



Welcome to HOLY FAMILY PARISH

JANUARY 31, 2021 – 4TH SUNDAY IN ORDINARY TIME

Email: contact@holyfamilymh.ca ~ Website: www.holyfamilymh.ca ~ Facebook: Medicine Hat Holy Family Parish

Reconciliation: By Appointment Only 403-527-6933 ext. 101

Office Hrs. Monday to Friday - 8:30am – 12:00pm & 1:00pm to 4:30pm - Closed on Holidays.

Reconciliation is by appointment only Tuesday to Friday 9:30am – 4:00pm. Call the office to book a time with Fr. Iqbal or Fr. Rodel

**ADORATION IS IN THE
HOPE ROOM
MONDAY TO FRIDAY
9:30am to 4:00pm**



MASSES

MONDAY to FRIDAY at 9:00AM Administration doors,

SATURDAY at 5:00PM Main Front Doors &

SUNDAY at 8:30AM, 10:30AM & 6:00PM Main Front Doors

MAKE SURE TO COME EARLY TO BE SCREENED & WEAR YOUR MASKS

DOORS WILL BE LOCKED WHEN MASS STARTS



**Catholic Women's League
Vi Sheridan - 403-526-9091**

Knights of Columbus

Ron Pisoni - 403-526-1848



We do have masks available if needed! Please dispose of them in a responsible manner.



KNIGHTS OF COLUMBUS

12 Hour Adoration

Friday, Jan 22, 2021--- 9:30am – 9:30pm

Spend an hour with Jesus!

Email Darrell at d_gofsky@shaw.ca

Attending Masses...

**MAKE SURE TO COME EARLY TO BE SCREENED
THE DOORS WILL NOW BE LOCKED WHEN MASS
STARTS TO ENSURE YOUR SAFETY FROM PEOPLE
ENTERING THAT HAVE NOT BEEN SCREENED.**

MASKS...

**IT IS MANDATORY TO WEAR A MASK AT
ALL TIMES NOW IN THE CHURCH.**



Sunday 10:30am Mass

Medicine Hat Holy Family Church Live Stream

https://www.youtube.com/channel/UCG6zK-XzuXdDHj79rV6ut_Q



OPERATING FINANCES

December 1 -31, 2020

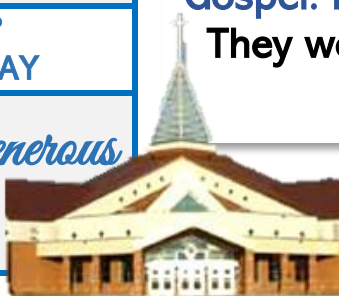
Operating Budget 2020	\$ 60,000
General Envelope Collection	\$ 104,316
Loose Collections	\$ 2,100
Future Development	\$ 5,549
Sale of Church Supplies	\$ 2,760
Other Ministries	\$ 985
TOTAL	\$ 55,710

SPECIAL COLLECTIONS

Together in Action (TIA)	\$ 4,325
St Vincent de Paul	\$ 5,046
CARO	\$ 190
Mission Mexico	\$ 2,640
Clergy Benefit	\$ 500
Catholic Education	\$ 20

2021 TIA GOAL – \$??,???
TO DATE \$ = ??% OF THE WAY

*Thank You for your Generous
Contributions*



4th Sunday in Ordinary Time -
Year B
Sunday, January 31, 2021

1st Reading: Deuteronomy 18.15-20
I will put my words in the mouth of the Prophet.

Responsorial Psalm: 95 (R. 7c-8a)
R. O that today you would listen to the voice of the Lord. Do not harden your heart.

2nd Reading: 1 Corinthians 7.32-35
The unmarried are concerned about the affairs of the Lord.

Gospel: Mark 1.21-28
They were all amazed: A new teaching – with authority.

TEACHING WITH AUTHORITY

Jesus begins his ministry with us this liturgical year doing two things. He is teaching with authority – like no other. And his teaching spills into action for the benefit of another – mercy at work.

- † How is Jesus astonishing me by what he teaches?
- † How am I listening for his words, his call, his teaching?
- † How is my listening spilling out into mercy thoughts, mercy action, mercy works?

† Masses Intentions †
January 30th to February 5th

Saturday, January 30

5:00pm – Doreen Boey †

Sunday, January 31

8:30 am – James Hillson †

10:30am – Maureen Gavin

6:00pm – Holy Family Parish

Monday, February 1

9:00am – Julia Landry †

Tuesday, February 2

9:00am – Tillie Krassman †

Wednesday February 3

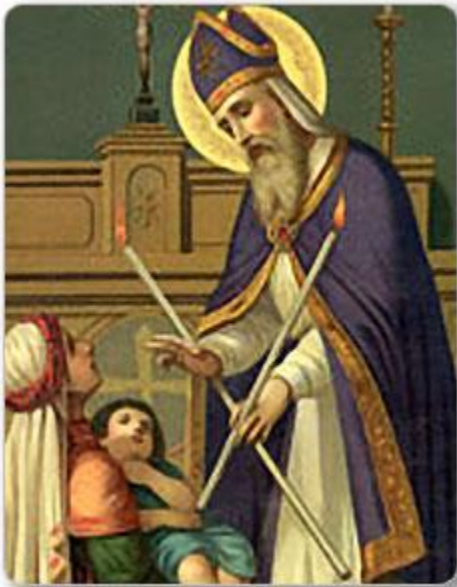
9:00am – Edward Schafer †

Thursday, February 4

9:00am – Felix Lutz †

Friday, February 5

9:00am – Cruz Children return to Faith



THE BLESSING OF THROATS THROUGH THE INTERCESSION OF ST. BLAISE

February 3, 2021 – 9:00 Mass

Saint Blaise's protection of those with throat troubles apparently comes from a legend that a boy was brought to him who had a fishbone stuck in his throat. The boy was about to die when Saint Blaise healed him. Very few facts are known about Saint Blaise. We believe he was a bishop of Sebastea in Armenia who was martyred under the reign of Licinius in the early fourth century.

World Day of the Sick Health Care Workers Mass



 YouTube



February 11, 2021 at 7:00pm

Let us pray for all our doctors, nurses,
and health care workers.
Please join and invite other people
working in the health care.

Marriage Vows Renewal



**February 14, 2021
6:00pm Mass**

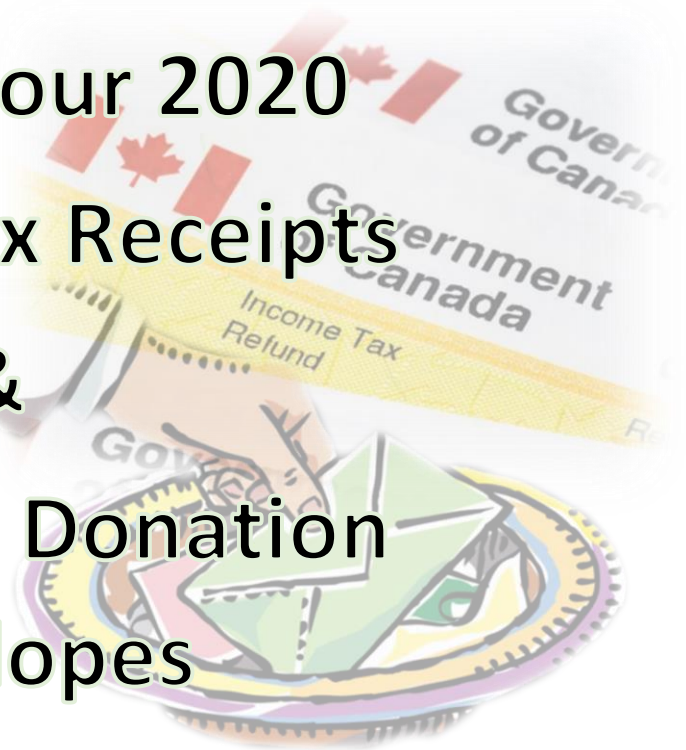
Let us pray for Married
Couples.
**Please join us for this
wonderful celebration.**

Important

**Pick-up your 2020
Income Tax Receipts**

&

**Your 2021 Donation
Envelopes**





4th SUNDAY IN ORDINARY TIME - YEAR B

FILLED WITH AWE

The story goes that a husband and wife were invited to spend the weekend at the husband's employer's home. The wife was nervous about the weekend. The boss was very wealthy, with a fine home on the waterway, and cars costing more than her house.

The first day and evening went well, and she was delighted to have this rare glimpse into how the very wealthy live. The husband's employer was quite generous as a host and took them to the finest restaurants. The wife knew she would never have the opportunity to indulge in this kind of extravagance again, so was enjoying herself immensely.

As the three of them were about to enter an exclusive restaurant that evening, the boss was walking slightly ahead of her and her husband. He stopped suddenly, looking down on the pavement for a long, silent moment.

The wife wondered if she was supposed to pass him. There was nothing on the ground except a single darkened penny that someone had dropped, and a few cigarette butts. Still silent, the man reached down and picked up the penny.

He held it up and smiled, then put it in his pocket as if he had found a great treasure. How absurd! What need did this man have for a single penny? Why would he even take the time to stop and pick it up?

Throughout dinner, the entire scene nagged at her. Finally, she could stand it no longer. She casually mentioned that her daughter once had a coin collection and asked if the penny he had found had been of some value.

A smile crept across the man's face as he reached into his pocket for the penny and held it out for her to see. She had seen many pennies before! What was the point of this?

"Look at it" he said "Read what it says." She read the words " United States of America " "No, not that; read further." "One cent?" "No, keep reading." "In God we Trust?" "Yes!" "And?" "And if I trust in God, the name of God is holy, even on a coin. Whenever I find a coin, I see that inscription. It is written on every single United States coin, but we never seem to notice it! God drops a message right in front of me telling me to trust Him. Who am I to pass it by? When I see a coin, I pray, I stop to see if my trust IS in God at that moment. I pick the coin up as a response to God; that I do trust in Him. For a short time, at least, I cherish it as if it were gold. I think it is God's way of starting a conversation with me. Lucky for me, God is patient, and pennies are plentiful!

We have priceless treasure Jesus Christ our Saviour in whom we trust because loved us so much that he died for us on the Cross. In the First reading Moses is addressing the congregation and inviting them to wait for the one coming after him and like him. If we reflect on the similarities between Moses and Jesus, we will be amazed. Some of the similarities are, both survived from death as a child in Egypt, both lead Israelites out of slavery to promised land; one from Egyptian slavery and other from the slavery of sin etc. As homework for all of you who are reading this reflection, write down similarities between Moses and Jesus and see the amazing facts of these two great Prophets. This Sunday's Gospel passage presents Jesus who, with his small community of disciples, enters Capernaum, the



Photo by Fr. Iqbal Khurshid

city where Peter lived, and which was the largest city in Galilee at that time. Jesus goes to that city. I got the chance to visit Jesus and Peter's homes and synagogue where Jesus lived and preached. As I sat in the Chapel built upon the house of St. Peter to pray, the whole scene of Jesus's presence ran through my mind like a film and I imagined how people were staring at Jesus and appreciating him for the work he was doing and his wonderful eloquence in preaching the Word of God.

His Holiness Pope Francis reflects on the Gospel this way "The Evangelist Mark, recounts that, since it was the Sabbath, Jesus went straight to the Synagogue and began to teach. This reminds us of the primacy of the Word of God, the Word to be listened to, the Word to be received, the Word to be proclaimed. Arriving in Capernaum, Jesus does not delay proclaiming the Gospel, does not think first about the necessary logistics of his small community, does not tarry over the organization. His primary concern is to communicate the Word of God with the power of the Holy Spirit.

As Jesus is preaching, people present in the synagogue, notice something totally different and surprising that he is "preaching with authority". What does "with authority" mean? It means that in the human words of Jesus, the power of the Word of God could be felt, the authority of God, who is the inspiration of the Sacred Scriptures. And one of the characteristics of the Word of God is that He does what He says. For the Word of God corresponds to his will. We, on the other hand, often speak empty, shallow words, or superfluous words, words that do not coincide with the truth. Instead, the Word of God corresponds to the truth, it is united to his will and fulfils what He says. St. Jerome once said "ignorance of the Scripture is the ignorance of Christ" because Jesus in the Word became flesh and dwelt among us. Indeed, Jesus, after preaching, immediately demonstrates his authority by freeing a man, in the Synagogue, who was possessed by a demon. The very divine authority of Christ provoked the reaction of Satan, hidden in that man; Jesus, in his turn, immediately recognized the voice of the evil one and "rebuked him: 'Be silent and come out of him'". With the power of his word alone, Jesus frees the person from the evil one. And once again those present were amazed: "He commands even the unclean spirits, and they obey him". The Word of God arouses amazement in us. It has the power to astonish us. In the Letter to Hebrews, we read "Indeed, the word of God is living and active, sharper than any two-edged sword, piercing until it divides soul from spirit, joints from marrow; it is able to judge the thoughts

and intentions of the heart. On the other hand, Moses before dying, gave to instructions to Joshua son of Nun and reminded him “This book of the law shall not depart out of your mouth; you shall meditate on it day and night, so that you may be careful to act in accordance with all that is written in it. For then you shall make your way prosperous, and then you shall be successful. I hereby command you: Be strong and courageous; do not be frightened or dismayed, for the Lord your God is with you wherever you go” (Joshua 1:8-9). The Gospel is the word of life: it does not oppress people, on the contrary, it frees those who are slaves to the many evil spirits of this world: the spirit of vanity, attachment to money, pride, sensuality.... The Gospel changes the heart, changes life, transforms evil inclinations into good intentions.

The new doctrine, taught by Jesus with authority, is what the Church takes to the world, along with the effective signs of His presence: the authoritative teaching and the liberating action of the Son of God become words of salvation and gestures expressing the love of the missionary Church. Always remember that the Gospel has the power to change lives! Do not forget this. It is the Good News, which transforms



us only when we allow ourselves to be transformed by it. St. Paul reminds everyone of us to allow the Word of God to dwell richly in us “Let the word of Christ dwell in you richly; teach and

admonish one another in all wisdom; and with gratitude in your hearts sing psalms, hymns, and spiritual songs to God”.

As Holy Father Pope Francis has declared this “The Year of St. Joseph”, we can learn much from him. He was a man of silence but powerful in righteousness. He was poor but a hardworking man. He stood with his family in difficult times and backed down because of any fear. I believe Jesus must be filled with awe to see his foster father with such amazing characteristics and qualities and must have carried those in his own life. Jesus amazed everyone not only by this preaching but through his actions too.

Let me conclude my reflection with the following story which will remind us that when we allow Jesus to work in our lives, he gives us greater gifts filled with his everlasting love.

Once upon time a cheerful girl with bouncy golden curls was almost five. Waiting with her mother at the checkout stand, she saw a circle of glistening white pearls in a pink foil box. "Oh please, Mommy. Can I have them? Please, Mommy, please!" Quickly the mother checked the back of the little foil box and then looked back into the pleading blue eyes of her little girl's upturned face. "A dollar ninety-five. That is almost \$2.00. If you really want them, you can save enough money to buy them for yourself. Your birthday's only a week away and you might get another crisp dollar bill from Grandma." As soon as she got home, she emptied her penny bank and counted out 17 pennies. After dinner, she did more than her share of chores and she went to the neighbor and asked if she could pick dandelions for ten cents. On her birthday, Grandma did give her another new dollar bill, and at last she had enough money to buy the necklace.

She loved her pearls. They made her feel dressed up and grown up. She wore them everywhere. She had a very loving daddy and every night when she was ready for bed, he would stop whatever he was doing and come upstairs to read her a story. One night when he finished the story, he asked her, "Do you love me?" Oh yes, Daddy. You know that I love you." "Then give me your pearls." "Oh, Daddy, not my pearls. But you can have Princess -- the white horse from my collection. The one with the pink tail. Remember, Daddy? The one you gave me. She's my favorite." "That's okay, Honey. Daddy loves you. Good night." And he brushed her cheek with a kiss. About a week later, after the story time, Jenny's daddy asked again, "Do you love me?" "Daddy, you know I love you." "Then give me your pearls." "Oh Daddy, not my pearls. But you can have my baby doll. The brand new one I got for my birthday. She is so beautiful, and you can have the yellow blanket that matches her sleeper." "That's okay. Sleep well. God bless you, little one. Daddy loves you." And as always, he brushed her cheek with a gentle kiss.

A few nights later when her daddy came in, she was sitting on her bed. As he came close, he noticed her chin was trembling and one silent tear rolled down her cheek. "What is it, sweetie? What's the matter?" She did not say anything but lifted her little hand up to her daddy. And when she opened it, there was her little pearl necklace. With a little quiver, she finally said, "Here, Daddy. It's for you."

“Oh baby, I wanted to give you a real precious treasure, something more precious than what you have” with that he gave her a genuine treasure of real pearls.

Are we filled with awe to see Jesus in our lives and imitate him and to see what treasure he give us?

4th Sunday in Ordinary Time



COVID-19 Resources

COVID-19 Resources for Parish Staff: catholiccyyc.ca/resources.html

To share with parishioners:

- [Sacraments & Liturgies \(First Reconciliation, First Communion, Confirmation\)](#)
- [Spiritual Resources](#)
- [Sacrament Preparation](#)
- [Online Formation Opportunity](#)

Visit the [Diocesan Event Calendar](#)

Called to serve as a Permanent Deacon?



If you are interested or feel that you are being called to a vocation as a Permanent Deacon, and you meet the qualifications listed in the [Brochure](#), please join in on one of the following zoom presentations.

- **Wednesday, April 21 at 7 pm**
[Join via zoom](#) | Meeting ID: 864 2999 8972, Passcode: 619475
- **Saturday, April 24 at 10 am**
[Join via zoom](#) | Meeting ID: 841 7267 9702, Passcode: 705724

Note that the Permanent Diaconate application deadline this year is May 31, 2021, and formation schedule will run from September 2022 to November 2026.

[illegible]

- Watch this 4-minute announcement video, featuring Fr. Cristino Bouvette, Fr. John Nemanic, SFXC team and Bishop McGrattan.
[Watch now](#)
- [Announcements from The Bishop's Office re: SFXC move & Lethbridge SFXC](#)
- Question & Answers with Fr. Cristino Bouvette about the move. Login to Instagram and [watch now](#)

The Rite of Election for the year 2021 will take place in the parishes within the Mass after the homily on the **First Sunday of Lent, February 21, 2021**. Please read details [here](#)

Bishop McGrattan offers three available dates to meet and pray with the Elect via Zoom. Please share the links below with the Elect and ask them to register to **one** of the three options below:

- **Tuesday, February 23**, 2021 from 6:30 pm to 7:00 pm | [Register here](#)
or
- **Wednesday, February 24**, 2021 from 6:30 pm to 7:00 pm | [Register here](#) or
- **Thursday, February 25**, 2021 from 6:30 pm to 7:00 pm | [Register here](#)

Events & Resources

1. **Fourth Sunday in Ordinary Time - Bulletin Shorts, free to use** [Mass Readings](#) | **Teaching with Authority.** Jesus begins his ministry with us this liturgical year doing two things. He is teaching with authority – like no other. And his teaching spills into action for the benefit of another – mercy at work.
 - How is Jesus astonishing me by what he teaches?
 - How am I listening for his words, his call, his teaching?
 - How is my listening spilling out into mercy thoughts, mercy action, mercy works? *Source: Diocese of Springfield*
2. **Employment opportunities**
There is one new employment opportunity at St. Gabriel's the Archangel, Chestermere, for the position of Bookkeeper. For more information and application details, visit catholicyc.ca/careers.html
3. **Volunteers Wanted - Catholic Engaged Encounter**
The Calgary Catholic Engaged Counter Community is putting out an urgent plea for volunteers. Without the key volunteer positions filled, CEE will not be able to serve in Calgary. Consider assisting this community in the wonderful ministry of serving those preparing for the Sacrament of Matrimony. CEE is looking for: **Coordinators Position** and a **Financial Team**. These positions need **a few hours of your time** per month, training and transition period will be provided. Contact us: Ron & Dadye Teschl: wdcoordinators@ceewest.com R: 1 403 630-3626 or D: 1 403 608-4130. [More information here](#)

4. **Religious Education Congress Online (RECongress 2021)**

The Religious Congress is a virtual event this year. This year, the theme of the Religious Education Congress, *Proclaim the Promise!*, is a radical invitation to believe that our lives and our world are sustained by God's promise. Now more than ever, we need hope and a vision for our future. Cost is only US\$ 35, which will cover admission to the entire virtual event. Workshops will be *On Demand* with 25 sessions available on Friday, February 19th and the remainder on Saturday, February 20th at 12:01 (PST). Amazing line-up of speakers, including Bishop Barron, Fr. Joshua Johnson, Fr. Ricky Manalo, Fr. Thomas Reese, Sister Carol Zinn and [many other Catholic speakers](#). [Register here](#).

5. **Ethiopian Church massacre**

Please pray for the victims of the Ethiopian Church massacre in the Tigray region. Up to 1,000 people—including priests and other church leaders—have been killed in a series of attacks in Ethiopia culminating in a massacre at a church where the Ark of the Covenant is believed to be kept. "The situation in Northern Ethiopia is alarming. Communication is very precarious and for almost three weeks the Tigray region has been totally isolated from the rest of the world. No internet or telephone. But the news we get from those who have been able to visit the area is terrible." This is the assessment by Regina Lynn for Aid to the Church in Need (ACN). [Read more](#)

6. **Vatican Museum: Beauty that unites**

Beauty creates communion. It unites onlookers from a distance, uniting past, present and future. Pope Francis has recalled this on a number of occasions. The Church has always translated the universality of the Good News into the language of art. From this premise, this dramatic moment in history characterized by uncertainty and isolation, gives rise to this initiative which is a partnership between the Vatican Museum and Vatican News: Masterpieces from the Vatican Collection accompanied by comments from the words of the Popes. Subscribe to get beautiful sacred arts and words of the Popes in your Instagram feed [@vaticanmuseums](#) or search [#BeautyThatUnites](#)

LIVESTREAM

Full schedule of Parish Livestream Masses in the Diocese of Calgary is available at: <https://www.catholicyyc.ca>.

You can also watch parish Sunday Masses via TELUS Optik TV Ch. 876 (choose Diocese of Calgary tile logo). For other online Masses, visit [Salt+Light TV](#), [Shalom World TV](#), [EWTN](#) and [Vision TV](#).

Sunday 10:30am Mass

Medicine Hat Holy Family Church Live Stream

https://www.youtube.com/channel/UCG6zK-XzuXDHj79rV6ut_Q



EMAIL SCAMS

Several reports of email scams have been brought to our attention. The emails have been written in a compelling way that the email addresses of the senders were not visually verified and responses were sent. Perhaps this is a reminder that when someone you know asks you to email them back and sounding desperate to perhaps check the sender's email address. The scammers have become more intelligent in acquiring the tone of how we write as clergy.

SCHEDULE

For more Livestreams, visit
CATHOLICYC.CA/LIVESTREAMMASS



MONDAY TO FRIDAY

6 pm - Rosary

(WEDNESDAY - ROSARY AND MASS)

BILINGUAL: PORTUGUESE & ENGLISH
OUR LADY OF FATIMA PARISH, CALGARY



SATURDAY

5 pm - Anticipated Sunday Mass

ST. PAUL'S PARISH, AIRDRIE



SUNDAY

10:30 am - Sunday Mass

ST. ANTHONY'S PARISH, CALGARY

Noon - Sunday Mass

OUR LADY OF FATIMA PARISH, CALGARY
IN PORTUGUESE

5 pm - Sunday Mass

ST. JOSEPH'S PARISH, CALGARY



ROMAN CATHOLIC
DIOCESE
of Calgary

THANK YOU  **TELUS**
FOR MAKING THIS POSSIBLE!

ONLINE GIVING

Our parish relies on our regular offertory giving for maintenance and growth. By making your pre-authorized offertory gift, you are providing crucial support to care for your parish during this difficult time. You can also use the online giving page on the diocesan website to set up a one-time or recurring donation to your parish via credit-card. Funds donated will be transferred to the selected parish. Give now at <https://www.catholicyyc.ca/give> [or contact your Parish to set up a direct debit deposit].

LINKS

- [News.CalgaryDiocese.ca](https://www.catholicyyc.ca/news) | Announcements from the Diocese of Calgary
 - [Events.CalgaryDiocese.ca](https://www.catholicyyc.ca/events) | Diocesan events and registrations
 - [Blog.CalgaryDiocese.ca](https://www.catholicyyc.ca/blog) | Catholic Pastoral Centre Blog
 - [Careers.CalgaryDiocese.ca](https://www.catholicyyc.ca/careers) | Employment opportunities in the Diocese of Calgary
- Connect to the Diocesan [Facebook](#) | [Twitter](#) | [Instagram](#)
- To share with parishioners:
 - [Sacraments & Liturgies](#)
 - [Spiritual Resources](#)
 - [Sacrament Preparation](#)
 - [Online Formation Opportunity](#)



Lenten Online Study



SALVIFICI
DOLORIS

We hope you had a wonderful Christmas and have started the new year with the peace and joy that only the Christ child can bring.

On February 3, I invite you to join me and the Endow team for our first online Endow study of the year. In anticipation of the season of Lent, we will be studying [Salvifici Doloris](#), John Paul II's Apostolic Letter on the Christian

meaning of suffering. This letter invites women to approach what is ultimately the fundamental theological question—why is there suffering?

We will begin on Wednesday, February 3 and will meet weekly until March 24th from 10-11:15 PST. Teresa Hodgins will return as our Host and joining her will be Annette Bergeon (Executive Director), Laura Zambrana (Director of Content), Katie Smith (Director of Development), Janeth Chavez (National Coordinator for Magnifica) and myself.

This online study will be different from our online studies in 2020! The first part of the meeting will be done in the classic Endow format of reading the chapter out loud and having the panelists answer the discussion questions.

During the second part of the meeting, we will be placed into breakout rooms on Zoom! Each “room” will have one of the panelists leading the reading of the second part of the chapter and then facilitating the discussion questions in these small breakout groups. This means that each participant will have the opportunity to join in the discussion, if she chooses. We are so excited to interact with you more personally and intimately in this way!

There will be two ways you can participate in this study:

- Live – Register [here](#) to participate live on Wednesdays and be placed in a virtual Endow group in one of our breakout rooms led by an Endow panelist!
- After hours— Register [here](#) if you can’t participate live during the 8 weeks but would like to watch the recording later and go through the Endow Study at your own pace or watching with your own group of friends at time which is convenient for you.

We look forward to having you join us for this Lenten study. Please register [here](#) to join us live or to receive the recording after.

For a free download of Chapter 1 of this study, please click [here](#) and to purchase the study [click here](#).

For those who are unable to participate but would like to tithe their Lenten alms in sponsorship of this study please [click here to donate](#). We are grateful for your generosity in support of women.

Please email any questions you may have to me at simone.rizkallah@endowgroups.org.

All blessings, Simone, Director of Program Growth

Register Now or **Purchase the Study**

Sneak Peek Endow Group

Interested in joining or leading an Endow group, but unsure what it is like? We would like to invite you to join us for a sneak peek of an Endow Group on the study, Lumen Gentium. This will be an interactive meeting showing you what to expect in an Endow group.

[Join us!](#)



LUMEN GENTIUM



Mentorship Meeting

Join Simone Rizkallah, Director of Program Growth, in a personal mentorship meeting to discuss your questions or excitement of hosting an Endow Group.

[Register now!](#)

Join a Group

Seeking intellectual formation through intentional community? Please prayerfully consider hosting or joining an Endow group for women in your parish, neighborhood, or community.

[Find Out More!](#)





FCJ RETREAT & CONFERENCE CENTRE

A corporate ministry of the Sisters Faithful Companions of Jesus (FCJ) since 1980



[Check out opportunities to join online programs run by the FCJ Centre \(retreats, spiritual exercises, daily examen, prayers etc.\). Visit their events calendar](#)



Spiritual Centre of Peace, Healing and Prayer

Mount St. Francis Retreat Centre is nestled in the foothills of the Rocky Mountains where all welcome in the name of Christ. The Franciscan Friars of Canada, inspired by the vision and example of St. Francis and St. Clare of Assisi, have served here since 1949.

We offer silent retreats and spiritual direction. We also serve those in the 12 Step Program through weekend and evening Serenity retreats. We listen to 5th steps. We host groups and individuals seeking a place of quiet and stillness in an often hectic world. We can accommodate up to 50 people (46 rooms/50 beds). We have one large and one small meeting room, a library and chapel. We can accommodate most dietary restrictions. There are approximately 500 acres to explore.

Our retreats are organized through a group of dedicated volunteer Captains that oversee the registration. Please see our retreats page for more information.

We have strong ties with the Roman Catholic Diocese of Calgary; other Christian Churches, schools and organizations; as well as others not affiliated with any particular faith but who are in accord with our mission of peace, healing and prayer. We value the many loyal friends and benefactors that have supported us in our ministry for over 70 years.

February 3 @ 6:00 pm - 9:00 pm [Twilight Retreat: Women, Wednesday, February 3, 2021](#)

February 4 @ 6:00 pm - 9:00 pm [Twilight Retreat: Men, Thursday, February 4, 2021](#)

February 5 - February 7 [Men's Retreat: February 5-7, 2021](#)

February 10 @ 8:30 am - 3:00 pm [Day Away Retreat: Wednesday, February 10, 2021](#)

February 19 - February 21 [St. Vincent dePaul Weekend: February 19-21, 2021](#)

February 26 - February 28 [Men's Retreat: FEBRUARY 26-28, 2021](#)

March 3 @ 6:00 pm - 9:00 pm [Twilight Retreat: Men, Wednesday, March 3, 2021](#)

March 4 @ 6:00 pm - 9:00 pm [Twilight Retreat: Women, Thursday, March 4, 2021](#)

March 5 - March 7 [Women's Retreat: March 5-7, 2021](#)

March 17 @ 8:30 am - 3:00 pm [Day Away Retreat: Wednesday, March 17, 2021](#)