



## Parish News

February 19, 2021

### **From the desk of Fr. David**

Learning to offer up our sacrifices and sufferings.

- How do I offer up sacrifices?
- How do I offer up my sufferings?

it and thank God for it, and offer it up to Jesus on the Cross.

2) Health Problems - We would all like to have perfect health, but we often experience aches, pains, physical issues and emotional problems. Why not offer up our sufferings to Jesus, on the Cross.

3) Family Sufferings - Many parents worry about their children who have left the faith and now live as if God does not exist. Parents should not become discouraged, but offer their sufferings to our Lord on the Cross and on the Altar of the Mass.

4) Death of Loved Ones - Sometimes, the loss of a loved one can shake our faith. It is important to pray for the deceased. We should not question why God took their life, but what we can do for them now, for their souls. Offer up our trials for them, pray for them and have Masses celebrated for them.

5) Upset Plans - Some days our plans or schedules are interrupted. Instead of losing our calm and composure, why not simply accept the contradictions and unite them to Jesus' Cross.

I pray that you have a very rewarding Season of Lent.

*Fr. Dick Hughes*

***"God is present everywhere, and every person is His work"***  
***St. Francis of Sales***

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## **Socks and Underwear Fundraiser**



Holy Spirit CWL is collecting new socks and underwear for the homeless. If you are able to help, please place your donations for men, women and children in the bin in the gathering area. Your help is greatly appreciated.

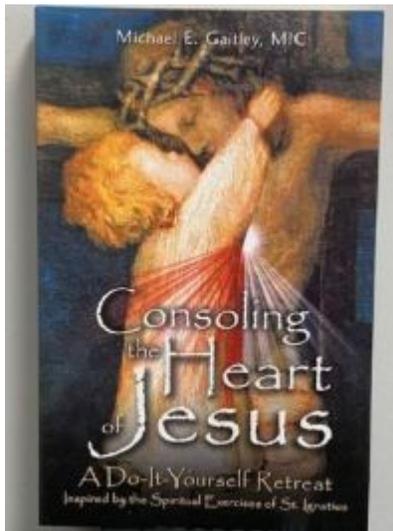
## Eucharist to the Homebound



If you are unable to attend Holy Mass, please be aware that trained volunteers with our Pastoral Care team are able to bring Eucharist to your home. If you would like to be called or visited by a Pastoral Care volunteer, please call the Parish Office at 403-251-3381.

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## Consoling the Heart of Jesus Retreat



You are invited to join us in a wonderful online retreat called **CONSOLING THE HEART OF JESUS**. This retreat will give you an awareness of God's infinite mercy. Happening every Thursdays from 7:00 pm to 8:00 pm, starting March 11th - May 13th, via Zoom. For more information and to register, please email [holyspiritlom@gmail.com](mailto:holyspiritlom@gmail.com) or call/text 403-966-9061 / 437-223-8496.

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**Holy Spirit Lenten Mission with Bishop Emeritus Fred Henry**

of conferences during Lent.

When: March 1, 2, 3 after our regular 9 am Mass. Conferences will also be Livestreamed at [Holy Spirit YouTube Channel](#).

### **In Facing a Pandemic- Choose Life**

1. Monday Conference - When all is said and done, "The only tragedy in life is not to become a saint."
2. Tuesday Conference - Knowing who I am in Christ (My ID, true value and worth)
3. Wednesday Conference - They'll know we are Christians by our Love.

**Mass/Conference attendance will be limited to 150 people**, so please consider the Livestream option, or the YouTube playback which will be available at your convenience on our [YouTube Channel](#).

**Donations to Feed the Hungry Program:** Bishop Emeritus Henry has asked that in appreciation for his time, donations go to the Feed the Hungry Program through the Diocese of Calgary. Envelopes and a basket will be available at the Welcome Desk or cheques can be mailed directly to the Diocesan Office.

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## **February Edition of Faithfully**



This month, Faithfully is featuring the Bishop's Lenten message, faith stories from those who are sick and their careers, Catholic school advocates, and stories highlighting the month of the Holy Family. Read Faithfully [here](#).

## News from the Diocese of Calgary

1) Beginning on Ash Wednesday and for each Sunday of the season of Lent, Bishop McGrattan is offering spiritual renewal reflections for individuals, families and communities in the Diocese as we prepare to celebrate the passion, death and resurrection of Jesus Christ. In today's reflection, Bishop McGrattan calls for a personal renewal, for us to recognize or reimagine the deep gifts we received at our Baptism.

This 8-part video series of Lenten Spiritual Renewal (15-25 minutes reflection) is a part of the Diocesan Spiritual Renewal "Duc in altum | Put out into the deep". Videos will be made available on social media and our website [catholiccyyc.ca](http://catholiccyyc.ca)

- Watch Reflection #1 released on Ash Wednesday - [Youtube](#)
- Read the Bishop's Lenten Message [here](#)

Upcoming reflection themes:

- Feb. 21, First Sunday of Lent: The Primacy of God's Grace
- Feb. 28, Second Sunday of Lent: The Call to Holiness
- March 7, Third Sunday of Lent: Prayer
- March 14, Fourth Sunday of Lent: Listening to the Word of God
- March 21, Fifth Sunday of Lent: Proclaiming the Word of God
- March 28, Palm Sunday: Reconciliation and Healing
- April 4, Easter Sunday: The Holy Eucharist

2) Together we prepare for the great Easter mysteries by committing ourselves to fulfill our baptismal call to maturity, holiness, service, and community. The Diocese of Calgary has prepared a Lent Resources page for individuals, family, children, ministries and pastoral leaders in the Diocese: [catholiccyyc.ca/Lent](http://catholiccyyc.ca/Lent)

3) The theme of this year's Share Lent campaign is *Share Love, Share Lent*. It is inspired by the message of the Holy Father's recent encyclical, *Fratelli Tutti*, which is a call "for a love that transcends the barriers of geography and distance," and "allows us to acknowledge, appreciate and love each person." (FT,1). Campaign resources available [here](#).

4) Got a great photo? Whether it's of parish life, ministry life or home life, the Diocese of Calgary is wanting to promote Catholic life in action.

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emailing [communications@calgarydiocese.ca](mailto:communications@calgarydiocese.ca)

5) God Squad Canada invites men of the Diocese to join their 24th annual conference. The theme for this virtual conference is St. Joseph: Sanctifier of the Hidden Life! Leading up to the conference, God Squad also ask that participants pray the Consecration to St. Joseph. God Squad Conference this year is a truly Canadian conference, with speakers from across the country: Bishop Scott McCaig, Andre Regnier, Jake Khuym, and Fr. Cristino Bouvette. To register click [here](#).

6) Lenten Prayer Service with St. Luke's Parish and Bishop McGrattan. St. Luke's Parish is organizing a virtual Lenten Prayer Service for all the faithful of the Diocese for the intentions of his Excellency, Bishop McGrattan, and the priests of the Diocese. The Prayer Service will consist of the recitation of the Rosary (Sorrowful Mysteries), a Gospel Reading, a talk given by Bishop McGrattan, a blessing by the Bishop and opening and closing hymns. The Lenten Prayer Service will take place from 2 pm to 3 pm on Saturday, **Feb. 27, 2021** via Zoom. To register, email Valerie DeGagne at [vdegagne@shaw.ca](mailto:vdegagne@shaw.ca) or call 403-208-3217. For more information, [click here](#).

[Holy Week, the Triduum & Easter](#)

[Lenten Meditations - Free eBook from EWTN](#)

[Pope Francis: Lent is a journey of return to God](#)

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Our parish relies on your Sunday offerings for maintenance and growth. By making your pre-authorized offertory gift, you are providing crucial support to care for your parish during this difficult time. We are now accepting debit/credit cards and online donations, which during this Covid-19 period, are safe options to keep giving. If you are interested in this way of helping please contact the Parish Office or [click here](#) to register.

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## Spanish Mass Registration



As the Hispanic community has only one weekend Mass, there is a Registration System in place to ensure compliance with the AHS and Diverse regulations and guidelines. If you want to register for the Spanish Mass, please email [coord\\_latinos@holyspiritparish.net](mailto:coord_latinos@holyspiritparish.net) or text 403-671-3787 **(no calls please)**.

## Lenten Parish Schedule

**Stations of the Cross:** Every Friday at 7:00 pm

**Reconciliation During the Lenten Season:**

Fridays: 9:30 - 10:30 am and evenings during the Stations of the Cross 7:00 - 8:00 pm (two priests)

Saturdays: 1:00 - 3:00 pm (two priests)

Wednesday evenings: 7:30 pm - 8:30 pm (two priests)

**or by request,** call Parish Office at 403-251-3381.

We are asking parishioners to bring in their old palms. There is a grey bin located in the Narthex where you can leave them. You are welcome to do this any time during Lent.

Lenten Devotion Booklets have been ordered and we are waiting for their arrival. We appreciate your patience.

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O Saint Joseph, do assist me by your powerful intercession, and obtain for me from your divine Son, all spiritual blessings through Jesus Christ, Our Lord, so that having experienced here below your heavenly power, I may offer my thanksgiving and homage to the most loving of fathers.

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## Mass Times

Monday to Friday: 9 am

Wednesday: 7 pm

First Saturday of the month: 9 am

Saturday: 5 pm, 7 pm (Spanish)

Sunday: 9 am, 11 am, and 7 pm

Every Saturday at 9 am during Lent

The 5pm Saturday Mass will be livestreamed. To view Mass live, visit our

[YouTube Channel](#)

## Mass Intentions

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## Eucharistic Adoration

**Monday – Friday:** 11 am – 4 pm

**Saturday:** Noon – 4 pm

Please sign up for Adoration using the invitation forms at the Welcome Desk, or contact Nazira Abi Rached. Text or call: **403-978-1303** or

Email: [eucharisticadoration2019@outlook.com](mailto:eucharisticadoration2019@outlook.com)

## Rosary & Prayer Group

**Rosary** will take place in the Chapel every Wednesday at 6 pm and daily at 10 am on Zoom. To receive a Zoom invitation, contact Marta

Toltes: [totustuus@shaw.ca](mailto:totustuus@shaw.ca).

**Four Mysteries of the Rosary** are prayed every first Friday of the month at 4 pm in the Chapel.

**The Divine Mercy Chaplet** is prayed on zoom daily at 3:00 pm.

To receive the link, email Marta Toltes: [totustuus@shaw.ca](mailto:totustuus@shaw.ca).

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Chapel beginning at 7:15 pm. Our hour encompasses the Rosary and Divine Mercy Chaplet. All are welcome. Contact **Jeanne 403-281-3432**.

**Please pray for the sick:** Art Chouinard, Monica Cea, Lorraine Sharplin, Nadia Enjeneski, Paul Ortner, Jessica Lumband, Kye Beatty, Jeannine Hodgan, Michael Fraser and Anita MacLean.

**Please pray for the repose of the soul of:** Gerald O'Dwyer.

**Prayer requests:** The Rosary Making Apostolate has an Intercessory Prayer Ministry with over 150 'prayer partners' interceding for the requests received. The CWL also prays for these intentions. To request prayers send an email to [totustuus@shaw.ca](mailto:totustuus@shaw.ca).

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## Catholic Links

[RC Diocese of Calgary](#)

[Vatican.va](#)

[CWL](#)

[Knights of Columbus](#)

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## Other Links and Resources

[Seniors Wellness in Challenging Times](#)

[Help In Tough Times](#)

[Family Support & Visitation](#)

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## Our Schools



*Learning  
in our  
Catholic  
Faith*



*Learning  
in our  
Catholic  
Faith*

**Click on the logo for more information about each school**

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You are currently on a mailing list to receive these regular updates on what's happening in the parish. **If you no longer wish to receive these emails, scroll to the bottom and click on unsubscribe.**

## **Contact us**

Parish Office hours: Monday to Friday 9 am - 4 pm

403-251-3381 [info@holyspiritparish.net](mailto:info@holyspiritparish.net)

Pastor: Fr. David Meadows

\*\* 403-510-9906

[fr.david@holyspiritparish.net](mailto:fr.david@holyspiritparish.net)

Assoc. Pastor: Fr. Pilmaiken Lezano

[fr.pilmaiken@holyspiritparish.net](mailto:fr.pilmaiken@holyspiritparish.net)

Deacon Paul Heffernan \*\* 403-874-8858

[paul.heffernan@calgarydiocese.ca](mailto:paul.heffernan@calgarydiocese.ca)

Deacon Alex Martinez \*\* 587-894-5314

[deaconalex@holyspiritparish.net](mailto:deaconalex@holyspiritparish.net)

**\*\* Emergency only - please call Parish Office for inquiries.**

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**Mother Mary, pray for us.**



**St. Joseph, pray for us.**

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