

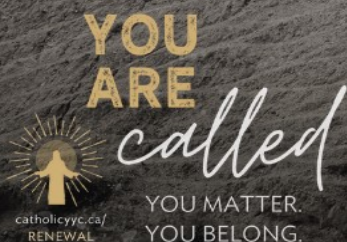
# ST. CECILIA'S PARISH

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

It is written,  
'Man does not live  
by bread alone'

✠ ✠ ✠

Luke 4:4



FIRST SUNDAY  
OF LENT

# March 8-9, 2025

# MASS TIMES & PARISH INFO

**Parish priest:**

Fr. V. Irudaya Paul Raj SAC  
vipaulraj45@gmail.com

**Administrative Assistant:**

Christine Thibeault  
office@stceciacalgary.com

**Sacramental Coordinator:**

Kelly Sereda  
sacraments@stceciacalgary.com

**Music Director:**

Ross N. Ferby  
ross@stceciacalgary.com

**Weekend Masses | Weekday Masses**

Saturday 5pm      Tues to Saturday  
Sun 9am & 11am      9am

**First Friday Mass**

7pm (no 9am Mass)

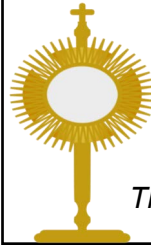
**Confessions**

Every Saturday 3 - 4pm  
or by appointment



**Adoration**

Fridays 9:30am—6pm  
First Friday: 9am—6pm



*There must be at least 2 people at all times sitting with our Lord.*

## PARISH OFFICE

Office is closed on Mondays  
Tues to Fri 9am to 4pm  
Lunch break 12:00 – 1pm

## Are you **NEW** or recent 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.



Every First Friday beginning with the 7pm Mass which is now run by the Youth Group. Meeting concludes by 9pm.

**Next meetings:**  
Mar 7, Apr 4

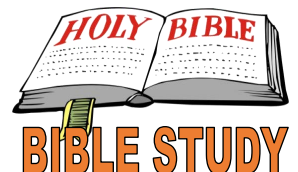
**Prayer Shawl Ministry:** last Tuesday of the month after the 9am Mass. New knitters welcome. Yarn is available.

**Next meet: March 25th**

*Prayer shawls can be picked up from the parish library or parish office. They are free for everyone and make a wonderful comfort gift to someone in the hospital, those grieving, shut-ins, etc.*



**Acts of the Apostles** | Every Tuesday after the 9am Mass in the boardroom.

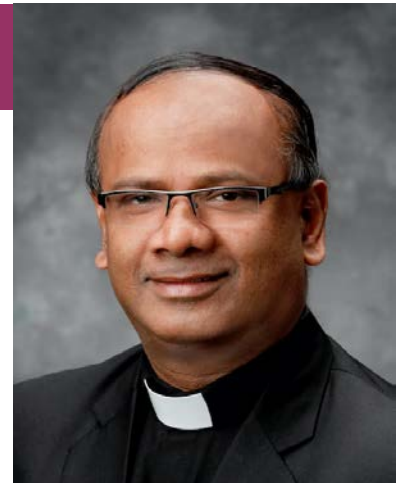


# FR. PAUL'S COLUMN

## SAINT OF THE WEEK

### ST. THOMAS AQUINAS

MARCH 7<sup>TH</sup>



**St. Thomas Aquinas** was born around 1225 in Roccasecca, Italy, near Aquino, Terra di Lavoro, in the Kingdom of Sicily. He was **ordained in Cologne, Germany, in 1250**, and went on to teach theology at the University of Paris. St. Thomas Aquinas was an **Italian Dominican theologian** and one of the **most influential medieval thinkers of Scholasticism** and the father of the Thomistic school of theology. He was also **known as the "Ox of Sicily" and the "Angelic Doctor."**

**St. Thomas Aquinas** was a Dominican friar, mystic, theologian, and philosopher. Beyond being a philosopher, theologian, and friar, St. Thomas was also **known as a mystic**. As a mystic, he **reportedly experienced visions and supernatural visitations**. One of the most famous came after he had written a tract on the Blessed Sacrament; from the crucifix, he was asked, **"Thou hast written well of me, Thomas; what reward wilt thou have?"** The saintly answer of the preacher came: **"Nothing but Thee, Lord!"**

**St. Thomas Aquinas** wrote over **60 great works**, the **largest of which was the *Summa Theologica*** which aims to teach its readers how to be disciples of God, covering the philosophical and theological realms of reality.

**St. Thomas Aquinas** died at the monastery of Fossanova on March 7, 1274. He was **canonized by Pope John XXII** in 1323.

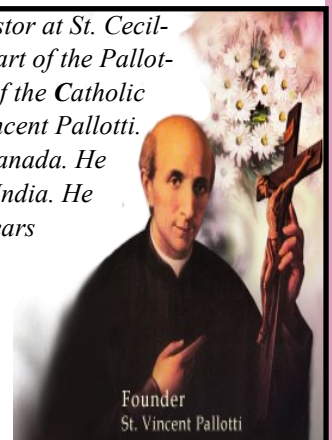
#### Sayings of the Saint

**"Three things are necessary for the salvation of man: to know what he ought to believe; to know what he ought to desire; and to know what he ought to do." - St. Thomas Aquinas.**

**"The things that we love tell us what we are." - St. Thomas Aquinas.**

*Fr. Paul Raj, SAC has been the pastor at St. Cecilia's since November 2014 and is part of the Pallottine Fathers Community (Society of the Catholic Apostolate) whose patron is St. Vincent Pallotti. St. Cecilia's is his first parish in Canada. He comes from the Tamil province of India. He was also in the Philippines for 3 years serving and studying.*

*To learn more about the Pallottine Fathers please visit their website:*  
[www.pallotti.org](http://www.pallotti.org)



Founder  
St. Vincent Pallotti



## Mass Intentions

*Saturday, March 8*

9:00am: †Neil Thibeault

5:00pm: †Chris Walz

*Sunday, March 9*

9:00am: †Josue & Adoracion Suple

11:00am: All parishioners, living & deceased

*Monday, March 10*

No Mass

*Tuesday, March 11*

9:00am: Int. Norma Reyes—Good Health

*Wednesday, March 12*

9:00am: †Dennis Hillerud

*Thursday, March 13*

9:00am: †Alex and Jeannette Sereda

*Friday, March 14*

9:00am: Int. Mark

*Saturday, March 15*

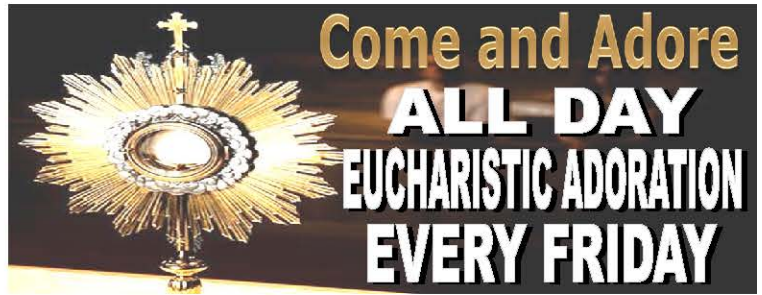
9:00am: †Anton Barth and †John Brilz

5:00pm: †Robert Leung

*Sunday, March 16*

9:00am: †Nick and Pearl Ferby

11:00am: All parishioners, living & deceased



## Mass Readings

Saturday, Mar 8 (9am)

Isaiah 58.9b-14

Luke 5.27-32

Sunday, Mar 9—Lent 1

Deuteronomy 26.4-10

Romans 10.8-13

Luke 4.1-13

Mon, Mar 10 (no Mass)

Leviticus 19.1-2, 11-18

Matthew 25.31-46

Tuesday, Mar 11

Isaiah 55.10-11

Matthew 6.7-15

Wednesday, Mar 12

Jonah 3.1-10

Luke 11.29-32

Thursday, Mar 13

Esther 14.1, 3-5, 12-14

Matthew 7.7-12

Friday, Mar 14

Ezekiel 18.21-28

Matthew 5.20-26

Saturday, Mar 15 (9am)

Deuteronomy 26.16-19

Matthew 5.43-48

Sunday, Mar 16—2nd Sunday of Lent

Genesis 15.5-12, 17-18

Philippians 3.17—4.1

Luke 9.28b-36



**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.



## The Pope's Prayer Intention March 2025

For families in crisis Let us pray that broken families might discover the cure for their wounds through forgiveness, rediscovering each other's gifts, even in their differences.

**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.



# Parish News Update

## THIS WEEK ON FORMED

Our parish is very happy to offer to you a free subscription to FORMED, commonly dubbed "Catholic Netflix". Sign up by searching our parish postal code, register your email and enjoy watching!



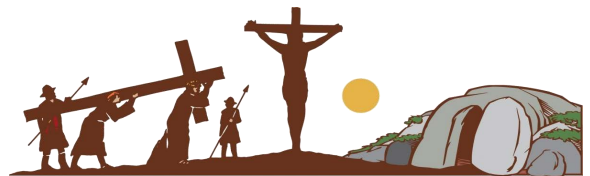
Sometimes, it feels like Lent is just about giving up chocolate. But deep down, we all desire to do something more for Lent—we just don't know how to do it. *How to Lent* is a new series from the Augustine Institute that aims to equip Catholics with the tools to understand and practice the pillars of Lent: prayer, fasting, and almsgiving. Guided by Solenne Santiago and with the help of priests and religious, this series will challenge our preconceived notions about Lent, laying out a roadmap for entering the season with a purpose. Don't let Lent sneak up on you like it did last year. Instead, heed the call of St. John the Baptist by preparing for the Lord, using *How to Lent* to transform your spiritual life this Lenten season.

## BAPTISM PREP CLASSES



Sat. Mar 1 at 9:30am  
Sat. Apr 5 at 9:30am  
Sat. May 3 at 9:30am

**Please sign up via the office.**



## STATIONS of the CROSS

Every Friday during Lent at 7pm

- Mar 7 **7:30pm** Knights of Columbus
- Mar 14 Catholic Women's League
- Mar 21 Parish & Finance Council
- Mar 28 Couples For Christ
- Apr 4 Youth & Altar Servers
- Apr 11 Pastoral Care, SSVP, Bible Study
- Apr 18 **10am** Good Friday Way of the Cross

## Parish RENEWAL

We will be hosting a special lunch on the 3rd Sunday of the month from 1pm to 3pm for specific groups of people to discuss our faith experiences and journeys. The first lunch on March 16th will be a gathering for the 2024 baptism families. **Please respond by March 7th.** And on the 4th Sunday of the month we will have a brief faith testimony at the end of each weekend Mass.

**Couples For Christ** invites you to join their 6 week Christian Life Program, every Saturday evening from 6:30pm to 9:30pm in the upstairs Auditorium beginning on March 8th. For further info, call Bro Dennis 825-712-8930, Bro Cesar 587-897-0908, Bro Ricky 403-873-1383



## St. Vincent de Paul Society

403-252-2790 ext. 223



## PANTRY NEEDS

Jam

*During Lent we can reflect upon who in our lives need us and whether we love them as we want to be loved. And we can look at the deeper things, like our anger or how we treat others, and our response to those who are our "enemies." What is most important, beyond a sharper examination of our consciences, is to see this as a time for God's grace to work in us and a time to ask God for the graces we need.*



## Overview of scheduled events:

Mar 7: Stations of the Cross, 7:30pm

Mar 8: World Day of Prayer

Mar 14: Stations of the Cross, 7pm

Mar 21: Stations of the Cross, 7pm

Mar 28: Stations of the Cross, 7pm

Apr 4: Stations of the Cross, 7:30pm

Apr 10: **LENTEN PENITENTIAL SERVICE 6-8pm**

Apr 11: Stations of the Cross, 7pm

Apr 13: Palm Sunday

Apr 17: **Holy Thursday**, 8pm Mass

Apr 18: **Good Friday**. Way of the Cross 10am  
Passion 3pm

Apr 19: Easter Vigil, 8pm

Apr 20: Easter Sunday

Apr 27: Divine Mercy Sunday

May 3-4: **GARAGE SALE** if we have volunteers

Please let us know if you can help. We need people to receive, sort and put price stickers on items.

May 31: Fr. Paul's birthday

June 22: Corpus Christi Procession 12pm

July 6: Stampede Breakfast if we have volunteers

Please let us know if you can help. We need people to setup/takedown tables & chairs, prepare & serve various foods, collect refuse, etc

### 10-Minute Way of the Cross

*We will again be doing the 10-minute Way of the Cross after each Mass on the weekend during the Lenten season. We encourage as many of you to stay as possible.*

## HOLY WEEK

Palm Sunday (Apr 13): 9am & 11am

Holy Thursday (Apr 17): 8pm

Good Friday (Apr 18): 10am Outdoor Way of the Cross, Passion at 3pm

Easter Vigil (Apr 19): 8pm

Easter Sunday (Apr 20): 9am & 11am

## SACRAMENT CLASSES

1st Com Class 2: Mar 8, 10am

1st Com Class 3: Mar 22, 10am

1st Com Class 4: Apr 12, 10am

1st Com Class 5: Apr 26, 10am

**Confirmation Celebration: May 23, 7pm**

1st Com Class 6: May 24, 10am

1st Com Retreat: May 31, 10am

**1st Com Celebration: June 1, 9am Mass**

## Our schools:

Fr. Paul visits all 3 of our schools monthly, offering class visits, Confession, Adoration, and liturgies, all as requested. As well, if your child has received an award or accomplishment, please let Father Paul know so he can recognize them to the parish!



### St. Matthew School

Monthly Newsletter

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



### St. Cecilia School

Weekly Newsletter

<https://secure.smores.com/n/1w63m>

**Playground Donation Link:**  
<https://app.etapestry.com/onlineforms/ParksFoundationCalgary/schools.html>

A playground is more than a play structure. A playground provides vital opportunities for children to practice sharing, cooperation, friendship and inclusion; to work on overall motor skills, improve endurance, flexibility and hand-eye coordination. Building a new, accessible playground will give all children in the Acadia and surrounding neighbourhoods.



### St. William School

Monthly Newsletter

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

## Lenten Penitential Service



Thursday, April 10

6:00pm—8:00pm



**YOU ARE**  
*called*  
YOU MATTER.  
YOU BELONG.

# Diocesan News

[NEWS.CalgaryDiocese.ca](http://NEWS.CalgaryDiocese.ca) | FIND OUT WHAT'S HAPPENING *in the* DIOCESE.

## SACRED *Grace*

CHURCH WEDDING FOR  
CIVILLY MARRIED COUPLES

Your love brought you together, but there's a grace that only God can give—a grace that transforms your union into a sacred bond, reflecting His eternal love. By celebrating the Sacrament of Matrimony in the Catholic Church, you invite Christ to be at the heart of your marriage, strengthening your love and guiding you both on the journey to holiness. It's never too late to take this step of faith! Let's celebrate the love God has planned for you.

### Why Choose a Sacramental Marriage?

**Experience God's Grace:** Receive the spiritual strength to grow in love, face challenges, and live out your vocation together.

**Strengthen Your Family:** Build a foundation centered on faith, hope, and love for your home and future generations.

**Witness God's Love:** Let your marriage be a light to others, showing the beauty of a life lived with Christ.

As part of the Diocesan Pastoral Renewal in this 2025 Jubilee Year of Hope, all civilly married couples are warmly invited to celebrate of the Sacrament of Matrimony, presided over by Bishop William T. McGrattan on **Saturday, September. 13, 2025 at 1:30 pm, at St. Mary's Cathedral.**

***Your marriage is a Gift - Make it a Sacrament.***

### JOIN THE INFO SESSION

Sunday, March 9  
at 6 pm  
[St. Thomas More Parish](#)  
15 Templebow Rd NE

Sunday, March 16  
at **5 pm**  
[St. Patrick's Parish](#)  
1414 Shawnessy Blvd SW

*Updated Time!*

**REGISTER**

A holy Lent begins with a heart open to change. Find tools to deepen your faith with scripture, the sacraments, and spiritual practices. Access resources to guide your Lenten journey in hope through prayer, reflection, and renewal. Visit [catholicyyca.ca/Lent](http://catholicyyca.ca/Lent)

## Pray for Pope Francis

The Holy See Press Office reported on Tuesday evening that Pope Francis remains stable as he receives treatment at Rome's Gemelli Hospital. "The Pope did not run a fever, and he remained alert, cooperative with therapies, and oriented."

Join Bishop William T. McGrattan in celebrating the Solemnity of St. Joseph on **Wednesday, March 19 at 7 pm** at this special Jubilee Year Mass with Apostolic Blessing. Attending this Mass is one of the ways to receive a Plenary Indulgence during the Jubilee Year 2025, under the usual conditions of sacramental of reconciliation, Holy Communion, and prayer for the Holy Father's intentions. All are welcome!

## Pastoral Care Ministry Training

If you are called to minister to the sick, elderly, dying, homebound, and bereaved - and approved by your pastor or Pastoral Care Coordinator, you can register for the Pastoral Care Ministry Training at [catholicyyca.ca/pastoralcare](http://catholicyyca.ca/pastoralcare) or contact Mara at 403-218-5521.

**Sat, Mar 15 & Mar 29**, 8:30 am - 3:30 pm at **St. Gerard's Parish, Calgary**. Register by Mar. 9 at [catholicyyca.ca/pastoralcare](http://catholicyyca.ca/pastoralcare)

**Sat, May 24 & Jun 7**, 9:30 am - 3 pm at **Ascension Parish, Calgary**. Register by May 21 at [catholicyyca.ca/pastoralcare](http://catholicyyca.ca/pastoralcare)

## Caring for Seniors -Preventing Elder Abuse & Embracing Cultural Sensitivity Workshop

The Diocese of Calgary invites clergy, pastoral care volunteers, hospital chaplains, and family members to this workshop, designed to equip those serving the elderly with the tools to address elder abuse and provide culturally sensitive support to ethnocultural elderly. For more information and to register: <https://www.catholicyyca.ca/seniors> or call Mara at 403-218-5521.

Date: Wed. March 12, 10am to 3pm. Catholic Pastoral Centre. Lunch and refreshments provided.

Check out **career opportunities** in the Diocese:

[Case Worker \(Full-time\) - Elizabeth House](#)  
[Sacrament Preparation Coordinator \(Part-time\) - St. James, Okotoks](#)  
[Various Positions with St. Mary's University](#)  
[Calgary Catholic School District](#)  
[Christ the Redeemer Catholic Schools](#)  
[Holy Spirit Catholic School Division](#)  
[Medicine Hat Catholic Board of Education](#)  
[Conseil scolaire FrancoSud](#)  
[Clear Water Academy](#)  
[Covenant Health](#)  
[Director of Musical Worship - St. Andrew's Cathedral, Dio. of Victoria](#)  
[Stewardship and Fund Development Lead - Archdio. of Edmonton](#)

Visit [www.catholicyyca.ca/careers](http://www.catholicyyca.ca/careers) for more information and details.



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**K of C**

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make a difference!

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

**Knights of Columbus**



# KIDS' PAGE



*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?*

# DIRECTORY

**Pastor** Fr. V. Irudaya Paul Raj, SAC 403-700-9345  
**Parish Office** Christine Thibeault 403-252-2790  
[office@stceciliacalgary.com](mailto:office@stceciliacalgary.com)  
**Choir Director/ Organist** Ross N. Ferby 403-253-6757  
[rossnferby@shaw.ca](mailto:rossnferby@shaw.ca)  
**5pm Choir** Marie Hill 403-252-3456  
**Bookkeeper** David Mu  
**Finance Council** George Fournier 403-271-4628  
**Parish Council** Joy Obah 403-975-4855  
**Maintenance** Christian Amizola  
[st.cecilia.maintenance.coord@gmail.com](mailto:st.cecilia.maintenance.coord@gmail.com)  
**Pastoral Care** Connie Claeys 403-931-4840  
**Altar Servers** Martin Elifoh  
**Ministry** Kelly Sereda  
**Scheduling** [sacraments@stceciliacalgary.com](mailto:sacraments@stceciliacalgary.com)  
**Sacrament Coordinator** Kelly Sereda  
[sacraments@stceciliacalgary.com](mailto:sacraments@stceciliacalgary.com)  
**Campus Flowers** Sandra Dawson 403 259-3829

**Knights of Columbus** Danny Barth 403-278-4347  
**CWL** Pauline Michaniuk 403-899-0118  
**St. Vincent de Paul** Heather Sereda 403-252-2790 ext. 223 (voicemail)  
**Couples for Christ** George Fournier 403-804-8446  
**Orly Alcantara** 403-263-3510  
**Library** Lucia Graham 403-710-7995  
**Prayer Shawl Ministry** Donna Suderman 403-252-2718  
**Francis Klein Ctr** 403-255-4480  
**Nat. Family Planning** Pavla D'Souza 403-278-9677  
**St. Matthew Sch** Josie Caruana (Principal) 403-500-2030  
**St. Cecilia's Sch** Teresa Cusano (Principal) 403-500-2040  
**St. William Sch** Erin MacLachlan (Principal) 403-500-2055  
**Bible Study** Parish Office 403-252-2790  
**Youth Coordinator** Veronica Planicka [st.cecilaparish.youth@gmail.com](mailto:st.cecilaparish.youth@gmail.com)

ROOM BOOKINGS		
Mon	Mar 10	5:00pm—Funeral †Tony Braummuller
Tues	Mar 11	9:00am—MASS (rosary at 8:30am) 10:00am—Bible Study (Boardroom) 7:00pm—RCIA (Auditorium) 7:00pm—CWL (Hall)
Wed	Mar 12	9:00am—MASS (rosary at 8:30am)
Thur	Mar 13	9:00am—MASS (rosary at 8:30am) 7:00pm—Confirmation Class (Auditorium)
Fri	Mar 14	9:00am—Adoration All Day 3:00pm—Divine Mercy 5:30pm—Legion of Mary—(Boardroom) 7:00pm—STATIONS OF THE CROSS 7:30pm—Couples For Christ (Auditorium)
Sat	Mar 15	9:00am—MASS (rosary at 8:30am) All Day—Couples For Christ (Auditorium) 3:00pm-4:00pm—CONFESSION 5:00pm—MASS
Sun	Mar 16	9:00am—MASS 11:00am—MASS 1:00pm—Renewal Lunch Program



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 Phone: 403-253-7820 x 224 [ken@certifiedalarms.ca](mailto:ken@certifiedalarms.ca)



The parish extends its deepest condolences to Nelly Braummuller on the loss of her husband †Tony Braummuller who passed away December 24. The funeral for Tony will be held on Monday, March 10 at 5pm.

The tax receipts for 2024 have now all been mailed. The St. Vincent de Paul tax receipts were all be mailed a few weeks ago for those who gave through their envelopes (donations made to SSSVP through a parish envelope will be on your parish tax receipt).