



# St. Francis De Sales and St. Andrew Parish BULLETIN



Roman Catholic Parish  
HIGH RIVER - VULCAN, AB

2 MARCH 2025

will journey together, as we fast and dedicate our time and reflection to Jesus.



*From what is in the heart, the mouth speaks.*

## Office

St. Francis de Sales Parish  
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High River, Alberta T1V 1A4

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## Contact Us

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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

## EIGHT SUNDAY IN ORDINARY TIME



# 8th Sunday in Ordinary Time

March 2, 2025



## Sunday Readings

**First Reading:** (Sirach 27: 2, 4-7) Sirach teaches that speaking is “the test of men” and their character. One who is upright will utter words that are truthful and encouraging to others. But one whose heart is cluttered with “refuse” will be exposed, since the “fruit” of his mouth speaks volumes about the “tree” that produces it. Sirach also compares the testing of our words to clay fired in a kiln—if properly prepared, a useful vessel emerges; but if the clay is not fully dried, it will break apart in the extreme heat.

**Second Reading:** (1 Corinthians 15:54-58) Why do purity of heart and speech matter so much? Because, as Jesus declares elsewhere: “by your words you will be justified, and by your words you will be condemned” (Matthew 12:37). They matter because they help to decide our final judgment, and this is where the Second Reading comes in. Paul reminds us that God will destroy death forever, and if we are to share in this victory and live forever with the Lord, then we must take all steps necessary to give our hearts and lips to what is good.

**Gospel:** (Luke 6:39-45) In a similar way, Jesus insists that a person speaks “out of the abundance of the heart.” He too compares our speech, whether good or bad, to what grows on a tree: “For no good tree bears bad fruit, nor again does a bad tree bear good fruit.”

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

## I am sorry Father

A Catholic priest working in an inner city was walking down an alley one evening on his way home when a young man came down the alley behind him and poked a knife against his back. "Give me your money," the young man said.

The priest opened his jacket and reached into an inner pocket to remove his wallet, exposing his clerical collar. "Oh, I'm sorry, Father," said the young man, "I didn't see your collar. I don't want YOUR money."

Trembling from the scare, the priest removed a cigar from his shirt pocket and offered it to the young man. "Here," he said. "Have a cigar."

"Oh, no, I can't do that," the young man replied, "I gave them up for Lent."



JUBILEE YEAR OF HOPE 2025



## Plenary Indulgence

Obtain the grace of a plenary indulgence, especially in this Jubilee Year of Hope - and discover how this extraordinary gift of God's mercy can renew your soul and benefit those who have gone before us.



Read the latest Decree from Bishop McGrattan to learn more.



## Stations of the Cross /Soup and Buns

Please join us for Stations of the Cross will held **every Friday** during Lent, **Mar.7 – Apr. 11, 2025** at 6:30 pm followed by soup and buns.

**All Are Welcome!**

Date	Ministry
March 7, 2025	Couples for Christ
March 14, 2025	Decorating /Parish Council, RCIA/Liturgy & Lector
March 21, 2025	CWL
March 28, 2025	Music Ministry
April 4, 2025	Knights of Columbus
April 11, 2025	Notre Dame/Holy Spirit School

# BABY CLOTHES DRIVE

Collecting supplies for new mothers in need. Accepting donations of new and gently used baby clothing, diapers, and blankets, sized newborn to 24 months.

Please bring your items to the Church between Feb. 1 - March 16, 2025



**Mainspring's**  
**Calgary**  
**Pregnancy CareCentre**

Sponsored by High River Pro Life



**Knights of Columbus**

Joseph Cramer Council 9521 will be hosting a 3rd degree exemplification on **March 29, 2025 at 6:30 PM** after the 5:00 pm Mass at Saint Francis de Sales Church.

Any parishioners that are **interested in joining** the Knights of Columbus, may contact the **Membership Committee at 403-472-9977.**

**All Knights and their guests are encouraged to attend.**

## YOU ARE INVITED

To 'LIVE-IN' AND GET TO KNOW JESUS!

A Live-In is a weekend retreat to grow in faith with | Jesus.

Starts Friday evening and ends Sunday afternoon.

The next retreat is March 21-23, 2025 in Okotoks



Please contact us e-mail [calgarylivein@telus.net](mailto:calgarylivein@telus.net) or Phone Valerie at 403-808-7081 for more information or to register.

If you have attended your own Live-In Retreat, come be the hands and feet of Jesus to others and serve.

The Calgary Live-In Retreat Society



Dear Parishioners,

I want to extend my heartfelt thanks to everyone who attended our meeting about euthanasia. We were blessed to have around 90 people join us for this important discussion. Your presence and engagement made it a truly meaningful event. A special thank you goes to our guest speaker, Dr. Lee Rehak, for sharing his expertise and insights with us. We're so grateful for his contribution. I'd also like to give a big shout-out to the wonderful ladies of the CWL for their amazing work in taking care of the gathering—everything ran so smoothly thanks to you! God bless all of you for your support and dedication.

With gratitude,  
Fr. Mariusz Sztuk, SDS



**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 **dontion@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**



**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** All are welcome!

**St. Francis de Sales 2025 Offering Envelopes**

Just a reminder that the 2025 Offering Envelopes are ready for pick up in the church hall.

If you do not have an assigned envelope #, but would like one, Please contact Nancy in the church office by phone, **403-652-2203** or email **francisdesales@shaw.ca**



“For it is in giving that we receive.”

~ St. Francis of Assisi

Saint Francis de Sales High River, AB

**Welcome**  
Thank You for joining us today.

Name \_\_\_\_\_  
Address \_\_\_\_\_  
Postal Code \_\_\_\_\_ Amount \$ \_\_\_\_\_

Are you interested in:  
 Learning more about our ministry?  
 Having a visit from the pastor?  
 Joining our church?

How did you hear about us?  
 \_\_\_\_\_

**St. Francis de Sales Special Envelope Days**

- |                                      |                    |
|--------------------------------------|--------------------|
| New Year's Day                       | January 01, 2025   |
| SFDS Helping Hands                   | February 09, 2025  |
| Together in Action                   | April 06, 2025     |
| Needs of the Church in the Holy Land | April 18, 2025     |
| Easter                               | April 20, 2025     |
| Good Shepherd Sunday                 | May 11, 2025       |
| SFDS Helping Hands                   | May 18, 2025       |
| The Pope's Pastoral Works            | May 25, 2025       |
| Together in Action                   | June 01, 2025      |
| SFDS Helping Hands                   | June 08, 2025      |
| SFDS Helping Hands                   | August 10, 2025    |
| Together in Action                   | September 07, 2025 |
| SFDS Helping Hands                   | September 14, 2025 |
| World Mission Sunday                 | October 19, 2025   |
| Catholic Education Sunday            | November 02, 2025  |
| Together in Action                   | November 09, 2025  |
| SFDS Helping Hands                   | November 16, 2025  |
| Holy Childhood Sunday                | December 14, 2025  |
| Christmas                            | December 25, 2025  |

Saint Francis de Sales High River, AB

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Name \_\_\_\_\_  
Address \_\_\_\_\_  
Postal Code \_\_\_\_\_ Amount \$ \_\_\_\_\_

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 Joining our church?

How did you hear about us?  
 \_\_\_\_\_

**SFDS 2025 Calendars Fundraiser for Pro-Life**

Dear Parishioners, We are thrilled to invite you to purchase our **2025 parish calendar!** This unique calendar not only helps you organize the upcoming year but also beautifully showcases the life and moments of our parish community through stunning photographs.

Let this calendar serve as a daily reminder of our shared faith, community spirit, and dedication to life-affirming causes. Thank you for standing with us and making a positive impact through your support.

**The suggested price is 10\$**  
With prayers and blessings,  
Fr. Marius



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.





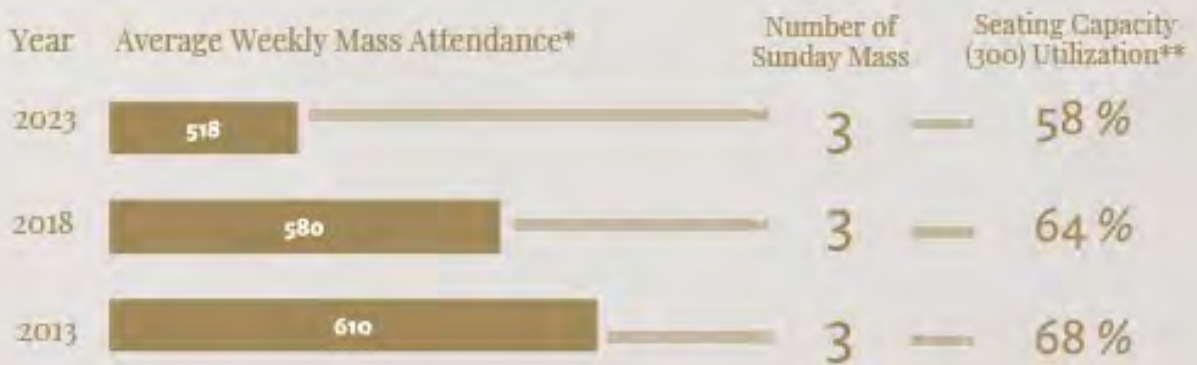
# Worship & Sacraments

“Internal renewal in our hearts and lives, fervent prayer, improved liturgies; a reaching out in love to those in every sort of need;... these are the real renewal that Jesus asks of us at all times.” JOHN PAUL: WORSHIP & PRAYER, NBL #93

## Serving Parish Life | Worship

Formation of liturgical and spiritual life

- Adoration
- Altar Servers
- AV Ministry
- Children's Liturgy
- Coffee Hosts
- Eucharistic Ministers
- Greeters
- Lectors
- Liturgy Committee
- Music Ministry
- Rosary Group
- Ushers



\*Numbers are taken from the Annual Pastoral Report submitted by the parish  
 \*\*The calculation for seating capacity utilization is based on the (average weekly Mass attendance divided by the number of Sunday Masses) divided by seating capacity of the church building(s).

MASS IN HIGH RIVER  
AT 9:00 AM & 7:00 PM

# Ash Wednesday!

Ash Wednesday is a time for meditation and devotion to God that commencing the Lent Season. We will journey together, as we fast and dedicate our time and reflection to Jesus.



## Ash Wednesday

### **A Sacred Beginning in the Catholic Tradition**

Ash Wednesday marks the start of Lent, a 40-day period of penance, reflection, and preparation leading up to Easter in the Catholic Church. Observed annually—falling on February 26 in 2025—this day carries profound spiritual significance, calling the faithful to turn inward, repent, and renew their commitment to living a life rooted in faith. Steeped in centuries-old traditions, Ash Wednesday blends solemn rituals with a message of hope, reminding Catholics of their mortality and the promise of redemption.

### **The Origins of Ash Wednesday**

The roots of Ash Wednesday trace back to early Christian practices of penance. By the 11th century, it had become a formalized observance in the Western Church. The name itself comes from the central ritual of the day: the imposition of ashes. These ashes, typically made by burning palm branches from the previous year's Palm Sunday, symbolize both human frailty and the call to conversion. The 40 days of Lent echo the 40 days Jesus spent fasting in the desert, preparing for his ministry, as recounted in the Gospels.

### **The Ritual of Ashes**

The most iconic tradition of Ash Wednesday is the marking of the forehead with ashes in the shape of a cross. During Mass or a special liturgy, priests or ministers dip their fingers into the ashes and trace the sign, saying one of two phrases: "Repent, and believe in the Gospel" or "Remember that you are dust, and to dust you shall return." These words, drawn from Scripture (Mark 1:15 and Genesis 3:19), serve as a stark reminder of human mortality while inviting a return to God's mercy.

For Catholics, this act is not merely symbolic—it's sacramental in nature, stirring the soul to humility and contemplation. Parishioners of all ages participate, from young children to the elderly, uniting the community in a shared acknowledgment of their need for grace.

### **Fasting and Abstinence**

Ash Wednesday is also a day of fasting and abstinence, practices that underscore the penitential spirit of Lent. In the Catholic Church, those aged 18 to 59 are obliged to fast, limiting themselves to one full meal and two smaller ones that together do not equal a full meal. Additionally, Catholics aged 14 and older abstain from meat, a discipline that extends to all Fridays during Lent. These acts of self-denial are not ends in themselves but tools to sharpen focus on prayer and charity, fostering a deeper connection with God and others.

### **A Time for Reflection and Renewal**

Beyond the physical rituals, Ash Wednesday invites Catholics to embark on a spiritual journey. It's a time to examine one's conscience, seek forgiveness through the Sacrament of Reconciliation, and commit to the three pillars of Lent: prayer, fasting, and almsgiving. Many choose personal sacrifices—giving up luxuries like sweets or social media—or take on positive actions, such as volunteering or increasing time in prayer. The ashes may wash away, but the resolve to grow in holiness lingers.

### **A Universal Call**

While Ash Wednesday is distinctly Catholic in its fullest expression, its themes resonate universally: the acknowledgment of human limits, the pursuit of meaning, and the hope of transformation. Across the globe, churches fill with the faithful, their foreheads bearing the ashen cross as a quiet testimony to their beliefs. In a world often fixated on the here and now, this tradition offers a countercultural pause—a chance to step back, reflect, and realign with what matters most. As Lent unfolds, Ash Wednesday remains a powerful starting point. It's a day of somber beauty, where the Church calls its people to embrace their dust-like nature not with despair, but with trust in the God who brings life from ashes. For Catholics, it's a sacred beginning, a moment to say yes to grace, and a step toward the joy of Easter.

### **What to Give Up during Lent**

Deciding what to give up for Lent is a personal choice, often guided by the desire to grow closer to God through sacrifice, self-discipline, and reflection. In the Catholic tradition, the focus is on letting go of something meaningful—something that challenges you or distracts you from your spiritual life—while also making room for prayer and good works. Here are a few ideas tailored to different aspects of life, based on common practices and the spirit of the season:

#### **Food or Drink:**

Beyond the required fasting and abstinence from meat on Ash Wednesday and Fridays, you might consider giving up something specific like sweets, coffee, soda, or alcohol. These are popular choices because they're tangible sacrifices that test willpower and remind you daily of your Lenten commitment.

**Technology and Entertainment:** Cutting back on screen time—think social media, streaming shows, or video games—can free up space for quiet reflection or family time. Maybe limit yourself to checking your phone only once an hour, or swap Netflix for a spiritual book.

#### **Habits or Vices:**

If there's a habit you've been wanting to break, like gossiping, swearing, or procrastination, Lent can be the perfect time to tackle it. It's less about the thing itself and more about redirecting that energy toward patience or kindness.

#### **Comforts:**

Some people give up small luxuries, like sleeping in late, taking hot showers, or eating out. These sacrifices can heighten awareness of others who lack those comforts year-round, inspiring gratitude and charity.

#### **Adding Instead of Subtracting:**

You could also "give up" some of your free time to take on a positive act—like volunteering, praying a daily Rosary, or helping a neighbor. This complements the traditional idea of almsgiving and can feel just as sacrificial.

#### **A good question to ask yourself:**

What's something I lean on too much that I could offer up to God instead? For example, if you're glued to your phone, maybe scale back. If you're a chocolate enthusiast, skip it for 40 days. The key is picking something that's a stretch but doable—and then sticking with it. **What do you think? Anything in your daily routine stand out as a candidate?**



MASS INTENTIONS

# March 1– 31, 2025

Mar. 1	9:00 am 5:00 pm	Bob Lainchbury † Theresa Fallows †
Mar. 2	9:00 am—(Vulcan) 11:00 am	Our Parish Ambrose Walton †
Mar. 3	9:00 am	Sharon McLean & Family
Mar. 4	7:00 pm	Cecilia Bleile †
Mar. 5	6 :00 pm	Bereavement Mass
Mar. 6	9:15 am	Marina Boyle †
Mar. 7	9:15 am	Kay Wild
Mar. 8	9:00 am 5:00 pm	Sophie Lermeyer † Darlene Hallet †
Mar. 9	9:00 am—(Vulcan) 11:00 am	St. Andrew's CWL Sisters Our Parish
Mar. 10	9:00 am	Jerome Schmitz †
Mar. 11	7:00 pm	Marg McCallum
Mar. 12	4:00 pm—(HR Hospital) 6:00 pm	Margaret Ryan † SFDS CWL Sisters
Mar. 13	9:15 am	Dan Holukoff †
Mar. 14	9:15 am	Rose Pilan †
Mar. 15	9:00 am 5:00 pm	Monica Dorian Theresa Fallows †
Mar. 16	9:00 am—(Vulcan) 11:00 am	Our Parish Jack & Sharon Turner
Mar. 17	9:00 am	Lillian Schmitz †
Mar. 18	7:00 pm	Joan Bolger †
Mar. 19	3:15 pm—(Seasons HR) 6:00 pm	Geroge & Antonina Sztuk † Rev. Isaiah Rice †
Mar. 20	9:15 am	Pat Ziebart †
Mar. 21	9:15 am	Loretta Kuntz †
Mar. 22	9:00 am 5:00 pm	Wayne Chayer † Our Parish
Mar. 23	9:00 am—(Vulcan) 11:00 am	Bill Ryan † Carmela Gonzalez †
Mar. 24	9:00 am	Norma Rosell †
Mar. 25	7:00 pm	Sr. Mary Rice †
Mar. 26	3:30 pm—( The Manor) 6:00 pm	Elizabeth Rice † Rita Crockford †
Mar. 27	9:15 am	Alex DeGagne †
Mar. 28	9:15 am	Grace Lintz †
Mar. 29	9:00 am 5:00 pm	Ken Chatsick † Adrianna Curzon
Mar. 30	9:00 am—(Vulcan) 11:00 am	Our Parish Judith Demchuk †
Mar. 31		Harold Chatsick †



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DARLENE BEUTLER



Associate

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# HIGH RIVER PHARMACY

Lucius Okofor, B Pharm, M.ScPharm

Pharmacist/Owner

Pharmacist, Injection Certified, CDE

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