



St. Francis De Sales and St. Andrew Parish BULLETIN

7 JUNE 2026



Roman Catholic Parish
HIGH RIVER - VULCAN, AB



My flesh is true food and my blood is true drink.

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

CORPUS CHRISTI SUNDAY



The Most Holy Body and Blood of Christ

June 7,
2026



Sunday Readings

First Reading: (Deuteronomy 8:2-3,14-16) Even though we tend to focus on external threats to our commitment to God, the people of Israel remind us that most of the threat to our faithfulness can come from within. Moses is addressing his people's straying from the covenant with God. He contrasts forgetting and remembering, the desert and the fertile land, the illusion of human self-reliance and the truth of dependency on God. Remembering God's great acts allows people in every time and place to reconnect with God's faithfulness and mercy.

Second Reading: (1 Corinthians 10:16-17) Among the many problems in Corinth were the divisions in the community and the lack of comprehension about what it really means to be a Christian community. Here Paul stresses that meals are not a trivial matter, especially holy meals like the Eucharist. Sacred meals are sources and expressions of who we are, whose we are, and what/who we are committed to. Sharing in the bread and the cup of Christ makes us into one body.

Gospel: (John 6:51-59) Even though John's Gospel does not contain what we commonly refer to as the "words of institution" of the Eucharist, his words in Chapter 6 form the basis for our understanding of Christ's real presence in the bread and wine. "Flesh" and "blood" are sacrificial terms. Jesus' deliberate use of these terms transforms the earthly nourishment of manna (referred to in the first reading) and the ancient practice of animal sacrifice. How does Christ's gift of self in the Eucharist and the gift of your life to God compare/contrast?

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

A Light Look at Church Life

Going to church is one of the few places where you can arrive thinking you are early, only to realize you have already missed the opening hymn... and the person beside you some how knew it by heart.

It is also the only place where everyone suddenly becomes experts in body language: standing, sitting, kneeling—sometimes all within 20 seconds, and always just after you finally get comfortable.

And then there is the "peace be with you" moment, when you confidently turn to greet someone... and accidentally wave at someone two pews away who was not looking at you at all.

Still, in all of this gentle chaos, something very beautiful happens. People pray together, listen together, and try—sometimes successfully—to stay awake together.

Because beneath the laughter and little distractions, the Church is a place where God gathers ordinary people and turns ordinary Sundays into something sacred.

Even if we still don't know when to sit down the first time.

Submitted by Fr. Mariusz



Q&A Session

With Fr. Mariusz



Do you have a curious question about our faith?
You can send it in for Fr. Mariusz or Deacon Larry to answer.

Please email your question to
secretary@francisdesaleshighriver.com
and it will get answered in the bulletin.

Parish Website



Online Giving



"O Sacred Heart of Jesus, fountain of eternal life, your heart is a glowing furnace of love. You are my refuge and my sanctuary."

-St. Gertrude the Great



Sundays July 5 or July 19, 2026 4:00 pm Show

Premium Coach Bus Tour
Limited Seats Book Early

from Lethbridge to Drumheller



BADLANDS PASSION PLAY



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CWL Member 43 years
To register
Call 403-894-5663
Email: cherylneufeld@ttand.com

Deadline: June 5, 2026

GREAT SEATS

Drop off & Pickup - Free parking at
Lethbridge Casino
Bagged Lunch & H2O...
Supper after the Show at
own expense. Sit back & Relax.
* Bring your own Rosary *



\$175.00 per person
First Come First Serve
Registration Form [GOOGLE LINK](#)
Payment in full
due at time of booking.



**TUESDAY AT 7 PM
AUG 25, 2026**

Mountain View
Cemetery Chapel

**WEDNESDAY AT 7 PM
AUG 26, 2026**

Edenbrook Cemetery
Chapel

**TUESDAY AT 7 PM
SEP 1, 2026**

Queen's Park Cemetery
(outdoor)

**WEDNESDAY AT 7 PM
SEP 2, 2026**

St Mary's Cemetery
(outdoor)

Cemetery Masses

WITH BISHOP WILLIAM
T. MCGRATTAN

Masses for the souls of the deceased
buried at our Catholic cemeteries in
Calgary and area.



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We invite youth from our diocese to join the

Archdiocese of Edmonton at Our Lady of Victory Camp in
Lacombe County (near Red Deer) this summer for a
faith-filled camp of friendship, faith, and lasting memories.

Please review the camp dates below:

- Sun, July 12 - Thurs, July 16 (Grades 10-12)
- Sun, July 19 - Thurs, July 23 (Grades 4-6)
- Sun, July 26 - Thurs, July 30 (all ages)
- Sun, Aug 9 - Thurs, Aug 13 (Grades 7-9)
- Sun, Aug 16 - Thurs, Aug 20 (Grades 4-9)

To Register please go to:

<https://camps.caedm.ca/summercamp/>



Ignite Junior Calgary

Ignite Junior is a Catholic summer camp designed to help youth (Gr. 6-8) grow in their
relationship with Jesus while having an amazing time with friends.

- When: **Wed, Aug 5 to Fri, Aug 7 from 1 pm to 8:30 pm**
- St. Mary's University - 14500 Bannister Rd SE, Calgary
- Campers return home or to their own accommodations each evening
- Registration deadline: July 29, 2026

To Register go to

<https://facetofaceministries.ca/events/ignite-junior-calgary-2026/>

Q&A Session

With Fr. Mariusz

**Fr. Marius Answers the
Liturgical Questions
from Parishioners**



When Can We Receive Holy Communion?

Holy Communion is one of the greatest gifts Jesus gives to His Church. In the Eucharist, we receive the Body and Blood of Christ Himself, who comes to nourish our faith, strengthen our love, and unite us more deeply with Him and with one another.

Because this is such a sacred gift, the Church invites us to receive Holy Communion with both joy and proper preparation.

1. We receive Holy Communion at Mass

Holy Communion is always received during the celebration of the Holy Mass. It is not a private act but a moment of unity with the whole Church gathered around the altar. We come forward during the Communion procession when invited by the priest.

2. We must be in a state of grace

To receive Holy Communion worthily, we should not be aware of serious (mortal) sin. If someone is aware of serious sin, the Church asks that they first receive the Sacrament of Reconciliation before coming to Communion. This helps us receive Jesus with a clean and open heart.

3. We observe the Eucharistic fast

Before receiving Holy Communion, we are asked to fast from food and drink (except water and necessary medicine) for at least one hour. This small sacrifice helps us prepare our hearts and remind us of the importance of what we are about to receive.

4. We receive with faith and reverence

When we come forward, we do so with faith in Jesus' real presence in the Eucharist. We respond "Amen" not "Thank You" as an act of belief and reverence. We also show respect through our posture and prayerful attitude.

5. We are invited to receive often

The Church encourages the faithful who are properly prepared to receive Holy Communion regularly—ideally every Sunday and even daily if possible. The Eucharist is a nourishment for those who seek to follow Christ and grow in holiness.

A final encouragement

Holy Communion is not only a moment during Mass; it is an invitation to live in communion with Christ every day. The more we prepare our hearts, the more deeply we experience the peace, strength, and joy that Jesus wants to give us.

May we always approach the altar with humility, love, and gratitude, ready to receive the Lord who gives Himself completely to us.





First Holy Communion – A Day of Great Joy

This Sunday is a very special day for our parish family. Fifty children from St. Francis de Sales Parish in High River and three children from St. Andrew's Parish in Vulcan will receive Holy Communion for the first time in their lives.

We offer our heartfelt [congratulations](#) to all of these children as they take this important step in their journey of faith. Today they come to the table of the Lord to receive Jesus in the Holy Eucharist, His Body and Blood, for the very first time. What a wonderful gift and blessing!

Dear children, Jesus loves you and desires to be close to you. In Holy Communion, He comes into your heart in a special way. We encourage you to continue coming to Mass every Sunday and to receive Holy Communion as often as possible, always prepared and with faith. May your First Holy Communion be only the beginning of a lifelong friendship with Jesus.

We also extend our sincere gratitude to the parents, grandparents, families, catechists, teachers, and all parishioners who have supported these children through your example, encouragement, sacrifices, and prayers. Your witness of faith has helped prepare them for this sacred moment.

Thank you to our parish community for your continued prayers and support. Together, we help our children grow in faith and discover the love of Christ present in the Eucharist.

May God bless all of our First Communicants and their families, and may they always find strength, joy, and peace in the Eucharist.

[Congratulations](#) to all our First Holy Communion children!

Fr. Mariusz Sztuk, SDS,

Parish Priest





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



THIS WEEK AT SFDS

Sunday, June 7— The Most Holy Body and Blood of Christ

9:00 – 10:00 AM – Mass (Vulcan) - **1st Holy Communion**
11:00 – 12:00 AM – Mass (High River)
3:00 – 4:30 PM – **1st Holy Communion**
4:00 – 5:00 PM – Confessions
5:00 – 6:00 PM – Mass

Monday, June 8

8:00 – 9:00 AM – Confession
9:00 – 9:45 AM – Mass
6:30 – 8:30 PM – Grief Share Program
7:00 – 8:30 PM – Knights of Columbus Meeting
7:00 – 8:00 PM – Pro Life Meeting at the Manor

Tuesday, June 9—St. Ephrem

6:00 – 7:00 PM – Confessions
7:00 – 7:30 PM – Mass

Wednesday, June 10

3:15 – 3:45 PM – Liturgy at Seasons HR
4:00 – 4:30 PM – Mass at HR Hospital
5:00 – 6:00 PM – Confession
6:00 – 6:30 PM – Mass
7:00 – 8:30 PM – CWL General Meeting

Thursday, June 11—St. Barnabas

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

Friday, June 12 — The Most Sacred Heart of Jesu

8:45 – 9:15 AM – Confession
8:45 – 9:15 AM – Rosary
9:00 – 11:30 AM – TOPS Group Meeting
9:15 – 10:00 AM – Mass

Saturday, June 13— St. Anthony of Padua & Immaculate Heart of the Blessed Virgin Mary

8:00 – 9:00 AM – Confession
8:30 – 9:00 AM – Rosary
9:00 – 9:30 AM – Daily Mass
10:00 – 1:00 PM – Pastoral Care Picnic
4:00 – 5:00 PM – Confession
5:00 – 6:00 PM – Mass



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!



SFDS Ministry Schedule **June 13 & 14, 2026**

<u>Ministry</u>	<u>Sat. 5:00 pm</u>	<u>Sunday 11:00 am</u>	<u>5:00pm</u>
<u>Greeters</u>	Lee A.	Mary Ann D.	*****
<u>Lector</u>	Donna Ann-Marie	Don Geraldine	Brandt Kathy
<u>Choir</u>	SFDS Comm. Choir	Shelli, Riane & Family	*****
<u>Coffee Hosts</u>	N/A	Couples for Christ	N/A
<u>Share The Word</u>	N/A	Megan & Diane	N/A

AN OINTING OF THE SICK

If you have been admitted to any of the following hospitals in Calgary and would like the Sacrament of Anointing of the Sick, you may contact your parish priest or call the Diocese of Calgary Call Center.

403-231-9505

Serving the following hospitals

- Alberta Children's Hospital
- Foothills Hospital
- Peter Lougheed Hospital
- Rockyview General Hospital
- South Health Campus



MASS INTENTIONS

June 1– 30, 2026

June 1	9:00 am	Wade Hamer †
June 2	7:00 pm	Bob Christianson †
June 3	6:00 pm	Juan Carlos Garcia Salas †
June 4	9:15 am	Fred & Anna Meyers †
June 5	9:15 am	Trevor Marshali †
June 6	9:00 am 5:00 pm	Mathew D'Sa Theresa Fallows †
June 7	9:00 am—(Vulcan) 11:00 am 5:00 pm	Our Parish Adovel Quintanilla † Carolyn Kuziw †
June 8	9:00 am	“Ad Intentionen Dantis”
June 9	7:00 pm	Jan Noad
June 10	4:00 pm (HR Hospital) 6:00 pm	Fr. Mariusz SFDS CWL Sisters
June 11	9:15 am	George , Antonina & Peter Sztuk †
June 12	9:15 am	Lynn Schaefer
June 13	9:00 am 5:00 pm	“Ad Intentionen Dantis” Our Parish
June 14	9:00 am—(Vulcan) 11:00 am 5:00 pm	St. Andrew's CWL Sisters Elvin Fuentes † Carolyn Kuziw †
June 15	9:00 am	Brenda Vogt †
June 16	7:00 pm	Dia Wallace-Chau
June 17	3:15 pm—(Seasons HR) 6:00 pm	“Ad Intentionen Dantis” Ann-Marie Stokes †
June 18	9:15 am	Jean Teebay †
June 19	9:15 am	George & Antonina Sztuk †
June 20	9:00 am 5:00 pm	“Ad Intentionen Dantis” Karen Barton
June 21	9:00 am—(Vulcan) 11:00 am 5:00 pm	“Ad Intentionen Dantis” Our Parish Carolyn Kuziw †
June 22	9:00 am	Darlene Gillis†
June 23	7:00 pm	Dia Wallace-Chau
June 24	3:30 pm—(The Manor) 6:00 pm	Allan Fath † Luvia Ochoa †
June 25	9:15 am	Toby Bryngelson
June 26	9:15 am	Lloyd Kennedy †
June 27	9:00 am 5:00 pm	“Ad Intentionen Dantis” Larry Rushford †
June 28	9:00 am—(Vulcan) 11:00 am 5:00 pm	Our Parish Bessie Amores † Carolyn Kuziw †
June 29	9:00 am	Judy Anderson †
June 30	7:00 pm	Theresa Fallows †



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