



St. Francis De Sales and St. Andrew Parish BULLETIN



Roman Catholic Parish
HIGH RIVER - VULCAN, AB

1 MARCH 2026



"Let your love be upon us, Lord, even as we hope in you"

Office

St. Francis de Sales Parish
206 - 9th Avenue West,
High River, Alberta T1V 1A4

Office Phone # 403-652-2203
Fax # 403-601-3886
Email: secretary@francisdesaleshighriver.com

Contact Us

Parish Priest: Fr. Mariusz Sztuk, SDS
Email: fr-mariusz@francisdesaleshighriver.com
Phone: 403-992-2313

Deacon: Larry R. Driver
Email: deaconldriver@gmail.com

Secretary: Nancy Barton
Email: secretary@francisdesaleshighriver.com
Phone: 403-652-2203
Sacramental Prep: Nancy Barton
Email: secretary@francisdesaleshighriver.com

Music Coordinator: Donna Abramson
Email: droseabramson@gmail.com

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

SECOND SUNDAY OF LENT



2nd Sunday Of Lent

March 1,
2026



Sunday Readings

First Reading: (Genesis 12:1-4) God's calling of Abram sets in motion a pattern in history and in God's relationship to us. God calls in a most surprising way, and promises abundant guidance, assistance and/or blessing. God issues a challenge to Abram: Abram is asked to leave his home on the strength of a promise. Abram's journey is an adventure into the unknown, with God's own word as his only light and compass.

Second Reading: (2 Timothy 1:8b-10) Paul issues a call to Timothy: join with me in suffering for the gospel. Paul has only one message: in and through Christ, God has brought a newness into the history of salvation. Jesus is the visible sign of God's unconditional grace, and gives light and life. Preaching this radical Good News involves participating in the "paschal mystery" of suffering, death, and resurrection. Joining ourselves to Christ in suffering for the Gospel is essential for effective witness.

Gospel: (Matthew 17:1-9) In Scripture, the mountain is an essential place of encounter with the divine. It is no coincidence that God's revelation of who Jesus is takes place on a mountaintop. Here Jesus is linked to all the signs of God's revelation: a mountain, a light, a voice, and holy fear. In Matthew this event takes place after the prediction of Jesus' death in Jerusalem, pointing to God's plan in both this dazzling revelation and to the upcoming death on a cross.

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

WHY IS YOUR HAIR WHITE?

One day, a little girl is sitting and watching her mother do the dishes at the kitchen sink. She suddenly notices that her mother has several strands of white hair sticking out in contrast to her dark brunette hair.

She looks at her mother and inquisitively asks, "Why are some of your hairs white, Mom?"

Her mother replied, "Well, every time that you do something wrong and make me cry or unhappy, one of my hairs turns white."

The little girl thought about this revelation for a while and then asked, "Momma, how come all of grandma's hairs are white?"

Submitted by Fr. Mariusz



Commitment is doing what you said you would do
after the feeling you said it in has passed.

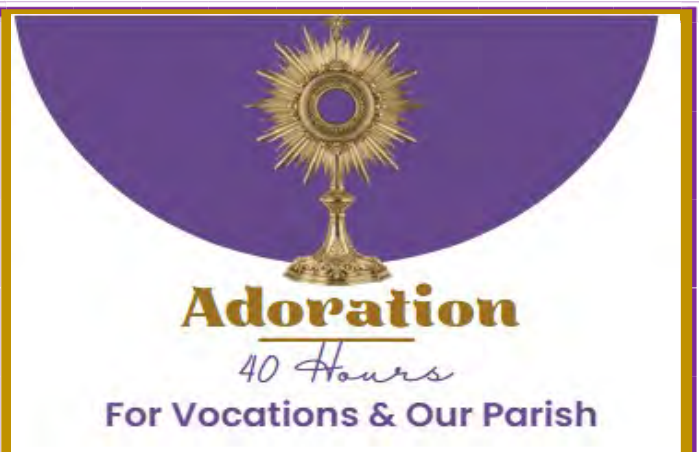
-St. Camillus de Lellis



Stations of the Cross /Soup and Buns

Please join us for Stations
of the Cross will held
every Fri. during Lent,
Feb.27 – Mar. 27, 2026
at 6:30 pm followed by

Date	Ministry
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:



World Day of Prayer – March 6, 2026

On **Friday, March 6**, Christians around the world will observe the **World Day of Prayer**. This special day invites us to **join in prayer with millions of people across the globe**, reflecting on the hopes, struggles, and faith of our sisters and brothers in other countries.

Each year, the service is prepared by women from a different country, sharing their stories and experiences. In 2026, the focus is on **Nigeria**, and the **theme for 2026 is, I Will Give You Rest: Come**, reminding us of the **power of prayer to unite communities** and inspire positive change.

While our parish will not host a formal service, we **encourage everyone to take a moment on March 6**—alone, with family, or with friends—to **pray, reflect, and give thanks**. You might read the prayer materials online, light a candle, or simply offer a heartfelt prayer for peace, justice, and compassion in the world.

Let us use this day as a reminder that **prayer connects us beyond borders**, and even a simple prayer can have a powerful impact.

Link: <http://worlddayofprayer.net/index.html>

Try Hallow Lenten Series



KIDS LENTEN
SERIES



ADULT LENTEN
CHALLENGE

Q&A Session

With Fr. Mariusz



Fr. Marius Answers the Liturgical Questions from Parishioners

Understanding the Small Piece of the Eucharist Place in the Chalice

Some of our parishioners have noticed a small piece of the consecrated host being placed into the chalice before the “Lamb of God” is sung, and have asked why this is done. This simple gesture carries a rich meaning rooted in the Church’s tradition and the mystery of the Eucharist.

A Sign of Unity

The small piece of the host is placed in the chalice of consecrated wine as a visible sign of the **unity of Christ’s Body and Blood**. Even though the faithful may receive either the consecrated bread or the consecrated wine, both fully contain the presence of Jesus Christ. By placing a fragment of the host in the chalice, the priest reminds us that the Body and Blood of Christ are inseparable and that the Eucharist is one complete sacrament.

A Gesture with Deep History

This practice has roots in the early Church. It was originally done to ensure that any small particles of the host, which may have fallen during the breaking of the bread, were reverently consumed, not lost or discarded. Over time, it became a meaningful liturgical gesture, emphasizing that **nothing of Christ’s sacrifice is wasted**, and that the whole of Christ—Body, Blood, Soul, and Divinity—is truly present in the Eucharist.

Inviting Participation

When the priest places this small piece in the chalice, it also helps the faithful to reflect on the **mystery of communion**. We are reminded that, just as the Body and Blood of Christ are united in the sacrament, we too are called to be united in Christ and with one another as members of His Church.

A Reverent Reminder

While this action is not required for the validity of the Eucharist, it enriches the celebration, inviting all of us to **enter more deeply into the mystery of Christ’s sacrifice**. It is a gentle, visible sign of reverence and devotion, reminding us that in every Mass, Christ gives Himself fully to nourish our souls.

Frequently Asked Questions

Q: Why is the host placed in the chalice before the Lamb of God?

A: It is done before the Lamb of God to prepare the chalice and symbolize the unity of Christ’s Body and Blood as the assembly begins to sing and prepare for Communion.

Q: Does this mean we must receive both bread and wine?

A: No. Each species fully contains the Body, Blood, Soul, and Divinity of Christ. The gesture simply reminds us of their inseparable unity.

Q: Is this required for Mass to be valid?

A: No. It is a devotional gesture that enhances the celebration but is not necessary for the sacrament to be valid.

Q: What should I think about when I see it done?

A: Take a moment to reflect on the mystery of the Eucharist, the unity of Christ’s Body and Blood, and our call to live in communion with Him and one another.

— Fr. Marius



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

FYI

**Your 2025 Tax Receipt
have been mailed out as
of Feb. 28, 2026.**



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.



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
October 4, 2025 to July 10, 2025

Together in Action (TIA) raises \$2 MILLION

Participating Organizations	Percentage
Indigenous Reconciliation Panel	18%
Our Catholic Parish	14%
Health and Chaplaincy & Palliative Care	11%
Catholic Charities of Calgary	10%
Diocese House	9%
Diocese Ministry	8%
Catholic Charities of Calgary	7%
Diocese Council	6%

DONATE NOW
906-646-0100 / CATHOLIC.CA

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.

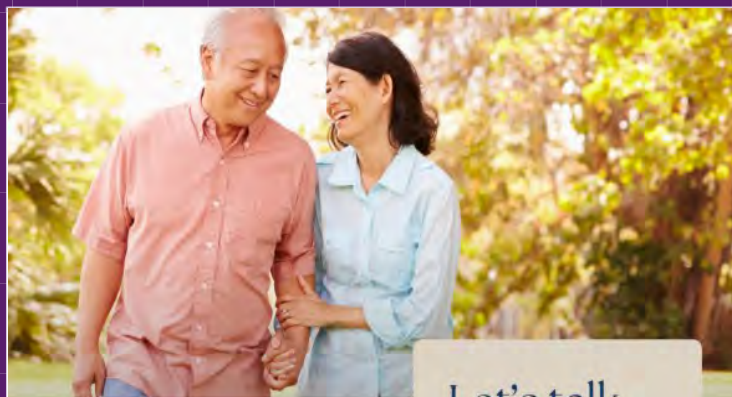


Report for the months of September 2025—February 2026

The St. Francis de Sales Ministry has helped a total number of **10** people for the months of September 2025 to February, 2026. We paid out a total of **\$10,332.04** for bills, rent, or mortgages, as well, we gave a total of **\$700.00** in fuel cards, and **\$1900.00** in grocery cards. The total assistance we have given this period is **\$11,819.64**

It is rewarding to be able to assist these people who are genuinely struggling. The help we give is so appreciated. We try to listen and give help as much as we can as quickly as possible.

A huge **Thank You** to all those who have made a donation to this rewarding ministry.



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

Let's talk Dementia

Building Understanding and Support

◆ **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.



WOMEN'S HEALTH SYMPOSIUM



MARCH 7, 2026

Calgary Central Library

Free to attend

Osteoporosis

Dr. Laura Hinz

Exercise for Midlife & Beyond

Dr. Leigh Gabel, Leah Kaluta

Menopause & Hormonal Health

Dr. Shafeena Premji

Women's Centre of Calgary

Lana Bentley

Reproductive Health Privacy

Justine Blanchet, Michelle Pilz

Understanding PMD & PMDD

Dr. Jennifer Gordon

Pelvic Floor Health

Alana Devlin

ADHD in Women

Dr. Sara Binder

Resource fair

Lunch Included*

Documentary screening

Learn more at
givehealth.ca/WHS



You are the witness someone is waiting for > Discover how to share your faith naturally in everyday life

Evangelization at the HEART of RENEWAL

2026 RENEWAL CONFERENCE

FRI
APR. 17
6 - 9 PM

SAT
APR. 18
9 AM - 4 PM

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CALGARY



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Keynote
Speaker

MOST REVEREND
SCOTT MCCAIG, C.C.



ROMAN CATHOLIC DIOCESE OF CALGARY



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
204 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



THIS WEEK AT SFDS

Sunday, March 1

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, March 2

8:00 – 9:00 AM – Confession
9:00 – 9:45 AM – Mass
7:00 – 9:00 PM – High River Pro Life Meeting

Tuesday, March 3

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

Wednesday, March 4 – ST. CASIMIR

5:00 – 6:00 PM – Confession
6:00 – 6:45 PM – Mass (SFDS)
6:30 – 8:00 PM – CWL Executive Meeting

Thursday, March 5

8:00 – 9:15 AM – Confession
9:15 – 10:00 AM – Mass – Grade 11
7:00 – 8:30 PM – RCIA
10:00 – 9:00 PM – Adoration and Benediction

Friday, March 6

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)
6:30 PM Friday – to 10:30 AM Sunday – 40 Hrs. Adoration

Saturday, March 7 – ST. PERPETUA & ST. FELICITY

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



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 – 9:00 pm.

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

February 28 & March 1, 2026

<u>Ministry</u>	<u>Sat. 5:00 pm</u>	<u>Sunday 11:00 am</u>	<u>5:00 pm</u>
<u>Greeters</u>	Catherine M.	Dennis & Carol	*****
<u>Ushers</u>	K of C	K of C	K of C
<u>Lector</u>	Sharon & Susan	Roy & Jessieca	Johnnie & Rosemarie
<u>Choir</u>	SFDS Comm. Choir	Children's Choir	*****
<u>Share The Word</u>	N/A	Fr. Mariusz Children's Homily	N/A
<u>Coffee Hosts</u>	N/A	Pat & Mark	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



March 1– 31, 2026

March 1	9:00 am—(Vulcan) 11:00 am 5:00 pm	Our Parish Mike Gruniger † Carolyn Kuziw †
March 2	9:00 am	Marnie Eckberg
March 3	7:00 pm	Lyle Needham †
March 4	6:00 pm	Bereavement Mass
March 5	9:15 am	Zelinski Family
March 6	9:15 am	Tobyann Bryngelson
March 7	9:00 am 5:00 pm	Beatrice Fowler † Our Parish
March 8	9:00 am—(Vulcan) 11:00 am 5:00 pm	St. Andrew's CWL Sisters Doreen Needham & Family Carolyn Kuziw †
March 9	9:00 am	Lyle Needham †
March 10	7:00 pm	Lyle Needham †
March 11	4:00 pm—(HR Hospital) 6:00 pm	Cesar Diogo† SFDS CWL Sisters
March 12	9:15 am	Barbara Charette
March 13	9:15 am	Don & Heather Baldwin
March 14	9:00 am 5:00 pm	Souls of The D'Souza & D'Sa Families Theresa Fallows †
March 15	9:00 am—(Vulcan) 11:00 am 5:00 pm	Our Parish Lyle Needham † Carolyn Kuziw †
March 16	9:00 am	Dantis
March 17	7:00 pm	Lyle Needham †
March 18	3:15 pm (Seasons HR) 6:00 pm	Fr. Mariusz Dantis
March 19	9:15 am	George & Antonina Sztuk †
March 20	9:15 am	Diane McKay †
March 21	9:00 am 5:00 pm	Dantis Lyle Needham †
March 22	9:00 am—(Vulcan) 11:00 am 5:00 pm	Our Parish Joseph Andruszkiewicz † Carolyn Kuziw †
March 23	9:00 am	Hilary Gabie
March 24	7:00 pm	Deceased Relatives of Joanne Abel
March 25	3:30 pm—(The Manor) 6:00 pm	Lyle Needham † Dantis
March 26	9:15 am	Dantis
March 27	9:15 am	Dantis
March 28	9:00 am 5:00 pm	Dantis Theresa Fallows †
March 29	9:00 am—(Vulcan) 11:00 am 5:00 pm	Margaret Shaw Our Parish Carolyn Kuziw †
March 30	9:00 am	Dantis
March 31	7:00 pm	Gail Parsons †



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