



Saint Michael Catholic Community

800 85th Street SW
Calgary, Alberta

June 7, 2026: The Solemnity of the Most Holy Body and Blood of Christ (Corpus Christi)

The Eucharist as Real Presence

The Church teaches that in the Sacrament of the Eucharist, *"Our Lord as true God and truly man is present truly, really and substantially under the form of visible things."* The Church teaches that the bread and wine are changed, a change traditionally and appropriately expressed by the word *"transubstantiation"*, so that, while the appearances of bread and wine remain, the reality is the body and blood of Christ.

This is the reason we visit a church, that is, to visit the Blessed Sacrament, the real presence of Christ in the Eucharist. This is the reason we place a sanctuary light near the tabernacle where we repose the Blessed Sacrament. We genuflect as a sign of our respect and adoration of the Person of Christ present in the form of bread reposed in the tabernacle. The real presence of Christ in the Eucharist is the reason for the importance of the exposition of the Blessed Sacrament and the Eucharistic benediction.

As we approach the Eucharistic minister or the priest to receive the sacred species at communion time, the words, *"The Body of Christ!"* is proclaimed before the host is actually given to us for consumption and to which proclamation we respond, *"Amen!"* as our expression of total faith in Christ's presence in the form of the bread.

Our Holy Communion with the one bread transformed into the Body of Jesus Christ embodies our sharing of his immortal spirit in our mortal lives. It signifies our unity in Him. When we eat of this same bread that has become His own flesh, we become what we eat. We are transformed into Christ, becoming His witnesses in our world. Our hands and feet become the hands and feet of Christ in bringing the Good News to our world. Our communion or oneness with Christ as we receive His Body at the Eucharist makes us assimilate His mentality so we are disposed to think, speak, and act like Him. It is for this reason that the Eucharist becomes the center and heart of Christian life, increasing our sense of Christ and our identity as a Christian community.

Fr. Edmund, fredmund@saintmichael.ca

Healing Lines



"Whoever eats my flesh and drinks my blood remains in me and I in him." Let us honor this promise from Jesus by remaining connected to Him as we deal with all aspects of our lives, and look to Him for support and love if we are dealing with abuse in our relationships. He is always there for us. How are we honoring this promise? How are we helping others suffering from abuse? How are we reaching out to keep families safe from abuse?

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

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Gladys Doh gдох@saintmichael.ca

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Columbarium Manager:

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Children's Liturgy Coordinator:

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Technical Director:

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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

Office Closure

The office will be closed on Wednesday, June 24, 2026 for a Pastoral Zone Meeting.



Children's Liturgy

The last day for Children's Liturgy was Sunday, May 24 and will resume Sunday, September 13, 2026.



Coffee Connections

The last Coffee Wednesday will be Wednesday, June 17 and will resume Wednesday, September 9, 2026. The last Coffee Sunday will be Sunday, June 28 and will resume Sunday, September 13, 2026.



St. Michael's Prayer Group (CCCRS Prayer Meeting)

Join us for our weekly prayer meetings featuring praise and worship, bible study, and intercessory prayers. The prayer meetings are on Wednesdays from 7:00-8:00pm in the Day Chapel. *"The expectation of the righteous shall not be cut short."* (Proverbs 23:18). All are welcome. Come and be blessed!



Greece: In the Footsteps of Paul the Apostle (May 25-June 2, 2027)

This is an opportunity to visit the places of St. Paul's ministry. Join Fr. Edmund in this religious pilgrimage as we strive to be missionary disciples. For details, email efvargas@shaw.ca or text 403-874-2015. <https://groups.gocollette.com/en-US/link/1442759>



Healing Mass at St. Michael

Every last Friday of the month, there will be a Healing Mass at 7:00pm at St. Michael Day Chapel. There will be the blessing of water and olive oil, anointing and laying on of hands, as well as prayers for intentions. All parishioners are encouraged to take note and participate. This pastoral initiative is a way of reaching out to those who need healing and bringing them to Christ for healing, comfort, and strength. Thank you, and God bless you all.



Potluck Sunday

The last Potluck Sunday before summer is June 7 and it will then take a break for July and August. This is a free event. Please bring a main dish, bread, salad, pickles, vegetable tray, or dessert to share with others, and bring your food ready to serve. The first Potluck Sunday in the fall will be Sunday, September 13, 2026.



Moms & Tots

Moms and Tots has been a large part of our community for many years. It would not be able to go on without the help of the incredible volunteers that have made it possible. We urgently need hands to help set up before and/or clean up after the group sessions come September. Please reach out to Elise Baranowski at 403-991-4612 for more details.



Multiply the Hope (MTH)

Beloved Faithful: Multiply the Hope is a diocesan initiative of last year's Jubilee Year. With the matching program, the Diocese will match any contributions to the **Multiply the Hope** campaign to be applied against the outstanding St. Michael Central Fund Loan (i.e. mortgage). To accelerate the repayment of the outstanding balance, we would encourage you to consider re-directing any building fund contributions made (either on-line, by text, pre-authorized payment or directly) to **Multiply the Hope** instead. Thank you for your continued generosity. God bless. Fr. Edmund.



Multiply the Hope Campaign:

A Message from the Diocese

Because of your generosity, greater impact is taking place across the diocese.

In Year 1 of the Multiply the Hope Matching Campaign:

- \$4 million matched for parish loans
- \$3 million matched for repairs and maintenance

This means parishes are receiving support in times of need, critical repairs are moving forward, and communities are growing stronger in their life and mission. Multiply the Hope continues through the end of 2027, and even though the initial response has been strong, \$4.9M in matching funds remains available for parishes across the Diocese. Bishop McGrattan has encouraged each parish to take part in this once-in-a-generation initiative by fully embracing the campaign. Learn more: www.catholiccyyc.ca/multiplythehope



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, 243 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.



CWL Book Sale

St. Michael's Catholic Women's League will be holding a sale of gently used books, puzzles, and board games the weekend of October 3 and 4. Please consider donating fiction, non-fiction, children's books, cook books, etc. as long as they are free of explicit content. We ask that you collect items over the summer and we will determine times in September when these items can be dropped off for the sale. Proceeds from this sale will allow St. Michael's Catholic Women's League to continue our commitment to programs at SMCC and provide donations to local charities. Thank you in advance for your generosity and support.



Annual Eucharistic Consecration

For all those who have yet to be Consecrated to Jesus through the Eucharist - we welcome you to take the opportunity on June 14 at the 11:00am Mass. To be ready, you can start your 33 days preparation on May 12. The book, *33 Days to Eucharistic Glory*, by Matthew Kelly, is available at the Gift Shop for a decreased price. It is a short read and meditation each day. You can also find additional video reflections for each day by Fr. Jonathan Meyers at this link: https://youtu.be/i_qCjpm2bRA?si=fgthpW70i3MY9NsL. For those who were consecrated last year, you are welcome to come and support the newly consecrated and renew your own consecration vows.



Pastoral Council Bulletin Content – May 2026

Pastoral Council had its last business meeting before the summer break on May 26. As usual, it was a full agenda, including an update on plans for two Stewardship weekends in September (12 & 13 and 19 & 20) and plans to reintroduce Alpha in 2027. If you would like to attend one of our meetings as an observer, or if you have any questions or concerns, please send an email to info@saintmichael.ca. The meeting minutes for May 2026 will be published after Pastoral Council approval at our next meeting, scheduled for September 2026. The minutes from the Pastoral Council meeting on April 28 can be found here: [SMCC-Pastoral-Council-Minutes-of-Meeting-April-28-2026-Bulletin.pdf](#). We hope you have a relaxing summer break and safe travels wherever you are headed.



Feed the Hungry

Saint Michael Catholic Community will be supporting Feed the Hungry on Father's Day, Sunday, June 21, at St. Mary's Cathedral. Volunteering is a beautiful way to express our care and concern for the less fortunate among us. Volunteers are needed for many roles. If you would like to help, sign-up sheets will be available in the Narthex after Masses on June 6 & 7 or email us at info@saintmichael.ca.



Chalice Child Sponsorship

Chalice extends a heartfelt "thank you" to Fr. Vargas and St. Michael Parish for hosting a Child Sponsorship Weekend on May 2-3. As a result, 69 children in need were sponsored, in addition to those who are usually sponsored after more time and consideration. On behalf of these children, thank you for your generosity and hospitality! You have revealed God's love to His precious children. Chalice envisions a world where all children and families have the means to overcome the cycle of poverty. Please prayerfully consider a call to sponsorship, a unique way to live out your faith by providing hope for a child in need. Please visit <https://chalice.ca> or call 1-800-776-6855 for more information on our mission or to sponsor a child today.



Parish Renewal Team Update, June 2026



The Parish Renewal Team continues to move forward with several important initiatives aimed at forming missionary disciples, strengthening family life, and fostering a vibrant Church of encounter and witness within our parish community. Guided by prayer and discernment, the team meets monthly to prioritize key action items within the Parish Renewal Plan and to develop practical steps for their implementation.

As part of this journey, two consecutive Stewardship Weekends have been scheduled for September 12/13 and 19/20, 2026. These weekends will be a joyful opportunity to share our renewal priorities and invite parishioners to prayerfully consider how they might offer their time and gifts in service. Whether through long-standing ministries or new and emerging ones, each person is encouraged to discover their unique place in the life of the parish. A Volunteer Guidelines booklet - currently being finalized - will support this discernment by highlighting a variety of opportunities, including new ministries such as Evangelization, Outreach, Retreat, Environment, Liturgy, Hospitality Desk, and Social Outreach.

In addition, the second annual Ministry Coordinators' Mass, followed by a meet-and-greet and workshop on September 26, 2026, will provide a meaningful opportunity for ministry leaders to gather, encourage one another, and grow in unity as we share in Christ's mission.

As we continue along this path of renewal, we invite you to keep these efforts in your prayers. May each of us remain open to the Lord's call, ready to share our gifts generously and help build a parish community that reflects His love and presence in the world.

SSVP "Poor Box" Collection

The Society of St Vincent de Paul is grateful for the kind support of parishioners with our recent Poor Box collection. Your generosity makes a big difference in the lives of those in our community who are struggling with food insecurity and financial difficulties.



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. Jun 6 - Sun. Jun. 14, 2026):**Saturday, June 6:**

No event.

Sunday, June 7:

Coffee Sunday: After the 9:00am Mass / CANCELLED after the 11:00am Mass

Eucharistic Procession for Corpus Christi: Outside the Parish, 12:00pm

Potluck and Name Tag Sunday: Narthex, 6:00pm

Monday, June 8:

Bible Study: St. Nicholas Room, 7:00pm-9:00pm

Tuesday, June 9:

Rosary Group: Day Chapel, 5:20pm

Wednesday, June 10:

Coffee Wednesday: Narthex, 9:30am

St. Michael Prayer Group (CCCRS): Day Chapel, 7:00pm

Thursday, June 11:

No event.

Friday, June 12:

No event.

Saturday, June 13:

No event.

Sunday, June 14:

Coffee Sunday: Narthex, After the 9:00am & 11:00am Masses

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, June 6:**

5 pm: Brian Schwab † (Fr. Edmund)

Sunday, June 7:

9 am: Lucente Filomena † (Fr. Obinyan)

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

5 pm: Int. George Morgan (Fr. Obinyan)

Tuesday, June 9:

6 pm: Int. Nicole Gonsalves and Family (Fr. Edmund)

Wednesday, June 10:

9 am: Int. Lisa Atkins and Family (Fr. Edmund)

Thursday, June 11:

9 am: Int. Ramon Plantilla (Fr. Obinyan)

Friday, June 12:

9 am: Mary Bucholski † (Fr. Obinyan)

Saturday, June 13:

5 pm: Peter Di Stefano Sr. † (Fr. Obinyan)

Sunday, June 14:

9 am: Int. Virgilia Hidalgo† (Fr. Obinyan)

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

5 pm: Elizabeth Wagner † (Fr. Edmund)

Please Pray For:*Please scan the QR Code and fill out the form with your request.*

Jake Biefchke, Ron Jackson, Lorraine Guyn, Michelle Concha,
Lori Life Chris Mudry, Leni dela Cruz, Don & Silva Smith,
Pat Garey, Elizabeth Slade, Angela Passerelli,
Baky & Mo Hoang, Joyce Capogreco, Frank Brenner.

For the Souls Of:**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

	March 2026	April 2026	May 2026
<u>General Collections</u> Collections	\$110,402	\$123,684	\$101,487
Other Income	\$59,143	\$43,503	\$39,697
Operating Costs	\$195,774	\$128,908	\$135,614
Surplus (Shortfall)	(\$26,229)	\$38,279	\$5,570
<u>Central Fund Loan (Mortgage)</u> Building Fund Collections	\$22,111	\$47,994	\$27,631 Includes MTH
<u>Current Loan Balance</u>	\$2,396,519	\$2,369,283	\$2,342,214
<u>Diocesan Annual Campaign</u> Together in Action Year-to-Date	\$11,839	\$20,217	\$22,344
% TIA (Goal for 2026: \$121,243)	9%	16.67%	18.43%
Society St. Vincent de Paul	\$2,268	\$3,952	\$2,491