

**ST. CECILIA'S PARISH**  
**6th Sunday of Ordinary Time**  
**February 14 15**



DO NOT THINK THAT I HAVE  
COME TO ABOLISH THE LAW OR  
THE PROPHETS; I HAVE COME

not to abolish,  
but to fulfill.

MATTHEW 5:17



# 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

## **Ash Wednesday Mass Times**

9 am & 7 pm

## **A Day of Fasting and Abstinence**

Ash Wednesday is an obligatory day of fasting and abstinence from meat. The law of fasting binds all Catholics aged 18-59. Fasting means eating one full meal and two other meals that together do not equal a full meal. The law of abstinence from meat binds all Catholics aged 14 and older.

## **Fridays during Lent (and the Rest of the Year)**

Fridays throughout the year - not just during Lent - are obligatory days of abstinence from meat, except when a Solemnity falls on a Friday. The Canadian Conference of Bishops has decreed that one may substitute abstaining from meat with another act of piety or charity.

## **Stations of the Cross**

Every Friday during Lent @ 7 pm.

*Confessions will be heard **before** the Stations from 6-6:45 pm and **after** the Stations.*

## **BAPTISM CLASSES**

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

- 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 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**

**Tuesday, February 17th**

9:00 am **Juliet & Ralph Pangilanan safe travel**

**Wednesday, February 18th**

9:00 am **Fe Baptista birthday blessings**

**Thursday, February 19th**

9:00 am † **All the souls in Purgatory**

**Friday, February 20th**

9:00am: **Nicholas & Jacob Dampson**

**Saturday February 21st**

9:00am: **Jaubran Habash birthday blessings**

5:00pm : **Fr. Lukas Drapal Birthday Blessings**

**Sunday February 22nd**

9:00 am : **Makenna Andre Birthday blessings**

11:00 am **All parishioners, living & deceased**

## Mass Readings

**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**

**Monday, February 16**

**James 1.1-11,**

**Mark 8.11-13**

**Tuesday, February 17**

**James 1.12-18**

**Mark 8.14-21**

**Wednesday, February 18**

**Joel 2.12-18**

**2 Corinthians 5.20 –6.2**

**Matthew 6.1-6, 16-18**

**Thursday, February 19**

**Deuteronomy 30.15-20**

**Luke 9.22-25**

**Friday, February 20**

**Isaiah 58.1-9**

**Matthew 9.14-15**

**Saturday, February 21**

**Isaiah 58.9-14**

**Luke 5.27-32**

**Sunday February 22**

**Genesis 2.7-9, 16-18,25; 3.1-7**

**Romans 5.12-19**

**Matthew 4.1-11**



**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.



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## 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.*

### **New E-Bulletin Format**

We are preparing to move to a new delivery format for our e-bulletin starting next Sunday. Our goal is to provide a bulletin that is easier to read and more thoughtfully organized

Rather than a simple file attachment, you will receive a formatted digital newsletter that brings our parish news, liturgical schedules, and ministry updates directly into view. For those who prefer the traditional layout, each edition will still include a link to the familiar paper bulletin distributed at Mass.

What to look for starting next week:

**New Delivery:** The bulletin will be distributed via MailerLite. The sender will still be clearly marked as St. Cecilia's Parish.

**Inbox Placement:** If you do not see the new bulletin in your inbox next Sunday, please check your "Junk" or "Promotions" folder. Moving the email to your primary inbox will ensure you continue to receive our updates.

We appreciate your patience during this transition as we work to better serve our parish community.

### **Workshop for Extraordinary Ministers of Holy Communion**

Tuesday, Feb. 24 @ 7 pm

This workshop is required for all new and existing Extraordinary Ministers of Holy Communion. If unable to attend, please notify the parish office.

### **Workshop for Lectors**

Thursday, March 5 @ 7 pm

This workshop is required for all new and existing Lectors. If unable to attend, please notify the parish office.



Email the parish office or scan the QR code to be added to the list. Your email address is kept private and is not visible to anyone.



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Room Bookings		
Mon	Feb 16	
Tue	Feb 17	9:30am Bible Study (BdRoom)
		7pm RCIA (BdRoom)
Wed	Feb 18	
Thu	Feb 19	
Fri	Feb 20	3pm Divine Mercy
		5:30pm Legion Mary (BdRoom)
Sat	Feb 21	1st Communion Class (Aud)
Sun	Feb 22	

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:

## KOFC

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.smores.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.catholicyc.ca/multiplythehope](http://www.catholicyc.ca/multiplythehope)

## Pastor's Message

This Wednesday, we enter the holy season of Lent. At Mass, ashes will be placed on our foreheads as a reminder of our mortality and a sign of our resolution to do penance for our sins.

Through the observance of Lent, which Pope Benedict XIV called the "badge of the Christian warfare," we enter more deeply into the mystery of Christ's suffering and are thereby prepared to share in His glory.

### Fasting

One of the principal practices of Lent is fasting. Traditionally, Christians would fast throughout Lent by eating only one full meal a day except on Sundays. Although this practice is no longer obligatory, it's good to do a little more penance than just fast on Ash Wednesday and Good Friday and abstain from meat on Fridays. St. Thomas Aquinas mentions three benefits of fasting: 1) it curbs the lusts of the flesh; 2) it raises our minds to heavenly things; 3) it atones for sin. Christ tells us that fasting helps expel demons (Mark 9:29).

If you're not used to fasting very much, don't start eating only one meal a day. Instead, begin with something easier, like not snacking between meals. Then, once you've gotten used to that, you can start working your way up to more rigorous forms of fasting, according to your health and strength.

The two other practices of Lent are prayer and almsgiving. Almsgiving refers to all the works of mercy. There are seven works of mercy pertaining to the body and seven pertaining to the soul.

### Corporal Works of Mercy

1. To feed the hungry. 2. To give drink to the thirsty. 3. To clothe the naked. 4. To shelter the homeless. 5. To visit the sick. 6. To visit the imprisoned. 7. To bury the dead.

### Spiritual Works of Mercy

1. To admonish sinners. 2. To comfort the sorrowful. 3. To counsel the doubtful. 4. To instruct the ignorant. 5. To forgive offenses. 6. To bear wrongs patiently. 7. To pray for the living and the dead.

The observance of Lent is vital not only for our own growth in holiness but also for the good of the whole Church and of society. A holy Lent to all of you!



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Assembly of Western Catholic Bishops (AWCB)

Assemblée des évêques catholiques de l'Ouest (AECO)

## Message of Sympathy on Behalf of the Western Canadian Catholic Bishops

February 11, 2026

Dear Brothers and Sisters,

With profound sorrow, we mourn the tragic loss of life in Tumbler Ridge. On behalf of the Western Canadian Catholic Bishops, I extend heartfelt condolences to the families of the victims, to those who were injured, and to all who have been deeply affected by this devastating act of violence.

In this time of anguish, we turn to prayer. We entrust those who have died to the merciful love of God, asking that He grant them eternal rest. We pray for healing for the injured, comfort for grieving families, and peace for the students and staff who endured such fear.

Sacred Scripture reminds us: "The Lord is near to the brokenhearted, and saves the crushed in spirit" (Psalm 34:18).

May Christ, our hope and our peace, draw near to all who are suffering. We ask Our Lady, Queen of Peace, to intercede for this wounded community and for all of Canada.

Be assured of our prayers and solidarity.

*+ Stephen A. Hero*

✠Stephen A. Hero

Archbishop of Edmonton

On behalf of the Assembly of Western Catholic Bishops