



St. Francis De Sales and St. Andrew Parish BULLETIN



Roman Catholic Parish
HIGH RIVER - VULCAN, AB

8 MARCH 2026



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

THIRD SUNDAY OF LENT



3rd Sunday Of Lent

March 8,
2026



Sunday Readings

First Reading: (Exodus 17:3-7) The Israelites' trek through the desert takes a dramatic turn here. The people are fed up and so is Moses. The people's criticism and their cry for water points to a lack of trust in Moses as their leader and God as their guide. The Israelites' thirst for water parallels Jesus' request for water in today's Gospel, yet the conversation that unfolds with the Samaritan woman has a different focus. All this talk of water prefigures the catechumen's journey to Baptism at the Easter Vigil.

Second Reading: (Romans 5:1-2, 5-8) Even though our world is far removed from the world of Paul and of ancient Rome, baptism has forged a timeless link across history. Jesus' gift of self in his life, death and resurrection transcends historical time, and was just as much for us sinners today, as it was for those to whom Paul wrote his letter about 2,000 years ago. Our thirst for God may be immense, but Paul states here that in God's gift of Jesus to the world, God reveals a thirst for us that is infinitely greater.

Gospel: (John 4:5-42) This long dialogue around thirst and water has long been one of the Church's prime Scriptures to illustrate the journey from unbelief to faith. Therefore, it is aptly connected to the baptismal journey of the catechumens during Lent. The awakening of faith in the newly baptized re-ignites the fervor of the Church's faith. The powerful Gospel account speaks for itself!

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

Lent: The Original Life Hack

Lent is that magical time when giving up chocolate, social media, or that extra slice of pie suddenly *feels spiritual*. It's our annual reminder that sacrifice builds character... or at least gives us creative excuses for hiding snacks in our desk drawers!

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.



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 11

• **7:00 PM** – Church of the Holy Cross, Fort Macleod

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



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.

Date	Ministry
March 13, 2026	Music Ministry
March 20, 2026	Knights of Columbus
March 27, 2026	Pastoral Care Team



ST. TERESA OF CALCUTTA ON EUCHARISTIC ADORATION

Every Holy Hour we make so pleases the Heart of Jesus that it will be recorded in heaven and retold for all eternity. It opens up the floodgates of God's merciful love upon the world.

Adoration of the Blessed Sacrament is the best time you will spend on earth. It will make your soul everlastingly more glorious and beautiful in Heaven. A Holy Hour of adoration helps bring everlasting peace to your soul and in your family. It brings us personal peace and strength. It brings us a greater love for Jesus, for each other, and for the poor. Every holy hour deepens our union with Him and bears much fruit....

What we need is for every parish to come before Jesus in the Blessed Sacrament in Holy Hours of prayer...

If you really want to grow in love, come back to the Eucharist, come back to that Adoration. Our hours of adoration will be special hours of reparation for sins, and intercession for the needs of the whole world, exposing the sin-sick and suffering humanity to the healing, sustaining and transforming rays of Jesus, radiating from the Eucharist... Spend as much time as possible in front of the Blessed Sacrament and He will fill you with His strength and His power.

Perpetual adoration is the most beautiful thing you could ever think of doing..



Q&A Session

With Fr. Mariusz

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



Why Do We Mix Water with Wine During Mass?

You may have noticed that during Mass, the priest or deacon pours a small amount of water into the wine before consecration. This is a long-standing tradition in the Catholic Church, and it carries both a **spiritual meaning** and a **symbolic gesture**.

1. A Symbol of Unity Between God and Humanity

The wine represents the divinity of Christ, while the water represents humanity. When the two are mixed, it reminds us that Jesus is both fully God and fully human. Through this act, we are invited to reflect on the mystery of the Incarnation—the moment when God became man for our salvation.

2. A Sign of the People's Participation

Water is essential for life, just as humanity is essential in the life of the Church. By adding water to the wine, the priest symbolizes how the faithful join in offering Christ's sacrifice. It's a reminder that we are all united in the celebration of the Eucharist.

3. A Liturgical Tradition

This practice dates back to the early Church. It was common for wine to be diluted with water, both for practical reasons and as a ritual gesture. Over time, the Church attached deeper spiritual meaning to this simple act.

4. A Reminder of Baptism

The mingling of water and wine also calls to mind our baptism. Just as water cleanses and brings life, our baptism welcomes us into Christ and unites us with His Church.

In short, this small gesture is full of meaning. It reminds us of **Christ's humanity and divinity**, our **unity as the Church**, and the **life-giving grace of baptism**. The next time you see water added to the wine, take a moment to reflect on these profound truths and the mystery we celebrate at every Mass.

— Fr. Marius

SFDS GAME NIGHT

**TRY A GAME,
TEACH A GAME!**

Bring your fave boardgames, cardgames, and snacks for a fun time of gaming and fellowship.

Children under 13 must be accompanied by a parent or guardian.

NOTE: February & March game nights will take place on Saturday.

6:00 PM

JANUARY 23, 2026

FEBRUARY 21, 2026

MARCH 28, 2026



Easter Basket Fundraiser Donations Needed

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;
Deadline is March 8.**

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.



SFDS Games Night

Fun was had by all at the February Games night at St. Francis de Sales. Please join us for the next game night on March 28, 2026 at 6:00 pm. Please bring a snack to share and your favorite game to share.

There will be Pizza!!!



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.



Encounter Ministries

Learn to pray for the sick with confidence.

School of Healing is coming to Calgary, Canada on April 17-18, 2026.

This isn't just a conference. It's hands-on training that equips you to move in healing ministry. Whether you're a pastor, ministry leader, or simply a believer who wants to see God move, this school is for you.

What you'll learn:

- ✓ Biblical foundations for healing
- ✓ How to pray for the sick with authority
- ✓ Practical training you can use immediately
- ✓ Testimonies of God's healing power

Two days that will change how you minister to others.

Register now and step into the healing ministry God has for you.

School will be followed by a Healing Service on Saturday evening which is open to all.

ENCOUNTER SCHOOL OF HEALING

2-DAY WEEKEND SCHOOL
& HEALING SERVICE

APR. 17 - 18

St. Peter's Parish
541 Silvergrove Dr NW, Calgary AB T3B 4R9

"...they will lay hands on the sick
& they will recover." Mark 16:18

Jesus promised, "These signs will accompany those who believe... They will lay hands on the sick and they will recover." (Mark 16:17) Jesus has called us to do what he did, and that includes healing the sick. The event is a two-day conference to teach, impart and activate Christians to be a more effective minister of Jesus' healing in the world! Are you going to give him the chance?

SESSIONS

Faithful to Catholic Teaching

BAPTISM
OF THE
HOLY
SPIRIT

THEOLOGY
OF HEALING

ROLE OF FAITH
& PRAYER
MODEL FOR
HEALING

OVERCOMING
DISCOURAGEMENT
& UNDERSTANDING
IMPACTION

THE POWER
OF PEACE

HEALING
SERVICE*

This service is free & open to the public

Training includes:

- Praise & Worship
- Powerful Sessions
- Opportunities to pray for and receive prayer for physical healing
- Registration is required. Early bird pricing is \$65 USD until March 17. Lunch and snacks will be provided.



Friday, April 17
5:30pm - 9:30pm
Saturday, April 18
9:00am - 10:00pm

Healing Service*
April 18 @ 7:00pm
*This portion is free and open to the public.

encounterministries.us

Numbers are limited so pre-registration is requested. If you cannot use QR link above, go to:

1. Go to Encounterministries.us
2. click on the three bars in the top right corner of the website.
3. click on Weekend Schools 4, scroll to our weekend healing school and click on register. Registration early bird fee is \$65 USD up to March 17. After that it goes to \$75 USD. Saturday lunch will be provided.

LIVING
Lent
CATHOLICYYC.CA/LENT

PRAYER | FASTING | ALMSGIVING

Small Steps of Faith at Home

Join the Chris Stefanick Lenten Phone Fast by choosing one:

- Put away your phone after 6 p.m. every day
- Choose one day each week to be phone-free or scroll-free (no gaming or social media)
- Go grayscale to make your phone less enticing.
- Delete all social media apps from your phone.
- Other (make your own)



Kids Corner:

Choose one for Lent for a special intention:

- Give up your favourite video game
- Put away all devices after dinner
- Limit device time to one hour a week
- Give up sweets
- Give up your favourite snack

Bishop's Challenge for All Men



Join the Heroic30 Challenge for a 5 min video daily - and be renewed!

5 MINUTES A DAY, 30 DAYS.
BECOME A HEROIC MAN.

YOU
ARE
called
YOU MATTER.
YOU BELONG.

✦ The Outdoor

Way of the Cross

APR 3 | GOOD FRIDAY, APRIL 3, 2026
St. Mary's Cathedral
Start at 8:30 am | Parish Hall



with
BISHOP WILLIAM
T. MCGRATTAN

Calgary CATHOLICYYC.CA/WAYOFTHECROSS

2026

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 | SAT
APR. 17 | APR. 18
6 - 9 PM | 9 AM - 4 PM

ST. MICHAEL
CATHOLIC
COMMUNITY,
CALGARY

REGISTER NOW



CATHOLICYYC.CA/
RENEWAL

FREE!
REGISTRATION
REQUIRED



Keynote
Speaker
MOST REVEREND
SCOTT MCCAIG, C.C.

ROMAN CATHOLIC DIOCESE OF CALGARY



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 8 - ST. JOHN OF GOD

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 9—ST FRANCES OF ROME

8:00 – 9:00 AM – Confession
9:00 – 9:45 AM – Mass
7:00–9:00 PM– K of C Meeting

Tuesday, March 10

1:00–2:00 PM– Mass at NDC (Grade 7)
6:00 – 7:00 PM – Confessions
7:00 – 7:45 PM – Mass
7:45–8:45 PM - Finance Council Meeting

Wednesday, March 11

8:00– 9:00 AM - Confession
9:00– 9:45 AM - Mass (SFDS)
1:00– 2:00 PM - Mass at NDC (Grade 8)
4:00–4:30 PM– Mass at HR Hospital
6:30– 8:00 PM - CWL General Meeting

Thursday, March 12

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 13

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)

Saturday, March 14

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 – COR K of C Meeting



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

March 14 & 15, 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.	Offie & Lena	*****
<u>Ushers</u>	K of C	K of C	K of C
<u>Lector</u>	Toni & Joyce	Therese & Lucius	Johnnie & Donna
<u>Choir</u>	Rob & Nancy Group	Rob & Nancy Group	*****
<u>Share The Word</u>	N/A	Lee & Hannah	N/A
<u>Coffee Hosts</u>	N/A	Roy & Kathy	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	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 †



Online or in studio (High River) lessons

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