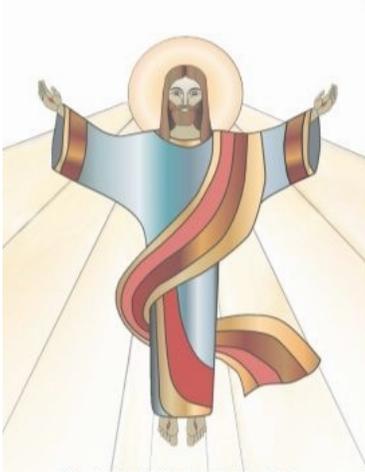


# ASCENSION CATHOLIC PARISH

MARCH 5 & 6, 2022



Sharing the Spirit  
Together in Christ



## 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

## MASS TIMES

### WEEKDAY MASSES

Monday - Saturday: 9:00am

### WEEKEND MASSES

Saturday: 5:00pm & 7:00pm

Sunday: 8:00am; 10:00am;

12:00pm & 4:00pm

### LIVE STREAM MASS

Sunday: 10:00am

## PARISH STAFF

[Pastor: Fr. Avinash Colaco](#)

[Associate: Fr. Naveed Arif](#)

[Vicar: Fr. Adrian Martens](#) (Sundays)

[Deacon: Patrick Woo](#)

[Seminarist: Ian Mahood](#)

[Admin Assist: Jenn Pashula](#)

[Sacraments: Linda Hengen](#)

[Bookkeeper: Nora Alzamora](#)

[Resource: Connie Raz](#)

## OFFICE HOURS

Monday to Friday

9:30am - 4:00pm

Closed for Lunch 12 - 1pm

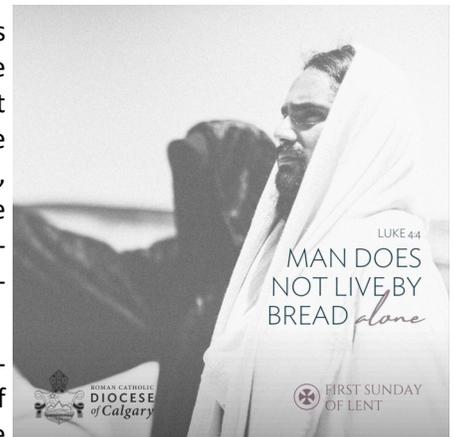
## FIRST SUNDAY OF LENT

"Born with a silver spoon in His mouth." That's how Satan saw Jesus – as a man whose divine nature gave Him power and privilege without limit. Satan calculated that if he could entice Jesus into abusing that power and privilege, he could prove that it was Satan who was the powerful one. But that was a serious miscalculation, because for Jesus, power meant nothing outside His work in service to God.

When I reflect, I realize that I have led a privileged life. For many people, the very fact of our education, social status, age, gender, race or even our religion affords us a different experience of life from other people in our world. The temptation offered to us is, as it was for Jesus in the desert, to take that privilege for granted or to abuse any power we have to gain an edge on others.

In Lent, the Church offers us an opportunity to realize what privilege or power we enjoy; to examine how we are using or abusing it; and to make changes that put God first. Let us thank God for this chance to do a reset, to realize that all is a gift and that God's gifts are to be used in the service of God and others.

*Living with Christ – Margaret Bick*



## REGULAR CONFESSIONS

Tuesday - Saturday:

8:15am - 8:45am

Saturdays: 4:00pm - 4:45pm

Sundays: 7:00am - 7:45am

## ANOINTING OF THE SICK

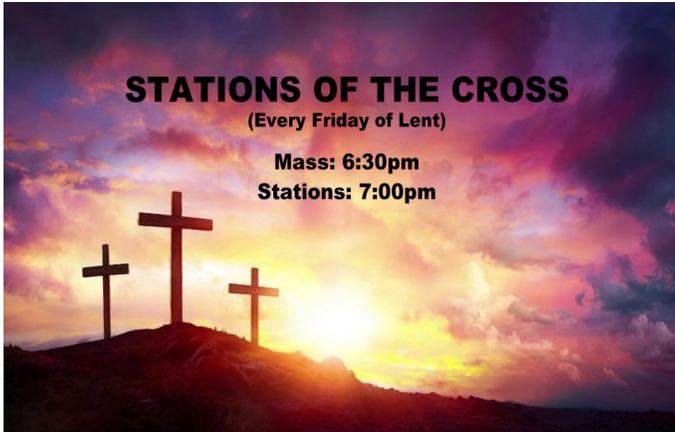
Please call the office at  
403.275.2240

When prompted  
Press 2 for Fr. Avinash  
Press 3 for Fr. Naveed

1100 Berkshire Blvd NW Calgary, AB T3K 3M3

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

## LENT



 A graphic for 'PARISH MISSION' featuring a crucifixion scene with a figure on the cross. The text reads: 'PARISH MISSION March 29 - 30, 2022'.
 

**March 29<sup>th</sup>**  
Featuring Michael Chiasson  
Mass - 6:30pm  
Talk - 7:00pm - 8:30pm

**March 30<sup>th</sup>**  
Featuring Fr. Naveed Arif & Ian Mahood  
Mass - 6:30pm  
Talk - 7:00pm  
Penitential Service - 7:30pm

## PARISH PASTORAL COUNCIL

As we begin our Lenten journey, Ascension PPC has several events planned. Along with Stations of the Cross on Fridays and the Parish Mission, we will be introducing a weekly theme for you and your family to reflect on.

*For the first week of Lent, we reflect on:*

## PRACTICING THE HABIT OF SELF-EXAMINATION

*Individually and as a family, let us work on deepening our habits of self-examination, of embracing gifts and talents as well as admitting our weaknesses. Let us explore some giving opportunities during this time as well.*

*Let us say to God that we are sorry for our sins by participating in the Sacrament of Penance.*

We have attached a calendar with suggestions of actions you can do individually or as a family to enhance your Lenten experience.



## SACRAMENTS

We are a vibrant Parish offering Sacrament programs to those in our community. We invite all persons, couples and families who are seeking one of the Sacraments to contact the office for more information.

**Reconciliation / First Holy Communion:** In the Diocese of Calgary, children receiving the Sacrament of First Holy Communion must first receive the Sacrament of Reconciliation. Therefore, preparation for the Sacraments of Reconciliation and First Holy Communion are combined in the same school year. Registration for Reconciliation and First Holy Communion Sessions for 2022 / 2023 will open June 2022.

**Confirmation:** Children in grade 6 and up can register for the preparation of the Sacrament of Confirmation if they have been Baptized, have been prepared for Reconciliation and have received First Holy Communion. Registration for 2023 will open in June 2022.

**Sacraments for Teens:** Do you have a teenager that has missed one or more of their Sacraments? *Sacraments for Teens* is designed to prepare them for their missed Sacraments and to come into full communion with the Catholic Church. The program consists of six sessions, and runs from November to April. Sessions will begin in November 2022 and registration will open in June 2022.

**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. **The spring session is currently accepting registrations and classes will take place at the Parish on March 19<sup>th</sup> and March 26<sup>th</sup>.**



**Baptism for Infants:** Baptisms are celebrated Wednesday to Saturday at 10am. Please call Linda at 403.275.2240 ext 6 or email [baptism@ascensionparish.ca](mailto:baptism@ascensionparish.ca) to register.

**Baptism Preparation Class:** Preparation classes take place on the **1st Saturday** of each month at 10am. Baptism celebration will be booked after you attend the class. Please call Linda at 403.275.2240 ext 6 or email [baptism@ascensionparish.ca](mailto:baptism@ascensionparish.ca) to register.

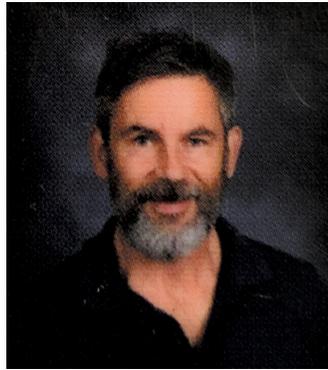
**Marriage:** By appointment, 6 months in advance. Please contact the office.

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

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

**VOLUNTEER SPOTLIGHT**

My name is Andrew Harich and I volunteer as a Lector and as the Coordinator of the Lector Ministry. I've been volunteering for about ten years and I have also served as a member of the Parish Pastoral Council. I feel so blessed, and because of that, I want to share my gifts.



I treasure the Word of God and enjoy preparing to proclaim it by reflecting on the daily Readings. I also enjoy the fellowship that we share at our Parish and have met many people while volunteering. There is so much to learn about our faith and the Word of God. Learning more about the practice of Lectio Divina from The Seeds of the Word Community when they visited our Parish, gave me strength throughout the pandemic and improved the depth of my understanding. Growing closer to God is the best part about volunteering and doing so by serving the parishioners of Ascension Parish. Together, we have built our community and it feels good to be part of this faith community.

When I first became interested in volunteering, I started with something that I thought I could do. I received training and was nervous to begin with, but I think that that's good. I encourage anyone to volunteer in a way they think can share their gifts. A good way to start is to find out more by talking to any member of that Ministry, trust that God is with you and give it a try.

Psalm 84 is a passage that echoes in my mind and heart... *Even the sparrow finds a home, and the swallow a nest for herself, where she may lay her young, at your altars, O Lord of hosts, my King and my God. Happy are those who live in your house, ever singing your praise. For a day in your courts is better than a thousand elsewhere. I would rather be a doorkeeper in the house of my God than live in the tents of wickedness ...* This passage reminds me of the beauty of the humblest service and the joy of growing nearer to God.

**ONLINE AUCTION UPDATE**

A huge thank you to Agile Recruiting, Rally Pointe, Ryan's Meats, Trapped Canada and XFactor Indoor Golf for their continued support of the auction. Special thanks to our newest supporters – Heritage Park, iFly Calgary, Theatre Calgary, The Clean Pantry, and many individual Parishioners.

***The March 28 donation deadline is fast approaching...please consider supporting this effort!***

If you can help, or can make a donation toward purchasing an item for the auction, please contact Holly at [hollyd@telus.net](mailto:hollyd@telus.net). Click [here](#) to see our wish list.

**FINANCE COUNCIL**

As our world continues to change, our Parish has changed as we have grown, due to COVID and technology. More of our financial support has moved to online payments of donations which helps our Ministries and the Diocese continue to do God's work. We use more communication tools like our website, social media channels, Flocknote, texting and email options.

We still need your in-person participation in our many ministries. Thank you for helping us continue to grow by joining our faith community as a participant in our many Ministries.

<b>Gifts to the Parish</b>			
<b>Year 2022 Week : 8</b>			
<b>Offerings for the Week</b>	<b>19-Feb-22</b>	<b>to</b>	<b>25-Feb-22</b>
<b>General Collections</b>	<b>Last Week</b>		<b>Y-T-D</b>
General Collections	\$9,380.60		\$108,519.94
Operating Cost( Budget)	-\$12,792.92		-\$102,343.38
Over(Shortfall) YTD Op Cos	-\$3,412.32		\$6,176.56
<b>Central Fund Loan</b>	<b>Last Week</b>		<b>Y-T-D</b>
Building Fund Collections	\$1,102.50		\$60,748.74
2019 Pledges	\$0.00		\$24,091.66
Donor Wall	\$2,500.00		\$5,561.00
Toonie	\$0.00		\$0.00
Weekly Loan Payment	-\$9,927.46		-\$79,419.69
Over(Shortfall) YTD Loan P	-\$6,324.96		\$10,981.71
<b>Diocesan Annual Campaign:</b>			
<b>Together in Action</b>	<b>Last Week</b>		<b>Y-T-D</b>
Collections	\$35.00		\$6,964.00
2022 Target			\$50,348.00
Remaining towards Goal			\$43,384.00
<b>Collections in our Diocese</b>			
<b>National Collections:</b>	<b>Last Week</b>		<b>Y-T-D</b>
Needs of the Church in the H	\$0.00		\$5.00
Pope's Pastoral Works	\$0.00		\$0.00
World Mission Sunday	\$0.00		\$5.00
<b>Second Collections:</b>			
Good Shepherd Sunday	\$0.00		\$5.00
Catholic Education Sunday	\$0.00		\$0.00
<b>Approved Collections:</b>			
Mission Mexico	\$0.00		\$1.00
<b>Other (Optional):</b>			
Holy Childhood	\$0.00		\$100.00
Disaster Relief	\$0.00		\$0.00

## MINISTRY CONTACTS

Administrative Assistant: Jenn Pashula | [office@ascensionparish.ca](mailto:office@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 | [marriageprep.ascension@telus.net](mailto:marriageprep.ascension@telus.net)

RCIA: Rob Kehrig | [robkehrig@gmail.com](mailto:robkehrig@gmail.com)

### MINISTRIES

Parish 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.oliverio@shaw.ca](mailto:nadia.oliverio@shaw.ca)

Liturgical Ministries: Nadia Oliverio | [nadia.oliverio@shaw.ca](mailto:nadia.oliverio@shaw.ca)

Lectors: Andrew Harich | [harich0307@gmail.com](mailto:harich0307@gmail.com)

Choirs: DeeDee Hedley | [ddhedley@shaw.ca](mailto:ddhedley@shaw.ca)

Sacristans: James Chuah | [jameschuah10248@gmail.com](mailto:jameschuah10248@gmail.com)

Ushers: Richard Svoboda | [ricsvo@shaw.ca](mailto:ricsvo@shaw.ca)

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) | [samandrafo@shaw.ca](mailto:samandrafo@shaw.ca)

Pastoral Care: Nalini Plesche | [plesche@shaw.ca](mailto:plesche@shaw.ca)

Youth: Ian Mahood | [youth@ascensionparish.ca](mailto:youth@ascensionparish.ca)

Sanitizing: Manny Lorica | [elorica@shaw.ca](mailto:elorica@shaw.ca)

### LAY ASSOCIATIONS

Catholic Women's League: Twila Tayfel | [cwl.ascension@gmail.com](mailto:cwl.ascension@gmail.com)

Knights of Columbus: Phil Fitzgerald | [gk10065@kofc.ab.ca](mailto:gk10065@kofc.ab.ca)

St. Vincent de Paul Society: Davina Janssens | [ssvp.ascension@gmail.com](mailto:ssvp.ascension@gmail.com)

St. Vincent de Paul Society: Hamper Request | 587.755.3855



**VOLUNTEER**  
Sign Up

### WEBSITE UPDATE

A new Volunteer page is now available on our Parish website. Anyone interested in serving in any of our Ministries can now register online.

*Visit the volunteer page to see where you can share your time and talents.*

### SERRA CLUB

Jesus was led by the Holy Spirit into the desert for forty days of prayer and fasting. Are you open to being led by the Holy Spirit into the life-commitment God has prepared for you? If God is calling you, to be a priest, religious or deacon, check out [www.catholicyc.ca/vocations](http://www.catholicyc.ca/vocations)

### UKRAINE EMERGENCY RELIEF

#### Development & Peace

Development and Peace is joining the Caritas Internationalis family, the CIDSE network, and organizations like the Catholic Near East Welfare Association in responding to Caritas Ukraine's call. **Donations may be made through the following ways...**

**Online:** <https://www2.devop.org/en/civicrm/contribute/transact?reset=1&id=3&gl=24360>

**Phone:** 1 888 664-3387

**Mail:** mailing a cheque written out to Development and Peace and marked **Emergency Ukraine** – Development & Peace, 1425 René-Lévesque Blvd West, 3rd Floor, Montréal, Québec Canada, H3G 1T7.

#### Catholic Near East Welfare Association (CNEWA Canada)

The Ukrainian Bishops of Canada are working together with their Churches to join CNEWA's campaign. **To donate,** go to <https://cnewa.org/ca/campaigns/ukraine/>

*Stay up to date by visiting our Social Media*

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

# Lent:

Getting ready for Jesus' death and resurrection

Lent is the special time when we prepare for the celebration of Jesus' passion, death and resurrection. We get our souls ready by doing prayer, fasting, and almsgiving.



Prayer is talking with God. We need to talk with God even more than we need to talk to our family and friends. Lent is a good time to get into a habit of talking with God every day.

Fasting is eating less than you normally would. It's a good idea to give up a little something you like for Lent. Giving things up helps us remember we need God, not just food.



Almsgiving means giving to those who are in need. It helps us to be generous like God. Maybe you have a bit of money you can give to the poor or to the Church.



Answers to True or False: 1. true; 2. false; 3. false; 4. true; 5. false; 6. true; 7. false.

[www.thekidsbulletin.com](http://www.thekidsbulletin.com)

# The Kids' Bulletin

First Sunday of Lent  
March 6th, 2022



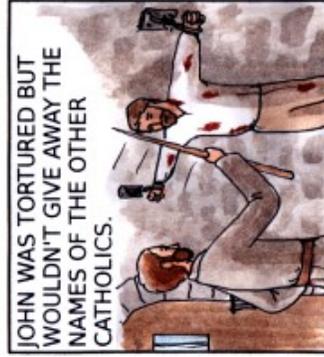
Luke 4:1-13

Jesus spent 40 days in the desert preparing for His work. During Lent we spend 40 days getting ready to celebrate Jesus' death and resurrection.

***Can you find your way into the desert to be with Jesus?***

# Saint John Ogilvie

March 10



# Jesus Was Tempted by the Devil: True or False?

How well do you know the story from today's Gospel reading?

1. Jesus went to the desert and didn't eat anything for 40 days. True or False?
2. Jesus was never tempted by the devil. True or False?
3. Jesus wasn't hungry, even after 40 days with no food. True or False?
4. The devil said that all the kingdoms of the world belonged to him. True or False?
5. Jesus said that He would only worship the devil if he gave Him all the power first. True or False?
6. Jesus wouldn't throw Himself off the Temple because He said it was "putting God to the test." True or False?
7. The devil kept bothering Jesus, even when he ran out of things to tempt him about. True or False?



# March

# 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 <b>Ash Wednesday</b>	3	4	5
6 As a family or as individuals, embrace all the gifts we have received	7 Make a list of personal positive habits	8 Compliment a coworker or a friend on special gift they have received from the Lord	9 Admit any self-weakness and work through it	10 Help someone work through their weaknesses	11 Participate in the Stations of the Cross & abstain from meat.	12 Go to confession
13 Participate in Mass together as a family or individually	14 Practice praying dinner-time prayers	15 Practice praying before bed	16 Help someone to pray	17 Practice praying the rosary	18 Participate in the Stations of the Cross & abstain from meat	19 Pray three Psalms before bed
20 Put away all devices and spend time together with family or a friend	21 Give up on a special treat (i.e., chocolate, coffee)	22 Give up on gossip	23 Give up television for a day	24 Give up shopping for a day	25 Participate in the Stations of the Cross & abstain from meat	26 Give up social media for a day
27 Donate to our Parish	28 Make dinner for a family in need	29 Donate to a charity	30 Volunteer at a homeless shelter	31 Run an errand for someone in need		

# April

# 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Participate in the Stations of the Cross & abstain from meat	2 Help a neighbour
3 Say a thanksgiving prayer	4 Leave a thank you note for a family member	5 Call a friend and thank them for something they have done	6 Practice gratitude throughout the day	7 Thank a coworker or teacher	8 Participate in the Stations of the Cross & abstain from meat	9 Practice gratitude when grocery shopping
10 Read the Sunday Gospel	11 Help someone who is suffering	12 Help someone who is facing hard times	13 Prepare yourself for the Paschal Triduum	14 <b>HOLY THURSDAY</b>	15 <b>GOOD FRIDAY</b>	16 <b>HOLY SATURDAY</b>
17 <b>EASTER SUNDAY</b>	18	19	20	21	22	23
24	25	26	27	28	29	30