



St. Francis De Sales and St. Andrew Parish BULLETIN



Roman Catholic Parish
HIGH RIVER - VULCAN, AB

9 MARCH 2025



This is how believers in Christ profess their faith.

Office

St. Francis de Sales Parish
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Music Coordinator: Donna Abramson
Email: droseabramson@gmail.com

LORD'S DAY MASSES

Saturday 5:00 pm – High River

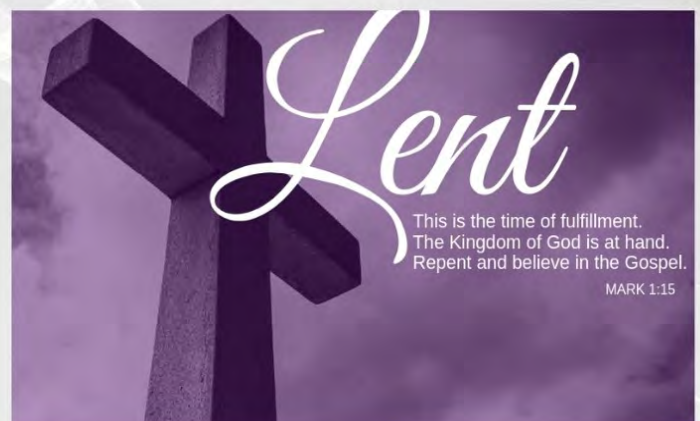
Sunday 9:00 am – Vulcan

Sunday 11:00 am – High River

CONFESSIONS

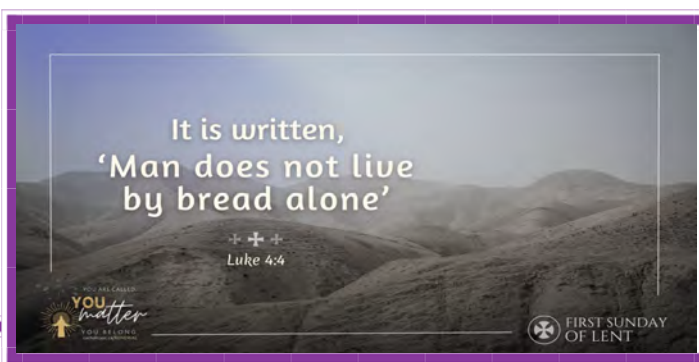
Monday – Saturday: 45 minutes before Masses

FIRST SUNDAY OF LENT



1st Sunday of Lent

March 9, 2025



Sunday Readings

First Reading: (Deuteronomy 26: 4-10) This was Israel's experience, as Moses reminds his people in today's First Reading: "We cried to the Lord . . . and He heard." But each of us is tempted, as Israel was, to forget the great deeds He works in our lives, to neglect our birthright as His beloved sons and daughters.

Second Reading: (Romans 10:8-13) Lent is to teach us what we hear over and over in today's readings. "Call upon me, and I will answer," the Lord promises in today's Psalm. Paul promises the same thing in today's Epistle (quoting Deuteronomy 30:14; Isaiah 28:16; Joel 2:32).

Gospel: (Luke 4:1-13) In today's epic Gospel scene, Jesus relives in His flesh the history of Israel. We've already seen that, like Israel, Jesus has passed through water and been called God's beloved Son (see Luke 3:22; Exodus 4:22). Now, as Israel was tested for forty years in the wilderness, Jesus is led into the desert to be tested for forty days and nights (see Exodus 15:25). [https://stpaulcenter.com/reflections for more info.](https://stpaulcenter.com/reflections-for-more-info)

ANGELS AS EXPLAINED BY CHILDREN

I only know the names of two angels, Hark and Harold. Gregory, **age 5**
Everybody's got it all wrong. Angels don't wear halos anymore. I forget why, but scientists are working on it. Olive, **age 9**

It's not easy to become an angel! First, you die. Then you go to Heaven, and then there's still the flight training to go through. And then you got to agree to wear those angel clothes. Matthew, **age 9**

Angels work for God and watch over kids when God has to go do something else. Mitchell, **age 7**

My guardian angel helps me with math, but he's not much good for science. Henry, **age 8**

Angels don't eat, but they drink milk from Holy Cows!!! Jack, **age 6**

Angels talk all the way while they're flying you up to heaven. The main subject is where you went wrong before you got dead. Daniel, **age 9**

When an angel gets mad, he takes a deep breath and counts to ten. And when he lets out his breath again, somewhere there's a tornado. Reagan, **age 10**

Angels have a lot to do and they keep very busy. If you lose a tooth, an angel comes in through your window and leaves money under your pillow. Then when it gets cold, angels go south for the winter. Sara, **age 6**

Angels live in cloud houses made by God and his son, who's a very good carpenter. Jared, **age 8**

All angels are girls because they gotta wear dresses and boys didn't go for it. Antonio, **age 9**

My angel is my grandma who died last year. She got a big head start on helping me while she was still down here on earth. Ashley, **age 9**

Some of the angels are in charge of helping heal sick animals and pets. And if they don't make the animals get better, they help the child get over it. Vicki, **age 8**

What I don't get about angels is why, when someone is in love, they shoot arrows at them. Sarah, **age 7**



28th Annual Men's Conference

God Squad Canada is proud to announce our 28th Annual Men's Conference, themed Pilgrims of Hope.

This event, taking place on **March 14th - 15th** at St Michael's Catholic Church in Calgary, promises to be a transformative experience for all attendees.

With keynote speakers who are leaders in their fields, participants will have the opportunity to engage in meaningful discussions, foster spiritual growth, and build valuable connections.

Join us in this journey of hope and community. [Register today!](#)

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	NDC/HSA



All Spiritual growth comes form reading and reflection. By reading we learn what we did not know; by reflection we retain what we have learned.

—St. Isadore of Seville

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 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



SFDS Catholic Women's League

Just a reminder that the CWL General Meeting will be held on **Wed., March 12th**, immediately following the **6:00pm** Mass. **All are welcome!**



Knights of Columbus®

The K of C 9521 March meeting will be on **Monday March 10, 2025, 7:00 pm** in the St. Francis de Sales church hall. **All are welcome!**



Knights of Columbus®

The Knights are hosting a pancake breakfast on **Sunday March 16, 2025 after the 11:00 am Mass.**

Donations are welcome!

Be with me, *Lord,*
when I am in trouble.

Psalm 91



YOU ARE CALLED.
YOU MATTER.
YOU
belong
catholicyc.ca/RENEWAL

FIRST SUNDAY
OF LENT



Lent

Lent is a significant liturgical season in the Catholic Church, lasting for forty days, not including Sundays, leading up to Easter Sunday. It is a time dedicated to penance, fasting, and prayer, aimed at preparing the faithful for the celebration of the resurrection of Jesus Christ. The duration of Lent mirrors the forty days that Jesus spent fasting in the desert before beginning His public ministry, as described in the Gospels.

The importance of Lent lies in its role as a period of spiritual renewal and reflection. It serves as an opportunity for Catholics to engage in self-examination, repentance, and a deeper relationship with God. The Church encourages the faithful to remember their baptism and to reconcile with God and their neighbors during this time. The practices of prayer, fasting, and almsgiving are emphasized as means to grow in holiness and to prepare for the celebration of the Paschal Mystery, which encompasses Christ's Passion, Death, and Resurrection.

Practical Ideas for Lent

1. Prayer

- Attend **daily Mass** when possible.
- Pray the **Stations of the Cross** on Fridays.
- Read and reflect on the **Gospels** (especially the Passion narratives).
- Pray the **Rosary**, focusing on the **Sorrowful Mysteries**.
- Spend time in **Eucharistic Adoration**.

Keep a **Lenten journal** to write prayers and reflections.

2. Fasting & Sacrifice

- **Give up** something meaningful (e.g., sweets, social media, or unnecessary spending).
- **Fast** on Ash Wednesday & Good Friday (one full meal, two smaller ones).
- Abstain from **meat on Fridays**.

Reduce **screen time** and spend more time in silence with God.

3. Almsgiving & Acts of Charity

- Donate money to a **Catholic charity** or help the poor.
 - Volunteer at a **soup kitchen or homeless shelter**.
 - Visit the **sick, elderly, or lonely**.
 - Forgive someone and **reconcile** relationships.
- Support **missions** or sponsor a child through a Catholic organization.

4. Spiritual Growth

- Read a **Catholic book** on spirituality or the saints.
- Make a **good confession** at least once during Lent.
- Commit to **daily Scripture reading**.

TOGETHER
in ACTION | 2025

REJOICE *in* HOPE

be patient in suffering,
persevere in prayer.

ROMANS 12:12

In this Jubilee Year, we rejoice in God's grace, embracing his divine plan with trust and perseverance as Pilgrims of Hope. In this spirit, Together in Action invites us to serve those in need.

The Together in Action will raise:

► \$2 MILLION

26.5%	Care of Retired Priests
20%	Hospital Chaplaincy & Pastoral Care
2.4%	Ministries Support
0.25%	Mission Council
6.25%	Elizabeth House
29.85%	Indigenous Reconciliation Fund
10%	Canadian Conference of Catholic Bishops
3.5%	Calgary Catholic Immigration Society
1.25%	Canadian Catholic Bioethics Institute



TOGETHER
in ACTION | 2025
CATHOLICYCA.CA/TIA

TOGETHER *in* ACTION | 2025

Together in Action (TIA) 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 because we are called to live out the words of:

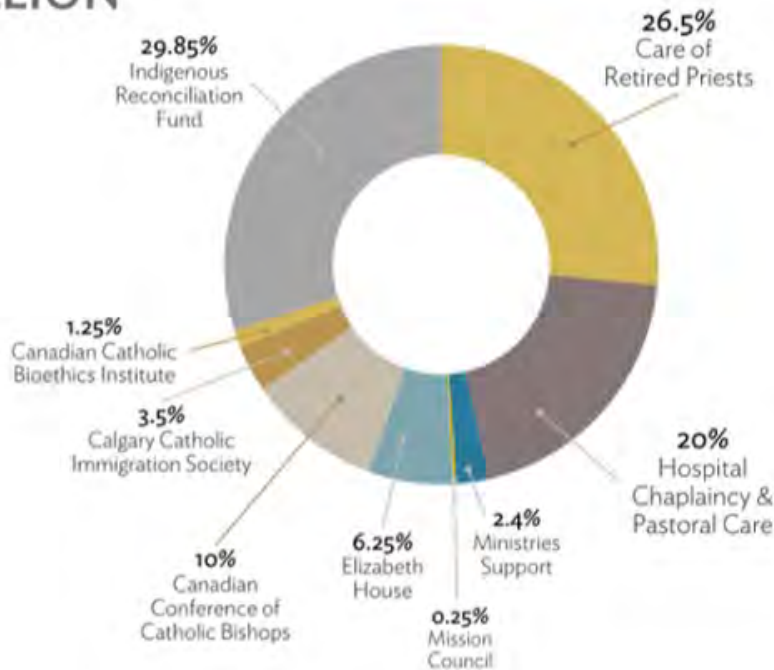
Romans 12:12:

"Rejoice in hope, be patient in suffering, persevere in prayer." Through Together in Action, we put this call into action—offering hope, supporting those facing hardship, and strengthening the Church's mission.

With a diocesan goal of \$2 million, our Parish goal this year is \$24,273.00. Every gift you offer helps provide care for retired priests, hospital chaplaincy, pastoral ministries, and vital outreach programs like Elizabeth House, Indigenous reconciliation initiatives, and Catholic immigration support.

The 2025 TIA supports the following ministries:

2025 DIOCESAN GOAL IS \$2 MILLION



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 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

Welcome
Thank You for joining us today.

Name _____
Address _____
Postal Code _____ Amount \$ _____

Are you interested in:
 Learning more about our ministry?
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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.





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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Dianne.Mantei@hrblock.ca

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High River Medical Clinic

DR. VALENTINE C. OGOKE, MD., B.Sc.

108B 3RD Avenue, West, High River, AB T1V 1M4
Phone: (403) 652-2880 * Fax: (403) 652-2887

online booking: <http://vcmedicalclinic.ca/>

DARLENE BEUTLER



Associate

403.333.7333

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