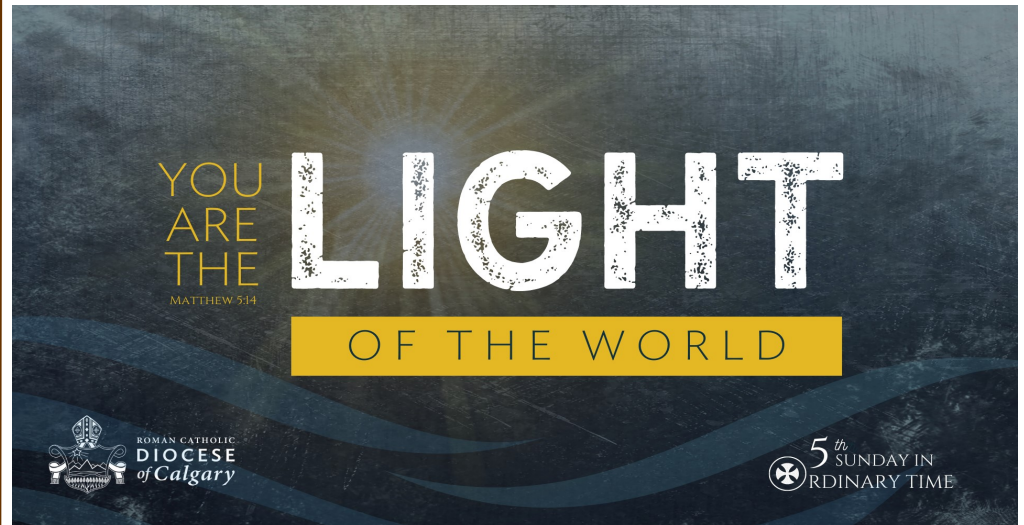


ASCENSION CATHOLIC PARISH

February 4 - 5, 2023



*Sharing the Spirit
Together in Christ*



MASS TIMES

WEEKDAY MASSES

Monday - Saturday: 9:00am

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

Bookkeeper: Nora Alzamora

Resource: Connie Raz

OFFICE HOURS

Tuesday—Saturday
9:30am - 4:00pm

Closed for Lunch 12pm - 1pm

OUR MISSION STATEMENT

Ascension Catholic Parish is a community of disciples of Jesus Christ, the Risen Lord, guided on our journey by the Holy Spirit to further the Kingdom of God, through committed Worship, Catechesis, Fellowship and Service

Psalm 112: Light rises in the darkness for the upright.

5TH SUNDAY IN ORDINARY TIME

Dear friends,

During Ordinary Time, we have the chance to get to know Jesus: His teachings, His works, His attitudes, His actions.

This Sunday, He reminds us that we are the "salt of the earth," and "the light of the world," entrusted with bringing His Message to the world.

Aren't we sometimes afraid to do so? The cure for that is getting to know Him even better, and knowing what He has done for us, in all its glory and simplicity.

In this light, I would personally like to invite you to take part in a faith formation program we are offering, called "The Rescue Project." Fr John our Pastor, is very interested in it, both because it will bring us together as a community, and because it will allow us to carry out our mission of shining God's light and proclaiming Jesus' message. It will be every Tuesday evening from 6:30pm - 8pm, starting Feb. 7 and running until March 28. Don't be shy; you can register on our [website](#).

With prayers, God bless, Fr JP



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

THE RESCUE PROJECT

Beginning Tuesday, Feb. 7th at 6:30pm

Come spend Tuesday nights growing in the faith.

This eight-week program is designed to build community, facilitate conversation and allow time for prayer. If you are looking to expand your knowledge of the core Gospel message in an engaging and interactive way, then this program is for you.

Sign up in the Narthex this weekend or on our website at <https://www.ascensionparish.ca/rescue-project-signup.html>



KNIGHTS OF COLUMBUS

Please join the Knights in praying a Scriptural Rosary on Thursday February 23, 2023 before the morning Mass. The Scriptural Rosary includes a short piece of scripture read before each Hail Mary spoken. The Rosary will begin at 8:20am. Following the 9:00am Mass, the Knights will serve coffee and treats!

CATHOLIC WOMEN'S LEAGUE

Happy Valentine's Day Feb. 14, 2023



Treat your loved ones to a Valentine's Candy Bag on Feb. 11th & 12th after all the Masses. Cost is \$5 and all proceeds go to support the work of the Ascension Parish CWL Council.

The next CWL meeting is Wednesday February 8th at 7pm in meeting rooms 4 & 5. All women are welcome to attend.

PLANNING FOR LENT

ASH WEDNESDAY

February 22nd

Mass Times: 9:00am | 5:00pm | 7:00pm

STATIONS OF THE CROSS

Every Friday in Lent,

Beginning February 24th

Mass | 6:30pm

Stations of the Cross | 7pm

Confession | 7pm



SACRAMENTS

Reconciliation/First Holy Communion: Registration is closed for this year. Registration for the 2023-2024 year will open on June 1, 2023.



Confirmation: Registration is closed for this year. Registration for the 2023-2024 year will open on June 1, 2023.

Sacraments for Teens: Registration is closed for this year. Registration for the 2023-2024 year will open on June 1, 2023.

Baptism for School Aged Children: In collaboration with our Catholic Schools, we offer Baptism for School Aged Children between the ages of seven and twelve. Fall classes are completed. Our next session is in June; please register online.

Baptism for Infants: Baptisms are celebrated Saturday at 10am and Sunday at 2pm. Please call Linda at 403.275.2240 ext 6 or email baptism@ascensionparish.ca to register.

Baptism Preparation Class: Preparation classes take place on the **1st Saturday** of each month beginning with Mass at 9am. Baptism celebration will be booked after you attend the class. Please call Linda at 403.275.2240 ext 6 or email baptism@ascensionparish.ca to register.

Marriage: By appointment, 6 months in advance. Please contact the office.



Marriage Preparation: 3rd Saturday of every month. Please contact the office for more information.

Adult Confirmation: If you are over 18 years old and have been Baptized, you can register for our Adult Confirmation sessions. Fall sessions are completed. Our next session will begin in the spring. Please contact the Parish office for more information.

RCIA: The Rite of Christian Initiation of Adults

For more information contact the Parish office.

YOUTH GROUP - METANOIA

The next Youth Group meeting is **February 16th, 6:30pm-8:00pm** in the Church hall. There will be games, snacks and faith activities from the Conquest program. It is open to students grades 5 and up. If you are interested, please contact the youth group leaders at youth@ascensionparish.ca or to register go to www.ascensionparish.ca.



A CALL TO SERVICE

MISSIONARY DISCIPLE SPOTLIGHT



Hello, my name is Hoa Nguyen. I have been a volunteer with the Music Ministry for over 10 years. I also had the chance to volunteer for Information Technology for two years.

It has been a very fulfilling experience to be part of the Ascension community. I have learned so much about my faith and have met lots of new friends.

Volunteering is a way of giving back to the Church and the community that has supported me over the years. I really want to help my parish community.

Volunteering at the Church is also a good way to meet new people, learn new things and stay active. If you are not sure whether you are ready to volunteer, talk to people who are volunteering or to Church staff to see if one of the ministries would be a good fit. You can always start with a smaller role and grow from there.



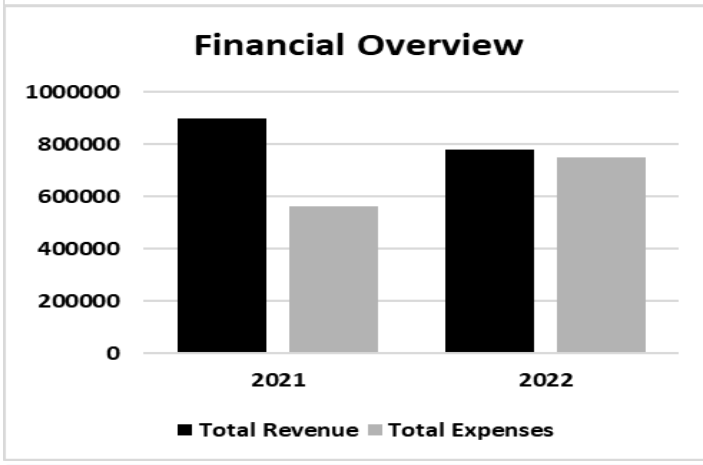
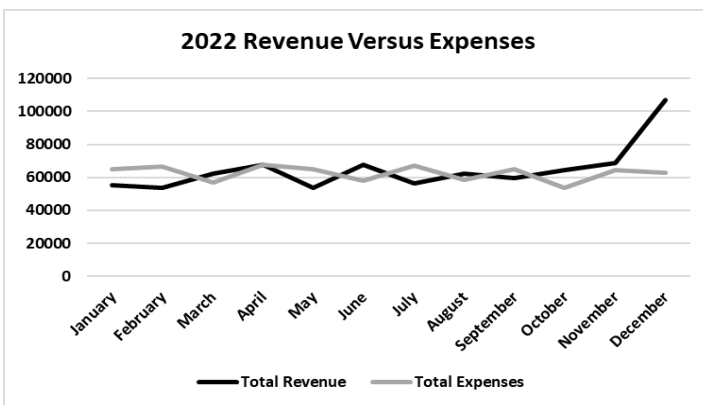
MASS INTENTIONS FEB 4 - 11, 2023

Feb. 4	5pm	For the soul of Michael Russell
Feb. 4	7pm	For the soul of Bernardita Salamat
Feb. 5	8am	For the Special Intentions of Amellie Rosario
Feb. 5	10am	For the soul of Tina Vok
Feb. 5	12pm	For the soul of Flora Dilello
Feb. 5	4pm	For the Special Intentions of our Parishioners
Feb. 6	9am	For the soul of Christianan Irenosen Okodugha
Feb. 7	9am	For the Special Intentions of Benardette & Ehizele Okodugha
Feb. 8	9am	For the soul of Rafael de Jesus Jr. and Rafael de Jesus Sr.
Feb. 9	9am	For the soul of Sebastian Family
Feb. 10	9am	For the Special Intentions of Thnessiamma
Feb. 11	9am	For the soul of Martin Joseph Keane

FINANCIAL REPORT

2022 Financial Year in Review

Thank you for your overwhelming support and generosity to our Parish in 2022. Our revenue collections exceeded our operational expenses. In December 2022 alone, our Parishioners donated \$107,201 towards our operations! We collected \$4,554 over and above our 2022 Together in Action goal. This surplus will be applied directly towards paying down the principal of our mortgage. Your contributions greatly support our growing community and foster our thriving Parish! Through your support, we are committed to providing more opportunities for worship, catechesis, fellowship, and service. For full details of the Parish finances for 2022 please visit our website. www.ascensionparish.ca/finance-council.html



2023 – Looking Ahead

Our 2023 monthly loan payment is \$45,708 per month. Our 2023 TIA Goal is \$50,348.

Your continued generosity supports our Parish and our ministries. How you can help in 2023:

- Consider pre-authorized giving to provide consistent support to our Parish.
- Allocate your giving 50-50 between Operations and Building Fund (our mortgage).
- Volunteer with our ministries.

MINISTRY CONTACTS

Administrative Assistant: Jenn Pashula | office@ascensionparish.ca

Volunteer Resource: Connie Raz | resource@ascensionparish.ca

SACRAMENTS

Baptism: Linda Hengen | baptism@ascensionparish.ca

Sacramental Preparation: Linda Hengen | sacraments@ascensionparish.ca

Marriage Prep: Ferdie Gayos | marriageprep.ascension@telus.net

RCIA: Rob Kehrig | robkehrig@gmail.com

MINISTRIES

Parish Council: Rodel Cenabre | rodelcenabre@gmail.com

Finance Council: Christina Dao | c_dc_d@hotmail.com

Building Fund: Mark Holland | markholland@shaw.ca

Special Events Fundraising: Holly Davidson | hollyd@telus.net

Ex-ord. Min. of Holy Communion: Nadia Oliverio | nadia.oliverio@shaw.ca

Liturgical Ministries: Nadia Oliverio | nadia.oliverio@shaw.ca

Lectors: Andrew Harich | harich0307@gmail.com

Choirs: Maryna Szojka | music@ascensionparish.ca

Sacristans: James Chuah | jameschuah10248@gmail.com

Ushers: Vinay Parmar | vparmar@flyht.com

Greeters: Eneyo Eyo | eneyo.eyo@gmail.com

Mass Participation Tracker: Flor De Souza | flordes18@yahoo.ca

Weekday Masses: Connie Raz | connieraz@gmail.com

Ascension Communication Team (ACT) | office@ascensionparish.ca

Pastoral Care: Sharron Robinson | parishprojects@ascensionparish.ca

Youth: | youth@ascensionparish.ca

Art and Environment: Maria San Miguel | let@shaw.ca

Altar Serving: Adewole Ajayi | server@ascensionparish.ca

RSVP: Lucy Reyes | Lucy.reyes@me.com

Landscaping Ministry: Vinay Parmar | vparmar@flyht.com

Property Management Team: Russell Todd | Text/Call 403.457.0507

Vocation Chalice Coordinator: Violeta Romero | violy1416@yahoo.com

LAY ASSOCIATIONS

Catholic Women's League: Twila Tayfel | cwl.ascension@gmail.com

Knights of Columbus: Chris Rappel | gk10065@kofc.ab.ca

Legion of Mary: Mary Shu | mary.dp.shu@hotmail.com

Regnum Christi: Eileen Coady | rccalgaryoffice@gmail.com

St. Vincent de Paul Society: Davina Janssens | ssvp.ascension@gmail.com

St. Vincent de Paul Society: Hamper Request | 587.755.3855

Prayer for Consecrated Life in our Diocese

O God our Father, Lord of the harvest, we ask You to send Your Holy Spirit to stir up the grace of Consecrated life vocations in the hearts of many within our Parish community. Grant them the willingness and generosity to place their lives completely in Your hands as Religious Priests, Brothers and Sisters, and Consecrated Virgins. Help us to support them by our own fidelity to Your call to holiness through prayer and Christian service. When You desire that members of our family and friends follow Your Son in this way, grant us the wisdom, love, and insight to support and encourage them to listen to Your voice and follow You without delay. We ask this in Jesus' Name. Amen.

World Day of Prayer for the Sick | Feb. 11th

The World Day of the Sick is celebrated each year on **February 11th**, the liturgical memorial of Our Lady of Lourdes. It is an occasion to pray for individuals who are suffering, and to find concrete ways to draw nearer to them.

The Holy Father's 2023 message is entitled: *"Take care of him" - Compassion as a synodal exercise of healing.* In light of the Church's synodal journey, Pope Francis invites us "to reflect on the fact that it is precisely through the experience of fragility and illness that we can learn to walk together according to God's style of closeness, compassion and tenderness."

WORLD DAY FOR CONSECRATED LIFE FEB. 4 - 5

World Day for Consecrated Life will be celebrated in the Church in Parishes over the weekend of Feb. 4-5, 2023. Please pray for all those who have made commitments in the consecrated life, and be sure to thank them on their special day. May they continue to be inspired by Jesus Christ and respond generously to God's gift of their vocation.



To view the "The Consecrated Life Video" [click here.](#)

St. Thomas More Parish is inviting everyone to an Urdu/Hindi Mass on Saturday, Feb. 11th at 6pm.

Please join us for the Urdu/Hindi mass on February 11th, 2023 at 6pm at St. Thomas More Parish
15 Templebow Road NE Calgary
Mass will be followed by refreshments in the foyer.



Please contact Benzy or Michael David at 4036166754 for any inquiries

Stay up to date by visiting our Social Media

www.facebook.com/ascensionparishcalgary <https://twitter.com/RCAscensionYYC> <https://www.instagram.com/ascensioncatholic/>

You are the Salt and Light!



Jesus says we are the salt of the earth. Have you ever tasted food that wasn't salty enough? It can taste pretty bland. But do you notice when food has the right amount of salt? Usually we don't think about it. It's kind of hiding in the food and making it taste good. Jesus wants us to be like the "salt" in the world, with the goodness and truth that He gives us.

Jesus also says that we are the light of the world. Can you imagine a completely dark world: no sun or lights or anything? It would be pretty scary. You'd never know what was happening or where you were going. That's what the world can be like for people who don't have the light of God's truth. It's our job to bring the truth to the world so that everyone can see that God loves them.

We have to bring God's light everywhere we go. But we must be gentle with people who don't understand the truth. Otherwise it would be like shining a light in someone's eyes, and they wouldn't be able to see anything. We need to start out like little candles, lighting the way so that people can follow us toward God.

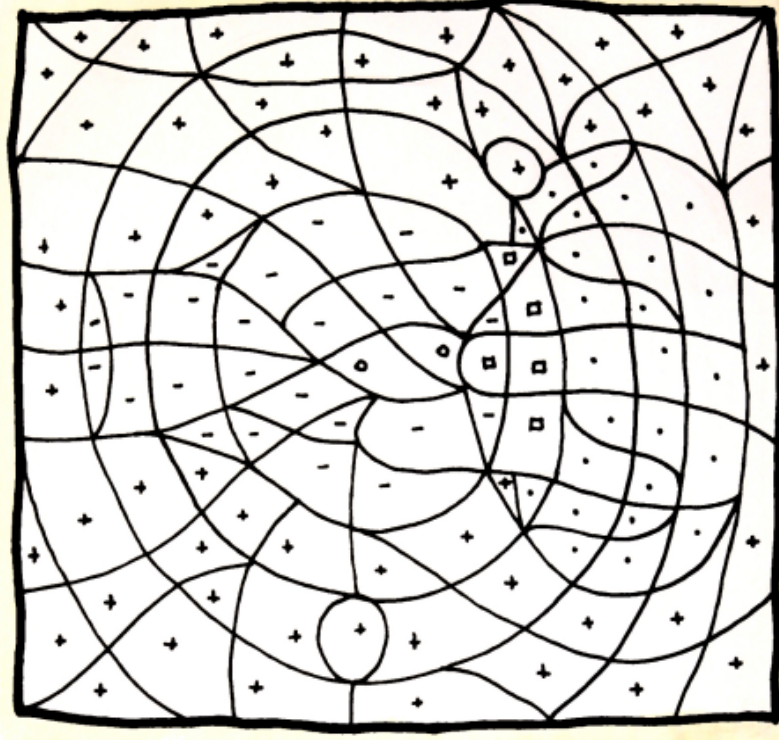


Answers to Cross-word Puzzle:
Across: 4.must 6.earth 8.you 9.deeds 13.mountain 14.all 16.light 18.so 19.house 20.taste 21.to
Down: 1.city 2.Jesus 3.are 5.sand 7.hidden 10.world 11.salt 12.basket 15.Josiah 17.good 18.set

www.thekidsbulletin.com

The Kids' Bulletin

Sunday February 5th, 2023
5th Sunday in Ordinary Time



Matt 5:13-16

What did Jesus tell us we should be like?

Colour in the spaces according to the code to find out!

- + blue
- | white
- orange
- ▣ brown
- red

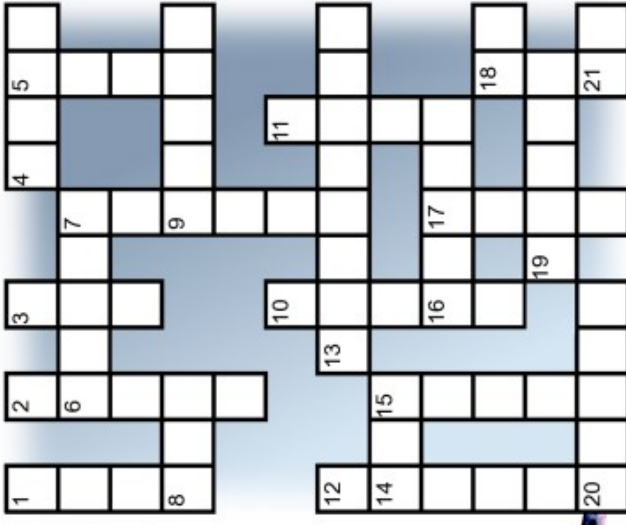
Saint Scholastica

February 10



SANT SCHOLASTICA AND HER BROTHER SAINT BENEDICT ARE A GREAT EXAMPLE TO US OF HOW BROTHERS AND SISTERS CAN HELP EACH OTHER TO BECOME HOLY. DO YOU EVER PRAY WITH YOUR BROTHERS OR SISTERS OR FRIENDS? YOU CAN HELP EACH OTHER BECOME SAINTS!

thekidsbulletin@gmail.com



Salt and Light Crossword Puzzle



2D 5D to his disciples: "You are the 11D of the 6A But if salt 15D its 20A with what can it be seasoned? It is no longer 17D for anything but 21A be thrown out and trampled underfoot. 8A 3D the light of the 10D A 1D set on a 13A cannot be 7D Nor do they light a lamp and then put it under a bushel 12D; it is 18D on a lampstand, where it gives 16A to 14A in the 19A Just 18A your light 4A shine before others, that they may see your good 9A and glorify your heavenly Father."

MUST JESUS MOUNTAIN CITY LIGHT SAID DEEDS BASKET EARTH WORLD GOOD HOUSE HIDDEN YOU SET ALL SALT TASTE LOSES ARE SO TO