



St. Francis De Sales and St. Andrew Parish BULLETIN

22 MARCH 2026



Roman Catholic Parish
HIGH RIVER - VULCAN, AB



"I am the resurrection and the life."

Office

St. Francis de Sales Parish
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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 OF LENT



5th Sunday Of Lent

March 22,
2026



Sunday Readings

First Reading: (Ezekiel 37:12-14) Ezekiel's dramatic vision of a whole people being reborn, brought out of graves, gathered and placed on their own soil corresponds vividly to today's gospel account of the raising of Lazarus. Even if this vision will not be realized until the end of time, it will happen in some way, because the Lord God does not break a promise!

Second Reading: (Romans 8:8-11) Much confusion has filled our churches on the understanding of Paul's use of the word "flesh." Paul uses this word, not to pit the material against the spiritual, but to refer to a person whose only goal in life is total self-sufficiency and self-reliance without turning to divine help. In this definition, even religious observance can be motivated by an attitude of the "flesh." Living "in the spirit" refers to fostering humility and acknowledging dependency on God for ongoing direction and support. Living in the spirit comes with openness to life and an acceptance of life as gift.

Gospel: (John 11:1-45) Approaching the end of his own journey, Jesus, in raising Lazarus, dramatically establishes his power over death, leading to a radical reinterpretation of what life and death are really about. As on the previous two Sundays, this Gospel accompanies a "Scrutiny" for the candidates for baptism, the last of three. Each Gospel connected to the three RCIA Scrutinies (The Woman at the Well, The Man Born Blind, and this week The Raising of Lazarus) is full of paradox and drama. The characters in each of these Gospel stories undergoes significant changes. These are not simply changes that have happened to people in the past – the stories also capture the changes that are happening in those being prepared to receive the sacraments at the Easter Vigil.

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

Good Friday Question

Child: "Why is it called **Good Friday** if it's so sad?"
Parent: "Because of what came after."
Child: "Oh... like when vegetables come before dessert?"

Submitted by Fr. Mariusz



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



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. 27, 2026	Pastoral Care Team



Holy Childhood Association

809-924-14 Avenue S.W.
Calgary, Alberta T2R 0N7
February 26, 2026



Reverend and dear Father,

"What are you giving up for Lent?"

In ages past when chocolate bars cost 5¢, Catholic youngsters would sometimes ask one another this question.

The Holy Childhood, the Pope's own missionary work for children, seeks to show Jesus and his love to children who are never likely to taste a chocolate bar.

According to the diocesan records, St. Francis de Sales, High River (and maybe St. Andrew's, Vulcan) donated a praiseworthy \$2,466.50 to the Holy Childhood in 2025.

Many thanks!

Have a happy Lent, with or without chocolate bars!

Gratefully in Christ,

B. F. Walker



The Solemnity of the Annunciation of the Lord – March 25

Each year on **March 25**, the Church celebrates the **Solemnity of the Annunciation of the Lord**, one of the most beautiful and profound feasts in the Christian calendar. This solemnity commemorates the moment when the angel Gabriel appeared to the Virgin Mary, Mother of Jesus and announced that she had been chosen to become the Mother of the Savior. Through her humble and faithful response, God's plan for the salvation of the world began to unfold.

The story of the Annunciation is found in the Gospel of Luke (Luke 1:26–38). In this passage, God sends the angel Gabriel to the town of Nazareth to bring a message to Mary. Gabriel greets her with the words, “Hail, full of grace, the Lord is with you.” Mary is troubled at first, but the angel reassures her and reveals that she will conceive and bear a son who will be called the Son of the Most High. This child would be none other than Jesus Christ.

Mary's response is one of the most important moments in the history of salvation. She says: “*Behold, I am the servant of the Lord. Let it be done to me according to your word.*” With these words, Mary freely accepts God's will. Her “yes” allows the mystery of the Incarnation of Jesus to take place—God becoming human in the womb of Mary.

The date of March 25 is significant because it falls exactly nine months before Christmas, highlighting the Church's belief that life begins at conception. On this day, we celebrate not only Mary's faith and obedience but also the moment when the Son of God took on human flesh.

The Annunciation reminds us that God often works quietly in the ordinary moments of life. Mary was a young woman living in a small town, yet her openness to God changed the course of history. Her example invites each of us to listen carefully to God's voice and to trust in His plan, even when we do not fully understand it.

As we celebrate this solemnity, we ask the Blessed Virgin Mary to help us respond to God with the same courage and generosity. May we learn from her humility and faith, and may our own lives echo her words: “*Let it be done to me according to your word.*”

Let us take time on this day to pray the Angelus, reflecting on the mystery of the Word made flesh and giving thanks for Mary's faithful “yes” that opened the door to our salvation.

Q&A Session

With Fr. Mariusz



Fr. Marius Answers the Liturgical Questions from Parishioners

Why do Catholics sometimes bow and other times kneel in church? What's the difference?

Both bowing and kneeling are important gestures in our Catholic faith. They are not just “rules” or habits—they are ways we pray with our whole body, expressing what we believe in our hearts.

Bowing is a sign of **reverence and honor**. When we bow, we are showing respect for God and for what is holy. We do this in several moments during the liturgy and in personal prayer. For example:

- During the **Creed**, we bow at the words: “*and by the Holy Spirit was incarnate...*” to honor the mystery of the Incarnation.

- Before receiving Holy Communion, we make a simple bow as a sign of reverence for the Eucharist.

The priest bows to the altar at the beginning and end of Mass, recognizing it as a symbol of Christ.

A bow is simple, but meaningful—it reminds us that we are in the presence of something greater than ourselves.

Kneeling, on the other hand, is a deeper sign of **adoration, humility, and worship**. When we kneel, we acknowledge that we are before God Himself, truly present. You will notice this especially at key moments:

- During the **Eucharistic Prayer**, when the bread and wine become the Body and Blood of Christ.

- When we enter or leave the church and see the tabernacle, we genuflect (kneel briefly on one knee) as a sign of adoration of Christ present in the Blessed Sacrament.

Many people also choose to kneel in silent prayer before or after Mass, expressing personal devotion and humility before God. Kneeling expresses what words cannot: that Christ is truly present in the Eucharist, and we respond with awe and love.

So what's the key difference?

- **Bowing** = **reverence and respect** (for example, during the Creed or before Communion)

Kneeling = **adoration and worship** (especially during the Eucharist and before the Blessed Sacrament)

Both gestures help us pray not only with our minds and hearts, but also with our bodies. In doing so, we become more fully engaged in the mystery of God's presence among us.

A final thought:

These gestures are not empty rituals. When done with intention, they teach us humility, deepen our faith, and remind us that in church, we stand on holy ground.

— Fr. Mariusz

Palm Sunday & Holy Week

St. Francis De Sales Parish High River - March 29, 2026



JESUS ENTERS JERUSALEM, a city renowned since ancient times as the holiest place on earth. The Psalm consider it to be a place of perfect peace. Today Jerusalem is at the centre of tremendous hatred, violence and division. Its symbolism is far from the biblical traditions of peace. Stewards are

blessed as peacemakers; individuals who give witness to preferring reconciliation over strife. As we reflect this week on the inhumanity done to Jesus, let us also discern how we can give



Fasting & ABSTINENCE

Reminder about the Church's prescription for fasting and abstinence on **GOOD FRIDAY**.

Abstinence means no meat for those 14 and older. Fasting means one full meal and two of smaller meals that do not exceed the food of the full meal, without snacks. Fasting applies to those 18 years of age and up.

DEAR PARISHIONERS,

We are entering the Holy Week of our Liturgical Year, and will soon celebrate the Triduum liturgies in our parish.

Please join us in the **CHRISM MASS ON MONDAY, MARCH 30 AT 7:00 PM AT ST. MARY'S CATHEDRAL**. In this celebration, the Bishop blesses the oil of catechumens and the oil of the sick. He also prepares and consecrates the oil of Chrism that is used in the sacraments of baptism, confirmation, and holy orders. As the Bishop is the only minister who can consecrate the oil of chrism, this liturgy ritualizes his presence through the chrism that will be used for baptisms by priests and deacons throughout the diocese all year.

I hope the Easter Triduum gives us renewed hope in the death and resurrection of Christ.

Fr. Marius
Deacon Larry



Entering Holy Week: A Time of Grace and Mercy

Dear Parishioners,

As we approach the sacred days of Holy Week, the Church invites us to walk more closely with our Lord Jesus Christ in the mystery of His Passion, Death, and Resurrection. These days are not simply a remembrance of past events. They are a living encounter with Christ, who gave His life for us and who continues to pour out His mercy upon His people.

During Holy Week the Church also offers us a beautiful spiritual gift: the opportunity to obtain **plenary indulgences**. This gift reminds us of the immense mercy of God and the loving care of the Church, which helps us on our journey toward holiness.

An indulgence is the remission of the temporal punishment due to sins that have already been forgiven. Even after we receive forgiveness in confession, the effects of sin remain in our lives. Through indulgences, the Church applies the spiritual treasury of Christ and the saints to help purify our hearts and draw us closer to God.

To receive a **plenary indulgence**, the faithful are invited to fulfill the usual conditions:

- Celebrate the **Sacrament of Reconciliation**
 - Receive **Holy Communion**
 - Pray for the **intentions of the Holy Father**
- Be free from attachment to sin, even venial sin

These conditions can be fulfilled within several days before or after the indulgenced act, but it is especially meaningful to unite them with the celebrations of Holy Week.

The Church grants plenary indulgences for participation in certain devotions during these sacred days:

On Holy Thursday, those who devoutly adore the Blessed Sacrament after the Mass of the Lord's Supper and recite or sing the hymn *Tantum Ergo* may receive a plenary indulgence.

On Good Friday, a plenary indulgence is granted to those who participate devoutly in the solemn **Veneration of the Cross** during the liturgy of the Lord's Passion.

By praying the Stations of the Cross, especially during Lent and Holy Week, the faithful may also obtain a plenary indulgence.

During the Easter Vigil, those who renew their **baptismal promises** with sincere faith may receive a plenary indulgence as well.

We should also remember that indulgences may be offered not only for ourselves but also for the **souls in Purgatory**, who rely on our prayers and acts of charity.

Dear friends, Holy Week is a privileged moment of grace. I encourage each of you to take time for prayer, to celebrate the sacraments, and to participate in the liturgies of these holy days. In doing so, we allow the saving love of Christ to touch our hearts more deeply.

May this Holy Week renew our faith, strengthen our hope, and deepen our love for the Lord who gave everything for us.

With prayer and blessings.



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



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 22

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 23—ST. TTURIBIUS OF MOGGROVEJO

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

Tuesday, March 24

9:00 – 10:00 AM – NDC Senior High at SFDS for Mass
6:00 – 7:00 PM – Confessions
7:00 – 7:30 PM – Mass
7:00 – 8:30 PM – Liturgy Meeting

Wednesday, March 25—THE SOLEMNITY OF THE ANNUNCIATION OF THE LORD

9:00–10:00 AM– NDC Junior High at SFDS for Mass
3:30–4:00 PM– Mass at The Manor
5:00– 6:00 PM - Confession
6:00– 6:30 PM - Mass (SFDS)
7:00– 8:30 PM - K of C 4th Degree Meeting

Thursday, March 26—

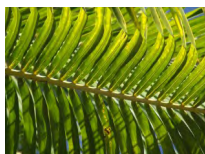
8:00 – 9:15 AM – Confession
9:15 – 10:00 AM – Mass
7:00 – 8:30 PM – RCIA
10:00–9:00 PM – Adoration and Benediction

Friday, March 27

8:45 - 9:15 AM - Confession
8:45 – 9:15 AM – Rosary
9:15 – 10:00 AM – Mass—Grade 1
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 28—Palm Sunday

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
6:00–9:00 PM – Games Night



SFDS Ministry Schedule

March 28 & 29, 2026

<u>Ministry</u>	<u>Sat. 5:00 pm</u>	<u>Sunday 11:00 am</u>	<u>5:00pm</u>
<u>Greeters</u>	Catherine M.	Barb W.	*****
<u>Ushers</u>	K of C	K of C	K of C
<u>Lector</u>	Susan & Sharon	Sybil & Liezel	Kathy & Brandt
<u>Choir</u>	SFDS Community Choir	SFDS Community Choir	*****
<u>Share The Word</u>	N/A	N/A	N/A
<u>Coffee Hosts</u>	N/A	?	N/A



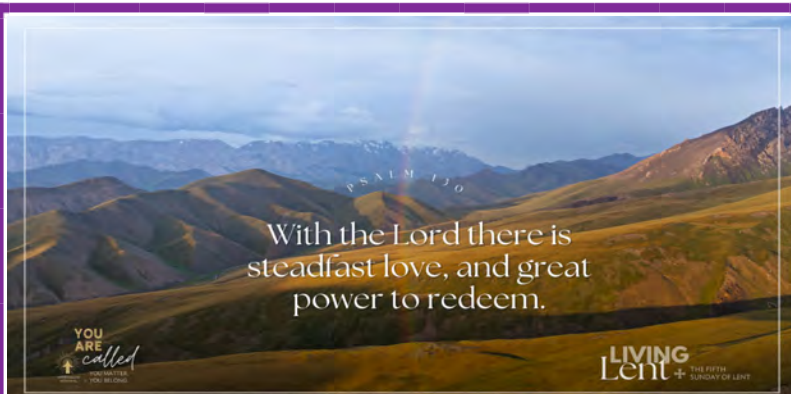
Lenten

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 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 †