



Saint Michael Catholic Community

800 85th Street SW
Calgary, Alberta
T3H 4C7

March 9, 2025: 1st 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

The Inward Journey

The Lenten season is an opportunity to take that inward journey into ourselves. As we pray, abstain, fast, or perform acts of charity, we wrestle with the truth about ourselves, trying to ward off the temptations of this world. The temptations of Satan on Jesus in the desert thrive in us as we continue to succumb to our illusions and evade the issues of personal integrity.

To withdraw into the desert is the description of our journey into our inner space. *"To withdraw into the desert is for the Christian tantamount to associate oneself more intimately with Christ's passion, and it enables us in a very special way to share in the Paschal Mystery and in the passage of our Lord from this world to the heavenly homeland". (St Paul VI)*

Our journey into the desert requires us to lay bare our soul before God, devoid of any pretense, simulation, or denial. This journey brings us into confrontation between the reality of our human weakness and God's power and mercy, between our very self and God's own goodness.

In the light of today's Gospel, let us examine specific areas of our spiritual life where temptations thrive. What would we consider our greatest temptation right now? How do we react to it? Do we pray for God's help when it comes? Do we seek a healthy diversion that will help us ignore it? How can others help? Do we make of each temptation a means of getting closer to God? Do we see temptations as an opportunity to choose God once more? Temptations are said to be like storms of the soul. Sooner or later they come to an end. And if we have fought them well, we emerge from them stronger, better, happier.

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:

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Healing Lines



Just as Jesus was tempted by the devil, we are often tempted to stray from His path. Sometimes it seems easier to not reach out to those who are being abused or bullied. We tell ourselves that others will help or that we shouldn't interfere with someone else's family. Other times we are tempted to become aggressive or abusive when we deal with family members. We feel we are justified in responding this way to them. We always need to work to resist the temptations that will lead us away from Jesus.



Ash Wednesday & Good Friday Fasting Guidelines

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 Consecration to Jesus in the Eucharist

DAY 6 DEFINING SPIRITUAL MOMENTS

"The spiritual life is made up of seasons, and even in the darkest moments it is important to remind ourselves that spring will come again." Please read Day 6 in your *33 Days to Eucharistic Glory* book. Here is a reflection by Fr. Jonathan Meyer: [Day 6 Embrace Your Season](#) Any questions or comments click on this link: <https://forms.gle/XSxAXUPWACLHbdBr7>

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>

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 x 126 or FAmbrosino@saintmichael.ca

Parish Renewal

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

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

Food lists and donation envelopes will be distributed after all Masses on March 8 & 9. Please bring food and donations on March 15 & 16. **New:** You can now "Tap to Give" a donation to help us serve those in need.

CWL General Meeting



The St. Michael's CWL General Meeting will be held on Tuesday, March 11, 2025 at 7:00pm (following Mass and Rosary) in St. Michael's Room. Business meeting with welcome to new members and fellowship to follow. All members and visitors are welcome to attend.

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 duration.

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

2025 Contribution Envelopes



If you haven't picked up next year's 2025 contribution envelopes they are available for pickup in the office.

Art Walk 2025

March 8 and 9, 2025: Parishioners' Paintings and Photography works are on display upstairs in the Mezzanine between each Mass starting Saturday 4:00pm until 10-15 minutes before Mass, and continuing after Mass until Sunday closing at 7:30pm. Everyone is invited to come and enjoy the display.



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. "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



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>



Potluck Sunday

The next Potluck Sunday for St. Michael Community will be on April 6, 2025 at 6:00pm. This is a free event. Please bring a main dish, bread, salad, pickles, vegetable tray, or dessert ready to serve. Upcoming potlucks are: May 4 and June 1.



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.



Week-at-a-Glance

Sat. Mar. 8 - Sun. Mar.16, 2025:



Saturday 8:

- Art Walk: Mezzanine, 6-7:30pm (closed during Mass)

Sunday 9:

- Coffee Connection: After 9am and 11am Mass
- Art Walk: Mezzanine, 10am-7:30pm (closed during Mass)
- SSVP handing out food lists for Share Sunday on Mar. 16

Monday 10:

- No events

Tuesday 11:

- Rosary Group: Day Chapel, 6:30pm
- RCIA: St. Nicholas Room, 7:00-9:00pm
- CWL Monthly Meeting: St. Michael's Room, 5:30pm

Wednesday 12:

- Men's Ministry: Theatre, 6:00-7:30am
- Coffee Connection: After 9am Mass
- Women's Ministry: St. Nicholas Room & Theater, 9:30am

Thursday 13:

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

Friday 14:

- Mass for Lent: Sanctuary, 6:00pm
- Stations of the Cross: Cancelled
- God Squad: Sanctuary, 7:00-9:00pm

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:

- Altar Server Training: Sanctuary, 12-2pm

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](#)

Mass Intentions:

*If you would like to book a Mass Intention, please visit the office.
Mass Intentions are not final and can be moved to
accommodate urgent pastoral needs.*

Saturday, March 8:

5 pm: Maria Tallerico † (Fr. Janick Caouette)

Sunday, March 9:

9 am: Maria Lozada † (Fr. Kelvin)

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

5 pm: Bill Reinwart Jr. † (Fr. Kelvin)

Tuesday, March 11:

6 pm: Marra Family † (Fr. Edmund)

Wednesday, March 12:

9 am: Lorenza Lanto † (Fr. Edmund)

Thursday, March 13:

9 am: Pam Sullivan † (Fr. Kelvin)

Friday, March 14:

9 am: Aranguren Family † (Fr. Kelvin)

6 pm: Katica Valjan † (Fr. Edmund)

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)

Gifts to the Parish

	December 2024	January 2025	February 2025
<u>General Collections</u>			
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)
<u>Central Fund Loan (Mortgage)</u>			
Building Fund Collections	\$131,594	\$112,737	\$12,382
<u>Current Loan Balance</u>	\$3,373,171	\$3,349,592	\$3,324,682
<u>Diocesan Annual Campaign</u>			
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		

Please Pray For:

*If you would like to request a prayer for a loved one,
please email the office with your request,
noting consent.*

Pietro Duri Jr., Peitro Duri Sr., Rosa Duri, Talia Duri,
Nenite Mirales, Helen Gal, Pat Burchnall, Anne Arendt,
Cyril Boudreau, Frank Swacha, Stew Perram,
Maurice Claerhout, Fr. Jim Bleackley, Clinton Walsh,
Elizabeth Slade, Ally Robertson, Scot C. Smith,
Rina VandeGeer

For the Souls Of:

Gioia Ceccarini Giovanni Laratta
Duncan Smith Arne Berg

Funeral:

Arne Berg: Tues. Mar. 11, 2025, 10:00am, Sanctuary

Pray For Our Seminarians:

Please pray for vocations in our Diocese.

Eternal Springs Columbarium:

The Columbarium at St. Michael's offers a consecrated
and sacred space where the cremated remains of de-
parted loved ones rest in perpetuity.

For pricing or more information,
please email columbarium@saintmichael.ca.

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.

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**.