



ST. JAMES CATHOLIC CHURCH

5504 - 20 St. S.W. Calgary, Alberta T3E 1R2
Ph: 403 243 2680 Fax: 403 287 1273
office@stjamescalgary.org

www.stjamescalgary.org

4th Sunday in Ordinary Time

February 1, 2026

MASS TIMES

Saturday 5:00pm
Sunday 10:00am & 12:00pm

Weekday

Tuesday thru Friday 9:00am
1st Saturday of the month 9:00am

CONFESSION

Wednesday & Friday 9:30 -10:00am
Saturday 4:00 - 4:30pm
(or by appointment)

OFFICE HOURS

Monday to Thursday
9:00am - 3:00pm
Closed 12-12:30 for lunch and on all statutory holidays.



Thank you for joining us! We warmly welcome all new parishioners and visitors to our parish. If you are new to our parish community, please fill out a registration form available on our website, at the SW entrance of the church, or at the parish office. We hope to see you again soon!

Pope Leo's Prayer Intention for the Month of February:

For children with incurable diseases—Let us pray that children suffering from incurable diseases and their families receive the necessary medical care and support, never losing strength and hope.

PARISH STAFF

Pastor—Fr. Domingo Bongalos stjamespastorcalgary@gmail.com
Administrative Assistant—Brenda Lerner office@stjamescalgary.org
Music—Michael Scholfield - musdir83@gmail.com
Bookkeeper—David Mu david.mu@calgarydiocese.ca
Volunteer Screening—Kerstin Daly pvsc@stjamescalgary.org
Sacrament Preparation—Lindsay Klein sacraments@stjamescalgary.org



Visit us on
Facebook!

Living the Beatitudes: Jesus' Path to True Happiness Fr. Domingo

When Jesus sat down on the mountain and began to teach, He did something surprising. He spoke to people who were tired, struggling, grieving, and searching—and He told them they were **blessed**. Not blessed because life was easy. Not blessed because they were rich or powerful. **But blessed because God was close to them.**

These teachings, known as **the Beatitudes**, are at the very heart of the Christian life. They reveal what true happiness looks like in God's Kingdom—and it often looks very different from what the world promises.

What Does "Blessed" Really Mean?

When Jesus says, "Blessed are the poor in spirit" or "Blessed are the merciful," He is not talking about a passing feeling of happiness. The word *blessed* means **deeply fulfilled, favored by God, and living in right relationship with Him.**

In other words, the Beatitudes teach us this truth: **True joy does not come from having more, but from loving more.**

Jesus turns our usual ideas upside down:

The **poor in spirit** are blessed because they know they need God.

Those who **mourn** are blessed because God promises them comfort.

The **meek** are blessed—not because they are weak, but because they trust God rather than force or revenge.

Those who **hunger and thirst for righteousness** are blessed because they desire what is right, just, and holy.

The **merciful** are blessed because they forgive as God forgives.

The **pure in heart** are blessed because they seek God with sincerity.

The **peacemakers** are blessed because they reflect the heart of God.

And those **persecuted for doing what is right** are blessed because they remain faithful, even when it costs them.

Jesus reminds us that God sees the heart. What the world may overlook, God treasures.

The Beatitudes Show Us Who Jesus Is!

The Beatitudes are not only instructions—they are a **portrait of Jesus Himself**. He lived them perfectly: humble, merciful, gentle, faithful, and loving, even in suffering.

When we try to live the Beatitudes, we are not just following rules.

We are slowly becoming more like Christ.

The Beatitudes are meant to be lived in ordinary places: in our families, at work and school, in our parish community, and in moments of joy and moments of struggle.

They remind us that holiness is not reserved for a few extraordinary people. **Holiness begins with everyday attitudes—how we speak, forgive, listen, and love.**

The Beatitudes are not meant to discourage us or make us feel unworthy.

They are an invitation—a promise—that God is at work in us, even when life is hard.

As we reflect on them, we might ask ourselves: Which Beatitude speaks to my life right now? Where is God inviting me to grow? How can I live one Beatitude more intentionally this week?

When we live them—even imperfectly—we discover what Jesus promised all along: **a life rooted in faith, shaped by love, and blessed by God.**

Entering the Year of St Francis

From **Jan 10, 2026 to Jan 10, 2027**, the Church marks a special **Jubilee Year of Saint Francis of Assisi** on the 800th anniversary of his death. During this year, the faithful may obtain a **plenary indulgence** by fulfilling the usual conditions (confession, Communion, prayer for the Holy Father, detachment from sin) and engaging in acts inspired by the Franciscan spirit, such as pilgrimage, prayer, works of charity, and humble service.



Lenten Schedule

Ash Wednesday

February 18 - 9am & 7pm

Stations of the Cross

Fridays during Lent at 6pm

Fish Fry

Following the Stations of the Cross

Penitential Celebration

TBD



Volunteers Needed

Lectors at 10am Sunday Mass

Eucharistic Ministers at 10am Sunday Mass

Funeral Sacristans—As Needed

Pastoral Care

Laundering Altar Linens

Please give these volunteer roles some prayerful consideration in order to lighten the load for the existing volunteers. For more information, contact Brenda or Kerstin in the parish office.

Breakfast with the Bishop

The Vocation and Profession of Health Care:

Forming One's Character

Saturday, February 7

10am-1pm

Railway Café—Heritage Park

Cost: \$40 CCMA members, \$50 non-members,

\$25 students.

RSVP and e-transfer to catholimedyycc@gmail.com by

Mon, Feb 2. Cash accepted at the door.

Hosted by the Calgary Catholic Medical Association

Mass Intentions

Tuesday, February 3

9am Intention of Lara Lavalle

Wednesday, February 4

9am Intention of Cale & Heather

Thursday, February 5

9am Intention of Poulin Family

Friday, February 6

9am Jose' Gregorio Hernandez +

Saturday, February 7

9am Carol Laboret +

5pm Guido Ciccaglione +

Sunday, February 8

10am Shirley Valentine +

12pm Parishioners of St James

Pastoral Care Training

Holy Name Parish

February 14 & March 7

10am—3pm

Register at catholicyc.ca/pastoralcare

Or email mara.capili@calgarydiocese.ca

403 218 5521



Find out more about this campaign at www.catholicyc.ca/multiplythehope

Knights of Columbus Fish Fry

On Friday, February 20th we will be holding our first of six Stations of the Cross at 6:00pm. It will be followed by the famous Knights of Columbus Fish Fry, a great family event.

Prices are \$10 for a piece of fish, \$5 for each additional piece.

Includes all the fries you can eat, coleslaw, and an ice cream sandwich.



Wednesday, February 11

9am

Mass and Anointing of the Sick

All Are Welcome

CCEF Cash Raffle + 50/50 (Jan 1-Mar 2, 2026)

The Calgary Catholic Education Foundation (CCEF<<http://www.thecccf.ca/>>) is back with Alberta's largest Catholic school-supporting raffle-running January 1 to March 2, 2026-in support of Catholic education for 64,000 students across 120 schools in Calgary and area. This year includes 4 Early Bird cash draws with prizes totaling \$20,000, plus the 50/50 with a chance to share in a \$1 million pot. When you purchase, be sure to add on the 50/50 and select your school in the drop-down so it can share in the 50/50 proceeds. Thank you for supporting Catholic education in our community. Tickets start at \$10 and can be purchased here:

<https://bit.ly/CCEFRaffle>



Next Week at the Church

Monday	6:00pm	Legion of Mary
Tuesday	9:00am	Mass
Wednesday	9:00am 6:30pm 7:00pm	Mass/Confession Confirmation Class 2 RCIA
Thursday	9:00am 7:00pm	Mass Opus Dei Men
Friday	9:00am 1:00pm	Mass/Adoration/ Confession Singalong for Seniors
Saturday	9:00am 10:30am 4:00pm 5:00pm	Mass Baptism Prep Confession Mass
Sunday	10:00am 12:00pm	Mass Mass

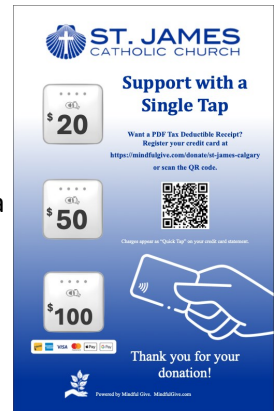
Rosary at 8:30am prior to all weekday Mass.

Old Palms

Old palms are being collected to burn for ashes on Ash Wednesday. Please drop off at the parish office or in the box provided at the SW entrance by February 15.

Mindful Give

We have a new donation method called Quick Tap at the SW entrance. Quick Tap is a secure, contactless way to support the parish—simply tap your debit or credit card on the device to make a contribution and continue on your way. It is fast, easy, and especially helpful for those who don't carry cash or prefer a quick, no-fuss way to give. If you would like to receive a tax receipt for each donation, just scan the QR code on the display to complete a brief one-time registration. After that, your receipts will be emailed to you automatically each time you donate.



Parish Renewal Team

We encourage parishioners to check our updated parish Renewal website page. The content has been refreshed with

- A new video message from Bishop McGrattan
- A copy of our parish renewal mission
- A copy of our Renewal plan
- A booklet of all the ministries at St. James
- A place to leave your ideas and feedback



Check out our Renewal page on our parish website: stjamescalgary.org/parish-renewal/

Donations January 25

Regular
\$1988 + \$2250(PAPS) = \$4238

We Pray for the Sick and All Who Care for Them

Ali Boyd, Emma Boccardo, Paul B., Lucy Ciccaglione, Stephanie Davis, Patrick Driscoll, Mia Dumonceaux, Gabrielle Engels, Scott Evans, Msgr. Noel Farman, Nancy Farrell, Mary Figley, Bernice Foley, Marie Funke, Merle Gonsalves, Aidan Hanes, Jennifer Hazen, Sharon Jeanson, Charlotte Johansen, Lara Lavallo, Martin McCarthy, Monty Montemurro, Bill Montgomery, Dave Moran, Mark Naylen, Elliott Nowell, Kathy Oczkowski, Ashleigh Patterson, Emil Rawlyk, Jocelyn Robb, Gabriel Serpas, Brad Sluiter, Marie Swab, Ildiko Szikora, Mary Terek, Frank Toone, Maria Zuzic

And Those Who Have Died

Pauline Montemurro, Joe Fark, Jim Walters, Sheila Ross, Simon Duku

Your Financial Support Is Greatly Appreciated

- ◆ Online giving on the "Contribute" page of our website—one time or monthly with debit, Visa, Visa debit, Mastercard, or American Express
- ◆ Mastercard, Visa or Debit through the office—one time donation or monthly
- ◆ Pre-authorized Withdrawal (Direct Deposit) - get forms from the office or at the church entrance
- ◆ E-transfer to isupport@stjamescalgary.org
- ◆ Dropping off your envelope in the collection basket
- ◆ Dropping off your envelope at the office or into the office mailbox
- ◆ Mailing your donation to the church
- ◆ Quick Tap

For a complete list of events in the Diocese of Calgary, please visit www.catholicyyc.ca