



Welcome to HOLY FAMILY PARISH

MAY 29, 2021 – THE MOST HOLY TRINITY

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.

FORMED.org

THE CATHOLIC FAITH.
ON DEMAND.

LOG IN WWW.FORMED.ORG

- Go to Formed.org
- Enter our PARISH CODE: **GPQWK7**
- Create a personal account with your personal username/email and password.
- Start enjoying the best Catholic content all in one place!

IMPORTANT: Do not sign up as an individual. Our parish access code provides more content than an individual subscription and it costs you nothing!

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

You Tube

MASS TIMES

This weekend

Saturday

8:00am & 5:00pm

Sunday

8:30am, 10:30am & 6:00pm

Monday to Friday

Back to 9:00am

Mass only

CAPACITY 200 PEOPLE

**PLEASE USE FRONT DOORS FOR
WEEKEND MASSES ONLY**



” Then the people rejoiced because these had given willingly, for with single mind they had offered freely to the Lord
1 CHRONICLES 29:9

1.4 MILLION of the Diocesan goal will financially support the approved diocesan ministries, partner organizations, and agencies. See list at catholicyyc.ca/tia

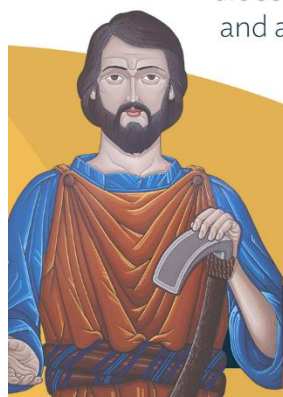
OUR PARISH GOAL

\$ 49,657

Everything raised **OVER** our parish goal will go to support*:

Mustard Seed
Medicine Hat Food Bank
& Society of St. Vincent de Paul

TO DATE \$ 14,947 = 30% OF THE WAY



2021
THE YEAR of
ST. JOSEPH

CATHOLICYC.CA/TIA

OPERATING FINANCES

April 1-31, 2021

Operating Budget 2021	\$ 55,019
General Envelope Collection	\$ 45,501
Loose Collections	\$ 833
Future Development	\$ 2,885
Sale of Church Supplies & Other	\$ 8,559
Other Ministries	\$ 445
Budget Vs Actual	\$ 3,204

SPECIAL COLLECTIONS

Together in Action (TIA)	\$ 3,516
St Vincent de Paul	\$ 3,786
Clergy Retirement	\$ 25
Seminarian Fund	\$ 20
Mission Mexico	\$ 0
CARO	\$ 90

*Thank You for your
Generous Contributions*

† Masses Intentions †

May 29th – June 4th

Saturday, May 29

5:00pm – Rosamma Joseph †

Sunday, May 30

8:30 am – Dora White †

10:30am – Merlin Schafer †

6:00pm – Holy Family Parish

Monday, May 31

9:00am – Sr Clem Liboiron

Tuesday, June 1

9:00am – Sr Vicki Hagel

Wednesday, June 2

9:00am – Gail Symmonds †

Thursday, June 3

9:00am – Lucy Rollheiser

Friday, June 4

9:00am – Barbara Grehan Family

You Asked for it... so now here it is...

E-Transfer Donations accounting@holymfamilymh.ca

The Solemnity of the Most Holy Trinity - Sunday, May 29, 2021

1st Reading: Deuteronomy 4.32-34, 39-40

The Lord is God in heaven above and on earth beneath; there is no other.

Responsorial Psalm: 33.4-5, 6+9, 18-19, 20+22 (R. 12)

R. Glory and praise foreve.

2nd Reading: Romans 8.14-17

You have received a spirit of adoption to sonship, in which we cry. "Abba! Father!"

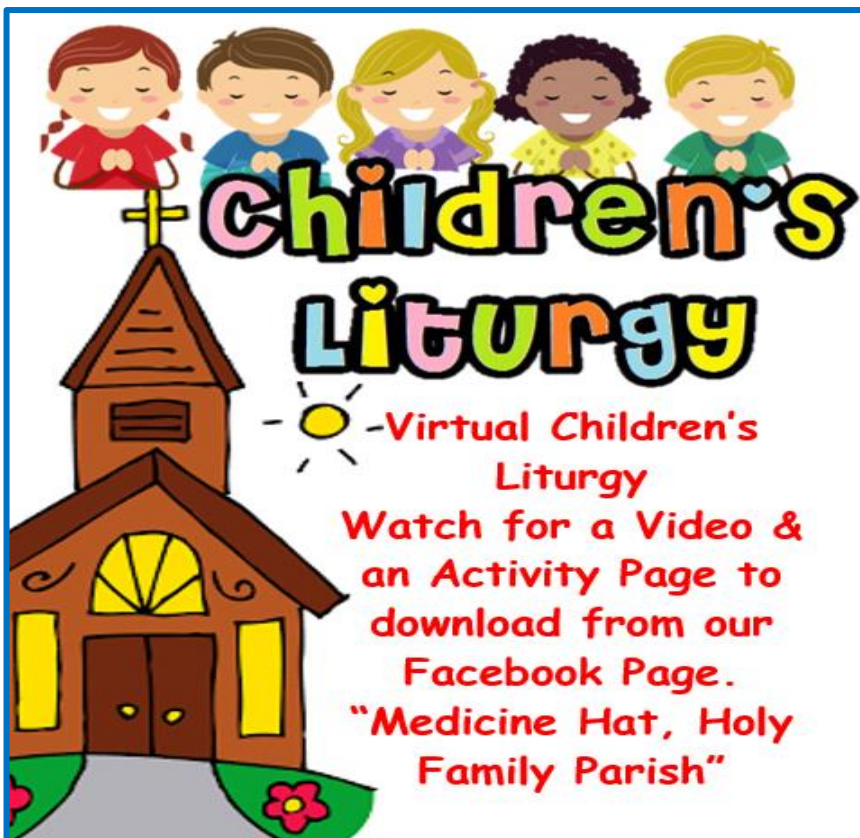
Gospel: Matthew 28.16-20

Baptize them in the name of the Father and the Son and the Holy Spirit.

GO!

In Matthew's gospel, the last words of Jesus to the disciples before ascending have three key elements: go, baptize, I'm with you. Therefore, living after the resurrection of Jesus means three things. (1) Do not stay where it is safe; shed your doubt; go everywhere to everyone. (2) Baptizing into and teaching about resurrected life go together. That is why the baptismal catechumenate (RCIA) always spends so much time and effort in formation before an Easter Vigil. Time with parents and their babies, too. (3) We are not alone. Matthew ends with Jesus declaring, "I am with you always" just as this gospel began with the Virgin's birth of Emmanuel (God is with us).

- 🕯️ What doubt do I have about God, about belief, about Church, about living in this world? Where can I turn?
- 🕯️ What ongoing formation in baptismal living do I need now?
- 🕯️ To whom am I called to "go" – someone to be with, to do for?



Due to restrictions, we sadly must announce the cancelling of the Blumenfeld Pilgrimage scheduled for June 13th, hopefully opening for the summer tours. Please watch for announcements.

MEDICINE HAT CATHOLIC SCHOOLS'
EDUCATION FOUNDATION

50/50 RAFFLE

FRIDAY, JUNE 11, 2021

- Minimum \$2,000 prize
- 1 entry for \$10
- 4 entries for \$20
- 20 entries for \$50
- 100 entries for \$100
- Enter before June 9

rafflebox.ca/raffle/MHCSEF



Medicine Hat Catholic Board of Education

"People in Medicine Hat are very generous; they've certainly supported us in the past and they've always come through. So, we are hoping for their support again," - Rob Stroh, Education Foundation Chair

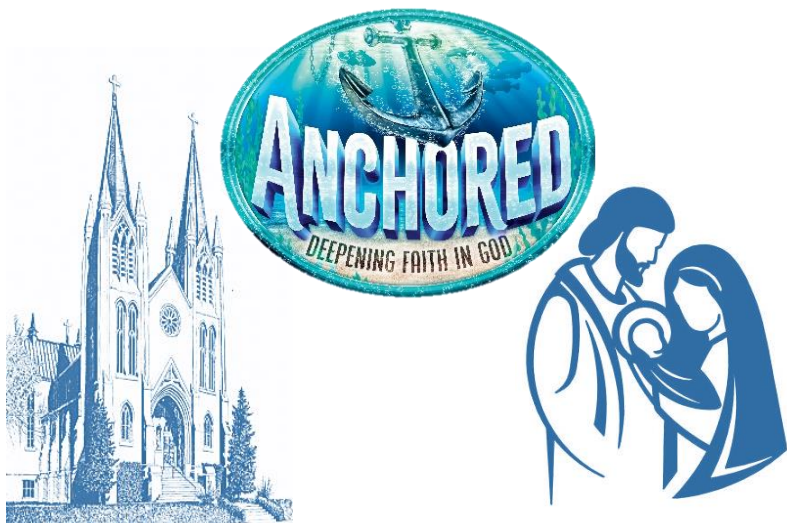
Full news article:

<https://medicinehatnews.com/.../catholic-schools.../>

Link to online 50/50 raffle:

<https://www2.rafflebox.ca/raffle/mhcsef>

2021 Summer Bible Camp COMING THIS JULY



St. Patrick's Church & Holy Family Parish
Watch for more information!



Open your home and your heart to an international student this fall.

MHCBCE's International Education Program is now accepting new homestay families for the 2021-2022 school year! We have a wide range of nationalities joining our program for 5-10 month stays.

Contact our International Education office to learn more!

403-527-2292 ext. 1028

<https://tinyurl.com/xdm3nubd>

Chalk Artists you are welcome to decorate our sidewalks.



We have lots of sidewalks and lots of chalk!



The Solemnity of the Most Holy Trinity Sunday - Year B - Sunday, May 29, 2021

WE ARE ONE IN THEM

Today as we celebrate the Solemnity of the Holy Trinity, we could feel the love and protection of Three Persons in the Holy Trinity. The Preface of the Holy Mass is so powerful to reflect on the role of the three persons in the Holy Trinity: “For with your Only Begotten Son and the Holy Spirit you are one God one Lord: not in the unity of a single person, but in a Trinity of one substance. For what you have revealed to us of your glory we believe equally of your Son and the Holy Spirit, so that, in the confessing of the true and eternal Godhead, you might be adored in what is proper to each Person, their unity in substance, and their equality in majesty”.

The Holy Trinity makes us realize who we are and how we need to be united in them as three Persons are One in substance. This story of a boy helps us understand our relationship and unity with the Holy Trinity.

There was a boy, whose family was very wealthy. One day his father took him on a trip to the country, where he aimed to show his son, how poor people live. So, they arrived the a farm of what he considered a very poor family. They spent there several days. On their return, the father asked his son, did he like the trip.

“Oh, it was great, dad” – the boy replied. “Did you notice how poor people live?”
“Yeah, I did “- said the boy. The father asked his son to tell in more details about his impressions from their trip “.

“Well, we have only one dog, and they have four of them. In our garden there is a pool, while they have a river that has no end. We’ve got expensive lanterns, but they have stars above their heads at night. We have the patio, and they have the whole horizon. We have only a small piece of land, while they have the endless fields. We

buy food, but they grow it. We have high fence for protection of our property, and they don't need it, as their friends protect them."

The father was stunned. He could not say a word. Then the boy added: "Thank you, dad, for letting me see how poor we are."

Let us see the mystery of Holy Trinity through the wisdom and understanding of some saints:

In dozens of places in her *Diary* Sister Faustina wrote about the Holy Trinity but let us survey just a few of the principal ones here. First, she says that as she advanced in her journey with Jesus Christ, she came to appreciate more deeply the compassion of His Heart, "His Trinitarian Being enveloped me entirely" (*Diary*, 1056). In other words, the more she grew closer to Jesus, the more she felt enveloped in the Holy Trinity. For example, on the Feast of the Ascension, 1937, she wrote:

After Holy Communion I communed for a while with the heavenly Father. My soul was drawn into the glowing center of love. I understood that no exterior works could stand comparison with the pure love of God. ... I saw the joy of the Incarnate Word, and I was immersed in the Divine Trinity. When I came to myself, longing filled my soul, and I yearned to be united with God (Diary, 1121).

Notice in the last quote how she connects a deeper appreciation for the Trinitarian mystery of God with an appreciation of the "glowing center of love" in God.

I understand the spiritual espousal of a soul with God, which has no exterior manifestation. It is a purely interior act between the soul and God. This grace has drawn me into the very burning center of God's love. I have come to understand His Trinitarian quality and the absolute Oneness of His Being.

Often, she received a deeper understanding of the Blessed Trinity during the celebration of the Holy Eucharist. She tells how one time she heard an angel singing "Holy, Holy, Holy" at the moment of the elevation of the Host, and then she received new light into the mystery of the Trinity:

I knew more distinctly than ever before the Three Divine Persons, the Father, the Son, and the Holy Spirit. But their being, their equality, and their majesty are one. My soul is in communion with these Three; but I do not know how to express this in words; yet my soul understands this well. Whoever is united to One of the Three Persons is thereby united to the whole Blessed Trinity, for this Oneness is indivisible.

One time, after receiving Holy Communion, she began to understand that the entire Holy Trinity came to dwell within her soul:

*Once after Holy Communion, I heard these words: **You are our dwelling place.** At that moment I felt in my soul the presence of the Holy Trinity, the Father, the Son, and the Holy Spirit. I felt that I was the Temple of God. I felt that I was a child of the Father. I cannot explain all this, but the Spirit understands this well (451).*

Sister Faustina even tells us that in heaven the souls of the saints forever contemplate the wonder of the Holy Trinity:

Today I was in heaven, in spirit, and I saw its inconceivable beauties and the happiness that awaits us after death. I saw how all creatures give ceaseless praise and glory to God. I saw how great happiness in God is, which spreads to all creatures making them happy; and then all the glory and praise which springs from this happiness returns to its source; and they enter into the depths of God, contemplating the inner life of God, the Father, the Son, and the Holy Spirit, whom they will never comprehend nor fathom. This source of happiness is unchanging in its essence, but it is always new, gushing forth happiness for all creatures. Now I understand St. Paul who said, "Eye has not seen, nor has ear heard, nor has it entered into the heart of man what God has prepared for those who love Him" (777).

What does the Trinity really mean? How can God be One in being and essence, but Three Persons at the same time? And what difference does it really make if we believe all this or not?" Well, Sr. Faustina wanted to know more, too! Listen to what she wrote near the very start of her *Diary*:

*On one occasion I was reflecting on the Holy Trinity, on the essence of God. I absolutely wanted to know and fathom who God is. ... In an instant my spirit was caught up into what seemed to be the next world. I saw an inaccessible light, and in this light, what appeared like three sources of light that I could not understand. And out of this light came words in the form of lightning which encircled heaven and earth. Not understanding anything, I was very sad. Suddenly, from this sea of inaccessible light came our dearly beloved Savior, unutterably beautiful with His shining Wounds. And from this light there came a voice which said, **Who God is in His Essence, no one will fathom, neither the mind of angels nor of man.** Jesus said to me, **Get to know God by contemplating His attributes.** A moment later, He traced the sign of the cross with His hand and vanished (30).*

"For with [God] were always present the Word and Wisdom, the Son and the Spirit, by Whom and in Whom, freely and spontaneously, He made all things, to Whom

also He speaks, saying, 'Let Us make man after Our image and likeness'." **St. Irenaeus**

"There is one God, the Father of the living Word, Who is His subsistent Wisdom and Power and Eternal Image: perfect Begetter of the perfect Begotten, Father of the only-begotten Son. There is one Lord, Only of the Only, God of God, Image and Likeness of Deity, Efficient Word, Wisdom comprehensive of the constitution of all things, and Power formative of the whole creation, true Son of true Father, Invisible of Invisible, and Incorruptible of Incorruptible, and Immortal of Immortal, and Eternal of Eternal. And there is One Holy Spirit, having His subsistence from God, and being made manifest by the Son to men: Image of the Son, Perfect Image of the Perfect; Life, the Cause of the living; Holy Fount; Sanctity, the Supplier, or Leader, of Sanctification; in Whom is manifested God the Father, Who is above all and in all, and God the Son, Who is through all. There is a perfect Trinity, in glory and eternity and sovereignty, neither divided nor estranged." **St. Gregory**

"To us there is One God, for the Godhead is One, and all that proceeds from Him is referred to One, though we believe in Three Persons. For one is not more and another less God; nor is One before and another after; nor are They divided in will or parted in power; nor can you find here any of the qualities of divisible things; but the Godhead is, to speak concisely, undivided in separate Persons; and there is one mingling of Light, as it were of three suns joined to each other." **St. Gregory of Nazianzen**

"They ought to confess that the Father is God, the Son God, and the Holy Spirit God, as they have been taught by the divine words, and by those who have understood them in their highest sense." **St. Basil the Great**

"He who has the Spirit not only is called Christ's, but even has Christ Himself. For it cannot but be that where the Spirit is, there Christ is also. For wheresoever one Person of the Trinity is, there the whole Trinity is present. For It is undivided in Itself and has a most entire Oneness." **St. John Chrysostom**

"And it is by thought that He creates, and thought is the basis of the work, the Word filling it and the Spirit perfecting it." **St. John of Damascus**

"The Holy Spirit as Love and Gift *comes down, in a certain sense, into the very heart of the sacrifice* which is offered on the Cross. Referring here to the biblical tradition we can say: *He consumes this sacrifice with the fire of the love* which unites the Son with the Father in the Trinitarian communion. And since the sacrifice of the Cross is an act proper to Christ, also in this sacrifice He '*receives*' the Holy Spirit. He

receives the Holy Spirit in such a way that afterwards – and He alone with God the Father – can ‘*give Him*’ to the Apostles, to the Church, to humanity.” **Pope St. John Paul II**

Even today’s liturgy opens with these words “Blest be God the Father, and the Only Begotten Son of God, and also the Holy Spirit, for he has shown us his merciful love”.

For the Apostle Paul, as we have heard in the *second reading*, holiness is a gift which the Father communicates to us through Jesus Christ. Faith in him is the principle of sanctification. By faith man enters the order of grace; by faith he hopes to take part in the glory of God. This hope is not a vain illusion, but the sure fruit of an ascetic path through many trials, that are faced with patience and proven virtue.

Pope Francis beautifully has explained the mystery of the Holy Trinity in these words: it leads us to contemplate and worship the divine life of the Father, the Son and the Holy Spirit: a life of communion and perfect love, origin and aim of all the universe and of every creature: God. We also recognize in the Trinity the model for the Church, in which we are called to love each other as Jesus loved us. And love is the concrete sign that demonstrates faith in God the Father, Son and Holy Spirit. And love is the badge of the Christian, as Jesus told us: “By this all men will know that you are my disciples, if you have love for one another” (Jn 13:35). It’s a contradiction to think of Christians who hate. It’s a contradiction. And the devil always seeks this: to make us hate, because he’s always a troublemaker; he doesn’t know love; God is love!

Living in an Islamic country I have noticed this dogma of our faith is always challenged by our non-Christian brethren that “How is it possible to worship three gods at the same time”? Are we (Christian) not committing blaspheming by making Jesus and Holy Spirit equal to God whereas God is only One? Do we worship three God(s) or only One? My answer to the above questions is we believe and worship only One God and in him there are three Persons: God the Father, God the Son, and God the Holy Spirit. Their unity and love are beyond comparison. Holy Father Pope Francis explains this oneness in an amazing way “The Father is the beginning, the Father who created all things, who created us. What did Jesus do on earth? He saved us! And Jesus came to give his life for us. The Father creates the world; Jesus saves us. And what does the Holy Spirit do? He loves us! The Father creates all, he creates the world; Jesus saves us; and the Holy Spirit? He loves us! And this is Christian life: talking to the Father, talking to the Son, and talking to the Holy Spirit. Jesus has saved us, but he also walks beside us in life”.

Saint Athanasius explains the mystery of Holy Trinity in these words: It will not be out of place to consider the ancient tradition, teaching, and faith of the Catholic Church, which was revealed by the Lord, proclaimed by the apostles, and guarded by the fathers. For upon this faith the Church is built, and if anyone were to lapse from it, he would no longer be a Christian either in fact or in name. We acknowledge the Trinity, holy and perfect, to consist of the Father, the Son, and the Holy Spirit. In this Trinity there is no intrusion of any alien element or of anything from outside, nor is the Trinity a blend of creative and created being. It is a wholly creative and energizing reality, self-consistent and undivided in its active power, for the Father makes all things through the Word and in the Holy Spirit, and in this way the unity of the holy Trinity is preserved. Accordingly, in the Church, one God is preached, one God who is above all things and through all things and in all things. God is above all things as Father, for he is principle and source; he is through all things through the Word; and he is in all things in the Holy Spirit. Writing to the Corinthians about spiritual matters, Paul traces all reality back to one God, the Father, saying: Now there are varieties of gifts, but the same Spirit; and varieties of service, but the same Lord; and there are varieties of working, but it is the same God who inspires them all in everyone.

Today as we celebrate the Solemnity of the Holy Trinity, let us work on our unity with them so that we gain the crown of eternal glory and be one with them. May the Holy Trinity continue to bless, heal, and protect you. Amen





"At MHWSS, we have turned dreaded summers into beautiful memories for children connected to our programs."



[Donate now, and be matched up to 50%!](#)

Dear Friend of the Shelter,

As summer approaches at the shelter, we look forward to hearing the laughter of children in our shelter's yard.

Happy moments are not the first thing we think of when a family is experiencing violence in their home. Children fleeing violence who come to our shelter often dread summer break. Summertime means they no longer have the escape of their friends and support at school. They face isolation and struggling through the summer months, avoiding the violence at home. They're often ashamed to talk about what is happening, and this past year has meant our young people are suffering silently more than ever.

At MHWSS, we have turned dreaded summers into beautiful memories for the children connected to our programs through our **SAFE (Summer, Adventure, Fun & Education) day camps**. The goal of this free program for children impacted by family violence is to provide a safe, educational, and positive experience for these children. Children meet others who they can relate to, so they know they are not alone. We even have opportunities for older siblings to join the group as "junior leaders" to help build leadership skills. By the end of every summer, we see children who are more confident and flourishing.

We have an amazing opportunity to help stretch our donors' dollars even further through our partnership with Shaw Birdies For Kids presented by Altalink! Donations made through this program will be matched up to 50%!

It is easy to give, just visit [our page on the Birdies for Kids website](#) to donate online today, and help us change the lives of these brave children this summer!

Sincerely,

Natasha Carvalho M.Sc, RSW

Executive Director



LIVESTREAM

Full schedule of Parish Livestream Masses in the Diocese of Calgary is available at:

<https://www.catholiccy.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](#).

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.

Sunday 10:30am Mass

**Medicine Hat Holy Family
Church Live Stream**

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



FORMED.org

THE CATHOLIC FAITH.
ON DEMAND.

LOG IN WWW.FORMED.ORG

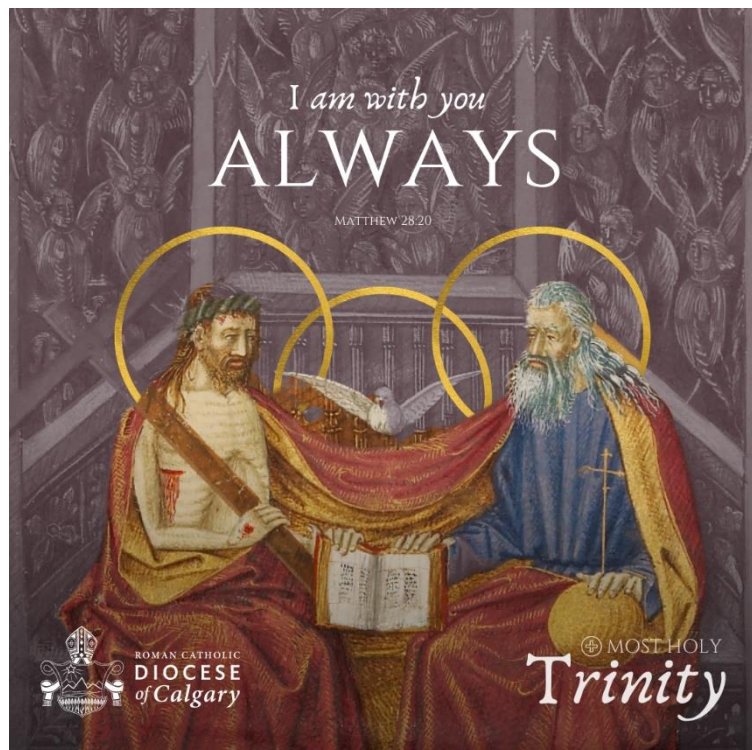
- Go to Formed.org
- Enter our PARISH CODE: **GPQWK7**

Create a personal account with your personal username/email and password.

- Start enjoying the best Catholic content all in one place!

IMPORTANT: Do not sign up as an individual. Our parish access code provides more content than an individual subscription and it costs you nothing!

Trinity Sunday



World Day of Migrants & Refugees

The 107th World Day of Migrants and Refugees will be celebrated on **Sunday, Sep. 26, 2021**. The theme of Pope Francis' Message is "Towards an ever wider 'we'". In his Message, the Holy Father reminds us that "Salvation history thus has a 'we' in its beginning and a 'we' at its end, and at its centre the mystery of Christ, who died and rose so 'that they may all be one' (Jn 17:21). The present time, however, shows that this 'we' willed by God is broken and fragmented, wounded and disfigured. This becomes all the more evident in moments of great crisis, as is the case with the current pandemic. And the highest price is being paid by those who most easily become viewed as others: foreigners, migrants, the marginalized, those living on the existential peripheries." [Read Pope Francis' Message for the World Day of Migrants and Refugees](#)

COVID-19 Resources

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

<https://www.catholiccyyc.ca> | 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](#)

May Edition of *Faithfully*

The May edition of *Faithfully* will be released on Thursday, May 6, 2021.

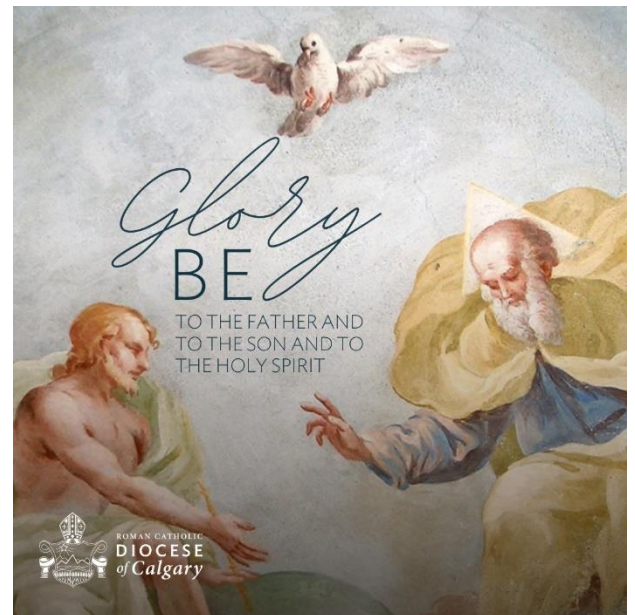
- [Read May Faithfully](#)
- [Subscribe to Faithfully](#)

Celebrating Trinity Sunday

God is with us; who are we accompanying? On Trinity Sunday, we often hear homilies about the theological mystery of the Trinity, but this year, perhaps we could focus on the theological miracle: that the three persons of God have promised to be with us to the end of time.

We have been promised that the Triune God will never leave us. Just as Jesus came to earth to reveal this to us, we are asked to be ambassadors of this kind of love in the world. Who knows God's constant presence because you show up for them consistently? Your family and friends? Your community and neighbours? What about the sick and the suffering, the neglected and needy, the addicted and the poor? How are we bearing witness to the Triune God's constant and faithful presence as an act of faith in the Blessed Trinity?

May others know God's enduring love because we have borne witness to it so well (excerpt from the National Pastoral Initiative for Life and the Family, May 2021).



• Trinity Sunday Resources

- [How to celebrate Trinity Sunday at home?](#)
- [The Trinity & Mission - Tim O'Malley](#)
- [History and liturgy of the Holy Trinity](#)
- [Morning Prayer](#) | [Evening Prayer](#)
- Resources for Family & children:
 - [Kid's Bulletin for Trinity Sunday](#)
 - [Craft for kids from Catholic Icing](#)
 - [Catholic Cuisine for Trinity Sunday](#)
 - [The Holy Trinity quiz](#)
 - For young kids: [The Sign of the Cross poster](#)

St. Joseph's Year catechesis for youth

The CCCB has created online resources offering various prayers, devotions, catechetical resources for adults and children, as well as Church documents, all of which are dedicated to Saint Joseph.

This week we are highlighting the resources for catechetical activities for children and youth

- [Ages 6-8 - Catechetical Activity | St. Joseph: A loving and caring father](#)
- [Ages 9-11 - Catechetical Activity | St Joseph: The worker](#)
- [Youth - Catechetical Activity](#)

Reminder: All-night vigil with seminarians



Could you not watch with me one hour?
MATT 26:40

WATCH WITH ME

AN ALL-NIGHT VIGIL WITH THE CALGARY SEMINARIANS

SUN
MAY 30
7 PM

MON
MAY 31
9 AM

LIVE STREAMING

from **The Shrine Church of Our Lady of the Rockies, Canmore**

Commit to pray with the Seminarians by signing up here
CATHOLICYYC.CA/VOCATIONS

The Office of Vocations invites everyone to a prayerful event with the seminarians of the Diocese. The event will take place from Sunday May 30 at 7 pm to Monday, May 31 at 9 am, as an all-night vigil in the Shrine Church at Canmore. Each hour will begin with a reflection on a mystery of the rosary, followed by a decade of the rosary. Also, please consider donating to the Seminarian Fund. All proceeds go towards seminarian formation. Commit to pray one hour with the seminarians by signing up here catholicyyc.ca/vocations | Event will be livestreamed at catholicyyc.ca/vocations

Resources for mental health

“Physically healthy should also include a focus on our mental and spiritual well-being.” says Sr. Donna Marie Perry, psychotherapist and social worker in the Diocese of Calgary. “Not all families are healthy,” says Sr. Perry. She urges people who see others struggling to reach out with kindness. Where appropriate, you can also recommend they access support from community-based organizations. ([Mental health matters, Faithfully](#)). Have you encountered anyone in need of access to help with mental health? Below is a list of handy mental health resources for you to share:

- **Calgary Counselling Centre:** 403-691-5991 + online counselling
- **Catholic Family Service:** 403-205-5295. Rapid Access Counselling: 403-233-2360 or email intake@cfs-ab.org
- **Distress Centre:** 403-266-4357 - available 24/7.
- **Eastside Family Centre:** 403-299-9696 - telephone and e-therapy.
- **Kid’s Help Phone:** 1-800-668-6868
- **Mental Health Help Line:** 1-877-303-2642
- **Access Mental Health:** 403-943-1500

For other barrier free consultation sessions (Calgary area), you may consider referring those in need with this online service: communityconnectyyc.ca



Grandparents' Faith Cafe

This is an online social and spiritual space for grandparents worldwide. Join the next Grandparents' Faith Cafe with guest speaker Peggy Stanton, a news correspondent, author, illustrator and painter, who served ABC-TV as the first woman news correspondent in Washington, DC. Peggy presents 'A Place of Peace' on Ave Maria Radio. When: Tuesday, June 8 at 12:30 pm (MST) - via Zoom. To register, email info@catholicgrandparentsassociation.com

Worth Sharing

1. **A message from FCJ Centre "Widening the Circle"**

We would like to thank you for attending our Widening the Circle Showcase and Celebration event. We realize that everyone has busy lives, so to take some time out of your day to support our event is truly monumental. We are also very grateful for your ever so generous donations. We were so touched by your kind comments during and after the event. Your generosity and attentiveness to our past and present events are duly noted and respected. We hope you will continue to stay involved in [events and programs](#) held at the FCJ Centre and invite others to Widen their Circle as well!

1. If you missed the live broadcast on May 16th you can view it [here](#)
2. Thanks to all of our viewers and those who have already donated. Help us reach our goal and make your donations by May 23 by [donating here](#)

2. **2021 Pentecost Message to the Canadian Catholic Movements and Associations**

The annual message for Pentecost, [addressed to Catholic movements and associations in Canada](#) by the Canadian Conference of Catholic Bishops' (CCCC) Standing Committee for Relations with Movements and Associations, is now available.

3. **Pray for Myanmar**

On Monday, Myanmar's military fired artillery shells at a Catholic Church in eastern Myanmar, killing four civilians sheltering there. More than 300 people from at least 60 families had taken refuge in the church compound due to fighting over the weekend between the military and an anti-coup resistance group known as the Karenni People's Defense Force (PDF). [Read more](#)

4. **The radical hope of rejecting assisted suicide**

J.J. Hanson, a young husband and the father of two small boys, only had weeks or days to live. He had brain cancer. But he and his wife confronted the pain of the illness and of the imminent separation with courage and joy. After his diagnosis

"he spent the next three years helping others realize that every day is a gift." Here is a beautiful video of JJ's final days - a fabulous antidote to despair in the face of terminal illness.

[Watch video now](#)

5. **The ultimate guide to Ordinary Time**

Ordinary Time isn't ordinary. It's much more than that. This season celebrates a very specific time in the life of our Lord, Jesus Christ. Do you need a refresher on Ordinary Time? Check out [this short article](#) that answers all those questions and even has some ideas on how to get the most out of this celebration of Jesus' life.

6. **Your prayers are being heard, do not give up**

Pope Francis continues his cycle of catechesis dedicated to Christian prayer during his Wednesday General Audience. This week he reflects on how at times it would seem that prayers are not responded to, but that no matter how long it takes, they are always heard.

[Read more](#)

7. **Rescuing fallen away family members**

"My child or grandchild has fallen away from the faith, what should I do?"

Brandon Vogt from Word on Fire discuss his approach rescuing fallen away family members. He speaks about the cultural roadblocks in evangelization we face today, and gives us practical ways to engage in conversations with our loved ones who have turned away from Christ. [Read/Listen now](#)

8. **The Real Presence is real**

The Jesus who walked the streets of Galilee giving sight to the blind, raising the dead, and making the paralyzed walk, is the same Jesus who is present to you in the Eucharist longing to work miracles in your life. Dr. Sri reminds us that the God of the universe is dwelling among us in all the tabernacles of the world. How do we live a Eucharistic faith so that we may draw near to Jesus who longs to be close to us? [Read/Listen now](#)

9. **Pray for Israel-Palestine with the escalation of violence**

The Pope and the Holy See are "very concerned" about what is happening in the Holy Land where the escalation of violence between Israel and Hamas is continuing. Cardinal Parolin reiterated the urgency of a truce and expressed deep concern over the explosive situation, which, he said, continues "despite the efforts of the international community to bring about a ceasefire". [Read more](#)

10. **Summer 2021 Online Sacred Music Workshops**

St. Joseph's Seminary in Yonkers, NY invites you to experience the depths of the Church's riches, taught by experienced teachers and musicians, faithful to the Church's magisterium and tradition. With affordable tuition rates and convenient

online course structures, St. Joseph's Seminary and College offers a rich learning experience for parish and school musicians who want to immerse themselves in the beauty and holiness of the Church's sacred music and liturgy. When: June - July, 2021. For more information, [click here](#)

11. **Spiritual Direction Training Program**

The FCJ Centre offers a two-year spiritual direction training program that meets on Wednesday evenings and includes four-weekend retreats. It is open to men and women who believe that God is calling them to the ministry of one-on-one companioning with people who are seeking a deeper relationship with God through the integration of faith and life. For more information, visit fcjcentre.ca/sdtp or contact Sr. Madeleine Gregg, fcJ at 403-228-4215. The application deadline is June 30, 2021.

12. **Confession resources**

Here are some resources that might help individuals and family in your community when you promote your parish confession schedule:

1. [Diocesan printable Confession card for children](#) (includes examination of conscience, step-by-step and simple act of contrition)
2. [Printable examination of conscience for children](#)
3. Goodconfession.com
4. [In depth examination of conscience](#)
5. [Printable guide to Confession for adults](#) (provided by Knights of Columbus)
6. Video: [Making a good confession \(Fr. Mike Schmitz\)](#)
7. Video: [Bringing the same sins to confession? Try this](#)

13. **Children's Corner page from St. Joseph's Calgary** | St. Joseph's Parish has started a living page online for Children. *Children's Corner* - featuring faith and Catholic resources (videos, audios, books, groups), best practices and tips for family with young children. The page is updated weekly - you are welcome to link to it from your website or share with your parishioners. Here is the [page link](#).

Faithfully
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Have you subscribed to Faithfully?

Faithfully gives a snapshot of faith at work in the lives of everyday people. Get inspired with faith stories, our Bishop's message, and find out what's happening in our Diocese.

- [Read the May issue of Faithfully](#)
- [Subscribe to Faithfully here](#)

Bishop's Message - May 2021

It is important to acknowledge the human and social issues impacting women in our society, mothers and families during this pandemic. This month, Bishop McGrattan speaks of domestic violence and its impact upon women and mothers, and ways to respond in the true spirit of Christian renewal. [Read his message here.](#)



Virtual Eucharistic Conference - June 4-6

"What hidden mystery does God still wish to reveal to me about Himself?"

Join the FREE virtual Eucharistic Conference by Virtual Catholic Conference™ this Corpus Christi weekend June 4-6. Experience being a part of the universal Body of Christ in this global gathering of prayer, learning, and celebration of the Holy Eucharist.

Conference presenters include Dr. Denis McNamara, Fr. Donald Calloway, Dr. Peter Kreeft, Tim O'Malley and many more!

[Register here](#)

Webinars for Temporary Foreign Workers

Below is a list of webinars for Temporary Foreign Workers. Please contact contact Myla at Calgary Catholic Immigration Society (CCIS) - 403-470-9132 or email rignacio@ccisab.ca for more information or to register.

June 2, 2021, Wednesday, 5:30 PM to 7:30 PM: **CELPIP Webinar**

June 16, 2021, Wednesday, 5:00 PM to 7:00 PM: **Emotional Wellness (English)** by Alberta Health Services

June 22, 2021, Tuesday, 5:00 PM to 7:00 PM: **Emotional Wellness (Spanish)** by Alberta Health Services

Holy Father's May 2021 Prayer Marathon

Pope Francis has invited Catholics and [30 Marian Shrines](#) around the world to dedicate the month of May to a marathon of praying the Holy Rosary for an end to the Covid-19 pandemic and the resumption of social and work activities. Each day of the month is

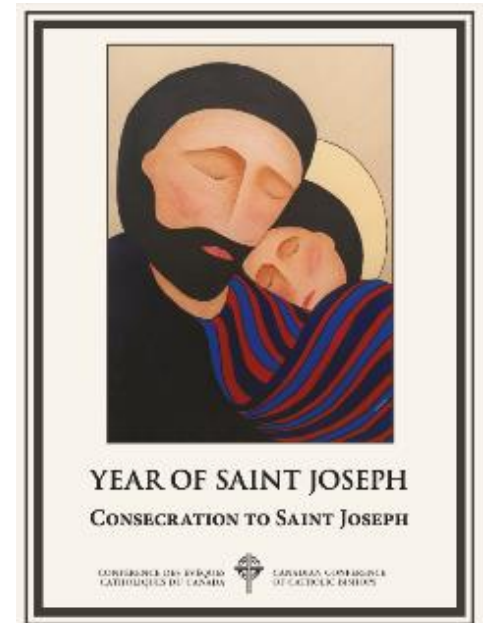
also characterized by a prayer intention for the various categories of people most affected by the flight of pandemic. [Vatican news channels](#) will broadcast the Rosary each day at 10 AM MST.

- [Announcement](#)
- [List of 30 Marian Shrines](#)
- [Liturgical Guide](#)
- [Download graphic](#)

Consecration to Saint Joseph

The Canadian Conference of Catholic Bishops (CCCC) invites all group and families to deepen their Christian commitment through the act of consecration to Saint Joseph. By entrusting ourselves completely to the fatherly care and powerful intercession of the Church's patron saint, we are beseeching his help in living out those same virtues he did and so grow in the likeness of Christ evermore.

This ritual of Consecration to St. Joseph can be used in parishes, religious communities and families, on a date chosen by the individual groups or families. Download the ritual: [Consecration to Saint Joseph \(PDF\)](#).



The Year of *Amoris Laetitia* Family

Through a series of 10 videos, the Holy Father, with the help of several families, invites us to journey together to rediscover the family as a gift, despite every problem, obstacle and challenge that families have to face today. In the first video “[Walking Together](#)” Pope Francis and a family share about the beauty of being a family and how each person is called to lovingly care for the life of the family. Never a problem, families are always a gift and, in terms of the future, they are an opportunity. Each video is accompanied by a [guide](#).



Development & Peace

Development and Peace (*The Canadian Catholic Organization for Development and Peace*, or *D&P*) is the official international development organization of the [Catholic Church in Canada](#) and the [Canadian member of Caritas Internationalis](#). Development and Peace is a membership led organization supported by parish collections, individual donations and government grants, principally from Global Affairs Canada.

For over 50 years, Development and Peace has supported 15,200 local initiatives in fields such as agriculture, education, community action as well as the consolidation of peace and advocacy for human rights in 70 countries. Inspired by Gospel values and in particular the preferential option for the poor, Development & Peace is to support the actions of people in the Global South so that they can take control of their destiny and educate Canadians on issues related to North-South imbalance. Representing the west region in the Development and Peace National Council is Bishop William McGrattan. Read more about the National Council for Development and Peace [here](#).

We are excited to announce that you can now give directly to Development and Peace-Caritas Canada from the Diocese of Calgary's Giving page at catholicpyc.ca/donatednp

We ask that you consider joining Development & Peace in their work for the poor and vulnerable.

- To learn more about Development & Peace, visit devp.org
- To join the local council in the Diocese of Calgary, contact devpyyc@gmail.com
- To donate to Development & Peace, visit catholicpyc.ca/donatednp.html

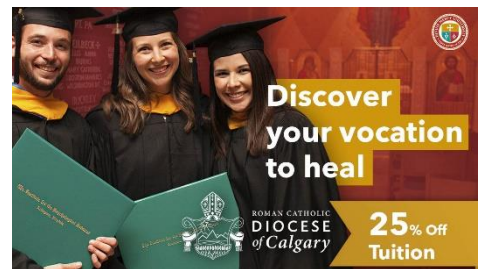
Patris Corde Guided Video Reflections

In the Apostolic Letter *Patris Corde* (With a Father's Heart), Pope Francis identifies the extraordinary attributes of St. Joseph as a *"beloved, tender and loving, obedient, accepting, creatively-courageous, working father hidden in the shadows."* (cf. No 1-7). We have prepared a series of guided reflections on each of the seven attributes. They may be used by individuals who wish to focus on only one or two of the attributes from home or in groups gathered in person or online.

- [Video reflections & guide here](#)

Reduced tuition rates from DMU

Divine Mercy University (DMU) is the first and only graduate school that integrates the science of psychology and proven therapeutic methods with the Catholic-Christian understanding of the person, marriage and the family. DMU provides educational instruction to all Roman Catholic Diocese of Calgary applicants at a reduced tuition.



Parish members in good standing with their respective parish will receive a **tuition reduction of 25% for any of the DMU online programs**. To learn more about Divine Mercy University, contact divinemercy.edu | 703-416-1441

Online Faith Formation Courses

Certificate in Catholic Studies

The Benedict XVI Institute for New Evangelization offers comprehensive selection of courses on various aspects of the Catholic faith. All are offered online. Each course runs five weeks and costs \$85. Take an individual course for interest, or work toward one or all of the twenty two specialized Certificates in Catholic Studies. The next start

date is April 5, 2021. Students may register completely online at newman.edu/ccs Visit our website for further details and FAQs.

Other online formation opportunities

These formation opportunities will help you with your faith journey and to help you grow closer to Christ. Find a list of webinars and courses on our diocesan website [here](#).

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Follow us on Social Media

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

Weekly reflections can be found here:

[Vatican News](#) | [The Sunday Website](#) | [Sunday Connection](#)

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

Livestreams

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

You can also watch parish Sunday Masses via TELUS Optik TV Ch. 876 and 877 (choose Diocese of Calgary tile logo). For other online Masses, visit [Salt+Light TV](#), [Shalom World TV](#), [EWTN](#) and [Vision TV](#).

Our parishes rely on your Sunday offerings for maintenance and growth. 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.catholiccy.ca/donatetoparish> [or contact your Parish to set up a direct debit deposit].



Do you know a young person trying to find the next right step in their life? Have they considered taking a year of their life to give back to the Lord and share the Good News with the youth of Canada?



NET Canada is hosting information sessions on **Tuesday, May 18th 6:30-7:30pm EST (3:30 PST) and Thursday, May 27th, 8:00-9:00pm EST (5:00 PST)**. This is a chance for anyone 18-30 to learn more about what it means to be a NET missionary and find out if they would be interested in applying!

Share this opportunity with someone who has a strong personal faith that would make a great missionary and help us find the next generation of missionaries!

[Register Here](#)

Information sessions are a place young people can ask questions and gain insight on what the steps are to becoming a NET missionary. A mission year with NET is not for everyone, but it might be for you or someone you know!

Invite someone to get a snapshot of what a year on NET could look like. Send them [this link](#) to register!

Blessings,
NET Canada

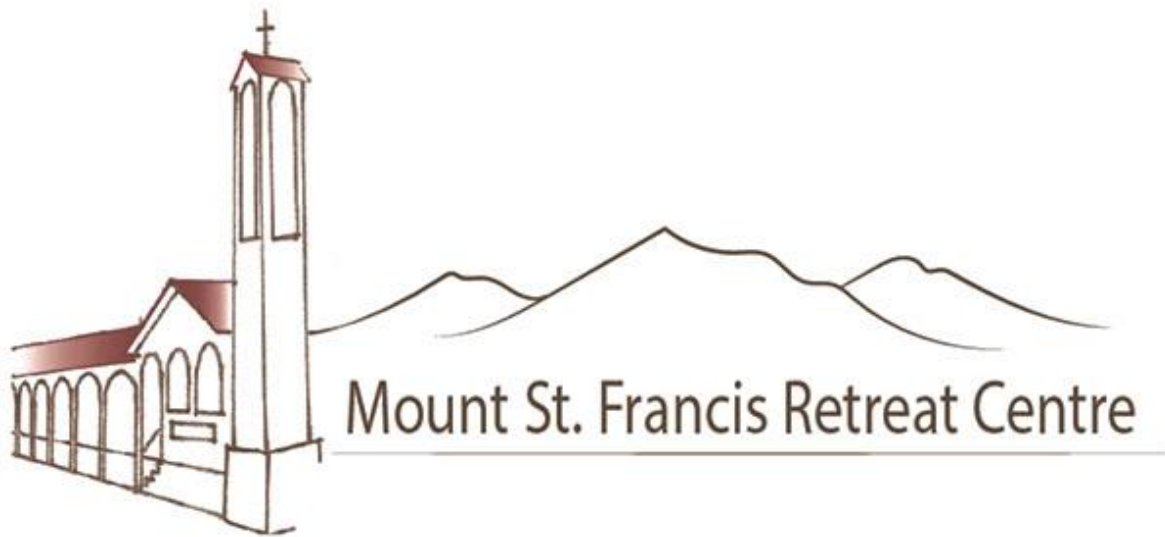
The Solemnity of the Most Holy Trinity



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!](http://www.fcjcentre.ca)



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.

June 4-6: [Women's Weekend](#)

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

June 11-13: [Men's Weekend](#)

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

June 14-19: *Outside Group – Private Booking*

June 21-27: [6 Day Preached Retreat](#)