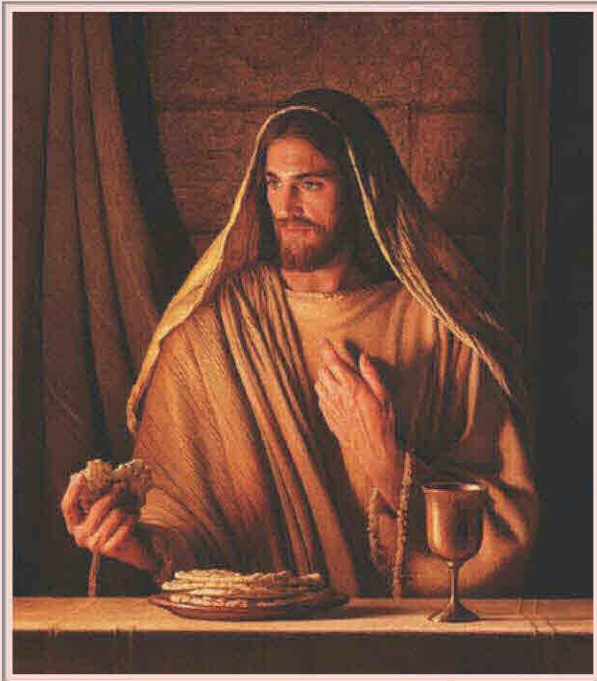


ST. CECILIA'S PARISH



321 90 Avenue SE, Calgary AB T2J 0A1 (403) 252 - 2790

Website: <https://stceciliacalgary.com/>



BODY AND BLOOD OF CHRIST

JN 6:51 – “**I am the living bread** that came down from heaven; whoever eats this bread will live forever; and the bread that I will give is my flesh for the life of the world.”

JN 6:56 – “Whoever eats my flesh and drinks my blood **remains in me** and **I in him.**”

Readings for the Week:

First Reading: DUE 8:2-3, 14b-16a

Second Reading: 2COR 10:16-17

Gospel JN 6:51-58

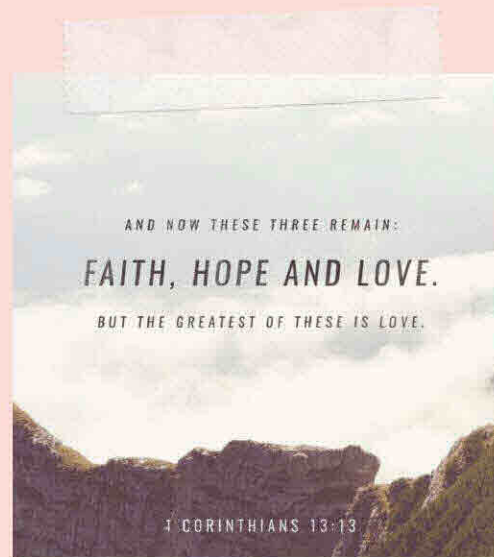
E-Bulletin:

- **New** Updated Information
- Fr. Paul's Column
- Mass intentions
- Diocesan News
- Catholic News around the World
- Daily Mass Livestreams
- Sunday Mass Livestreams

He fed them with the finest wheat and satisfied them with honey from the rock.

Psalm 80: 17

*Praise the Lord,
Jerusalem*



Updated Information

Dear Parishioners,

These are the following changes for our weekend and weekday Masses in our parish, based on the new directives from the diocese:

1. We can allow more people to attend the Masses, but we need to keep the 6 feet physical distance. Based on this our church can hold only 80 people, including the priest and the volunteers; keeping into consideration of the required 6 feet distance.
2. Sanitization of your hands upon the entry of the church is mandatory.
3. Answering the health-related questions upon the entry of the church is also mandatory.
4. Collecting contact information from attendees: They can participate voluntarily, for the purpose of contact tracing.
5. Congregants may decide whether to wear a mask during Mass, provided that mask is worn if they wish to receive Holy Communion.
6. Cleaning the church between Masses is mandatory.

Based on these new directives:

We will still have 5 weekend Masses namely: Saturday 5pm and 7pm. Sunday 8am, 10am, 12noon.

We will lock the church doors 20 minutes before each mass on weekends. So be in the church 20 minutes before any Mass that you choose to attend on weekends. I need around 10 to 15 minutes to give some guidelines to the attendees before each Mass.

We will be allowing 50 people to pre-register, 20 people as walk ins and the remaining 10 people would consist of priest, sacristan, and volunteers.

Do all your pre-registrations from Tuesday -Thursday during parish office hours 10 am to 4 pm. Use either parish email or parish phone or come in person. Email : office@stceciacalgary.com or Phone (403) 252 - 2790

There is no pre-registration required for the weekdays Masses. All can come as walk ins.

Confession time will continue be on every Saturdays from 3.00 pm to 4.00 pm in the library.

Some Reminders

You must enter only through main entrance for Mass. You will not be allowed to enter the church through church side doors. The entrance and exits signs are put in place as you enter through the main doors of the church, to guide you with directions. The pews are also marked with numbers and taps with 6 feet distance; you must sit only on the marked seats. However, if you are from the same family then you may sit together. The Communion line is also marked with taps indicating 6 feet distance.

We need to clean the church after each Mass, as per the given directions. Everyone must leave the church immediately after each Mass so that the cleaning people are able to come in and complete their cleaning duties. Please kindly do all your personal prayers such as rosary and other prayers before the Mass. You can do this around the waiting time before the Mass. You will be given some required instructions before the start of each Mass; like on how we come for communion etc.

Communion will be given only on hands. Cry room is not allowed to be used during Mass; except the washroom. Paper bulletins are not allowed. There will not be adoration on Fridays.

SOME WARNING

You are coming for Mass, and will be with 79 other people at your own risk.

If you are a senior, you are advised to stay home; I leave this to your discretion. If you have any health issues you are advised to stay at home.

If you are bringing children, they must be with you for entire duration.

You must sanitize your hands at the entrance. There will be a volunteer with the sanitizer.

MASS TIMING

Tuesdays to Friday: at 9.00 am.

Saturday: at 5.00 pm and 7.00 pm (NO 9.00 AM Mass. Those who have booked a Mass intention for Saturday 9.00 am Mass, that intention will be offered at 7.00 pm Mass.)

Sunday: at 8.00 am, 10.00 am, and 12.00 noon (Those who have booked Mass for Sunday 9.00 am Mass, that intention will be offered at 10.00 am Mass.)

Fr. Paul's Column



WHAT ONE MUST DO TO BE A GOOD SPIRITUAL PERSON

1. **BELIEVE IN JESUS CHRIST** - **JN 7:38** - Whoever **believes in me**, as scripture says: **'Rivers of living water will flow** from within him.'

The foundation of Christian life is **TO BELIEVE**. Jesus says when we choose to believe in him, then we will have living water; flowing through our life.

2. **FOLLOW JESUS CHRIST** - **JN 8:12** - Jesus spoke to them again, saying, "I am the light of the world. **Whoever follows me** will not walk in darkness but will **have the light of life.**"

The term 'Christian' means follower of Jesus Christ. When we choose to follow Jesus, it is said that our life will be filled with the light of Christ.

3. **OBEY JESUS CHRIST** - **LK 11:28** - Jesus said, "**Blessed** rather are those who hear the word of God and **obey** it!"

The basic commandment from God. is to be obedient. Jesus says you will become a Blessed person when you choose to obey God; in your day to day life.

4. **SERVE JESUS CHRIST** - **JN 12:26** - Whoever **serves me** must follow me, and where I am, there also will my servant be. The **Father will honour whoever serves me.**

The important element to being a good Christian, is to be in service. Jesus says God the Father will honour you, when you serve him.

5. **THANK JESUS CHRIST** - **1THES 5:18** - In all circumstances **give thanks**, for **this is the will of God** for you in Christ Jesus.

The act of gratitude is a virtue. St. Paul says, it is God's will that we must be thankful and grateful; for **all the blessings in our life.**

