



Saint Michael Catholic Community

800 85th Street SW
Calgary, Alberta
T3H 4C7

March 23, 2025: 3rd 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



Water & thirst...

"At the dawn of creation Your Spirit breathed on the waters, making them the well-spring of all holiness. The waters of the great flood You made the sign of the waters of baptism that make an end of sin and a new beginning of goodness. Through the waters of the Red Sea, you led Israel out of slavery to be an image of God's holy people, set free from sin by baptism. In the waters of the Jordan, You Son was baptized by John and anointed with the Spirit. Your Son willed that water and blood should flow from His side as He hung upon the cross..." (Prayer for Blessing of Water)

The Old Testament thirst for the living water comes to fulfillment with the coming of Christ, the Messiah. In Christ, as St. Paul says in his letter to the Romans, *"God's love has been poured into our hearts through the Holy Spirit."* In our gospel today, Jesus refers to this outpouring of God's love as He tells the Samaritan woman at the Jacob's well in Sychar: *"Everyone who drinks of this water will be thirsty again, but those who drink of the water that I will give them will never be thirsty. The water that I will give will become in them a spring of water gushing up to eternal life."*

As Jesus said to her in a friendly and gentle tone: *"Give me a drink!"*, the Samaritan woman sensed, deep down in her heart that something broken was beginning to mend. For the first time in her life, she discovered through Jesus what she had always secretly thirsted for: living water gushing up to eternal life.

As we gather to worship, we begin by touching the water from font. This ordinary element of nature has transformed us into God's people. Baptism with water becomes the sacrament of our redemption. Making the sign of the cross with the water reminds us of our common stature as God's children. Whenever we touch the water, we recognize the truth that we have been restored into God's image and likeness, that we proclaim one faith, that we believe one Lord, and that we are one people.

This season of Lent actually speaks of this thirst of the human spirit. Lent is a journey of the soul through the desert into the living water of Christ's resurrection.

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:

Fr. Kelvin Chukwurah frkelvin@saintmichael.ca

Secretary:

Loreen Morrison lmorrison@saintmichael.ca

Administration Assistant:

Pina Rino prino@saintmichael.ca

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Francesca Ambrosino fambrosino@saintmichael.ca

Music Director:

Jim Howells jhowells@saintmichael.ca

Volunteer Coordinator:

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Children's Liturgy Coordinator:

Caroline Dixon cdixon@saintmichael.ca

Technical Director:

Kyle De Jaegher kdejaegher@saintmichael.ca

Bookkeeper:

Michelle Gregory accounting@saintmichael.ca



Now available...at the right side of the Sanctuary Entrance, you can now simply tap your bank card or device to give your desired contribution for the Church's maintenance and programs.



Ash Wednesday & Good Friday Fasting

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 Renewal

Our parish is stepping forward in renewal, entering the Parish Renewal Planning stage! * Over the past year, we've been listening through the Parish Renewal Survey and parish conversations, discerning how we can grow together. Now, our ministry leaders will gather on Saturday, March 29 for a Parish Renewal Planning Day to take the next steps. * Just as Jesus called Simon Peter to cast into the deep, we are called to trust the Holy Spirit and follow where God is leading us. This is more than just another initiative - it is our parish's path forward, and we are called to embrace it with open hearts. * While our Parish Renewal Team and ministry leaders guide the process, we need your prayers. The insights from this stage will help shape our final Parish Renewal Plan, to be completed by June 15, and officially launched on October 4-5, 2025, the third anniversary of the Diocesan Pastoral Renewal on the Feast of St. Francis of Assisi. Thank you for walking this journey with us. Let's continue to pray for the Holy Spirit's guidance as we move forward together!



Parish Renewal

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



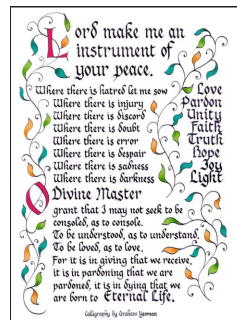
Parish Consecration to Jesus in the Eucharist

DAY 8 MOTHER TERESA: SPIRITUAL HABITS

"Adopting the habit of Eucharistic Adoration will change every aspect of your life. We tend to emulate the people we spend time with. By spending time in the presence of Jesus in the Eucharist, we become more like Him." Please read Day 8 in your *33 Days to Eucharistic Glory* book. Here is a reflection by Fr. Jonathan Meyer: [Day 8 Mother Teresa and You](#) Any questions or comments click on this link: <https://forms.gle/XSxAXUPWACLHbdBr7>. The book is now available for purchase in the book store for \$5.

Relic of St. Francis

St Francis of Assisi, Confessor, is with our community in relic form until June 30. Described as second class and *ex cingulo* (of the girdle), the relic reminds us of the saint's renewal efforts during his time as we journey towards our own parish renewal. The relic will be present at all Masses on Easter Sunday (9am, 11am & 5pm) and available for veneration after. Masses for St. Francis are scheduled on April 23, May 21, and June 25 at 6:00pm, followed by a Holy Hour. A reception follows at 7:30pm. Starting immediately, we encourage our families and parishioners to pray one Our Father, one Hail Mary and one Glory Be and the Prayer of St. Francis for the intention of our parish renewal.



Together in Action (TIA)

Launched this Season of Lent, is the Diocese of Calgary's annual campaign to support key ministries, partner organizations, and agencies. As Pilgrims of Hope in this Jubilee Year, we give as we "rejoice in hope, patient in suffering, persevering in prayer." (Romans 12:12) The 2025 Together in Action campaign seeks to raise funds for essential initiatives, including care for retired priests, hospital chaplaincy, pastoral care, diocesan ministries, and the Indigenous Reconciliation Fund. This year's goal is \$121,243 which is the same as the previous few years. Thanks to your generosity, we reached the target amount last year. All surplus funds this year will go to our Building Fund to help pay our loan.

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 10:00am-6:00pm and 7:00pm-8:00pm. We will break for one hour from 6:00-7:00pm 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>



Daily Mass Change

The Daily Mass for Tuesday, March 25, 2025 will be at 7:00pm in the Sanctuary.



Coffee Mugs for Visitors & Newcomers

Coffee mugs (in black & tangerine) are now available for use by visitors, newcomers, or those who want to meet others during our coffee receptions after the 9:00am & 11:00am Sunday Masses. The Coffee Ministry will take care of this. The newly introduced bistro tables are also designed to encourage more conversations and interaction among our membership.



Feed the Hungry



St. Michael's parish will be supporting Feed the Hungry on April 27, Divine Mercy Sunday, at St. Mary's Cathedral as part of our Parish Renewal initiative. Volunteering is a beautiful way to express our care and concern for the less fortunate among us simply by helping to serve a hot, delicious, catered meal. Volunteers are needed for many roles. If you would like to volunteer, sign-up sheets will be available in the Narthex starting next Sunday, March 30, or contact the office at 403-249-0423.

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 7:00pm. To register or to get additional information, please contact Augusto Bitter at abitter@telus.net or Lee Ettinger at letting1@yahoo.com

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>

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.

"I 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

Tuesday Rosary Prayer Group

Starting April 1, the Tuesday evening rosary group will start at 5:20pm before Mass with the Divine Mercy prayer, followed with the recitation of the rosary.



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>

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, April 26, 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: May 10 & June 14.

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.

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 (ext. 126) or Fambrosino@saintmichael.ca

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.

ANNUAL REPORT 2024: <https://www.ssvpstmichael.ca/annual-report-2024/>

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. Mar. 22- Sun. Mar. 30, 2025):**Saturday 22:**

Baptism Prep: St. Nicholas Room, 9:00-12:00pm

Sunday 23:

Coffee Connection: After 9:00am and 11:00am Mass

Monday 24:

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

Tuesday 25:

Rosary Group: Cancelled

SSVP Monthly Meeting: Cancelled

RCIA: St. Nicholas Room, 7:00-9:00pm

Lenten Retreat (Mass/Talk/Adoration): Sanctuary, 7:00-8:45pm

Lenten Retreat Reception to Follow: 8:45-10:45pm

Wednesday 26:

Men's Ministry: Theatre, 6:00-7:30am

Coffee Connection: After 9:00am Mass

Women's Ministry: St. Nicholas Room & Theater, 9:30am

Lenten Retreat (Mass/Talk/Adoration): Sanctuary, 7:00-8:45pm

Lenten Retreat Reception to Follow: 8:45-10:45pm

Thursday 27:

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

Reconciliation for Lenten Retreat: 5:30-7:00pm

Lenten Retreat (Healing Mass/Adoration/Healing Service):
Sanctuary, 7:00-10:00pm

Friday 28:

Mass for Lent: Sanctuary, 6:00pm

Stations of the Cross: Sanctuary, 6:30-7:00pm

Saturday 29:

Knights of Columbus Founder's Day Mass and Reception: 7:00-10:00pm

Sunday 30:

Coffee Connection: After 9:00am and 11:00am Mass

Gifts to the Parish

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

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, March 22:

5 pm: Joe & Maria Tallerico † (Fr. Kelvin)

Sunday, March 23:

9 am: Intentions of Delphine Beischel (Fr. Edmund)

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

5 pm: James Armand Martin † (Fr. Kelvin)

Tuesday, March 25:

7 pm: (Fr. Roy Varghese Palatty)

Wednesday, March 26:

9 am: Gregorio Hidalgo † & Intentions of Elena Matte
(Fr. Kelvin)

Thursday, March 27:

9 am: Kfir Ariel † & Shiri Didas † (Fr. Kelvin)

Friday, March 28:

9 am: Giovanni Papianni † (Fr. Kelvin)

6 pm: Alice Dombroski † (Fr. Edmund)

Saturday, March 29:

5 pm: Ona Trudel † (Fr. Edmund)

Sunday, March 30:

9 am: Conrad Aben † (Fr. Kelvin)

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

5 pm: Baby Abuel † (Fr. Kelvin)

For the Souls Of:**Funeral:****Please Pray For:**

Please contact the office with your request.

Maurice Claerhout, Clinton Walsh, Elizabeth Slade, Ally Robertson, Scot C. Smith, Rina VandeGeer, Sylvester Joseph, Duri Family, Helen Gal, Lenore Youngberg, Elizabeth DeCoste

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: support@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**.