



Saint Michael Catholic Community

800 85th Street SW
Calgary, Alberta
T3H 4C7

March 1, 2026: 2nd Sunday of Lent

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. The illumination of this 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.

The transfiguration was one of those moments when Jesus took time out of his hectic ministry to go to a deserted place or a mountain to assess his relationship with His Father. It was one of those breaks that proved to be a time for renewal of commitment to His Father to love and to serve. It was one of his times of prayer: to listen to God's will in his life and to resolve to give rather than receive.

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 graced-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 one another.

Fr. Edmund, fredmund@saintmichael.ca

Healing Lines



As we reflect on Christ's Transfiguration this weekend, we ask ourselves how we can be transfigured or transformed into Christ's life of self-giving and self-sacrificing. Let's pray and work for our spiritual transformation into Christ...

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 fam-brosino@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!"*



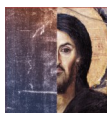
Seeds of the Word

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 Please [click here](#) and select "Lenten Mission 2026" in the fund list to donate.



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 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



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 have been 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 joandvorak@telus.net. Thank you for your co-operation.

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.



IWIN

IWIN (I'm Worth It Now), a Catholic Women's League initiative is raising awareness about human trafficking - an atrocity that is occurring right here in Canada. The red sand in the sidewalk cracks outside the church serve as a reminder that we cannot merely walk over the vulnerable in our communities - those who "fall through" the metaphoric cracks. The red sand also symbolizes the blood Christ poured out for all His children. In addition to raising awareness, IWIN provides backpacks of basic necessities to survivors of human trafficking who are entering a wrap-around program which provides education and assistance. If you would like to help offset the costs of the backpacks IWIN provides or if you would like to participate in a future IWIN fundraiser, contact us at iwincalgary@gmail.com. Please follow us on social media as every follow/like makes a big difference to grow our community and spread the word. Instagram: [@iwin_initiative](https://www.instagram.com/iwin_initiative) Facebook: [@iwincalgary](https://www.facebook.com/iwincalgary) www.iwininitiative.ca

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. 28 - Sun. Mar. 8, 2026):**Lent and Easter Fundraiser Open:**St. Michael Catholic Community Spring 2026 – Fund Forward**Saturday, February 28:**

No event.

Sunday, March 1:

SSVP Share Sunday: Drop off food items

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

Monday, March 2:

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

Tuesday, March 3:

Rosary Group: Day Chapel, 5:20pm

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

Wednesday, March 4:

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 5:

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 6 (Lenten Friday):

Lenten Mass: Sanctuary, 6pm

Stations of the Cross: Sanctuary, 6:30pm

Fish Friday: Narthex, 7:00pm - 9:00pm

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

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

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 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)

Tuesday, March 3:

6 pm: Melvin Kaskiw † (Fr. Edmund)

Wednesday, March 4:

9 am: Melvin Kaskiw † (Fr. Edmund)

Thursday, March 5:

9 am: Melvin Kaskiw † (Fr. Obinyan)

Friday, March 6:

9 am: Melvin Kaskiw † (Fr. Obinyan)

6pm: Benjamin Austria † (Fr. Edmund)

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)

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:

Mary O'Regan, Erin Stevens

Funeral:

Mary O'Regan: Thursday, March 5 at 1:00pm, Sanctuary

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