Opelcame to HOLY FAMILY PARISH

FEBRUARY 7, 2021 – 5TH 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. Igbal 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

TENTERING 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/c
hannel/UCG6zKXzuXdDHj79rV6ut Q



OPERATING FINANCES	
January 1 -31, 2021	
Operating Budget 2021	\$ 55,769
	·
General Envelope	\$ 42,302
Collection	
Loose Collections	\$ 378
Future Development	\$ 4,563
Sale of Church Supplies	\$ 4,987
Other Ministries	\$ 520
Shortage YTD	-\$ 2,269
SPECIAL COLLECTIONS	
Together in Action (TIA)	\$ 2,910
St Vincent de Paul	\$ 2,906
Clergy Retirement	\$ 125
Seminarian Fund	\$ 130
Mission Mexico	\$ 170
CARO	\$ 85
2021 TIA GOAL - \$??,???	
TO DATE \$ 2,910 = ??% OF THE WAY	

5th Sunday in Ordinary Time -Year B

Sunday, February 7, 2021

1st Reading: Job 7.1-4,6-7

Sorrow fills all my days.

Responsorial Psalm: 147 (R.1a,3)

R. Sing praises to the Lord who heals the brokenhearted.

2nd Reading: 1 Corinthians 9.16-19,22-23

Woe to me if I do not proclaim the Gospel!

Gospel: Mark 1.29-39

Jesus cured many who were sick with various diseases.

PURSUING JESUS

Thank You for your Generous Contributions

After curing Simon's mother-in-law, Jesus, standing at the door, is teaching, healing, and casting out demons. Then, leaving at dawn, he goes off alone. Simon and the boys, pursuing him, find him praying and plead: "Everyone is looking for you."

- † Since I am looking, where will I find Jesus this week?
- † What teaching of his do I need to hear? What healing?
- † Where and when will I make time for praying?

† Masses Intentions † February 6th to 12th

Saturday, February 6

8:30am - Deceased Cruz Family Members †

5:00pm - Helena Mudri †

Sunday, February 7

8:30 am - Holy Family Parish

10:30am - Peter Christensen †

6:00pm - Tyler Rae †

Monday, February 8

9:00am - Tony Cruz †

Tuesday, February 9

9:00am - Addison Foley †

Wednesday February 10

9:00am - Daniel Hoffart †

Thursday, February 11

9:00am - Jelena Mudri †

Friday, February 12

9:00am - Alice Koch †



The Knights of Columbus would like to congratulate Brother Henk Hof for receiving the Knight of the Month Award for February. Henk has been a member of the Order for 35 years. He organizes and coordinates Holy Family Saturday Feed the Needy at St. Barnabas and Thursday 5th Avenue Feed the Needy. He also organizes Knights breakfasts, bingos, and charity appeal tickets. Henk has had numerous positions in the Knights including Grand Knight, financial secretary and is involved in numerous ministries at HFP. A well-deserved award.

40 LOONIES FOR LENT

This lent, let us commit to participate more fully in a Lenten spiritual discipline of reading the gospels, prayer, fasting, abstinence, and almsgiving. We encourage families to establish a daily program to pray for the less fortunate and to fast to become more empathetic for our hungry and starving brothers and sisters resulting in a spirit aligned for sacrificial almsgiving.

This year, Holy Family Parish and Knights of Columbus Council 9502 ask you to consider directing your Lenten sacrificial almsgiving to be equally split between the Mustard Seed and St. Vincent de Paul via our weekly parish donation envelopes collected at every weekend mass. Our goal this year is \$10000.

Simply write "40 LOONIES FOR LENT" and the dollar amount on your weekly parish donation envelope. You may donate your full Lenten gift of \$40.00 one time or contribute an amount of \$7.00 or more each week. If sacrificial giving means you can give more please do so.

For those who are not using weekly envelopes you may make your cheque payable to Holy Family Parish or donate cash in a separate envelope marked with your name, address & "40 LOONIES FOR LENT" and place it in the weekly collection basket or drop it off at the Parish office. Alternatively, you may authorize the parish to process your donation on your credit card.

Look for updates on funds collected in the parish bulletin.

Please be generous. Thank you!

K OF

Installation of the CWL Officers & Liturgical Service



Holy Family CWL will instal its new executive with a liturgical service.

All members and parishioners are invited with Covid measures in place.

At this time no social gatherings/ meetings or a reception are

IF YOU HAVE LOST A SIGNIFICANT PIECE OF JEWELRY PLEASE CONTACT THE OFFICE

World Day of the Sick Health Care Workers Mass





February 11, 2021 at 7:00pm

Let us pray for all our doctors, nurses, and heath care workers.

Please join and invite other people working in the health care.

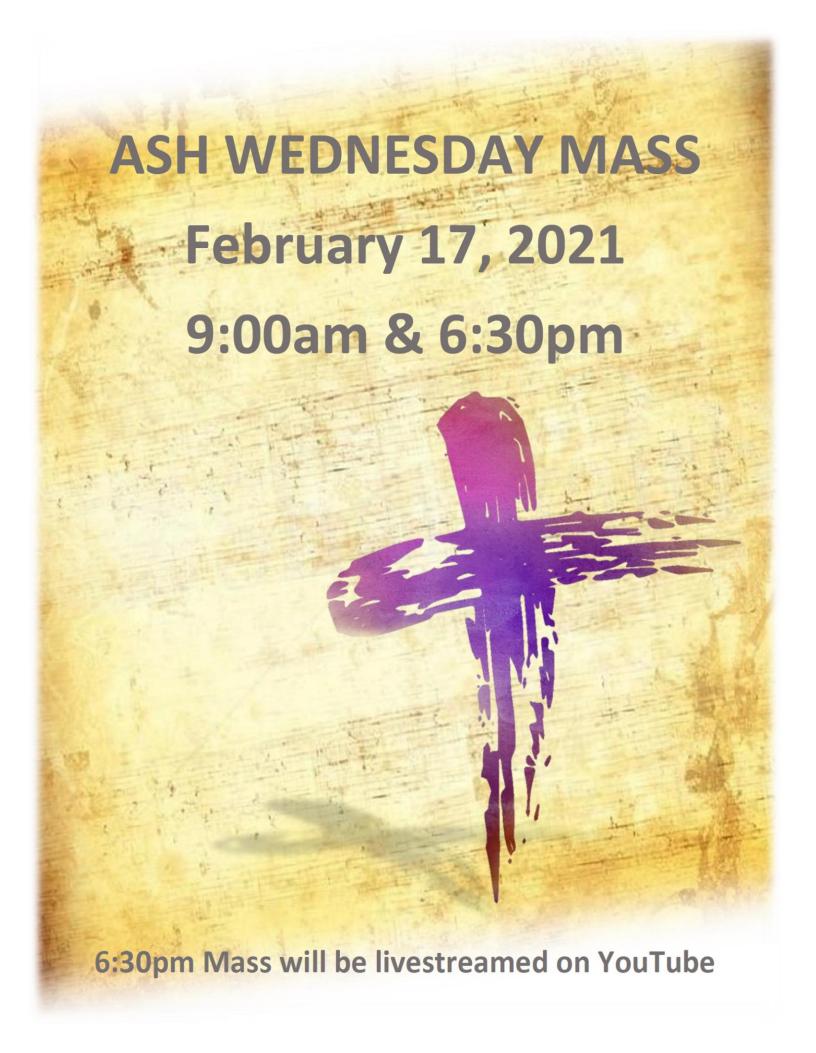
Marriage Vows Renewal

February 14, 2021 6:00pm Mass

Let us pray for Married Couples.

Please join us for this wonderful celebration.

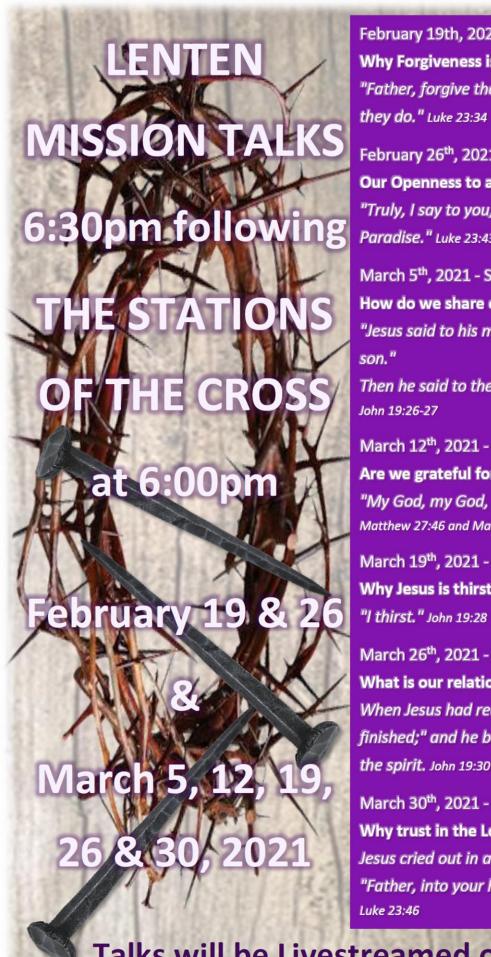




Stations of the Cross 2021 – 6:00pm

followed by a Mission Talk each night.





February 19th, 2021 - Speaker: Lindsay Heier Why Forgiveness is Important for Transformation? "Father, forgive them, for they do not know what

February 26th, 2021 - Speaker: Fr. Igbal

Our Openness to accept Jesus

"Truly, I say to you, today you will be with me in Paradise." Luke 23:43

March 5th, 2021 - Speaker: Fr. Igbal

How do we share our life with other?

"Jesus said to his mother: "Woman, this is your son."

Then he said to the disciple: "This is your mother." John 19:26-27

March 12th, 2021 - Speaker: Jimmy Tablan

Are we grateful for what we have?

"My God, my God, why have you forsaken me?" Matthew 27:46 and Mark 15:34

March 19th, 2021 - Speaker: Deacon Robert Risling Why Jesus is thirsty?

"I thirst." John 19:28

March 26th, 2021 - Speaker: Fr. Roque Pereira

What is our relationship with Him?

When Jesus had received the wine, he said, "It is finished;" and he bowed his head and handed over the spirit. John 19:30

March 30th, 2021 - Speaker: Fr. Rodel Abanto

Why trust in the Lord is important?

Jesus cried out in a loud voice.

"Father, into your hands I commend my spirit." Luke 23:46

Talks will be Livestreamed on You Tube



5th SUNDAY IN ORDINARY TIME - YEAR B

4 "P's" OF JESUS' LIFE

Everyone has something very important to achieve in their life and we call it Charism. According to the Catechism of the Catholic Church "Charisms, spiritual gifts, are special abilities, a special empowerment, given to a Christian by the Holy Spirit to enable them to be powerful channels of God's love and redeeming presence in the World. Whether extraordinary or ordinary, charisms are to be used in charity or service to build up the Church". A charism is always deeply connected with our faith and is an expression of our relationship with God. In this way it differs from a natural or learned ability. A charism, exercised correctly, draws other people to God. Do the same. A charism must be exercised in the context of the Christian's overall discipleship in submission to Jesus Christ and His Church.

In the Gospel today we can see the charism of Jesus which is based on 4 "P's" that is **Protecting, Preaching, Praying, and Proclaiming**. All these are aspects of Jesus's life are very important for us all to understand. Let me share a story about the power of prayer which will help us to understand why Jesus spend time in prayer every day.

A voyaging ship was wrecked during a storm at sea and only two of the men on it were able to swim to a small, deserted island. The two survivors, not knowing what else to do, agreed that they had no other recourse but to pray to God. However, to find out whose prayer was more powerful, they agreed to divide the territory between them and stay on opposite sides of the island.

The first thing they prayed for was food. The next morning, the first man saw a fruit-bearing tree on his side of the land, and he was able to eat its fruit. The other man's parcel of land remained barren. After a week, the first man was lonely, and he decided to pray for a wife. The next day, another ship was wrecked, and the only survivor was a woman who swam to his side of the land. On the other side of the island, there was nothing. Soon the first man prayed for a house, clothes, more food. The next day, like magic, all of these were given to him. However, the second man still had nothing.

Finally, the first man prayed for a ship, so that he and his wife could leave the island. In the morning, he found a ship docked at his side of the island. The first man boarded the ship with his wife and decided to leave the second man on the island. He considered the other man unworthy to receive God's blessings, since none of his prayers had been answered. As the ship was about to leave, the first man heard a booming voice from heaven, "Why are you leaving your companion on the island?"

"My blessings are mine alone, since I was the one who prayed for them," the first man answered. "His prayers were all unanswered and so he does not deserve anything." "You are mistaken!" the Voice rebuked him. "He had only one prayer, which I answered. If not for that, you would not have received any of my blessings."

"Tell me," the first man asked the voice, "What did he pray for that I should owe him anything?" "He prayed that all your prayers be answered."

That is the same spirit we find in the First Reading when Job is talking with his friends and reminding them about the shortness of life and the suffering he is having "remember that my life is a breath; my eye will never again see good". How painful to see the misery of Job but the end of the book teaches that those who remain faithful to the Lord, God will bless them with every blessing they need in their lives.

In the Second reading St. Paul is inviting everyone of us to consider and undertake our responsibilities seriously and without boasting. Do we take our responsibilities seriously? We need to have the spirit of St. Paul who made Jesus the center of our life and say, "I do it all for the sake of the Gospel, so that I may share in its blessings".

In the Gospel today we see 3 "P's" in the life of Jesus. This is what Jesus' life was like: he went throughout Galilee, preaching in the synagogues and casting out demons". Jesus who preaches and Jesus who heals. The whole day was like this: preaching to the people, teaching the Law, teaching the Gospel, people looking for

Him to listen to Him, he heals the sick and then he goes into a deserted place to pray.

Let us talk about the first "P" which **Protection**. Jesus always had compassion for other people and that's why he says "Come to me all that are weary and carrying heavy burdens and I will give you rest. For I am humble and meek of heart". All four Gospels are full of Jesus' compassion and protection however St. Mark's Gospel today shows this aspect of Jesus's life in depth as continued to heal and protect people from evil spirits. We all have wounds, everyone: spiritual wounds, sins, hostility, jealousy; perhaps we do not say hello to someone: "Ah, he did this to me, I won't acknowledge him anymore". But this needs to be healed! Jesus protects us from every evil or human force which can destroy our lives because he loves us and has carried all our sins onto himself as Prophet Isaiah says. He is at work to protect from every physical sickness and weakness. Do we come to Jesus to ask for healing and protection? After sunset, since the Sabbath is over the people can go out and bring the sick to Him; He heals a multitude of people afflicted with maladies of every kind: physical, psychological, and spiritual. Having come to earth to proclaim and to realize the salvation of the whole man and of all people, Jesus shows a particular predilection for those who are wounded in body and in spirit: the poor, the sinners, the possessed, the sick, the marginalized. Thus, He reveals Himself as a doctor both of souls and of bodies, the Good Samaritan of man. He is the true Saviour: Jesus saves, Jesus cures, Jesus heals. The reality of Christ's healing of the sick invites us to reflect on the meaning and virtue of illness.

In the Sacred Scripture we can read a lot about the protection of the Lord. He even wept over Jerusalem to foresee the destruction of it and wanted to protect it under his wings, but Jerusalem refused to come under his protecting wings and later in the 70AD Jerusalem was destroyed by the romans. We can read in the Psalm 34 how God protects his people by this angel "The angel of the Lord encamps around those who fear him and delivers them. O taste and see that the Lord is good; happy are those who take refuge in him. O fear the Lord, you his holy ones, for those who fear him have no want. The young lions suffer want and hunger, but those who seek the Lord lack no good thing" (7-9). In the 2nd Letter to the Thessalonians, St. Paul invites everyone to believe in the healing and protecting power of the Lord "But the Lord is faithful; he will strengthen you and guard you from the evil one. And we have confidence in the Lord concerning you, that you are doing and will go on doing the

things that we command. May the Lord direct your hearts to the love of God and to the steadfastness of Christ" (3:3-5). Prophet Isaiah being the prophet if Good News keeping calling people to trust in the Lord and never doubt about his protect "do not fear, for I am with you, do not be afraid, for I am your God; I will strengthen you, I will help you, I will uphold you with my victorious right hand. Yes, all who are incensed against you shall be ashamed and disgraced; those who strive against you shall be as nothing and shall perish. You shall seek those who contend with you, but you shall not find them; those who war against you shall be as nothing at all" (41:10-12).

Last Sunday we reflected on the Gospel of Mark where Jesus went to his town of Capernaum and preached in the synagogue and people were astounded at his authoritative teaching because he was not teaching like the scribes and the 2nd "P", **Preaching**, in the life of Jesus. After the Baptism in the River Jordan, when Jesus started his public ministry, he preached "Repent and believe because the Kingdom of God has come near". With his preaching he proclaims the Kingdom of God, and with his healing he shows that it is near, that the Kingdom of God is in our midst. Through Gospel, Jesus preaches to us, He says with the Gospel what He wants to tell us, we know people who always carry it and when they have a little time, they open it, and this way they always find the right word for the moment they are living in. Let the Lord preach to us. Listen to the Lord.

Jesus' preaching is not based in on the words alone but actions as well. He preached what he did and did what he preached. Is it easy? I guess not, because sometimes to practice what we preach to others is hard. He preaches love, sacrifice, forgiveness and sharing. He preached from the Cross, the biggest lesson of forgiveness to everyone who mistreated him. "Jesus did not come to bring salvation in a laboratory; he does not preach from a laboratory, detached from people. He is amid the crowd! Amid the people! Just think that most of Jesus' public ministry took place on the streets, among the people, preaching the Gospel, healing physical and spiritual wounds. The "crowd" of which the Gospel often speaks is a humanity marked by suffering. It is a humanity marked by suffering, toil, and problems. It is to this poor humanity that Jesus' powerful, liberating, and renewing action is directed. That Saturday ends in this way, among the crowd until late in the evening" as Pope Francis explains the Gospel. What are we preaching to others?

The 3rd "P" in the life of Jesus is **Praying**. Did he need to pray being Son of God? Why did Jesus pray? What did he pray in the deserted place? Why he has to be alone when he prayed? These and many more question we can ask. Holy Father Pope Francis explains the element of prayer in the life of Jesus this way "Before dawn the next day, he goes out of the town's gates unseen and withdraws to a secluded place to pray." Jesus prays. In this way, he removes even himself and his mission from a "triumphalist" view which misunderstands the meaning of miracles and of his charismatic power. Miracles, in fact, are "signs" which encourage faith as a response; signs which are always accompanied by words that enlighten; and, taken together, the signs and words arouse faith and conversion through the divine power of Christ's grace.

Jesus prayed because God infused in him a spirit of prayer. In Psalm 22 we catch some glimpses of the various details of Christ's life, not just his crucifixion that so prominently is featured in this Psalm. Christ's life of prayer began at birth. Psalm 22 finds its ultimate fulfillment in Christ, The Father prepared a body for Christ, which was formed by the Spirit in the womb of the Virgin Mary. According to the natural limits of his humanity. Christ's early prayer life was clearly developed in his childhood as the Gospel Luke explains to us "every year they will go to the Temple as it was their custom". We can also understand that in the Jewish culture children were introduced to the read the Bible and learn how to pray.

Did Jesus really need to prayer? Maybe not, one can easily answer but then what made Jesus want to pray? He possessed the habit of faith from the womb, which would then bring forth acts of faith at the appropriate time in response to God and his Word. God took Christ "from the womb" and "made" him trust at his mother's breasts, Christ trusted God, but not as though he alone was responsible for his acts of faith toward God. Rather, the Father sustained him so that Christ's religious life was faithful from the womb to the tomb. In another psalm the reality of spiritual life from the very beginning of our existence comes into focus: "For you, O Lord, are my hope, my trust, O Lord, from my youth. Upon you I have leaned from before my birth; you are he who took me from my mother's womb. My praise is continually of you" (Ps. 71:5–6).

If these words are true of the psalmist, how much more are they true of the Son of God? Christ not only trusted from his youth but also leaned on God from before birth. How very different is this Hebrew idea of spirituality, which allows for and

celebrates the faith of children from the womb, compared with our rationalistic views today. Prayer became a deeply intimate conversation between God the Father and his people because of Christ's person and work in bringing us to such a place.

We read in the Book of Prophet Isaiah (9:6) that the Son was given, and the Child was born. Jesus was always part of the tri-unity, along with the Holy Spirit. The tri-unity always existed, the Father God, the Son God, and the Spirit God, not three gods, but one God existing as three persons. Jesus taught that He and His Father are one (John 10:30), meaning that He and His Father are of the same substance and the same essence. The Father, Son and Spirit are three co-equal persons existing as God. These three had, and continue to have, an eternal relationship.

To strengthen that relationship, Jesus prayed to his Father for his strength and power to do the works of God's mercy and bring many people closer to the Father. There is no problem with God the Son praying or talking to God the Father. As mentioned, they had an eternal relationship before Christ became a man. This relationship is depicted in the Gospels so we can see how the Son of God in His humanity carried out His Father's will, and in doing so, purchased redemption for His children (John 6:38). Christ's continual submission to His heavenly Father was empowered and kept focused through His prayer life. Christ's example of prayer is ours to follow.

Jesus Christ was no less God on earth when praying to His Father in heaven. He was depicting how even in sinless humanity it is necessary to have a vital prayer life to do His Father's will. Jesus' praying to the Father was a demonstration of His relationship within the Trinity and an example for us that we must rely on God through prayer for the strength and wisdom we need. Since Christ, as the Son of God, needed to have a vibrant prayer life, so should the follower of Christ today.

What is our prayer life?

The last "P" (**Proclaiming**) in the life of Jesus is found in the conclusion of today's Gospel passage indicates that Jesus' proclamation of the Kingdom of God finds its most rightful place on the streets. To the disciples who look for him to bring him back to the town' the disciples went to find him where he was praying, and they wanted to bring him back to the town — what does Jesus answer? "Let us go on to the next towns, that I may preach there also" This was the journey of the Son of God

and this will be the journey of his disciples. And it must be the journey of each Christian. Remember the words of Jesus before his ascension into heaven "Go therefore, into the world and proclaim the Good News..." and that's mission Jesus has handed over to us to continue the work of the proclamation. Do we need, a temple or church to preach? I guess no because we need to proclaim Jesus everywhere, we go, in our homes, streets, communities and to our society. How can we do it? One of the answers we can find in the Gospel of John is "by your works people will know that you are my disciples" Sometimes we do not need to proclaim in words, but our actions are enough to encourage people to follow Jesus. One of the examples we can follow is St. Joseph who did not say a single word but proclaimed Jesus to other by walking with him.

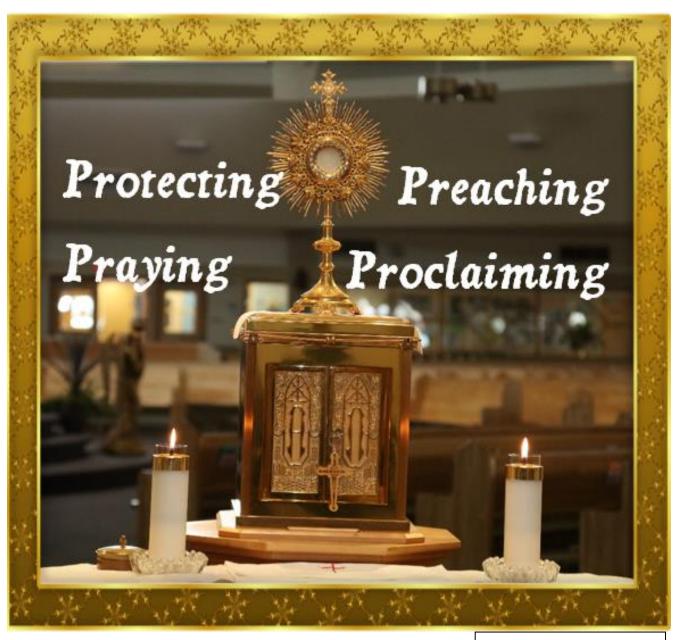


Photo by Fr. Iqbal Khurshid

5th Sunday in Ordinary Time



COVID-19 Resources

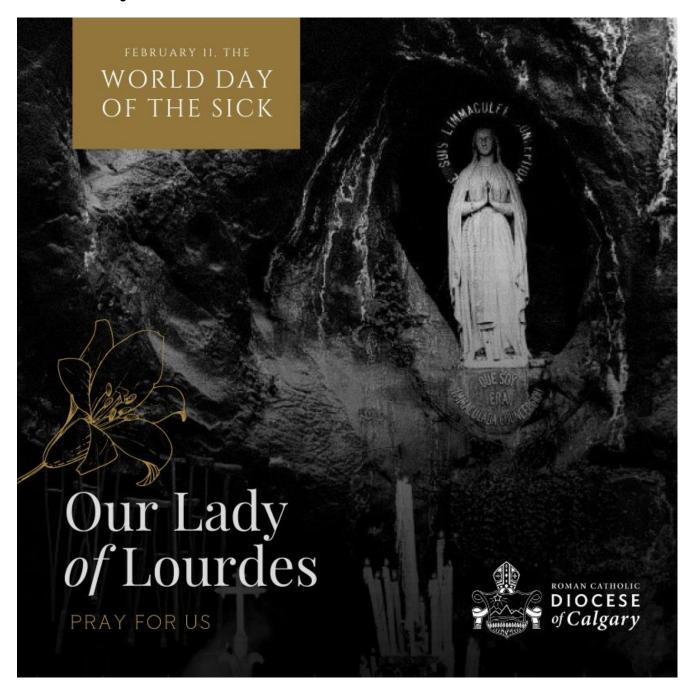
COVID-19 Resources for Parish Staff: catholicyyc.ca/resources.html

To share with parishioners:

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

Visit the Diocesan Event Calendar

World Day of the Sick - Feb 11



The theme of this year's message is "You have but one teacher and you are all brothers" (Mt. 23:8), which encourages a trust-based relationship with the sick and the nurturing of integral human healing. Please find here some resources for the *World Day of the Sick* (Feb. 11) this year:

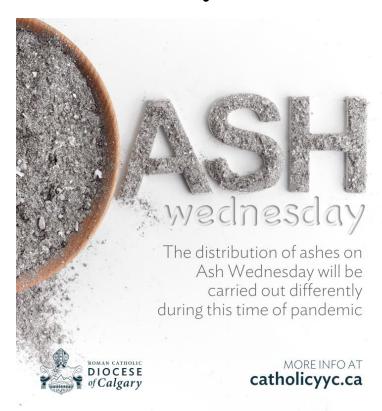
- Pope Francis' Message for the XXIX World Day of the Sick English | French
 - Prayer and <u>Novena to Our Lady of Lourdes</u>
 - o Blog page for World Day of the Sick on our website | Read here

First Communion - Session 1 begins

First Communion (or First Eucharist) online parents coaching session begins this week. Session 1 covers chapters 1 & 2, and runs from Feb. 2 to Feb. 13. Please note that:

- Parents can register to all the available sessions on our website: catholicyyc.ca/firsteucharist.html
 - Download Session 1 (Ch. 1 & 2) Notes in PDF
 - Download Session 1 (Ch. 1 & 2) Presentation in PPT
- Spanish coaching session with Fr. Salvador Ahumada is available on Fridays at 6 pm.
- For questions, contact Huy Nguyen at huy.nguyen@calgarydiocese.ca

Ash Wednesday



https://www.catholicyyc.ca/blog/ashwednesday-during-the-pandemic

During this time of the pandemic, the distribution of ashes will be carried out differently.

After the ashes have been blessed by the priest, the formula for the distribution (Repent... /Remember...) is said once from the sanctuary as a general pronouncement the to congregation gathered and one general response ("Amen") is to be made by all. The ashes will be distributed by sprinkling on the head of each one without saying anything.

There will be no tracing of the cross on the forehead.

Similar to the distribution of Holy Communion, all who intend to receive the ashes are required to wear a mask, even those who claim mask exemption due to health conditions. Face shields alone are not considered masks. Ashes will only be distributed on Ash Wednesday.

Sunday Livestream Masses with the Bishop

Bishop McGrattan is offering Sunday Masses at the following parishes in February. Masses will be livestreamed via Parish Livestream link(s).

- Saturday, Feb. 13 at 5 pm Sixth Sunday in Ordinary Time | St. Paul's, Airdrie. Watch on Youtube
- Sunday, Feb. 14 at 10:30 am Sixth Sunday in Ordinary Time | St. Anthony's, Calgary. Watch on Facebook | Telus Optik TV Ch. 877
- Sunday, Feb. 21 at 9 am First Sunday of Lent | St. Michael's, Calgary. Watch on <u>Youtube</u>

Share Lent Workshop



Explore with Development and Peace-Caritas Canada, Pope Francis' latest encyclical on fraternal love. Learn how you can put it into concrete action in your life. The on-line workshop will be interactive and include space for dialogue with Catholics from all over the Alberta/NWT region, from other parts of Canada and from around the world who are already living this important work.

- When: Saturday, Feb. 13 at 10 am to Noon | Register here
- · For more information, please contact Carmen Michaud at cmichaud@devp.org

Events & Resources

Reminder: This weekend - Feb. 6/7 | Pray for Consecrated Life
 Please pray for all those who have made commitments in the consecrated life,
 and please thank them on their special day. May they continue to be inspired by
 Jesus Christ and respond generously to God's gift of their vocation. Intercessions
 for the World Day of Prayer for Consecrated Life

2. National Men's Conference

A message for Catholic men: What does it mean to truly live your Catholic Faith as a man in every area of life? The answer, on a practical level, really depends on where you are in your journey. The National Catholic Men's Conference invites you to to the Men's Conference, drilling down into the practical lessons of living our vocation as Fathers, Husbands, Sons, and Disciples. When: Feb. 19 - 21. Register here

3. National Women's Conference

A message for Catholic women: How often do you use those words when describing our day? As Catholic women, many of us with kids, spouses, jobs, it is easy to feel like everyone wants a piece of our time and energy. Peace is possible, let's discover it together. You are invited to join the virtual National Catholic Women's Conference, entering into Christ's words, "My Peace I give to you." When: March 12 - 14. Register here

4. EDCL 304/504: Church History (1.5 credit) | Instructor: Dr. Brian Butcher (Univ. of Toronto). This online course surveys the history of Christianity, from Jesus and the early Christian Movement to the Medieval period to the Modern period. Special attention will be given to the history of Catholicism in Canada, as well as to the Second Vatican Council. Students will examine the development of Christianity as it intersects with the prevailing political, social, and ethnic cultures in the western world and beyond. The course will cover the major events, personalities, and movements in Church History, as well as explore how core Christian doctrines developed (distinguishing between orthodoxy and heresy). This course will be offered in the Permanent Diaconate program, but it's also open for everyone. Tuition: \$390 | Sessions are scheduled as follows: March 13, April 17, and May 15. For registrations please email: pablo.ortiz@stmu.ca

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 <u>Salt+Light TV</u>, <u>Shalom World TV</u>, <u>EWTN</u> and <u>Vision TV</u>.

Sunday 10:30am Mass Medicine Hat Holy Family Church Live Stream https://www.youtube.com/channel

https://www.youtube.com/channel/UCG6zK-XzuXdDHj79rV6ut 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.



ONLINE GIVING

Our parish relies on our regular offertory giving for maintenance and growth. By making your preauthorized 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 | Announcements from the Diocese of Calgary
- Events.CalgaryDiocese.ca | Diocesan events and registrations
- Blog.CalgaryDiocese.ca | Catholic Pastoral Centre Blog

- Careers.CalgaryDiocese.ca | 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





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 <u>here</u> 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 <u>here</u> 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 <u>here</u> and to purchase the study <u>click here</u>.

For those who are unable to participate but would like to tithe their Lenten alms in sponsorship of this study please <u>click here to donate.</u> 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

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.



LUMEN GENTIUM

Join us!

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.





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 are 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 19-21: St Vincent dePaul Weekend

February 26-28: Men's Weekend

March 5-7: Women's Weekend

March 12-14: Outside Group – Private Booking

March 19-21: Outside Group – Private Booking

March 26-28: Women's Serenity Weekend

March 31: Charity of the Cross

April 9-11: Men's Serenity Weekend

April 16-18: Couple's Weekend

April 23-25: Anglican Weekend

April 30 - May 2: Women's Weekend

May 7-9: Young Christian Professionals (Ages 20-40)

May 14-16: Outside Group – Private Booking

May 17-21: Diocese of Calgary RC Clergy

May 28-30: Outside Group – Private Booking

June 4-6: Women's Weekend

June 11-13: Men's Weekend

June 14-19: Outside Group – Private Booking

June 21-27: 6 Day Preached Retreat