

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



6th Sunday in Ordinary Time, February 14/15, 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)

IN TODAY'S GOSPEL Jesus affirms that he has not come to abolish the Law or the Prophets but to fulfill them. Outward conformity to the law is insufficient. Jesus invites us to something more: a conversion of heart. This at times calls us beyond our current age's sense of what is right or fair.

It can be tempting, when we are struggling individually or as a couple, to live our marriage as a contract rooted in laws instead of a covenant founded in love. Today's Gospel reminds us that our marriage needs to go beyond the letter of any agreement; this beautiful sacrament calls us to share truthfully of our gifts and our brokenness. We are invited into a love without condition that leads us beyond the law to freedom.

This does not mean we do not make mistakes or that there is no struggle. By virtue of free will we wrestle with discerning true wisdom, for as Sirach says, "God has set before us fire and water to whichever we choose." But God is not asking us to choose perfect conformity to rules. He wants us to know ourselves as beloved. Grounded in that deep knowing, we are compelled to love gratuitously. After all, as St. Irenaeus reminds us, the glory of God is the human person fully alive.

(Living with Christ, February 2026) - Vanessa & Michael Nicholas-Schmidt

Readings:

1st Reading: Sirach 15.15-20

2nd Reading: 1 Corinthians 2.6-10

Gospel: Matthew 5.17-37

As a devout Jew, Jesus adhered to the Torah — the Jewish "Law of Moses"— and he was zealous about God's commands. At the same time, he goes deeper than merely keeping the law, he also stresses love, justice, mercy and faith. In this passage from Matthew, Jesus reveals that God's commandments are to govern our hearts, thoughts and intentions, and not only our actions. "Tearing out one's eyes" or "cutting off one's hand or foot" are examples of hyperbole — or exaggerated speech — which is used to make a strong point about the call to conversion. The message is that sight and limbs are to be used for God's glory, and never to abuse others or treat them as objects. Jesus stresses the dignity of the human person, and proclaims God's design for our lives and our interactions with others.

- Is "following the commandments" different than living as a transformed follower of Jesus?
- What part of Jesus' teaching challenges you the most? What comforts you?

(Reflection: Diocese of Saskatoon)

Divine Mercy Lenten Retreat

A healing Lenten retreat with a focus on overcoming fear, loneliness, and hopelessness, with Sisters of Divine Mercy. There will be Adoration, Confession, Rosary, Mass, talks, healing prayer, and anointing.

Sat., March 21, 9:30am to 2pm at Our Lady of the Assumption, Calgary.

Weekly Mass Intentions: February 16 to February 22

Feb. 16	Mon	9:00am	George Walton (INT) Edwin Gaoat (INT)
Feb. 17	Tue	9:00am	Rochelle Velasco (INT) Moyra Walton (RIP)
Feb. 18	Wed	8:00am 9:00am 5:00pm 7:00pm	Zeny Palmer (INT) Ethan Lawrence (INT) Valerie DeLay (INT)
Feb. 19	Thu	9:00am	John Landry (INT) Evelyn Chua (INT) Maline Fernando (RIP)
Feb. 20	Fri	9:00am 7:00pm	Luz Cia (INT) George Varkey Mullakariyil (RIP)
Feb. 21	Sat	9:00am 4:00pm	Ruth Gomes (INT) Joseph Nguyen Kim Thien (RIP) Kingsley Rodrigo (RIP) Ver Cruz (RIP)
Feb. 22	Sun	8:30am 10:30am 12:30pm 5:00pm	William & Zena Andrade (RIP) Antonio Colabella (RIP) Leonor Kumaraswamy (INT) Mario Zamora (RIP) Greg Conde (RIP) For all parishioners (INT)

TOGETHER IN ACTION

The TIA 2026 is \$49,139.00

Collection up-to-date is \$3,442.00

Surplus funds will be used for new OCIA gowns.

Together in Action 2026

The 2026 Together in Action campaign begins on **Ash Wednesday, February 18, 2026**. The theme for this year's TIA is inspired by the Jubilee Year of St. Francis of Assisi. *"But someone will say, 'You have faith and I have works.' Show me your faith without works, and I by my works will show you my faith."* (James 2:18)
Learn more about TIA 2026 at catholicyc.ca/tia

Contemplative Prayer for Lay People (in Spanish)

Hosted by Mary, Mother of the Redeemer Parish and the Catholic Secular Association of Missionaries of God's Love for Spanish-speaking individuals and communities, this gathering promotes the practice of contemplative prayer in the life of the layperson. A time to order the heart, quiet anxieties and discern God's will together in daily life. When: **Fourth Tuesday of each month, from 7pm to 8:30pm at Mary, Mother of the Redeemer Parish, Calgary** (en Español). The evening begins with Mass and continues in the John Paul II Hall. Organized by the Society of Missionaries of the Love of God. For more info, contact Luis at 403-800-6108.

We must pray without ceasing, in every occurrence and employment of our lives — that prayer which is rather a habit of lifting up the heart to God as in a constant communication.
St. Elizabeth Ann Seton

Saint of the Week - February 21

Saint Peter Damian

Saint Peter Damian is a Doctor of the Church, so honoured for his writings, as well as his work for reform and renewal of the Church. Peter was born in 1007 into a large family in Ravenna, Italy. He was orphaned at a very young age, and the first brother to care for him treated him very badly. Another brother, however, a priest in Ravenna, recognized Peter's brilliance and arranged for schooling. Peter appreciated this so much that he took on his brother's name and called himself Peter Damian. He became a hermit monk and was eventually chosen as the superior of his community. In 1057 he was appointed the bishop of Ostia. Throughout his life he fought for clerical reform and against the laxness and immorality of the clergy of his day. Eventually, he received permission from Pope Alexander to return to simple life of a monk. He died in 1072.

(Living with Christ, February 2026)

Ash Wednesday, February 18, 2026

Ash Wednesday is a day of fasting and abstinence. Fasting by eating one regular meal and two smaller meals (that together do not equal the regular meal in size), and observe abstinence from meat. Fasting applies to Catholics aged 18 to 59. Abstinence from meat applies to Catholics aged 14 and older.

Mass Time: 8:00am, 9:00am, 5:00pm & 7:00pm

All Fridays in Lent:-

Mass at 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

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!

Multiply the Hope Raffle Ticket

Correction: Raffle Ticket Draw date is

SUNDAY, April 12, 2026 after the 10:30am Mass.