












St Stephen Parish



March 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Holy Mass 12:05 Lenten Lunch 12:40 SFO Meeting 7:30	2 Home School Group 1-4:00 CWL Meeting 6:30 (Didsbury) CWL Meeting 7:00 (Sundre) <i>The Chosen</i> 7:00	3 Holy Mass 9:00 24 Hour Adoration (Olds) Divine Mercy Chaplet & Rosary (Sundre) 10:00 World Day of Prayer 2-4:00 Adoration (Sundre) 1-6:00 Stations of the Cross 7:00 (Sundre & Didsbury) Holy Mass (Sundre) 7:00	4 Holy Mass 5:00 Reconciliation 11:00 KC – Silver Rose 4:20  Saint Casimir
5 Holy Mass 11:15 Catechism 10:00 Confirmation Class 10:00 Sr. Altar Servers Training after the 11:15 Mass Holy Mass 7:00	6 PPC Meeting 7:00 (Didsbury)	7 Holy Mass 6:30  Saint Perpetua & Saint Felicity	8 Holy Mass 12:05 Lenten Lunch 12:40 KC Meeting 7:30 (Olds) CWL Meeting 7:00 (Olds) Saint John of God	9 Holy Mass 6:30 Home School Group 1-4:00 PARISH MISSION WITH THE SISTERS OF DIVINE MERCY	10 Holy Mass 6:30 Divine Mercy Chaplet & Rosary (Sundre) 10:00 Stations of the Cross 7:00 (Sundre, Didsbury) PARISH MISSION CONCLUDES	11 Holy Mass 5:00 Reconciliation 11:00 Holy Mass 7:00 (Didsbury)
12 Holy Mass 9:00 Catechism 10:00 Confirmation Class 10:00 	13	14 Holy Mass 6:30	15 Holy Mass 12:05 Lenten Lunch 12:40	16 Home School Group 1-4:00 <i>The Chosen</i> 7:00 	17 Holy Mass 9:00 Divine Mercy Chaplet & Rosary (Sundre) 10:00 Stations of the Cross 7:00 (Sundre, Didsbury, Olds)  Saint Patrick	18 Holy Mass 5:00 Reconciliation 11:00 St. Patrick's Day Celebration Saint Cyril of Jerusalem
19 Holy Mass 11:15 Catechism 10:00 Confirmation Class 10:00 St. Joseph Pilgrim Icon Prayer 4:00 Saint Joseph	20 Adoration (Didsbury) 9-2:00 	21 Holy Mass 6:30 PPC Meeting 7:00 (Olds)	22 Holy Mass 12:05 Lenten Lunch 12:40 Penitential Service in Trochu 7:00	23 Home School Group 1-4:00 PPC Meeting 7:00 (Sundre) <i>The Chosen</i> 7:00 Saint Turibius	24 Holy Mass 6:30 Divine Mercy Chaplet & Rosary (Sundre) 10:00 Stations of the Cross 7:00 (Sundre, Didsbury) Lenten Penance Service 	25 Holy Mass 5:00 Reconciliation 11:00 CFC Meeting 3:00 KC Rosary 4:20
26 Holy Mass 9:00 Catechism 10:00 Confirmation Class 10:00	27	28 Holy Mass 6:30	29 Holy Mass 12:05 Lenten Lunch 12:40	30 Home School Group 1-4:00 <i>The Chosen</i> 7:00	31 Holy Mass 9:00 Stations of the Cross 7:00 (Sundre, Didsbury, Olds) 	

It doesn't matter if you've been away for a while, it doesn't matter what you have to confess.

Call the closest Catholic church for confession times or an individual appointment, and experience the grace of God in the Sacrament of Reconciliation. During Advent and Lent, many parishes also offer Penitential Celebrations, where the parish community gathers for a short liturgy and several priests are made available for confessions. In addition, on one day each year during Lent, priests across the Archdiocese dedicate the entire day to celebrating this healing sacrament on the annual Day of Confessions.

Priests welcome you no matter how long it's been since you have been to Confession, and no matter what you want or need to confess.

Forget how it goes?

First, take a deep breath ... it's easier than you think.

Before the Sacrament

Look at your life. Examine your conscience. See where you've made some mistakes since your last confession. Ask, "How have I hurt God, others, myself? Have I broken any of His commandments? Have I broken with the teachings of the Church?"

Be truly sorry for your sins. The essential act of Penance, on the part of the penitent, is contrition, a clear and decisive rejection of the sin committed, together with a resolution not to commit it again, out of the love one has for God and which is reborn with repentance.

Steps of the Sacrament

If you need help — especially if you have been away for some time — simply ask the priest and he will help by "walking" you through the steps to make a good confession.

1. The priest greets us, and we pray the Sign of the Cross. He invites us to trust in God. He may read God's Word with us.
2. We confess our sins. The priest may help and counsel us.
3. The priest gives us a penance to perform. Penance is an act of kindness or prayers to pray, or both.
4. The priest asks us to express our sorrow, usually by reciting an Act of Contrition:

O my God, I am heartily sorry for having offended you and I detest all my sins, because I dread the loss of heaven and the pains of hell. But most of all because I have offended you, my God, who are all good and deserving of all my love. I firmly resolve with the help of your grace, to confess my sins, to do penance and to amend my life. Amen.

5. We receive absolution. The priest says, "I absolve you from your sins in the name of the Father, and of the Son, and of the Holy Spirit." We respond, "Amen."
6. The priest dismisses us by saying, "Go in peace." We go forth to perform the act of penance he has given us.

After the Sacrament

Give thanks to God for forgiving you again. If you recall some serious sin you forgot to tell, rest assured that it has been forgiven with the others, but be sure to confess it in your next Confession. Do your assigned Penance. Resolve to return to the Sacrament of Reconciliation often. <https://caedm.ca/confessions/>