

St. Thomas More Parish: 15 Templebow Road NE, Calgary AB T1Y 6J3

Phone: (403) 285-3773 | Fax: (403) 293-8754

Pastor: pastor@stthomasmore.ca

Associate Pastor: associate@stthomasmore.ca

Parish Office: secretary@stthomasmore.ca | **Website:** www.stthomasmore.ca

Office Hours: Monday & Sunday - Closed
Tuesday to Saturday - 10:00am to 3:00pm (Office is closed for Lunch
from 12:30pm to 1:30pm)

A collaborative ministry of the Carmelite Fathers and Lay Parishioners



1st Sunday of Lent, February 21/22, 2026

Pastor:

Fr. Jerald D'Souza, OCD

Associate Pastor:

Fr. Alexander Braganza, OCD

Permanent Deacons:

Deacon Norman Dumais

Deacon Dale Laing

Office Assistant:

Rachael Ramaswamy

Administrative Assistant:

Fe Badajos

Bookkeeper:

Cindy Kreutzer

Hospitality:

Everyone in the Parish!

Weekday Mass Schedule:

Monday to Saturday: 9:00am

Weekend Mass Schedule:

Saturday: 4:00pm

Sunday: 8:30am, 10:30am,
12:30pm & 5:00pm

Igbo Mass:

First Sunday of the Month: 2:00pm

Adoration:

First Friday of the month:
9:30am to Noon

Reconciliation:

Tue., Wed., Thu., & Fri.:
After the morning Mass
Saturday: 2:30pm to 3:30pm

Baptisms:

An initial appointment with
one of the Priests is required
before attending a session.

Confirmation:

On-line registration is now open
at www.stthomasmore.ca

Society of St. Vincent De Paul:

(403) 975-4318 (Food Hampers)

WE HAVE HEARD the story of The Fall many times. For centuries, theologians and lay people alike have debated who as to blame for Adam and Eve's disobedience. In the Garden of Eden, God gave them one simple rule, and yet they were unable to keep it. They could not resist temptation.

Obedience is not always difficult — think of how we stop at a red light or follow the guidance of an instructor. Our struggle with obedience can become more apparent in relationships and spiritual matters. In our everyday lives, we encounter moments where obedience is a battleground. Whether it's submitting to a boss at work, yielding to our spouse's wisdom, or adhering to Church teachings, situations force us to confront our pride and self-will. This is where true growth happens. While we know we can't achieve perfection, reflecting on Christ's perfect obedience does offer us hope. Remembering that Jesus is both fully God and fully human helps us understand the strength he drew on to resist temptation.

This Lent, let us grow in the virtue of obedience. May we draw closer to Christ, recognizing him as Our Savior in resisting Satan's call to sin. We can join the psalmist and humbly pray for cleansing and pardon in the sacrament of reconciliation, seeking renewal and grace.

(Living with Christ, February 2026) - Dorothy Pilarski

Readings:

1st Reading: Genesis 2.7-9, 16-18, 25; 3.1-7

2nd Reading: Romans 5.12-19

Gospel: Matthew 4.1-11

Both Luke and Matthew write a detailed account of Jesus being tempted in the desert right after the "high point" of Jesus' baptism in the Jordan. It is not accidental that each temptation occurs in a special place: the desert, the temple, and the mountain. The Bible tells us that each of these places pulsates with the possibility of encountering God there. One by one, Jesus needs to make clear choices as to what kind of Messiah God intends him to be. This passage also has both Satan and Jesus quoting Scripture, thereby illustrating that knowing Scripture is not enough — it must be properly interpreted and lived out.

- What temptations in your life most challenge your faith commitment to Jesus?
- Have you ever faced temptations in the process of clarifying your God-given mission?
- Who or what helps you to be true to your faith and to Jesus Christ our savior?

(Reflection: Diocese of Saskatoon)

One whose soul is in disorder; whose mind is wandering with vain, useless thoughts, cannot pray. To pray, we must unite the flesh and its feelings to the soul with its imagination, memory and will. - St. Frances Xavier Cabrini

Weekly Mass Intentions: February 23 to March 1

Feb. 23	Mon	9:00am	Virginia Seupersad (INT) Shalini Madhura (RIP)
Feb. 24	Tue	9:00am	Antonio Roxas Jr. (RIP) Joseph Nguyen Kim Thien (RIP)
Feb. 25	Wed	9:00am	Heng Family (INT) Alfredo Daro Betinol (RIP)
Feb. 26	Thu	9:00am	Kathleen Kearney (INT) Kingsley Rodrigo (RIP)
Feb. 27	Fri	9:00am 7:00pm	Joseph Nguyen Kim Thien (RIP) Souls in Purgatory (RIP)
Feb. 28	Sat	9:00am 4:00pm	Thanksgiving intentions to St. Joseph & Our Lady of Mt. Carmel & Holy Spirit (INT) Lorette Thibert (INT))
Mar. 01	Sun	8:30am 10:30am 12:30pm 5:00pm	Jacinto Mappala (INT) D.P. John (RIP) Guadalupe Cristobal (RIP) Henry Yasul (RIP) Lawrence Chin (RIP) John Hagel (RIP) For all parishioners (INT) Ambrose Walton (RIP)

TOGETHER IN ACTION

The TIA 2026 is \$49,139.00
Collection up-to-date is \$4,286.00
Surplus funds will be used for new OCIA gowns.

Taize Lenten Prayer Retreat

Canadian Martyrs Parish invites all to a Taizé-style Lenten prayer with meditative chant led by St. Luke's 7:30pm Choir and a reflection by Fr. Gabriel Arihi. **Fri., Mar. 6 at 7pm at Canadian Martyrs Parish, Calgary.** All are welcome.

Men's Conference at St. Peter's Calgary

Weekend of Mar. 13-14 at St. Peter's Parish, Calgary
A men's conference focused on faith, brotherhood, and commitment, with the theme: A Heroic Call to Action.

Lenten Season Reflections

**Saint of the Week - February 23
Saint Polycarp**

Polycarp is one of the Fathers of the early Church, and his letter to the Philippians is one of the early pieces of Christian writing in existence today. A disciple of the apostle John, he was a leader of the second generation of Christians who were not eyewitnesses to the death and resurrection of Our Lord. Extremely influential in the catechesis and initiation of new Christians, he was named bishop of Smyrna, located in modern-day Turkey. Polycarp was martyred for his faith about the year 155, at the age of 86. He is a patron of those suffering from earaches.

(Living with Christ, February 2026)

All Fridays in Lent:-

Masses at 9am & 6:00pm
Stations of the Cross at 6:30pm
Adoration & Lenten Preaching 7:00pm to 8:00pm

Lenten Confessions Times

Sat., March 21, 2026 2:30pm to 3:30pm
Thu., March 26, 2026 7:00pm to 8:00pm

**First Holy Communion Program 2026
Important Dates to Remember**

Gathering #4 Sat., March 7 10am - 12noon
1pm - 3pm

Deadline for online registration for Confirmation is on Tuesday, March 31, 2026. Parent Orientation will be held on Saturday, March 14, 2026 from 10 - 12pm

**PILGRIMAGE TO AUSTRIA, CZECH REPUBLIC,
POLAND, SLOVAKIA & HUNGARY**

Under spiritual guidance of Fr. Jerald D'Souza, OCD
Pastor of St. Thomas More Parish, Calgary, AB
**Oct. 12 - 23, 2026 12 days CA\$5,190
(Taxes & Tips Incl.) for Calgary Departure**
Visiting: Brno, Prague, Czestochowa, Krakow, Kosice,
Bratislava, Budapest, Vienna
CA\$90 OFF for non-credit card payment!

Calgary Catholic Education Foundation

For **140 years**, Catholic education has been a gift—and it needs all of us to uphold it, even beyond having children in school. Our Bishops have asked parishioners to continue supporting Catholic education, as we no longer participate in casino fundraising—so **your prayer and your direct support matter more than ever**. Support **64,000 students in 120 schools** through the **CCEF 50/50 (Draw: March 3)** at [theccfaffle.com](https://www.rafflebox.ca/raffle/theccf_2026cash). **Catholic Education Matters.**

<the actual link is: https://www.rafflebox.ca/raffle/theccf_2026cash>