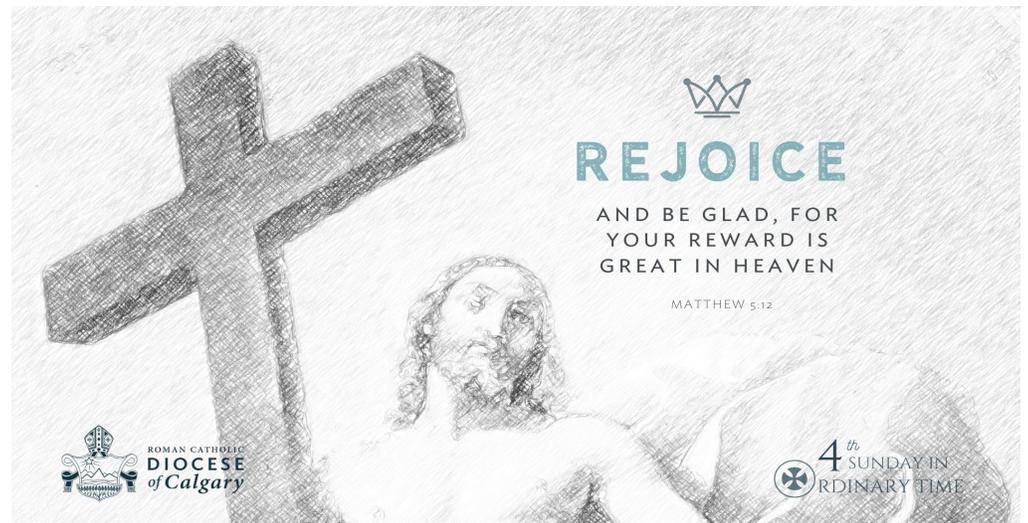


ASCENSION CATHOLIC PARISH

January 28 – 29, 2023



*Sharing the Spirit
Together in Christ*



MASS TIMES

WEEKDAY MASSES

Monday - Saturday: 9:00am

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

Bookkeeper: Nora Alzamora

Resource: Connie Raz

OFFICE HOURS

Tuesday—Saturday

9:30am - 4:00pm

Closed for Lunch 12pm - 1pm

OUR MISSION STATEMENT

Ascension Catholic Parish is a community of disciples of Jesus Christ, the Risen Lord, guided on our journey by the Holy Spirit to further the Kingdom of God, through committed Worship, Catechesis, Fellowship and Service

Psalm 146: Blessed are the poor in spirit; the kingdom of heaven is theirs.

4TH SUNDAY IN ORDINARY TIME



The Sermon on the Mount is St. Matthew's summary of Christ's preaching, of the New Law Jesus gives us from this mountain of the New Testament, just as Moses gave his people the Old Law on Mt. Sinai. This New Law begins with the Beatitudes, the summary of the summary of Christ's teaching. The Beatitudes offer a portrait of Christian life, the only truly happy life.

Life in Christ is often full of paradoxes. The world says that money, power, comfort, pleasure, and self-glory are the things that will bring us happiness. But here, Jesus teaches us something completely different. In order to live as His disciples and love others, we must not strive for the things of this world. Instead, we must actually seek out and cultivate their direct opposites: poverty, meekness, mercy, humility, suffering, and persecution. "Beatitude" means "blessedness," and even "supreme happiness." What a paradox: to find supreme happiness, we must not be attached to the things that many people would say are integral to happiness. Some people unknowingly make idols out of temporal things, such as money, pleasure, comfort, and power. God said, "You must not make idols for yourselves (Leviticus 26:1)." We can ask ourselves if any earthly things have become "idols" to us. A good place to start is by prayerfully examining what things we are most attached to and discerning if those things are coming between ourselves and God. If something comes up as an obstacle, we should choose to focus on the opposite Beatitude. For example, someone who seeks power or control in an inordinate way would want to focus on the Beatitude of meekness. Fr. John.

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

THE RESCUE PROJECT

The Parish will be running an eight-week program of community, conversation, prayer and the story of the gospel called "The Rescue Project," on Tuesdays from Feb. 7th to March 28th. If you enjoyed the Homily series on the Kerygma, this is an extension of that message. Please sign up in the Narthex or on our [website](#).



CHANGE OF ADDRESS

The Parish needs your help in keeping its records up to date. If you have moved since registering with the Parish, please submit your new address to us. This can be done by completing the form on our website (click on button "[Change of Address](#)" on our home page) or emailing the information to office@ascensionparish.ca. Thank you.

*A heartfelt
Thank You ❤️*

ST. VINCENT DE PAUL

The Society of Saint Vincent de Paul thanks you for your donation to the Angel Tree Program for 2022.

Because of you, our dedicated volunteers and the clients we serve wish to thank you for your generosity. Through your support in 2022, we delivered 37 Christmas Hampers to 77 adults and 118 children.

We have been able to make a difference in the lives of those families in our community, who need our support. These families are extremely grateful for your kindness.

YOUTH GROUP - METANOIA



The next Youth Group meeting is **February 2nd, 6:30pm-8:00pm** in the Church hall. There will be games, snacks and faith activities from the Conquest program. It is open to students grades 5 and up. If you are interested, please contact the youth group leaders at youth@ascensionparish.ca or to register go to www.ascensionparish.ca.

SACRAMENTS

The word "Sacrament" in its broadest sense, is the sign of something sacred and hidden (the Greek word is "mystery"), we can say that the whole world is a vast sacramental system, in that material things are unto men the signs of things spiritual and sacred, even of the Divinity. "The heavens show forth the glory of God, and the firmament declares the work of His hands" (Psalm 18:2). "The invisible things of God, from the creation of the world, are clearly seen, being understood by the things that are made; His eternal power also, and divinity" (Romans 1:20)



Reconciliation/First Holy Communion: Registration is closed for this year. Registration for the 2023-2024 year will open on June 1, 2023.

Confirmation: Registration is closed for this year. Registration for the 2023-2024 year will open on June 1, 2023.

Sacraments for Teens: Registration is closed for this year. Registration for the 2023-2024 year will open on June 1, 2023.



Baptism for School Aged Children: In collaboration with our Catholic Schools, we offer Baptism for School Aged Children between the ages of seven and twelve. Fall classes are completed. Our next session is in June; please register online.



Baptism for Infants: Baptisms are celebrated Saturday at 10am and Sunday at 2pm. Please call Linda at 403.275.2240 ext 6 or email baptism@ascensionparish.ca to register.

Baptism Preparation Class: Preparation classes take place on the **1st Saturday** of each month beginning with Mass at 9am. Baptism celebration will be booked after you attend the class. Please call Linda at 403.275.2240 ext 6 or email baptism@ascensionparish.ca to register.

Marriage: By appointment, 6 months in advance. Please contact the office.

Marriage Preparation: 3rd Saturday of every month. Please contact the office for more information.

Adult Confirmation: If you are over 18 years old and have been Baptized, you can register for our Adult Confirmation sessions. Fall sessions are completed. Our next session will begin in the spring. Please contact the Parish office for more information.

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

MISSIONARY DISCIPLE SPOTLIGHT

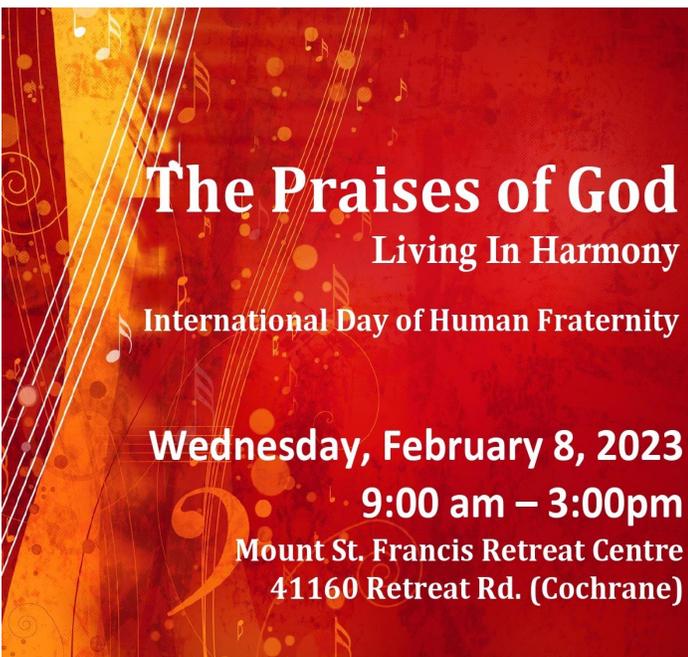
This week we wish to celebrate all our Missionary Disciples. We have just held our first “Volunteer Retreat.” The Parish runs, thrives, and grows with the work of our numerous volunteers. Many share their gifts and talents visibly, but there is also a multitude who work in the background to make Masses and celebrations run effortlessly. Today we honour all our volunteers and thank them for all they do.

To date, we have 25 Ministries that contribute to the running of the Parish. If you are looking for a way to get involved, we have a variety of opportunities, various time commitments, and incredible people to get to know and who will gladly train you.

We wish to share a small prayer in gratitude and in the hopes that through your work at the Parish your faith will grow, flourish, and the Lord will reveal Himself to you.

THE GRAIL PRAYER

**Lord Jesus,
I give you my hands to do your work.
I give you my feet to go your way.
I give you my eyes to see as you do.
I give you my tongue to speak your words.
I give you my mind that you may think in me.
I give you my spirit that you may pray in me.
Above all,
I give you my heart that you may love in me
your Father and all mankind.
I give you my whole self that you may grow in me,
so that it is you, Lord Jesus,
who live and work and pray in me.**



FINANCIAL REPORT

Next weekend there will be a full financial report for our 2022 fiscal year. There will be a presentation after all Masses, Feb 4th & 5th. Detailed financial reports will be available upon request.

THE CHILDREN’S COLLECTION IS RETURNING

We are excited to announce that next weekend, Feb. 4th & 5th, the children’s collection will be returning. The proceeds from these collections will help to support our youth and children’s programs in the Parish. The youth group, Metanoia, has begun and is meeting every second Thursday. Costs to run this program include licensing fees for the Conquest materials, snacks and outings.

We are also starting the Catechises of the Good Shepherd for children ages 3—12.

An environment, called an Atrium, will be prepared to nurture young children in the Christian faith.



It is less of a classroom and more of a place of communal contemplation and worship, so that children may grow in their relationship with God.

We need to raise \$7,000 toward these programs. Thank you for your generosity.

MASS INTENTIONS JAN. 28 - FEB. 4, 2023

Jan. 28,	5pm	For the soul of Sheila Rigby
Jan. 28,	7pm	For the soul of Mr. & Mrs. Ta
Jan. 29,	8am	For the soul of Anthonia Legaspi
Jan. 29,	10am	For the Special Intentions of our Parishioners
Jan. 29,	12pm	For the Special Intentions of Andrea Griffin & Family
Jan. 29,	4pm	For the soul of Andriano & Encarnacion Antolin
Jan. 30,	9am	For the Special Intentions of Thnessi-amma
Jan. 31,	9am	For the Special Intentions of Bev Mac Intyre
Feb. 1,	9am	For the soul of Mary Sebastian
Feb. 2,	9am	For the soul of Debbie Wittal
Feb. 3,	9am	For the Special Intentions of Dr Zamarino-Guioamar Jaramillo
Feb. 4,	9 am	For the Special Intentions of Roselyn Bernardo

MINISTRY CONTACTS

Administrative Assistant: Jenn Pashula | office@ascensionparish.ca

Volunteer Resource: Connie Raz | resource@ascensionparish.ca

SACRAMENTS

Baptism: Linda Hengen | baptism@ascensionparish.ca

Sacramental Preparation: Linda Hengen | sacraments@ascensionparish.ca

Marriage Prep: Ferdie Gayos | marriageprep.ascension@telus.net

RCIA: Rob Kehrig | robkehrig@gmail.com

MINISTRIES

Parish Council: Rodel Cenabre | rodelcenabre@gmail.com

Finance Council: Christina Dao | c_dc_d@hotmail.com

Building Fund: Mark Holland | markholland@shaw.ca

Special Events Fundraising: Holly Davidson | hollyd@telus.net

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

Liturgical Ministries: Nadia Oliverio | nadia.oliverio@shaw.ca

Lectors: Andrew Harich | harich0307@gmail.com

Choirs: Maryna Szojka | music@ascensionparish.ca

Sacristans: James Chuah | jameschuah10248@gmail.com

Ushers: Vinay Parmar | vparmar@flyht.com

Greeters: Eneyo Eyo | eneyo.eyo@gmail.com

Mass Participation Tracker: Flor De Souza | flordes18@yahoo.ca

Weekday Masses: Connie Raz | connieraz@gmail.com

Ascension Communication Team (ACT) | office@ascensionparish.ca

Pastoral Care: Sharron Robinson | parishprojects@ascensionparish.ca

Youth: | youth@ascensionparish.ca

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

Altar Serving: Adewole Ajayi | server@ascensionparish.ca

RSVP: Lucy Reyes | Lucy.reyes@me.com

Landscaping Ministry: Vinay Parmar | vparmar@flyht.com

Property Management Team: Russell Todd | Text/Call 403.457.0507

Vocation Chalice Coordinator: Violeta Romero | violy1416@yahoo.com

LAY ASSOCIATIONS

Catholic Women's League: Twila Tayfel | cwl.ascension@gmail.com

Knights of Columbus: Chris Rappel | gk10065@kofc.ab.ca

Legion of Mary: Mary Shu | mary.dp.shu@hotmail.com

Regnum Christi: Eileen Coady | rccalgaryoffice@gmail.com

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

St. Vincent de Paul Society: Hamper Request | 587.755.3855

KNIGHTS OF COLUMBUS

The KofC Charities Appeal Raffle is now open. There is a guaranteed Jackpot of at least \$25,000 with half the proceeds going to the winner. The draw will be in April. Here is the link to purchase tickets:

<https://www.rafflebox.ca/raffle/kocab/107>

Be sure to select 'In support of 10065 Ascension.'



ARCĀTHEOS

Dear Friends of Arcātheos, There are **only a few spots left** for the Winter Mission taking place next month from February 23rd to 26th! This is for boys 9-17, as well as any dads who might be interested in coming to help out on team.

Online Registration: For this mission, go to www.arcatheos.com and click on the registration link.

Arcātheos Highlights Video: If your family has not seen it yet, check out the video from last summer (as well as previous ones) on the Arcātheos YouTube channel at <https://www.youtube.com/channel/UcejvdvsX9GLqCjSxuFb0zDQ>.

VOCATION CHALICE

Our Parish continues praying for Vocations with a traveling Chalice. Each weekend, the Chalice is presented to a family to use as a focal point while praying daily for an increase in Religious Vocations. Sign-up to have the Chalice in your home is on our [website](#).



WORLD DAY FOR CONSECRATED LIFE | FEB 4/5



World Day for Consecrated Life will be celebrated in the Church on Thursday, Feb. 2, 2023, and in Parishes over the weekend of Feb. 4-5, 2023. Please pray for all those who have made commitments in the consecrated life, and be sure to thank them on their special day. May they continue to be inspired by Jesus Christ and respond generously to God's gift of their vocation.

Stay up to date by visiting our Social Media

www.facebook.com/ascensionparishcalgary <https://twitter.com/RCAscensionYYC> <https://www.instagram.com/ascensioncatholic/>

How to be Happy!

In today's Gospel Jesus teaches the eight beatitudes.

Beatitude means happiness.

Here are some ideas on how to live the beatitudes:

1. Blessed are the poor in spirit, for theirs is the kingdom of heaven. If you share your nice things and don't let your stuff be the most important thing in your life then you will be happy.
2. Blessed are they who mourn, for they will be comforted. If you are sad now, remember that in Heaven there will be no more suffering.
3. Blessed are the meek, for they will inherit the land. Don't be selfish or pushy about things. God will make sure you get everything you need!
4. Blessed are they who hunger and thirst for righteousness, for they will be satisfied. If you try to do what is right then God will make the right things happen.
5. Blessed are the merciful, for they will be shown mercy. If you forgive other people when they hurt you, then God will forgive you when you are sorry for your sins against Him.
6. Blessed are the clean of heart, for they will see God. If God is the center of your life, then your heart is pure and ready to see Him in Heaven when you die.
7. Blessed are the peacemakers, for they will be called children of God. God loves peace, and loves it when we try to avoid getting into fights.
8. Blessed are they who are persecuted for the sake of righteousness, for theirs is the kingdom of heaven. If you suffer for the truth, God will give you a joyful reward!



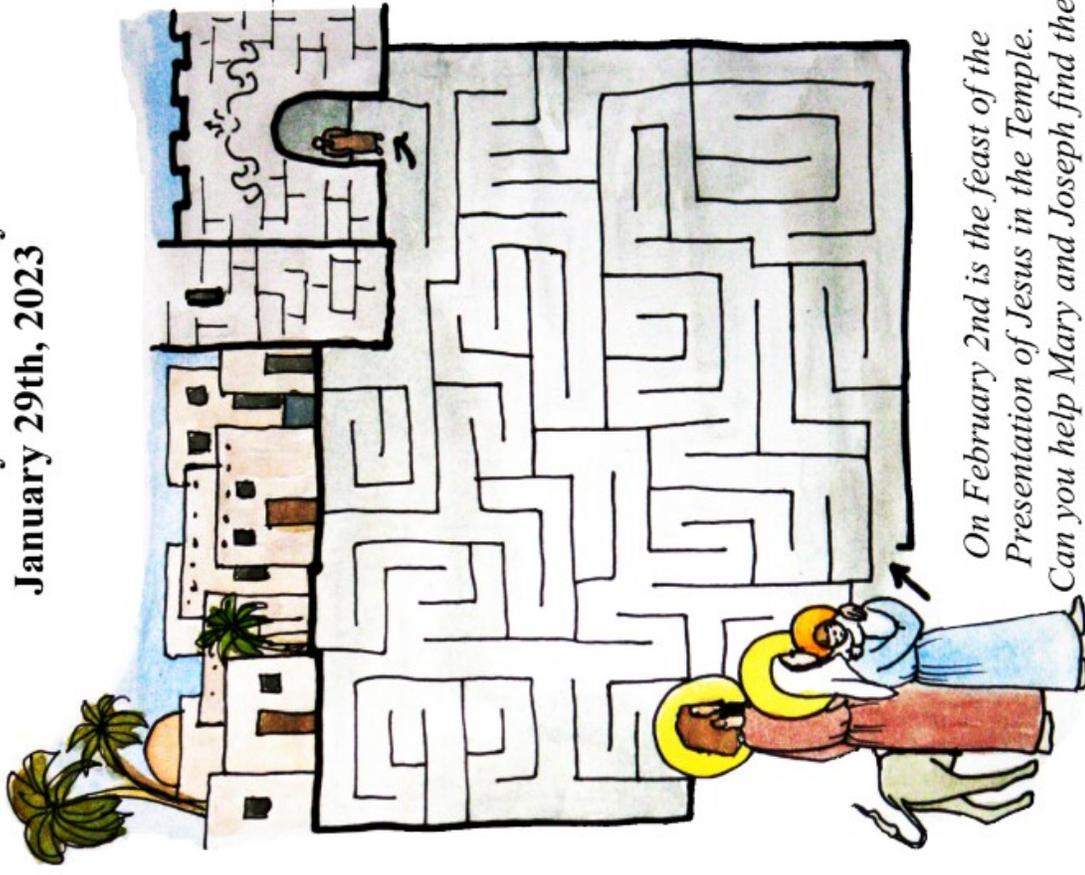
Answer to Beatitudes Word Find: Will be happy.

www.thekidsbulletin.wordpress.com

The Kids' Bulletin

Fourth Sunday in Ordinary Time

January 29th, 2023



On February 2nd is the feast of the Presentation of Jesus in the Temple.

Can you help Mary and Joseph find the way through Jerusalem to present Baby Jesus in the Temple?

SAINT BLAISE

FEBRUARY 3



SAINT BLAISE WAS A BISHOP IN ARMENIA IN THE EARLY 300'S. WHEN PERSECUTION AROSE, HE WENT INTO THE WILDERNESS AND LIVED IN A CAVE.



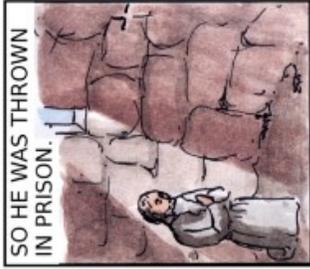
ACCORDING TO LEGEND, SICK WILD ANIMALS WOULD COME TO HIM SO HE COULD HEAL THEM.



WHEN HUNTERS CAME AND FOUND BLAISE, THEY TOOK HIM TO THE GOVERNOR.



Your gods are made by men! BUT THE BISHOP WOULD NOT GIVE UP THE FAITH...



SO HE WAS THROWN IN PRISON.



WHILE IN PRISON, HE HEALED A BOY WHO HAD A FISH BONE STUCK IN HIS THROAT.

You can see him for five minutes.

Cough Cough



BLAISE'S CAPTORS TORTURED HIM TO TRY TO GET HIM TO GIVE UP THE FAITH, BUT HE WOULD NOT. FINALLY HE WAS BEHEADED.

If that doesn't change him, nothing will!

SAINT BLAISE IS THE PATRON SAINT OF PEOPLE WITH THROAT PROBLEMS, SO YOU CAN PRAY TO HIM IF YOU GET A SORE THROAT. SAINT BLAISE TEACHES US TO BE KIND TO WILD ANIMALS, BUT MORE IMPORTANTLY HE TEACHES US TO NEVER GIVE UP OUR FAITH IN GOD, EVEN UNDER TORTURE.

Beatitudes Word Find

Find the words in CAPITALS from today's Gospel reading in the puzzle and use the leftover letters to fill in the blanks.

G R E A T W M E R C Y I
K I N G D O M L T H E Y
I N G B L E S S E D I P L F
N H E A V E N B E L R A
D P E A C E M A K E R S L
O O H B E C A U S E E S
O U G O D M O U R N C E
R S A P M E R C I F U L Y
I N S U L T H E A R T Y
W E P C O M F O R T E D
H S A T I S F I E D D Y
O S P I R I T C L E A N

"Blessed are the POOR in SPIRIT, for theirs is the kingdom of HEAVEN. Blessed are they who MOURN, for they will be COMFORTED. BLESSED are the meek, for they will INHERIT the land. Blessed are THEY WHO hunger and thirst for RIGHTEOUSNESS, for

they will be SATISFIED.

Blessed are the MERCIFUL, for they will be shown MERCY. Blessed are the CLEAN of HEART, for they will see GOD.

Blessed are the PEACEMAKERS, for they will be called CHILDREN of God.

Blessed are they who are PERSECUTED for the sake of righteousness, for theirs is the KINGDOM of heaven.

Blessed are you when they INSULT you and persecute you and utter every KIND of evil against you FALSELY BECAUSE of me. Rejoice and be glad, for your reward will be GREAT in heaven."

If you be like Jesus, you
