



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

1st Sunday of Lent

February 22, 2026

MASS TIMES

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

Weekday

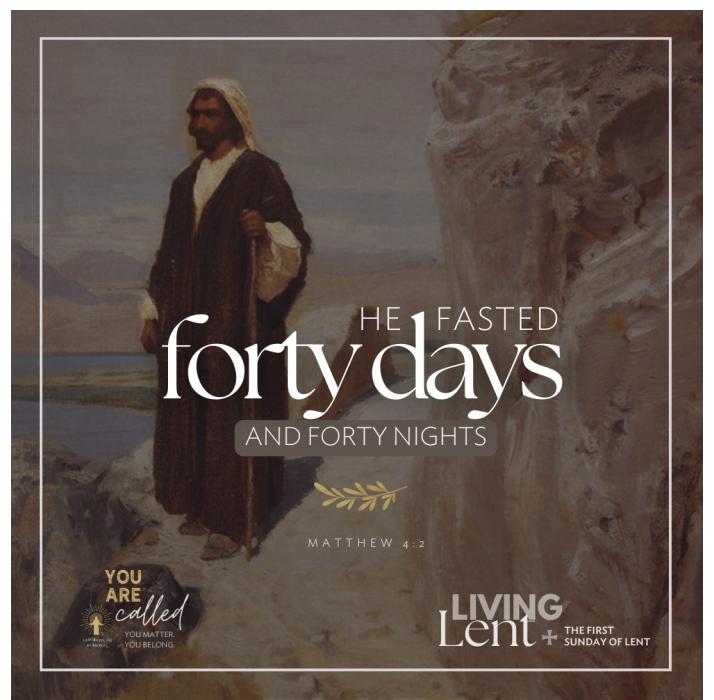
Tuesday thru Friday 9:00am
1st Saturday of the month 9:00am

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—Leanne Plamondon (temporary)
Volunteer Screening—Kerstin Daly pvsc@stjamescalgary.org
Sacrament Preparation—Lindsay Klein sacraments@stjamescalgary.org



Visit us on
Facebook!

Temptation: The Battle We All Share—Fr. Domingo

All of us are tempted.

Whatever you are going through right now, please remember this: **you are not alone**. You are not the only person who has walked this road. You are in good company.

Look through Scripture. In the Old Testament, you read about: Noah's drunkenness; Abraham's deception; Moses' temper; Elijah's discouragement; David's moral failure; Jonah's rebellion. Turn to the New Testament and you find: Peter's denial; John Mark's desertion; Paul and Barnabas arguing sharply

These were not weak people. These were giants of faith. And yet they struggled.

Every person who has ever walked the face of the earth has been tempted. **That includes Jesus Christ.**

Temptation is not a sign that you are failing. It is a sign that you are human.

This is not a message about how to eliminate temptation — because you can't. This is a message about how to overcome it.

One of the most powerful verses on this subject is found in 1 Corinthians 10:13: *"No temptation has overtaken you except such as is common to man; but God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will also make the way of escape, that you may be able to bear it."*

Three powerful truths rise from this verse:

First: **Temptation is common**. There is no such thing as a Christian who is never tempted. The wrong desires that enter your life are not new. Many others have faced the same battles before you.

Second: **Temptation happens in a controlled environment**. Temptation itself is not sin. Jesus was tempted — yet He was sinless. To be tempted is not evil. To yield to temptation is.

But here is the comfort: God sets the limits. He will not allow you to be tempted beyond what you are able to bear. He knows your boundaries. He knows your strength.

The verse continues: ***"With the temptation will also make the way of escape."***

When temptation begins, the exit already exists. God sees the entire test from beginning to end. He does not wait to see how you perform before providing a way out. The escape route is built in from the start. But here is the crucial part: ***You must take it.***

There is often a moment — a clear moment — when you know, *"This is wrong. I need to walk away"*. Many people later confess, *"There was a point when I almost left... but I didn't."*

Let me give you practical steps — ammunition for spiritual warfare.

Recognize your vulnerability. The moment you think you are invincible is the moment you are most vulnerable.

Pray before temptation comes. In the Lord's Prayer we say: "Lead us not into temptation but deliver us from evil." Pray daily: *"Lord, I know the enemy will throw something at me today. Help me recognize it. Help me stand firm."*

Resist actively. Jesus resisted by quoting Scripture. Victory is not passive. We must engage.

Run from certain temptations. The Bible specifically tells us to flee from: Immorality, Greed, Idolatry. Common sense is spiritual wisdom.

Overcome Temptation with a Greater Passion. Imagine a trained dog with food placed on the floor. The master says, "No." The dog will often turn its eyes away from the food and fix them on the master's face. That is the secret. Don't stare at the temptation. Look at the Master. Fix your eyes on Christ.

And remember what is at stake: Your integrity. Your marriage. Your children. Your witness. Your joy. Your life with God. Ask yourself honestly: ***Is this moment of pleasure worth the devastation it could cause?***

Temptation will remain. But so will grace. You are not alone.

God sets the limits. There is always a way out. **And in Christ, you can be victorious.**

Lenten Schedule

Ash Wednesday

February 18—Mass 9am & 7pm

**Day of Fasting and Abstinence*

Stations of the Cross

Fridays during Lent at 6pm

Penitential Celebration—March 10 at 7pm

Parish Lenten Recollection

March 26 6pm Mass (No 9am Mass)



Coming Soon! NEW Children's Liturgy Program 10am Mass

3-8 year olds

(*younger children may come with a parent)
Registration is required. No fee.

Visiting children may join without registration.
Adult volunteers are needed. Please contact Kerstin if you would like to help. We strongly encourage parents with children attending the program to consider volunteering. Welcome to our new coordinator, Xochitl Alvarez. We thank Michelle Jung for her years of volunteering.

Volunteers Needed—Please Help

Lectors at 10am Sunday Mass
Eucharistic Ministers at 10am Sunday Mass
Funeral Sacristans—As Needed
Pastoral Care
Scheduling
Children's Liturgy

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.

Together in Action 2026

Ash Wednesday marks the official kick off for Together in Action 2026. For more than 40 years, TIA has supported diocesan ministries and partner organizations serving communities locally, nationally, and internationally. Every gift to TIA helps bring faith into action by supporting evangelization. Advancing social justice and providing compassionate care to those most in need. Together, we make a lasting difference in the lives of people from all backgrounds and circumstances.

Our Together in Action goal for 2026 remains the same as the last 2 years: **\$36,218**

Together in Unity Circle

2026 Together in Action marks the completion of the Diocese of Calgary's commitment to raise \$3 million in support of the national \$30 million Indigenous Reconciliation Fund.

Over five years, TIA raised \$600,000 annually, for a total of \$3 million, dedicated to grants supporting local and regional Indigenous-led initiatives across Southern Alberta.

Tax Receipts

The 2025 tax receipts were mailed out this past week. Only receipts over \$20 were mailed. Please check for errors and advise the office if there are discrepancies. If your donations go through Canada Helps, they will provide your tax receipt.

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.



Mass Intentions

Tuesday, February 24

9am Intention of Sergio Polinar

Wednesday, February 25

9am Brian Bates +

Thursday, February 26

9am Intention of Mira Federucci

Friday, February 27

9am Alicia Cruz +

Saturday, February 28

5pm Intention of Nancy Farrell & Jacques Thibault

Sunday, February 29

10am Rudolph Stang +

12pm Parishioners of St James

Pastoral Care Training

Holy Name Parish

February 14 & March 7

10am—3pm

NEW—St Albert the Great

Feb 21 & Feb 28, from 10 am to 3 pm

Register at catholicyc.ca/pastoralcare

Or email mara.capili@calgarydiocese.ca

Congratulations!

Beckett Button

Wyatt Button

Lily Shoesmith

Ryle Hassett

who received their First Communion this weekend

AND

Azriel Faba who was baptized in the Lord.

Let's Talk About Dementia

The Diocese of Calgary invites pastoral care ministry teams, family members, hospital chaplains, clergy and anyone interested in Dementia. Learn how to support people and their families by promoting empathy, dignity, and quality of life.

- When: **Wed, Mar 11, 2026 from 10 am to 3 pm**
 - Location: **Catholic Pastoral Centre, Calgary.**
 - Complimentary lunch & refreshments will be provided.
- Please [register online](#) by March 4 or contact Mara at 403-218-5521.

New Bookkeeper

We welcome Leanne Plamondon who is our new temporary bookkeeper. And we thank David Mu for his service to St James during the past year.

Next Week at the Church

Monday	6:00pm	Legion of Mary
Tuesday	9:00am 7:00pm	Mass Parish Council
Wednesday	9:00am 7:00pm 7:00pm 7:00pm	Mass/Confession Mass RCIA Christmas Hamper Meeting
Thursday	9:00am	Mass
Friday	9:00am 1:00pm 6:00pm 6:30pm	Mass/Adoration/ Confession Singalong for Seniors Stations of the Cross Fish Fry
Saturday	4:00pm 5:00pm	Confession Mass
Sunday	10:00am 12:00pm	Mass Mass

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

Horizons of Hope Workshops

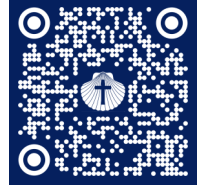
A Toolkit on Palliative Care

St Mary's Cathedral & St Gerard's
See poster at SW entrance for details.

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/



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

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 Lavalley, 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

Frances Kapp, Pauline Montemurro, Joe Fark, Jim Walters, Sheila Ross

Stations of the Cross Schedule

February 20—10am Choir
February 27—Knights of Columbus
March 6—Parish Council
March 13—Sacrament Children
March 20—Legion of Mary
March 27—Lectors/Eucharistic Ministers

Sunday Collection - Feb 8

Regular	\$	2,843.05
Maintenance	\$	155.00
Flowers	\$	45.00
Food Bank	\$	20.00
Together in Action	\$	132.25 -

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.catholicyc.ca