



Saint Michael Catholic Community

800 85th Street SW
Calgary, Alberta
T3H 4C7

February 22, 2026: 1st Sunday of Lent

Approaching the Paschal Mystery...

It is said that we make a living with what we get but we make a life with what we give. In Christian life, we live by dying to ourselves. We receive by giving.

The liturgy invites us to come forth from our spiritual grave to the overflowing grace of God's liberating love through our own imitation of Christ's suffering, death, and resurrection. In our own faith journey, this means that we have to be more self-giving and self-sacrificing in our relationship with one another in imitation of Christ's self-giving sacrifice on the cross if we expect to join him in our own resurrection.

The Paschal Mystery is the mystery involving the suffering, death, and resurrection of the Lord. The term "paschal" has Old Testament significance. It is related to the Jewish idea of sacrifice which is the predecessor of the Sacrifice of the Mass. "Paschal" refers to the lamb that is offered as a burnt sacrifice for the reparation of sins. Christ is the "Lamb of God", the New Testament sacrifice that has replaced all sacrifices.

In the Old Testament, the priest is distinct from the sacrifice. The priest offers the sacrifice. In the New Testament, the priest becomes the sacrifice at the same time. With Christ, priest and sacrifice become identical. The idea of sacrificial giving is important in approaching the Paschal Mystery. It is essential to understanding the core of Christian spirituality. This is to say that Christ's death on Calvary is central to the understanding of God's reality. It demonstrates in an experiential and human way the depth of God's life and love.

The Eucharist embodies the main operating principle of the Paschal Mystery, the mystery of life by dying. May our spiritual discipline help us in approaching the Paschal Mystery with the right disposition of body, mind, and spirit.

Fr. Edmund, fredmund@saintmichael.ca

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.

Welcome Our New Associate Pastor

Fr. Andrew Obinyan is a priest of the Archdiocese of Benin City, Edo State, Nigeria, who served as Pastor in six parishes between 1998 and 2025. His assignments have included Chaplain of the Catholic Renewal (2006–2014), Chaplain to the Nigeria Federation of Catholic Students (2014–2024), and Member of the Curia and Vicar of Evangelization and the Biblical Apostolate Commission. He holds a B.A. in Philosophy, a Bachelor of Theology, a Master's in Pastoral Theology, and a PhD in Religious Studies. Fr. Obinyan is a willing instrument of Christ's healing grace through the power of the Holy Spirit; he is deeply pastoral and generously gives of himself for the glory of God and the spiritual benefit of God's holy people.

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.

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.

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 \$121,000, 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.

SSVP Almsgiving Share Sunday

Please support the SSVP Almsgiving Share Sunday Food Drive for families in need. Pick up food lists and donation envelopes after Mass on February 21 and 22, and return food and donations on February 28 and March 1. Thank you for your generous support!



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](#)

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](#)



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



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 March 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.



Family Adoration

An hour of Family Adoration of the exposed Blessed Sacrament will take place on Saturday, March 7 from 10:00-11:00am in the Sanctuary. All families are invited to come and adore Jesus in an atmosphere of welcome and openness to the lively spirit that children bring. Jesus said, *"Let the little children come!"*



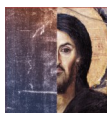
Seeds of the Word

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.



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 sign up with the following link: https://docs.google.com/forms/d/e/1FAIpQLSeCc40JuCa9YSUYcm0GI1wKGZlONOV8JgtDEF_j6la00xF13w/viewform?usp=sharing&oid=104090574354753911203



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 gдох@saintmichael.ca to begin/continue the "parish volunteer engagement process" A.S.A.P.



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 information please contact artwalk@saintmichael.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!



2025 Tax Receipts

The 2025 tax receipts will be available for pick up from February 14 to February 22, 2026. They will be arranged alphabetically on a table in front of the main washrooms. After that date, the remaining tax receipts will be mailed.



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.



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) 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'.



2) 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.)



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!



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.



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. Feb. 21 - Sun. Mar. 1, 2026):**Lent and Easter Fundraiser Open:**St. Michael Catholic Community Spring 2026 – Fund Forward**Saturday, February 21:**

Red Sand Ceremony: Outside Main Doors, after all weekend Masses

Sunday, February 22:

Red Sand Ceremony: Outside Main Doors, after all weekend Masses

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

Monday, February 23:

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

Tuesday, February 24:

Rosary Group: Day Chapel, 5:20pm

Grief Share: Room 143 & 144, 7:00pm

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

SSVP Meeting: Room 145, 7:00pm

Wednesday, February 25:

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 26:

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

Knitting Ministry: Library, 10:00am

IWIN Movie "Buying Her": Sanctuary, 7:00pm

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

Friday, February 27 (Lenten Friday):

Lenten Mass: Sanctuary, 6pm

Stations of the Cross: Sanctuary, 6:30pm

Saturday, February 28:

No event.

Sunday, March 1:

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

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, February 21:**

5 pm: Francisco Rizalde Villablanca †

(Fr. Edmund Celebrant, Fr. Obinyan Concelebrant)

Sunday, February 22:

All Masses: (Fr. Edmund Celebrant, Fr. Obinyan Concelebrant)

9 am: Ryan Gerard Smith †

11 am: For the People of God at St. Michael

5 pm: Rosa Rino Sr. †

Tuesday, February 24:

6 pm: Daryl Thomas † (Fr. Edmund)

Wednesday, February 25:

9 am: Nora Briceño † (Fr. Obinyan)

Thursday, February 26:

9 am: Intentions Vos Family (Fr. Edmund)

Friday, February 27:

9 am: Ryan Summers † (Fr. Edmund)

6pm: Julian Austria † (Fr. Obinyan)

Saturday, February 28:

5 pm: John Rodrigues † (Fr. Obinyan)

Sunday, March 1:

9 am: Melvin Kaskiw † (Fr. Obinyan)

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

5 pm: Roderick & Marjorie Morrison † (Fr. Edmund)

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

Pamela Chaput, Malaya Rosales, Julie Parinas, Peigi's Family, Roberto Cantillo, Brian Dourley, Duri Family, Elizabeth Slade, Ann O'Brien, Melchor Diolata, Ania Georges, Chris Mudry, Alice Flamand, Hendrik Heerema, Mary O'Regan.

For the Souls Of:

Librada Brul

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

	November 2025	December 2025	January 2026
<u>General Collections</u>			
Collections	\$110,762	\$182,278	\$83,939
Other Income	\$55,883	\$90,416	\$38,679
Operating Costs	\$148,286	\$158,305	\$114,988
Surplus (Shortfall)	\$18,359	\$114,389	\$7,630
<u>Central Fund Loan (Mortgage)</u>			
Building Fund Collections	\$17,813	\$163,739	\$15,600
<u>Current Loan Balance</u>	\$3,105,917	\$3,081,350	\$3,056,783
<u>Diocesan Annual Campaign</u>			
Together in Action Year-to-Date	\$97,769	\$138,874	\$2,226
% TIA (Goal for 2025: \$121,243)	80%	114% Surplus goes towards 2026 Campaign	1%
Society St. Vincent de Paul (monthly)	\$0	\$0	\$1243