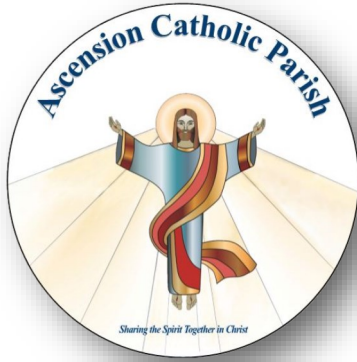
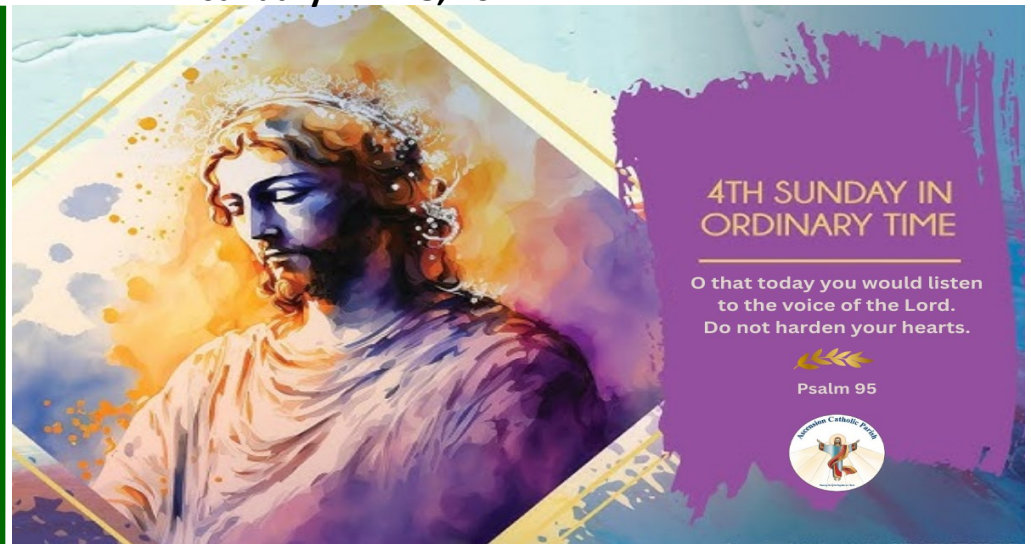


# ASCENSION CATHOLIC PARISH

January 27 - 28, 2024



*Sharing the Spirit  
Together in Christ*



## MASS TIMES

### WEEKDAY MASSES

Monday - Saturday: 9:00am  
Wednesday: 6:00pm

### WEEKEND MASSES

Saturday: 5:00pm & 7:00pm  
Sunday: 8:00am; 10:00am;  
12:00pm & 4:00pm

## PARISH STAFF

**Pastor: Fr. John Gannon**

**Associate: Fr. JP Luxbacher**

**Vicar: Fr. Adrian Martens  
(Sundays)**

**Deacon: Patrick Woo**

**Admin Assist: Jenn Pashula**

**Sacraments: Linda Hengen**

**Communications: Sophia  
Nelson**

**Bookkeeper: Cindy Kreutzer**

**Resource: Connie Raz**

## OFFICE HOURS

Tuesday—Saturday  
9:30am - 4:00pm

*Closed for Lunch 12pm—1pm*

## OUR MISSION STATEMENT

*"To be Missionary Disciples"*

We invite you to encounter Christ deeply in the Eucharist within a vibrant Catholic Community where you can use your gifts and talents to spread the Gospel message with joy.

**Psalm 95: O that today you would listen to the voice of the Lord.  
Do not harden your hearts.**

## 4TH SUNDAY IN ORDINARY TIME

Last week, Jesus announced that the kingdom of God is at hand. This week's gospel tells us how the kingdom of God is brought about through Jesus' words and deeds. He teaches with authority and exercises His dominion, asserting authority over the ruler of the world, Satan. These events take place on the sabbath, a covenantal sign of deliverance over slavery. Jesus is signifying a new creation through God's power at work in the world. How can this be relevant to us in our day and age? How do unclean spirits show themselves in our lives and in the world today? How do we respond and accept Jesus' authority in our lives?

Blessings,

Fr. John Gannon

## FORMED<sup>®</sup>

1 Year Subscription

FORMED is the premier Catholic streaming service, bringing thousands of enriching Catholic movies, programs, audio, and e-books when you sign up with Ascension Catholic Parish.

How to sign up for free:

1. Go to Formed.org
2. Select Sign Up at the top
3. Type Ascension Catholic Parish as your organization
4. Enter your name and email address, and sign up



## CONFESSIONS

Tuesday - Saturday:  
8:15am - 8:45am  
Saturdays: 4:00pm - 4:45pm  
or by appointment

## ANOINTING OF THE SICK

Please call the office at 403.275.2240  
When prompted  
Press 2 for Pastor  
Press 3 for Associate

1100 Berkshire Blvd NW Calgary, AB T3K 3M3

Phone 403.275.2240 | Fax 403.274.3969 | [www.ascensionparish.ca](http://www.ascensionparish.ca)

## MISSIONARY DISCIPLE SPOTLIGHT



Hello, my name is Ify Obeta. I have been serving as an Usher with Ascension Catholic Parish since I came to Canada. I am originally from Nigeria and came to this country in 2008 as an immigrant.

It was my personal decision to serve God in this capacity because I know God has blessed me with an act of service and I love serving people wherever I can. Serving God in this capacity has strengthened my faith, allowing me to represent Him during worship services. I love welcoming guests, seating them for Mass and everything that ushers do. I feel confident and fulfilled to serve and be in His Holy place.

God has blessed me in various ways, and I attribute these blessings to my services to God, knowing that God does not let those who serve Him go empty handed. The blessings in my life are countless, enabling me to stand with confidence and testify to the goodness of God.

My favorite scripture passage is Psalm 84:10, "O God, watch over your shield; look upon the face of your anointed." I feel this is the only way to thank God for His blessings upon my life and family, and I will continue serving Him in any capacity for as long as my abilities allow me.

## ASH WEDNESDAY

February 14<sup>th</sup>, 2024

Mass Times - 7am, 9am, &amp; 6pm



## Old Palms

Blessed Palms are to be disposed of with reverence, old Palms should be burned, buried, or returned to the Church they should never be thrown in the garbage.

Return old Palms into the marked blue bin in the Narthex. No garbage in blue bin please.



## SACRAMENTS

*"Let us keep the flame of faith alive through prayer and the Sacraments; let us ensure we do not forget God." - Pope Francis*

Welcome to Ascension Catholic Parish Sacraments. Our Sacrament Programs for Reconciliation, Holy Communion, and Confirmation run through the school calendar year. The Diocese of Calgary requires students in Grade 2 or higher to receive the Sacrament of Reconciliation before Holy Communion, and for students to be in Grade 6 or higher for Confirmation. Our programs are closed for the school year 2023–2024 and will open for registration for the school year 2024–2025 on **June 1<sup>st</sup>, 2024**. Please mark your calendars to check our [website](#) to register.

**Infant Baptism (Infants 0–5 years):** Parents are asked to contact the Church to register their child for Baptism. Along with the registration, there is required paperwork to be submitted and a Baptism Preparation Class. The classes take place once a month on a Saturday morning. To register or for further information, email [baptism@ascensionparish.ca](mailto:baptism@ascensionparish.ca).

**School-Age Baptism (children 6 and older):** This is a unique program offered for families of school-age children. We offer the program twice a year, once in the spring and once in the fall. Families take part in two classes and submit the required paperwork. Our class for spring 2024 is accepting registrations; please contact [baptism@ascensionparish.ca](mailto:baptism@ascensionparish.ca) to register or for more information.

**Adult Confirmation (adults 18 and over who have been Baptized):** We offer Adult Confirmation Classes for adults who are missing one or more of their Sacraments. The class is offered once a year and aligns with the Confirmation Mass during the Easter Season. For more information, contact [sacraments@ascensionparish.ca](mailto:sacraments@ascensionparish.ca).

**RCIA (Rite of Christian Initiation of Adults):** For adults seeking Baptism and conversion into the Catholic faith, please contact the Parish office for more information at [admin@ascensionparish.ca](mailto:admin@ascensionparish.ca).

**Marriage:** By appointment, 6 months in advance. Please contact the Parish office at [admin@ascensionparish.ca](mailto:admin@ascensionparish.ca).

**Marriage Preparation:** Please contact the Parish office for more information at [admin@ascensionparish.ca](mailto:admin@ascensionparish.ca) or through the Diocese at <https://www.catholiccyc.ca/marriageprep.html>.

**Marriage Convalidation:** Catholics who have had a civil marriage and want their marriage validated as a Sacramental Covenant can prepare for this beautiful ceremony. Please contact the office to begin this process at [admin@ascensionparish.ca](mailto:admin@ascensionparish.ca).

## A CALL TO SERVICE

### FACTS OF FAITH

#### Candles, Candles, Candles

Lighting candles symbolizes Christ as the light of the world. Jesus referred to Himself as the light of the world, and St. John's Gospel connects Christ with the imagery of light in John 1:4: 'In Him was life, and the life was the light of men.' Our candles are required to be made of 51% beeswax for its purity, and when lit, the fragrance fills the air with Christ's grace.

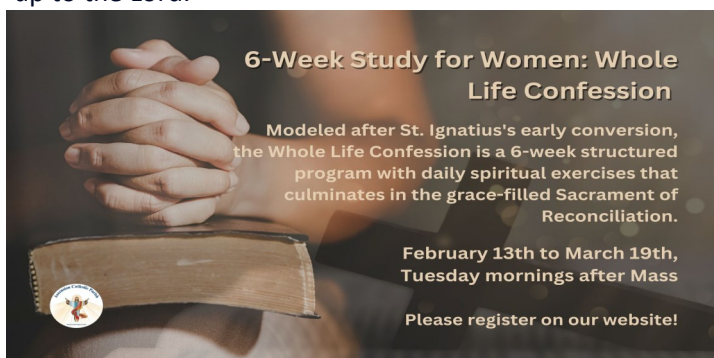
**The Paschal Candle or Christ's Candle**, is lit at the Vigil Mass and remains lit throughout the 50 days of Easter. It is then moved to the baptismal font on Pentecost Sunday. The Paschal Candle bears symbols representing Christ, including the Cross, Alpha and Omega, signifying Christ's presence from the beginning of time to the end of time, the current year, and five grains of incense for the wounds of Christ.

**Altar Candles** on the Altar signify the light of Christ and the reverence of the Mass. Two candles are lit for the lower Mass or our lower feast day, four candles for a solemn Mass, and six candles for a high Mass.

**The Sanctuary Candle:** A red candle beside the Tabernacle, reminds us of the true presence of Christ with us.

**Baptism Candle:** Families receive the baptism candle as a reminder to keep the light of Christ in the child who has been baptized.

**Votive Candles** are for the faithful, for prayers to be sent up to the Lord.



#### 6 - Week Study for Women: Whole Life Confession - Just in time for Lent!

This 6 - week program assists you in integrating your spiritual, intellectual, and psychological/emotional history, offering a holistic, deeply personal, and healing approach to Reconciliation that holds the potential to bring about profound life changes.

**February 13<sup>th</sup> to March 19<sup>th</sup>**, Tuesday mornings after 9am Mass.

Register now on our website at [ascensionparish.ca](http://ascensionparish.ca)!

### FINANCE COUNCIL - IMPORTANT NOTICE!

Tax receipts for **2023** will be issued in February and will be mailed out. If you have had a change of address since you registered with the Parish or over the last year please either email the office at [office@ascensionparish.ca](mailto:office@ascensionparish.ca) with the change of address or fill out the form on our [website](#). Thank you for your cooperation.

### HEALTH AND SAFETY

Our Church is now equipped with an **Automatic External Defibrillator (AED)**, thanks to the Philippine Canadian Nurses Association led by its president, Lucy Reyes. To familiarize yourself with the use of the AED, training sessions will be conducted on February 3<sup>rd</sup> and 10<sup>th</sup>, at 6 pm in Room 4.

If you are interested in attending the training, sign up sheet is placed on the table in the Narthex.

### CANDLEMASS

**Friday, February 2<sup>nd</sup>**, **The Presentation of the Lord** - If you wish to have your candles blessed, please bring and place them on the table in the Narthex before the 9am Mass.

### BLESSING OF THE THROATS -

**Saturday, February 3<sup>rd</sup>** - There will be blessing of the throats after the 9am Mass in memory of St. Blaise.

### MASS INTENTIONS JAN 27-FEB 3, 2024

Jan 27	5pm	For the soul of Marie Ndokaj
Jan 27	7pm	For the soul of Thelma Dilao Concon
Jan 28	8am	Mass for Parishioners
Jan 28	10am	For the soul of Lorraine Evelyne Menard
Jan 28	12pm	For the soul of Baltazar Lapidez
Jan 28	4pm	For the soul of Gigino Cesario
Jan 29	9am	For the soul of Gladys Delfin
Jan 30	9am	For the special intentions of Fidelia & Ken Ochulor
Jan 31	9am	For the special intention of Cynthia Britt
Jan 31	6pm	For the soul of Evonne Blasetti Lajeunesse
Feb 1	9am	For the soul of Lilian Lai
Feb 2	9am	For the soul of John Ibekwe
Feb 3	9am	For the soul of Mayne Root

## MINISTRY CONTACTS

Administrative Assistant: Jenn Pashula | [office@ascensionparish.ca](mailto:office@ascensionparish.ca)  
 Communications: Sophia Nelson | [communications@ascensionparish.ca](mailto:communications@ascensionparish.ca)  
 Volunteer Resource: Connie Raz | [resource@ascensionparish.ca](mailto:resource@ascensionparish.ca)

### SACRAMENTS

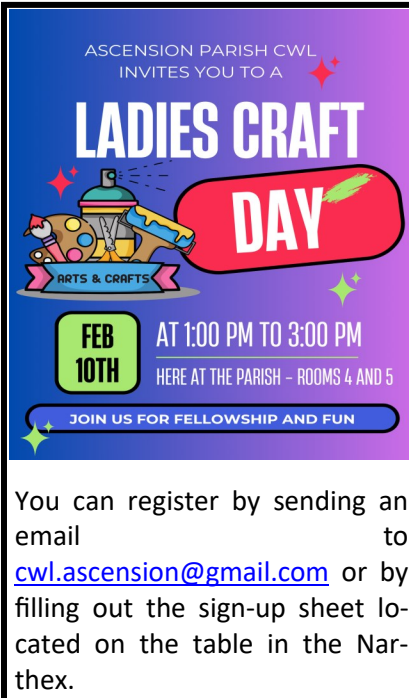
Baptism: Linda Hengen | [baptism@ascensionparish.ca](mailto:baptism@ascensionparish.ca)  
 Sacramental Preparation: Linda Hengen | [sacraments@ascensionparish.ca](mailto:sacraments@ascensionparish.ca)  
 Marriage Prep: Ferdie Gayos | [ferdie.gayos@calgarydiocese.ca](mailto:ferdie.gayos@calgarydiocese.ca)  
 RCIA: Rob Kehrig | [robkehrig@gmail.com](mailto:robkehrig@gmail.com)

### MINISTRIES

Parish Pastoral Council: Rodel Cenabre | [rodelcenabre@gmail.com](mailto:rodelcenabre@gmail.com)  
 Finance Council: Christina Dao | [c\\_dc\\_d@hotmail.com](mailto:c_dc_d@hotmail.com)  
 Building Fund: Mark Holland | [markholland@shaw.ca](mailto:markholland@shaw.ca)  
 Special Events Fundraising: Holly Davidson | [hollyd@telus.net](mailto:hollyd@telus.net)  
 Ex-ord. Min. of Holy Communion: Nadia Oliverio | [nadia.oliverio23@gmail.com](mailto:nadia.oliverio23@gmail.com)  
 Liturgical Ministries: Andrew Harich | [harich0307@gmail.com](mailto:harich0307@gmail.com)  
 Lectors: Andrew Harich | [harich0307@gmail.com](mailto:harich0307@gmail.com)  
 Choirs: Maryna Szojka | [music@ascensionparish.ca](mailto:music@ascensionparish.ca)  
 Sacristans: James Chuah | [jameschuah10248@gmail.com](mailto:jameschuah10248@gmail.com)  
 Ushers: Vinay Parmar | [vparmar@flyht.com](mailto:vparmar@flyht.com)  
 Greeters: Eneyo Eyo | [eneyo.eyo@gmail.com](mailto:eneyo.eyo@gmail.com)  
 Mass Participation Tracker: Flor De Souza | [flordes18@yahoo.ca](mailto:flordes18@yahoo.ca)  
 Weekday Masses: Connie Raz | [connieraz@gmail.com](mailto:connieraz@gmail.com)  
 Ascension Communication Team (ACT) | [office@ascensionparish.ca](mailto:office@ascensionparish.ca)  
 Pastoral Care: Connie Raz | [resource@ascensionparish.ca](mailto:resource@ascensionparish.ca)  
 Youth: | [youth@ascensionparish.ca](mailto:youth@ascensionparish.ca)  
 Art and Environment: Maria San Miguel | [let@shaw.ca](mailto:let@shaw.ca)  
 Altar Serving: Mary Grace Gueco | [server@ascensionparish.ca](mailto:server@ascensionparish.ca)  
 RSVP: Lucy Reyes | [Lucy.reyes@me.com](mailto:Lucy.reyes@me.com)  
 Landscaping Ministry: Vinay Parmar | [vparmar@flyht.com](mailto:vparmar@flyht.com)  
 Property Management Team: Russell Todd | [property@ascensionparish.ca](mailto:property@ascensionparish.ca)  
 Vocation Chalice Coordinator: Violeta Romero | [violy1416@yahoo.com](mailto:violy1416@yahoo.com)

### LAY ASSOCIATIONS

Catholic Women's League: Sheryl Bennett | [cwl.ascension@gmail.com](mailto:cwl.ascension@gmail.com)  
 Knights of Columbus: Chris Rappel | [gk10065@kofc.ab.ca](mailto:gk10065@kofc.ab.ca)  
 Legion of Mary: Mary Shu | [mary.dp.shu@hotmail.com](mailto:mary.dp.shu@hotmail.com)  
 Regnum Christi: Eileen Coady | [calgaryregnumchristi@gmail.com](mailto:calgaryregnumchristi@gmail.com)  
 St. Vincent dePaul : Grant Dusyk | [president.ascension.ssvp@gmail.com](mailto:president.ascension.ssvp@gmail.com)  
 SSV: Hamper Request | 587.755.3855 | [ssvp.ascension@gmail.com](mailto:ssvp.ascension@gmail.com)



ASCENSION PARISH CWL INVITES YOU TO A

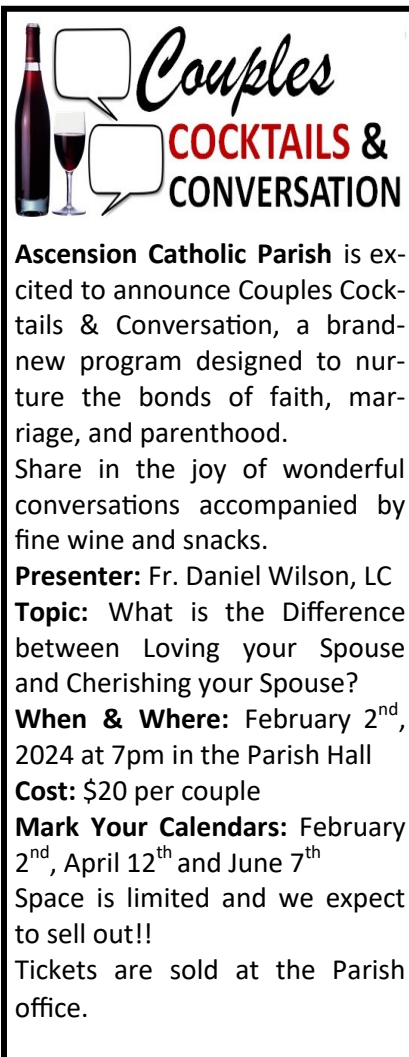
# LADIES CRAFT DAY

ARTS & CRAFTS

**FEB 10TH** AT 1:00 PM TO 3:00 PM  
 HERE AT THE PARISH - ROOMS 4 AND 5

JOIN US FOR FELLOWSHIP AND FUN

You can register by sending an email to [cwl.ascension@gmail.com](mailto:cwl.ascension@gmail.com) or by filling out the sign-up sheet located on the table in the Narthex.



## Couples COCKTAILS & CONVERSATION

Ascension Catholic Parish is excited to announce Couples Cocktails & Conversation, a brand-new program designed to nurture the bonds of faith, marriage, and parenthood. Share in the joy of wonderful conversations accompanied by fine wine and snacks.

**Presenter:** Fr. Daniel Wilson, LC  
**Topic:** What is the Difference between Loving your Spouse and Cherishing your Spouse?  
**When & Where:** February 2<sup>nd</sup>, 2024 at 7pm in the Parish Hall  
**Cost:** \$20 per couple  
**Mark Your Calendars:** February 2<sup>nd</sup>, April 12<sup>th</sup> and June 7<sup>th</sup>  
 Space is limited and we expect to sell out!!  
 Tickets are sold at the Parish office.



## MONTHLY RETREATS

Ascension Catholic Parish joyfully introduces monthly retreats held on the last Wednesday of each month following the 6pm Mass.

Commencing from January through June (minus Holy Week), these retreats provide an enriching opportunity for spiritual growth and reflection. We warmly invite you to join us in this journey of renewal and community.

**First Retreat January 31<sup>st</sup>**

Stay up to date by visiting our Social Media

[www.facebook.com/ascensionparishcalgary](https://www.facebook.com/ascensionparishcalgary) <https://www.instagram.com/ascensioncatholic/>

# Baby Jesus is Presented in the Temple

On February second we celebrate the feast of the Presentation of Jesus in the Temple. That is the day that Saint Joseph and Our Lady took the baby Jesus to the Temple in Jerusalem to consecrate Him to God. The Jews were supposed to dedicate their first-born sons to God, so Mary and Joseph were obedient to the law even though their Baby was God Himself!

This was a most amazing moment, even though almost nobody noticed it: here was the great Temple where the people came to worship God, and now God had actually come into it- as a little Baby! But only Mary and Joseph and the prophets Simeon and Anna knew what had happened.

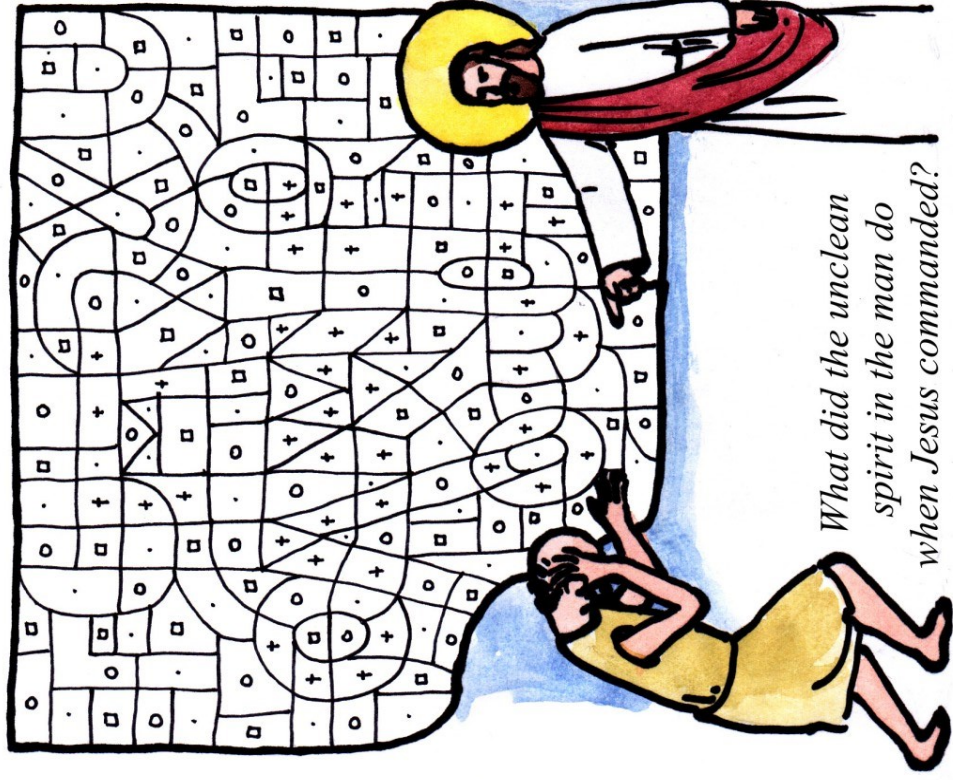
Saint Paul tells us that our bodies are temples of the Holy Spirit. Every time you receive Holy Communion, it's like baby Jesus entering the Temple. When you go to Communion, remember that you know that amazing secret- that even though the rest of the world might not know, you have just received Jesus! What a special moment!



Answer to front page: it came out  
Answers to Unscramble: man, Jesus,  
destroy, holy, come, spirit, voice, they,  
saying, AUTHORITY

# The Kids' Bulletin

4th Sunday in Ordinary Time  
January 28th, 2024

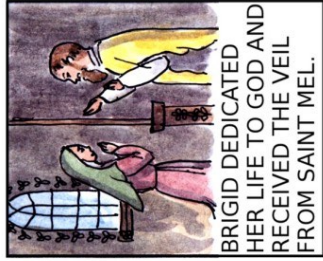


*What did the unclean spirit in the man do when Jesus commanded?*

*Colour in only the spaces that have crosses to find out what it did.*

# SAINT BRIGID OF KILDARE

## FEBRUARY 1



SAINT BRIGID IS HELD IN GREAT HONOUR, ESPECIALLY IN IRELAND, WHERE SHE HELPED SO MANY PEOPLE COME TO GOD. AND YET ALL SHE DID WAS WHAT SHE OUGHT TO HAVE DONE- SHE SHARED FOOD, TAUGHT PEOPLE ABOUT THE TRUTH AND BEAUTY AND MOST OF ALL LOVED GOD. CAN YOU DO THE SAME?

# Unscramble: Jesus Casts out a Demon

Sort out the letters to fill in the blanks.

Use the letters in the boxes to fill in the last row of boxes.

And immediately there was in their synagogue a    (NMA) with an unclean spirit; and he cried out, "What have you to do with us,    (ESSJU) of Nazareth? Have you come to     (YDSEURO) us? I know who you are, the     (OYLH) One of God."

But Jesus rebuked him, saying, "Be silent, and    (MEOC) out of him!"  
 And the unclean     (TRSIPI),  
 convulsing him and crying with a loud  
    (IOCEV), came out of him.

And     (YEHT) were all amazed, so that  
 they questioned among themselves,  
    (YSNIAG), "What is this? A new  
 teaching!

With           he commands  
 even the unclean spirits, and they obey him."

