

## ST. ANTHONY'S WEEK AT A GLANCE

Feb. 14<sup>th</sup> – 20<sup>th</sup> 2010

### MASS INTENTIONS

### EVENTS

<b>Sunday 14 :</b>	<b>9:00 AM</b> <b>10:30 AM</b>	People of the Parish People of the Parish	Parish Breakfast Hosted by the Knights of Columbus
<b>Monday 15:</b>	9:00 AM	Helen Lawrence R.I.P.	Bible Study – Gospel of Mark
<b>Tuesday 16:</b>	9:00 AM	Juliana Kim – S.I. Jessica Walker – S.I.	Seniors 11:30 AM – 3:30 PM
<b>Ash. Wed. 17</b>	<b>9:00 AM</b> <b>7:00 PM</b>	People of the Parish Kathleen Maher – R.I.P.	Choir Practice
<b>Thursday 18:</b>	9:00 AM	Serge Rubi – S.I.	Adoration in the Church 9:30 AM – 6:45 PM <b>Benediction at 8 PM</b>
<b>Friday 19:</b>	9:00 AM	Elizabeth Kim – S.I.	Stations of the Cross 7:30 PM
<b>Saturday 20:</b>	<b>5:00 PM</b>	People of the Parish	

Feb. 14<sup>th</sup> – 21<sup>st</sup> 2010

### TRADITIONAL LATIN MASS MASS CELEBRATED

### EVENTS

<b>Sunday 14:</b>	<b>7:15 AM</b> <b>NOON</b>	Quinquagesima Sunday, 2 <sup>nd</sup> Cl. Sung Mass	Knights of Columbus Breakfast
<b>Monday 15;</b>	7:15 AM	SS. Faustinus & Jovita, Martyrs 4 <sup>th</sup> Cl.	
<b>Tuesday 16:</b>	11:45 AM	Feria	
<b>Wednesday 17:</b>	11:45 AM	Ash Wednesday, 1 <sup>st</sup> Cl.	
<b>Thursday 18:</b>	7:00 PM	Thursday after Ash Wed. 3 <sup>rd</sup> Cl.	Benediction
<b>Friday 19:</b>	<b>6:30 PM</b>	Friday after Ash Wed. 3 <sup>rd</sup> Cl.	Stations of the Cross
<b>Saturday 20:</b> CONFESSION:	9:00 AM 7:00 PM	Saturday after Ash Wednesday, 3 <sup>rd</sup> Cl.	L. of M. Youth 11 AM – Noon
<b>Sunday 21:</b>	<b>7:15 AM</b> Low Mass <b>NOON</b> Sung Mass	First Sunday of Lent, 1 <sup>st</sup> Cl.	Coffee in the hall after Mass Knights of Columbus Breakfast

### Community Outreach

**Inn From The Cold:** A program to provide food and shelter for 15 guests on the First Friday of every month.

**St. Anthony's Pantry:** Helping daily those in need of assistance with food, financial support, emotional support.  
[stanthonyspantry@telus.net](mailto:stanthonyspantry@telus.net) or phone 403-252-6658

**Blankets for the Homeless:** A year round project to make blankets for the homeless.

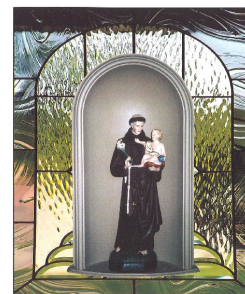
**Parish Prayer Tree:** Place those in need of prayer on the parish prayer tree. Call Peggy Cassidy at 252-0604

**Sandwiches for the Soup Kitchen:** Every First Friday please bring a loaf of sandwiches to the parish hall and we will take them downtown.

**Legion of Mary:** Involved in parish ministries, home & nursing home visitation, teaching of catechism.

For more information regarding any of the above please contact the parish office: 403-252-1137

ASSISTED LISTENING DEVICES ARE AVAILABLE AT THE CHURCH ENTRANCE



# ST. ANTHONY'S PARISH

5340 – 4<sup>th</sup> Street S.W.  
Calgary, AB T2V 0Z5  
Phone: 403-252-1137  
Fax: 403-255-7796

6<sup>th</sup> SUNDAY OF ORDINARY TIME

February 14<sup>th</sup>, 2010

FSSP House: 403-255-2727  
Fr. Blust, FSSP Cell: 403- 714-7361

Office Hours: 8:30 AM - 3:00 PM Monday – Friday

### ENGLISH MASS

#### SUNDAY EUCHARIST

Saturday	5:00 PM
Sunday	9:00 AM 10:30 AM

#### WEEKDAY EUCHARIST

Monday, Tuesday, Thursday & Friday 9 AM and  
Wednesday 7 PM

RECONCILIATION Saturday 4:00 - 4:45 PM

### LATIN MASS

#### SUNDAY EUCHARIST

Sunday	Low Mass	7:15 AM
	Sung Mass	12 noon Sung Mass

#### WEEKDAY EUCHARIST

Monday 7:15 AM Tuesday & Wednesday 11:45 AM  
Thursday & Friday 7 P.M. Saturday 9 AM

#### CONFESSION

Saturday 7:00 PM & ½ hr. before every Mass

**REGISTRATION FORMS:** If you are new to our parish, please fill out a registration form available on the table at the back of the church. Please keep your information updated. Completed forms may be placed in the collection basket.

[www.stanthonyscalgary.com](http://www.stanthonyscalgary.com)

### PASTORAL STAFF

#### REV. JAMES HAGEL

Pastor - [pastorjames@shaw.ca](mailto:pastorjames@shaw.ca)

#### REV. ED HOSPET

Associate Pastor - [fredhospet@shaw.ca](mailto:fredhospet@shaw.ca)

#### REV. CHRISTOPHER BLUST, FSSP

Associate Pastor – [fsspcalgary@fssp.com](mailto:fsspcalgary@fssp.com)

#### REV. EDWIN NEUFELD, FSSP

Associate Pastor – [fsspcalgary@fssp.com](mailto:fsspcalgary@fssp.com)

**IN RESIDENCE:** Fr. John Petravicus  
Fr. Bill Stephenson

**ASSISTANT** – Angela Alexandre

[stanthonys@shaw.ca](mailto:stanthonys@shaw.ca)

**RECEPTIONIST** – Sarah Edney

[stanthonysreception@shaw.ca](mailto:stanthonysreception@shaw.ca)

**ACCOUNTING** – Eleanor Badry

[stanthonysbookkeeping@shaw.ca](mailto:stanthonysbookkeeping@shaw.ca)

**YOUTH COORDINATOR** – Dorothy Loucks

[doloucks@telus.net](mailto:doloucks@telus.net)

**MUSIC** – John Morgan

[stanthonysmusic@shaw.ca](mailto:stanthonysmusic@shaw.ca)

### SACRAMENTAL PREPARATION

**R.C.I.A.** Please contact the parish office.

**First Reconciliation:** Registration in January

**First Holy Eucharist:** Registration in January

**Confirmation:** Registration in the Fall

**Sacrament of the Sick:** As needed. Please contact the parish office.

**Baptisms and Marriage:** 6 months notice

### FAITH FORMATION

**ADULTS :** Bible Study on Mondays at 7 PM

**CHILDREN:** Children's Liturgy Sundays 10:30 AM  
for ages 3 - 5 yrs. & 6 – 8 yrs.

### EUCHARISTIC ADORATION – PERPETUAL

St. Anthony's parish is supported in prayer by parishioner dedication to our **24 hour Perpetual Adoration of the Blessed Sacrament** in the Chapel. The Chapel is a blessing and a gift to all who come and spend time with the Lord.



## 6<sup>th</sup> SUNDAY OF ORDINARY TIME – February 14<sup>th</sup>, 2010

**1<sup>st</sup> Reading:** Jer. 17: 5-8

**2<sup>nd</sup> Reading:** 1 Cor. 15: 12m 16-20

**Psalm:** Ps. 1

*Blessed the one who trusts in the Lord*

**Gospel:** Luke 6: 17, 20-26

### ST. ANTHONY'S LENTEN PARISH MISSION

Jesus revealed to his followers the secrets of God's Kingdom. In a Mission he does the same for you. He reveals that His kingdom is here and now and that is spells happiness and fullness of life for those who share in it. Happiness often seems to elude us. We would like to change our lives, become "new people", more alive. The Mission offers us this possibility. Can you make this Mission? Decide today to put off anything that may interfere. You deserve this rich new life God offers you.

**March 6 - 10, 2010**

#### FROM THE OFFICE:

Fr. Hagel will be away next week. Fr. Ed has returned from his trip to India and therefore will be available.

**Humanitarian Aid Relief for Haiti** – The diocese of Calgary is participating in the humanitarian aid relief for the earthquake victims in Haiti. Our parish has collected a total of: **\$ 9,193 – well done!**

**Altar Servers Gowns:** We are looking for someone to wash and press these gowns twice a year. If you are available to help with this please call the office.



**Flowers:** Please do not leave flowers or plants in the church during Lent.



**PARISH BREAKFAST**  
hosted by the  
**Knights of Columbus**



**TODAY after Mass in the hall.**

Adults - \$5 / children 6 – 12 yrs. \$2 and children under 6 years – free ☺

**Stations of the Cross:** Every Friday during Lent we will pray the Stations of the Cross in the Church beginning at 7:30 PM. Stations begin on Friday, February 19.



**C.W.L. NEWS: Invitation:** We invite all ladies in the parish to become members of St. Anthony's Catholic Women's League. The price is \$20 annually.

**40 Days for Life – Peaceful Prayer Vigil** - all details and sign up information is available on the bulletin boards.

This year, 2010, marks the **125<sup>th</sup> Anniversary of the Sisters, Faithful Companions of Jesus'** arrival in Calgary, as well as the **30<sup>th</sup> Anniversary of the FCJ Christian Life Centre.** A 125 Anniversary Celebration Open House with History Displays is on Feb. 28 fro 1 – 5 PM and all are invited to join the FCJ sisters at this very special Open House with refreshments to follow. A February 'Calendar of Events' has been posted on the bulletin board.

**100<sup>th</sup> Anniversary Father Lacombe Care Centre – 1910 – 2010.** A calendar of events to celebrate the 100<sup>th</sup> Anniversary is posted on the bulletin boards. Feb. 19<sup>th</sup> – Table of the King Dinner!

**Ladies Mid-Week Retreat September 7 - 9, 2010,** Tuesday to Thursday **Mount Saint Francis Retreat Centre, Cochrane, Alberta.**

Contact: Kathy Oczkowski. 403-246-0660 / Roni / Cooper – 403-271-8812 or Angela – 403-281-0790.

### Silence & Sustenance

Every Monday during Lent you are invited to join us for Silence and Sustenance in the parish hall from 5:30 – 7 PM.

**EVERYONE IS WELCOME TO ATTEND**

Happy Family Day

## 6<sup>th</sup> Sunday of Ordinary Time February 14<sup>th</sup>, 2010

### Beatitudes of the heart

Blessed are the clean of heart; they will see God.

Blessed are the humble of heart; they will find rest for their souls.

Blessed are the warm-hearted; they will radiate goodness.

Blessed are those who work with the heart; they will find joy in their work.

Blessed are those who do not lose heart; they will find the strength to persevere.

And blessed are those who set their hearts on the Kingdom of God; everything else will be give to them.

### LENT

Lent is the yearly celebration by the Church of its corporate conversion in Jesus Christ. During this season the liturgy prepares catechumens to celebrate the paschal mystery by the various stages of Christian initiation. Lent also prepares the faithful for Easter as they recall their baptism and do penance in preparation for the greatest feast of the year.

The penitential character of Lent is to be considered an important requirement of the Christian Life. Fulfillment of this duty involves prayer, works of piety and charity, and self-denial by fulfilling one's obligations more faithfully and especially by observing the prescribed fast and abstinence.

In Canada Ash Wednesday and Good Friday are days of fasting and of abstinence from meat. Christian fasting obtains its full meaning when we deprive ourselves of food in order to be more open for prayer, to share more in the suffering of those who are starving and to save money to give to the poor. Fasting among Christians is a penitential discipline intended to open our hearts to God and others, a means of purification and spiritual liberation, a witness of the depth of our faith.

The law of abstinence from meat binds those who are 14 and older; the law of fasting binds those from 18 – 59 years of age.

**Lent begins on Ash Wednesday, February 17<sup>th</sup>, 2010.** There will be three Masses on this day: 9 AM English, 11:45 AM Latin and 7 PM English. Ash Wednesday is a day of Fast and Abstinence.

### Fasting

Knowing that Lent is almost upon us, it is an appropriate time to discuss the concept of fasting. It is a form of penance that imposes limits on the kind or quality of food or drink. Since the time of the Apostles, Catholics have observed days of fasting, especially during the season of Lent, when we commemorate Christ's passion and death. And we know that around the year 400, the early Christians and Church Fathers not only abstained from meat during Lent, but also eggs, fish, milk, and butter. Even though this has not been the practice in the Roman Rite for centuries, we are free to add our own personal sacrifices. A good example is of Pope John Paul II, who abstained from sweets during Lent.

St. Francis de Sales, in a sermon for the beginning of Lent, tells us that fasting is a virtue only when it is accompanied by conditions which render it pleasing to God. Thus, it profits some and not others, because it is not undertaken by all in the same manner. In other words, we are to have a good motive and proper disposition when we fast.

The saint goes on to say how fasting has many benefits, including fortifying the spirit; mortifying the flesh and its sensuality; raising our hearts to God; it helps fight concupiscence, disposing us to conquer its passions; and it disposes our hearts to seek to please God with purity of heart.

To gain the greatest spiritual profit, St. Francis says that three things are necessary. The first is to fast with our whole heart B that is, willingly, whole-heartedly, universally, and entirely. This means that we do not just mortify our mouth, but also all of our senses during Lent. Thus, some choose to avoid listening to vain talk, to avoid idle words, to avoid amusements like movies and television, and to turn away of frivolous thoughts. Such forms of interior fasting can be joined to exterior fasting. By doing such things, the saint says that we then hold in check all those things which keep us from loving or tending to the Sovereign Good.

The second condition is to fast/abstain never through vanity, but through humility. This means to always remember charity. As St. Paul says, without charity, we gain no profit. This would also include prudence, so as not to go overboard, nor to boast, but to keep a charitable, cheerful demeanor.

The third condition is to look to God and to everything to please him. We can see this good habit with young children, who often run to their parents with whatever good they have done, showing them their love. Cassian said it well: If you keep your fast and do all your works to please God alone, you will labour for eternity, without caring whether you are seen by others or not,... nor to await a reward from others.

Fr. Christopher Blust, FSSP