

# PUBLIC MASS IS SUSPENDED

FOR AN UNSPECIFIED DURATION, UNTIL FURTHER NOTICE.

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ROMAN CATHOLIC  
**DIOCESE**  
of Calgary

PREVENTING THE SPREAD OF COVID-19

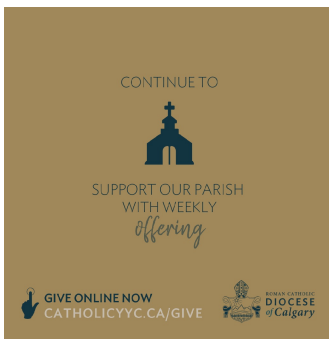
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## INFORMATION and LATEST UPDATES

DURING THE COVID-19 PANDEMIC



During this pandemic, our faith community needs us even more. Please remember to keep supporting our parish with weekly or recurring donations. As offering envelopes are not feasible at this time, we ask you to support the parish through online giving on the diocesan website. The

online giving page on the diocesan website allows us to set up a one-time or recurring donation to our parish. All funds donated will be transferred to the selected parish. Give now at [www.catholicyc.ca/give](http://www.catholicyc.ca/give)

Donations can also be sent by mail to St. Ambrose or St. Catherine's Church 1513 23 Avenue, Coaldale, AB T1M 1E2

**Thank you, and God's blessings, your support through these times is very much appreciated.**

If you are shut in and need help or supplies during our current health emergency, please contact Gord Elliott, at his email, [lauragordelliott@gmail.com](mailto:lauragordelliott@gmail.com), as the St. Ambrose Knights of Columbus are coordinating people to assist those in our parish community who are currently in need.

## Holy Week Prayers for individuals & family in isolation

[Palm Sunday Liturgy for family](#) ==> Triduum Liturgies for family will be sent to you by Thursday.

[Holy Week Rituals at Home](#) (Liturgical Press): Holy Week, Triduum & Easter Sunday rituals for family and household prayer

**Readings for next Sunday:** Easter Sunday  
Acts 10.34a, 37-43, Colossians 3.1-4, John 20.1-18

**Please pray for the sick** - Ryan Neil Otero, Ray Sander, Marceline Billis, Loretta Simmill, Tony Deys, Perry Layton, Fr. Clair Watrin, Joe Machacek, Steve MacInnis, Brooke Zanoni, Eric Vogel, Gordon Briggs, Jean Armstrong, John Oosterbroek, Ineke Broers, Jake Braat, Helen Sander, John Vogel, Cecile Chute, Louize Roziere, Bill Jones, Bonnie Cote, Julius Urban, Martin Hudecek, Joe Wandler, Lorraine Stuber, Gaby Broers, Marina Walls, Maria Tersteeg, Brenden DeBoer, Jim Breckie, Carmen Thom, Bep Braat, Joanne Kubik

**Food Banks** - Please consider making a donation to our local Food Banks, non perishable and cash donations are graciously being accepted.



**PALM SUNDAY** - On Palm Sunday Christians celebrate the triumphal entry of Jesus Christ into Jerusalem, the week before his death and resurrection. Palm Sunday, often referred to as "Passion Sunday," marks the beginning of Holy Week, which concludes on Easter Sunday. The Bible reveals that when Jesus entered Jerusalem, the crowds greeted

him by waving palm branches and covering his path with palm branches. Immediately following this great time of celebration in the ministry of Jesus, he begins his journey to the cross.

### Why do Catholics abstain from meat on Good Friday?

Since Jesus sacrificed his flesh for us on Good Friday, we refrain from eating flesh meat in his honor on Fridays. Fish does not belong in the flesh meat category. In former times, meat was more expensive, eaten only occasionally and associated with feasting and rejoicing; whereas fish was cheap, eaten more often and not associated with celebrations. Abstinence is a form of penance. Penance expresses sorrow and contrition for our wrongdoing, indicates our intention to turn away from sin and turn back to God. Abstinence is a form of self-denial to grow in holiness. Jesus asks his disciples to deny themselves and take up their cross. (Matthew 16:24). Abstinence is a sober way to practice simplicity and nonindulgence, to deny the cravings of our bodies to honor Jesus who practiced the ultimate form of self-denial when he gave his body for us on the cross. Thus, to give up meat on Fridays, only to feast on lobster tail or Alaskan king crab, is to defeat the ascetical purpose of abstinence. Less is more!

**“Jesus looked at them and said, ‘With man this is impossible, but with God; all things are possible with God.’”**  
Mark 10:27