



Welcome to HOLY FAMILY PARISH

FEBRUARY 21, 2021 – 1ST SUNDAY OF LENT

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

Marjorie Bowlby

403-527-2739

Knights of Columbus

Ron Pisoni - 403-526-1848



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

IF YOU HAVE LOST AN
IMPORTANT PIECE OF JEWELRY
PLEASE CONTACT THE OFFICE

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



<u>OPERATING FINANCES</u>	
January 1-31, 2021	
Operating Budget 2021	\$ 55,769
General Envelope Collection	\$ 42,302
Loose Collections	\$ 378
Future Development	\$ 4,563
Sale of Church Supplies	\$ 4,987
Other Ministries	\$ 520
Shortage YTD	-\$ 2,269
<u>SPECIAL COLLECTIONS</u>	
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	
<i>Thank You for your Generous Contributions</i>	

† Masses Intentions Feb 20th - 26th †

Saturday, February 20

8:30am – Joseph Onguene Family

5:00pm – George Corcoran †

Sunday, February 21

8:30 am – Leo & Irene Bachmier

10:30am – George Hudek †

6:00pm – Holy Family Parish

Monday, February 22

9:00am – Eugene Thome †

Tuesday, February 23

9:00am – Rose Pudwell †

Wednesday February 24

9:00am – Paul Lerner Family

Thursday, February 25

9:00am – Simonne Flynn

Friday, February 26

9:00am – Jim & Roy Buscholl †

1st Sunday of Lent - Year B

Sunday, February 21, 2021

1st Reading: Genesis 9.8-15

God's covenant with Noah when he was delivered from the flood.

Responsorial Psalm: 25.4-5a,6+7b,8-9
(R. 10)

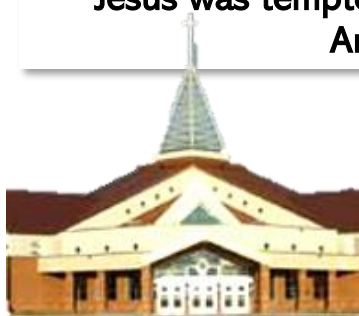
R. Your paths, Lord, are love and faithfulness for those who keep your covenant.

2nd Reading: 1 Peter 3.18-22

The waters of the flood prefigured the baptism which now saves you.

Gospel: Mark 1.12-15

Jesus was tempted by Satan; and the Angels waited on him.



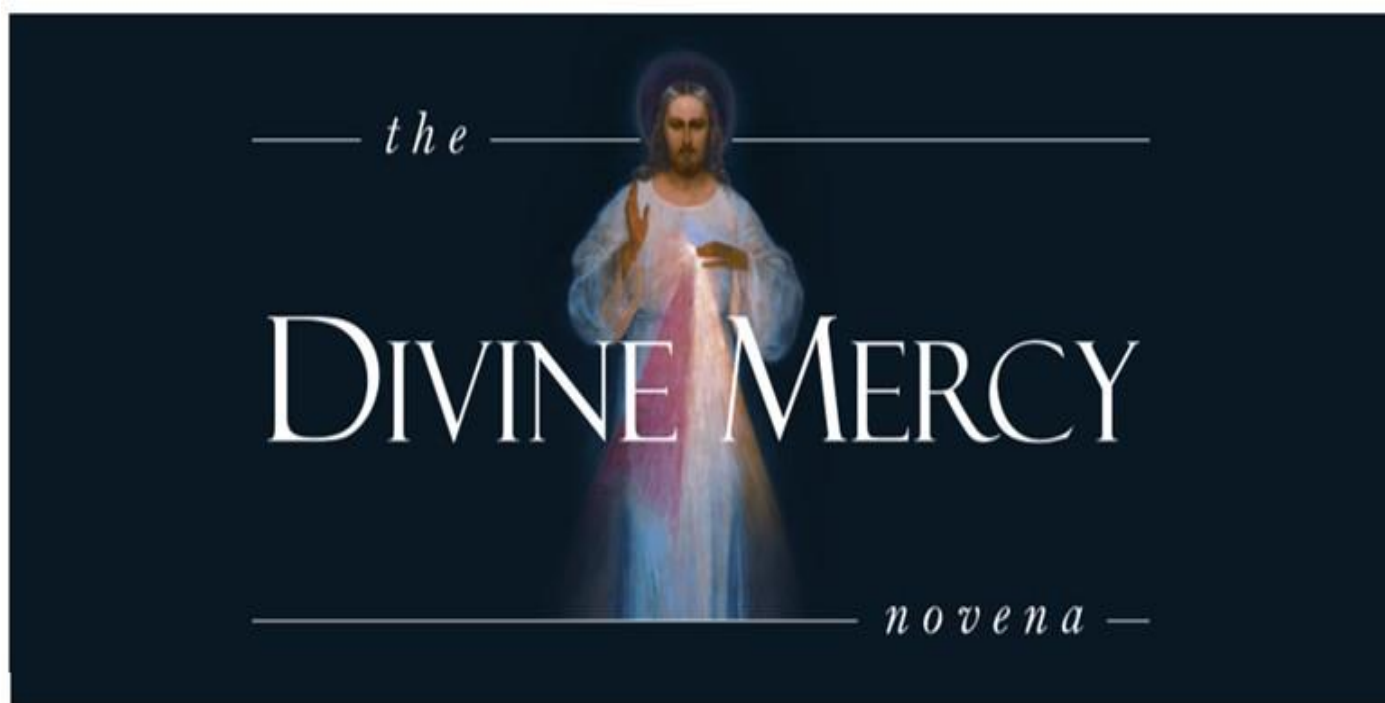
IT'S OKAY TO BE TEMPTED.

True. But it is not okay to give in. Just as Jesus spent his forty days in the desert protected by the Spirit, let us have the same trust that God guides us on this Lenten retreat to right Kingdom thinking, speaking, and behaving. Let us sing with the Psalmist that God's ways are love and truth, guiding the humble to justice.

- † Since the Kingdom of God is at hand, how will I repent?
- † What must I stop saying and doing to embrace more fully this Kingdom?
- † How can I work for justice?

Important

**2020 Income Tax
Receipts have been
mailed out.**



You are invited and encouraged to join the praying of the Divine Mercy Novena every day after mass **commencing Tuesday, February 16** and continuing through **until Divine Mercy Sunday, April 11**. We will be praying the Daily Novena prayer for each of the nine days, followed by the Chaplet and the Litany of Trust in Divine Mercy. You may excuse yourself and depart after the conclusion of mass.

Weekdays immediately after 9:00 mass

Saturdays & Sundays immediately after 8:30 mass

LENTEN MISSION TALKS

February 26, 2021 6:30pm

THE SECOND WORD

Speaker: Fr. Iqbal

Our Openness to accept Jesus

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

Lenten Talks will be
Livestreamed on
YouTube
or come listen in
person.



Stations of the Cross 2021 – 6:00pm

followed by a Mission Talk each Friday night.

February 19 - Knights of Columbus

February 26 - Catholic Women's League

March 5 - Finance Committee

March 12 - RCIA

March 19 - Parish Pastoral

March 26 - Filipino Community

Monday, March 29 - CWL with Margaret

Velichko Slide Show





LENTEN MISSION TALKS 6:30pm following THE STATIONS OF THE CROSS

at 6:00pm

February 19 & 26
&
March 5, 12, 19,
26 & 30, 2021

February 19th, 2021 - Speaker: Lindsay Heier

Why Forgiveness is Important for Transformation?

"Father, forgive them, for they do not know what they do." Luke 23:34

February 26th, 2021 - Speaker: Fr. Iqbal

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. Iqbal

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



CONTRIBUTIONS TO DATE

\$ 300

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!





WORLD DAY OF PRAYER 2021

Greetings,

This year the World Day of Prayer service will be completely online. Resources from WICC have been provided in video format so people can access the service from home. The Vanuatu service video will be posted on Friday, March 5th at 10 a.m. on Westminster United Church's Facebook page: [Westminster UC Medicine Hat](#).

To help keep people safe during COVID-19, we are encouraging WDP donations to be completed online or by sending cheques directly to WICC. For more information, go to wicc.org/donations/

If there are any questions or concerns, please contact the Westminster United Church office (403) 526 — 5247. Office hours are Monday through Thursday 9 a.m. — 4p.m.

Thank you and take care,
Jennifer Johnson
Westminster United Church Secretary





1st SUNDAY OF LENT - YEAR B

JESUS IS OUR ETERNAL COVENANT

As we begin our Lenten Season, we are invited to reflect on the Covenant which God made with Noah and fulfilled in Jesus. It is a covenant where God promises that He will never forget us, nor any of the creatures that he made. It is a covenant that promises that God will never again destroy the earth because of the sinfulness of man, and as a sign of this covenant this promise God created the rainbow so that whenever it is raining God and all of us here who see it will remember that promise.

The beautiful thing about this covenant, this agreement that God made is that it has no conditions upon it. It is a covenant without any "if" clauses, such as "if you love me" or "if you obey me" or "if you worship me" or if you brush your teeth or help old ladies across the street - then I will be good to you! No - the covenant God made to Noah is an unconditional covenant. It is a covenant of love wherein God promises to remember us even if we forget him.

That is what God's love is like. He remembers us even when we forget him. St. Paul writing to Timothy says ***"Therefore I endure everything for the sake of the elect, so that they may also obtain the salvation that is in Christ Jesus, with eternal glory. The saying is sure: If we have died with him, we will also live with him; if we endure, we will also reign with him; if we deny him, he will also deny us; if we are faithless, he remains faithful—for he cannot deny himself."***

Prophet Isaiah does confirm the unconditional covenant of God with his people that he will never forget them; ***"But Zion said, 'The Lord has forsaken me, my Lord has forgotten me.' Can a woman forget her nursing child, or show no compassion for***

the child of her womb? Even these may forget, yet I will not forget you. See, I have inscribed you on the palms of my hands; your walls are continually before me.

No matter what we have done when we stand at the door and knock, God will not ask "who's there" he will instead open the door and welcome us in. Despite our sinfulness, despite all that we do to hurt each other and to hurt ourselves, God has promised not to abandon us, not to forget us and seek our destruction, but rather to remember us and his love for us. This is the meaning of the covenant sealed with a rainbow, and this is the meaning of all God's covenants with us.

Abraham was chosen by God to raise up a great nation, so that the world would be blessed by a Holy People. David's children were chosen by God to be Kings over Israel, so that one day the world might be saved by a Messiah. And Jeremiah was chosen to announce a new covenant, where God would place the Law in each person's heart and where each person might personally come to know God and his salvation.

That last covenant, the once announcement by Jeremiah, has been fulfilled, and each of us here is now privileged, if we so choose, to be a part of that covenant, a covenant that is signed by the cross of Jesus and sealed by our baptism into his death and resurrection. God sent his Son instead of a flood to deal with our sin, and he died for our sin - the righteous for the unrighteous, to bring us to God and to allow us to live well both now and forever.

Holy Father Pope Francis reflecting on the Gospel says "St Mark writes in today's Gospel: "The Spirit immediately drove him out into the wilderness. And he was in the wilderness forty days, tempted by Satan; and he was with the wild beasts; and the angels ministered to him". With these simple words the Evangelist describes the trials willingly faced by Jesus before he began his messianic mission. It is a trial from which the Lord leaves victorious and which prepares him to proclaim the Gospel of the Kingdom of God. In these 40 days of solitude, he confronts Satan "body to body", He unmask his temptations and conquers him. And through Him, we have all conquered, but we must protect this victory in our daily lives".

However, most of the times we fail and give ourselves to temptations, but the Lord shows his mercy and redemption everyday in our lives. The following story will help us to understand that Jesus being our covenant and how he saves us.

There once was a man named Soul who was walking in a garden. He was whistling a real sweet tune for he was saved and had the joy of the Lord, but he was a baby Christian. As Soul was walking, a beautiful and seductive woman came out from behind a tree. Soul was very startled. He said, "Hello, I'm Soul, what is your name?" She replied, "I am Temptation, I have what you want." "What do I want?" replied Soul. "You want to do all things which are of the flesh," said Temptation. Soul replied, "O.K., lead me."

So he and Temptation went off and fulfilled the desires of the flesh. When Soul returned to the garden, he met a man named Condemnation. Condemnation said, "Hey, I see you have met my friend, Temptation." Soul said, "Yes, who are you?" "I am Condemnation, I come after Temptation. We work hand-in-hand." Then Condemnation jumped on Soul's back and began to beat him. He hit him in the face and kicked him when he was down. This went on for several days.

On about the third day, a man named Mercy came running and said, "Condemnation I command you to stop beating Soul." Condemnation snickered, "Make me."

So Mercy unsheathed his sword and cut Condemnation in two.

As Soul watched in astonished pain, he was overtaken by the power of Mercy. Mercy walked up to Soul and said, "I have dealt with Condemnation before. He should not show up around you anymore."

Soul replied, "How can I ever thank you?"

"Well," replied Mercy, "I was sent here by God and He told me to introduce you to a dear friend of mine. His name is Redemption."

Redemption walked up and said, "Hello Soul, I see that you are not doing well."

Soul replied, "Not until Mercy came along. It is a pleasure to meet you Redemption."

"Well", said Redemption, "I am glad to meet you. Are you ready to accept me?"

"What do you mean?" asked Soul.

Redemption said, "Well, when you accepted Jesus and decided to walk with Him, then you chose to accept the things of Him and His love. I am a part of Jesus' love. I help you feel forgiven. You will never have to deal with Condemnation again.

Temptation may come around, but I have someone I would like for you to meet who can help you with that. His name is Grace."

Grace walked up to Soul and said, "Hello Soul, I have been waiting for you. As a matter of fact, all three of us have been waiting to meet you. I will help you take the way out of Temptation that God gives you as it comes up. The last person we want you to meet is Faith."

"Hi Soul, I am Faith, and I will help you stay strong and keep your beliefs strong," said Faith.

Soul began to cry. When he began to cry Redemption said, "This is what we were here for. Jesus redeemed you, saved you by Grace through Faith and gives you his Mercy. Jesus loves you Soul."

Soul said, "I love you, Jesus."

What a great message this story contains for us as we begin our Lenten journey to grow deeper in our faith. We could see the price of our redemption through the eyes of Prophet Isaiah (53:4-7) ***"Surely he has borne our infirmities and carried our diseases; yet we accounted him stricken, struck down by God, and afflicted.***

But he was wounded for our transgressions, crushed for our iniquities; upon him was the punishment that made us whole, and by his bruises we are healed. All of us, like sheep, have gone astray; we have all turned our own way, and the Lord has laid on him the iniquity of us all.

He was oppressed, and he was afflicted, yet he did not open his mouth; like a lamb that is led to the slaughter, and like a sheep that before its shearers is silent, so he did not open his mouth."

Jesus being our covenant, immediately following the temptations in the desert, he begins to preach the Gospel: The time is fulfilled, and the kingdom of God has come near; repent and believe in the good news. Of course, the time is fulfilled because in Jesus, God has completed the covenant made with Noah that is not to destroy the world again due to sin. Jesus being our covenant is inviting everyone to repent and believe. What does it mean?

In fact, we are never sufficiently orientated towards God and we must continually direct our minds and our hearts towards him. To do this, we need to have the

courage to reject all that takes us off course, the false values which deceive us, by subtly flattering our ego. Rather, we must entrust ourselves to the Lord, to his goodness and to his project of love for each of us. Lent is a time of repentance, yes, but it is not a time of sorrow! It is a time of penance, but it is not a time of sorrow, of mourning. It is a joyous and serious commitment to strip ourselves of our selfishness, of our “old person”, and to renew ourselves according to the grace of our Baptism.

This Gospel highlights for us one of the central themes of the Season of Lent. We are dependent upon God for all that we have and all that we are. Anything that leads us to reject this dependency or to distrust its sufficiency, is a temptation from the devil. Jesus knows that he will be tempted again in the Garden of Gethsemane. The depth of Jesus' trust in God is shown most fully when Jesus rejects the temptation to turn away from the task God has given to him.

Jesus' responses to the temptations of the devil teach us how we can respond to temptation. As we start our journey through Lent, this Sunday's Gospel calls us to adopt the same confidence that Jesus had in the face of temptation: God's word alone will suffice, God's promise of protection can be trusted, and God alone is God. St. Peter encourages everyone to stand against the temptations and the power of the devil: ***“Humble yourselves therefore under the mighty hand of God, so that he may exalt you in due time. Cast all your anxiety on him because he cares for you. Discipline yourselves, keep alert. Like a roaring lion your adversary the devil prowls around, looking for someone to devour. Resist him, steadfast in your faith, for you know that your brothers and sisters in all the world are undergoing the same kinds of suffering. And after you have suffered for a little while, the God of all grace, who has called you to his eternal glory in Christ, will himself restore, support, strengthen, and establish you. To him be the power forever and ever. Amen”.***

Jesus shows us the way out of our temptations and trials daily, how to be strong and make sure to preach the Good News to everyone but especially to those who feel rejected. God does not make the covenant with the powerful but with the repentant who trust in him as Noah did. God does not forget his covenant though we may.

The old children's story goes like this: One child asks another:

Would you forget me in an hour? No.

Would you forget me in a day? No.

Would you forget me in a month? No.

Knock knock..... Who's there?

I thought you said you would not forget me.

God's covenant is fulfilled on the Cross through Jesus who died on it to save us and to grant eternal life and he will never forget it. What is our stand?

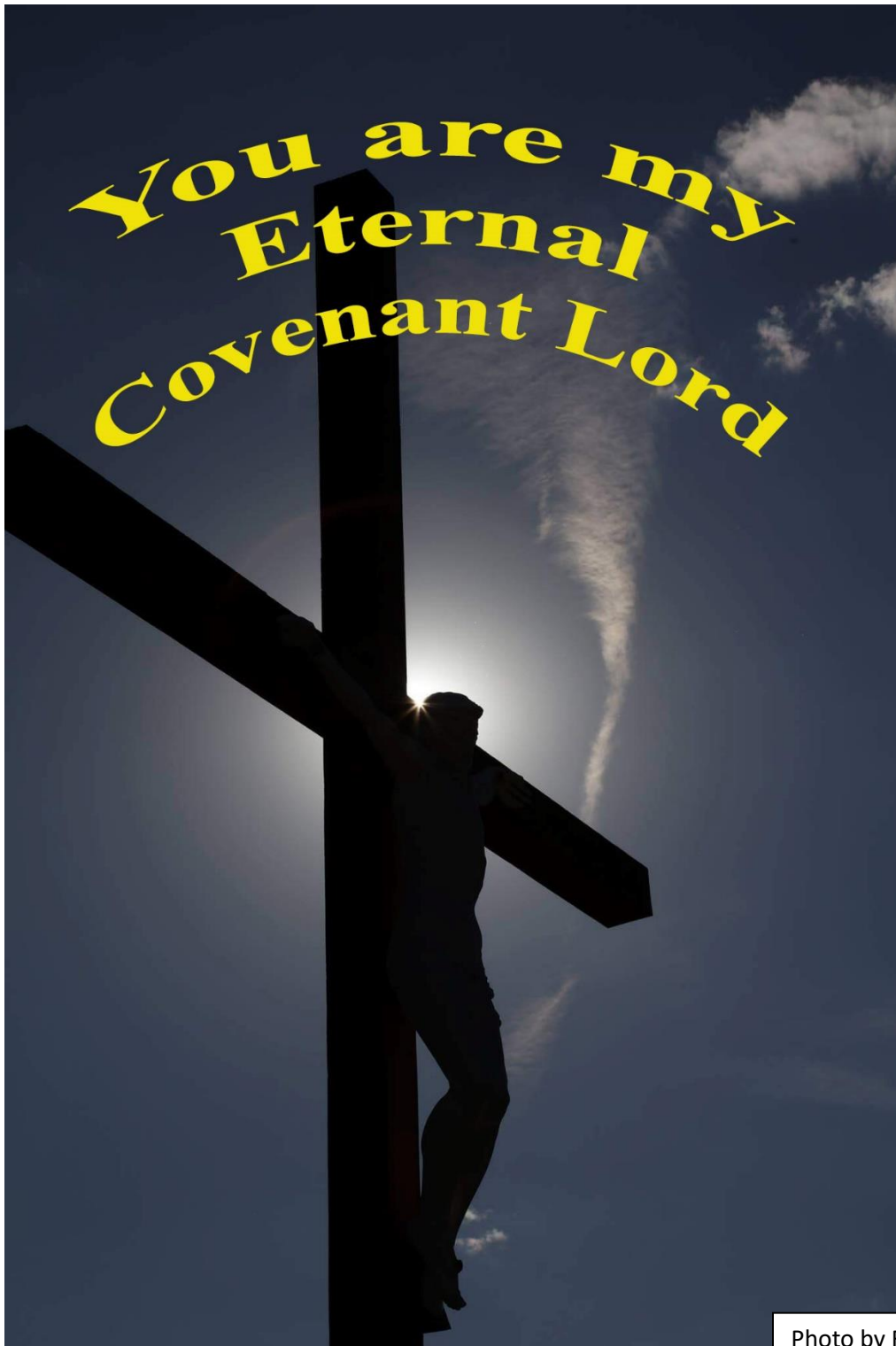


Photo by Fr. Iqbal Khurshid

**GOOD FRIDAY: Reflections on the
Way to the Cross** – with Fr. Pat Fitzpatrick C.S.Sp.

**HOLY SATURDAY: The Luminous
Mysteries of the Rosary** – with Fr. John Bertão

Holy Week Reflections

WATCH ON TV APRIL 2 & 3, 2021

www.dailytvmass.com

Toll Free: 1-888-383-6277



GOOD FRIDAY

REFLECTIONS ON THE WAY TO THE CROSS

with Fr. Pat Fitzpatrick C.S.Sp.

APRIL 2 – WATCH DURING
YOUR REGULAR TV MASS TIMES

We come face to face with Christ in those who suffer. Through these Stations of the Cross, we follow in Jesus' footsteps from Pilate's palace, to Calvary. We mark ourselves with the sign of the cross and walk with Fr. Pat Fitzpatrick on the way to the cross. This production is not the traditional Way of the Cross, as it invites us to join with the faithful followers of Christ, especially his mother, and to enter into the passion and death of Jesus our saviour.

In appreciation of your kind support, please check the appropriate box on your donation form if you would like us to send you the new booklet based on these reflections.



HOLY SATURDAY THE LUMINOUS MYSTERIES OF THE ROSARY

with Fr. John Bertão

APRIL 3 – WATCH DURING
YOUR REGULAR TV MASS TIMES

"With the Rosary, the Christian people sits at the School of Mary and is led to contemplate the beauty of the face of Christ and to experience the depths of his love." St. John Paul II

Holy Saturday is a time of contemplation for Catholics as we wait for the joy of our Easter celebration. Father John Bertão will be sharing a reflection on the Luminous Mysteries. (Baptism of Christ, Wedding at Cana, Proclamation of the Kingdom, Transfiguration, Institution of the Eucharist.) These newest of the mysteries of the Rosary, established by St. Pope John Paul II in 2002, have been called "Mysteries of Light" and are messages of enlightenment and hope.

1st Sunday of Lent – From the Diocese



COVID-19 Resources

To share with parishioners:

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

Visit the [Diocesan Event Calendar](#)

Follow us on Social Media

[Facebook](#) | [Instagram](#) | [Twitter](#)

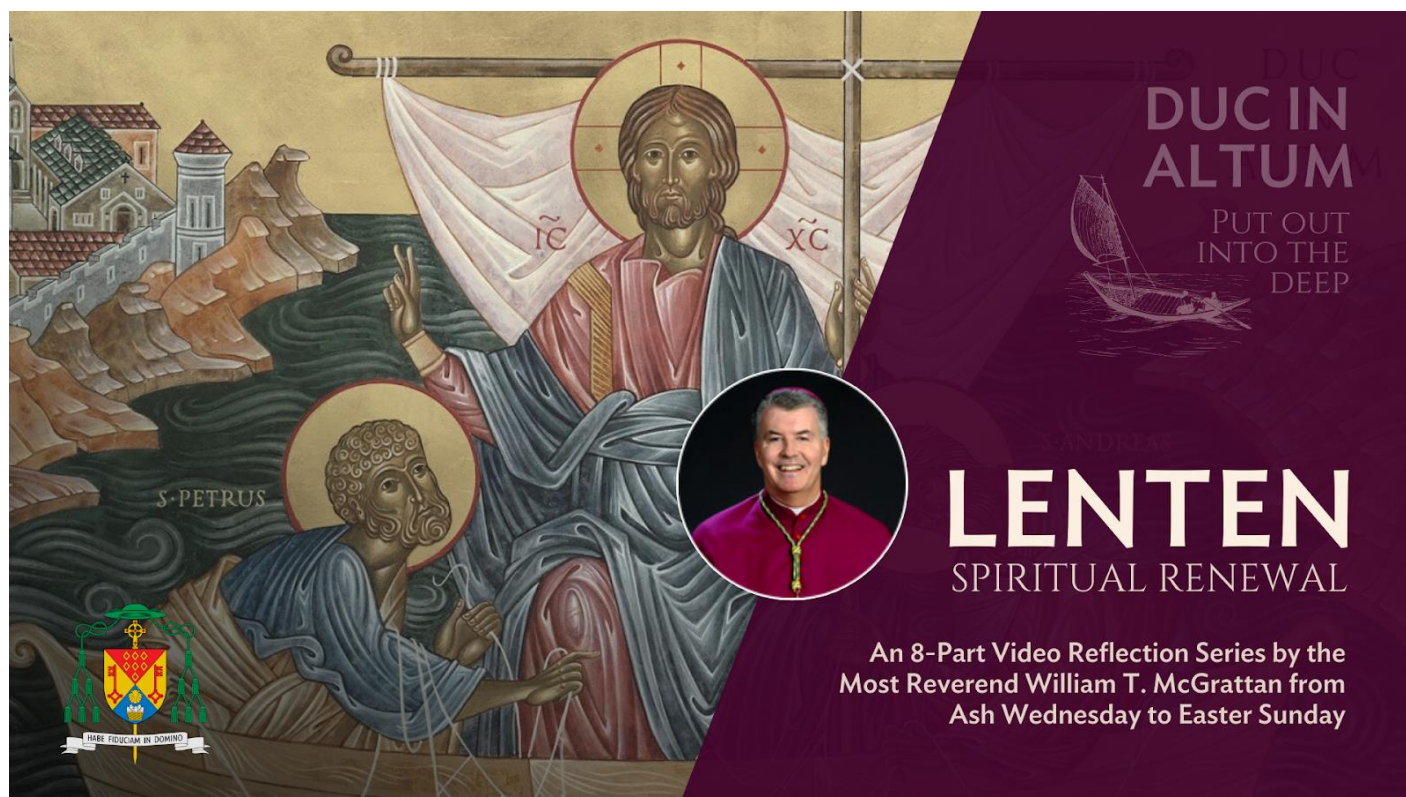
Weekly reflections can be found here:

[Vatican News](#) | [The Sunday Website](#)
[Sunday Connection](#) | [CCCB Reflection \(new link\)](#)

Daily and Sunday Mass Prayers & Readings: [CCCB Daily Readings](#) (pick the desired date)

Full schedule of Parish Livestream Masses in the Diocese of Calgary is available at: <https://www.catholiccyyc.ca> | You can also watch parish Sunday Masses via TELUS Optik TV Ch. 877 (choose Diocese of Calgary tile logo). For other online Masses, visit [Salt+Light TV](#), [Shalom World TV](#), [EWTN](#) and [Vision TV](#).

Lenten Spiritual Renewal



Beginning on Ash Wednesday and for each Sunday of the season of Lent, Bishop McGrattan is offering spiritual renewal reflections for individuals, families and communities in the Diocese as we prepare to celebrate the passion, death and resurrection of Jesus Christ. In today's reflection, Bishop McGrattan calls for a personal renewal, for us to recognize or reimagine the deep gifts we received at our Baptism.

This 8-part video series of Lenten Spiritual Renewal (15-25 minutes reflection) is a part of the Diocesan Spiritual Renewal "Duc in altum | Put out into the deep". Videos will be made available on social media and our website [catholiccyyc.ca](https://www.catholiccyyc.ca) (or [calgarydiocese.ca](https://www.calgarydiocese.ca))

- Watch Reflection #1 released today on Ash Wednesday - [Youtube](#) | [Website](#)
- Read the Bishop's Lenten Message [here](#)

Upcoming reflection themes:

- Feb. 21, First Sunday of Lent: The Primacy of God's Grace
- Feb. 28, Second Sunday of Lent: The Call to Holiness
- March 7, Third Sunday of Lent: Prayer
- March 14, Fourth Sunday of Lent: Listening to the Word of God
- March 21, Fifth Sunday of Lent: Proclaiming the Word of God
- March 28, Palm Sunday: Reconciliation and Healing
- April 4, Easter Sunday: The Holy Eucharist

A Guide to Lent



Together we prepare for the great Easter mysteries by committing ourselves to fulfill our baptismal call to maturity, holiness, service, and community. The Diocese of Calgary have prepared a Lent Resources page for individuals, family, children, ministries and pastoral leaders in the Diocese: catholicyyc.ca/Lent

February Edition of Faithfully

The February edition of Faithfully was released last Thursday, Feb. 11. This month, Faithfully is featuring the Bishop's Lenten message, the faith stories from those who

are sick and their carers, Catholic schools advocates and stories highlighting the month of the Holy Family.

- Read Faithfully [here](#)
- [Subscribe to Faithfully](#)

First Communion - Session 2 Begins

First Communion (or First Eucharist) online parents coaching session begins this week. Session 2 covers chapters 3 & 4, and runs from Feb. 16 to Feb. 27. Please note that:

- Parents can register to all the available sessions on our website: catholicyyyc.ca/firsteucharist
 - Download Session 2 (Ch. 3 & 4) Notes in [PDF](#)
 - Download Session 2 (Ch. 3 & 4) Presentation in [PPT](#)
- Spanish coaching session with Fr. Salvador is available on Fridays at 6 pm.
- For any questions, please contact Huy Nguyen at huy.nguyen@calgarydiocese.ca

Share Lent 2021



The theme of this year's Share Lent campaign is Share Love, Share Lent. It is inspired by the message of the Holy Father's recent encyclical, Fratelli Tutti, which is a call "for a love that transcends the barriers of geography and distance," and "allows us to acknowledge, appreciate and love each person." (FT,1)

- [Read letter](#) from the President of CCCB, Archbishop Richard Gagnon re: 2021 Share Lent Campaign.
- Campaign resources available [here](#)
- Suggestions for Prayer of the Faithful for each Sunday of Lent - [PDF](#)
 - For 1st Sunday of Lent: For peacemakers around the world who promote social justice, mutual respect and peaceful coexistence, let us pray to the Lord.

24th Annual God Squad Men's Conference

God Squad Canada invites men of the Diocese to join their 24th annual conference. The theme for this virtual conference is St. Joseph: Sanctifier of the Hidden Life! Leading up to the conference, God Squad also ask that participants pray the Consecration to St. Joseph. God Squad Conference this year is a truly Canadian conference, with speakers from across the country: Bishop Scott McCaig, Andre Regnier, Jake Khuym, and Fr. Cristino bouvette.

- For more information or to register, visit: godsquad.ca/2021-conference

Reminders & Resources

1. **First Sunday in Lent - Bulletin Shorts, free to use**

[Mass Readings](#) | It's Okay to Be Tempted. True. But it is not okay to give in. Just as Jesus spent his forty days in the desert protected by the Spirit, let us have the same trust that God guides us on this Lenten retreat to right Kingdom thinking, speaking, and behaving. Let us sing with the Psalmist that God's ways are love and truth, guiding the humble to justice.

- Since the Kingdom of God is at hand, how will I repent?
- What must I stop saying and doing to embrace this Kingdom more fully?
- How can I work for justice?

Source: Diocese of Springfield

2. **Reminder for RCIA Coordinators: Bishop meets and prays with the Elect**

Bishop McGrattan invites the Elect to meet and pray with him via Zoom. In order to join the Zoom gathering, the participant must register to one of the three available dates below by **Saturday, Feb. 20.**

- Tuesday, Feb. 23 from 6:30 pm to 7:00 pm | [Register](#) or
- Thursday, Feb. 25 from 6:30 pm to 7:00 pm | [Register](#)

3. Reminder: Coldest Night of the Year is this Saturday, Feb. 20

4. Lenten Meditations - Free eBook from EWTN

Each Lent, we have a new opportunity to be reenergized in our faith. However, Lent can sometimes pass us by without us growing closer to the Lord. Fr. Joseph Mary Wolfe, MFVA, EWTN Chaplain, has prepared a series of Lenten reflections to guide us during this solemn season. To get free eBook, [click here](#)

Parishes: If you are interested to get a free embedded EWTN video player to place on your parish website so that the faithful from your parish can view EWTN's special LIVE coverage of events from Rome and around the world directly from the parish site, please contact Nerissa Flores at 437-986-3986.

5. An Evening in Conversation with Fratelli Tutti

You are invited to: "Imagining a More Just World After Covid-19: An Evening in Conversation with Fratelli Tutti" on March 2 at 6 pm Mt, in partnership with, the Centre for Faith, Reason, Peace, and Justice at St. Thomas More College in Saskatoon. This free event will consist of a moderated, interdisciplinary panel with four panelists: Dr. Peter Baltutis (CWL Chair for Catholic Studies, St. Mary's University); Dr. Susanna Barnes (Anthropology, University of Saskatchewan); Ms. Georgina Jolibois (Mayor of La Loche, Saskatchewan); Dr. David McGrane (Political Studies, St. Thomas More College). The panelists will reflect upon Pope's Francis' encyclical *Fratelli Tutti* to imagine - together with the audience - a more just post-pandemic world. Archbishop Murray Chatlain (Roman Catholic Archdiocese of Keewatin - Le Pas) will provide an initial response to the panel. Small group discussion will follow. For more info or to register, [click here](#).

6. Lenten Prayer Service with St. Luke's Parish and Bishop McGrattan

St. Luke Parish is organizing a virtual Lenten Prayer Service for all of the faithful of the Diocese for the intentions of his Excellency, Bishop McGrattan, and the priests of the Diocese. The Prayer Service will consist of the recitation of the Rosary (Sorrowful Mysteries), a Gospel Reading, a talk given by Bishop McGrattan, a blessing by the Bishop and opening and closing hymns. The Lenten Prayer Service will take place from 2 pm to 3 pm on Saturday, Feb. 27, 2021 via Zoom. To register, email Valerie DeGagne at vdegagne@shaw.ca or call 403-208-3217. For more information, [click here](#)

7. Pope Francis: Lent is a journey of return to God

In his homily, the Holy Father reflected on Lent as a journey of return to God and as an opportunity to deepen our love of our brothers and sisters. God, said the

Pope, is appealing to our hearts and our entire being, inviting us to Him. [Read more](#)

The Bishop's Dinner



This year, our annual Bishop's Dinner will be a little different. With so many of our community members facing food insecurity, we've redirected our efforts to provide care packages to those in need.

Feed the Hungry is a Diocese of Calgary provides care packages to 300 guests every Sunday at St. Mary's Hall. We are currently providing food bundles that guests can take with them.

You can help us support this important initiative in 3 different ways:

1. Share this with your community to help spread the word
2. Make a bigger impact with your donation. Donations gifted through #Birdies4Kids program will be matched up to 50%! Donate to Feed the Hungry here: <https://shawcharityclassic.com/donatenow>
3. Provide items to cover 300 food bundles (store-wrapped sandwiches, fruit, snacks and bottles of water. Email feedthehungry@calgarydiocese.ca for more information

40 Days for Life



As people of faith, we affirm that *all* human life is sacred from the moment of conception to natural death.

40 Days for Life is an internationally coordinated 40-day campaign that aims to end abortion through prayer and fasting, community outreach, and peaceful vigils outside of abortion clinics. The spring campaign is from **Ash Wednesday, Feb. 17 to Mar. 28, 2021.**

Here are some ways your parish can be involved for the protection of life, to pray for the aborted babies, their mothers, fathers, families, those experiencing unexpected pregnancies, and for staff and physicians working in abortion clinics.

- Offer Mass
- Choose a day in the week to pray the Rosary for these intentions
- Choose a day to fast
- Choose a day to pray before The Blessed Sacrament
- Share the pro-life message via parish communication methods - homilies, video clips, online church bulletins, announcements, etc.

- Choose a day to pray outside of the Kensington Clinic by signing up here https://www.40daysforlife.com/vigil-hours-signup.aspx?l_id=359
- View "Unplanned" and other movies, documentaries and informative and inspirational videos concerning abortion
- Read books that have a strong pro-life message
- Visit www.40DaysforLife.com
 - Sign up and listen to their free podcasts
 - Sign up to receive weekly prayers/devotions via email
 - Read the 40 Days for Life blog
- Study the Church's teachings on Abortion in the Catechism of the Catholic Church, paragraphs 2270-2275

[Please see the attached Pre and Post Pregnancy Resources Sheet.](#) This is a helpful tool to know where you may refer those who need these resources.

For more information about 40 Days for Life in Calgary, [click here.](#)

Nurturing Friendship Webinars

[The CCCB Office for Evangelization and Catechesis](#) will offer a four-part webinar series, "Nurturing Friendship, the [Directory for Catechesis](#) in Dialogue with the Encyclical Letter [Fratelli Tutti](#)." Beginning 2 March 2021, the series will explore how the themes of these two documents call catechists to be people of hope who promote human dignity and communion with God by building bridges and asking 'Who is my neighbour?'

The series is designed for those who have responsibility for evangelization and catechesis including, clergy, consecrated persons, laity involved in ministry, directors and coordinators of evangelization and catechesis, and Catholic educators.

- Program (or check on catholiccyyc.ca/news)
 - **Session 1: Tuesday, March 2, at 11 am**, "The catechist brings hope: Navigating the signs of our time" with Msgr Murray J. Kroetsch and Michelle Dabrowski
 - **Session 2: Tuesday, March 9, at 11 am**, "The Catechist asks: *Who is my neighbour?* Parable of the Good Samaritan as a paradigm for encounters of mercy" with Elisa Lollino and Dr. Josephine Lombardi

- **Session 3: Tuesday, March 16 at 11 am**, "The Catechist Promotes Human Dignity and Communion with God" with Dr. Nick Olkovich & Dr. Anne Walsh
 - **Session 4: Tuesday, March 23 at 11 am**, "The Catechist builds bridges with diverse faith communities" with Julien Hammond and Charlene Peters.
- [Download Poster](#) | [Register here](#)

Still worth sharing

1. 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](#)

- ### 2. 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). 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.catholicyc.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-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.

SCHEDULE

For more Livestreams, visit
[CATHOLICYC.CA/LIVESTREAMMASS](https://www.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](#)

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 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](#)

July 17: [Brother Sun-Sister Moon](#)

July 18-25: [7 Day Directed Retreat](#)

Endow

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!](#)

