



ST. JAMES CATHOLIC CHURCH

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www.stjamescalgary.org

5th Sunday in Ordinary Time

February 8, 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!

“YOU ARE THE SALT AND LIGHT OF THE EARTH”

Fr. Domingo

Imagine standing in a crowd and suddenly hearing Jesus point at *you* and say: “**You are the salt of the earth. You are the light of the world.**” Now pause there.

Because when Jesus said these words, He was **not** speaking to saints on stained glass windows. He was speaking to **regular folks**—people from small towns up north, trying to scrape together a living: Fishermen. Laborers. People who couldn’t read. People who didn’t study the Law for hours every day.

You can almost imagine them looking at each other and whispering: “Us? The salt of the earth? The light of the world? Lord... you must have the wrong crowd.”

But Jesus didn’t. He knew exactly who He was talking to. And today, He is talking to **us**.

When Jesus calls us **salt**, He’s saying something bold. Salt preserves. Salt prevents decay. Salt brings out flavor. Without salt, food spoils. Without salt, everything becomes bland.

In other words: **The world needs people like you to keep it from falling apart.**

And then Jesus calls us **light**. Light doesn’t argue with darkness. Light doesn’t shout. It simply shows up—and darkness retreats.

And notice this: Jesus does not say, “*Try to be salt.*” He doesn’t say, “*Work hard to become light.*” He says: “**You are.**”

So how do we live that out?

Jesus answers it simply: “Let your light shine... that they may see your good works.”

Salt and light are not about status. They are about **kindness**. About **good works**. About love lived out quietly and faithfully.

Let me tell you a story.

Anne had not been to church in a very long time. Life had taken her places she never imagined— drug and alcohol addiction, broken relationships, homelessness, depression, and an eating disorder.

Over time, she became convinced of one thing: *No one could ever love her*. Not even herself. And certainly not God.

Then came the moment that broke her. She became pregnant—

the father was married, uninterested, and absent. With no money, no home, and no one to turn to, she decided she would later carry like a wound on her soul. Ashamed and devastated, she sank even deeper. **Rock bottom.**

During this time, Anne often wandered through a rough part of San Francisco—loud, messy, poor, and chaotic. And there, almost hidden, was a tiny, unremarkable church. Nothing special to look at. Faded windows. Bare trees. Almost forgotten.

But every Sunday, between 11 and 1, something happened. Music. Holy Mass —beautiful, alive, full of hope—flowed out of that building. And it drew her in.

At first, she only stood at the doorway. She couldn’t go inside. In her mind, she was too broken. Too unclean. Too full of demons.

Some days she was barely sober enough to stand. But one day, for reasons she couldn’t explain, she stepped inside and sat quietly in the very back pew. And something miraculous happened. No one asked her to leave. No one judged her. No one pointed fingers.

Instead, people smiled. They welcomed her. They said, “*We’re so glad you’re here.*” And for the first time in a long time, Anne didn’t feel condemned. She felt **seen and accepted**. She felt **safe**. She felt **loved**.

That little church—without sermons aimed at her, without lectures, without questions—became **salt and light**. And that’s where Anne began her journey back to life.

That’s what Jesus is talking about today. Being salt doesn’t require perfection. Being light doesn’t require having it all together. It requires **kindness**. It requires: Smiling instead of judging. Welcoming instead of excluding. Loving instead of labeling.

Some of the most powerful moments of evangelization do not happen at the pulpit. They happen: In the way we greet someone. In the patience we show. In the mercy we extend. You may never know whose life is hanging by a thread — standing quietly at the doorway, wondering if they are allowed inside. And you—by a simple act of goodness—may be the light that saves them.

Shine! You are the light of the world. **Be kind!** You are the salt of the earth.

Lenten Schedule

Ash Wednesday

February 18—Mass 9am & 7pm

Stations of the Cross

Fridays during Lent at 6pm

Penitential Celebration—TBD

Parish Lenten Recollection

March 26 6pm Mass (No 9am Mass)

Mission Talk 6:45 –7:30pm



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.

Conflict Resolution for Couples

March 19 7-9pm
Catholic Pastoral Centre

Join Bill and Tracy Tomiak for a Marriage Enrichment Workshop on healthy conflict resolution in marriage and family life. This practical, faith-based evening will explore dignity in relationships, repair after conflict, apology styles, and teamwork. Cost \$20. [Register Here](#). Classes fill up fast!



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

Tax Receipts

The 2025 tax receipts will be available for pick up in the church next weekend. Please save us postage by taking yours home. All remaining tax receipts will be mailed out the following week. If you have moved, please ensure that the office has your new address. Note: Only receipts over \$20 will be mailed out.

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 10

9am Intention of Lara Lavalle

Wednesday, February 11

9am Jose' Gregorio Hernandez +

Thursday, February 12

9am Guido Ciccaglione +

Friday, February 13

9am Jose' Gregorio Hernandez +

Saturday, February 14

5pm Lawrence Barnett +

Sunday, February 15

10am Intention of Ferlita Bond

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



Wednesday, February 11

9am

Mass and Anointing of the Sick

All Are Welcome

St James Food Bank

Serving the communities of North Glenmore Park, Altadore, Currie Barracks, Lakeview, Garrison Green, Garrison Woods, Lincoln Park, Richmond Park, and Mount Royal University. Our Food Bank is open February to November. Our volunteers pack hampers on Wednesdays. Clients pick up on Thursday mornings. Requests must be made through our Food Bank line no later than 3pm on the Tuesday prior. Your continued support of this outreach ministry blesses those less fortunate in our area.



Next Week at the Church

Monday	6:00pm	Legion of Mary
Tuesday	9:00am	Mass
Wednesday	World Day of the Sick	
	9:00am	Mass/Confession/ Anointing of the Sick
	7:00pm	RCIA
Thursday	9:00am	Mass
Friday	9:00am	Mass/Adoration/ Confession
	1:00pm	Singalong for Seniors
Saturday	4:00pm	Confession
	5:00pm	Mass
Sunday	10:00am	Mass
	12:00pm	Mass

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

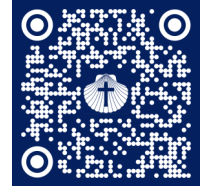
Old Palms

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.

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/

Funeral Mass for Pauline Montemurro

Thursday, February 19
1:00pm

Curry in a Hurry

St James School Fundraiser

Tired of deciding what's for dinner? Simply add your favorite protein and follow the easy instructions for a delicious meal in 20 minutes.

1. Visit www.thaimanna.com
2. Click Shop-All Thai Manna
3. Select payment option
4. Choose: [storepickup-fundraiser-St. James School Council](#)

Deadline for orders February 11

Pick up at school February 24 3:30pm-6pm

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 Lavalle, 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

Sunday Collections

Regular	\$	2,613.05
Maintenance	\$	54.65
Flowers	\$	-
Food Bank	\$	20.00
Special Collections	\$	-

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