

# St. Thomas More Parish: 15 Templebow Road NE, Calgary AB T1Y 6J3

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**Pastor:** pastor@stthomasmore.ca

**Associate Pastor:** associate@stthomasmore.ca

**Parish Office:** secretary@stthomasmore.ca | **Website:** www.stthomasmore.ca

**Office Hours:** Monday & Sunday - Closed  
Tuesday to Saturday - 10:00am to 3:00pm (Office is closed for Lunch from 12:30pm to 1:30pm)

*A collaborative ministry of the Carmelite Fathers and Lay Parishioners*



## Ascension of the Lord Sunday, May 16/17, 2026

### **Pastor:**

Fr. Jerald D'Souza, OCD

### **Associate Pastor:**

Fr. Alexander Braganza, OCD

### **Permanent Deacons:**

Deacon Norman Dumais

Deacon Dale Laing

### **Office Assistant:**

Rachael Ramaswamy

### **Administrative Assistant:**

Fe Badajos

### **Bookkeeper:**

Cindy Kreutzer

### **Hospitality:**

Everyone in the Parish!

### **Weekday Mass Schedule:**

Monday to Saturday: 9:00am

### **Weekend Mass Schedule:**

Saturday: 4:00pm

Sunday: 8:30am, 10:30am,

12:30pm & 5:00pm

### **Igbo Mass:**

First Sunday of the Month: 2:00pm

### **Adoration:**

First Friday of the month:

9:30am to Noon

### **Reconciliation:**

Tue., Wed., Thu., & Fri.:

After the morning Mass

Saturday: 2:30pm to 3:30pm

### **Baptisms:**

An initial appointment with one of the Priests is required before attending a session.

### **Confirmation:**

On-line registration is now closed.

### **Society of St. Vincent De Paul:**

(403) 975-4318 (Food Hampers)

AN EMAILED INVITE comes with three options: *Yes, No* and *Maybe*. As the event approaches, why are so many people still a *Maybe*? Surely they know if they are free or not. Perhaps they just don't want to commit. A wishy-washy *Maybe* gives them the guilt-free option to bail last minute, because they hadn't promised anything. Not really. Honestly, they've probably forgotten about the invitation altogether. That's why a half-hearted *Maybe* is worse than a *No* because no decision is made, no action is taken and the one inviting is left wondering who's in.

In Jesus' last words in Matthew's Gospel, he gives his disciples the Great Commission, the invite of all invites: *Go. Make disciples. Baptize. Teach. And remember:* Jesus is inviting them to continue his mission. To build his Church. To live his love. And to remember he is always with them. Just imagine them giving a half-hearted *Maybe*.

Every day Jesus sends us countless invitations. They come through his Word, through the people we meet, the needs we encounter and the challenges we face. They come through the deepest desires of our hearts. Jesus is the one stirring us to act or rest, to start or let go, to reflect, remember or recommit. He knows exactly what we need.

A personal invite to collaborate with him. You in?

*(Living with Christ, May 2026) - Caroline Pignat*

### **Readings:**

**1st Reading: Acts 1.1-11**

**2nd Reading: Ephesians 1.17-23**

**Gospel: Matthew 28.16-20**

For Matthew, and for John, ascension coincided with the resurrection, thus completing Christ's glory in heaven. The end of Matthew's Gospel has Jesus declaring his authority and commissioning the apostles to carry on his work of spreading the Good News of God's reign of peace, justice and love.

- This scene takes place on a mountain -- what other scenes with Jesus take place on a mountain? What, in your opinion, is the importance of the mountain?
- How do you express the Great Commission to "make disciples, baptize and teach?"

*(Reflection: Diocese of Saskatoon)*

### **World Communications Day**

Pope Leo XIV invites us to reflect on the gift of communication and the importance of preserving human faces and voices in a world shaped by screens, algorithms, and artificial intelligence. Let us pray: *For those who work in media and communications, that they may serve the truth with courage and integrity, protect the dignity of every person, and help build a culture of authentic encounter, we pray to the Lord.*

**Weekly Mass Intentions: May 18 to May 24**

May 18	Mon	9:00am	Heng Family (INT) Ernie Badajos (RIP)
May 19	Tue	9:00am	K.S. & Maria Ramaswamy (INT) Malini Fernando (RIP)
May 20	Wed	9:00am	Teresa Trinh Nguyen (RIP) Dominic Vu Nguyen (RIP)
May 21	Thu	9:00am	Zeny Palmer (INT) Geo Paily Konukkudy (RIP)
May 22	Fri	9:00am	Souls in Purgatory (RIP) Kuriakose TM (RIP)
May 23	Sat	9:00am 4:00pm	Jacob & Family (INT) Lloyd Richardson (RIP) Jocelyn Robb (INT) Angela Fernandes (RIP)
May 24	Sun	8:30am 10:30am 12:30pm 5:00pm	Mary Help of Christians (INT) Cathy Howes (RIP) Teresa Trinh Nguyen (RIP) Hiyab (INT) Teresa Trinh Nguyen (RIP) For the People (INT) Julieta and Estelito Pathulic (RIP)

**Together in Action**

The TIA 2026 is \$49,139.00  
Collection up-to-date is \$30,065.00

**Pilgrimage to Austria, Czech Republic, Poland, Slovakia & Hungary under the spiritual guidance of Fr. Jerry D'Souza, OCD has only 10 spots remaining. For more information, please contact by: Tel: 905-412 3355; 1-800-565-3619 Email: group@qstours.com**



St. Vincent De Paul (Serving families within our Parish boundary)

We are currently in need of canned tomatoes, pasta sauce, peanut butter, canned fruit and canned meat. Any canned or boxed food is most welcome. Place food items in the food bin in the foyer. If you wish to make a tax deductible donation there are envelopes above the food bin located in the foyer. The secured box for donations is located above the food bin. Thank you for your past food and financial donations.

Month	# of hampers	Adults served	Children served
Mar	58	118	65
Apr	62	117	105

**Saint of the Week - May 22**

**Saint Rita of Cascia**

Saint Rita was born in Umbria, Italy in 1386. Although she wanted to be a nun, her parents betrothed her to a cruel, ill-tempered man whom she married at age 18. When her husband was murdered 18 years later, her twin sons were determined to avenge his murder. Rita pleaded with them to forgive the murderers, and her prayers eventually prevailed. Now a widow, Rita sought to enter the convent but was initially refused because some relatives of her husband's murderers were members. In time, through prayer and her personal intercession, a promise of peace and reconciliation was secured and she was admitted to the Augustinian convent at Cascia, living there 40 years in prayer, contemplation and service to the poor. She was canonized in 1900 and is a patron of impossible causes.

(Living with Christ, May 2026)

**Confirmation Retreat, Saturday, May 23, 2026, from 8am to 4pm.**

**Accepting new members: 12:30PM choir**

We are pleased to announce that we are accepting new members who are gifted with music skills (singing or playing any instruments) for the 12:30pm choir and are dedicated and committed to attend practice for 2nd & 4th Saturday of the month, Sunday services and some special occasion for Christmas, Lent & Easter celebrations.

**Pope's Pastoral Works**

A special collection for the Pope's Pastoral Works will be taken up this Sunday. This annual collection supports the Holy Father's charitable assistance to people in need around the world, especially in times of disaster, conflict, and suffering. Donate online at [catholicyyc.ca/popepastoralworks](http://catholicyyc.ca/popepastoralworks).

**4th Annual Women's Conference - Who You Say I Am Fri.-Sat., May 22-23 at Our Lady of Fatima Parish, Calgary.** A two-day women's conference with inspiring speakers, prayer, and fellowship. Register at [www.beloveddaughtersyyc.com](http://www.beloveddaughtersyyc.com).

**Alive in the Spirit of Charismatic Retreat**

Experience renewal, joy, and the power of the Holy Spirit at this charismatic retreat, featuring retreat speaker Fr. Guylain Prince and praise and worship led by Jane van Oostwaard. When: **Fri., June 12 at 5pm to Sun., June 14 at 1pm at Mount St. Francis Retreat Centre, Cochrane.** Cost is \$230 per person, including accommodation and six meals, plus a \$20 registration fee. To register, contact 403-281-6025 or email [aliveinthespirit2026@gmail.com](mailto:aliveinthespirit2026@gmail.com).

*For the greater we are, the more we should humble ourselves and recognize our own nothingness. If we know ourselves, we humble ourselves, not holding our head high or becoming bloated with pride. Rather we bow our head in acknowledgment of the goodness God has showered on us.*

*-- St. Catherine of Siena*