

# All Saints

Roman Catholic Parish



Parish Office

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September 17, 2023

Twenty-Fourth Sunday in Ordinary Time

## Our Churches

**Assumption** 2405 - 12 Avenue S.  
**St. Basil's** 604 - 13 Street N.  
**St. Patrick's** 917 - 4 Avenue S.

## Our Priests

Fr. Kevin Tumback - Pastor  
[pastorallsaints@shaw.ca](mailto:pastorallsaints@shaw.ca)  
Fr. Santiago Torres - Associate Pastor  
[associateallsaints@shaw.ca](mailto:associateallsaints@shaw.ca)



## Sunday Reflection

### A truly healthy heart

How many of us spend every day counting the calories that go into our mouths, watching our cholesterol, our sodium intake. We are obsessed with physical health and hope to live longer by being more cautious. But are we equally concerned about what comes out of hearts? Where are the counters for lies, anger, impatience, profanity, envy and all the other sins which Jesus would identify as corrupting our spiritual

health? Today we read of the Pharisees with hand washing, while their hearts lay muddy and tattered. They too were monitoring the wrong things. Stop and ask yourself today: Am I watching the right elements to build a truly healthy heart?

## Mass Times

**Saturday** 5:00 p.m. - Assumption  
**This Mass is Live-streamed**  
7:00 p.m. - St. Basil's  
**Sunday** 7:30 a.m. - St. Basil's  
9:00 a.m. - Assumption  
**This Mass is Live-streamed**  
11:00 a.m. - St. Basil's  
6:00 p.m. - Assumption  
**Tuesday** 7:00 p.m. - St. Basil's  
**Wednesday** 12:05 p.m. - St. Basil's  
**Thursday** 12:05 p.m. - Assumption  
**Friday** 9:00 a.m. - Assumption

## Open for Prayer

Assumption Church will be open for prayer  
Monday to Friday from 9:30am - 4:00pm  
The church will be locked, please ring the doorbell.

## Eucharistic Adoration

Tuesday at Assumption Church from 8 - 11:00 pm  
Every first Friday at Assumption. Adoration will begin following the 9:00am Mass and end with Benediction at 8:00pm

## Sacraments

### Reconciliation

Tuesday 6:00-6:30 p.m. at St. Basil's  
8:00-10:00 p.m. at Assumption  
Saturday 3:30-4:30 pm at Assumption  
6:00-6:30 p.m. at St. Basil's  
Sunday 4:30-5:30 pm at Assumption  
Or by appointment, please phone the parish office.

### Baptism & Marriage

Arrangements made by calling the Parish Office.

### Anointing of the Sick

Arrangements made by calling the Parish Office.

## Prayers of the Faithful

### Remember the sick of the Parish

Diane Meszaros, Fenny Vanden Dungen, Annella Wehlage, John Shaw, Carol Shank, Agnes Erker, Paul Viragh, Pauline Hummel, Jacintha Wells, Jane Cordeiro, Lucille Paulson, John Elves, Erin Harkness, Al Jaster, Joseph Seeman, Patrick Barry, Victor Lund, Vickie Richter, Daniel Bosters, Lydia Brunner, Gerri Shankland, Irena Gugala, Marika Poirier, Lorette June Stanley & Fr. Julian Studden.

### And the Deceased

Aplona Vargo, Joan Slavich, Geri Vanden Heuvel & Betty Murillo.

### Anniversaries of Death remembered this week

Dominic Paladino, Patricia Salmon, Donnie Chisholm & Mary Mehlen.

## Mass changes this week

**Tuesday, September 19** Mass will be celebrated at **9:00am** at St. Basil's Church. Fr. Kevin and Fr. Santiago will be in Calgary Tuesday evening to celebrate the Jubilarian Mass.

**Sunday, September 24** the **11:00am Mass** will be celebrated at **St. Patrick's Church** rather than St. Basil's. This is in accordance with the Congregation of the Clergy's recommendation that the Holy Eucharist be celebrated at St. Patrick's on the anniversary of its dedication.

# Eucharistic Adoration

## Every Tuesday

at Assumption Church from 8:00 to 11:00pm  
Live-stream available from 8:00 to 9:00pm

## Confessions

during Adoration from 8:00 - 10:00 pm.

## 1st & 3rd Saturday

at St. Patrick's Church from 10:00am - noon  
Rosary at 10:10am - Litany of Mary at 11:00am  
Upcoming dates: Oct. 7 & 21.

# Stewardship Reflection

*We do not live to ourselves, and we do not die to ourselves.  
(Romans 14.7)*

What is the antidote to entitlement if not gratitude?  
Remember, we have received mercy and forgiveness from  
the Lord. Respond to your sisters and brothers in the same  
way out of gratitude.

# RCIA

## Rite of Christian Initiation

*"Come to me, all you that are weary and are carrying heavy  
burdens, and I will give you rest." (Matt 11:28)*

If you have been thinking about the Catholic Faith but have  
been waiting for someone to invite you to take the first step,  
**here is your invitation.**

We hold sessions on the Rite of Christian Initiation (RCIA)  
on Wednesdays at 7pm in the Upper Meeting Room at  
Assumption Church.

Perhaps you are already baptized in another faith tradition  
but wish to enter full communion with the Catholic Church.  
We invite you to join us in the RCIA journey so that you can  
learn about the rich teachings and traditions of Catholicism.

If you have been baptized Catholic but have not received the  
Sacraments of Eucharist and/or Confirmation, this process  
would deepen your understanding as an adult and is highly  
recommended.

Contact Cyndi at [educationallsaints@shaw.ca](mailto:educationallsaints@shaw.ca) or  
403-327-8931 for more information.

Registration for **First Eucharist, First Reconciliation, and  
Confirmation, TODAY** Sept. 17

10:00 am to 2:00 pm in Assumption hall

Please bring a copy of your child's Baptismal Certificate.

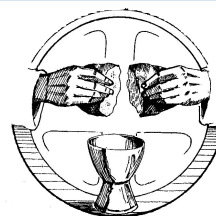
A fee of \$25 covers the cost of materials.

For more information contact Cyndi at  
[educationallsaints@shaw.ca](mailto:educationallsaints@shaw.ca)

# Mass Intentions

Tuesday, Sept. 19	9:00 a.m.	Joseph Mantello (dec.)
Wednesday, Sept 20	12:05 p.m.	Robert Wagner (dec.)
Thursday, Sept. 21	12:05 p.m.	Intention of Mr. & Mrs. Tobias
	2:00 p.m. Martha House	Intention of John Shaw
Friday, Sept. 22	9:00 a.m.	Intention of Shawn Toker
	10:30 a.m. Extendicare	Wagner Family (dec.)

**October Mass Intentions can be viewed on the parish  
website and they are posted in both churches.**



## Needs of the Church in Canada - Sep 24



This national collection helps each diocese  
make its annual contribution to the national  
Episcopal Conference. Additional funds  
are for pastoral needs of our diocese.  
Contributing to this collection is an act of  
collaboration with the Bishops in their  
ministry of teaching, sanctifying and pastoral  
governance.

**Next weekend we will have a 2nd collection for Needs  
of the Church in Canada**

## Ministry Training All Saints Parish



We need your help filling ministry roles in the parish

### Hospitality

### Lectors

### Eucharistic Ministers

Training/Reminder Sessions will be held:

**Wednesday, Sept. 27th** 7:00pm to 8:30pm at St. Basil's

**Saturday, Sept. 30th** 2:00pm to 3:30pm at St. Basil's

This is for **new and old** volunteers.

If you are interested in helping in the parish please come  
out and join up.

Back for a second series, *Fr. Tim Boyle* will speak on **The Art of Accompaniment**, picking up on the theme from the Synod preparation document "**Enlarge the Tent.**" Sessions will be available at St. Martha's, or watch via livestream at [stmarthsparish.ca](http://stmarthsparish.ca) Every third Monday of the month, beginning Monday, Sept. 18 at 10:30 am.

**Emergency Relief for Morocco** - A devastating 6.8 magnitude earthquake struck in the High Atlas Mountains of Morocco, approximately 72 km southwest of Marrakesh. The death toll from the earthquake has reached at least 2,901. The number of people injured has risen to at least 5,530 as of Sep. 12. Emergency relief donations for the people of Morocco can be made through Development & Peace - Caritas Canada, a link can be found on our website homepage, or through the parish.

**Wisdom: God's Vision for Life** - A Bible Study program beginning Sept. 28. Afternoon and evening classes available. Cost of course materials will be about \$25. See the poster for more information. Register by phoning the parish office. For more information call Oscar Tavernini at 403-329-1052.

**Men of the parish** are invited to join the program **That Man is You!** This is a program meant to deepen your faith and help you to achieve all of the good that God has in store for you. We begin Sept. 22. If you are interested in finding out more, please contact Savio Baptista at 403 320 1876 or at [tmiylethbridge@gmail.com](mailto:tmiylethbridge@gmail.com).

**The Church as an Expert in Humanity** - Come explore life's great questions of suffering, death, meaning, and hope! Saturday, Sep. 23 at St. Mary's Cathedral. In the morning, there will be a Ministry Hall of Exhibits in St. Mary's Cathedral Hall. In the afternoon, there will be three panels at the Pastoral Centre featuring palliative care doctors, pastoral care workers, priests, deacons, and lay people who are all committed to the art of accompaniment and to encouraging hope. In the evening, there will be a Special Program with Testimonies, Reflection, and Adoration & Benediction led by Bishop William McGrattan at St. Mary's Cathedral. It's an Open House, so you can feel free to attend some of the day or all of it! Registration is required. For the full schedule and to register, visit: [DyingToMeetYouCalgary.com](http://DyingToMeetYouCalgary.com)

**A Homestay Family is required** for a 16 year old girl from Europe who will be attending Catholic Central from September until June. For more information contact Joy Warren, Homestay Coordinator, at 403-330-7382 or [homestay@holyspirit.ab.ca](mailto:homestay@holyspirit.ab.ca)



Anyone wishing to join the choir on September 24th, 11am Mass at St. Patrick's is asked to arrive for a rehearsal at 9:30 am. All singers and instrumentalists are welcome. For more information call or text Elizabeth at 403-315-2700.

**Refugee Committee Update** - We are still waiting to hear when our next two families will be arriving. They were scheduled to arrive in October, but that may be changed to March of 2024. Hopefully this will be confirmed soon. We are still looking for a suitable place to store furniture for these families. We have no more room at our current storage location. We are in need of suitable beds for the families, in queen size and single size, slightly used condition with no stains on the mattresses. If anyone can help, please call the parish office.

**Mount St. Francis invites you to join SOUL CARE®** - spaces and songs for the soul Inspiration, Hope, Restoration, Grace - with theme "Ignited to Love: Inspiration through Psalm 23" with Cathy Hardy. Thursday, Sep. 21 at Mount St. Francis, Cochrane. Afternoon retreat from 1:30 pm to 4:30 pm. Evening concert at 7:30 pm. Tickets available on [eventbrite.ca](http://eventbrite.ca) search Cathy AJ Hardy.

**Eucharistic Miracles Exhibit at Sacred Heart** - The Eucharistic Miracles of the World is a collection of miracles recognized by the Church which occurred through the centuries in various countries. Through these photo panels you can "virtually visit" the places where the miracles happened. Sep 28 - Oct 1 at Sacred Heart Church, Calgary.

**Upcoming Events at the Martha Retreat Centre** - To register call 403-328-3422 or visit [martharetreatcentre.ca](http://martharetreatcentre.ca)  
**Knitting into the Mystery of Healing** - Wednesdays, Sept. 20 to Nov. 8, 7:00 - 9:00 p.m. Coming together to knit a prayer shawl is a popular and delightful way to be present to others in prayer and socializing.

**Oasis Day** - Thursday, Sept 21. 9:00am to 4:00pm. A time to be, a time to pray, a time to rest. A time to be with your God.



The annual **International Life Chain** (a silent, prayerful witness) hosted by Lethbridge Pro-Life will be Sunday, October 1 from 2-3 pm. Please meet and park at the Japanese Gardens parking lot at Henderson Lake. Come at 1:45 pm for prayer and opening announcements.



We are very happy to announce that there will be a **NET Team coming to Lethbridge** again. There will be 7

missionaries coming at the end of September and staying until May. We are in need of families to host the team (2 team members for 2 weeks). If this is something that you are willing to do, please contact Heather at 403-380-4871 or email [lethbridgeNEThousing@gmail.com](mailto:lethbridgeNEThousing@gmail.com)

# This Week in Our Churches

## Sunday, September 17

- 7:30 a.m. Sunday Eucharist (St. Basil's)
- 9:00 a.m. Sunday Eucharist (Assumption)  
*Coffee Social to follow*
- 10:00 a.m. Sacramental Prep  
Registration(Assumption hall)
- 11:00 a.m. Sunday Eucharist (St. Basil's)  
*Coffee Social to follow*
- 4:30 p.m. Confessions (Assumption)
- 6:00 p.m. Sunday Eucharist  
(Assumption)

## Monday, September 18

- 10:30 a.m. The Art of Accompaniment  
(St. Martha's)

## Tuesday, September 19

- 9:00 a.m. Mass (St. Basil's)
- 8:00 p.m. Eucharistic Adoration  
(Assumption)



## Wednesday, September 20

- 9:30 a.m. St. Paul School Mass (St. Basil's)
- 12:05 p.m. Mass (St. Basil's)
- 7:00 p.m. RCIA (UMR)
- 7:00 p.m. Prayer Group Meeting  
(Assumption hall)

## Thursday, September 21

- 9:00 a.m. St. Mary School Mass  
(Assumption)
- 12:05 p.m. Mass (Assumption)
- 2:00 p.m. Martha House Mass

## Friday, September 22

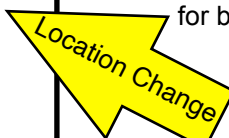
- 6:00 a.m. That Man Is You! (CCH East)
- 9:00 a.m. Mass (Assumption)
- 10:30 a.m. Extencicare Mass

## Saturday, September 23

- 10:00 a.m. 1st Reconciliation/  
1st Communion Parent Retreat  
(Assumption hall)
- 2:00 p.m. Horvath/Brkic Wedding  
(St. Basil's)
- 3:30 p.m. Confessions (Assumption)
- 5:00 p.m. Sunday Eucharist (Assumption)
- 6:00 p.m. Confessions (St. Basil's)
- 7:00 p.m. Sunday Eucharist (St. Basil's)

## Sunday, September 24

- 7:30 a.m. Sunday Eucharist (St. Basil's)
- 9:00 a.m. Sunday Eucharist (Assumption)
- 11:00 a.m. Sunday Eucharist (St. Patrick's)
- 4:30 p.m. Confessions (Assumption)
- 6:00 p.m. Sunday Eucharist  
(Assumption)



## Fr. Kevin's Cluttered Desk

"Anger and wrath, these are abominations, yet a sinner holds on to them". Anger, also known as wrath or rage, is that intense emotional state involving a strong and sometimes uncontrollable response to a perceived provocation, hurt or threat. The person experiencing anger will often experience physical effects, such as increased heart rate, elevated blood pressure, and increased levels of adrenaline and noradrenaline, all of which can have negative affects on the body. Some view anger as an emotion which triggers part of the fight or flight response. Anger becomes the predominant feeling behaviourally, cognitively, and physiologically when a person makes the conscious choice to act to immediately stop the threatening behaviour of another using force. Understanding these internal or external influences can help us to discover ways to manage our anger and anger responses. Let's look at some of the common factors that influence anger and alternative responses.

1. Stress: So, where is your prayer life and what are you handing over to God and what are you trying to deal with yourself. Let God deal with the stress.
2. Fatigue: So, who controls you sleep time? How often do you fall asleep with your rosary in your hand?
3. Medical conditions: Some of this is in our control, some is just genetics, but do we control that which we can and let God deal with the rest?
4. Disappointments: How often are we disappointed by unfulfilled expectation? But, was the expectation valid? We often set ourselves up for disappointment by having unrealistic expectations of ourselves and others. I have watched people get angry because their football team lost, sadness may be fine but anger, is this response appropriate? Consider how often God must be disappointed in us and our choices, yet God never stops loving us and giving us chances to change.
5. Feeling Threatened: Here flight or fight again come into play. For some people when they feel threatened, they will stand and fight, not always the best choice but we are allowed to defend ourselves. The church teaches that defending oneself is just and true but to take the offense and attack is always wrong.
6. Injustice: When we see injustice, we should be angry, but then what to do with the anger and is it directed at the correct source? The next question is, can the injustice be undone? Getting angry at the past and past behaviours is often useless for you cannot change or undo the past, but you can learn from it and rise above it, but to do so you must validate the past the good and the bad of it. Anger can be a powerful motivator for change and correction, but it must be done with love otherwise it can also lead to another kind of injustice. Jesus did not tolerate injustice and He pointed it out and challenged and called the people to change, but He also respected freewill, sometimes we must leave people in their sins till they are ready to change.
7. Lack of validation: We often find this one in the area of "you are not listening to me". I am sure, this is also God's mantra. When we feel unvalidated, overlooked, we might want to look at Jesus and the teaching on good deeds. For we do good deeds not for validation or reward, we do good deeds because they should be done. Thus, no need for anger.

Jesus did not hang onto anger, for being put to death, for being scourged, for being beaten, Jesus rose above all that and loved, so the question is can we be more like Jesus and less like the sinner?

Peace Fr. Kevin