



# St. Francis De Sales and St. Andrew Parish BULLETIN

29 MARCH 2026



Roman Catholic Parish  
HIGH RIVER - VULCAN, AB



*"I am the resurrection and the life."*

## 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

## FIFTH SUNDAY OF LENT



# Palm Sunday



March 29,  
2026

## Sunday Readings

**First Reading:** (Isaiah 50:4-7) As one of the four “Suffering Servant Songs” found in Isaiah, these words, first referring to the people of Israel in exile in Babylon, now reveal to Christians the nature and meaning of Jesus’ life and death. God’s love is so important and so potent that even dreadful suffering cannot hold it back. If we want to know what God’s love is like, look at it closely in the brokenness of the One who did not hide His face from insult and spitting.

**Second Reading:** (Philippians 2:6-11) Paul’s eloquent words in this passage drive home our human pre-occupation and self-centredness, resulting in a blindness to our own sinful nature and to the great work of Jesus Christ. Paul’s words wake us up again. Paul describes how Jesus has emptied himself to accomplish what we simply cannot do for ourselves. Jesus Christ is truly our Saviour. God’s key to our salvation is found in Jesus: His Incarnation as a human being, His death on the cross, leading to exaltation, entitling Him to all of our praise and worship.

**Gospel:** (Matthew 27:11-54) The stories of transformation of the past three Sundays – the woman at the well, the healing of the blind man, and the raising of Lazarus – now culminate in the final act of transformation in the Son of God. Everything is upside-down: the One without sin feels total abandonment and suffers an innocent death. The God who surprised us in Bethlehem again surprises us at the cross. Everything *seems* an utter failure, yet everything has been transformed forever.

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

Dear Brothers and Sisters,

Today we join the crowds who welcomed Jesus with palms and shouts of joy. As we wave our branches, let us remember that this celebration is not just about the palms we hold, but about the love and hope we carry in our hearts. May this Holy Week draw us closer to Christ, who comes to serve, to suffer, and to save us.

Submitted by Fr. Mariusz



## You Are Not Alone – Grief Sharing Support Group

### A Christ-centered path to healing after loss



Grief is one of the most profound and painful experiences of the human heart. The loss of a spouse, family member, or close friend can shake the very foundation of our lives,

leaving us with sorrow, confusion, and deep loneliness. In these moments, we may ask, “Where is God in my pain?”

If you are walking through the valley of grief, we invite you to take a step toward healing in the loving presence of Christ and the support of a faith-filled community. Beginning on **April 13**, our parish will host a **Grief Sharing** program, grounded in Christian compassion and understanding. The video sessions will take place **every Monday Evening from 6:30 PM to 8:30 PM**.

- **April 13** – Is This Normal?
- **April 20** – Your Grief Journey
- **April 27** – Loneliness & Sadness
- **May 4** – Self-Care
- **May 11** – Fearful & Overwhelmed
- **May 18** – Anger and Regrets
- **May 25** – Grief & Your Household/Friendship
- **June 1** – Questions for God. Stuck in Grief.
- **June 8** – Hope & Resilience. What Do I Live For Now?

## You Are Not Alone – Grief Sharing Support Group

### A Christ-centered path to healing after loss



Grief Sharing is more than just a support group – it is a spiritual journey. Through Scripture, prayer, group discussion, and gentle guidance, we seek to discover the hope and comfort that

only God can provide. Together, we will reflect on the healing promises of Christ, who said, “Blessed are those who mourn, for they shall be comforted” (Matthew 5:4).

This group is a safe and welcoming space where you can speak freely about your loss, listen to the stories of others, and begin to experience God’s peace, even in the midst of sorrow.

If you feel called to take part in this ministry of healing, please contact the **parish office** at: ([secretary@francisdesaleshighriver.com](mailto:secretary@francisdesaleshighriver.com)) or speak directly with **Sharon** (Sharon Wallace [sewallace74@gmail.com](mailto:sewallace74@gmail.com)) who will be facilitating the program.

**Remember, grief shared in faith is never carried alone.  
Christ walks with you – and so do we.**



## Is the Palm Sunday Procession Necessary?

Every year, as we enter Palm Sunday, we are invited to take part in one of the most visible and meaningful moments of the liturgical year: the procession with palms. But a common question arises: **Is this procession necessary?**

### What does the Church say?

The Church provides **three forms** for the beginning of Mass on Palm Sunday:

**The Procession** – the most solemn form

**The Solemn Entrance** – simpler, but still ceremonial

**The Simple Entrance** – used when neither of the above is possible

So strictly speaking, **the procession is not absolutely required.** The Mass remains valid and complete even without it.

## Then why have a procession at all?

Even though it is not strictly necessary, the procession is **strongly recommended.** Why?

Because it is not just a “nice tradition.” It is **a living proclamation of the Gospel.**

On this day, we do not only *hear* about Jesus entering Jerusalem — we **become part of that event.** Holding palms, walking together, singing *Hosanna*, we join the crowd that welcomed Christ as King.

But there is something deeper.

### A moment of truth

The same crowd that shouted “*Hosanna!*” on Sunday would soon cry “*Crucify Him!*”

The procession gently confronts us with a question:

### Am I truly following Christ — or just going along with the crowd?

By taking part in the procession, we are not acting out a play. We are **placing ourselves inside the mystery** of Christ’s Passion.

### When it is not possible

There are situations where a full procession cannot take place:

- limited space
- weather conditions

pastoral or practical concerns

In such cases, the Church wisely allows other forms. What matters most is **the spirit of participation**, not the external form alone.

### More than a ritual

The palm branch we carry is not just a symbol of victory — it is also a sign of commitment. It reminds us that following Christ means walking with Him **not only in moments of joy, but also on the way to the Cross.**

### Conclusion

So, is the procession necessary?

- **No — not in a strict, obligatory sense.**

**Yes — in its meaning and spiritual value.**

Whenever possible, it should be embraced, not as a mere custom, but as **a powerful act of faith.**

As we begin Holy Week, let us not stand on the sidelines.

Let us walk with Christ — from *Hosanna* to the Cross, and ultimately, to the joy of Easter.



# 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

# 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*

# Q&A Session

## With Fr. Mariusz

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



### Why It Matters to Take Part in the Holy Triduum

Each year, the Church invites us into the most sacred days of our faith: the Holy Triduum. These are not simply three separate liturgies, but **one continuous celebration** of the mystery at the heart of Christianity — the Passion, Death, and Resurrection of Jesus Christ.

#### Why is the Triduum so important?

The Holy Triduum is the **center of the entire liturgical year**. Everything we believe as Christians flows from these days:

- On **Holy Thursday**, we receive the gift of the Eucharist and the priesthood.
- On **Good Friday**, we stand at the foot of the Cross and witness the depth of God's love.

At the **Easter Vigil**, we celebrate Christ's victory over sin and death — the triumph of light over darkness.

To fully enter into this mystery, it is not enough to attend only Easter Sunday. The Church calls us to **walk with Christ step by step** — from the Upper Room, through Calvary, to the empty tomb.

#### Not just attending — but participating

The Triduum is not something we simply observe. It is something we **live**.

When we come:

- we keep watch with Christ,
- we venerate the Cross,
- we renew our baptismal promises,
- 

we are spiritually united with these saving events. This is why participation in the Triduum can be a **deeply transforming experience**.

#### A special joy: welcoming new members

During the **Easter Vigil**, we will have the great joy of **welcoming new members into the Catholic Church**. Through the Sacraments of Initiation, they will become fully united with Christ and His Church.

Their journey reminds all of us of our own baptism and invites us to **renew our faith with gratitude and commitment**.

#### Our Parish Schedule

We warmly invite you to join us for these sacred celebrations:

- **Holy Thursday (Mass of the Lord's Supper)** ♀ 5:00 PM - Vulcan ♂ 7:00 PM - High River
- **Good Friday (Celebration of the Passion of the Lord)** ♀ 3:00 PM - Service - High River ♂ 6:30 PM - Stations of the Cross , High River
- **Easter Vigil (Holy Saturday Night)** ♀ 8:00 PM Easter Vigil - High River ♂ 9:00 AM Easter - Vulcan
- ♂ 11:00 AM Easter - High River
- ♂ 5:00 PM Easter - High River

#### Invitation

These are the holiest days of the year.

Make space for them. Come and experience them fully.

Walk with Christ through His Passion...

so that you may truly share in the joy of His Resurrection.

— Fr. Marius



### 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](mailto: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](mailto: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](mailto: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](mailto:secretary@francisdesaleshighriver.com)

**All are welcome!**



## THIS WEEK AT SFDS

### **Sunday, March 29 - Palm Sunday**

**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 30**

**8:00 – 9:00 AM** – Confession  
**9:00 – 9:45 AM** – Mass  
**7:00 – 9:00 PM** – Chrism Mass—St. Mary's Cathedral

### **Tuesday, March 31**

**6:00 – 7:00 PM** – Confessions  
**7:00 – 7:45 PM** – Mass

### **Wednesday, April 1—**

**5:00— 6:00 PM** - Confession  
**6:00— 6:45 PM** - Mass

### **Thursday, April 2—St. Francis of Paola**

**5:00 - 6:00 PM** - Mass (Vulcan)  
**7:00—8:00 PM** - Mass (SFDS)  
**8:00—11:59 PM** - Adoration and Benediction

### **Friday, April 3**

**3:00 – 5:00 PM** – Good Friday Service  
**5:00—5:30 PM** – Stations of the Cross (Vulcan)  
**6:30—7:00 PM** – Stations of the Cross (SFDS)  
**8:00—11:59 PM** – Adoration and Benediction

### **Saturday, April 4—St. Isidore**

**10:00 – 10:45 AM** – Blessing of the Food  
**8:00— 10:30 PM** – Easter Vigil



### SFDS Ministry Schedule April 4 & 5, 2026

Ministry      **Sat. 5:00 pm**      **Sunday 11:00 am**      **5:00pm**

Greeters      Cullen/Ritchie      Carol/Dennis      \*\*\*\*\*

Lector      Ann-Marie, Joyce, Brandt      Johnnie/Roy      Rosemarie/Brandt  
Sybil, Liezel, Dale,  
Therese, Johnnie

Choir      SFDS Community Choir      Filipino/SFDS Choir      \*\*\*\*\*



## 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

# April 1– 30, 2026

|          |                                         |                                                                          |
|----------|-----------------------------------------|--------------------------------------------------------------------------|
| April 1  | 6:00 pm                                 | Bereavement Mass                                                         |
| April 2  | 9:15 am                                 | <b>No Mass</b>                                                           |
| April 3  | *****                                   | <b>No Mass</b>                                                           |
| April 4  | 9:00 am<br>5:00 pm                      | <b>Blessing of the Food<br/>Easter Vigil</b>                             |
| April 5  | 9:00 am—(Vulcan)<br>11:00 am<br>5:00 pm | Our Parish<br>Brijido Mejia †<br>Carolyn Kuziw †                         |
| April 6  | 9:00 am                                 | James & Catherine Baylado†                                               |
| April 7  | 7:00 pm                                 | Joaquin & Prescilla Amores †                                             |
| April 8  | 4:00 pm—(HR Hospital)<br>6:00 pm        | Helen Westmoreland †<br>SFDS CWL Sisters                                 |
| April 9  | 9:15 am                                 | Felimon & Diana Pajam †                                                  |
| April 10 | 9:15 am                                 | Helen Leible †                                                           |
| April 11 | 9:00 am<br>5:00 pm                      | Gilles Trembley †<br>Ann-Marie Stokes †                                  |
| April 12 | 9:00 am—(Vulcan)<br>11:00 am<br>5:00 pm | St. Andrew CWL Sisters<br>Our Parish<br>Carolyn Kuziw †                  |
| April 13 | 9:00 am                                 | <b>No Mass</b>                                                           |
| April 14 | 7:00 pm                                 | Diane McKay †                                                            |
| April 15 | 3:15 pm (Seasons HR)<br>6:00 pm         | Fr. Mariusz<br>Francisco Mulato †                                        |
| April 16 | 9:15 am                                 | Josephine Owens †                                                        |
| April 17 | 9:15 am                                 | Ter Hamer †                                                              |
| April 18 | 9:00 am<br>5:00 pm                      | Juliana Toro †<br>Our Parish                                             |
| April 19 | 9:00 am—(Vulcan)<br>11:00 am<br>5:00 pm | George & Antonina Sztuk †<br>Boguita Andruszkiewicz †<br>Carolyn Kuziw † |
| April 20 | 9:00 am                                 | <b>No Mass</b>                                                           |
| April 21 | 7:00 pm                                 | Darlene Gillis †                                                         |
| April 22 | 3:30 pm—(The Manor)<br>6:00 pm          | Esther Magosse †<br>Norman Fallows                                       |
| April 23 | 9:15 am                                 | Steve & Deidre Abma & Family                                             |
| April 24 | 9:15 am                                 | Sophie D'sa                                                              |
| April 25 | 9:00 am<br>5:00 pm                      | Suzanne Baxter<br>Lillian Schmidt †                                      |
| April 26 | 9:00 am—(Vulcan)<br>11:00 am<br>5:00 pm | Our Parish<br>Julaine Hamer<br>Carolyn Kuziw †                           |
| April 27 | 9:00 am                                 | <b>No Mass</b>                                                           |
| April 28 | 7:00 pm                                 | Greg Rosell                                                              |
| April 29 | 4:00 pm—(HR Hospital)<br>6:00 pm        | Esther Magosse †<br>Tom Rosell                                           |
| April 30 | 9:15 am                                 | Kari Amlin                                                               |