

APRIL 2024

# Faithfully

FAITH. LIVED. FULLY.

**EXPERIENCING  
GOD'S VOICE IN  
THE ADORATION**

Michelle Hoogveld

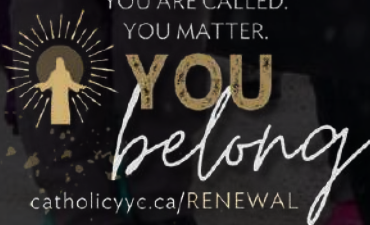
**CHRIST  
IS RISEN!**

From Bishop McGrattan

**FAST FROM BUSY**

Jason Openo

YOU ARE CALLED.  
YOU MATTER.



[catholicccc.ca/RENEWAL](http://catholicccc.ca/RENEWAL)



# CHRIST IS RISEN! AN EASTER MESSAGE FROM BISHOP MCGRATTAN



At Easter we as Christians renew our baptismal promises. It is a reminder each year that it is through the life-giving death and resurrection of Jesus Christ that we are baptized and united with Him. Easter takes us beyond the Cross and the shadow of suffering, sorrow and disappointment to reveal the joy and hope that comes in knowing the Risen Lord. This experience of Christ transformed the first disciples. They came to know that His love is for every human person and that the fullness of eternal life is found in Him alone. This is the promise and hope that Easter brings into our lives!

Easter can also be a time to reflect on our life in Christ. To see if our lives of faith in fact express the love that our Lord offers to those who live in the shadow of the Cross. It is a love that restores dignity to those who have been exiled from their homes, transforming strangers into neighbours, and calling us to respond with justice, compassion, and care to those who are suffering and who are vulnerable due to the circumstances of their lives. That Easter faith that allowed the disciples to not simply see the tragedy of Jesus death but also through that very experience to know the power of His resurrection. It became for them a renewed experience of forgiveness and reconciliation and that they had new life in the risen Christ.

Easter calls us to renew the witness of our faith through the living testimony of our lives. It calls us to move beyond the tomb of human emptiness by sharing with conviction the good news of the Resurrection. We are called to courageously follow Jesus Christ, the Risen One, and to boldly proclaim that out of the darkness of human suffering comes the promise of new life. This Easter, in renewing our baptismal profession of faith may we authentically live that faith in serving our brothers and sisters in ways that will bring them hope and joy in Christ.

As the Risen Lord stood among his first disciples in the upper room, he said, "Peace be to you" and this greeting restored their faith. In our current world and culture, we must continue to believe in faith that the Lord Jesus stands in our midst and says,

*Peace I leave with you, my peace I give to you: not as the world gives, do I give to you. Let not your heart be troubled, neither let it be afraid" (John 14:27)*

This Easter let this become our heartfelt petition for many of our brothers and sisters who continue to experience the ongoing tragedy of war and violence.

+William T. McGrattan, Bishop of Calgary

# VOCATIONS RALLY

Sunday, April 21st  
11:00 AM - 3:30 PM  
Calgary, AB

## COME FOLLOW ME

MASS | LUNCH | KEYNOTES | VOCATIONS PANEL AND Q&A



**FRANCESCA AMBROSINO**  
MC & PANEL HOST



**KEELIN KENNEDY**  
MC



**DR. RYAN TOPPING**  
PRESENTING "MEET OUR  
NEW PRIESTS" REPORT



**FR. CRISTINO BOUVETTE**  
KEYNOTE  
"VOCATIONS"



**FR. SANTIAGO TORRES**  
KEYNOTE  
"VOCATIONS"



**CEDRIC & GRETA DE SOUZA**  
"MARRIAGE AND THE  
CHILDREN'S VOCATION"



**SEEDS OF THE WORD**  
KEYNOTE  
"DISCERNMENT"



**BSP. WILLIAM MCCRATTAN**  
CLOSING KEYNOTE

## VOCATION PANELISTS



**BR. MICHAEL PERRAS, OFM**



**SR. CAROL FORHAN, RPB**



**FR. FRANK SHARMA, OCD**



**SR. SIMON GROSICKA, OP**



**SR. AZENETTE TRONGCO, SP NOV.**



**FR. DEREK REMUS**



**PETER AN, SEMINARIAN**

Lunch will be provided, please scan the QR code or visit [catholicyyc.ca/vocations](https://catholicyyc.ca/vocations) to register. The entire Diocese is welcome, all ages and vocations!

Hosted at **St. Michael's Parish**, 800 85 St SW, Calgary, AB



# 2023 IMPACT REPORT



DIOCESE  
OF CALGARY

RELEASED: APRIL 7, 2024  
CATHOLICYC.CA

WERE NOT OUR HEARTS

## burning within us

WHILE HE WAS TALKING  
TO US ON THE ROAD,  
WHILE HE WAS OPENING  
THE SCRIPTURES TO US?

LUKE 24:32-2:5



YOU ARE CALLED.  
YOU MATTER.



READ NOW



CATHOLICYC.CA/  
2023IMPACTREPORT

# THE OUTDOOR WAY OF THE CROSS

Nearly a thousand of the faithful from the Diocese of Calgary gathered for the solemn Outdoor Way of the Cross at St. Mary's University on Good Friday.



# EXPERIENCING GOD'S VOICE IN THE ADORATION

Contributor: Michelle Hoogveld, Calgary Catholic School District  
Photos courtesy of Calgary Catholic School District

*"Thanks be to God for his indescribable gift!"  
(2 Corinthians 9:15)*

With grateful hearts, we rejoice in the opportunity to engage staff and students in Eucharistic Adoration in Calgary Catholic School District high schools. Through the collaborative effort of local clergy and high school principals and chaplains, over 45 hours of Eucharistic Adoration for vocations was hosted in high school chapels, the Cathedral and Central Office between February 26 to March 6, 2024.

Eleven high schools committed to offering four hours of adoration and engaged participants in private and collective prayer, reflection on scripture, music, and silence. In one case, local parishioners joined the school community in prayer before the Blessed Sacrament, and in another, a Eucharistic procession took place throughout the school.

This time of prayer and adoration exalted the greatness of our Lord, helped deepen participants' understanding of God's call to vocation, strengthened the bond between parish and school communities, and created a desire in staff and students for more opportunities to engage in Eucharistic Adoration.

Together, let us continue to pray for hearts and minds open to the voice of God and the grace to faithfully follow his call.



*"Of all devotions, that of adoring Jesus in the Blessed Sacrament is the greatest after the sacraments, the one dearest to God and the one most helpful to us."  
~Saint Alphonsus Liguori*



# FAST FROM BUSY

Written by Jason Openo for Faithfully. Jason is a permanent diaconate candidate who attends St. Patrick's Parish with his family in Medicine Hat. Photo credit: Jason Openo

I take Lent seriously. Every year, I make earnest commitments for this season because during Lent, I live my life the way I should live it all year round. I've even doubled the duration of Lent by following the Exodus 90 disciplines twice (including cold showers) over the last few years.

The most valuable ascetic disciplines to me were avoiding unnecessary smartphone use, giving up televised sports, and celebrating the Lord's Day. Each was difficult (especially fasting from ESPN on Sundays during football season), but each was an important way for me to take custody of my time.

When the COVID pandemic began, I was out on a walk and talk with a friend who coaches his kids' various sports teams. He leads a vibrant family, but he admitted it could be exhausting. He described the weekly meeting with his wife where they coordinated who was taking whom to what each night of the coming week. The pandemic abruptly brought that to a halt, and on our walk he declared, "I don't ever want to be that busy again."

I was retelling his story to my friend and fellow diaconate candidate Roy Rebutillo, who said, "You know what busy stands for? Being. Under. Satan's. Yoke."

"I love it!" I laughed. "I am going to steal that." Seven years ago, I made the only New Year's Resolution I have ever kept: I quit using the word busy to describe my life. I don't like the way busy makes me feel, and I don't like the busy competition we seem to be stuck in.

"How are you?"

"Busy. You?"

"Busy."

Busy-ness is the badge of modern life, and we'd be ashamed if we said otherwise. For 15 years, I have taught leadership and management, and I have become increasingly skeptical of busy because studies show most of us are stuck in a pattern of active non-action, or unproductive busyness. We're doing a lot of stuff, but a lot of that stuff might not have any value.

In *The Seven Habits of Highly Effective People*, Stephen Covey presents a time management matrix organized by urgency and importance. Emergencies happen, and when they do, they need our complete and immediate attention. There are also important activities that are not urgent, like setting organizational strategy or spending time with family and friends in ways that rejuvenate our soul. Covey's matrix also includes the Quadrant of Deception – activities that are neither emergent nor important, but they feel that way (think most texts and emails). I believe we increasingly spend a lot of our lives in the quadrant of deception.

Effective action requires focus and energy on purposeful activities. When we are trapped in the cycle of busy-ness, our hearts become restless, and nothing we do matters. The story of Mary and Martha (Luke 10: 38-42) might be the most important parable for us to contemplate today. Mary chooses to sit and listen to the Lord when her sister Martha, who is "burdened with much serving," begs Jesus to reprimand Mary for laziness and come to Martha's aid. Jesus replies, "There is need of only one thing. Mary has chosen the better part and it will not be taken from her."



Imagine Jesus was coming over to your home for dinner. You want to make it exceptional, so you clean all day and make a fancy meal. When he arrives, you are busy putting out the best plates, serving spoons, and making sure all the guests are served their favourite drink. After dinner and dessert, you take away the dishes and get the kitchen in order. Finally, you return to the table, sit down, and are about to talk to Jesus when he says, “Sorry, but I need to get going to the next town. Your guests chose the better part.”

This is a harsh metaphor for your life if you are letting your unproductive busyness prevent you from spending quality time with God. The meme “Jesus is coming, look busy!” (funny as it may be) projects an anti-Christian perspective. We are not to be busy, but seeking the things that benefit our souls, like prayer.

St. Francis de Sales wrote the foundational prayer rule: “Half an hour’s meditation each day is essential, except when you are busy. Then a full hour is needed.” This flies in the face of the way I live my life. Prayer is always the first thing to go. But when I am too busy to pray, I am running on the hamster wheel. When my schedule crowds out time with God, my various activities fail to have meaning. Time with Jesus sanctifies, meaning it restores all my efforts to proper functioning.

“You busy?”

“Nope. God’s given me lots of meaningful work to do, for which I am deeply grateful.”



## Beach Carnival Dodgeball Tournament

Where’s the beach? Swap those winter boots out for some sandals, and join us for a Beach Dodgeball Tournament at The Beach YYC! Grab a team of 5 or 10 and join us on Sat, April 27 for an afternoon of sun, sand, and spirited competition at The Beach YYC! Friends vs. Friends, class vs. teachers, parents vs. kids, let’s have some fun for a good cause!

All proceeds will go towards the purchase of a new van for the Elizabeth House. More details to come, can’t wait to see you there!

### GET TICKETS AT

[www.elizabethhousecalgary.ca/carnival](http://www.elizabethhousecalgary.ca/carnival)



# IN MEMORIAM: DEACON BOB WILSON



Deacon Bob Wilson has died at the age of 90. He was ordained with Formation Group One on June 23, 2002 by Bishop Frederick Henry and spent most of his active ministry at St. Mary's in Brooks. He died peacefully on Tuesday at his home in Brooks, surrounded by two of his four children. Bob is survived by his children and by his wife Rosalie, who is 92 and resides in a Brooks nursing home. Funeral details are being arranged by the family.

*Eternal rest grant unto him, O Lord, and let perpetual light shine upon him. May his soul, through the mercy of God, rest in peace. Amen.*



*Group 1 Ordination  
St. Mary's Cathedral, June 23 & 24, 2002*

# 40 HOURS DEVOTION FOR VOCATIONS

Contributors: Fr. Derek Remus & Fr. Avinash Colaco for Faithfully.  
Photos courtesy of St. Mary's Cathedral.

Despite the bad weather and slippery roads, numerous parishioners of all ages came to St. Mary's Cathedral for the 40 Hours Devotion for Vocations in the Diocese of Calgary, which commenced on Friday, March 1, at St. Mary's Cathedral.

From 7 a.m. that Friday until 11 p.m. on Saturday, Jesus Christ was solemnly exposed on the Altar in the monstrance. The faithful gathered to adore Him and pray for the needs of the Church and the world, particularly for vocations to the priesthood and consecrated life.

The 40 Hours Devotion is a centuries-old tradition of continuous prayer before the Blessed Sacrament in solemn exposition, held successively in different Churches for special intentions. On Ash Wednesday of this year, Bishop McGrattan wrote a pastoral letter promoting the 40 Hours Devotion in the Diocese of Calgary for the special intention of vocations to the priesthood and consecrated life.

In the spirit of Diocesan Renewal, the Bishop invited all parishes in the Diocese to take turns holding the Devotion. "Through this initiative of the 40 Hours Devotion for Vocations," he wrote, "we will in time see the fruits of our prayer as the Lord sends out labourers into his harvest, including into the local Church of the Diocese of Calgary."



To launch the Devotion, Bishop McGrattan celebrated the Cathedral's regular Friday 7:30 am Mass. In addition to silent adoration, the agenda for the 40 Hours at the Cathedral comprised three additional Parish Masses, recitation of the Rosary before Masses, the Divine Mercy Chaplet at 3 pm on both days, sacred music, and brief talks delivered by three Priests. During Mass, the Blessed Sacrament was reposed in the Tabernacle. Priests were also accessible for Confessions throughout the entire forty hours, except during the Masses.

To ensure that someone was always present when the Blessed Sacrament was exposed, St. Mary's Cathedral reached out to different groups in the Parish to come for particular hours of Adoration. This included the altar servers ministry, which is primarily comprised of young people.



The Cathedral also gave parishioners the opportunity to sign up for hours of Adoration, and made it clear that an inability to commit to a specific hour was no barrier to participation. Those who found themselves free were warmly encouraged to attend whenever they could, without the pressure of signing up.

The response was amazing! A total of 307 signed up from the website. Yet, the number of people who actually came was significantly higher.

For two hours on Friday morning, students and staff from St. Mary's High School took turns coming to adore Jesus Christ in the Eucharist. On Saturday morning, Fr. Avinash Colaco, Rector of the Cathedral, delivered a catechesis to students preparing for first Holy Communion and Confirmation and their parents. Although only 25 students and parents had signed up for the talk, over 45 showed up.

Many people also rose to adore Jesus Christ in the middle of the night to the early morning hours. Throughout these quiet hours, an average of twelve adorers was present every hour. A security guard was assigned in the Church throughout the night to ensure the safety of the adorers and priests.

The final day of the Cathedral's 33-day preparation for Consecration to the Eucharist fell on Saturday, March 2nd. As the clock struck 10:30 pm, parishioners collectively recited the Act of Consecration. This was followed by the Benediction of the Blessed Sacrament at 11 pm, with over 85 people bearing witness to this profound ceremony.

The preparation and organization of the 40 Hours was conducted under the leadership of Fr. Avinash, assisted by Deacon Greg Barcelon and the Cathedral's Parish Renewal Team. Both the 40 Hours Devotion and the Consecration to the Eucharist were announced to the Parish community for weeks in advance. "Thoughtful planning and preparation," says Fr. Avinash, "were key to its success."

Simultaneously, St. Anthony's Parish, Calgary also held its own 40 Hours Devotion for Vocations, and St. Luke's Parish had also completed its 40 Hours of Devotion as well. Several other Parishes have committed to hosting Devotion in the coming weeks. We pray to the Lord of the harvest, present in the Eucharist, that He might raise up many holy Priests and consecrated men and women and that He might strengthen all Priests and consecrated men and women currently serving our Diocese.

The Eucharist is the key to the flourishing of vocations and the renewal of the Church. This is because the Eucharist is Christ. As Fr. Avinash reminded parishioners just before Benediction, "The Eucharist is the source and summit of our lives."

For more information about 40 Hours of Devotion for Vocations, and to host the Devotion in your parish, contact Fr. Derek at [derek.remus@calgarydiocese.ca](mailto:derek.remus@calgarydiocese.ca)



<https://www.catholiccyc.ca/40hours>

### UPCOMING DAYS FOR 40 HOUR DEVOTION

- St. Cecilia's, Calgary - Fri, Apr 26 at 6 am to Sat, Apr 27 at 10 pm
- St. Gerard's, Calgary - Tue, Apr 30 at 6 am to Wed, May 1 at 10 pm
- St. James', Okotoks - Fri, May 24 at 4:30 pm to Sun, May 26 at 8:30 am.



# PRAYER OF *Renewal*

TOWARDS THE JUBILEE YEAR 2025

Father in heaven,  
may the *faith* You have given us in Your Son,  
Jesus Christ, our brother, and the flame of *charity*  
enkindled in our hearts by the Holy Spirit,  
reawaken in us the blessed *hope*  
for the coming of Your Kingdom.

May Your grace transform us,  
into being more faithful missionary disciples,  
capable of sowing the seeds of the Gospel  
in our families and our parishes.

May those seeds transform humanity  
and the whole creation in the sure expectation  
of a new heaven and a new earth, when,  
with the powers of Evil overcome,  
Your glory will shine eternally.

May the grace of the Renewal in our Diocese reawaken in us,  
the call of our baptism to be Pilgrims of Hope,  
and in the witness of our faith,  
to seek always the treasures of heaven.

May that same grace spread the joy and peace  
of our Redeemer throughout the earth.  
To You our God, eternally blessed,  
be glory and praise for ever. Amen

Prayer adapted from The Jubilee Prayer, Pope Francis, 2023.

YOU ARE CALLED.  
YOU MATTER.



[catholiccyc.ca/RENEWAL](http://catholiccyc.ca/RENEWAL)



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