



St. Francis De Sales and St. Andrew Parish BULLETIN

8 FEBRUARY



Roman Catholic Parish
HIGH RIVER • VULCAN, AB



You are the Light of the world.

Office

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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
Sunday 5:00 pm - High River

CONFESSIONS

Monday - Saturday: 45 minutes before Masses

FIFTH SUNDAY IN ORDINARY TIME



5th Sunday in Ordinary Time

February 8, 2026



Sunday Readings

First Reading: (Isaiah 58:6-10) Historically called "Third Isaiah" this passage was written at a time when the exiled people had returned to Jerusalem and faced the harsh realities of their new situation. The people got caught in scrupulous and strict observance of the law for self-preservation. But Isaiah's language is blunt: in order for God to bring light and healing, there has to be more than pious devotion. Selfishness, greed, indifference and exploitation have no place in a people who sincerely wish to live the covenant with God. Religious practices and rituals are empty unless the real needs of the poor are met, injustices are confronted, and the oppressed are liberated. Isaiah is painfully blunt about this.

Second Reading: (1 Corinthians 2:1-5) A spiritual elitism has taken hold in this community so dear to Paul's heart. Competitive rivalries have no place in God's plan of salvation. More than anywhere else in his letters, Paul openly speaks of his own weakness and inadequacies, in order to strengthen his claim that he is sent by God to fulfill the mission of proclamation of the Good News. It is the great interpretive key to Paul's theology: it is in human weakness that the power of God's Spirit is most active and most visible.

Gospel: (Matthew 5:13-16) Sentences beginning with "you are" are meant to demand our special attention. Part of Jesus' discourse following the Beatitudes, Jesus employs the images of salt and light to make a crucial point also made in the two previous readings for today: the way you live expresses or obscures the truth of God's love and mercy. In the words of the Redemptorist Priest Fr. Leo English, "you may be the only Bible someone reads today, so act it." God is to be manifest in all we do, think, and feel, as well as in the attitudes and motives which govern our behavior. St. Augustine reaffirms this notion that an impure, or violent thought is only slightly behind a thought becoming an action – so be aware of thy self.

For more information about these reflections, please contact Kiply Lukan Yaworski, Diocese Communications, 306-659-5844 or kyaworski@rcdos.ca.

Second Best?

The doctor gave the man a complete physical, then had a long talk with him.

"Joe, the best way to improve your health is for you to give up salt and fats, quit smoking, jog two miles a day, stop drinking, and get eight hours of sleep a night."

Joe thought about this for a few minutes, then said, "You know, Doc, I just don't deserve the best. What's second best?"

Submitted by Fr. Mariusz



Stations of the Cross /Soup and Buns

Please join us for Stations of the Cross will held every Fri. during Lent, Feb.20 – Mar. 27, 2022 at 6:30 pm followed by soup and buns. All Are Welcome!

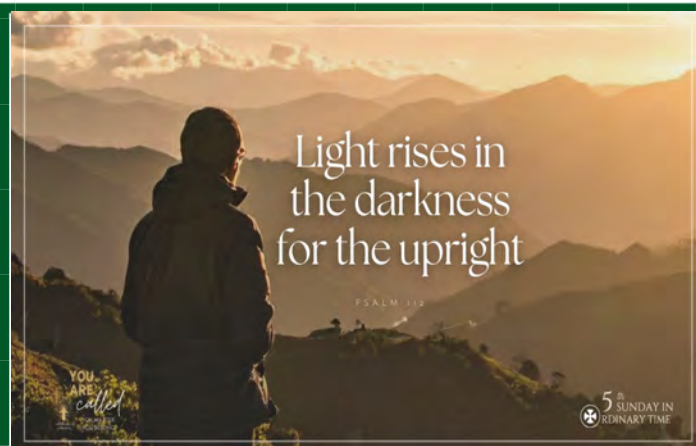
Date	Ministry
February 20, 2026	Couples for Christ
February 27, 2026	Decorating /Parish Council, RCIA/Liturgy & Lector
March 06, 2026	CWL
March 13, 2026	Music Ministry
March 20, 2026	Knights of Columbus
March 27, 2026	Pastoral Care Team



Last Year's Palms Needed

We are looking for last years Palms to burn for Ash Wednesday. Please bring them to the church office, so Deacon Larry can burn them.

Thank You!



PLEASE JOIN US FOR A

Valentine's Night Celebration



St. Francis de Sales Parish warmly invites married couples to a special Valentine's Celebration centered on faith, love, and commitment.

FRIDAY

13TH FEBRUARY

This evening is an opportunity to thank God for the gift of your marriage, to renew your vows, and to spend meaningful time together in a joyful atmosphere.

St. Francis de Sales Parish
to Register call: 403.652.2203



Valentine's Day for Married Couples – Dinner for Two

Dear Married Couples,

Marriage is one of the most beautiful gifts God has entrusted to humanity. It is not just living together, but a journey where we learn love, faithfulness, forgiveness, and mutual devotion. In the sacrament of marriage, God is present every day — in joys and successes, but also in challenges and moments of trial. It is in everyday life that true love grows, matures over time, and is strengthened by trust and God's grace.

Yet today, marriage is not always easy. Many couples face difficulties. Divorce is too often an easy option. As a result, society looks at the institution of marriage with skepticism. More and more, people are choosing to live without a sacramental bond. That is why we need care, support, and encouragement for married couples, now, more than ever.

As a Church, we **wholeheartedly support the sacrament of marriage.** We want to accompany, help, and strengthen couples at every stage of their journey — in times of joy, as well as in times of trial. We hope that married couples never feel alone, and that their relationship is treated with respect and love.

Valentine's Day is a beautiful opportunity to reflect on **sacramental love lived according to God's plan.** It is also a perfect moment to pause, appreciate your marriage, and renew what is most important.

That is why we warmly invite all married couples from our parish to join us for a **Valentine's Dinner for Two.**

Evening Program:

- **5:30 PM – Holy Mass**, during which couples will renew their marriage vows from their wedding day
- **Short 15-minute break**
- **Special talk** (30–45 minutes) by **Eunice Peterson**, psychologist (*topic will be a lovely surprise!*)

Romantic dinner for two, in a beautiful Valentine's setting We want this evening to be a time of closeness, conversation, inspiration, and joy in being together.

Cost: \$60 per couple (**because of the space, we are limited to 25 couples**)

We invite you with all our hearts



May this evening be an opportunity to renew love and strengthen what God has joined together.

Q&A Session

With Fr. Mariusz

Fr. Marius Answers the Liturgical Questions from Parishioners



Our Catholic liturgy is rich in meaning, symbols, and tradition. Many of the gestures, prayers, and moments of the Mass have deep roots in Scripture and the early Church — yet they can raise good and honest questions.

In this regular bulletin column, **Fr. Marius responds to questions from parishioners** about:

- The Mass and its rituals
- The Sacraments
- Catholic traditions and symbols

Why we do what we do as Catholics

No question is too small or unimportant. Often, if one person is wondering about something, many others are too.

Each week (or month), one question will be answered briefly and clearly, helping all of us grow in understanding and deepen our participation in the celebration of the Eucharist.

✉ Have a question?

You are invited to submit your liturgical or faith-related questions:

- by email to the parish office
 - by dropping a note in the collection basket
- or by speaking directly with Fr. Mariusz
Together, let us continue learning, praying, and growing as one parish family.

— Fr. Mariusz



momentum
CATHOLIC SINGLE MOTHERS

A Catholic Ministry for Single Moms

Are you looking for fellowship with other single mothers?

We're excited to launch Momentum gatherings in Calgary!

Gathering Details:

- Date: Saturday, March 14
- Time: 11:00 a.m. – 2:00 p.m.
- Location: St. James Catholic Church
- 338060 32 St E, Okotoks, AB

FELLOWSHIP AND PRAYER. CHILDREN ARE WELCOME.

TO REGISTER AND FOR MORE INFORMATION

email: momentumcatholicssinglemothers@gmail.com

www.momentummothers.org



**Knights of
Columbus®**

**Knights of Columbus Feb.
meeting Monday February 9,
2026 at 7:00 pm**
at SFDS in the church hall.

**All Knights in good standing are
encouraged to attend.**

Special Envelopes for 2026

19 New Year's Day	Gold	January	01,	2026
18 St. Francis de Sales Helping Hands	Green	February	08,	2026
17 Together in Action	Blue	April	05,	2026
16 Needs of the Church in the Holy Land	Buff	April	03,	2026
15 Easter	Pink	April	05,	2026
14 Good Shepherd Sunday	Y	April	26,	2026
13 St. Francis de Sales Helping Hands	Green	May	10,	2026
12 The Pope's Pastoral Works	Y	May	17,	2026
11 Together in Action	Blue	June	07,	2026
10 St. Francis de Sales Helping Hands	Green	June	14,	2026
09 St. Francis de Sales Helping Hands	Green	August	09,	2026
08 Together in Action	Blue	September	06,	2026
07 St. Francis de Sales Helping Hands	Green	September	13,	2026
06 Catholic Education Sunday	Y	October	18,	2026
05 World Mission Sunday	Y	October	25,	2026
04 Together in Action	Blue	November	01,	2026
03 St. Francis de Sales Helping Hands	Green	November	08,	2026
02 Holy Childhood Sunday	Y	December	13,	2026
01 Christmas	Pink	December	25,	2026

We need your help!!

Have you been looking for a Ministry in the Church to help with? We might have the answer for you!! We are looking for another person to help with Share the Word. On Sundays at the 11:00 am mass.



You will be teamed with another person, and would only have to commit about once every 5/6 weeks. You would be working with children age 3–6 for about 20 minutes during the mass.

If you are interested, Please call Nancy in the church office at 403-652-2203 or email secretary@francisdesaleshighriver.com

“
Love is not passive; it goes out to meet
the other. Being a neighbour is not
determined by physical or social
proximity, but by the decision to love.

Pope Leo XIV, Message for the 34th World Day of the Sick



World Day of the Sick – February 11

Memorial of Our Lady of Lourdes

On **February 11**, the Church throughout the world observes the **World Day of the Sick**, celebrated on the memorial of **Our Lady of Lourdes**. This special day invites us to reflect on the reality of **sickness and suffering**, and on the **healing, compassion, and hope** that Christ brings through His Church.

From the Gospel onward, the healing ministry has been at the heart of the Church's mission. Jesus showed particular love for the sick, the weak, and the suffering, and He entrusted this same mission to His disciples. Today, the Church continues this work through prayer, the Sacraments, pastoral care, and the loving presence of communities like our own parish.

In our parish, **pastoral care of the sick** is a vital ministry. Through visits, prayer, the Sacrament of the Anointing of the Sick, Holy Communion to the homebound, and simple human presence, we strive to ensure that no one suffers alone. Even when healing does not come in the way we expect, prayer unites our suffering to Christ and fills it with meaning, strength, and hope.

The **World Day of the Sick** is also a powerful reminder of the **power of prayer**—prayer offered by those who suffer, by caregivers, families, and by the whole community. When we pray together, we place our trust in God, who is always close to the brokenhearted.

We warmly invite everyone to join us on Feb. 11 at 6:00 PM for Evening Mass. Following Mass, there will be an **Exposition of the Blessed Sacrament** and an **individual blessing with the Blessed Sacrament** for all who wish to receive it.

Let us come together as a parish family to pray for the sick, the elderly, caregivers, and all who carry heavy burdens, asking through the intercession of **Our Lady of Lourdes** for healing, comfort, and peace.

All are welcome.



UNDERSTANDING SENIORS' MENTAL HEALTH



**FEBRUARY 24
1:00-2:30 PM**

**AN INFORMATIVE PRESENTATION
ON SENIORS' MENTAL HEALTH
ISSUES**

UNDERSTANDING:

**DEPRESSION & ANXIETY
DEMENTIA & DELIRIUM
GRIEF & LOSS**



**ST. FRANCIS DE SALES (SFS) PARISH
206 NINTH AVENUE W
HIGH RIVER, ALBERTA**



PREVENTING CAREGIVER BURNOUT



**TUESDAY, MARCH 03
1:00-2:30 PM**

**LEARN HOW TO TAKE CARE OF
YOUR LOVED ONE WHILE ALSO
CARING FOR YOURSELF**

UNDERSTANDING:

**SELF-CARE STRATEGIES
SELF-COMPASSION
BUILDING SUPPORTS**



**ST. FRANCIS DE SALES (SFS) PARISH
206 NINTH AVENUE W
HIGH RIVER, ALBERTA**



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 fr-marius@francisdesaleshighriver.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."

- Pope Saint John Paul II



Sunday Offering

Did you know we now take Donations electronically! **You have the following options: Direct Debit, Visa, M/C.** 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 all Nancy in the church office at **403-652-2203** or email her at secretary@francisdesaleshighriver.com



Adoration

Please join us for Adoration after the 9:00 am Mass on Thursdays. **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 secretary@francisdesaleshighriver.com

All are welcome!



THIS WEEK AT SFDS

Sunday, February 8 - ST. JEROME EMILIANI & ST. JOSEPHINE BAKIHITA

9:00 – 10:00 M – Mass (Vulcan)
11:00 – 12:00 PM – Mass (High River)
4:00 – 5:00 PM – Confessions
5:00 – 6:00 PM – Mass

Monday, February 9

8:00 – 9:00 AM – Confession
9:00 – 9:45 AM – Mass
7:00–9:00 PM - K of C Meeting

Tuesday, February 10—ST. SCHOLASTICA

9:00—2:00 PM - NDC Retreat at SFDS
2:00—2:30 PM— Mass at NDC Grade 9
6:00 – 7:00 PM – Confessions
7:00 – 7:45 PM – Mass

Wednesday, February 11—OUR LADY OF LORDS

4:00—4:30 PM - Mass at HR Hospital
5:00— 5:45 PM - Confessions
6:00—6:30 PM - Mass
6:45—8:00 PM— CWL General Meeting

Thursday, February 12

8:00 – 9:15 AM – Confession
9:15 - 10:00 AM - Mass
10:00 – 9:00 PM – Adoration and Benediction

Friday, February 13

8:45 - 9:15 AM - Confession
8:45 – 9:15 AM – Rosary
9:15 – 10:00 AM – Mass—Grade 2
5:30—9:00 PM— **SFDS Valentine's Dinner**

Saturday, February 14— ST. CYRIL & ST. METHODIUS

8:00 – 9:00 AM – Confession
8:30— 9:00 AM- Rosary
9:00 – 9:30 AM – Daily Mass
4:00 – 5:00 PM – Confession
5:00 – 6:00 PM – Vigil Mass

SFDS Ministry Schedule

February 7 & 8, 2026



<u>Ministry</u>	<u>Sat. 5:00 pm</u>	<u>Sunday 11:00 am</u>	<u>5:00pm</u>
Greeters	Lee A.	Mary Ann D.	*****
Ushers	K of C	K of C	K of C
Lector	Lana & Dale	Nancy & Linda	Donna & Brandt
Choir	Shelli, Riane & Family	SFDS Comm. Choir	*****
Share The Word	N/A	Megan & Elma	N/A
Coffee Hosts	N/A	?	N/A

WE NEED YOUR HELP!

The Decorating Committee for the Valentines Dinner are looking for some tall plants & room dividers for their set up.

If you have any that we could borrow, please call Nancy in the church office at 403-652-2203.





February 1– 28, 2026

February 1	9:00 am—(Vulcan) 11:00 am 5:00 pm	Millie Bagozi Carolyn Kuziw † Our Parish
February 2	9:00 am	Jensen Family
February 3	7:00 pm	Terry Michelkow
February 4	6:00 pm	Bereavement Mass
February 5	9:15 am	Earla Sapinsky †
February 6	9:15 am	Earla Sapinsky †
February 7	9:00 am 5:00 pm	The Baldwin's God Children Victor Zelinski †
February 8	9:00 am—(Vulcan) 11:00 am 5:00 pm	St. Andrew's CWL Sisters Our Parish Carolyn Kuziw †
February 9	9:00 am	God Parents of the Baldwin Children
February 10	7:00 pm	Norma Rosell †
February 11	4:00 pm—(HR Hospital) 6:00 pm	Fr. Mariusz SFDS CWL Sisters
February 12	9:15 am	Frank Paslawski †
February 13	9:15 am	Frank Paslawski †
February 14	9:00 am 5:00 pm	Deacon Larry & Therese Victor Zelinski †
February 15	9:00 am—(Vulcan) 11:00 am 5:00 pm	Our Parish Vince Treadgold † Carolyn Kuziw †
February 16	9:00 am	Frank Paslawski †
February 17	7:00 pm	Victor Zelinski †
February 18	3:15 pm (Seasons HR) 6:00 pm	Lyle Needham † Paul Stelter
February 19	9:15 am	George & Antonina Sztuk †
February 20	9:15 am	Victor Zelinski †
February 21	9:00 am 5:00 pm	Debbie Mueller Ou Parish
February 22	9:00 am—(Vulcan) 11:00 am 5:00 pm	Tino Pasolli † Theresa Fallows † Carolyn Kuziw †
February 23	9:00 am	Grant Fraser
February 24	7:00 pm	Barbara Charette
February 25	3:30 pm—(The Manor) 6:00 pm	Donald Fath † George & Antonina †
February 26	9:15 am	Zelinsky Family
February 27	9:15 am	Pauline Wild †
February 28	7:00 am 5:00 pm	Armand DesRochers † Martin Lima & Carmela Gonzalez †



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