



ASCENSION CATHOLIC PARISH

"Sharing the Spirit Together in Christ"

Mark 1:21-28 - Jesus taught with authority

Do you believe that God's word has power to set you free and to transform your life? When Jesus taught he spoke with authority. He spoke the word of God as no one had spoken it before. When the Rabbis taught they supported their statements with quotes from other authorities. The prophets spoke with delegated authority - "Thus says the Lord." When Jesus spoke he needed no authorities to back his statements. He was authority incarnate - the Word of God made flesh. When he spoke, God spoke. When he commanded even the demons obeyed. Augustine of Hippo (354-430 AD) remarked that "faith is mighty, but without love it profits nothing. The devils confessed Christ, but lacking charity, it availed



nothing. They said, 'What have we to do with you' (Mark 1:24)? They confessed a sort of faith, but without love. Hence they were devils." Faith is both a free gift of God and the free assent of our will to the whole truth that God has revealed. To live, grow, and persevere in the faith to the end, we must nourish it with the word of God. The Lord gives us his Holy Spirit to enlighten our minds that we may grow in his truth and in the knowledge of his great love for each of us. If we approach God's word with trust and submission, and with an eagerness to do what the Lord desires for us, then we are in a much better position to learn what God wants to teach us through his word. Are you eager to be taught by the Lord and to conform your mind, heart, attitude, and intentions according to his word of truth, goodness, and love?

2018 Don Schwager

www.dailyscripture.net

MASS INTENTIONS:

January 27th - February 2nd, 2018

Day	Date	Time	Intentions
Sat	Jan 27	5:00pm	Mele Family Members (+)
Sat	Jan 27	7:00pm	Visitacion Janiola (+)
Sun	Jan 28	8:30am	Caterina Mele (+)
Sun	Jan 28	10:30am	SI of David Sepulveda
Sun	Jan 28	12:30pm	SI of Manipon Family
Sun	Jan 28	5:00pm	Mass for Parishioners
Mon	Jan 29	9:00am	Scott Allan (+)
Tue	Jan 30	9:00am	SI of Johannes Marian Rekowski
Wed	Jan 31	9:00am	SI of Jessica Jaramillo
Wed	Jan 31	6:30pm	Holy Souls in Purgatory (+)
Thur	Feb 1	9:00am	SI of Spencer Darrigan
Fri	Feb 2	9:00am	Terry Sherback (+)

CATECHISTS NEEDED

We are looking for volunteers to help teach our New Sacramental Program beginning this fall. The program is already prepared and we will have several other adults helping to teach the children. No previous experience is needed and all training will be provided. We need many hands to make this program work for our Parish. If you can volunteer or would like more information, please contact Vicki at sacraments@ascensionparish.ca.

PARISH STAFF:

- **Pastor:** Fr. Avinash Colaco
- **Associates:**
Fr. Rodel Abanto
Fr. Anthony Pudota (weekends)
- **Secretary:** Nancy Mitchell
- **Sacraments:** Vicki Hayles
- **Baptisms:** Jennifer Pashula
- **Bookkeeper:** Nora Alzamora Torres
- **Custodian:** Jose Gil
- **Evening Staff:** David Cadegan
- **Volunteer Resource Coordinator:**
Sharron Robinson (Volunteer Position)

OFFICE HOURS:

Monday to Friday: 9:30am – 4:30pm
Lunch: 12:30pm – 1:00pm

MASS TIMES:

Weekday Masses:

Monday to Friday: 9:00am
Wednesday: 6:15pm (Mother of Perpetual Help Novena)

Rosary:

Prayed daily in the Sanctuary

Monday to Friday: 8:30am
Saturday 4:30pm
Sunday 8:00am

Adoration of the Blessed Sacrament:

Fridays after Mass followed by Benediction at 10:00am

First Friday Adoration: Sacred Heart Novena following 9:00am Mass and Benediction at 10:20am

Reconciliation:

½ hour before Weekday Masses (except Mondays)
Saturday 4:00pm to 4:45pm
Sunday 7:30am to 8:15am and by appointment

Weekend Masses:

Saturday: 5:00pm & 7:00pm
Sunday: 8:30am, 10:30am, 12:30pm & 5:00pm

TIME CHANGE WEDNESDAY NOVENA

To ensure that we are always ready to start Mass on time, the Mother of Perpetual Help Novena will start at 6:15 pm rather than 6:20 pm on Wednesday evenings before the 6:30 pm Mass.

SACRAMENTS

Baptism: Baptisms are celebrated on the 2nd, 3rd & 4th **Saturdays** of each month at 10:00 am (except during Lent). Visit our website to download the registration form. Completed forms can be emailed or dropped off at the office and must include a copy of the child's Birth Certificate, one parent's Catholic Baptism Certificate & the Godparent's Catholic Baptism Certificates.

Baptism Preparation Class: Preparation classes take place on the 1st **Saturday** of each month at 10:00 am in the Sanctuary. Parents and Godparents are to attend the class at least 3 weeks prior to the Baptism Celebration.

First Holy Communion: Registration March 21, 2018.

First Reconciliation: Completed for 2017.

Confirmation: Session 2 for parents and candidates is scheduled for February 7th (7:00-8:00 pm) **OR** February 10th (11:30am-12:30 pm).

Marriage: By appointment, 6 months in advance

Marriage Preparation Class: Upcoming Dates: **Feb. 17, Mar. 17 & Apr. 21.** To register for a Saturday class please email Ferdie: marriageprepatascension@gmail.com Registration fee is \$100 per couple and includes course materials, snacks and lunch.

RCIA: The Rite of Christian Initiation of Adults. For more information contact the Church office.

EXTRAORDINARY MINISTERS OF HOLY COMMUNION TRAINING

Sharing in the Eucharist is the main reason we come together. It is the defining moment of the Mass where we profess our belief and faith. If you would like to serve as an Extraordinary Minister of Holy Communion (EMHC) please join us for training on **Tuesday, February 6th** at 6:00 pm in the Sanctuary. We are especially in need of ministers at the Saturday 7:00 pm and Sunday 5:00 pm Masses.

LECTOR TRAINING

The role of Lector is a vital one because for many people it is the only time they hear the Scriptures. Lectors proclaim the first and second readings at Mass and lead the Prayer of the Faithful. If you would like to be a Lector, please join us for training on **Wednesday, January 31st from 5:30-6:00 pm.** If you have any questions please contact Donna at donna.hickie@cssd.ab.ca

KNIGHTS OF COLUMBUS FREE THROW CHAMPIONSHIP

All boys and girls ages 9 to 14 (age based as of January 1, 2018) are invited to participate in the local (council) level of competition for the 2018 Knights of Columbus Free Throw Championship. The local (council) competition will be held **Thursday, February 1, 2018 at 6:00PM – 9:00PM at Ascension Of Our Lord School (509 Harvest Hills Drive N.W.).** All contestants on the local level are recognized for their participation in the event. Participants are required to furnish proof of age and written parental consent (see entry forms). For entry forms or additional information contact your school's office or Karl Senger, K of C Free Throw Championship council chairman at (403) 850-4147.

Palms are Blessed Objects - They should be treated with reverence. To dispose of old palms, you may burn or bury them. They should not be thrown in the garbage. Palms can be returned to the Church before Ash Wednesday. Containers are available in the Narthex.

Lent is fast approaching and it is a time of intense preparation and of intense prayer. However, we are called to ask why we pray, fast and give money to those in need. Lent is our time to walk with Jesus to the Cross and walk in solidarity with all those who are oppressed and broken-hearted. Can our Lenten practices of prayer, fasting and almsgiving reveal Jesus further to us?

Ash Wednesday marks the beginning of Lent. As we slowly start our walk into the Lenten season, let us acknowledge that our lives need to be revised. But more importantly, let us keep in mind that Lent is also the springtime of Grace, thanks to the love and compassion of Jesus. Individually or as a family, set aside time to celebrate Mass on this day. Spend time with God just as you spend time with friends. Intensify your communication with God during Lent.

ASH WEDNESDAY – FEBRUARY 14th

Ash Wednesday is a day of fasting and abstinence. Abstinence means no meat for those 14 and older; fasting means one full meal and two smaller meals that do not exceed the food of the full meal; no snacks are permitted. The Church prescribes fasting and abstinence from meat on Ash Wednesday and Good Friday. Fasting applies to those 18 to 59 years of age. Pregnant women and people who are ill are not required to fast.

ASH WEDNESDAY MASSES AT THE PARISH: 6:30 am, 8:00 am, 5:00 pm & 7:00 pm.

LENTEN MISSION, STATIONS OF THE CROSS & CONFESSION

Due to our renovations our Parish will be joining with St. Luke's Catholic Church (1566 Northmount Dr. NW) in preparation for lent. All parishioners are welcome and encouraged to attend.

STATIONS OF THE CROSS: Fridays, February 23, March 2, 9, 16 & 23 after the 7:00 pm Mass.

LENTEN MISSION: To You Lord, I Return

Day 1: Thursday, February 15th

6:30 pm Rosary & 7:00 pm Holy Mass followed by 1st talk by Sr. Gabrielle - "God and His Healing Love"

Day 2: Friday, February 16th

6:30 pm Rosary & 7:00 pm Holy Mass followed by 2nd talk by Bishop Emeritus Henry - "The Seven Last Words of Our Lord"

Day 3: Saturday, February 17th

8:30 am Rosary & 9:00 am Holy Mass followed by 3rd short talk by Sr. Katrina, Adoration, Confession, Inspirational Music.

CONFESSION: Confessions will be available all three days of the Mission.

ST. MARY'S HIGH SCHOOL

In the HEART of the city...a school with SOUL!

*International Baccalaureate; *Extended French; *Fine Arts; *CTS Apprenticeship; *Athletic Tradition of Excellence; *Academic Success for over 130 years; *87% Graduation Rate. **Information & Open House for current Grade 9 Students & parents: February 7, 2018, 7:00 – 9:00 pm.**



Roman Catholic Diocese of Calgary **Announcements from the Catholic Pastoral Centre for January 28th, 2018** **Fourth Sunday in Ordinary Time**

COLDEST NIGHT OF THE YEAR – Coldest Night of the Year - Calgary will turn five this February 24, 2018. We'd love to have you celebrate with us by walking or volunteering in support of Feed the Hungry (a Diocesan program) and our friends KAIROS Calgary as they work to pay down the mortgage on Bankview Apartments (affordable housing). We'll be starting from Eau Claire Market again this year, offering 2, 5 and 10 km routes so the event is accessible for all. For more info visit www.cnoy.org/calgary or connect with Samantha at 403-218-5531 or samantha.jones@calgarydiocese.ca

FIRST AIDERS NEEDED - OUTDOOR WAY OF THE CROSS – The Outdoor Way of the Cross at St. Mary's Cathedral (Friday, March 30) needs your help. If you are a physician, nurse, medical practitioner, certified first aider or are willing to certify; please contact Linnea Ferguson at outdoorwayofthecross@calgarydiocese.ca or (403) 218-5500. More information: www.wayofthecross.ca

PRAYER FOR THOSE IN CONSECRATED LIFE – On Sunday, February 4 at the 11 am Mass at Holy Name Church, the Religious Men and Women of the Diocese will be in attendance to celebrate the World Day of Prayer for Those in the Consecrated Life. All are welcome to attend. For further information contact Holy Name Parish Office at: 403-249-7764.

YOUNG WOMEN VOCATION EVENTS – Attention: Single Young Women between 16 and 35! The Vocation Committee of AWR (The Assembly of Women Religious) is planning two events. To register or to learn more please contact Sr. Terry f.c.J. at tksmithfcj@yahoo.ca or call 403-228-3623:

Thursday, February 8, from 5 to 9 pm, at St. Mary's Cathedral: Mass followed by potluck and an information session on religious life.

Saturday, February 24 retreat on a Lenten theme. Beginning with 9 am Mass at Holy Trinity Parish to 4 PM.

TRANSITIONS – Transitions is a 15-week peer support program for those recently separated or divorced. Participants will meet every week to reflect upon and discuss topics such as self-esteem, stress, anger, guilt, blame, loneliness, forgiveness, blended families and more. The next program will begin in Wednesday, February 14, 2018. For more information or to register, call 403-218-5505.

EFFECTIVE CO-PARENTING: PUTTING KIDS FIRST – 'Effective Co-Parenting: Putting Kids First' is an educational 5-week program for separated and divorced parents to help raise their children through this difficult time and increase the understanding of needs of children for developing self-esteem and security. The next program will run 7 pm - 9 pm on Wednesdays, February 21 - March 21. For more information or registration contact the Life & Family Resource Centre at 403-218-5505 or email lifeandfamily@calgarydiocese.ca

PROJECT RACHEL POST ABORTION WEEKEND RETREAT – The Project Rachel Retreat is only available once a year and offers a journey of healing and reconciliation for women and men who are suffering from a past abortion experience. Certified counselors are available to accompany people on a journey towards hope and inner peace. This year's retreat is scheduled for Feb. 23 - 24, 2018. For more information or to register call Project Rachel at 403-218-5506 or toll free at 1-877-597-3223 or e-mail info@projectrachel.ca

BUILDING SACRED BRIDGES CONCERT – The 2nd annual interfaith music event - Building Sacred Bridges - will be held on February 10 (Knox United Church, Calgary), and Feb 11 (Beth Tzedec Synagogue, Calgary). The concert will feature music groups and choirs from various faith groups, including the Adorare Choral Ensemble and St. Bonaventure Choir. The event is meant to raise awareness about the lack of affordable housing in Southern Alberta and offers the opportunity to learn more about the Habitat Interfaith Build Project. Get tickets at: www.habitatsouthernab.ca/bsb. To volunteer for future build days, please contact Marilou at 403-218-5519 or email marilou.legeyt@calgarydiocese.ca

ALZHEIMER WORKSHOP – Mary Mother of the Redeemer Parish in Calgary will be hosting an Alzheimer Workshop on March 3, 2018 from 9 am - 2:30 pm. This workshop will provide participants with an understanding of Alzheimer's Disease and related dementias. Registration fee: \$25, lunch included. For more information and to register please visit our News and Events page at www.calgarydiocese.ca or call 403-218-5501, email: healthcareprograms@calgarydiocese.ca

MARRIAGE PREPARATION "FOR BETTER & FOR EVER" – "For Better & For Ever..." Marriage Preparation, accepts all couples preparing for marriage. Due to the small group setting it allows us to focus on couples in one or more of the following circumstances: living together, previously married, beginning marriage with children, couples 45+, or those who wish to have their marriage blessed in the Church. Upcoming Dates: Mar 19 / Apr 6-7, and Apr 23 / May 11-12. For more dates, registration or information, contact 403-218-5505 or email lifeandfamily@calgarydiocese.ca

LAY ASSOCIATION MEN'S MINISTRY MEETINGS – The God Squad will be hosting a supper and a facilitated meeting on networking with all active men's ministries in the Diocese of Calgary. This is happening on Thursday, February 1, 2018 from 6 pm - 9 pm at St. Peter's Roman Catholic Church parish hall. Please find out how to register at: <https://godsquad.ca>

CATHOLIC SPEED DATING EVENT – Visit www.CatholicSpeedDating.ca or call Rose 587-333-1099 for more info and to register for our upcoming Events: Friday, February 9 – Valentines' Day Event at St. Anthony's Church in Calgary (Age Range: Women: 24 to 32 & Men: 27 to 35) -&- (Age Range: Women: 33 to 41 & Men: 36 to 44).

SR. HELENA BURNS: BECOMING DIGITAL MISSIONARIES – A renowned #medianuns with the Daughters of St. Paul, Sr. Helena Burns is a prolific Theology of the Body speaker and Writer/Director of "The Media Apostle: The Fr. James Alberione Story." On Feb. 4-6, 2018, Sr. Helena will be coming to Calgary to speak on being a missionary in today's digital world. You don't want to miss this! This parish mission will be at St. Michael Catholic Community (800 85 Street SW) from 7 pm to 8 pm each night.

EMPLOYMENT OPPORTUNITY: RECEPTIONIST (FULL TIME), ASCENSION CATHOLIC PARISH, CALGARY – Ascension Catholic Parish in Calgary is looking for a Receptionist to work on a full time employment basis. This position is responsible for being the face of the Parish and offering strong customer service. In addition, the successful candidate must have exceptional people, communications and organizational skills. Find more information about this position, qualifications and application details see the Diocesan website at <http://www.calgarydiocese.ca> or submit your application to humanresources@calgarydiocese.ca by February 15, 2018, however, the employment opportunity will be posted until a suitable candidate is found.

SPECIAL NEEDS MINISTRY AND MASS – St. Patrick's Parish is forming a new ministry whose mission is: "To create a loving, supportive and compassionate church community that renews and restores faith and hope to families and children living with special needs." St. Patrick's Special Needs Mass will be a place of understanding, acceptance and welcome for those who live with special needs as well as those who care for them. Next Special Needs Ministry Mass (Sunday 5 PM): January 28, February 25, March 25, 2018. For more information, please contact Brenda-Lee Kearney at 403-835-2749

UPCOMING EVENTS

FEBRUARY 14 – MARCH 25: 40 DAYS FOR LIFE LENTEN PRAYER CAMPAIGN is from Ash Wednesday, February 14th to Palm Sunday, March 25th. Plan to pray by the Kensington Clinic 2431 – 5 Ave NW in Calgary, at Church and/or at home for the life of unborn babies, for mothers in an unplanned/crisis pregnancy and for the conversion of the doctor and staff at the abortion clinic. For more info: Call Gwen @ [403-208-9427](tel:403-208-9427) or Jairo @ [403-870-3905](tel:403-870-3905) or www.40daysforlife.com/calgary

APRIL 27-29: SANCTUM LADIES SILENT RETREAT “Come into the quiet for a while...” April 27-29, 2018. For more information or to register call Claire 403-275 0114 or email: gclst@shaw.ca

MEN'S ROSARY LEAGUE: The Men's Rosary League is held the third Tuesday every month at Our Lady of Fatima Church (4747 - 30 Street SE). You are invited January 16th starting with Mass at 6:30pm followed by men's rosary at 7:00 pm.

MARY IN THE BIBLE: Scriptural basis of Catholic devotion to Mary. Join us for 12 Thursday evenings beginning January 18th 7:00 pm at Canadian Martyrs Church (835 Northmount Drive NW). Cost is \$25 for the journal. For more information contact ztL2020@shaw.ca

KNIGHTS OF COLUMBUS STORE CARDS Please participate routinely in the store card program to help support Parish ministries and the needy. **A portion of the proceeds will also go towards our Renovation Fund.**

MOUNT ST. FRANCIS RETREATS:
41160 Retreat Road Cochrane, AB

MEN'S SILENT WEEKEND – Feb. 2-4, 2018 – To register contact: Ken Hagel at 403-932-7067 or 7milagro8@gmail.com or Vincent Mendonsa at 403-249-6823 or stamp2000inc@telus.net

LET'S TRANSFORM OUR FAITH INTO ACTIVITY - February 16, 2018 –

Youth Retreats (Grade 4 to 6 students)
Youth volunteers (Grade 7 to Grade 12) needed 9:00am to 3:00pm
OUTSIDE ACTIVITIES – PLEASE DRESS FOR THE WEATHER
Kid friendly lunch included. Will accommodate dietary needs. Cost - \$10.00 per student per day or family rates apply.
To register contact Deb @ mtfrancis@shaw.ca or (403)932-2012

POSTULANCY NIGHT – Tuesday, Feb. 20, 2018 – Evening Prayer, with the Postulants, 5:15 pm start. RSVP 403-932-2012 mtfrancis@shaw.ca Supper (free will offering).

SILENT RETREAT – Feb. 28, 2018 – Enjoy a silent day away in the beautiful setting of Mount St. Francis Retreat (9:00 a.m. – 3:00 p.m.). This year's theme is “Doorways to the Sacred”. The day includes a prayerful reflection on the focus of the day, celebration of the Eucharist and a home-cooked lunch. Please call or email ahead to register. Come after 8:30 to enjoy a coffee or tea and muffins before we begin the program. Suggested contribution is \$30.00 or \$40.00 with a private room. Phone 403-932-2012 or email: mtfrancis@shaw.ca

PARISH TEAM CONTACT INFORMATION

MINISTRY	CONTACT NAMES	EMAIL ADDRESSES
Altar Servers.....	Jehan Esguerra	server@ascensionparish.ca
Art & Environment	Constance Mak	cylnqmk@gmail.com
Ascension Renovations Committee.....	John Arbeau.....	jarbeau@telus.net
Baptism Preparation.....	Jenn Pashula.....	baptism@ascensionparish.ca
Bible Study.....	Murray Britt	britmur127@gmail.com
Capital Campaign.....	Mark Holland.....	markholland@shaw.ca
Collection Counters.....	DeeDee Hedley.....	ddhedley@shaw.ca
CWL.....	Sheena Koett.....	cwl.ascension@gmail.com
Ex-ord. Ministers of Holy Communion....	Nadia Oliverio.....	nadia.oliverio@shaw.ca
Finance Council.....	Christina Dao.....	c_dc_d@hotmail.com
Funeral Lunch Committee.....	Irene Woytas.....	office@ascensionparish.ca
Funeral Mass Coordinator.....	Jocelyn Mogleston.....	gjmug@shaw.ca
Greeters.....	Elizabeth De Guzman.....	edeguzman7@gmail.com
Knights of Columbus.....	Kevin Power.....	gk10065@kofc.ab.ca
Lectors.....	Donna Hickie.....	donna.hickie@cssd.ab.ca
Legion of Mary.....	Garry Bahen.....	gbahen03@shaw.ca
Liturgy Committee.....	Holly Davidson.....	hollyd@telus.net
Marriage Preparation Classes.....	Ferdie Gayos.....	marriageprepatascension@gmail.com
Music Ministry.....	DeeDee Hedley.....	ddhedley@shaw.ca
Parish Pastoral Council.....	Sandra Will-Krile.....	samandrafo@shaw.ca
Pastoral Care.....	Carol Johnson.....	carol@subwaycalgary.com
Prayer Warriors.....	Mary Keizer.....	maryckeizer@gmail.com
RCIA.....	Rob Kehrig.....	robkehrig@gmail.com
Rosary.....	Theresa D'Costa.....	dcostas@telus.net
R.S.V.P.....	Lucy Reyes.....	lucy.reyes@me.com
Sacramental Preparation.....	Vicki Hayles.....	sacraments@ascensionparish.ca
Sacristans.....	Holly Davidson.....	hollyd@telus.net
Sacristy Care.....	Rita Johnson.....	office@ascensionparish.ca
St. Vincent de Paul Society.....	Hamper Request.....	403.275.0994
St. Vincent de Paul Society.....	Terry Moynihan.....	moynihan@telusplanet.net
Seniors Committee.....	Marietta Archer.....	office@ascensionparish.ca
Ushers.....	Chris Rappel.....	crappel@shaw.ca
Volunteer Resource.....	Sharron Robinson.....	resource@ascensionparish.ca
Weekday Masses.....	Connie Raz.....	connieraz@gmail.com

If you do not have access to email, please call the office at 403.275.2240 and we will forward your request.