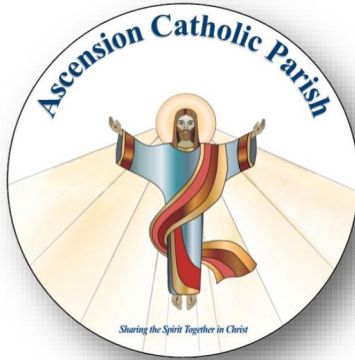
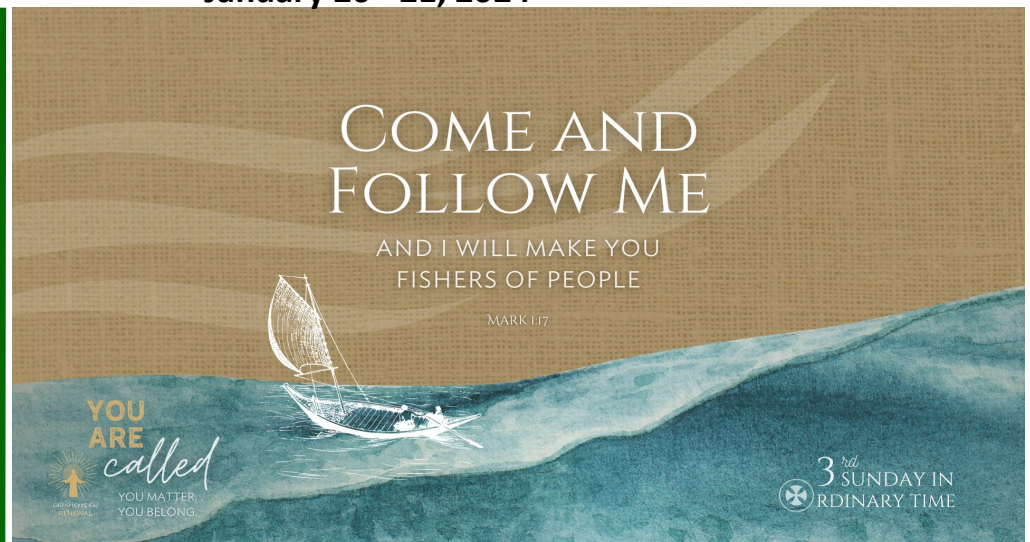


# ASCENSION CATHOLIC PARISH

January 20 - 21, 2024



*Sharing the Spirit  
Together in Christ*



## MASS TIMES

### WEEKDAY MASSES

Monday - Saturday: 9:00am

Wednesday: 6:00pm

### WEEKEND MASSES

Saturday: 5:00pm & 7:00pm

Sunday: 8:00am; 10:00am;  
12:00pm & 4:00pm

## PARISH STAFF

**Pastor: Fr. John Gannon**

**Associate: Fr. JP Luxbacher**

**Vicar: Fr. Adrian Martens  
(Sundays)**

**Deacon: Patrick Woo**

**Admin Assist: Jenn Pashula**

**Sacraments: Linda Hengen**

**Communications: Sophia  
Nelson**

**Bookkeeper: Cindy Kreutzer**

**Resource: Connie Raz**

## OFFICE HOURS

Tuesday—Saturday

9:30am - 4:00pm

*Closed for Lunch 12pm—1pm*

## OUR MISSION STATEMENT

**"To be Missionary Disciples"**

We invite you to encounter Christ deeply in the Eucharist within a vibrant Catholic Community where you can use your gifts and talents to spread the Gospel message with joy.

**Psalm 25: Lord, make me know your ways.**

## 3RD SUNDAY IN ORDINARY TIME

Dear friends,

I wonder how people might respond if we simply repeated to them Jesus' initial message from today's Gospel: "Repent, and believe the Good News!"

If there are any Bible stories we remember from our childhood, Jonah and the Whale is probably one of them. Maybe it resonates because we can identify with Jonah. God calls him, telling him to preach repentance to Nineveh but Jonah flees. From the very fact that we are baptized, we are called to evangelize: to share our Christian Faith with others. For a lot of people, that is frightening. "Who am I, to speak to others about God?!" "I don't know what to say..." "They won't listen, and I will look foolish..."

That is why the story of Jonah is so encouraging. Jonah, after the whole episode of the whale, eventually goes out into the big, unbelieving world of his time, and—lo and behold!—they accepted him at once, and promptly responded to God's call! As the recent Popes have underlined, long before we pluck up the courage to approach someone about the faith, or long before we reach out to do good to someone in need, God has been working in their hearts, preparing the soil, so that when the seed is planted it can grow a hundredfold. Start by sharing the Faith confidently at home, with your children and relatives.

May Ascension Catholic Parish be blessed with this spirit, the joyful enthusiasm of sharing with others our joy, of sharing the Faith that we so evidently love!

With prayers, Yours, Fr. JP

## CONFESSIONS

Tuesday - Saturday:

8:15am - 8:45am

Saturdays: 4:00pm - 4:45pm

or by appointment

## ANOINTING OF THE SICK

Please call the office at 403.275.2240

When prompted

Press 2 for Pastor

Press 3 for Associate

1100 Berkshire Blvd NW Calgary, AB T3K 3M3

Phone 403.275.2240 | Fax 403.274.3969 | [www.ascensionparish.ca](http://www.ascensionparish.ca)

## MISSIONARY DISCIPLE SPOTLIGHT



Hi, I'm Rhea Ocsan. I am currently serving in the Parish's Lector, Mass Participation Trackers, Greeters, Sacramental Preparation, Catholic Women's League, and RSVP Ministries. I have been involved in these different ministries since January 2023.

I volunteered because I felt that God has called me to continue serving at Ascension Catholic Parish.

Before moving to Calgary, I was a volunteer in the Filipino Catholic Mission of Montreal. My experience as a volunteer deepened my spiritual connections and offered opportunities for my personal growth through service to others with humility. The best part of volunteering is when you know that you are serving the Lord and His people, which gives us a sense of purpose, and the opportunity to make a positive impact in the lives of others through service and shared faith experience.

If someone is unsure, he/she is welcome to seek any advice from anyone in this Parish community. When I first started, everyone was very welcoming, and they answered all the questions I had and made me feel comfortable in the community.

My favourite quote or scripture passage is from Jeremiah 29:11, "For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future." This is a great reminder that amidst our sufferings, God has a plan for us to prosper and offers hope for our future. We should always remember that His plans are bigger and better than our plans.

**ASH WEDNESDAY MASS TIMES**

**Wednesday, Feb 14<sup>th</sup>, 2024: 7am, 9am & 6pm**



## SACRAMENTS

***"Let us keep the flame of faith alive through prayer and the Sacraments; let us ensure we do not forget God." - Pope Francis***

Welcome to Ascension Catholic Parish Sacraments. Our Sacrament Programs for Reconciliation, Holy Communion, and Confirmation run through the school calendar year. The Diocese of Calgary requires students in Grade 2 or higher to receive the Sacrament of Reconciliation before Holy Communion, and for students to be in Grade 6 or higher for Confirmation. Our programs are closed for the school year 2023–2024 and will open for registration for the school year 2024–2025 on **June 1<sup>st</sup>, 2024**. Please mark your calendars to check our [website](#) to register.

**Infant Baptism (Infants 0–5 years):** Parents are asked to contact the Church to register their child for Baptism. Along with the registration, there is required paperwork to be submitted and a Baptism Preparation Class. The classes take place once a month on a Saturday morning. To register or for further information, email [baptism@ascensionparish.ca](mailto:baptism@ascensionparish.ca).

**School-Age Baptism (children 6 and older):** This is a unique program offered for families of school-age children. We offer the program twice a year, once in the spring and once in the fall. Families take part in two classes and submit the required paperwork. Our class for spring 2024 is accepting registrations; please contact [baptism@ascensionparish.ca](mailto:baptism@ascensionparish.ca) to register or for more information.

**Adult Confirmation (adults 18 and over who have been Baptized):** We offer Adult Confirmation Classes for adults who are missing one or more of their Sacraments. The class is offered once a year and aligns with the Confirmation Mass during the Easter Season. For more information, contact [sacraments@ascensionparish.ca](mailto:sacraments@ascensionparish.ca).

**RCIA (Rite of Christian Initiation of Adults):** For adults seeking Baptism and conversion into the Catholic faith, please contact the Parish office for more information at [admin@ascensionparish.ca](mailto:admin@ascensionparish.ca).

**Marriage:** By appointment, 6 months in advance. Please contact the Parish office at [admin@ascensionparish.ca](mailto:admin@ascensionparish.ca).

**Marriage Preparation:** Please contact the Parish office for more information at [admin@ascensionparish.ca](mailto:admin@ascensionparish.ca) or through the Diocese at <https://www.catholicyc.ca/marriageprep.html>.

**Marriage Convalidation:** Catholics who have had a civil marriage and want their marriage validated as a Sacramental Covenant can prepare for this beautiful ceremony. Please contact the office to begin this process at [admin@ascensionparish.ca](mailto:admin@ascensionparish.ca).

## FACTS OF FAITH

## CATECHISM OF THE CATHOLIC CHURCH

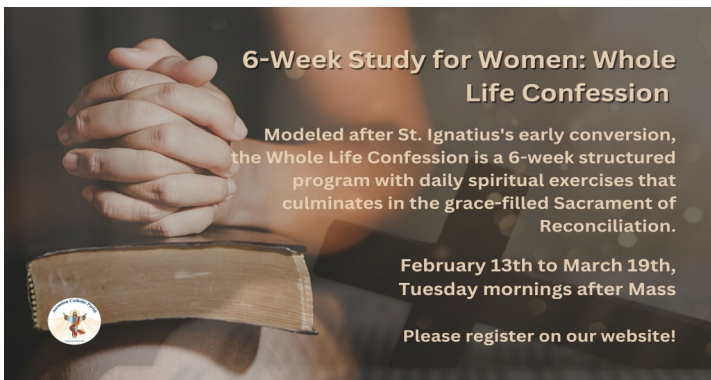
"The Catechism of the Catholic Church (CCC) is a written work that serves as a comprehensive summary of all the beliefs of the faith, utilized as a teaching tool. It is organized into four main points:

1. What Catholics Believe and Why (doctrine)
2. How Catholics Celebrate the Mysteries of the Faith (sacraments)
3. How Catholics Are to Live (moral life)
4. How They Should Pray (prayer and spirituality)

The CCC was first published in French on October 11<sup>th</sup>, 1992, with the authorization of Pope John Paul II, commemorating the thirtieth anniversary of the opening of the Second Vatican Council. This catechism, only the second catechism written by the Church, emerged from the documents of Vatican II and builds upon the Church's initial catechism written after the Council of Trent in the sixteenth century. An official Latin text was released in 1997, and since then, it has been translated into numerous languages, including English, achieving instant best-seller status in each language.

Pope Benedict XVI described it as a resource 'for every human being, who in a world of distraction desires to know the Way of Life, the Truth, entrusted by God to His Son's Church.'"

Cc EWTN / USCCB Website



### 6 - Week Study for Women: Whole Life Confession - Just in time for Lent!

This 6 - week program assists you in integrating your spiritual, intellectual, and psychological/emotional history, offering a holistic, deeply personal, and healing approach to Reconciliation that holds the potential to bring about profound life changes.

**February 13<sup>th</sup> to March 19<sup>th</sup>, Tuesday mornings after 9am Mass.**

Register now on our website at [ascensionparish.ca](http://ascensionparish.ca)!

## PARISH PASTORAL COUNCIL

Dear Parishioners,

May the peace and grace of the Lord be with you as we embark on this cold and wintry week. May the blessings of the coming days fill your hearts with joy and comfort, and may you find solace in the embrace of those dear to you. Wishing you blessed and grace-filled days ahead, filled with the warmth of love and the light of faith.

For questions, comments, concerns, and suggestions, the Parish Pastoral Council is here to listen. Kindly click on the Parish Pastoral Council link on [ascensionparish.ca](http://ascensionparish.ca), fill out the online form, and rest assured your information will be held in utmost confidence. After reviewing the details, a PPC member will get in touch with you.

## FINANCE COUNCIL

In December our operating expenses were **\$85,292.00** and our Parish operating donations were **\$111,959.00**. Our building fund donations were **\$82,971.19** and our mortgage payment and expenses were **\$46,090.74**.

**Together in Action (TIA)**, the Diocesan mandated Parish charitable appeal had donations of **\$4,092.66** bringing our total to **\$48,752.10** of our goal of **\$50,348.00**.

Thank you to all our parishioners who continue to support our Parish with donations to either or both of our operating expenses and our building fund donations.

## MASS INTENTIONS JAN 20-27, 2024

Jan 20	5pm	For the soul of Agnes Simsok Hang
Jan 20	7pm	For the souls in Purgatory
Jan 21	8am	For the soul of Lula Guri
Jan 21	10am	For the soul of Rosita Panlilio
Jan 21	12pm	For the soul of Veronica Lapidez
Jan 21	4pm	For the soul of Alan John Exley
Jan 22	9am	For the soul of Catherine Cameron
Jan 23	9am	For the soul of Emperatriz Tanala
Jan 24	9am	For the special intention of Patrick
Jan 24	6pm	For the soul of Maria Segnini
Jan 25	9am	For the soul of Carlo Tomanelli
Jan 26	9am	For the special intentions of Julie & Perfecto & Family
Jan 27	9am	For the soul of Ante Matic



## MINISTRY CONTACTS

Administrative Assistant: Jenn Pashula | [office@ascensionparish.ca](mailto:office@ascensionparish.ca)  
 Communications: Sophia Nelson | [communications@ascensionparish.ca](mailto:communications@ascensionparish.ca)  
 Volunteer Resource: Connie Raz | [resource@ascensionparish.ca](mailto:resource@ascensionparish.ca)

### SACRAMENTS

Baptism: Linda Hengen | [baptism@ascensionparish.ca](mailto:baptism@ascensionparish.ca)  
 Sacramental Preparation: Linda Hengen | [sacraments@ascensionparish.ca](mailto:sacraments@ascensionparish.ca)  
 Marriage Prep: Ferdie Gayos | [ferdie.gayos@calgarydiocese.ca](mailto:ferdie.gayos@calgarydiocese.ca)  
 RCIA: Rob Kehrig | [robkehrig@gmail.com](mailto:robkehrig@gmail.com)

### MINISTRIES


Parish Pastoral Council: Rodel Cenabre | [rodelcenabre@gmail.com](mailto:rodelcenabre@gmail.com)  
 Finance Council: Christina Dao | [c\\_dc\\_d@hotmail.com](mailto:c_dc_d@hotmail.com)  
 Building Fund: Mark Holland | [markholland@shaw.ca](mailto:markholland@shaw.ca)  
 Special Events Fundraising: Holly Davidson | [hollyd@telus.net](mailto:hollyd@telus.net)  
 Ex-ord. Min. of Holy Communion: Nadia Oliverio | [nadia.oliverio23@gmail.com](mailto:nadia.oliverio23@gmail.com)  
 Liturgical Ministries: Andrew Harich | [harich0307@gmail.com](mailto:harich0307@gmail.com)  
 Lectors: Andrew Harich | [harich0307@gmail.com](mailto:harich0307@gmail.com)  
 Choirs: Maryna Szojka | [music@ascensionparish.ca](mailto:music@ascensionparish.ca)  
 Sacristans: James Chuah | [jameschuah10248@gmail.com](mailto:jameschuah10248@gmail.com)  
 Ushers: Vinay Parmar | [vparmar@flyht.com](mailto:vparmar@flyht.com)  
 Greeters: Eneyo Eyo | [eneyo.eyo@gmail.com](mailto:eneyo.eyo@gmail.com)  
 Mass Participation Tracker: Flor De Souza | [flordes18@yahoo.ca](mailto:flordes18@yahoo.ca)  
 Weekday Masses: Connie Raz | [connieraz@gmail.com](mailto:connieraz@gmail.com)  
 Ascension Communication Team (ACT) | [office@ascensionparish.ca](mailto:office@ascensionparish.ca)  
 Pastoral Care: Connie Raz | [resource@ascensionparish.ca](mailto:resource@ascensionparish.ca)  
 Youth: | [youth@ascensionparish.ca](mailto:youth@ascensionparish.ca)  
 Art and Environment: Maria San Miguel | [let@shaw.ca](mailto:let@shaw.ca)  
 Altar Serving: Mary Grace Gueco | [server@ascensionparish.ca](mailto:server@ascensionparish.ca)  
 RSVP: Lucy Reyes | [Lucy.reyes@me.com](mailto:Lucy.reyes@me.com)  
 Landscaping Ministry: Vinay Parmar | [vparmar@flyht.com](mailto:vparmar@flyht.com)  
 Property Management Team: Russell Todd | [property@ascensionparish.ca](mailto:property@ascensionparish.ca)  
 Vocation Chalice Coordinator: Violeta Romero | [violy1416@yahoo.com](mailto:violy1416@yahoo.com)

### LAY ASSOCIATIONS

Catholic Women's League: Sheryl Bennett | [cwl.ascension@gmail.com](mailto:cwl.ascension@gmail.com)  
 Knights of Columbus: Chris Rappel | [gk10065@kofc.ab.ca](mailto:gk10065@kofc.ab.ca)  
 Legion of Mary: Mary Shu | [mary.dp.shu@hotmail.com](mailto:mary.dp.shu@hotmail.com)  
 Regnum Christi: Eileen Coady | [calgaryregnumchristi@gmail.com](mailto:calgaryregnumchristi@gmail.com)  
 St. Vincent dePaul : Grant Dusyk | [president.ascension.ssvp@gmail.com](mailto:president.ascension.ssvp@gmail.com)  
 SSVp: Hamper Request | 587.755.3855 | [ssvp.ascension@gmail.com](mailto:ssvp.ascension@gmail.com)



**WOMENS DAY RETREAT—  
EXPERIENCING MARY ANEW**  
**Thu, Jan 25 from 9:30 am to 2:30 pm - FCJ Centre, Calgary** | Join Sr. Ann Marie Walsh and Patricia Harasym for a Women's Retreat Day inspired by Mary, a woman of deep faith, who faced challenges like any other woman. The day will include spiritual refreshment, snacks, and lunch. For more info and to register please click [here](#).



**Ascension Catholic Parish** is excited to announce Couples Cocktails & Conversation, a brand-new program designed to nurture the bonds of faith, marriage, and parenthood. Share in the joy of wonderful conversations accompanied by fine wine and snacks.  
**Presenter:** Fr. Daniel Wilson, LC (first presenter)  
**Topic:** What is the Difference between Loving your Spouse and Cherishing your Spouse?  
**When & Where:** February 2<sup>nd</sup>, 2024 at 7pm in the Parish Hall  
**Cost:** \$20 per couple  
**Mark Your Calendars:** February 2<sup>nd</sup>, April 12<sup>th</sup> and June 7<sup>th</sup>  
 Register soon! Space is limited and we expect to sell out!! Tickets will be sold at the Parish office.

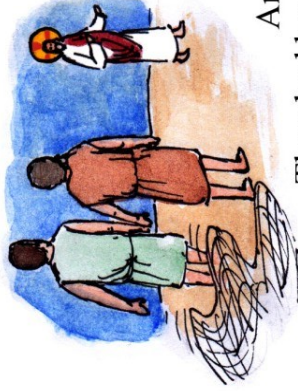


**MONTHLY RETREATS**  
 Ascension Catholic Parish joyfully introduces monthly retreats held on the last Wednesday of each month following the 6pm Mass.  
 Commencing from January through June (minus Holy Week), these retreats provide an enriching opportunity for spiritual growth and reflection. We warmly invite you to join us in this journey of renewal and community.  
**First Retreat January 31<sup>st</sup>**

Stay up to date by visiting our Social Media

[www.facebook.com/ascensionparishcalgary](https://www.facebook.com/ascensionparishcalgary) <https://www.instagram.com/ascensioncatholic/>

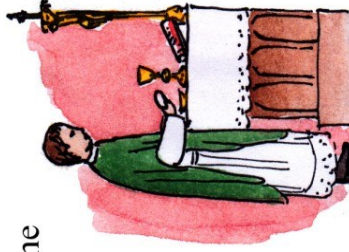
# Come, follow Me...



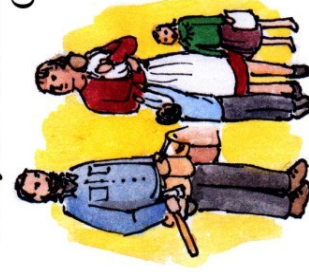
If God asked you to come and follow Him right now would you be ready to drop everything and follow? In today's Gospel reading that's exactly what happened to Simon and Andrew and James and John.

They had been working at their fishing nets when Jesus walked past and called them to follow Him.

We are all called to follow Jesus in some way. God wants some people to give up their lives for others like Jesus did, and some people He wants to look after the poor and sick. Some people are called to care for children and some to build things. Some people are called to be special followers of Our Lord as priests and religious.



Do you know how you can best follow Jesus? When you're young the best way to be like Him is to be kind to everyone and honour and obey your parents like the



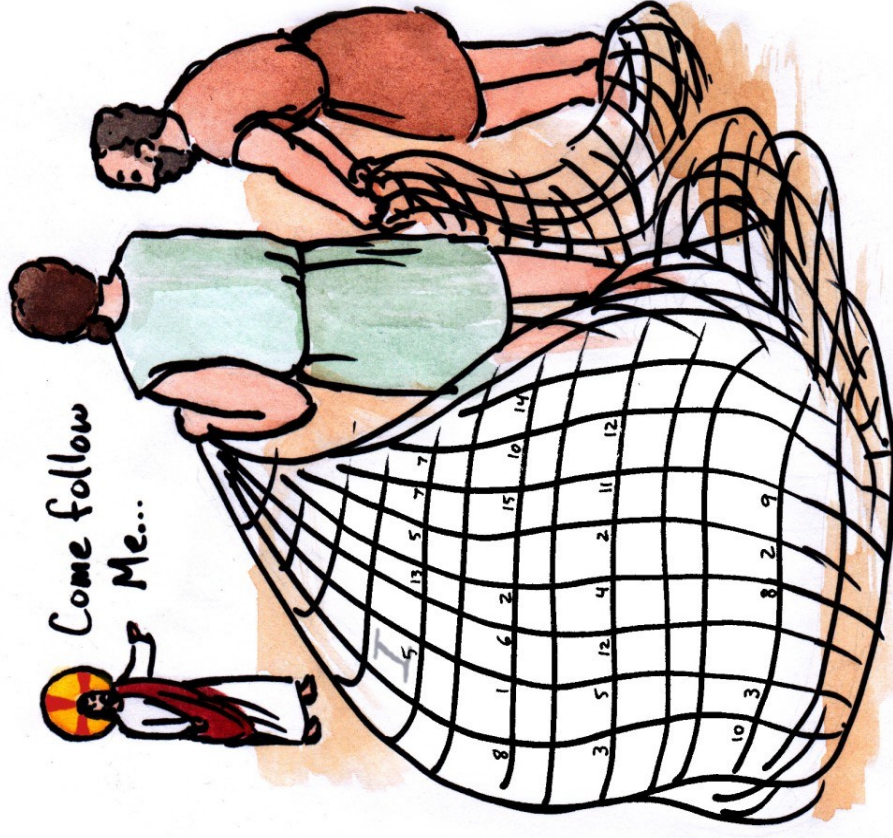
Child Jesus did. Also, you can already start praying that when the time comes you will be know how to follow Our Lord in the way that you can serve Him best.

Answer to front page puzzle: I will make you fishers of men.  
 Answer to True or False puzzle: 1. True.  
 2. false. 3. false. 4. true. 5. false. 6. true. 7. true.

# The Kids' Bulletin

Third Sunday in Ordinary Time  
 January 21st, 2024

*What else did Jesus say when He called the fishermen?  
 Find the letters that match the numbers in the net  
 to fill in the spaces in the net and find out!*



A E F H I K L M N O R S W U Y  
 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15



# Saint Francis de Sales

## January 24



# JONAH GOES TO NINEVEH: TRUE OR FALSE?

*How well do you know the second part of Jonah's story?  
Which of these are true and which are false?*

1. After Jonah's incident with being inside a whale for three days, God asked him to go to Nineveh again. True or false?
2. Jonah refused to do what God asked this time too. True or false?
3. Nineveh was only a small city, so Jonah walked across it in a couple hours. True or false?
4. Jonah cried out that in forty days the city would be overthrown. True or false?
5. The people ignored Jonah and went on with their lives. True or false?
6. All the people believed in God, proclaimed a fast and put on sackcloth. True or false?
7. God saw what the people were doing and decided that the city would not be overthrown. True or false?

