



St. Francis De Sales and St. Andrew Parish BULLETIN

15 MARCH 2026



Roman Catholic Parish
HIGH RIVER - VULCAN, AB



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

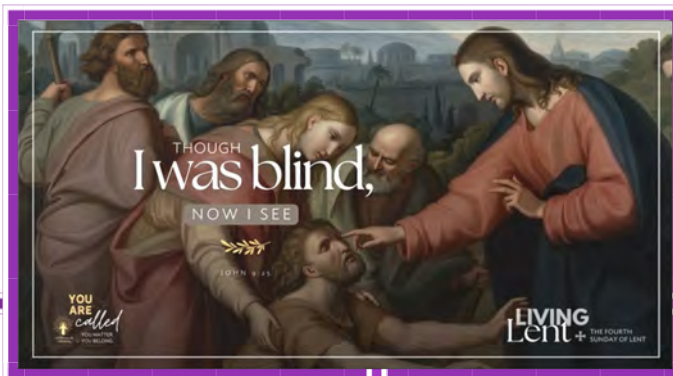
Monday - Saturday: 45 minutes before Masses

FOURTH SUNDAY OF LENT



4th Sunday Of Lent

March 15,
2026



Sunday Readings

First Reading: (1 Samuel 16:1b, 6-7, 10-13) The account of David's election is a beautiful illustration of God's way of choosing leaders, a way that is completely unlike our human ways. The main criterion is God's scrutiny of the heart. Even Samuel himself, who acted as judge and prophet in ancient Israel, did not foresee God's choice of David. God sees more and better than human eyes.

Second Reading: (Ephesians 5:8-14) Using images of darkness and light from the Book of Genesis, Paul describes the movement of conversion of the heart to Christ Jesus. This transformation of the human spirit has moral consequences. So the gospel not only leads us to goodness and truth, but also exposes what is not fruitful. This makes the gospel both a source of new life and direction, and a source of judgement and scrutiny.

Gospel: (John 9:1-41) This is the second in a series of three "Scrutiny" Sunday gospel stories (the Lenten readings from Year A are always used in the Rite of Christian Initiation of Adults for those who are journeying through their final weeks of "purification and enlightenment" before their baptism at the Easter Vigil.) The story of the man born blind is artfully told in an imaginative way, exploring the relationship between faith, knowledge, sin and vision. Even though the healing of the blind man is the central physical change, the moral and theological reality of sin is equally important in this gospel account. The disciples' first question, "Who sinned?" and Christ's answer are provocative still today. The Pharisees are so threatened by Jesus' action – an action that explodes their neat traditional categories – that they resort to meaningless nit-picking.

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

Funny Priest Story

One day a priest asked the children in school:

Children, why do you think people call me Father?"

One little boy raised his hand and said:

Because you always tell us what to do!"

The priest laughed and said,

"Well... maybe that is part of it!"

Then another little girl raised her hand and said:

"No, Father. It's because you remind us that God is our Father and we are all part of one family."

The priest smiled and said,

"That is the best answer!"

Submitted by Fr. Mariusz



Lenten Penitential Service

Please join us for Mass on **March 18, 2026 @ 6:00 pm** followed by our **Lenten Penitential Service**. There will be a few priests available to hear your confession.

All are welcome!

Please Note: Confession is also 45 minutes before weekday masses.



**Knights of
Columbus**

The Silver Rose Program is the Knights of Columbus's longest running devotion to Our Lady of Guadalupe. For 62 years, Silver Roses have been stewarded by Knights of Columbus councils along routes from Canada to Mexico. This tradition is currently in the midst of the nine year novena toward the 500th anniversary of Our Lady's miraculous appearance to St. Juan Diego in 1531.

The Silver Rose will be at our St Francis de Sales Parish in High River on Tuesday March 17, 2026 at the 7:00 pm Mass. There will be devotional prayers and Adoration accompanied with the Silver Rose after this Mass.

**All parishioners are invited
and encouraged to attend.**

Our Lady of Guadalupe
Silver Rose Program
One Life
One Rose



♦ Thank You ♦

Dear Parishioners,

I would like to express our deepest gratitude to everyone who participated in the 40-hour Adoration of the Most Blessed Sacrament. Your presence, prayers, and devotion during these sacred hours made this time of worship a truly uplifting experience for our entire parish family. Each hour spent before the Eucharist—whether in quiet reflection, silent prayer, or communal devotion—helped to fill our church with a spirit of reverence, peace, and love for our Lord.

To our families, thank you for bringing your children and young people to share in this prayerful experience. Your example of faith and devotion is a beautiful gift to the next generation, showing them the importance of spending time with Christ in the Blessed Sacrament.

To our volunteers, your commitment, energy, and care in making this Adoration run smoothly did not go unnoticed. Every act of service, every moment of attention to detail, contributed to the sacred atmosphere that allowed us all to grow closer to God.

A very special thank you goes to Gerry McCallum, whose dedication and hard work were truly instrumental in organizing this beautiful devotion. Gerry's efforts ensured that everything was in place for all of us to participate fully and experience the Lord's presence in a meaningful way.

We are truly blessed to be part of a parish community so willing to give of their time, heart, and prayers. Your faithfulness strengthens our parish and inspires all who enter our doors. May God bless each of you abundantly for your generosity, your love, and your devotion to the Eucharist.

With gratitude and blessings,
Fr. Mariusz



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 soup and buns.
All Are Welcome!

Date	Ministry
Mar. 20, 2026	Knights of Columbus
Mar. 27, 2026	Pastoral Care Team



Solemnity of St. Joseph – Protector, Patron, and Model for Fathers

On **March 19**, the Church celebrates the **Solemnity of St. Joseph, Spouse of the Blessed Virgin Mary**. St. Joseph holds a unique place in our faith as the earthly father of Jesus, the faithful guardian of the Holy Family, and a man of quiet strength, humility, and unwavering trust in God. St. Joseph is the **Principal Patron of Canada** and the **Patron of the Universal Church**, reflecting his universal importance in guiding and protecting God's people. His life teaches us the value of faithfulness, obedience, and courageous love.

Today, St. Joseph remains a **powerful role model for fathers and all men in society**. He shows how to protect and provide for one's family, lead with love, and nurture religious life at home. In a world where family life faces many challenges, St. Joseph's example inspires fathers to be both guardians and spiritual leaders, helping their families grow in faith, hope, and charity.

As we honor him this Solemnity, let us **turn to St. Joseph in prayer**, asking for his guidance to be steadfast in our responsibilities, faithful in our commitments, and courageous in living out God's call in our families and communities.



Q&A Session

With Fr. Mariusz



Fr. Marius Answers the Liturgical Questions from Parishioners

Sunday School vs. Sharing the Word: Understanding the Difference

Sunday School vs. Sharing the Word: Understanding the Difference

Many parents and parishioners ask: "What is the difference between Sunday School and Sharing the Word? Are both needed in the parish?"

Both programs share the same goal: to help children grow in their faith. However, they are distinct in focus, method, and experience.

1. Sunday School

Sunday School is usually a formal religious education program for children. It is structured like a class:

- Children are taught about the Bible, the lives of the saints, Church teachings, and Catholic practices.
- Lessons are often age-appropriate, including activities, crafts, or quizzes to help children understand and remember what they learn.

Sunday School may follow a set curriculum and often prepares children for sacraments.

2. Sharing the Word

Sharing the Word is more informal and focuses on experiencing God's Word in a personal and reflective way.

- It often involves reading a Scripture passage together, discussing its meaning, and thinking about how it applies to daily life.
- This program encourages children to express their thoughts, ask questions, and share experiences related to their faith.

Sharing the Word is usually shorter, more interactive, and can be an entry point for children who are just beginning to explore their faith.

Why both programs are valuable

Faith formation: Both programs nurture a child's understanding and love of God. Sunday School gives structured knowledge, while Sharing the Word builds personal connection and reflection.

- **Community building:** Children meet peers and learn together, which strengthens the sense of parish family.

Support for parents: Practically, these programs allow parents a chance to fully participate in the Mass, including listening to the homily, without worrying about keeping their children engaged the entire time. It provides a peaceful environment for both parents and children to grow in faith.

In short, Sunday School and Sharing the Word are complementary. One gives knowledge, the other fosters reflection. Together, they help children grow in understanding, love, and practice of their Catholic faith.

— Fr. Marius



LENT 2026

MONDAY, MARCH 30
7:00 p.m. Chrism Mass
(St. Mary's Cathedral)

MASSES AT:
ST. FRANCIS DE SALES

Tuesday	31 March	7:00 p.m.
Wednesday	1 April	6:00 p.m.

SACRAMENT OF PENANCE

Individual Confessions

Tuesday	31 March	6:00 p.m. - 7:00 p.m.
Wednesday	1 April	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, APRIL 2 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, APRIL 2 VULCAN

5:00 p.m. Evening Mass of the Lord's Supper

GOOD FRIDAY, APRIL 3

3:00 p.m. - Celebration of the Lord's Passion
6:30 p.m. — Stations of the Cross
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 SATURDAY, APRIL 4

10:00 a.m. — Blessing of the Food
8:00 p.m. — The Easter Vigil

EASTER SUNDAY, APRIL 5

9:00 a.m. Mass Vulcan
11:00 a.m. Mass High River
5:00 p.m. Mass High River

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.



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, March 15

9:00 – 10:00 AM – Mass (Vulcan)
11:00 – 12:00 AM – Mass (High River)
3:00–4:00 PM - Vigil Prayers for Terence Hamer †
4:00 – 5:00 PM – Confessions
5:00 – 6:00 PM – Mass

Monday, March 16

8:00 – 9:00 AM – Confession
9:00 – 9:45 AM – Mass
10:30– 1:30 AM – Funeral Mass for Terence Hamer †

Tuesday, March 17—ST. PATRICK

8:00 – 9:00 AM – Confessions
9:00 – 9:45 AM – Mass
7:45– 8:45 PM - Confession at Christ the King Claresholm

Wednesday, March 18—ST. CYRIL OF JERUSALEM

4:00–4:30 PM– Mass at Seasons HR
5:00– 6:00 PM - Confession
6:00– 6:30 PM - Mass (SFDS)
6:30– 8:30 PM - Parish Penitential Service

Thursday, March 19—SOLEMNITY OF ST. JOSEPH

8:00 – 9:15 AM – Confession
9:15 - 10:00 AM – Mass
7:00– 8:30 PM– RCIA
6:30–9:00 PM - Confession at St. James, Okotoks
10:00–9:00 PM – Adoration and Benediction

Friday, March 20

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

Saturday, March 21

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
6:00–8:00 PM – 1st Eucharist Session #3



SFDS Ministry Schedule

March 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.	Bae & Cliff	*****
<u>Ushers</u>	K of C	K of C	K of C
<u>Lector</u>	Ann-Marie & Donna	Don & Geraldine	Johnnie & Rosemarie
<u>Choir</u>	SFDS Community Choir	Filipino Choir	*****
<u>Share The Word</u>	N/A	Megan & Elma	N/A
<u>Coffee Hosts</u>	N/A	McCallum Family	N/A



Lenten

Penitential Service 2026

If you are not able to make the Penitential Service at St. Francis de Sales, here are some other options you to join in.

All are invited to prepare for Easter through the Sacrament of Reconciliation.

March 17

• 7:00 PM – Christ the King, Claresholm

March 18

• 4:00 PM – St. Paul's, Brocket
• 6:30 PM – St. Francis de Sales, High River

March 19

• 6:00 PM – Immaculate Conception, Standoff
• 6:30 PM – St. James, Okotoks
• 7:00 PM – Holy Trinity, Blairmore

March 26

• 6:00 PM – St. Michael's, Pincher Creek



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	Bessie Amores †
March 17	7:00 pm	Lyle Needham †
March 18	3:15 pm (Seasons HR) 6:00 pm	Fr. Mariusz Gerry Westworth †
March 19	9:15 am	George & Antonina Sztuk †
March 20	9:15 am	Diane McKay †
March 21	9:00 am 5:00 pm	Felix & Carmen Amores † 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 † Magno & Pilang Amores †
March 26	9:15 am	Alijandrino & Milagros Floresca †
March 27	9:15 am	Serafion & Mercedes Magalso †
March 28	9:00 am 5:00 pm	Dominador & Angelica Jalosjos † 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	McKinley & Corason Baylado †
March 31	7:00 pm	Gail Parsons †



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