel Adoration 8:00pm
March 29 | Good Friday | Services at 12:00pm and 3:00pm
March 30 | RCIA Retreat | Day Chapel and St. Nicholas Room | 8:00am
March 30 | Easter Vigil | Sanctuary | 9:00pm
March 31 | Easter Sunday | Mass at 9:00am, 11:00am, 5:00pm

Eternal Springs Columbarium

The Columbarium at St. Michael's offers a consecrated and sacred space where the cremated remains of departed loved ones rest in perpetuity. For pricing or more information, please email columbarium@saintmichael.ca.

Pray For Our Seminarians:

Peter An, Andre Boudreau, Joshua Capicio, Bennet Chacko, Jonathan Dobek, Samuel Ejeregebe, Evin George, Solomon Ip, Jeffrell Painaga, Antonio Pasqualotto, Mikhel Sari, Benjamin Taylor, Joshua Walter

Please Pray For:

Mara Neely	Helen Gal	Pietro Jr. Duri
Alessandro Bonvicini	Demy Navarro	Aaron Armstrong
Jojo Deleon	Bill Dingman	Rina VandeGeer
Rosa Duri	Joey Stevenson	Bert Saunders
Elizabeth Chandless	Kathy Salzl	Cecile Manning

For the Souls of:

Deborah Zupan Teresita Maturino Rosa Rino Sr.

Sexual Abuse in the Church

Many suffer in silence. Perhaps you are affected by the news of sexual abuse of minors in the Church; perhaps you are a sexual abuse survivor or a relative of a friend of someone who was abused; perhaps you know about an abuse; perhaps you have sexually abused someone. Break the cycle of silence: you can choose to talk about it. 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**.

E-Transfer:

You can now donate using e-transfer service. Sign in to your own banking institution and e-transfer the amount to: isupport@saintmichael.ca.

Text to Donate:

Don't carry cash? You can now use text messaging to donate any amount to St. Michael's. To set up your account, text *give* to **833-768-0514** and follow the prompt. Once you're in, text any amount to the same number - anytime.

Gifts to the Parish

	October	November	December
<u>General Collections</u>			
Collections	\$97,285	\$89,909	\$148,442
Other Income	\$29,506	\$58,358	\$57,002
Operating Costs	\$164,849	\$135,449	\$119,954
Surplus (shortfall) YTD Optg Costs	(\$38,058)	\$12,819	\$85,491
<u>Central Fund Loan (Mortgage)</u>			
Building Fund Collections	\$13,724	\$18,512	\$129,611
<u>Current Loan Balance</u>	\$3,698,763	\$3,675,809	\$3,653,177
<u>Diocesan Annual Campaign</u>			
Together in Action YTD	\$55,760	\$62,408	\$74,471
% TIA Goal \$121,243.00	46%	51%	61%
Society St. Vincent de Paul (monthly)	\$3,473	\$6,455	\$25,278

Mass Intentions

Book an intention online at saintmichael.ca

Saturday, March 2

5 pm: Maria Puim †

Sunday, March 3: 3rd Sunday of Lent

9 am: Nicolas Tan †

11 am: For All Parishioners

5 pm: Antonio Vespa †

Tuesday, March 5

6 pm: Terry Cichon †

Wednesday, March 6

9 am: Rene Trudel †

Thursday, March 7

9 am: Jason Hovde †

Friday, March 8

9 am: John Furtado †

6 pm: Teresita Maturino †

Saturday, March 9

5 pm: Alvaro Fernandez †

Sunday, March 10: 4th Sunday of Lent

9 am: Morris and Mary Gabrush †

11 am: For All Parishioners

5 pm: Deceased Members of Furtado Family †

Contact Us

For General 403-249-0423

Inquiries info@saintmichael.ca

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fredmund@saintmichael.ca

Associate Pastor Fr. Jose Bustalino
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Deacon Dc. Randy Gritter
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Parish Secretary Loreen Morrison
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Admin Assistant Pina Rino
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Sacrament Coordinator Francesca Ambrosino
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Technical Director Kyle De Jaegher
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Music Director Jim Howells
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Volunteer Coordinator Marvin Matthews
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Children's Liturgy Coordinator Caroline Dixon
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Bookkeeper accounting@saintmichael.ca