



TRUTH • Love • *Beauty*

## MASS TIMES

**SATURDAY** • 5PM

**SUNDAY** • 9AM  
• 11AM  
• 1PM  
• 4PM

**WEEKDAY**  
MASSES  
TUES-SAT 9:00AM

**Rosary**  
Tue - Sat • 8:20am  
Sun- 8:15am

**Reconciliation**  
Friday  
12:00pm - 1:00pm  
Saturday 3:30pm - 4:50pm  
or by appointment

## Contact Information

Office Email/ Clergy  
[parish@stpatrickcalgary.com](mailto:parish@stpatrickcalgary.com)

Sacraments  
[sacraments@stpatrickcalgary.com](mailto:sacraments@stpatrickcalgary.com)

St. Vincent de Paul  
[ssvp@stpatrickcalgary.com](mailto:ssvp@stpatrickcalgary.com)

Website  
[www.stpatrickcalgary.com](http://www.stpatrickcalgary.com)

## Address

1414 SHAWNESSY  
BLVD SW  
Calgary, Alberta  
T2Y 2L7  
ph: (403) 254-6878

## Office Hours

Monday  
Closed  
Tuesday-Thursday  
9:30 am - 3:00pm  
Fridays  
9:30 am- 12:00pm

## 4th Sunday in Ordinary Time

# St. Patrick's Parish

FEBRUARY 1-7



WE ARE SPONSORING  
A MEAL AT FEED THE  
HUNGRY

FEBRUARY 15, 2026



WE LOOK FORWARD TO SERVING WITH YOU!

### Feed the Hungry

St. Patrick's Parish is scheduled to serve Feed the Hungry on Sunday February 15. There are a number of volunteer opportunities available. Please click [HERE](#) to sign up. In keeping with the rules and guidelines of the Diocese, volunteers must agree to [this Model Code of Conduct](#).

We sincerely thank you for your commitment to Feed the Hungry, an important organization in our Diocese that provides vital support to those in our community

Upcoming  
Events at  
St Patrick's  
Parish

**Office Hours:**  
**Tues- Thurs**  
**9:30am-3:00pm**  
**Fridays**  
**9:30am-12:00pm**

**St Patrick's  
Parish serves  
feed Feed the  
Hungry  
-Feb 15th**

# EPHPHATHA - Be Opened



## **Poverty of the Sacred Host, Be All To Me.**

Jesus opens His mouth on the mountain and offers a striking paradox: the promise of His kingdom paired with the call to poverty. It is so like Him to place littleness at the very doorway of greatness. Anyone who reads Scripture knows this is God's way - God overturns human expectations.

If we struggle to understand poverty of spirit, we need only look to the Eucharist.

In the Sacred Host, Jesus - the Son of God, the King of kings, the Lord of lords - is reduced to a humble circle of bread. He becomes small enough for a child's palm, gentle enough for a sinner's hands, so vulnerable that He offers no defense against being mishandled, ignored, forgotten.

Why does He descend so far? Because He is not drawn to our accomplishments, our strength, our curated image. Instead, He whispers a quiet invitation to acknowledge truth:

I am not self-sufficient. I need God for everything. Everything I have is a gift. Everything I am is grace. I do not need to have it all together. I do not need to be impressive. I need to surrender.

This poverty may feel like loss, yet the paradox continues to unfold.

When I let go, He gives me treasure. When I lower myself, He lifts me. When I surrender, He leads me.

## **PONDER IN GOD'S PRESENCE:**

**The Bread of Angels becomes the Bread of men. Heaven stoops low to feed me, to fill me, to change me, to raise me. The One whom angels adore comes to me in poverty so that, in my poverty, I may receive the riches of His kingdom.**

# Is Your Marriage Tearing You Apart?

Are you thinking about separation or divorce?

Are you frustrated, hurt, angry, with each other?

Are you constantly arguing or fighting?

Have you given up on talking it out?

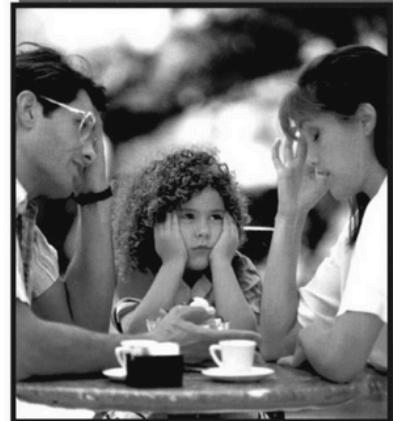
Do you feel cold, alone, distant?

...and you don't know how to change or where to turn?

**Retrouvaille can help.**

## **A Lifeline for Troubled Marriages**

**Yes! You can rediscover the love in your marriage!**



Next Program in Calgary:

**Feb 27 – Mar 1, 2026**

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

## *Breakfast* WITH THE BISHOP

THE VOCATION AND PROFESSION OF HEALTHCARE:  
FORMING ONE'S CHARACTER

SATURDAY, FEBRUARY 7, 2026  
RAILWAY CAFE, HERITAGE PARK  
10AM-1PM

\$40 CCMA PAID MEMBERS  
\$50 NON-MEMBERS  
\$25 STUDENTS

RSVP + E-TRANSFER TO  
CATHOLICMEDYYC@GMAIL.COM  
BY MONDAY, FEBRUARY 2, 2026

BECOME A MEMBER TODAY!



HOSTED BY THE  
CALGARY CATHOLIC  
MEDICAL ASSOCIATION

# PASTORAL CARE MINISTRY TRAINING

For those who feel called to assist their parish in a healing ministry to the sick, elderly, dying, homebound and bereaved members.

HOLY NAME PARISH

**SATURDAYS,  
FEBRUARY 14 &  
MARCH 7**

10 am - 3 pm  
2223 34 - Street SW

PHONE 403-218-5521  
EMAIL mara.capili@calgarydiocese.ca

Register by Feb 10

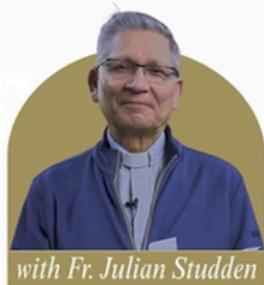


Register at  
[catholycyc.ca/pastoralcare](http://catholycyc.ca/pastoralcare)



## THROUGH THE DESERT GOD LEADS US TO FREEDOM

A Pre-Lenten Retreat



with Fr. Julian Studden

Feb 13-14, 2026,  
6:30pm - 8:30pm (Friday)  
9:00 am - 3:00pm (Saturday).  
219 19 Ave SW, Calgary, AB T2S 0C8

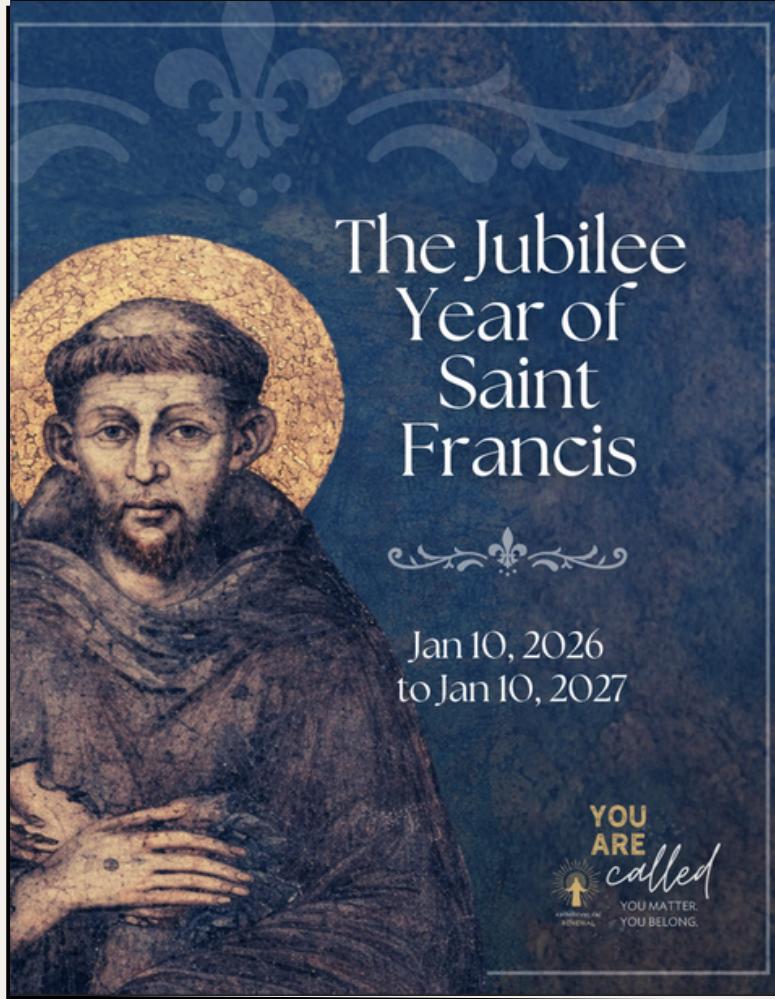
When our God reveals himself, his message is always one of freedom: "I am the Lord your God, who brought you out of the land of Egypt, out of the house of slavery" (Ex 20:2).

Scan QR code to register or call 403.228.4215



# The Jubilee Year of Saint Francis

Jan 10, 2026  
to Jan 10, 2027



**For Parish Liturgical Ministries**

**THE CHURCH AT WORSHIP**  
Renewing the Heart of Liturgical Ministry

**Preparing for the Easter Triduum**

A diocesan workshop for clergy and parish liturgical ministers preparing to celebrate the Easter Triduum with reverence, unity, and joy. Through shared theological, liturgical, and pastoral formation, ministers are equipped to serve collaboratively, helping the faithful enter the Paschal Mystery more fully.

**WHEN**

**SATURDAY**  
7 February  
10 am to 1 pm

**AVAILABLE LOCATIONS**

- St. Bonaventure, Calgary
- St. Luke's, Calgary
- Mary Mother of the Redeemer, Calgary
- St. Francis de Sales, High River
- St. Martha's, Lethbridge
- Holy Family, Medicine Hat

Clergy and representatives from the Parish Liturgy Committee, Lector, Music/Choir, EMHC, Altar Server, Sacristans, Liturgical Environment, and Ushers/Hospitality ministries are invited to register online for this diocesan workshop in preparation for the Easter Triduum.

**MORE INFORMATION & REGISTRATION**  
[CATHOLICYYC.CA/TRIDUUM](http://CATHOLICYYC.CA/TRIDUUM)

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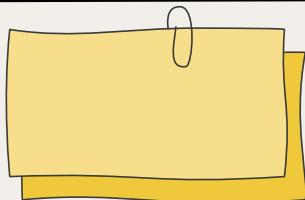
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## Bulletin Submissions

is there an event you want **featured** in the weekly bulletin?  
Please email the details to

**Bulletin@stpatrickcalgary.com**

Deadline to send information for an upcoming bulletin is  
**Wednesday of that week**

## Senior's Group



St. Patrick's Senior's group is inviting new members to join them for playing card games (Bridge, Cribbage, Canasta) and fellowship.

Gatherings are on  
**Wednesdays at 1:00PM**  
in the Parish Hall.  
No registration required.

## Adoration at St. Patrick's



"One who I call to a life of reparation must not fall into lukewarmness and the lack of generosity. These things are the very opposite of what a call to reparation signifies. I have called you and set you apart to live day after day in My presence and to adore my Eucharistic Face."

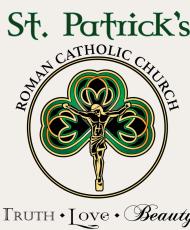
**Fridays from  
9:30am until 12pm**

## SSVP



SSVP is collecting donations for the poor every THIRD WEEKEND of the month. Please support the less fortunate ones in our community

## New to St. Patrick's? Welcome !



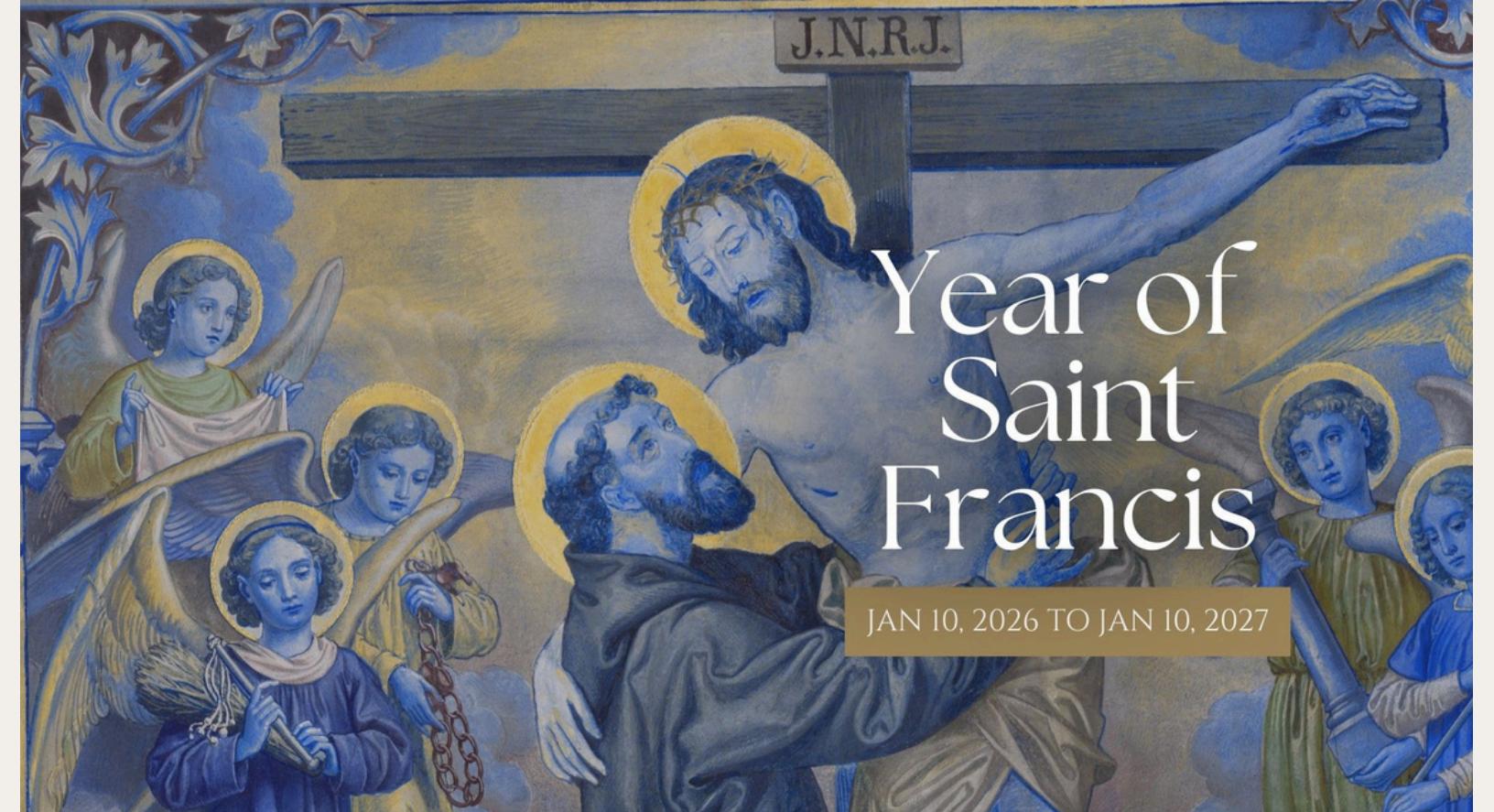
TRUTH • LOVE • BEAUTY

We are pleased to have you join us.  
To register for our Parish community, please visit our website **HERE**.

## Kid's Corner

The Beatitudes are well-known among both Christians and non-Christians. They have become the signature of the Christian message, forming the substance of Jesus' teaching. To call the poor, the mourning, the hungry, the persecuted "blessed" seems at first reading ludicrous – another upside-down move on God's part. When we realize that Jesus makes these pronouncements from the perspective of God's glory in which he himself shares, we realize that the poor, the mourning, the hungry, the persecuted are all identified with the Son of God who died on the cross: poor, despised and falsely condemned. It is Jesus' capacity to hold divinity and humanity in loving tension in his moment of death, which makes us truly blessed in all our afflictions.

**Kids Bulletin This Sunday**  
**Kid's Coloring Page this Sunday**  
**Sunday Connections**



# Year of Saint Francis

JAN 10, 2026 TO JAN 10, 2027

## Mass Intentions

(RS) Repose of the soul,

(SI) Special Intention

Tuesday 3	9:00am	Members of CWL (SI)
Wednesday 4	9:00am	Sylvia Eliuk (RS)
Thursday 5	9:00am	Dennis Smith (RS)
Friday 6	9:00am	Craig Durkovich (SI)
Saturday 7	9:00am	Immaculate Heart of Mary (SI)
Saturday 7	5:00pm	Sr. Clem Liboiron (SI)
Sunday 8	9:00am	Michael Family (SI)
Sunday 8	11:00am	Marta Lopez (SI)
Sunday 8	1:00pm	Antoinette Nahimana (RS)
Sunday 8	4:00pm	Parishioners (SI)