



St. Francis De Sales Parish BULLETIN



24 MARCH 2024

Roman Catholic Parish
HIGH RIVER - VULCAN, AB

PALM SUNDAY

WELCOME THE KING

Office

St. Francis de Sales Parish
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Music Coordinator: Donna Abramson
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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

PALM SUNDAY



Palm Sunday



March 24,
2024



Sunday Readings

First Reading: (Isaiah 50: 4-7) He is the Suffering Servant foretold by Isaiah in today's First Reading. He reenacts the agony described in today's Psalm, and even dies with the first words of that Psalm on His lips (see [Psalm 22:1](#)).

Second Reading: (Philippians 2:6-11) He was God and yet humbled Himself to come among us, we're reminded in today's Epistle. And despite our repeated failures, our frailty, Jesus still humbles Himself to come to us, offering us His body and blood in the Eucharist.

Gospel: (Mark 14:1-15, 47) Listen carefully for the echoes of this Psalm throughout today's Gospel—as Jesus is beaten, His hands and feet are pierced; as His enemies gamble for His clothes, wagging their heads, mocking His faith in God's love, His faith that God will deliver Him.

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

The King of the Poor

Long ago, there ruled in Persia a wise and good king. He loved his people. He wanted to know how they lived. He wanted to know about their hardships. Often he dressed in the clothes of a working man or a beggar, and went to the homes of the poor. No one whom he visited thought that he was their ruler. One time he visited a very poor man who lived in a cellar. He ate the coarse food the poor man ate. He spoke cheerful, kind words to him. Then he left. Later he visited the poor man again and disclosed his identity by saying, "I am your king!" The king thought the man would surely ask for some gift or favor, but he didn't. Instead he said, "You left your palace and your glory to visit me in this dark, dreary place. You ate the coarse food I ate. You brought gladness to my heart! To others you have given your rich gifts. To me you have given yourself!"

God is willing to make most any accommodation to have fellowship with us. Even becoming human.

FELLOWSHIP



Easter Decorating

Our amazing Decorating Team is preparing to decorate for Easter, and are kindly asking for donations of **Easter Lilies**, or **Easter Moms**, or a **monetary donation** so they can purchase some.

If you would like to participate, and are doing a monetary donation, please bring your donation to the church office by **March 28** or if you are purchasing Lilies or Moms, please bring them to the church by **March 29**

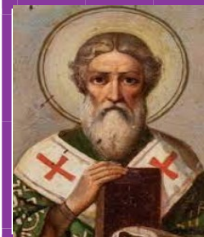
If you have any questions, please call Nancy in the church office at 403-652-2203



Church Office Hours for Easter

The Church Office will be closed for the Easter Holiday,
Fri. Mar. 29—
Mon. Apr. 1.

Regular office hours will resume **Tuesday, April 2, at 9:00 am.**



"Cleanse your vessel, so that you may receive grace more abundantly."

-St. Cyril of Jerusalem



Photo By: joseflo

Stations of the Cross / Soup and Buns

Please join us for Stations of the Cross
Mar. 22, 2024 at 6:30 pm followed by soup and buns.

Date	Ministry
March 22, 2024	Knights of Columbus



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

Beloved Daughters
WOMEN'S CONFERENCE
HOSTED BY BELOVED DAUGHTERS
WORTHY and MADE NEW
Revelation 21:5

MAY 3, 2024
7 PM - 9:30 PM
MAY 4, 2024
8:30 AM - 6 PM

ST. MICHAEL'S PARISH
CALGARY, AB

CRYSTALINA
EVERT



FR. ANTHONY
SORTINO, LC



SCAN FOR MORE INFO

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!



St. Patrick's
Pancake breakfast

Knights of
Columbus

SUMMER POSITION

MOUNT ST. FRANCIS RETREAT CENTRE
COCHRANE, ALBERTA

(Temporary Contract: May 1 – August 30, 2024; 40 hours a week)

Summary description: This Summer Position primarily attends to groundskeeping, minor repairs and maintenance and setting up and cleaning up of various events. This position reports directly to the Franciscan Local Minister and works closely with the Maintenance Manager.

Specific duties include:

Groundskeeping:

- Maintaining lawns by mowing, trimming and edging
- Pruning, trimming plants and trees
- Raking leaves, cleaning debris, performing general clean-up of landscaping area
- Working with crew in maintaining trails
- Operating landscaping equipment such as riding mowers, trimmers, chainsaws

Repairs and Maintenance:

- Performing routine and preventative maintenance, e.g. painting, repair fences, posts, outdoor benches, moving furniture as needed

Set up and Clean up:

- Performing routine custodial and cleaning duties of the outdoor grounds and indoor facility
- Performing particular duties for the 75th anniversary celebration in August

Job Requirements:

- Ability to work both under general supervision and independently
- Take pride in your work
- Have sufficient stamina and strength to do the requirements of the position
- Have steel toe safety boots
- Ability to work some evenings and weekends as required
- Have reliable transportation to work
- Have a full class five driver's license

The preferred candidate is a post-secondary student

Salary: \$17.80 hour, less required payroll deductions

Please submit your resume and cover letter by April 5th to: mstfapplications@gmail.com

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,





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.



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



SFDS Financial Report January – February, 2022, 2023, 2024

	January		
	2022	2023	2024
Income	22,442.90	27,931.28	23,671.66
Expenses	22,637.17	33,080.49	24,624.19
Net Income (Loss)	-194.27	-5149.21	-952.23
	February		
	2022	2023	2024
Income	29,630.30	27,785.95	29,630.30
Expenses	19,494.06	25,643.40	28,877.84
Net Income (Loss)	9,727.53	2,142.55	752.46
	Year to Date		
	2022	2023	2024
Income	53,301.96	55,717.23	23,671.66
Expenses	53,502.03	58,723.89	24,624.19
Net Income (Loss)	-200.07	-3,006.66	-952.23





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

Palm Sunday & Holy Week

St. Francis De Sales Parish High River - March 24, 2024



JESUS ENTERS JERUSALEM, a city renowned since ancient times as the holiest place on earth. The Psalm consider it to be a place of perfect peace. Today Jerusalem is at the centre of tremendous hatred, violence and division. Its symbolism is far from the biblical traditions of peace. Stewards are



blessed as peacemakers; individuals who give witness to preferring reconciliation over strife. As we reflect this week on the inhumanity done to Jesus, let us also discern how we can give

Fasting & ABSTINENCE

Reminder about the Church's prescription for fasting and abstinence on **GOOD FRIDAY**.

Abstinence means no meat for those 14 and older. Fasting means one full meal and two of smaller meals that do not exceed the food of the full meal, without snacks. Fasting applies to those 18 years of age and up.

DEAR PARISHIONERS,

We are entering the Holy Week of our Liturgical Year, and will soon celebrate the Triduum liturgies in our parish.

Please join us in the **CHRISM MASS ON MONDAY, MARCH 25 AT 7:00 PM AT ST. MARY'S CATHEDRAL**. In this celebration, the Bishop blesses the oil of catechumens and the oil of the sick. He also prepares and consecrates the oil of Chrism that is used in the sacraments of baptism, confirmation, and holy orders. As the Bishop is the only minister who can consecrate the oil of chrim, this liturgy ritualizes his presence through the chrim that will be used for baptisms by priests and deacons throughout the diocese all year.

I hope the Easter Triduum gives us renewed hope in the death and resurrection of Christ.

*Fr. Marius
Deacon Larry*

*Fr. Mariusz Sztuk, SDS
Deacon Larry Driver*

Holy Week & Easter Triduum

EASTER TRIDUUM

The Easter Triduum begins on Holy Thursday with the evening Mass of the Lord's Supper, is continued through Good Friday with the celebration of the passion of the Lord on Holy Saturday, reaches its high point in the Easter vigil, and concludes with evening prayer on Easter Sunday. The Season of Lent ends on Thursday of Holy Week. Then the Church embers the death and resurrection of Jesus during the Easter Triduum.

These three days are the most important time of the Church year.

HOLY THURSDAY

On Holy Thursday we remember the Last Supper and that Jesus gave himself in the Eucharist. We recall that Jesus chose his apostles to serve and lead the Church. Remembering that Jesus washed their feet at the Last Supper, the priest washes the feet of members of the congregation. Holy Thursday is a special day for all priests since it is a day to mark the beginning of the ordained priesthood.



The evening Mass of the Lord's Supper on Holy Thursday is a beautiful and joyful celebration. During the singing of the Gloria, the church bells are rung and then remain silent until the Easter Vigil of Holy Saturday night. Because Holy Thursday is a feast day of the Blessed Sacrament, there is a procession of the Eucharist after the Mass to an altar of repose set up for the occasion. Then the main altar is stripped bare.

GOOD FRIDAY

On Good Friday we remember the death of Jesus. According to an ancient custom, Mass is not celebrated on this day or before the Easter Vigil on Holy Saturday. The celebration of the Lord's passion and death takes place in the afternoon. There are



three parts to the liturgy of the day: the Liturgy of the Word; the Veneration of the Cross; and Holy Communion with Hosts consecrated on Holy Thursday.

EASTER VIGIL

On Holy Saturday the Church meditates on the suffering and death of Jesus. Then the Church gathers to celebrate the Easter Vigil. The celebration of the Easter Vigil should take place at night, after nightfall or ending before the dawn of Sunday.

The Easter Vigil has four parts: The Service of Light; the Liturgy of the Word; the Liturgy of Baptism; and the Liturgy of the Eucharist.

During the Service of Light, all the lights in the church are turned off and a fire is prepared outside the church. Then the fire is blessed and the Paschal Candle is lighted from the new fire. The candle is carried into the dark church. It is a sign of Christ, the Light of the World, who has overcome the darkness of sin and death. The lighted Paschal Candle provides the only illumination.

Then, from the flame of the Paschal Candle, members of the congregation light the small candles that they are holding. The flame is passed from person to person until everyone is holding a lighted candle. The

light from the Paschal Candle and all the small candles provides the only illumination in the church during this portion of the liturgy. This section concludes with the singing of the Easter Proclamation, the Exultet.

During the Liturgy of the Word, the story of God's great love for us is proclaimed in readings from the Old and New Testaments. The readings recall the great events of salvation, beginning with creation itself and were selected to dispose people to celebrate the sacraments of Christian initiation with great faith.



During the Liturgy of Baptism, those who have been preparing for Baptism and their godparents are called forward. The priest and ministers then go to the baptismal font. After the candidates are baptized, all present stand with lighted candles and renew their baptismal promises as a sign that they share the new life of Jesus through his resurrection. The newly baptized and confirmed await their first sharing in the Eucharist.

The Easter Vigil concludes with the celebration of the Eucharist. This is a joyous sharing in the sacrificial meal of Jesus Christ, Lord and Risen Savior.

Easter Triduum in Our Parish

Holy Thursday

Mass of the Lord's Supper



March 28, 2024

5:00 PM - Vulcan

7:00 PM - High River

After Holy Thursday Mass, we will have a procession of the Eucharist to the altar of repose. We invite all parishioners to stay a while in adoration to the Blessed Sacrament. Adoration will be continued until Midnight. We would like to invite different group of parishioner to take turn in the Adoration prayer at the Church:

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

Good Friday

Celebration of the Lord's Passion



March 29, 2024

3:00 - PM

Prepare to observe silence when entering the Good Friday service.

There will be a 7 PM Station of the Cross. After Station of the Cross (around 7:30 PM), the Chapel of Adoration in the Church will be opened until Midnight. We invite all parishioners to come and spend some time with Jesus in the Blessed Sacrament. Today is the day of abstinence of meat and fasting.

6:30 - Stations of the Cross

Easter Vigil

The Resurrection of the Lord



**March 30, 2024 8:00 -
PM**

Our Easter Vigil will be divided into four parts: The Service of Light; Liturgy of the Word, Liturgy of Baptism and the Liturgy of Eucharist. We invite you to join us in this most beautiful liturgies in our church.

The Easter Vigil liturgy will take longer than usual, so plan accordingly. The length of time in Easter Vigil is one of the sign of our love to the mystery Resurrection, nothing else matters more.

Some might find it challenging to hear nine readings, but they do convey more fully the mystery of God's plan of salvation, and give the sense of what a vigil truly is.

Easter Sunday



March 31, 2024

9:00 - AM - Vulcan

11:00 - AM - High River

The Resurrection of the Lord