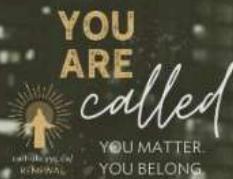


ST. CECILIA'S PARISH  
5th Sunday of Ordinary Time  
February 7 8

You are  
the light of  
the world.

A CITY BUILT ON A HILL  
CANNOT BE HIDDEN.

MATTHEW 5:12



5<sup>th</sup>  
SUNDAY IN  
ORDINARY TIME

# MASS TIMES & PARISH INFO

321 90 Avenue SE Calgary, AB T2J 0A1 Phone: 403-252-2790

Website: [www.stceciliacalgary.com](http://www.stceciliacalgary.com) Email: [office@stceciliacalgary.com](mailto:office@stceciliacalgary.com)

## Parish Priest:

Fr. Derek Remus

[derek.remus@calgarydiocese.ca](mailto:derek.remus@calgarydiocese.ca)

## Administrative Assistant:

TBD

## Sacramental Coordinator:

Kelly Sereda

[sacraments@stceciliacalgary.com](mailto:sacraments@stceciliacalgary.com)

## Music Director:

Ross N. Ferby

[ross@stceciliacalgary.com](mailto:ross@stceciliacalgary.com)

## Are you new to our parish?

Welcome! If you have been coming consistently for 6 months or more, please pick up a registration form from our Information Desk in the foyer.

## Weekend Masses | Weekday Masses

Saturday 5pm

Tues to Saturday 9 am

Sun 9am & 11am

First Friday 7 pm (no 9 am Mass)

## Confessions

Tues to Sat 8:15 - 8:45 am

Saturday 3 - 4:30 pm | Sunday 8 - 8:30 am

or by appointment



## Adoration

Fridays 9:30am - 6pm

First Friday: 9am - 6pm

## Office Hours

Tues to Fri 9am - 4pm

Closed from 12 – 1pm

## World Day of Prayer for the Sick

Wednesday, February 11, is the Memorial of Our Lady of Lourdes and the 34th World Day of Prayer for the Sick.

**Mass will be celebrated at 9 am.** The focus of this day is to *pray for those who are sick*.

## Anointing of the Sick

One of the seven Sacraments instituted by Christ is the Anointing of the Sick, which confers a special grace on those who are suffering from serious illness or the frailty of old age. This grace has the following effects: *“the uniting of the sick person to the passion of Christ, for his own good and that of the whole Church; the strengthening, peace, and courage to endure in a Christian manner the sufferings of illness or old age; the forgiveness of sins, if the sick person was not able to obtain it through the sacrament of Penance; the restoration of health, if it is conducive to the salvation of his soul; the preparation for passing over to eternal life”* (Catechism of the Catholic Church, n. 1532).

The Sacrament is not only for those at the point of death but for all those suffering from serious illness or the frailty of old age. This means, however, that it is not for those who are *not* suffering from serious illness or the frailty of old age.

The Sacrament may also be received by those about to undergo a serious surgery.

*If you would like to be anointed or know someone who would like to be anointed, please speak to Fr. Derek.*

## BAPTISM CLASSES

Email: [sacraments@stceciliacalgary.com](mailto:sacraments@stceciliacalgary.com) to register.

- Saturday February 7 at 9:30 AM
- Saturday March 7 at 9:30 AM
- Saturday April 11 at 9:30 AM

If you know of a parishioner who is homebound and in need of the Sacraments, please call the parish office:

(403) 252-2790.

## Mass Intentions

Saturday, February 7th  
9:00am: Anna Mscht

5:00pm: † Imaculada Mateus

Sunday, February 8th  
9:00am: † Diana Wedemire

11:00am: All parishioners, living & deceased

Tuesday, February 10th  
9:00 am Matthew & Binny Azad

Wednesday, February 11th  
9:00 am † Paul & Teresa Chomistek

Thursday, February 12th  
9:00 am Barin & Sofiya Das

Friday, February 13th  
9:00am: Vanessa, Mark, Kara & Ethan Derry

Saturday February 14th  
9:00am: James & Spencer Belot

5:00pm : † Douglas, Valian & Deepika

Sunday February 15th

9:00 am : Kyane Andre Birthday

11:00 am All parishioners, living & deceased

## Mass Readings

Saturday, February 7

1 Kings 3.4-13

Mark 6.30-34

Sunday February 8

Isaiah 58.6-10

1 Corinthians 2.1-5

Matthew 5.13-169

Monday, February 9

1 Kings 8.1-7, 9-13

Mark 6.53-56

Tuesday, February 10

1 Kings 8.22-23, 27-30

Mark 7.1-13

Wednesday, February 11

1 Kings 10.1-10

Mark 7.14-23

Thursday, February 12

1 Kings 11.4-13

Mark 7.24-30

Friday, February 13

1 Kings 11.29-32; 12.19

Mark 7.31-37

Saturday, February 14

1 Kings 12.26-32; 13.33-34

Mark 8.1-10

Sunday February 15

Sirach 15.15-20

1 Corinthians 2.6-10

Matthew 5.17-37



**CHINOOK**  
OPTOMETRIC CLINIC

**CWL**

Members are kindly reminded that annual membership renewals are due this month.

### 40 Days for Life

This Lent, our parish will participate in 40 Days for Life, a united effort to promote the culture of life through prayer, fasting, community outreach, and peaceful vigils near the Calgary abortion clinic. Please stay tuned for more information in the coming weeks.

**Dr. Daniel Lowe**

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# PARISH NEWS UPDATE



## St. Vincent de Paul Society

403-252-2790 ext. 3



*We live lives that are packed with activities and busyness. This keeps our hearts distracted from our relationship with God, our families and others in our lives who need our love. During this month, we can begin to prepare our hearts by asking ourselves how Lent can be different for us this year.*

### Got bottles for refunding?

We have a large, marked wooden box in the hall where the double doors are for those who wish to donate their bottles. All the refunds collected from these donations support our Youth Group. Please rinse bottles before donating.

## Monthly Cake



We serve cake in the hall on the last weekend of the month to celebrate birthdays and wedding anniversaries in the month. If you would like to sponsor the monthly cakes, the cost is \$150. We look after the order and pickup!

### Volunteers Needed

Volunteers are needed to wash the altar servers' albs. If you would like to be on a rotation list for this, please call the parish office: (403) 252-2790.

### Used Palms

There is a box in the narthex where you can place your palms from last year. The palms will be burned into ashes for Ash Wednesday.

### Year of St. Francis

Pope Leo XIV has declared a special jubilee year with attached plenary indulgences to commemorate the 800th anniversary of the death of St. Francis of Assisi. For more information, please read the recent Decree of the Apostolic Penitentiary: [https://ofm.org/uploads/Decreto\\_Giubileo\\_Francescono-EN.pdf](https://ofm.org/uploads/Decreto_Giubileo_Francescono-EN.pdf). The Decree is also on the parish bulletin board.

### Ash Wednesday

Ash Wednesday this year falls on February 18. Mass will be celebrated at **9 am** and **7 pm**.



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Room Bookings		
Mon	Feb 9	
Tue	Feb 10	9:30am Bible Study (BdRoom) 7pm CWL (Hall) 7pm RCIA (BdRoom)
Wed	Feb 11	
Thu	Feb 12	7pm 1st Communion Parents (Aud)
Fri	Feb 13	3pm Divine Mercy  5:30pm Legion Mary (BdRoom)
Sat	Feb 14	1st Communion Class (Aud)
Sun	Feb 15	

The Calgary Catholic Education Foundation is holding a **Cash Raffle**, which includes a \$5,000 Early Bird Draw on February 6, with funds staying local to support Catholic schools and students. Learn more and purchase tickets at [www.thecceffraffle.com](http://www.thecceffraffle.com).

# WANTED:

**K OF C**

Men who would like to make a difference!

Len White: 403-271-6055  
or [fs4878@kofc.ab.ca](mailto:fs4878@kofc.ab.ca)

# Knights of Columbus

# Our schools:

Fr. Derek visits all 3 of our schools monthly.



## St. Matthew School

### Monthly Newsletter

<https://stmatthew.cssd.ab.ca/newsletters>



## St. Cecilia School

### Weekly Newsletter

<https://secure.smore.com/n/84rf1>



### Playground Donation Link:

<https://app.etapestry.com/onlineforms/>



## St. William School

### Monthly Newsletter

<https://stwilliam.cssd.ab.ca/newsletters>



In the spirit of the Jubilee Year proclaimed by Pope Francis last year, our Diocese is launching a matching financial campaign for parishes called, **Multiply the Hope**.

Once our parish has fulfilled all of its financial obligations for the year (i.e. our budget and Together in Action), every dollar contributed to **strengthen our repairs and maintenance fund** will be matched dollar-for-dollar, up to our parish goal. The campaign lasts until the end of 2027.

Our goal for this matching program is \$158,425. This means that every contribution toward this goal has twice the impact.

Find out more about this campaign at  
[www.catholycyc.ca/multiplythehope](http://www.catholycyc.ca/multiplythehope)

## Pastor's Message

Ash Wednesday is only a week and a half way. Here is what Pope Benedict XIV said back in the 1700s at a time when the observance of Lent was getting a bit lax:

*"The observance of Lent is the very badge of Christian warfare. By it we prove ourselves not to be enemies of Christ. By it we avert the scourges of divine justice. By it we gain strength against the princes of darkness, for it shields us with heavenly help. Should men grow remiss in their observance of Lent, it would be a detriment to God's glory, a disgrace to the Catholic religion, and a danger to Christian souls. Neither can it be doubted that such negligence would become the source of misery to the world, of public calamity, and of private woe."*

Words worth reflecting on almost 300 years later. Here are some ways to grow closer to Christ this Lent:

- Spend 15 minutes a day reading the Scriptures;
- Go to weekday Mass;
- Pray the Rosary every day;
- Spend an hour each week in Eucharistic Adoration or praying before the tabernacle;
- Pray the Stations of the Cross;
- Fasting according to one's health and strength (more about this in next week's message);
- Giving up time watching TV or looking at social media;
- Offering things up for the conversion of sinners;
- Practicing the corporal and spiritual works of mercy (more about this next week as well).

e-bulletin



Email the parish office or scan the QR code to be added to the list. By signing up you can expect the following: **Help reduce our printing cost, Diocese News, Parish Alerts** (emergencies, last minute notices). Your email address is kept private and is not visible to anyone.



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STATEMENT BY THE PERMANENT COUNCIL

In Support of Bill C-218:

*“An Act to amend the Criminal Code (Medical Assistance in Dying)”*

On 20 June 2025, Private Member’s Bill C-218 was introduced in the House of Commons. It proposes to repeal the planned 2027 expansion of the eligibility criteria for “Medical Assistance in Dying (MAiD),” which would allow mental illness alone to qualify for euthanasia and assisted suicide.

On numerous occasions, the CCCB has stated its opposition to “MAiD” and explained its reasons, while encouraging and promoting humane and compassionate alternatives that address chronic pain, suffering, and terminal illness. These alternatives include comprehensive and accessible palliative care,<sup>1</sup> as well as better support for persons living with mental illness.<sup>2</sup>

However, as long as Canadian legislation regrettably continues to permit euthanasia, the CCCB will also advocate for measures that prevent even wider and more vulnerable segments of the population from gaining access to it. If passed, Bill C-218 would be a constructive step in this regard, limiting euthanasia and protecting persons with mental illness. Such progress would be consistent with the recommendation of the UN Committee on the Rights of Persons with Disabilities to rescind Track 2 MAiD by repealing Bill C-7 and to permanently exclude MAiD for persons whose sole underlying medical condition is a mental illness.<sup>3</sup>

**The CCCB supports Bill C-218, which seeks to stop “MAiD” for mental illness alone, and encourages the Catholic faithful, in communion with their local Bishop, and all people of goodwill, to express their support for the same. We further call on the government to allow free conscience voting on this matter, given its profound moral and social implications.**

**Human life is a gift** that must be protected and valued at every stage and in every circumstance. As Canada’s Bishops have consistently affirmed, euthanasia and assisted suicide – whether for the sick, the dying, persons with disabilities, or those with mental illness – are always morally unacceptable.<sup>4</sup> These actions disregard the inviolable dignity of every person, fracture family and relational bonds, and weaken our shared social responsibility to protect human life and provide care for the vulnerable and marginalized.

Empirical research, together with the expert judgment of many mental health professionals and

<sup>1</sup> Joint *Ad Hoc* Committee on Palliative Care, [Horizons of Hope: A Toolkit for Catholic Parishes on Palliative Care](#), Canadian Conference of Catholic Bishops, 2021.

<sup>2</sup> Canadian Conference of Catholic Bishops, [Open Letter to the Government of Canada on Permitting Persons Living with Mental Illness to Access Euthanasia/Assisted Suicide](#), 9 May 2023, accessed 8 December 2025.

<sup>3</sup> United Nations Convention on the Rights of Persons with Disabilities. Committee on the Rights of Persons with Disabilities, “[Concluding observations on the combined second and third periodic reports of Canada](#),” CRPD/C/CAN/CO/2-3, 15 April 2025.

<sup>4</sup> Canadian Conference of Catholic Bishops, [Euthanasia and Assisted Suicide](#), accessed 8 December 2025.



suicide prevention organizations, affirms that *it is not possible to determine whether a mental illness is irremediable*.<sup>5</sup> Peer-reviewed studies show that most patients with mental illness have positive long-term outcomes and experience “significant improvement over time,” offering them a horizon for hope and healing.<sup>6</sup>

As Christians, our response to persons living with mental illness should be modelled after the powerful witness of the Good Samaritan (Luke 10:25-37), who, rather than abandoning his neighbour in need, responded personally with charity, compassion, care, and self-sacrifice, acting as a bearer of God’s love and as a sign of hope.

4 February 2026

Note: The Permanent Council is the second-highest governing body of the Canadian Conference of Catholic Bishops (CCCB), after the Plenary Assembly of Bishops. It currently comprises 14 Bishops from across Canada, including both *ex officio* members and those elected by the Plenary Assembly.

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<sup>5</sup> Ontario Psychiatric Association, “[Brief to the Special Joint Committee on Medical Assistance in Dying \(MAID\): Preliminary Results of OPA National Survey on Psychiatrists' and Psychiatry Residents' Perspectives on MAID for Mental Disorders as a Sole Underlying Medical Condition \(MD-SUMC\)](#),” 29 January 2024; Society of Canadian Psychiatry, “[Brief on MAID and Mental Illness Expansion](#),” 13 October 2023; Canadian Association for Suicide Prevention, “[Statement About MAiD for Mental Illness](#),” 14 December 2022.

<sup>6</sup> M. Nicolini, et al., “[Irremediability in psychiatric euthanasia: examining the objective standard](#),” *Psychological Medicine*, 2023 Sep;53(12):5729-5747.