

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

A collaborative ministry of the Carmelite Fathers and Lay Parishioners



1st Sunday of Lent, March 8/9, 2025

Pastor:

Fr. Jerald D'Souza, OCD

Associate Pastor:

Fr. Alexander Braganza, OCD

Permanent Deacons:

Deacon Norman Dumais

Deacon Dale Laing

Deacon in Training:

Cruzel Lacao

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:

Wednesday, Thursday & Friday:

After the morning Mass
Saturday: 3:00pm to 3:45pm

Baptisms:

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

Confirmation:

Registration is closed.

Society of St. Vincent De Paul:

(403) 975-4318 (Food Hampers)

Today is First Sunday of Lent, four days after Ash Wednesday.

Is fasting still relevant today? Or is it completely outdated? I believe that each of us benefits from stepping away from our daily routine, making a change—whether in ourselves, at home, or wherever it may be. In a similar way, the time leading up to Easter should be for us—a time of calm, of stepping lightly, of pausing, and of preparing for the greatest feast: the Resurrection. Fasting can take many forms; we can fast with all our senses:

Fasting with our eyes:

Fasting from computers and television, instead taking in the awakening nature around us, focusing less on ourselves and more on others.

Fasting with our ears:

Refraining from constant loud music and noise, instead listening to the softer tones, paying attention to what others are telling us, hearing the voice within—do we hear God?

Fasting with our mouth:

Abstaining from excessive indulgence, reducing unhealthy habits, instead embracing a healthier lifestyle, treating nature's gifts with care and sustainability.

Fasting with our hands:

Avoiding rushed and frantic actions, instead taking more time, letting our hands rest, eliminating unnecessary activities, and using our hands to help instead.

Fasting with our feet:

Reducing constant movement and busyness, instead allowing ourselves and our families more peace, perhaps finally making long-overdue visits. You may think of many other things you can consciously do or refrain from doing in the coming weeks leading up to Easter. Perhaps you will also take advantage of the offerings from our churches, which can enrich this time for you and provide a moment of retreat.

Wishing you all a meaningful and blessed time.

Message from our Pastor, Rev. Jerry D'Souza, OCD

Sacred Grace invites civilly married couples in our Diocese to embrace the Sacrament of Matrimony, with a special celebration presided over by Bishop McGrattan on Saturday, Sep. 13, 2025 at 1:30pm at St. Mary's Cathedral. Learn more at catholiccyyc.ca/sacredgrace. Any questions about the initiative can be directed to Deacon Greg Barcelon at greg.barcelon@calgarydiocese.ca.

***Set your clock one hour forward before going to sleep on Sat., Mar. 8.
Daylight Savings Time begins Sun, Mar. 9***

Happy International Women's Day March 8, 2025

Weekly Mass Intentions: Mar. 10 to Mar. 16

Mar. 10	Mon	9:00am	Cathy Allen (INT) Ramon Reyes (RIP) Robert Oboh (RIP)
Mar. 11	Tue	9:00am	John Kee (INT) Nancy & Larry Huynh (INT) Benedicto Malig (RIP) Lois Morrison (RIP)
Mar. 12	Wed	9:00am	Felicitas Yason (RIP) Marvin Diaz (RIP) Estelita Sapanghila (RIP) Leticia Lamano (RIP)
Mar. 13	Thu	9:00am 6:30pm	All Priests & Religious (INT) Consuelo Paguio (RIP) Balea (INT)
Mar. 14	Fri	9:00am 7:00pm	Souls in Purgatory (RIP) Teklehaymanot Jimie (RIP) Gedit Zekaryas (RIP)
Mar. 15	Sat	9:00am 4:00pm	Moyra Chavarria (INT) Regino Alvares (RIP)
Mar. 16	Sun	8:30am 10:30am 12:30pm 5:00pm	Christine Blanco & Family (INT) Lorraine Swanson (RIP) Teresa Trinh Nguyen (RIP) Porfirio Junjun Telen (RIP) Rafael Sarga (RIP) Ordulla Generaga (RIP) Genaro Acosta Sr. (RIP) For the People (INT)

TOGETHER IN ACTION

The TIA 2025 is \$49,139.00

Collection up-to-date \$8,113.50

All surplus will go towards repair and renovation
of the basement washrooms.

Readings: **1st Reading: Deuteronomy 26.4-10**
 2nd Reading: Romans 10. 8-13
 Gospel: Luke 4.1-13

Luke's account of the temptations follows right after the genealogy, which concludes "son of Adam, son of God." Adam, who was also God's son and tempted in the garden, failed the test. Jesus, the son of God, was tempted in the wilderness, and passed the test. This sets up an interesting parallel between two contrasting ways of responding to "divine provenance."

- How do the three temptations connect with the three ways the church invites us to observe Lent: fasting, almsgiving and prayer?
- How do the temptations Jesus faced manifest themselves in our world today?
- Which of these temptations plague you the most?

(Reflection: Diocese of Saskatoon)

Easter Basket Raffle Tickets on sale for \$5.00 each.
 Proceeds to maintenance and repair - security gates.
 Draw: Sat., April 26, 2025 after the 4pm Mass.



St Vincent de Paul (Serving families within our Parish boundary).

Hampers requested and served:

Month	# of hampers	Adults served	Children served
Jan	58	115	87
Feb	71	147	161

We are currently in need of canned tomatoes, pasta sauce, peanut butter, canned fruit and canned meat. Any canned or boxed food is most welcome. Place food items in the food bin in the foyer. If you wish to make a tax-deductible donation there are envelopes above the food bin located in the foyer. The secured box for donations is located above the food bin. Thank you for your past food and financial donations 🙏

Lent Schedule

• On Fridays

6:30pm - 7:00pm Stations of the Cross

7:00pm - Mass

7:30-8:30pm - Exposition of the Blessed Sacrament

• On Thursdays starting March 13, 2025

THE MASS EXPLAINED

At. St. Thomas More Parish

Starting with Mass at 6:30pm.

Followed by knowledge session

at 7:00pm in the large hall in the basement.

Learn why the Mass is a Mystery. Understand its History. Know its Biblical Roots. Become active participants in the sacramental and liturgical life of the Body of Christ.

Everybody is WELCOME!

First Holy Communion Dates for 2025

March 15 & 16

Fifth Gathering

Confirmation Dates for 2025

March 15

Third Gathering

Welcome to our Faith Family

Congratulations to Brianna Rose De Jesus,
 David Hipolito, Eleanor Mayaki, Diana Salazar,
 Jayem Torres and Lysander Ubuane
 who were baptized in our parish this past week.