



St. Francis De Sales and St. Andrew Parish BULLETIN

31 MAY 2026



Roman Catholic Parish
HIGH RIVER - VULCAN, AB



God sent his only begotten Son in order that the world might be saved through him.

Office

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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

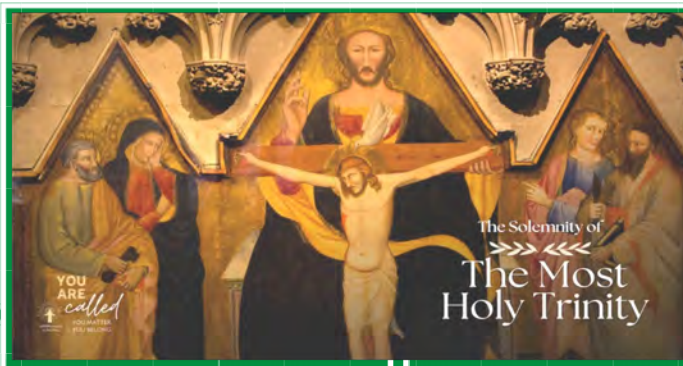
Monday - Saturday: 45 minutes before Masses

THE SOLEMNITY OF THE MOST HOLY TRINITY



Most Holy Trinity Sunday

May 31,
2026



Sunday Readings

First Reading: (Exodus 34:4b-6, 8-9) After the disturbing incident with the golden calf, Moses is summoned back up the mountain. Undoubtedly fearing wrath, Moses is drawn into a surprisingly intimate conversation with God and breathes a sigh of relief. The Lord forgives, rather than punishes; the Lord accompanies, and doesn't reject; the Lord draws closer, and doesn't withdraw. Truly this God is *for* us, not against us.

Second Reading: (2 Corinthians 13:11-13) The content of this letter reflects the controversy that arose around Paul's apostolic authority. It is probably for this reason that Paul lists five imperatives (grow perfect, help one another, be united, live in peace, exchange the holy kiss of peace) to remind the Corinthians of their call to emulate Christ and the presence of the Holy Spirit. Of all the endings of Paul's letters, this is the only one that contains a Trinitarian formula, most likely intended by Paul to assert the authenticity of his authority.

Gospel: (John 3:16-18) (This passage contains the beautiful summary of the saving message of the Gospel in John 3:16: a good verse to commit to memory!) In the encounter with Nicodemus, Jesus clarifies the contrasts between God and the world, between above and below, between the infinite and the finite, the absolute and the created. God forgives through the Son, not punishes; God accompanies in the Son, and does not reject; God draws closer to us in Jesus. God does not withdraw. God saves in the Lord Jesus, instead of condemning.

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

Holy Trinity Sunday

Holy Trinity Sunday is the annual reminder that even priests can get nervous before a homily. Explaining one God in three Persons without slipping into heresy is a challenge worthy of sainthood! Thanks be to God this week Deacon Larry will be trying to do so.

The Holy Trinity reminds us that God is love: Father, Son, and Holy Spirit living in perfect unity. Unlike most family road trips, there are no arguments, no wrong turns, and nobody saying, "Don't make me turn this chariot around!"

And if you still do not fully understand the Trinity after Mass, do not worry — you are in very good company. Some mysteries are simply meant to bring us closer to God, not fit neatly into our heads.



Q&A Session

With Fr. Mariusz



Do you have a curious question about our faith?
You can send it in for Fr. Mariusz or Deacon Larry to answer.

Please email your question to
secretary@francisdesaleshighriver.com
and it will get answered in the bulletin.

Parish Website



Online Giving

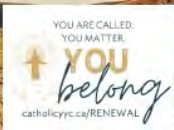




Sundays July 5 or July 19, 2026 4:00 pm Show

Premium Coach Bus Tour
Limited Seats Book Early

from Lethbridge to Drumheller



BADLANDS PASSION PLAY



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Percentage of proceeds donated to
St. Francis Xavier Chaplaincy



Hosted by
Cheryl Neufeld
CWL Member 43 years
To register
Call 403-894-5663
Email: cherylneufeld@ttand.com

Deadline: June 5, 2026

GREAT SEATS

Drop off & Pickup - Free parking at
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Bagged Lunch & H2O...
Supper after the Show at
own expense. Sit back & Relax.
* Bring your own Rosary *



\$175.00 per person
First Come First Serve
Registration Form [GOOGLE LINK](#)
Payment in full
due at time of booking.

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A JOURNEY OF HOPE

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TO
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June 5th - 7pm 11km

June 6th 12pm 12km

June 7th - 8am 14km

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OR A PORTION OF
THE WALK.

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AVAILABLE

FOR ADDITIONAL INFORMATION CONTACT
RON OSWALD 403-647-7574
DONNA CONWAY 403-642-7585

28th CATHOLIC FAMILY LIFE CONFERENCE



THE HOLY FAMILY
DIVINE MERCY

July 3rd - 6th 2026 • Lac Ste. Anne, AB



Music Ministry

Janelle & Jason Reinhart & Family

Children & Youth Ministries

Crooked Halo - Seeds of the Word
Three Nails - Camp St. Louis
Our Lady of Victory Camp - Dean Dance

Conference Begins

Opening Mass: July 3 • 7:00 pm

Conference Ends

Divine Liturgy: July 6 • 10:30 am



CATHOLIC FAMILY MINISTRIES



Registration Questions: 780-920-7878 OR <https://catholicfamilyministries.com>

Family EB Rates: \$315

Ends May 31 @ 11:59 pm

After May 31: \$370

Ends June 21 @ 11:59 pm

On-Site: \$425 Scan for more details and rates.

Your change
changes lives



Your generosity supports real families facing real challenges!
By filling a bottle, you're joining a community of generous people,
coming together to bring hope to young families in our
community. The bottles added together provide support for today
and impact for generations.

Participating is as easy as 1, 2, 3!

1

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in the bottle, or
donate online.

2

Bring your bottle
back on Father's
Day (June 21st).

3

Sign up for our
newsletter and
keep us in your
prayers.

Other Ways to Give:

- Donate online <https://secure.qgiv.com/for/mainsprings/>
- E-transfer to accounting@mainsprings.com
- Send a cheque payable to Mainsprings
- Scan our QR code

*Donations \$25 or more will be issued a donation receipt.

Donate Today!



Mainsprings Pregnancy and Family Support Association is planning to raise an estimated amount of \$500,000 this year on fundraising campaigns. It will cost our organization an estimated \$50,000 to raise this. The money raised will go to its board-approved programs. For further information, please contact Daniels Karher at 403-269-3110. Our address is 205, 925 - 7 Ave. SW, Calgary, AB T2P 1A5.

Q&A Session

With Fr. Mariusz

Fr. Marius Answers the
Liturgical Questions
from Parishioners



The Colors of the Church Year & Understanding the Meaning of Liturgical Vestments

If you have ever wondered why the priest wears different colored vestments throughout the year, you are not alone. The colors used in the Church's liturgy are not chosen randomly. Each color carries a spiritual meaning and helps us enter more deeply into the mystery we are celebrating. Just as nature changes with the seasons, the Church also has seasons, and the colors of the vestments reflect the mood and meaning of each one.

Here is a simple guide to the liturgical colors we see during the Church year.

Green – Hope and Growth

Green is the color most commonly seen in church. It is used during *Ordinary Time*, the weeks outside the major liturgical seasons. Green symbolizes life, hope, and spiritual growth. During these weeks, we focus on growing in our daily relationship with Christ.

Purple (Violet) – Preparation and Repentance

Purple is worn during *Advent* and *Lent*. It is a color of prayer, penance, and preparation. In Advent, purple helps us prepare for the coming of Christ at Christmas. During Lent, it reminds us to turn back to God through repentance, fasting, and prayer.

White – Joy, Light, and Victory

White is used during the great celebrations of the Church, especially *Christmas* and *Easter*. It is also worn on feasts of Jesus (except His Passion), of the Blessed Virgin Mary, angels, and saints who were not martyrs. White symbolizes purity, joy, resurrection, and the glory of God.

Red – Fire, Love, and Sacrifice

Red is used on *Pentecost*, reminding us of the fire of the Holy Spirit descending upon the apostles. It is also worn on Palm Sunday, Good Friday, and feast days of martyrs. Red symbolizes the blood of sacrifice, courage, and the burning love of the Holy Spirit.

Rose – Rejoicing in the Midst of Preparation

Rose vestments may be worn only twice a year: on the Third Sunday of Advent (*Gaudete Sunday*) and the Fourth Sunday of Lent (*Laetare Sunday*). Rose reminds us that even during seasons of penance and preparation, joy is near because Christ is coming to save us.

Black – Mourning and Prayer for the Dead

Although less commonly used today, black vestments may still be worn at funeral Masses or All Souls' Day. They symbolize mourning and prayer for those who have died.

Gold – Celebration and Solemnity

Gold vestments are sometimes used on very special solemn occasions, especially at Christmas or Easter. Gold expresses celebration, glory, and the majesty of God.

The liturgical colors are a beautiful teaching tool of the Church. Even before a single word is spoken at Mass, the color of the vestments already tells us something about the mystery we are celebrating. Through these sacred signs, the Church helps us pray not only with our minds, but also with our eyes and hearts.

Next time you come to Mass, take a moment to notice the color of the vestments. It is one more way the Church invites us to journey through the life of Christ together.



The Solemnity of the Most Holy Trinity

The Solemnity of the Most Holy Trinity is one of the deepest mysteries of our Catholic faith. Every time we make the Sign of the Cross, we proclaim it: “In the name of the Father, and of the Son, and of the Holy Spirit.” We say these words so often that we can forget how extraordinary they truly are.

The Trinity teaches us that God is not solitude, but communion. God is one, yet three Persons — Father, Son, and Holy Spirit — perfectly united in love. The Father creates, the Son redeems, and the Holy Spirit sanctifies. They are distinct Persons, yet one God. Not three gods, but one God in an eternal relationship of love.

For many people, the Trinity can seem confusing or abstract. Yet Jesus did not reveal the Trinity to give us a theological puzzle to solve. He revealed the Trinity because He wanted us to know who God truly is. At the heart of the universe is not power, fear, or loneliness. At the heart of everything is love.

This mystery also tells us something important about ourselves. Since we are created in the image of God, we are also made for relationship. Human beings are not meant to live isolated lives. We are called into communion — with God and with one another. Family life, friendship, parish community, forgiveness, and service all reflect something of the life of the Trinity.

The Father eternally gives Himself to the Son. The Son receives everything from the Father and returns Himself completely in love. The Holy Spirit is the bond of that divine love poured out. In a world often marked by division, selfishness, and isolation, the Trinity reminds us that love flourishes when it is shared.

The Solemnity of the Holy Trinity also invites us to reflect on how God is active in our daily lives. The Father watches over us with providence. The Son walks with us in our struggles and saves us through His Cross and Resurrection. The Holy Spirit strengthens and guides us every day, especially when faith becomes difficult.

Perhaps the greatest response to the mystery of the Trinity is not explanation but worship. Some realities are so profound that they cannot be fully understood, only embraced with faith and gratitude. Just as we cannot fully explain love but can experience it deeply, so too the mystery of the Trinity is meant to be lived.

This Sunday, as we gather for the Eucharist, may we remember that we are drawn into the very life of the Trinity. Every Mass begins in the name of the Father, the Son, and the Holy Spirit because every Christian life begins and ends in God’s love.

May the Most Holy Trinity bless our parish and our families, and teach us to live in unity, faith, and love.



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, May 31—The Visitation of the Blessed Virgin Mary

9:00 – 10:00 AM – Mass (Vulcan)
11:00 – 12:00 AM – Mass (High River)
1:00 – 4:00 PM – Couples For Christ
4:00 – 5:00 PM – Confessions
5:00 – 6:00 PM – Mass

Monday, June 1— St. Justin

8:00 – 9:00 AM – Confession
9:00 – 9:45 AM – Mass
6:30 – 8:30 PM – Grief Share Program

Tuesday, June 2—St. Marcellinus & St. Peter

11:30 – 1:00 PM – Renewal Team Meeting
6:00 – 7:00 PM – Confessions
7:00 – 7:30 PM – Mass
7:30 – 8:30 PM – Finance Council Meeting

Wednesday, June 3—St. Charles Lwanga and Companions

3:15 – 3:45 PM – Liturgy at Seasons HR
4:00 – 4:30 PM – Liturgy at HR Hospital
5:00 – 6:00 PM – Confession
6:00 – 6:30 PM – Mass

Thursday, June 4

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

Friday, June 5 — St. Boniface

8:00 – 8:30 AM – Staff Mass at HSA
8:45 – 9:15 AM – Confession
8:45 – 9:15 AM – Rosary
9:00 – 11:30 AM – TOPS Group Meeting
9:15 – 10:00 AM – Mass
2:00 – 2:30 PM – Staff Mass at NDC

Saturday, June 6— St. Norbert

8:00 – 9:00 AM – Confession
8:30 – 9:00 AM – Rosary
9:00 – 9:30 AM – Daily Mass
9:45 – 12:00 PM – 1st Holy Communion Retreat
4:00 – 5:00 PM – Confession
5:00 – 6:00 PM – 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—9:00pm.

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 June 6 & 7, 2026

<u>Ministry</u>	<u>Sat. 5:00 pm</u>	<u>Sunday 11:00 am</u>	<u>5:00pm</u>
<u>Greeters</u>	Cullen's & Ritchie's	Dennis & Carol	*****
<u>Lector</u>	Joyce Toni	Holy Spirit Academy	Brandt Johnnie
<u>Choir</u>	SFDS Comm. Choir	Children's Choir	*****
<u>Coffee Hosts</u>	N/A	Marty L. & Family	N/A
<u>Share The Word</u>	N/A	N/A	N/A

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

June 1– 30, 2026

June 1	9:00 am	Wade Hamer †
June 2	7:00 pm	Bob Christianson †
June 3	6:00 pm	Juan Carlos Garcia Salas †
June 4	9:15 am	Fred & Anna Meyers †
June 5	9:15 am	Trevor Marshali †
June 6	9:00 am 5:00 pm	Mathew D'Sa Theresa Fallows †
June 7	9:00 am—(Vulcan) 11:00 am 5:00 pm	Our Parish Adovel Quintanilla † Carolyn Kuziw †
June 8	9:00 am	“Ad Intentionen Dantis”
June 9	7:00 pm	Jan Noad
June 10	4:00 pm (HR Hospital) 6:00 pm	Fr. Mariusz SFDS CWL Sisters
June 11	9:15 am	George , Antonina & Peter Sztuk †
June 12	9:15 am	Lynn Schaefer
June 13	9:00 am 5:00 pm	“Ad Intentionen Dantis” Our Parish
June 14	9:00 am—(Vulcan) 11:00 am 5:00 pm	St. Andrew's CWL Sisters Elvin Fuentes † Carolyn Kuziw †
June 15	9:00 am	Brenda Vogt †
June 16	7:00 pm	Dia Wallace-Chau
June 17	3:15 pm—(Seasons HR) 6:00 pm	“Ad Intentionen Dantis” Ann-Marie Stokes †
June 18	9:15 am	Jean Teebay †
June 19	9:15 am	George & Antonina Sztuk †
June 20	9:00 am 5:00 pm	“Ad Intentionen Dantis” Karen Barton
June 21	9:00 am—(Vulcan) 11:00 am 5:00 pm	“Ad Intentionen Dantis” Our Parish Carolyn Kuziw †
June 22	9:00 am	Darlene Gillis†
June 23	7:00 pm	Dia Wallace-Chau
June 24	3:30 pm—(The Manor) 6:00 pm	Allan Fath † Luvia Ochoa †
June 25	9:15 am	Toby Bryngelson
June 26	9:15 am	Lloyd Kennedy †
June 27	9:00 am 5:00 pm	“Ad Intentionen Dantis” Larry Rushford †
June 28	9:00 am—(Vulcan) 11:00 am 5:00 pm	Our Parish Bessie Amores † Carolyn Kuziw †
June 29	9:00 am	Judy Anderson †
June 30	7:00 pm	Theresa Fallows †



Online or in studio (High River) lessons

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**DIANNE
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