



# St. Francis De Sales Parish BULLETIN



28 JULY 2024

Roman Catholic Parish  
HIGH RIVER - VULCAN, AB



## Office

St. Francis de Sales Parish  
206 – 9th Avenue West,  
High River, Alberta T1V 1A4

Office Phone # 403-652-2203  
Fax # 403-601-3886  
Email: francisdesales@shaw.ca

## Contact Us

Parish Priest : Fr. Mariusz Sztuk, SDS  
Email: dzambel@me.com  
Phone: 403-992-2313

Deacon: Larry R. Driver  
Email: deaconldriver@gmail.com

Secretary: Nancy Barton  
Email: francisdesales@shaw.ca  
Phone: 403-652-2203  
Sacramental Prep : Nancy Barton  
Email: francisdesales@shaw.ca

Music Coordinator: Donna Abramson  
Email: droseabramson@gmail.com

## LORD'S DAY MASSES

Saturday 5:00 pm – High River

Sunday 9:00 am – Vulcan

Sunday 11:00 am – High River

## CONFESSIONS

Monday – Saturday: 45 minutes before Masses

## XVII SUNDAY IN ORDINARY TIME





# Seventeenth Sunday in Ordinary Time



John 6, 1-15

## July 28, 2024



### Sunday Readings

**First Reading:** (2 Kings 4:42-44) The Elisha story looks back to Moses, the prophet who fed God's people in the wilderness (see Exodus 16). Moses prophesied that God would send a prophet like him (see [Deuteronomy 18:15-19](#)).

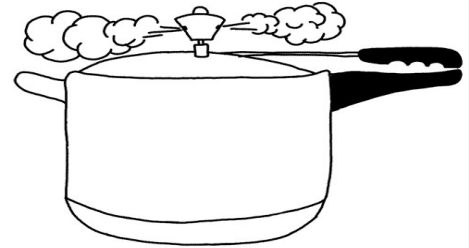
**Second Reading:** (Ephesians 4:1-6) In this Eucharist, we are made one Body with the Lord, as we hear in today's Epistle. Let us resolve again, then, to live lives worthy of such a great calling.

**Gospel:** (John 6:1-15) The Gospel today again shows Jesus to be the Lord, the good shepherd, who makes His people lie down on green grass and spreads a table before them (see [Psalm 23:1, 5](#)).

<https://stpaulcenter.com/reflections> for more info.

### BETTER UNDER PRESSURE

I learned something fascinating about a pressure cooker, and that is pressure cooking can help you maintain a healthier lifestyle. First of all, it uses only 1/3 the energy of normal cooking methods, and because very little water is used in pressure cooking, and because the pressure cooker is a "closed system," few vitamins and minerals are lost to the cooking water, or dissipated into the air. Vegetables are not exposed to oxygen, and therefore they retain their vitamins, minerals, and color. In fact, the cooking times for most foods in the pressure cooker are approximately 1/3 the times for those same foods cooked in traditional manners and are even faster than a micro-wave. The reason that fascinates me is because oftentimes life really is just like a pressure cooker. If we respond to pressure in the right way, it can make us better, and it can make us stronger. Now, even the disciples knew what it was to be under pressure.



### 1st Reconciliation & 1st Eucharist 2024/2025



The registration link will be open online to register your child for **1st Reconciliation & 1st Communion starting July 1st.**

Your child must be in Grade 2-6 for this Sacrament.

**(please note: deadline for registration is October 5, 2024)**

Please go to our website to register for these Sacraments

<https://www.francisdesaleshighriver.com/index.php/en/services/eucharist>

The **Parent Info Sessions** for 1st Reconciliation & 1st Eucharist is **September 21, at 6:00 pm in the church.** Dates for the classes will be provided at this meeting.

**If you have any questions, please contact Nancy at the church office by phone: 403-652-2203 or by email: [francisdesales@shaw.ca](mailto:francisdesales@shaw.ca)**

### July 28 | World Day for Grandparents & the Elderly

YOU MATTER

Let us show our tender love for the grandparents and the elderly members of our families...show the open heart and the joyful face of men and women who have the courage to say "I will not abandon you", and to set out on a different path.

POPE FRANCIS, 2024  
MESSAGE FOR THE  
WORLD DAY FOR  
GRANDPARENTS &  
THE ELDERLY



STS. ANNA &  
JOACHIM

### Confession or Communion to the Homebound

If you are homebound and desiring to receive communion or the Sacrament of Reconciliation, please call the parish office at 403-652-2203 or email Father Marius at [dzambel@me.com](mailto:dzambel@me.com) to request a visit. He will do his best to schedule a visit with you



*"The Eucharist is the secret of my day. It gives strength and meaning to all my activities of service to the Church and to the whole world. Let Jesus in the Blessed Sacrament speak to your hearts. It is he who is the true answer of life that you seek. He stays here with us: he is God with us. Seek him without tiring, welcome him without reserve, love him without interruption: today, tomorrow, forever." Saint John Paul II*



### Sunday Offering

Did you know we now take Donations electronically! **You have the following options:**  
Direct Debit, Visa, Master Card. We also have E-transfer set up. The email address is

[donation@francisdesaleshighriver.com](mailto:donation@francisdesaleshighriver.com)

If you are interested in switching over to one of these payment methods, please call Nancy in the church office at **403-652-2203** or email her at [francisdesales@shaw.ca](mailto:francisdesales@shaw.ca)



### Adoration

Please join us for our Adoration after the 9:00 am mass on Thursdays, **from 9:45 am—9:00pm.** If you would like to come for an assigned time, please contact Nancy in the office at **403-652-2203** or email her at [francisdesales@shaw.ca](mailto:francisdesales@shaw.ca)  
**All are welcome!**

**AUGUST 24, 2024**  
**8AM-2PM**  
**NOSE CREEK PARK**  
**AIRDRIE, AB**



**2024**  
**ANCOP**  
**WALK**  
**CALGARY**

Scan to register



For details, please contact  
Ariel Faustino at 403-561-9418



# SUMMER OFFICE HOURS

The parish office will be open  
**9:00 am—12:00 pm**  
to the public for July & August



“For it is  
in  
giving  
that  
we  
receive.”  
~ St. Francis of Assisi



If you are in the hospital, and are **Roman Catholic**, please insure you or a family member contacts Nancy in the Church Office at 403- 652-2203.

This will ensure that you will be visited by the Priest or Pastoral Care Team.





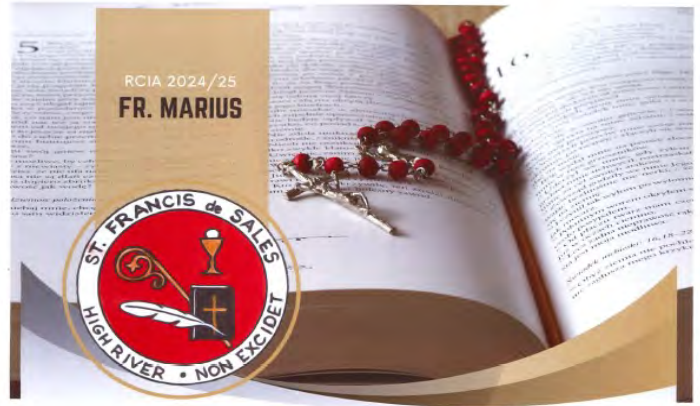


# FIRST HOLY COMMUNION AND RECONCILIATION PROGRAM

To Register, please go to [www.francisdesaleshighriver.com](http://www.francisdesaleshighriver.com) or phone the office at 403.652.2203

Parents Meeting  
September 21 at 6:00 PM  
at the Church

Fr. Marius



RCIA 2024/25  
FR. MARIUS



## R.C.I.A PROGRAM



*First Meeting*

**26** September 2024 Thursday at 7:00 PM

ALL MEETINGS WILL BE ON THURSDAYS (PARISH HALL) FROM 7-00 - 8:30 PM



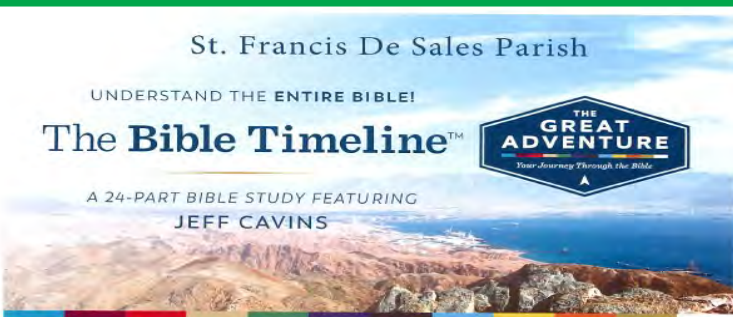
### St. Francis De Sales Parish

UNDERSTAND THE ENTIRE BIBLE!

## The Bible Timeline™



A 24-PART BIBLE STUDY FEATURING  
JEFF CAVINS



#### Dates - Times - Location

The initial meeting is scheduled for September 4 at 6:45 PM. Subsequent sessions will continue every Wednesday from 6:45 PM until 8:30 PM in our Parish Hall.

#### Cost - Registration

The cost of the workbook and other materials will be about \$50.

#### For More Information

Please contact Fr. Marius at:  
dzambel@me.com  
Cell: 403.992.2313  
Or Parish Office at:  
francisdesales@shaw.ca  
Phone: 403.652.2203

In *The Bible Timeline: The Story of Salvation*, presenter Jeff Cavins will show you how fourteen of the Bible's narrative books tell the biblical story from beginning to end.

Using a unique color-coded chart, you will learn the major people, places, and events of the Bible and discover how they all come together to reveal the remarkable story of our faith.

*The Bible Timeline* will teach you how to read and understand the Bible and introduce you to the wonderful narrative of the Bible in a way that will transform your life.

*I never would have read the Bible if it wasn't for this, and now I simply adore Scripture. It has given me such insight into the Catholic faith and helps me to understand its true beauty.*

—Kyley D.



Visit [www.francisdesaleshighriver.com](http://www.francisdesaleshighriver.com) to learn more!



To Register, please go to [www.francisdesaleshighriver.com](http://www.francisdesaleshighriver.com) or phone the Office at 403.652.2203

# SACRAMENT OF CONFIRMATION

Parents Meeting,, September 28 at 6:00 PM at the Church



# Aug. 1– 31, 2024

Aug. 1	9:15 am	Brittany Pineo
Aug. 2	9:15 am	Brittany Pineo
Aug. 3	9:00 am 5:00 pm	Shirley McMillan † Darlene Gillis †
Aug. 4	9:00 am—(Vulcan) 11:00 am	St. Andrew's CWL Sisters Our Parish
Aug. 5	9:00 am	<b>No Mass</b>
Aug. 6	7:00 pm	David McCarthy †
Aug. 7	6:00 pm	SFDS CWL Sisters
Aug. 8	9:15 am	Brittany Pineo
Aug. 9	9:15 am	Glen Schey †
Aug. 10	9:00 am 5:00 pm	Cheryl Kline † Danny & Mary Rehak †
Aug. 11	9:00 am—(Vulcan) 11:00 am	Our Parish Maria Naag †
Aug. 12	9:00 am	<b>No Mass</b>
Aug. 13	7:00 pm	K. Jensen
Aug. 14	4:00 pm—(HR Hospital) 6:00 pm	Fr. Gracjan Burkiciak SFDS CWL Sisters
Aug. 15	9:15 am	Geraldine
Aug. 16	9:15 am	Deacon Larry & Therese
Aug. 17	9:00 am 5:00 pm	MaryAnn Doug Mowat †
Aug. 18	9:00 am—(Vulcan) 11:00 am	Our Parish Mark McDonald
Aug. 19	9:00 am	<b>No Mass</b>
Aug. 20	7:00 pm	Bob Lainchbury †
Aug. 21	3:15 pm (Seasons HR) 6 :00 pm	Joan Dean Wayne Chayer †
Aug. 22	9:15 am	Taleah Rosell
Aug. 23	9:15 am	Emerson Malmberg †
Aug. 24	9:00 am 5:00 pm	Gavin Millard John Fallows
Aug. 25	9:00 am—(Vulcan) 11:00 am	Our Parish Javier Mejia †
Aug. 26	9:00 am	Fr. Mariusz
Aug. 27	7:00 pm	Bob Lainchbury †
Aug. 28	3:30 pm—(The Manor) 6:00 pm	Darlene Gillis † Katherine O'Neill
Aug. 29	9:15 am	Dolores Miller †
Aug. 30	9:15 am	Lainchbury Family
Aug. 31	9:00 am 5:00 pm	Danny & Marie Rehak † Tim McLean †





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DARLENE BEUTLER

Associate

403.333.7333

[keyconnection@shaw.ca](mailto:keyconnection@shaw.ca)



[www.highriverproperty.com](http://www.highriverproperty.com)

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DIANNE MANTEI  
FRANCHISE OWNER

#1, 28-12th Avenue SE  
High River, AB T1V 1T2  
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Fax: 403.652.1492  
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