



St. Francis De Sales and St. Andrew Parish BULLETIN

22 FEBRUARY 2026



Roman Catholic Parish
HIGH RIVER - VULCAN, AB



Have mercy, O Lord, for we have sinned.

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
Sunday 5:00 pm - High River

CONFESSIONS

Monday - Saturday: 45 minutes before Masses

FIRST SUNDAY OF LENT



This is the time of fulfillment.
The Kingdom of God is at hand.
Repent and believe in the Gospel.

MARK 1:15

1st Sunday Of Lent



February 22,
2026

Sunday Readings

First Reading: (Genesis 2:7-9,16-18,25, 3:1-7) The evolution-creation debate rests on the false premise that the Bible is a book of science. Instead, the Bible witnesses to creation's relationship with God as the Creator, and today's scripture passage attempts to answer the question why we human beings are the way we are. The message of Genesis is that the natural world was created for our benefit, and we were created in God's image and likeness. However, something inside us makes us move away from listening to – and trusting – God. Instead we allow ourselves to be seduced and tricked by illusions and lies. Through our own sinful actions, we locked ourselves out of the paradise which God intended for us.

Second Reading: (Romans 5:12-19) Steeped in his Jewish theological and philosophical tradition, Paul articulates clearly the reality of the human condition: we sin and die, and cannot justify ourselves by our own efforts. New life in Christ Jesus, who is our Saviour, is a free and unearned gift from our gracious and merciful God. By comparing and contrasting Adam and Christ, Paul places the saving role of Jesus squarely in the long tradition of the Jewish faith.

Gospel: (Matthew 4:1-11) Both Luke and Matthew write a detailed account of Jesus being tempted in the desert right after the "high point" of Jesus' baptism in the Jordan. It is not accidental that each temptation occurs in a special place: the desert, the temple, and the mountain. The Bible tells us that each of these places pulsates with the possibility of encountering God there. One by one, Jesus needs to make clear choices as to what kind of Messiah God intends him to be. This passage also has both Satan and Jesus quoting Scripture, thereby illustrating that knowing Scripture is not enough – it must be properly interpreted and lived out.

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

Forty Days of Atonement

Our Jewish friends tell a story about a priest and a rabbi who are discussing the pros and cons of their various religions, and inevitably the discussion turns to repentance.

The rabbi explains Yom Kippur, the solemn Day of Atonement, a day of fasting and penitence, while the priest tells him all about Lent, and its 40 days of self-denial and absolution from sins.

After the discussion ends, the rabbi goes home to tell his wife about the conversation, and they discuss the merits of Lent versus Yom Kippur.

She turns her head and laughs. The rabbi says, "What's so funny, dear?"

Her response, "40 days of Lent, one day of Yom Kippur . . . so, even when it comes to sin, gentiles pay retail .

Submitted by Fr. Mariusz

Lent - 40 Days
RETAIL PRICE!



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, 2026 at 6:30 pm followed by soup and buns. All Are Welcome!

Date	Ministry
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



When: Friday March 6, 2026, at 6:30 pm to Sunday March 8, 2026, at 10:30 am.
There will be some breaks for Mass of course.

To Sign up: There is a chart in the Parish Hall
For more Information:
Contact Gerry McCallum 403-652-6229

The Season of Lent



LENT

There are so many things that can be said about the upcoming forty-day season.

First off, the word Lent means Springtime, Springtime is in March? In Ancient English, the word "lent" is short for "lengthening", winters darkness gives way to ever lengthening days. While LENT is a penitential season – calling us to turn our lives around and bring our hearts back to God – it is not to become a time for moaning and groaning. Rather, it's time to rise up and prepare ourselves to greet the dawn of season of **HOPE and JOY**.

The season begins on Ash Wednesday when we fast and abstain from eating meat, receive ashes on our foreheads to remind us that from dust we have come and to dust, we shall return. It continues with fasting and meat-free Fridays. The are three main aspects of the Lenten season:

Prayer, for the good of the soul. Prayer really means to open up your mind and mind to a loving God who thirst to be close and once again one with you, not only in theory but also in practice. It is the intimacy of relationship. Intimacy not only with God but with one another. If we know God, we share intimacy with God. If we know our need for each other, then we become something special, for we are the ones who knit together relationships and families, civilizations and cultures. During this Lenten Season, we must search out quiet places and even more important, learn to sit still!

Fasting, good for the body. The most common form of Fasting is to go without food. This kind of fasting is to make people who have, realise and become one with people who have not. Fasting is giving something up not because it's necessarily bad, but because we want to be sure we are in control our bodies and our bodies are not controlling us. When done with the correct spirit, fasting detaches us from the pleasures of the world and helps us to focus on what really matters. Apart from food fasting can also mean fasting from distractions like social media or excessive phone use, or from things like gossiping or yelling at our loved ones.

Almsgiving, for the good of our neighbour. To take upon ourselves personal responsibility for helping a brother or sister in need is to reach out and touch God Himself. Almsgiving is probably most popular, because each Lent have various collections : we give Alms. Remember Jesus once said "Whatever to give tot least of my brothers and sisters, you give to me.

During Lent like at New Years, we make resolutions, but these resolutions have a different focus. Lenten resolutions are focused on spiritual growth. Here are three thoughts: 1.) What ever you choose for your resolutions, the goal is not to offer it up in gloom and read but with JOY. 2.) Sacrificing without purpose can be a waste. Every time you make a sacrifice, offer it up for someone who needs prayer, and it will transform what can fell like suffering into an act of love. 3.) Lent is a gift. It's an opportunity to reset, to realign, to grow but like any opportunity, it requires effort.

Take time now to intentional about your resolutions. Ask yourself, will this resolution help me grow spiritually? Will it challenge me in a way that brings me closer to God. Most importantly, will it make me more like Christ?

Blessings,

Deacon Larry

Q&A Session

With Fr. Mariusz



Fr. Marius Answers the Liturgical Questions from Parishioners

Stations of the Cross

1.The Beginning: Jerusalem (1st–4th century)

From the earliest centuries, Christians in Jerusalem venerated the places connected with Christ's Passion. Pilgrims would walk the path Jesus walked on the **Via Dolorosa**, praying at key locations. After Emperor Constantine legalized Christianity in the 4th century, churches were built at holy sites, especially the **Church of the Holy Sepulchre** (dedicated in 335 AD). Pilgrims began following a more structured route commemorating Christ's suffering.

2. The Role of the Franciscans (13th–15th century)

In the 1200s, the **Order of Friars Minor** (Franciscans), founded by **Francis of Assisi**, received responsibility for the Christian holy places in Jerusalem.

Because most Christians could not travel to the Holy Land (due to distance, danger, and cost), the Franciscans began promoting a way for people to "make pilgrimage" spiritually at home. They started establishing stations in European churches to reproduce the Jerusalem pilgrimage experience.

This is how the devotion spread throughout Europe.

3.Standardization of the 14 Stations (17th–18th century)

The number and form of the stations were not originally fixed. Different places had different numbers—sometimes 7, sometimes 12, sometimes more.

In the 17th–18th centuries, the devotion became standardized as **14 Stations**, ending with Jesus being laid in the tomb.

In 1731, **Pope Clement XII** officially approved the 14 stations for use in churches. The Franciscans were given authority to erect them.

4. Later Developments

In 1991, **Pope John Paul II** introduced a "Scriptural Way of the Cross," aligning all stations directly with events found explicitly in the Bible (for example, Veronica is not included in that version since she is from tradition rather than Scripture).

Today, the devotion is especially prayed during Lent, particularly on Fridays and Good Friday.

Spiritual Meaning

The Stations of the Cross developed as:

- A substitute for pilgrimage to Jerusalem
- A meditation on Christ's suffering
- A way for believers to unite their own suffering with Christ
- A deeply incarnational devotion — walking physically while praying spiritually

— Fr. Marius



*St.
Valentine's*



Parishioners of St. Francis de Sales,

As the Easter Season approaches, the CWL of St. Francis de Sales will once again be holding their Easter Basket Raffle. For the Raffle to be a success, donations from the parishioners would be greatly appreciated.

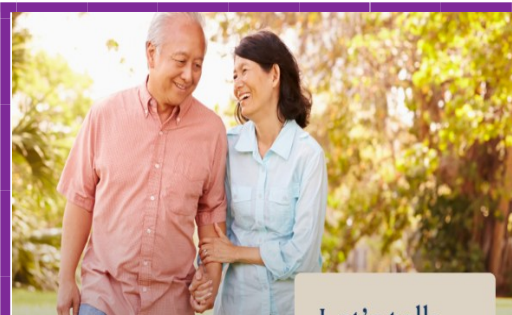
**Items to be donated can be put in the rubbermaid containers outside the CWL closet in the main hall;
February 16th to February 29th.**

Items for donation can be for adults or children such as: tea towels, napkins, Easter decorations, candles, soap, lotion, books, stuffies, small toys or games, chocolate, candy, etc.

The Easter Basket Raffle Tickets will be sold before and after masses on **Saturday, March 14th and Sunday, March 15th** and again on **Saturday, March 21st and Sunday, March 22nd.**

The draw for the baskets will take place on **Palm Sunday, March 29th.**

**Thank you for your kindness and support.
The CWL of St. Francis de Sales.**



Let's talk Dementia

Building Understanding
and Support

Understanding with compassion

Learn how to support people and their families by promoting empathy, dignity, and quality of life,

■ For family members, pastoral care ministry teams, hospital chaplains, clergy and anyone interested about dementia.

■ Speaker
Jenna Jepson,
Community Engagement
Coordinator, Alzheimer Calgary

◆ **WEDNESDAY,
MARCH 11, 2026**

From 10 am to 3 pm
at the Catholic Pastoral
Centre, 120 17 Ave SW,
Calgary

◆ **REGISTRATION**

Register by
March 4, 2026
online or at
403-218-5521



Complimentary Workshop

■ Lunch & refreshments will be provided. Spaces are limited.



Share The Word!



"And all thy children shall be taught
of the Lord; and great shall be the
peace of thy children."

ISAIAH 54:13

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 more volunteers 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



2025 TAX RECEIPTS ARE READY FOR PICK UP IN THE CHURCH HALL

Please pick up your 2025 Tax Receipt.
If you find there is a discrepancy, please call
Nancy in the church office at 403-652-2203

Thank You!

TOGETHER in ACTION 2026

"But someone will say, 'You have faith and I have works.' Show me your faith without works, and I by my works will show you my faith." (James 2:18)

The Jubilee Year of Saint Francis
November 4, 2025
to June 29, 2026

**With faith takes shape
together in action.**

\$2 MILLION

The 2026 Together in Action (TIA) will raise:

- 15% Indigenous Reconciliation Fund
- 40% Care of Retired Priests
- 10% Hospital Chaplaincy & Palliative Care
- 10% Catholic Conference of Catholic Bishops
- 10% Diocesan House
- 10% Diocese of Montreal
- 10% Calgary Catholic Immigration Society
- 10% Mission Council

DONATE NOW
909.CATHOLICITY.CA/TIA

ROMAN CATHOLIC DIOCESE OF CALGARY

Thank you for the collective efforts you have given to
the 2025 Together in Action in your parishes!

The 2026 Together in Action campaign begins on Ash Wednesday, **February 18, 2026**. The theme for this year's TIA is inspired by the Jubilee Year of St. Francis. *"But someone will say, 'You have faith and I have works.' Show me your faith without works, and I by my works will show you my faith."* (James 2:18)

This year's TIA also marks the final year of the financial commitment of the Diocese to the National Indigenous Reconciliation Fund, supporting Indigenous-led initiatives across Southern Alberta.

Our goal for this year is \$24,463.00.



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 22 - CHAIR OF ST. PETER

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

Monday, February 23—ST. POLYCARP

8:00 – 9:00 AM – Confession
9:00 – 9:45 AM – Mass

Tuesday, February 24

1:00—2:30 PM— Pastoral Care Talk
6:00 – 7:00 PM – Confessions
7:00 – 7:45 PM – Mass

Wednesday, February 25

3:30—4:00 PM - Mass at The Manor
5:00 – 6:00 PM - Confession
6:00 – 6:45 PM - Mass (SFDS)

Thursday, February 26

8:00 – 9:15 AM – Confession
9:15 - 10:00 AM - Mass
7:00—8:30 PM— RCIA
10:00—9:00 PM – Adoration and Benediction

Friday, February 27—ST.GREGORY OF NAREK

8:45 - 9:15 AM - Confession
8:45 – 9:15 AM – Rosary
9:15 – 10:00 AM – Mass
9:00—11:30 AM— Tops Group East Hall
5:00—5:30 AM - Stations of the Cross(Vulcan)
6:30—8:00 PM—Stations of the Cross/Soup & Bun(SFDS)

Saturday, February 28

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
6:00—7:00 PM— 1st Eucharist Class - Session #2



SFDS Ministry Schedule

February 21 & 22, 2026

<u>Ministry</u>	<u>Sat. 5:00 pm</u>	<u>Sunday 11:00 am</u>	<u>5:00pm</u>
<u>Greeters</u>	Al G.	Cliff & Bae	*****
<u>Ushers</u>	K of C	K of C	K of C
<u>Lector</u>	Dale & Ann-Marie	Sybil & Liezl	Sharon & Brandt
<u>Choir</u>	SFDS Community Choir	Filipino Choir	*****
<u>Share The Word</u>	N/A	Bridget & Diane	N/A
<u>Coffee Hosts</u>	N/A	Gerry & Family	N/A

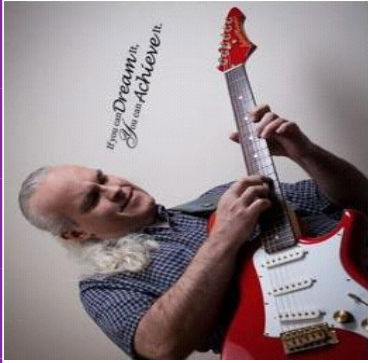
Special Envelopes for 2026

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

MASS INTENTIONS

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



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