



ST. MARY'S CATHEDRAL

219 - 18 AVE. SW
CALGARY, AB. T2S 0C2
PH: (403) 228-4170 FAX: (403) 244-1965

JULY 4, 2021

Fourteenth Sunday in Ordinary Time

welcome

SUNDAY MASS TIMES

Saturday 5:00 PM
Sunday 8:00 AM, 10:00 AM,
12:00 PM and 4:00 PM

WEEKDAY MASS TIMES

Monday - Friday, 7:30 AM & 5:00 PM
Saturday 9:00 AM

City of Calgary mandatory mask
bylaw in place until July 5, 2021

SACRAMENT OF RECONCILIATION

Tues - Sat. 4:30—5:00 PM
Friday 8:00-9:00 AM & 3:00-4:30 PM

EUCCHARISTIC ADORATION

Friday 8:00 AM—4:30 PM

SACRAMENT OF BAPTISM

Please contact Deacon Dennis at the
Parish Office (403) 228-4170.

DONATIONS OVER THE PHONE, ON LINE

& IN PERSON. If would like to donate to
help with the costs and maintenance of the
Parish, please call Lillian at (403) 228-4170.

STAFF DIRECTORY

Rev. John Nemanic, Rector
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Marilyn Belle-McQuillan, Volunteer
Coordinator, Marilyn@stmaryscalgary.ca

OFFICE HOURS: Monday to Friday
8:30 AM - 4:00 PM
Closed Statutory Holidays

Now that it seems society can resume life again after the COVID- pandemic, some of us may take in such activities like going to the movie theatre. Some of this summer's movies include a slate of superhero films: *The Green Knight*, *Snake Eyes*, *The Black Widow*, *Suicide Squad* and *Shang-Chi*.

What are some of the superheroes' characteristics? They have extraordinary powers, skills and/or advanced equipment. Also, they wear a distinctive costume that's often used to conceal their secret identity.

However, these characteristics are also common for supervillains, so what's the difference? Superheroes are motivated to do good. They have a willingness to risk their own safety in the service of good without any expectation of reward. Supervillains are the opposite: they use their powers and costumes for their selfish needs.

Among this Sunday's readings we encounter a 'superhero' of faith, St Paul, who confesses the source of his power to share the gospel comes from Jesus. Ironically, this strength comes in weakness, when Jesus says to him *My grace is sufficient for you, for power is made perfect in weakness* (2 Cor 12:9).

Paul then articulates that he draws strength in his *weaknesses, insults, hardships, persecutions, and constraints, for the sake of Christ; for when I am weak, then I am strong* (v 10). Paul's remarkable evangelical successes originated in fixing his eyes on Jesus and waiting for his merciful help, as we read in today's responsorial psalm (cf Ps 123:2).

How do we become spiritual superheroes like St Paul? Keeping our eyes fixed on Jesus in the midst of our personal and church community's weakness, so that they can become strengths for the salvation of the world. I propose 6 ways we can do this:

Pray for faith and strength: *The apostles said to the Lord, 'Increase our faith!' (Lk 17:5)*

Give our lives and struggles to the Lord daily: *I am with you always, to the end of the age* (Mt 28:20)

Read the Scriptures daily: *All scripture is inspired by God and is useful for teaching, for reproof, for correction, and for training in righteousness, so that everyone who belongs to God may be proficient, equipped for every good work.* (2 Tim 3:16-17)

Receive the Sacraments: They're tangible 'Jesus' encounters. *For as often as you eat this bread and drink the cup, you proclaim the Lord's death until he comes.* 1 Cor 11:26

Get involved in the parish community: *If one member suffers, all suffer together with it; if one member is honoured, all rejoice together with it.* (1 Cor 12:26)

Pray the Rosary: *Mary treasured all these words and pondered them in her heart* (Lk 2:19, 51).

We encounter the various dimensions of the Christian life through the life of Jesus' greatest disciple. While many people will watch superhero-themed movies this summer, let's remember that we are called to be 'superheroes' ourselves by seeking the good of others: *there is no greater love than this to lay down our lives for one's friends* (Jn 15:13). So let us bask in our weakness so that the life of Christ will give us the strength to love him and our neighbour.

Readings for July 11 — Fifteenth Sunday in Ordinary Time

First Reading: (Amos 7:12-15) Go, seer, and prophesy to my people.

Second Reading: (Ephesians 1:3-14) God chose us in Christ before the foundation of the world.

Gospel: (Mark 6:7-13) Jesus called the twelve and sent them out two by two.

Stewardship of Treasure — June 19 to June 25, 2021

General Collections

Envelopes/Loose/Debit/etc.
Other

Last Week

\$4,110.
\$ 989.

Together in Action

Together in Action is an annual diocesan-mandated parish charitable appeal that funds diocesan, local, national & international initiatives: <https://www.catholicyc.ca/tia2020.html>

Goal: \$41,552.

Donations to date: \$8,852.

Thank you for your financial support to St Mary's Cathedral during this difficult time. It is now possible to make a donation through a variety of means. Please visit stmaryscalgary.ca/content/donations to make an **online** donation. If you have questions about charitable giving, please contact: Lillian at 403-228-4170.

Highlights: Diocese of Calgary Liturgical Guidelines for Stage 3 of Alberta's Open for Summer Plan

- The dispensation from the obligation to attend Sunday Mass continues.
- Masks continue to be mandatory in cities/municipalities where the face coverings bylaw remains in effect.
- Registration for Mass & contact tracing are no longer required.
- There is no capacity limit for in-person attendance.
- There will be 2 communion lines in the center aisle.
- The communicant can now remove the mask in front of the priest/deacon/extraordinary minister of Holy Communion to receive Communion and must put it back on after consuming the consecrated host.
- Reception of Holy Communion on the tongue is now allowed to resume.
- Congregational singing is allowed.
- At the Cathedral, the main north doors will open 30 min prior to the start of Mass and will be locked once Mass begins.
- Pews no longer need to be sanitized after each Mass.

For the full guidelines please visit:
www.catholicyc.ca/blog/covid19.

Sacrament Preparation for Children at St. Mary's Cathedral Parish

St. Mary's Cathedral Parish will be offering Sacrament Preparation for **First Reconciliation and First Eucharist** beginning September, 2021 for children currently in Grade 1.

Children in Grade 6 or higher are eligible to receive the Sacrament of **Confirmation**, sometimes called the sacrament of the Holy Spirit. Preparation for this sacrament will begin in January 2022.

Registration forms for any of these sacraments are now available on-line, in our parish office and at the main entrance of the Cathedral. If you have any questions on the preparation program for children's sacraments, please contact Marilyn@stmaryscalgary.ca or call 403-228-4170.

Mass Intentions FOR THE WEEK

Monday, July 5

7:30 am John Burlington (RIP)

5:00 pm Benjamin Soriano (INT)

Tuesday, July 6

7:30 am Kitty Johnson (RIP)

5:00 pm Elisa Soliterman (INT)

Wednesday, July 7

7:30 am Stephanie Soriano Motyka (INT)

5:00 pm Corazon Aguinaldo Martin (RIP)

Thursday, July 8

7:30 am Rev. Dennis McDonald (RIP)

5:00 pm Olive Arges (RIP)

Friday, July 9

7:30 am Frieda & Anton Sticksel (RIP)

5:00 pm Muthucumar Kanagalingam (RIP)

Saturday, July 10

9:00 am Andrew Godwin Goonetilleke (RIP)

5:00 pm Amil Family (INT)

Sunday, July 11

8:00 am Michael Eisner (INT)

10:00 am Leslie Choquette (RIP)

12:00 Noon St. Mary's Parishioners



PRAYER CORNER INTENTIONS: For the sick, the suffering, the elderly, the lonely and all who find themselves on the margins of society, that they may be empowered by God's special care of them. In particular, let us remember *Michael O'Brien-Kelly, Maria Fraser, Luis Illescas Jr., Laura Meier, James Lipowy, and Karl Beischroth.* For those who have died in Christ, that they may be resurrected with Him into eternal life.



St. Mary's Stampede Breakfast

Please join the Knights of Columbus for a Stampede Breakfast following the 8:00 AM & 10:00 AM Masses on **Sunday, July 11th** in St. Mary's Parish Hall. Free admission, however cash and/or food donations to the St. Vincent de Paul Society gratefully accepted.

Healing & Reconciliation

For those interested in the Catholic Church's involvement in Residential Schools please see the extensive review of information found on the Diocese of Calgary website. Go to <https://www.catholicyc.ca/>

VOLUNTEER INFORMATION NEEDED

In anticipation of a full return to regular Worship services and other activities, St. Mary's Cathedral is reaching out to all parishioners and asking you to consider volunteering your services. Whether you are new to the parish and would like more information on volunteering or whether you took a break from your regular service to the Cathedral, we ask you to make your interest known. We hope to return to our regular service by the fall and so would like to have our volunteer positions in place (Lectors, Altar servers, Eucharistic Ministers, Cantors, Ushers and Gift Booth Attendants). There are many ways to support your Cathedral. Please consider doing so for the first time, once again, or simply by updating your information and wishes by emailing Marilyn@stmaryscalgary.ca or call 403-228-4170.