



Saint Michael Catholic Community

800 85th Street SW
Calgary, Alberta
T3H 4C7

March 2, 2025: 8th Sunday in Ordinary Time

True Religion...

We define the human person as having two components: the human body and the human soul. The soul gives life to the body. When the soul separates from the body, human death occurs. The soul can influence the body. Psychosomatic diseases can be explained in terms of this substantial union of body and soul. The ideal is a sound mind (soul) in a sound body. The spirit (soul) can be willing, but the flesh (body) can be weak. There are realities that can destroy the body, but not the soul.

Religion is like the human person, having two main components: body and soul. The body is made up of the body of doctrines, symbols, rituals, laws, and the like. The soul is made of the person's love, dedication, commitment to the God in a given religion. It is possible that the interior soul of commitment can be lost and what can remain would be the exterior components of a religion. Religion without the soul is dead.

The Pharisees, during the time of Jesus, had lost the true spirit of Judaism, introducing a religion of empty formalism. They had rigid rules on ritual hygiene, dietary regulations, and Sabbath observances. They were more on the level of exterior performance than on the interior spirit of religious faith. Jesus objected to the undue emphasis on exterior cleanliness to the neglect of the more important issue of interior or moral cleanliness of heart. One's inner choices in the realm of conscience determines what is good or bad. *"Conscience is the most sacred core and sanctuary of a person. There, one is alone with God, whose voice echoes in one's depth."* (*Gaudium et Spes*, 16).

There is the human tendency or the strong temptation to replace internal reverence for God with external gestures of piety. It is easier to find a holy picture and fix it in our wall than to find forgiveness for the injuries and insults done to us by others and fix it in our hearts. It is far easier to say or pray *"God's will be done"* than to accept it in our hearts. When religion consists mainly of externals, pious objects and mechanical recital of formula prayers, it ceases to be true religion and has degenerated into magic and superstition.

Let us always try to approach the Lord with special attention to our inner dispositions. Our hands might not be perfectly clean, but at least let our hearts be free of all pride, envy, resentment, self-righteousness, jealousy, lust, anger, grudges, and so on... Let us honor the Lord, not only with our lips, but especially with our hearts.

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



March 8 is International Women's Day (IWD). *The IWD 2025 campaign theme is "Accelerate Action".* Imagine a gender equal world. A world free of bias, stereotypes, and discrimination. A world that's diverse, equitable, and inclusive. A world where difference is valued and celebrated. Together we can forge women's equality. Collectively we can all #AccelerateAction for gender equality. Celebrate women's achievement. Raise awareness against bias. Take action for equality. <https://www.internationalwomensday.com>

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.

Ash Wednesday

Ash Wednesday Masses will be at 9:00am and 6:00pm in the Sanctuary.

Parish Consecration to Jesus in the Eucharist



DAY 5 FEAR OF MISSING OUT

"The only things that matter are those that God has chosen for you. It is preferable to miss out on everything else." Please read Day 5 in your 33 Days to Eucharistic Glory book. Here is a reflection by Fr. Jonathan Meyer: [Day 5 Choose Joy](#) Any questions or comments click on this link: <https://forms.gle/XSxAXUPWACLHbdBr7>

Potluck Sunday



The next Potluck Sunday for St. Michael Community will be on March 2, 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: April 6, May 4, and June 1.

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>

Shrove Tuesday



Shrove Tuesday, also known as Mardi Gras, marks the start of Lent, evolving into a time of celebrating and feasting, like a final opportunity for indulgence before the period of fasting and penance. It is also a significant liturgical movement towards the spiritual discipline of Lent. It is geared towards building community. The Knights of Columbus is holding a dinner, with music being provided by the acoustic quartet, 'Band In the Corner' on Tuesday, March 4 at 7:00pm.

Share Sunday-SSVP



Members of the Society of St. Vincent de Paul will distribute food lists and donation envelopes on Sunday, March 9, 2025 after Masses. Please bring food and donations on Sunday, March 16. Thank you!

Feed the Hungry



Thank you to the approximately 60 volunteers from St. Michael Catholic Community who volunteered at Feed the Hungry on Sunday, February 16. It was a blessing to be able to serve those who are less fortunate with a warm meal and fellowship on a bitterly cold day. Our next opportunity to serve as a community will be on April 27, Divine Mercy Sunday. Please watch for sign-up sheets in the Narthex in late March.



Church Wedding for Civilly Married Couples

Inviting all civilly married couples in our Diocese to celebrate the Sacrament of Matrimony in the Catholic Church. This special celebration will be presided over by Bishop McGrattan on Saturday, September 13, 2025 at 1:30 pm at St. Mary's Cathedral. Information sessions on how to participate will be available on Thursday, March 6 at 6:00pm at St. Michael's Parish, Calgary. Register at <https://www.catholicyc.ca/sacredgrace.html>

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.

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.

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



We invite artists and photographers from beginners to professionals to register to showcase their works at the upcoming Art Walk 2025 on March 8 & 9, 2025. The cut off date to register is February 23, 2025. For more information, go on line to <https://saintmichael.ca/events/> or pick up a form in the Narthex after Mass.

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

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>

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 (Sun. Mar. 2 - Sun. Mar.9, 2025):

Sunday:

- Coffee Connection: After 9am and 11am Mass
- Potluck Sunday & Nametag Sunday: Narthex, 6pm-8pm

Monday:

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

Tuesday:

- Rosary Group: Day Chapel, 6:30pm
- Grief Share Program: Rooms 143 & 144, 7:00pm
- RCIA: St. Nicholas Room, 7:00-9:00pm
- Shrove Tuesday Pancake Dinner: Narthex, 7:00pm

Wednesday:

- Ash Wednesday Masses: Sanctuary, 9:00am & 6:00pm
- Men's Ministry: Theatre, 6:00-7:30am
- Coffee Connection: After 9am Mass
- Women's Ministry: CANCELLED
- Fund Forward Fundraiser Opens

Thursday:

- Knitting Ministry: Library, 10:00am-12:00pm
- Marriage Validation Session: Narthex, 6:00pm

Friday:

- Mass for Lent: Sanctuary, 6:00pm
- Stations of the Cross: Sanctuary 6:30pm

Saturday:

- Art Walk: Mezzanine, 4:00-7:30pm (closed during Mass)

Sunday:

- Art Walk: Mezzanine, 10am-7:30pm (closed during Mass)

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 1:

5 pm: William Hall † (Fr. Kelvin)

Sunday, March 2:

9 am: Patria Enriquez †, Victoriano Sariego †, Romarte Enriquez †
(Fr. Kelvin)

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

5 pm: Bill Reinwart Sr. † (Fr. Edmund)

Tuesday, March 4:

6 pm: Trina & Maximilano Lara † (Fr. Kelvin)

Wednesday, March 5:

9 am: Giovanni Straface † (Fr. Kelvin)

6pm: Fabiyan Valjan † (Fr. Edmund)

Thursday, March 6:

9 am: Rene Trudel † (Fr. Edmund)

Friday, March 7:

9 am: Cayetano Villablanca † (Fr. Edmund)

6 pm: Agatha Vavrek † (Fr. Kelvin)

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)

Please Pray For:

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

Elizabeth Myers, Maddy Azalea, Allison Gervais,
Maria Duri, Pietro Duri Jr., Peitro Duri Sr., Rosa Duri,
Talia Duri, Nenite Mirales, Gioia Ceccarini, Helen Gal,
Pat Burchnall, Anne Arendt, Cyril Boudreau,
Frank Swacha, Stew Perram, Maurice Claerhout,
Fr. Jim Bleackley, Clinton Walsh, Elizabeth Slade

For the Souls Of:

Giovanni Laratta + Duncan Smith +

Funeral:

Duncan Smith: Sat. Mar. 8, 2025, 10:00am, Day Chapel

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**.

Gifts to the Parish

	November 2024	December 2024	January 2025
<u>General Collections</u> Collections	\$98,134	\$215,611	\$107,778
Other Income	\$20,264	\$52,803	\$11,865
Operating Costs	\$101,152	\$139,917	\$118,929
Surplus (Shortfall)	\$17,246	\$128,497	\$714
<u>Central Fund Loan (Mortgage)</u> Building Fund Collections	\$12,952	\$131,594	\$112,737
<u>Current Loan Balance</u>	\$3,396,751	\$3,373,171	\$3,349,592
<u>Diocesan Annual Campaign</u> Together in Action Year-to-Date	\$60,507	\$121,243	\$49,900
% TIA Goal \$121,243.00	49%	100%	41%
Society St. Vincent de Paul (monthly)	\$30,587	\$4,868	\$8,462
Christmas Hamper (before expenses)		\$67,255	