



St. Francis De Sales Parish BULLETIN



10 MARCH 2024

Roman Catholic Parish
HIGH RIVER - VULCAN, AB



Office

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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

IV SUNDAY OF LENT



Fourth Sunday of Lent

March 10,
2024



Sunday Readings

First Reading: (2 Chronicles 36: 14-17a, 19-23) In today's First Reading, we hear of the destruction of the kingdom established by God's final Old Testament covenant—the covenant with David (see 2 Samuel 7; [Psalm 89:3](#)).

Second Reading: (Ephesians 2:4-10) God is rich in mercy, as today's Epistle teaches. He promised that David's kingdom would last forever, that David's son would be His Son and rule all nations (see [2 Samuel 7:14-15](#); [Psalm 2:7-9](#)). In Jesus, God keeps that promise (see [Revelation 22:16](#)).

Gospel: (John 3:14-21) Moses lifted up the serpent as a sign of salvation (see [Wisdom 16:6-7](#); [Numbers 21:9](#)). Now Jesus is lifted up on the Cross, to draw all people to Himself (see [John 12:32](#)).

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

10 Rules for Your Human Life

1. You will receive a body. You may like it or hate it, but it will be yours for the entire period this time around.
2. You will learn lessons. You are enrolled in a full-time informal school called life. Each day in this school you will have the opportunity to learn lessons. You may like the lessons or think them irrelevant and stupid.
3. There are no mistakes, only lessons. Growth is a process of trial and error - experimentation. The "failed" experiments are as much a part of the process as the experiment that actually "works."
4. A lesson is repeated until it is learned. A lesson will be presented to you in various forms until you have learned it. When you have learned it, you can then go on to the next lesson.
5. Learning lessons does not end. There is no part of life that does not contain its lessons. If you are alive, there are lessons to be learned.
6. "There" is no better than "here." When your "there" has become a "here," you will simply obtain another "there" that will, again, look better than "here."
7. Others are merely mirrors of you. You cannot love or hate something about another person unless it reflects to you something you love or hate about yourself.
8. What you make of life is up to you. You have all the tools and resources you need. What you do with them is up to you. The choice is yours.
9. Your answers lie inside you. The answers to life's questions lie inside you. All you need to do is look, listen, and trust.
- 10 You will forget all this.

LIFE



Photo By: joseflo

Stations of the Cross / Soup and Buns

Please join us for Stations of the Cross held **every Friday** during Lent, **Feb. 23—Mar. 22, 2024** at 6:30 pm followed by soup and buns.

All Are Welcome!

Please Note:
Stations of the Cross will be at 5:00 pm at St. Andrew's, Vulcan

Date	Ministry
March 8, 2024	CWL
March 15, 2024	Notre Dame/Holy Spirit Schools
March 22, 2024	Knights of Columbus

YOU ARE FORGIVEN Lenten Penitential Service

Please join us for Mass on **March 20, 2024@ 6:00 pm** followed by our **Lenten Penitential Service**.

There will be a few priests available to hear your confession.

All are welcome!

Please Note: Confession is also 45 minutes before masses



Adoration

We are looking for someone to fill the **6:00 pm—7:00 pm** spot for Adoration on **Thursdays**.

If you are interested and are able to do this, please call Nancy in the church office at 403-652-2203 or email to francisdesales@shaw.ca



Holy Childhood Association

3329 Danforth Avenue, Scarborough, Ontario, Canada M1L 4T3
809-924-14 Avenue S.W.
Calgary, Alberta T2R 0N7
February 25, 2024



Dear Father Joseph,

Many, many thanks for the wonderful \$1693.25 from High River and Vulcan for the Holy Childhood.

Today we hear of the Transfiguration of Our Lord.

The Holy Childhood, the Pope's own missionary work for children, seeks to help transfigure lives of children in need.

Gratefully in Christ,

B. J. H. K.

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

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



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!**



Dear Fellow Parishioners:

My name is Madeline McCallum, and I am a parishioner here at St. Francis De Sales, as well as a Grade 12 student at Notre Dame Collegiate. There, I have been actively involved in music ministry, leading share the word, and school based activities. I have exciting news about where God is calling me to serve for the upcoming year!

Along with 140 other young men and women, I will spend this upcoming school year serving as a Catholic missionary for NET Ministries. For over 40 years, NET Ministries has shared the Gospel with over 2.2 million young people, allowing them to encounter the person of Christ through evangelization and discipleship.

As a NET Missionary, I am responsible for forming a team of ministry partners who will support the work of NET Ministries with monthly or one-time gifts totaling to a minimum of \$9,500-11,000. This support helps offset expenses for my training, healthcare, transportation, equipment, and a small monthly stipend. With the blessing of Fr. Marius, I am asking you to partner with me this year to help me reach this minimum funding goal. You can send gifts to NET Ministries at 110 Crusader Ave W, West Saint Paul, MN 55118-4427. Make checks payable to NET Ministries and indicate that the donation is for **Madeline McCallum**. You can also donate online at www.netusa.orgsupportamissionary and select **Madeline McCallum** in the team member box. Be sure to select the 2024-2025 NET year at the top of the NET page.

I am very grateful for the support I've received from the parishioners of this parish. Please keep me in your prayers and know that you remain in mine. Sincerely,

Madeline McCallum



Knights of Columbus®

The K of C 9521 March meeting will be on **Monday March 11, 2023, 7:00 pm** in the St. Francis de Sale Church hall



Knights of Columbus®

The Knights are hosting a pancake breakfast on **Sunday March 17, 2024** **after the 11:00 am Mass.**

All are welcome!

St. Francis de Sales Youth Group

Grades 3-6 are invited to join us For pizza, games, and fellowship on Saturday, March 16, from 6:00 - 8:30 p.m. at St. Francis de Sales Church

Please let us know if you're coming by Friday, March 15 Contact the church office at 403-652-2203 or francisdesales@shaw.ca

Florescent Light Fixture's

Needed: Used, 4 ft Florescent Light Fixture's for the church. If you have some that you don't need anymore, or know of someone who has some sitting around, please call Larry Halas (SFDS Maintenance) at 403-652-0957, or let Nancy in the church office know.






WAY TO THE Father
27th Annual Men's Conference

March 22, 6 pm - 9 pm
& March 23, 9 am - 4 pm

GUEST SPEAKERS
JON LEONETTI

Ascension Parish, 1100 Berkshire Blvd NW, Calgary, AB

BR. SIMON & CHRISTOPHER
SEEDS OF THE WORD COMMUNITY

Info Detail: www.godsquad.ca

God Squad Canada is hosting its 27th annual Men's Conference called

"The Way to the Father"

on **March 22-23, 2024** at Ascension Catholic Parish in Calgary.

Jon Leonetti is a best-selling author, an internationally recognized Catholic Speaker, a radio host, and our keynote speaker. He shares in the joys and challenges that so many of us, as men, do.

Jon, along with Brother Simon of the Seeds of the Word Community in Calgary will be educating and inspiring us, ultimately bringing us into a deeper relationship with God the Almighty Father.



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 2, 2024 to Sunday, March 17, 2024
after all Masses in the Church Hall. Draw will be made on Palm Sunday, March 24, 2024.

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 number and your ticket distribution (i.e. 3 adults or 1 adult and 2 children) All Proceeds will be donated to HR Pro Life and Narrow Road Home here in High River.

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

The CWL Committee:

Barb Wiszt, Alice Sanregret, Bae Taylor



ROWAN HOUSE SOCIETY

Donations for Rowan House



As everyone knows the CWL had a very successful Christmas Bake Sale in December and the membership have decided to donate all of the funds to Rowan House. Rowan House, located in High River, offers emergency shelter for women and children dealing with domestic abuse.

Being we are a ladies group, we should contribute to the needs of this organization and therefore these are some of the items required :

Essential Basics:

New* bras/underwear (all sizes, especially S,L) **New*** pajamas (all sizes) **New*** bath towels, **New*** twin size linens, nail clippers, tweezers, laundry baskets, baby wipes, baby bibs, baby shampoo, soap, hand lotion, **New*** Boys clothing (sizes 5-17), **New*** children's underwear (sizes 3-12).

Food:

Canned vegetables, canned meat, baby formula, baby food, baby snacks.

Other Supports:

Journals/Notebooks, Walmart Gift Cards, Gas Station Gift Cards, Grocery Store Gift Cards, Dollar Store Gift Cards, Long-distance Calling Cards, On-It Passes, Duffle Bags/luggage

Around the Shelter:

Antibacterial Wipes, Toilet Paper, Facial Tissue, Laundry Detergent, Fabric Softener, Dryer Sheets.

Choosing items from this list ensures the greatest, direct impact to the clients.
***Please note:** due to health and safety concerns, Rowan House cannot accept used clothing or linens.

Bins will be located in the Church Hall for your contributions.



LENT 2024

MONDAY, MARCH 25
7:00 p.m. Chrism Mass
(St. Mary's Cathedral)

MASSES AT:
ST. FRANCIS DE SALES

Monday	25 March	9:00 a.m.
Tuesday	26 March	7:00 p.m.
Wednesday	27 March	6:00 p.m.

SACRAMENT OF PENANCE

Individual Confessions

Monday	25 March	8:00 a.m. - 9:00 a.m.
Tuesday	26 March	6:00 p.m. - 7:00 p.m.
Wednesday	27 March	5:00 p.m. - 6:00 p.m.

An Easter Message

Easter is the fulfillment of our Catholic faith. The great three day liturgy of Holy Thursday, Good Friday and Easter Sunday celebrate the resurrection of our Lord, his great triumph over sin and death. Let us together wash each other's feet, venerate his holy cross and rejoice alongside our Risen Lord this Easter.

Experience the healing and forgiveness of the Sacrament of Reconciliation. Frequently receive his body and blood at Mass. Opening yourself to the opportunities of this Easter season will allow you to participate in the fullness of this most sacred Christian feast.

Enjoy Easter the way you were meant to; with Jesus.

Fr. Marius Sztuk, SDS
Deacon Larry Driver

THE PASCHAL TRIDUUM

HOLY THURSDAY, March 28 HIGH RIVER

7:00 p.m. Evening Mass of the Lord's Supper
Solemn Adoration until midnight

8:00 - 9:00	Families
9:00 - 10:00	Mothers
10:00 - 11:00	Fathers
11:00 - 12:00	Youth

HOLY THURSDAY, MARCH 28 VULCAN

5:00 p.m. Evening Mass of the Lord's Supper

GOOD FRIDAY, MARCH 29

3:00 p.m. - Celebration of the Lord's Passion
6:30 p.m. — Stations of the Cross

HOLY SATURDAY, MARCH 30

10:00 a.m. — Blessing of the Food
8:00 p.m. — The Easter Vigil

EASTER SUNDAY, MARCH 31

9:00 a.m. Mass Vulcan
11:00 a.m. Mass High River

Happy Easter



INDULGENCE FOR PRAYING STATIONS

Pray the Stations and obtain an indulgence for the Holy Souls in Purgatory or for yourself.

This is what you do...

1) *Pray the Stations of the Cross in a church or outside where the stations have been lawfully erected, and meditate upon the Passion and Death of Our Lord, even briefly. Movement from one station to the next is required unless you are doing them as a group.*

2) *Have the intention to receive the indulgence and, in addition, to gain a plenary indulgence, one must be free from all attachment to sin, even venial sin, and fulfill the following three conditions:*

** Receive sacramental Confession about 20 days before or after the indulgenced prayer is offered. One sacramental Confession suffices for several plenary indulgences.*

** Receive Holy Communion for each plenary indulgence sought.*

** Pray for the holy intentions of the Supreme Pontiff for each plenary indulgence sought. Praying at least one Our Father and one Hail*

Mary fully satisfies this condition.

It is appropriate, but not necessary, that the sacramental Confession, and especially Holy Communion and the prayer for the Pope's intentions, take place on the same day that the indulgenced work is performed; but it is sufficient that they are carried out within several days (about 20) before or after the indulgences act.

Reminder: Why Indulgences?

*An indulgence is a remission before God of the temporal punishment still due for sins whose guilt has been forgiven in the Sacrament of penance. Every sin, whether venial or mortal, incurs a debt or stain of sin, also called temporal punishment. Indulged prayers and practices are effective ways of making satisfaction to God's justice for this debt that we owe for our sins. If we do not pay the debt of temporal punishment here on earth, our purification will take place in Purgatory. There are **two types of indulgences: plenary and partial.***

A plenary indulgence *can be gained only once a day. If gained, it removes all of the temporal punishment still due for sin.*

A partial indulgence *can be gained multiple times in a day to remove part of the temporal punishment due for sin. In order to be capable of gaining indulgences, one must be baptized, not excommunicated, and in the state of grace at least at the time of the completion of the indulgences act.*



MASS INTENTIONS

March 1– 31, 2024

March 1	9:15 am	George & Antonina Sztuk †
March 2	9:00 am 5:00 pm	Stewart Curzon Tim McLean †
March 3	9:00 am—(Vulcan) 11:00 am	St. Andrew's CWL Sisters Our Parish
March 4	9:00 am	Stewart Curzon
March 5	7:00 pm	Aiden Bateman
March 6	6:00 pm	Sam Wambeke †
March 7	9:15 am	John Hoffart Jr. †
March 8	9:15 am	Michelle Schaefer †
March 9	9:00 am 5:00 pm	Stewart Curzon JF Tetreault
March 10	9:00 am—(Vulcan) 11:00 am	Our Parish Ellen Mehrer †
March 11	9:00 am	Stewart Curzon
March 12	7:00 pm	Melissa & Amanda Families
March 13	4:00 pm (HR Hospital) 6:00 pm	Theresa Fallows † SFDS CWI Sisters
March 14	9:15 am	Stewart Curzon
March 15	9:15 am	Michael Loge
March 16	9:00 am 5:00 pm	Nick Baldwin Ken & Carmelina MacKenzie †
March 17	9:00 am—(Vulcan) 11:00 am	Our Parish Patrick & Gerard Farrell †
March 18	9:00 am	Paul Emile Busque †
March 19	7:00 pm	George & Antonina Sztuk †
March 20	3:15 pm—(Seasons HR) 6:00 pm	Sam Wambeke † Zachary Thomas McCarter †
March 21	9:15 am	James Leible †
March 22	9:15 am	John Lupyczuk
March 23	9:00 am 5:00 pm	Hilary Gabie & Family Jemarie Pascual †
March 24	9:00 am—(Vulcan) 11:00 am	Our Parish Bridy Farrell †
March 25	9:00 am	Cathy Nesselbeck †
March 26	7:00 pm	Debbie Muller
March 27	3:30 pm—(The Manor) 6:00 pm	George & Antonina Sztuk † Seth Baldwin
March 28	7:00 pm	Holy Thursday
March 29	3:00 pm	Good Friday
March 30	10:00 am 8:00 pm	Blessing of The Food Tim McLean † Easter Vigil
March 31	9:00 am—(Vulcan) 11:00 am	Our Parish Rita Farrell Easter Sunday



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