



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



Roman Catholic Parish  
HIGH RIVER - VULCAN, AB

16 MARCH 2025



*While Jesus prayed, the appearance of his face changed.*

## Office

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

Office Phone # 403-652-2203  
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## Contact Us

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Email: deaconldriver@gmail.com

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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

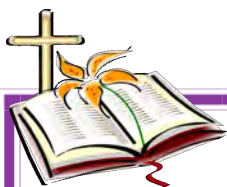
Monday – Saturday: 45 minutes before Masses

## SECOND SUNDAY OF LENT



# 2nd Sunday of Lent

March 16,  
2025



## Sunday Readings

**First Reading:** (Genesis 15: 5-12, 17-18) The Greek word “exodus” means “departure.” But the word is chosen deliberately here to stir our remembrance of the Israelites’ flight from Egypt.

**Second Reading:** (Philippians 3:17, 4:1) By His death and resurrection, Jesus will lead a new Exodus—liberating not only Israel but every race and people; not from bondage to Pharaoh, but from slavery to sin and death. He will lead all mankind, not to the territory promised to Abraham in today’s First Reading, but to the heavenly commonwealth that Paul describes in today’s Epistle.

**Gospel:** (Luke 9:28b-36) Today’s scene closely resembles God’s revelation to Moses, who also brought along three companions and whose face also shone brilliantly (see Exodus 24:1; 34:29). But when the divine cloud departs in today’s Gospel, Moses and Elijah are gone. Only Jesus remains. He has revealed the glory of the Trinity—the voice of the Father, the glorified Son, and the Spirit in the shining cloud.

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

## Religious Truths

During these serious and troubled times, people of all faiths should remember these four great religious truths:

1. Muslims do not recognize Jews as God's Chosen People.
2. Jews do not recognize Jesus as the Messiah.
3. Protestants do not recognize the Pope as the leader of the Christian world
4. Baptists do not recognize each other at the liquor store.



LIVE CONCERT 7PM, MARCH 17TH, 2025

# LITANY OF ST JOSEPH

AN ORIGINAL MUSICAL SCORE  
CREATED BY CARLOS FOGGIN

JACK SINGER CONCERT HALL  
225 8 AVE SE, CALGARY, AB

HEROIC MEN YOU ARE CALLED

Experience the world premiere of *Litany of St. Joseph in Song*, an inspiring musical event celebrating the Patron Saint of Canada.

Featuring beautiful choirs from the Diocese of Calgary and a special performance of an original musical score by award-winning conductor Carlos Foggin, this event coincides with the 2025 Jubilee Year Celebrations. We are also honoured to welcome the Apostolic Nuncio to Canada, Archbishop Ivan Jurkovic, who will be in attendance for this momentous occasion. Experience the power of faith through music!

For Tickets call the Jack Singer Concert Hall  
Ticket Inquiries & Assistance  
403-294-9494 [boxoffice@artscommons.ca](mailto:boxoffice@artscommons.ca)

PLEASE NOTE: The escalators are out of order in the Jack Singer Concert Hall. We're here to help. Call 403-294-9494 for mobility assistance.

## Stations of the Cross /Soup and Buns

Please join us for Stations of the Cross will held **every Friday** during Lent, **Mar. 21 – Apr. 11, 2025** at 6:30 pm followed by soup and buns.

All Are Welcome!



Date	Ministry
March 21, 2025	CWL
March 28, 2025	Music Ministry
April 4, 2025	Knights of Columbus
April 11, 2025	NDC/HSA

The Lord is my light and my  
*Salvation*

Psalm 27

YOU ARE CALLED. YOU matter YOU BELONG

SECOND SUNDAY OF LENT



### St. Francis de Sales CWL Easter Basket Sales

Once again, the CWL is having our Easter Basket Ticket Sale fundraiser. We have 4 beautiful baskets, 2 adults and 2 children's.

Ticket Sales commence on the following dates:  
**Sat., March 22, 2025 to Sunday, April 6, 2025**  
after all Masses in the Church Hall. Draw will be made on Palm Sunday, **April 12, 2025.**

#### Cost of tickets:

\$5.00 each or 3 for \$10.00 You can purchase tickets at the church after Masses or by E-Transfer.

#### E-transfer works as follows:

- You must purchase a minimum of \$10.00 worth of tickets.
- You can send your e-transfer to "sfscwl25@gmail.com".

Please indicate in the message area of the transfer your phone # and your ticket distribution (i.e. 3 adults or 1 adult and 2 children)

All Proceeds will be donated to a High River local charity within our community.

Thank you so much for your support for these very worthwhile causes.

#### Blessings,

The CWL Committee:

Barb Wiszt, Geraldine Gervais, Susan Horn, Bae Taylor



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 St. 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.



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



**YOUTH RETREAT GRADES 6 - 12**  
*Living for Greatness*

SOCIETY TELLS US THAT THE PURPOSE OF LIFE IS TO GET A GOOD JOB AND MAKE A LOT OF MONEY. HOWEVER, OUR GREATNESS IS NOT MEASURED BY WHAT WE DO, BUT WHO WE ARE. GOD HAS A PLAN FOR EACH OF US. IN THIS EVENT WE EXPLORE HOW TO HEAR HIM AND HAVE THE STRENGTH TO FOLLOW HIM.

**MARCH 23, 2025**  
3PM - 8PM  
ST. JAMES PARISH, OKOTOKS

MASS @ 5PM  
DINNER PROVIDED  
Contact: [youthgroup@stjamesparishrc.com](mailto:youthgroup@stjamesparishrc.com)

SCAN QR CODE TO REGISTER

**NOTRE DAME COLLEGIATE SCHOOL COUNCIL**  
**Spring Fundraiser 2025**

**ORDER DEADLINE TUES APRIL 22, 2025 6:00 PM**

<https://notredamecollegiate.growingsmilesfundraising.com/home>

Scan QR Code to go to Online Order Form or try clicking link ↓

**\$40**

**PREMIUM HANGING BASKET**  
Say hello to our latest flower mixes! These hanging baskets are perfect for sunny spots, blooming with gorgeous flowers & trailing plants. With beautiful varieties & mixes, they're here to add a special touch to your space!

**\$40**

**UPGRADED MIXES!**  
**OUTDOOR PATIO PLANTER**  
Discover the excitement! Our Outdoor Patio Planters feature a blend of our top-performing and upgraded plant collections, all set to thrive in full sun. They're your ticket to springtime paradise right in your very own backyard!

**\$45**

**2-GALLON PATIO PLANTER**  
Add a touch of elegance to your garden! Planted in a 2-gallon pot, these Floribunda roses are bred to brave colder weather and bring back color year after year. **COLORS CANNOT BE SELECTED & MAY COME IN: LIGHT PINK, DARK PINK, WHITE, OR YELLOW.**

**\$28**

**STRAWBERRY BASKETS**  
A treat for kids & strawberry lovers alike! Elevate snack time with homegrown strawberries all growing season long. With charming blossoms in white or pink, these everbearing varieties are as beautiful as they are delicious!

**\$28** **NEW!**

**INDOOR FERN BASKETS**  
Transform your place with botanical charm! These hanging baskets boast cascading fronds that bring a breath of fresh air to both indoor & outdoor spaces. Don't miss out on this new addition; ready to redefine your space!

**\$40**

**TROPICAL PATIO PLANTER**  
Your very own Tropical indoor retreat is here! Welcome the cascade of a trailing Pothos, the vibrant pop of color from a Tradescantia, & the elegant stature of a Dieffenbachia - all now part of our program! **DUPLICATES & SUBSTITUTES MAY OCCUR.**

**\$36**

**NON-GMO**

**LETTUCE GARDEN**  
Elevate your dishes with a flavorful assortment of our finest herb! Varieties may include: Basil (Sweet & Thai), Thyme, Chives (Onion & Garlic), Mint (Mojito & Peppermint), Oregano, Parsley, & Rosemary. **DUPLICATES & SUBSTITUTES MAY OCCUR.**

**\$36**

**LETTUCE GARDEN**  
Savor the goodness of your own homegrown varieties right from your own garden or planter! Varieties may include: Tomatoes (4), Cucumber, Zucchini, Peppers (2), Kale, & Romaine. **DUPLICATES & SUBSTITUTES MAY OCCUR.**

**\$40**

**2-PACK 'N' ZONAL GERANIUMS**  
Open the door to a garden of endless possibilities! These easy-to-grow bedding plants available in red, white, or pink, stay resilient against pesky intruders like deer & rabbits. Get ready for a burst of color! **CANNOT MIX & MATCH COLORS IN A PLANT.**

**\$40**

**WAVE PETUNIAS**  
Paint your own outdoor canvas! Our cascading Wave Petunias, available in purple, white, or pink, will set the tone and elevate your garden, planter boxes, and hanging baskets. Don't miss out! **CANNOT MIX & MATCH COLORS IN A PLANT.**

**\$34**

**MARIGOLDS**  
Experience a season-long visual treat! Our Marigolds, sold in orange, promise more than just a pop of color - they're also great companions for various veggies. It doesn't get much better than the perfect balance of color & companionship!

**\$18**

**PREMIUM SOIL 30 L**  
Give your plants a boost! This organic potting soil has been formulated to help your plants reach their full potential through a blend of compost, kelp, fish meal, peat moss, glacial rock dust, & rice hull. Watch your plants thrive this Spring!

**\$20**

**FERTILIZER SHAKER 30 L**  
Level up your gardening game! Crafted with organic granular kelp, this blend is a game-changer for both flowers & veggies. Say goodbye to complicated formulas and hello to a vibrant, thriving garden with our easy-to-use FertLoor Shaker!

ORDERS WILL ARRIVE 4 DAYS BEFORE MOTHER'S DAY: MAY 7, 2025

\*DUPLICATES AND SUBSTITUTIONS MAY OCCUR. AVAILABILITY IS BASED ON WHAT IS IN THE GREENHOUSE.\*

Questions? Text Jacqui at 403-625-8807

**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](mailto: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](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!**

**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](mailto:francisdesales@shaw.ca)



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?  
 Having a visit from the pastor?  
 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



“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.





# Joseph the Worker

St. Joseph's patronage over the Church symbolizes the role of fatherhood and guardianship. His example of sacrificial love and care for Mary and Jesus continues to inspire fathers and families. In a world often marked by uncertainty, St. Joseph provides a model of stability, trust in God's providence, and service to the greater good.

Pope Francis has often spoken of St. Joseph as a model for all Christians. In his Apostolic Letter *Patris Corde* ("With a Father's Heart"), released in December 2020, Pope Francis highlighted the qualities of St. Joseph as a model of fatherhood, courage, and faith. The letter was especially significant during the Year of St. Joseph, which was declared by Pope Francis in honor of the 150th anniversary of Joseph's proclamation as Patron of the Universal Church.



## Patron of Canada

In addition to his universal role, St. Joseph is also the patron saint of Canada. The association between St. Joseph and Canada dates back to the early days of European settlement in the country. The French settlers who arrived in Canada brought with them a deep devotion to St. Joseph, and by the 17th century, he had become the country's patron saint.

In 1624, a group of French Catholic settlers in Quebec established the first parish dedicated to St. Joseph, and over time, the devotion to him spread throughout the nation. One of the most significant symbols of this devotion is the Oratory of St. Joseph in Montreal, which remains one of the largest churches dedicated to him in the world. The Oratory, built in the 20th century, is a place of pilgrimage for millions of Canadians and visitors from around the world.

St. Joseph's patronage of Canada reflects the nation's Catholic heritage and the importance of family, hard work, and commitment to faith in Canadian culture. It also highlights the enduring influence of St. Joseph's virtues in the life of the Canadian Church and its people.

## St. Joseph's Relevance Today

St. Joseph's legacy continues to have profound relevance in today's world. As families face the challenges of modern life, St. Joseph offers a timeless example of fatherhood, humility, and devotion. He is a model for fathers who seek to protect and care for their families with integrity and compassion. His role as a quiet but steadfast worker also speaks to the dignity of labor and the value of serving others without seeking recognition or reward.

In times of crisis, many turn to St. Joseph for his intercession, asking for his guidance and protection. As a patron of the Universal Church, he offers comfort and hope to the faithful, reminding them that God's plans are often realized in ways that surpass human understanding.

St. Joseph, the Spouse of the Blessed Virgin Mary and the Patron of the Universal Church and Canada, continues to inspire and guide millions of Christians worldwide. His example of faith, courage, and love for the Holy Family serves as a beacon of hope for all who seek to follow Christ in their daily lives. As we honor St. Joseph, let us strive to emulate his virtues and trust in God's plan, knowing that, like Joseph, we too are called to be faithful servants of God's will.



## Origins of the Stations of the Cross

The devotion has its roots in the early Christian practice of pilgrimage to Jerusalem. As far back as the 4th century, after Emperor Constantine legalized Christianity and the Holy Land became accessible, pilgrims began visiting sites associated with Jesus' life, including those of his Passion. They would walk the Via Dolorosa ("Sorrowful Way"), the path tradition holds Jesus took to Golgotha, stopping at key points to pray and reflect. The Byzantine Empress Helena, Constantine's mother, played a role in this by identifying and preserving these holy sites, such as the Church of the Holy Sepulchre.

By the 5th and 6th centuries, accounts from pilgrims like Egeria and the anonymous "Piacenza Pilgrim" describe processions and prayers at specific stops along this route. However, the exact number and nature of these stops varied, and there wasn't yet a standardized devotion.

### **Medieval Evolution**

The Stations of the Cross as a structured devotion began to take shape in Europe during the Middle Ages, largely because pilgrimage to Jerusalem became dangerous or impractical due to Muslim control of the region after the 7th century and later the Crusades (11th–13th centuries). Christians in Europe sought ways to replicate the experience locally.

- **Early Forms:** By the 13th century, the Franciscans, who were granted custody of the Holy Land sites in 1342 by Pope Clement VI, became key promoters of the devotion. They encouraged the faithful to meditate on Christ's Passion by creating representations of the Via Dolorosa in their churches and monasteries. Early versions varied widely, with anywhere from 7 to 37 stations, depending on local traditions.

**Influence of Mysticism:** Medieval mystics, like St. Bernard of Clairvaux and St. Francis of Assisi, emphasized personal, emotional connection to Christ's suffering, which fueled the devotion's popularity. St. Francis' own meditations on the Passion, along with the Franciscans' efforts, helped standardize the practice.

### **Standardization in the 17th–18th Centuries**

The modern form of 14 stations began to solidify in the 17th century, largely through the work of the Franciscans and other religious orders. A key figure was Leonard of Port Maurice (1676–1751), an Italian Franciscan preacher who tirelessly promoted the devotion. He erected hundreds of Stations of the Cross across Italy, including a famous set at the Colosseum in Rome in 1750, encouraging its use as a Lenten practice. His efforts led to its widespread adoption in Catholic churches.

**The traditional 14 stations, based on a mix of scriptural accounts and pious tradition, were largely fixed by this time:**

1. Jesus is condemned to death
2. Jesus carries his cross
3. Jesus falls the first time
4. Jesus meets his mother
5. Simon of Cyrene helps Jesus carry the cross
6. Veronica wipes the face of Jesus
7. Jesus falls the second time
8. Jesus meets the women of Jerusalem
9. Jesus falls the third time
10. Jesus is stripped of his garments
11. Jesus is nailed to the cross
12. Jesus dies on the cross
13. Jesus is taken down from the cross
14. Jesus is laid in the tomb

Some of these (e.g., Veronica's veil, the three falls) are not explicitly in the Gospels but stem from centuries-old Christian tradition and apocryphal sources like the Acts of Pilate.

### **Modern Practice**

In 1731, Pope Clement XII officially approved the Stations as a devotion and granted indulgences for its practice, cementing its place in Catholic spirituality. By the 19th century, it became common to see Stations of the Cross—often as plaques or images—installed in Catholic churches worldwide, allowing the faithful to "walk" the Way of the Cross without leaving their parish.

In the 20th century, Pope John Paul II introduced an alternative, scripturally based version in 1991, used occasionally in papal celebrations, which eliminates non-biblical stations (like Veronica's veil) and adds events like Jesus' agony in the garden. However, the traditional 14 stations remain the most widely practiced.

### **Cultural Impact**

The Stations have inspired art, music, and literature across centuries—think of the vivid depictions in European churches or the haunting settings in Passion plays. Today, it's especially prominent during Lent, particularly on Good Friday, when many Catholics pray the Stations individually or in groups, often with meditations like those composed by St. Alphonsus Liguori.

So, the devotion evolved from a physical pilgrimage in Jerusalem to a universal spiritual exercise, shaped by historical circumstances, religious orders, and a desire to connect deeply with Christ's sacrifice. Does that cover what you were curious about, or is there a specific aspect you'd like me to dig into further?



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**  
FRANCHISE OWNER

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Office: 403.652.7266  
Fax: 403.652.1492  
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**

keyconnection@shaw.ca



www.highriverproperty.com

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**LUCIUS Okefor, B Pharm, M.ScPharm**

Pharmacist/Owner  
Pharmacist, Injection Certified, CDE

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T: 403-652-5608 F: 403-652-5609  
highriverpharmacy@gmail.com

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