



welcome

SUNDAY MASS TIMES

Saturday 5:00 pm
Sunday 8:00 am, 10:00 am & Noon

WEEKDAY MASS TIMES

Monday - Friday, 7:30 am & 5:00 pm

Register on line for all Masses at
www.stmaryscalgary.ca
Please wear a MASK

SACRAMENT OF RECONCILIATION

Tues - Sat.
4:30 pm in the Church

SACRAMENT OF BAPTISM

Please contact Deacon Dennis at the
Parish Office (403) 228-4170.



**DONATIONS OVER THE PHONE
& ON LINE BY USING THE QR
CODE**

We are now able to take credit card donations over the phone or by using the QR Code on line . If you would like to donate to help with the costs and maintenance of the Parish, please call Lillian at (403) 228-4170.



STAFF DIRECTORY

Rev. John Nemanic, Rector
fr.john@stmaryscalgary.com

Rev. Julian Studden, Assistant Rector
fr.julian@stmaryscalgary.com

Rev. Mr. Deacon Dennis Foraie
dennis.foraie@calgarydiocese.ca

Lillian Illescas, Accounting & Finance
Lillian@stmaryscalgary.com

ST. MARY'S CATHEDRAL

219 - 18 AVE. SW
CALGARY, AB. T2S 0C2
PH: (403) 228-4170 FAX: (403) 244-1965

**FEBRUARY 7, 2021
FIFTH SUNDAY IN ORDINARY TIME**

Here Comes the Son

One of my high school classmates told me how a friend got through the "winter blues": when he got up each winter morning, he would immediately listen to the Beatles' song *Here Comes The Sun*.

In winter the days are dark and the temperature drops. So it is not uncommon for the "winter blues" or seasonal affective disorder, to set in. About 15% of Canadians experience the winter blues: a combination of a lack of sunlight, less activity, and less socializing. Rather than going on a warm, but expensive, sunny vacation the article suggests some ways to overcome the "winter blues": exercise, eating sensibly, purchasing a light therapy lamp, drinking lots of water, and making an effort to visit friends- at least digitally or on the phone. The activities can increase energy levels and give those who are feeling depressed an emotional lift.

The Church gives another way to overcome the "winter blues": Lent, which begins Wednesday, February 17. Since Lent coincides with the end of winter, English Christians in the 12th Century used the Old English word *lencten*, (which means 'spring') to describe the 40 days before Easter. This is appropriate since Easter is celebrated on the Sunday closest to the first full moon after the Spring Equinox.

In his Sermon on the Mount, Jesus proposes 3 ways to turn the dreariness and isolation of our individual lives to go beyond ourselves in order to prepare for personal and societal renewal: fasting, prayer and almsgiving (Mt 6:1-18). These 3 pillars of Lent focus on the 3 dimensions of relationship: God, neighbour and ourselves. Fasting exercises personal self-control; prayer is God-centeredness; almsgiving expresses loving service to one's neighbour.

These 3 Lenten observances are the best ways of overcoming personal "winter blues" by using our spiritual energy to not only improve our lives but help others encounter Jesus. By embracing the season of Lent, let it be an opportunity to be the light that dispels the darkness so many in our world experience so they can escape the *long cold lonely winter* and through our prayer, fasting and almsgiving can say of us *here comes the sun, and I say it's all right*.

Fr John Nemanic

Readings for February 14 — Sixth Sunday in Ordinary Time

First Reading: (Leviticus 13:1-2, 45-46) As long as they are unclean they shall live alone outside the camp.

Second Reading: (1 Corinthians 10:31-11:1) Be imitators of me, as I am of Christ.

Gospel: (Mark 1:40-45) Jesus touched the man with leprosy and he was cured.

Stewardship of Treasure — Jan. 23 to Jan. 29, 2021

General Collections	Last Week
Envelopes/Loose/Debit/etc.	\$6,215.00
Other Income	\$2,547.43
<u>On-line (Diocese) 4th Quarter</u>	<u>\$16,567.78</u>
Total	\$25,1330.21

Thank you for your generosity!



TRUST IN THE LORD.

We are the body of Christ. Each family is an essential part of this body. Continue to support our faith community by giving and providing crucial support to care for your parish during this difficult time. **It is now possible to make your regular**

offertory gift donation through a variety of means: by phone or in person when the parish office is open, by mail, by using the drop-box locations in the church, or by making a debit/credit donation at the Giftbooth before and after Masses. Our parish relies on our regular offertory giving for maintenance and growth so please consider the use of a **pre-authorized offertory gift**. Forms are available on the Cathedral website as well as at the main entrance.



Finally, you can also use this **QR code** to donate online with a debit or credit card. If you have questions about charitable giving to our Parish, please contact: Lillian Illescas, Finances at 403 228-4170.

2021 Offertory envelopes are available for pick-up at the Giftbooth before/after Masses or by visiting the Parish office. **If you have changed your address** since last year, please let us know as tax receipts will be mailed out in February.



PRAYER CORNER INTENTIONS: For the sick, the suffering, the elderly, the lonely and all who find themselves on the margins of society, that they may be empowered by God's special care of them, especially may be empowered by God's special care of them, especially Dr. Nancy Maguire, Renee Wilson, Dawnette Humphrey, Marion Limoges, Irene Glackin, Leonor Salazar, and Laura Meier. For those who have died in Christ, especially Estela Pocasangre, Jack Carey, and the victims of the Corona Virus, that they be resurrected with Him into eternal life.

Looking Ahead:

Eucharistic Adoration: every Friday (8:00 am–4:30 pm). Online sign up at <https://stmaryscalgary.ca/ministries/eucharistic-adoration-fridays#>

Confession available throughout the day.

Ash Wednesday Masses: February 17th, 7:30 am, 12:00 pm and 5:00 pm. Registration for Ash Wednesday Masses will open at 3:00 PM on February 7th. Pre-registration strongly encouraged.

Stations of the Cross: Fridays during Lent (start Feb. 19th) after the 5:00 pm Mass.

Collection of Palms: Ashes that are used to mark the beginning of Lent come from the branches that were blessed and distributed the previous Palm Sunday. Because the palms in your home are considered holy objects, they should not be disposed of in the regular fashion (garbage). Instead bring your existing palms to the Cathedral and we will burn them for use on Ash Wednesday. Please deposit your palms in the container found by the main entrance of the Cathedral.

Lent at the Giftbooth. We have an assortment of resources available including Devotional booklets, booklets for the Stations of the Cross, booklets designed to increase children's understanding of Lent and the Lent edition of the Word Among Us consisting of the Daily Mass readings as well as daily meditations. New arrivals include pocket, large print, compact, and children's bibles. Open before/after Mass or contact Marilyn@stmaryscalgary.com

Mass Intentions FOR THE WEEK



Monday, Feb. 8

7:30 am Vernon Davidson (RIP)

5:00 pm Filomena & Berto Pulma (RIP)

Tuesday, Feb. 9

7:30 am Chris K. (INT)

5:00 pm Silvia Kacmarova (RIP)

Wednesday, Feb. 10

7:30 am Alyssa Bickert (INT)

5:00 pm Hugh Thompson (RIP)

Thursday, Feb. 11

7:30 am World Day of the Sick (INT)

5:00 pm Orson Cedergern Hart (RIP)

Friday, Feb. 12

7:30 am Michael Bickert (INT)

5:00 pm Donnie Limoges (RIP)

Saturday, Feb. 13

9:00 am St. Mary's Volunteers (INT)

5:00 pm Tomasa Hidalgo (RIP)

Sunday, Feb. 14

8:00 am Guillermo (Gerry) Mojica (RIP)

10:00 am Peggy Hart (RIP)

12:00 pm St. Mary's Parishioners (INT)

Sacrament Preparation

Online courses for the Sacraments of First Communion/Eucharist and Confirmation have begun. If you have not registered and would still like to begin preparation please contact Marilyn@stmaryscalgary.com. Full details can be found at <https://www.catholicyc.ca/sacraments.html>



The St. Francis Xavier Chaplaincy for university students and young adults in the Diocese of Calgary, first established in St. Bernard's Parish, Calgary, will now be headquartered at St. Mary's Cathedral and remain under the direction of Fr. Cristino Bouvette, Vicar for Vocations and Young Adults. Beginning Sunday, **February 21, 2021**, they will host a regular Sunday 4:00 PM Mass at the Cathedral, open to all Cathedral parishioners.

Pre-registration for Masses is strongly encouraged.

Society of Saint Vincent de Paul – We would appreciate if you mark your financial donations in envelopes to St. Mary's "SSVP". **Online Donation is now available**, please click [HERE](#) to Donate OR Copy & paste this link to your web browser: <https://ssvpcalgary.ca/give/> and **select** St. Mary's Conference to Donate. (CRA Charitable Donation Receipts will be issued.) If you require assistance, please contact us at 403-397-6028.

Removing the word "one" from the ending of the Collect

Following a request from the Congregation for Divine Worship and the Discipline of the Sacraments which was sent to the Bishops' Conferences of all English-speaking countries, the Canadian Conference of Catholic Bishops agreed to adjust the English-language wording to the conclusion of the *Collect* (the opening prayer) in the *Roman Missal* as approved for use in Canada. As of Ash Wednesday, 17 February 2021, the word "one" is to be omitted from the conclusion of the Collect, and likewise of similar prayers in the liturgy (for example, the Blessing of Water at the Easter Vigil). Instead of ending "*one God, for ever and ever*", the Collect will now end "*God, for ever and ever*". Canadian Conference of Catholic Bishops December 2020