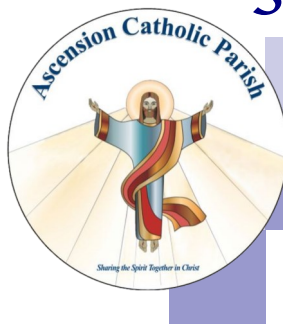


Second Sunday of Lent



Ascension Catholic Parish

Sharing the Spirit Together in Christ

1100 Berkshire Boulevard NW, Calgary, AB T3K 3M3 | Phone: 403.275.2240 | Fax: 403.274.3969 | www.ascensionparish.ca

Mass Times:

Weekday Masses:

Monday - Saturday:
9:00 AM

Tuesday - Friday:
6:30 PM

Wednesday: *Mother of Perpetual Help Novena at 6:15 PM*

Weekend Masses:

Saturday: 5:00 PM

Sunday:
8:00 AM, 10:00 AM,
12:00 PM & 4:00 PM

Reconciliation:

Tuesday - Saturday:
8:30 AM - 8:55 AM

Tuesday - Friday:
6:00 PM - 6:25 PM

Saturday:
4:00 PM - 4:45 PM

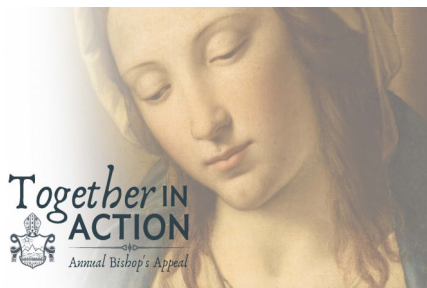
Sunday:
7:00 AM - 7:45 AM

By Appointment

Adoration & Benediction:

Monday - Friday:
9:30 AM - 10:00 AM

First Friday:
9:30 AM - 10:30 AM
(*Sacred Heart Novena & Benediction*)



Your Gift's Impact

Your contribution and generosity make a real difference in the lives of thousands of people. Together in Action supports diocesan ministries and programs in the 68 Parishes across southern Alberta. It funds grants for almost 50 local charities and national and international partners.

We know that whatever little we give God, He multiplies. Your giving impacts children, women and men in your community, province, country and around the world.

We have a duty to serve

Together in Action engages us in fulfilling what the Pastoral Constitution on the Church in the Modern World refers to as our call to give.

Prayerfully consider the amount you can give to TIA, whether it is \$150 for the year or \$3 each week. Your gift helps provide necessary services and ministry resources that no single Parish or group could provide.

Parish Goal

Last year our Parish contributed \$57,093.00 to the TIA campaign. **This year our TIA Parish Goal is \$52,046.00. In the event that we exceed our goal for our 2020 campaign, the surplus collected will be utilized for our building fund.**

Thank you for responding

Your gift is a source of mercy and love in the life and mission of the Church. **Donation packages are available in the pews and next to the bulletin pick-up.** Please give generously.

Watch the video to see how YOU can make a difference. YouTube Link: <https://youtu.be/C45-FhOiuRo>



Parish Mission & Penitential Service

March 17th & 18th - 6:00 PM - Confessions, 6:30 PM - Mass, 7:00 PM - Inspirational Talk, 8:00 PM - Fellowship
March 19th - Penitential Service starting with Mass at 6:30 PM

Why can't I let go of the pain? Lenten reflection series on the pathway to forgiveness



The journey from the head to the heart is a treacherous and arduous path to travel alone. As Christians we know all too well that we must forgive. The idea of forgiveness in principle we are convicted of; but when it comes to actually releasing someone, especially a loved one close to me that hurt me, what does that look like? Can I still be angry, feel a sadness or be confused about what I feel, and have forgiven that person? What if the person I want to forgive is now dead, or not within my reach to communicate to them that I have released them from my wrath? How do I live with a person I want to forgive but either their wrongful behavior doesn't change, or they don't accept that they did you wrong? Forgiveness is not only possible, but also the only way forward to regain your interior freedom and control of healthy boundaries in challenging relationships. Our two evening series will delve into what is forgiveness and how do we implement it as a Christian.

Speaker: Fr Daniel Wilson LC is a religious Priest of the congregation Legionaries of Christ. He presently serves as the Associate Pastor at Sacred Heart Parish in Calgary. He is also a Men's Chaplain for the Regnum Christi Movement which the Legionaries of Christ share the same spirituality. Prior to coming to Calgary, Fr Daniel was a retreat master and spiritual director for Regnum Christi in San Jose, California. He is from California, entered the Legionaries of Christ in 1991 and was ordained in Rome in 2002.

Catechesis Corner

(For the week of March 7-13, 2020)

Lent, Examination of Conscience and the Seven Capital Vices (known popularly as the Seven Deadly Sins): The Seven Capital Vices - Part 2



What is the Second Capital Vice? How do I examine if myself in this regard?

Unjust anger: You would ask yourself these or similar questions: Have I refused to discern, accept or fulfil God's vocation for me? Have I been unwilling to face up to difficulties or sacrifices? Have I escaped reality or attempt to force my will upon it? Have I transferred to God, my parents, society, or to other individuals the blame? I am quarrelsome, and do I bicker, contradict, nag, am rude, or do I snub? Have I been unwilling to love, to do good to, or to pray for enemies? Do I boycott or ostracize another for selfish reasons? Do I spoil others' pleasure by uncooperativeness or disdain, because I have not got my way, or because I feel out of sorts or superior to another?

What is the Third Capital Vice? How do I examine if myself in this regard?

Envy: You would ask yourself these or similar questions: Have I been offended at the talents, success or good fortune of others? Have I felt pleasure at others' difficulties or distress? Have I belittled others? Have I given false accusations, or participated in slander or backbiting? Do I reading false motives into others' behavior? Do I initiate, collect or retail gossip? Do I arouse, foster or organize antagonism against others? Do I give unnecessary criticism, even when true? Do I deliberately annoy others, tease or bully? Do I scorn another's virtue, ability, shortcomings, or failings? I am prejudice against those I consider inferior, or who consider me/my group inferior, or who seem to threaten my/our security or position? Do I ridicule persons, institutions or ideals?



Chalice

Chalice expresses gratitude and prays for God's blessings on Ascension parishioners for sponsoring **90 children** on February 29th & March 1st. *Thank you!*



Lectio Divina

Sisters from The Seeds of the Word Community will be selling the Compendium of Lectio Divina 2020 book after all Masses next weekend. This book is an agenda with five steps of Lectio Divina: reading, contemplation, prayer, meditation, action, along with a daily liturgy reference for every day of the 2020 year. For each step there is a question to help with self-reflection as you pray Sacred Scripture. For each month there is a teaching on the spiritual life. The Seeds of the Word Community has the charism to spread the Word of God, therefore we encourage the faithful to practice the Lectio Divina. Books are \$25 each.

Mass Intentions

March 7-13, 2020

Day	Date	Time	Intentions
Saturday	March 7	9:00 AM	SI of John Ling & Margaret Yong
Saturday	March 7	5:00 PM	Felecia Tuba (+)
Sunday	March 8	8:00 AM	John Fortney (+)
Sunday	March 8	10:00 AM	Danilo San Miguel (+)
Sunday	March 8	12:00 PM	Michael Azichoba (+)
Sunday	March 8	4:00 PM	Mass for Parishioners
Monday	March 9	9:00 AM	Marilyn Darrigan (+)
Tuesday	March 10	9:00 AM	SI of Ann Hogan
Tuesday	March 10	6:30 PM	Melicia Bihis (+)
Wednesday	March 11	9:00 AM	Al Joseph (+)
Wednesday	March 11	6:30 PM	Rosita Galvan Diaz (+)
Thursday	March 12	9:00 AM	SI of Elizabeth & Rosa Ling
Thursday	March 12	6:30 PM	Rebecca & Cecelia Gonzaga (+)
Friday	March 13	9:00 AM	Valeriano & Silveria Vitor (+)
Friday	March 13	6:30 PM	Milagros & Ponciano Salipsip (+)

General Guidelines During the Influenza Season - Wash Your Hands

- Those who are ill or suspect illness should refrain from receiving from the chalice; Christ is fully present in each species.
- At this time, we share the Sign of Peace using the second option, a bow, instead of shaking hands. In the Dioceses of Canada, the sign of peace is given by a handshake or a bow. However, it is appropriate that each person offer the sign of peace only to those who are nearest and in a sober manner. (The General Instruction of the Roman Missal no. 82)
- Extraordinary Ministers of Holy Communion should practice good hand hygiene through frequent handwashing with soap and water and/or the use of alcohol-based rub (ABHR) and find a replacement for themselves if they are not feeling well.
- All the faithful are encouraged to practice good hand hygiene for the sake of others.
- The obligation to attend Sunday Mass does not apply to those who are ill, especially those who suffer from a contagious illness; those with flu-like symptoms may choose to remain at home in order not to spread the virus to others. While televised Masses do not fulfill the Sunday obligation, those who are ill are dispensed from the Sunday obligation.

The Diocese of Calgary has been monitoring the current situation in Alberta through updates from Alberta Health Services.

A MESSAGE FROM THE



Finance Report - at a glance...

Gifts to the Parish	2020	
	Week	9
Offerings for the Week:	25-Feb-20	2-Mar-20
	Last Week	YTD
General Collections:		
Collections	16,197	113,672
Operating Cost	18,000	162,000
Over / (Shortfall) YTD Operating Cost	(1,803)	(48,328)
Central Fund Loan (Mortgage):		
Building Fund Collections	9,897	55,648
2019 Pledges	6,353	35,611
Donor Wall	0	10,000
Toonie Collection	0	3,994
Gala Tickets	1,350	2,400
Weekly Loan Payment	12,180	109,620
Over / (Shortfall) YTD Loan Payment	5,420	(1,967)
Diocesan Annual Campaign:		
Together In Action		
2020 Collections	1,244	2,983
2020 Goal		52,046
Remaining towards Goal		49,063
Other:		
Holy Childhood	530	2,259

“Sacred Silence” One Night Mission with Michael Chiasson!

Peace † Pain † Suffering † Hope

Join us at 7:00 PM on **Wednesday, March 25th** for the Access52 Lent Tour “Sacred Silence” with Michael Chiasson! This one night mission is designed to prepare, challenge, and inspire your Holy Week experience with music, talks, stories and short videos. Invite your friends and family. Everyone is welcome! A free will offering is appreciated. Fellowship with refreshments will follow this event.

Motivational Speaker & Founder of Access52, Michael Chiasson, has spoken at over 500 events around the world to over 100,000 students, parents and teachers. He has spoken at Teacher conferences, schools, parent conferences and corporate events. Reserve your complementary tickets at www.lenttour.com

Parish Gala Ticket Sales In Support of the Building Fund

Ticket sales have begun for our Parish Gala planned for April 24th to raise funds towards paying down our mortgage. We will be selling tickets after all Masses in the Narthex. Further details on this exciting event can be found on our website or email gala@ascensionparish.ca

Parish Staff

- Pastor: **Fr. Avinash Colaco**
- Associates:
Fr. Rodel Abanto
Fr. Adrian Martens
- Deacon: **Patrick Woo**
- Secretary: **Nancy Mitchell**
- Receptionist: **Angelina Ling**
- Sacraments: **Monica Purnama**
- Baptisms: **Jenn Pashula**
- Youth: **Vicki Hayles**
- Bookkeeper: **Nora Alzamora Torres**
- Custodian: **Jose Gil**
- Evening Staff: **David Cadegan**
- Resource Coordinator: **Sharron Robinson (Volunteer Position)**
- Office Assist (**Volunteer Position**)

Office Hours

Monday to Friday: 9:30 AM - 4:30 PM

Lunch: 12:30 PM - 1:00 PM

Sacraments

Baptism for Infants: Baptisms are celebrated on the **2nd, 3rd & 4th Sundays** of each month after the 12:00 PM Mass at 1:30 PM. Please call Jenn at 403.275.2240 or email baptism@ascensionparish.ca to register.

Baptism Preparation Class: Preparation classes take place on the **1st Saturday** of each month at 10:00 AM in the Sanctuary. Parents are to attend the class at least 3 weeks prior to the Baptism Celebration. Please call Jenn at 403.275.2240 or email baptism@ascensionparish.ca to register.

First Holy Communion (Gr. 2 & up): Please register your child in September 2020.

First Reconciliation (Gr. 2 & up): Please register your child in September 2020.

Confirmation (Gr. 6 & up): Please register your child in October 2020.

Marriage: By appointment, 6 months in advance. Call the Church office.

Marriage Preparation Class: 3rd Friday & Saturday of each month (some exceptions apply). Registration fee is \$100 per couple and includes course materials, snacks and lunch. To register please email William: marriageprepatascension@gmail.com

RCIA: The Rite of Christian Initiation of Adults

For more information contact the Church office.

RCIA SPONSORS: We are seeking sponsors to assist RCIA catechumens as they become familiar with the Christian way of life. Contact Rob at robkehrig@gmail.com for information.

Anointing of the Sick & Dying: Call the Parish office at 403.275.2240

Outside of the office hours, please call 403.275.2240.

When prompted, press 2 for Fr. Avinash, press 3 for Fr. Rodel, press 4 for Fr. Adrian (Thursdays & Fridays).

Please leave a detailed message. The priest will return your call.

Ministry Contacts

Sacraments

Baptism Preparation: Jenn Pashula | baptism@ascensionparish.ca

Marriage Preparation: William Abenes | marriageprepatascension@gmail.com

RCIA: Rob Kehrig | robkehrig@gmail.com

Sacramental Preparation: Monica Purnama | sacraments@ascensionparish.ca

Parish Ministries

Building Fund Committee: Mark Holland | markholland@shaw.ca

Collection Counters: DeeDee Hedley | ddhedley@shaw.ca

Finance Council: Christina Dao | c_dc_d@hotmail.com

Funeral Mass Coordinator: Jocelyn Mugleston | jmugle92@shaw.ca

Funeral Lunch Committee: Irene Woytas | office@ascensionparish.ca

Kitchen Ministry Coordinator: Twila Tayfel | tmtayfel@yahoo.com

Parish Pastoral Council: Sandra Will-Krile | samandrafo@shaw.ca

Pastoral Care: Virginia Rappel | virginia.rappel@gmail.com

R.S.V.P.: Lucy Reyes | lucy.reyes@me.com

Social Justice: Pat Brown | patricia.brown@shaw.ca

Youth Ministry: Vicki Hayles | youth@ascensionparish.ca

Volunteer Resource: Sharron Robinson | resource@ascensionparish.ca

Liturgy

Altar Servers: Isabel & Charlotte Woo | server@ascensionparish.ca

Art & Environment: Maria San Miguel | let@shaw.ca

Ex-ord. Ministers of Holy Communion: Nadia Oliverio | nadia.oliverio@shaw.ca

Greeters: Eneyo Eyo | enevo_eyo@yahoo.com

Lectors: Andrew Harich | harich0307@gmail.com

Liturgy Committee: Holly Davidson | hollyd@telus.net

Liturgical Mentor: Casey Plettell | cke13@hotmail.ca

Music Ministry: Hoa Nguyen | music@ascensionparish.ca

Sacristans: Holly Davidson | hollyd@telus.net

Sacristy Care: James Chuah | jameschuah10248@gmail.com

Ushers: Jonathan Dixon | jonathandixon1@mac.com

Weekday Masses: Connie Raz | connieraz@gmail.com

Lay Ministries

Bible Study: Murray Britt | britmur127@gmail.com

Catholic Women's League: Sheena Koett | cwl.ascension@gmail.com

Knights of Columbus : Phil Fitzgerald | gk10065@kofc.ab.ca

Legion of Mary: Garry Bahen | gbahen03@shaw.ca

St. Vincent de Paul Society: Hamper Request | 587.755.3855

St. Vincent de Paul Society: Davina Janssens | ssvp.ascension@gmail.com