



Welcome to HOLY FAMILY PARISH

FEBRUARY 13, 2022 – 6TH SUNDAY IN ORDINARY

Email: contact@holyfamilymh.ca ~ Website: www.holyfamilymh.ca

Facebook: [Medicine Hat Holy Family Parish](#) ~ YouTube: [Medicine Hat Holy Family Church](#)

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

CLERGY AT HOLY FAMILY PARISH

Fr. Iqbal Khurshid & Fr Rodel Abanto
& Deacon Robert Risling

RECONCILIATION...

Friday 9:30am–10:30am. & Saturday 3:30–
4:45pm. Or by Appointment

MASS TIMES... MONDAY to FRIDAY at 9:00AM

FIRST SATURDAY OF MONTH at 8:30AM, SATURDAY at 5:00PM

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

THE CHAPEL IS OPEN

MONDAY - FRIDAY 9:30am - 4:00pm

ADORATION FRIDAY 9:30 – 10:30am

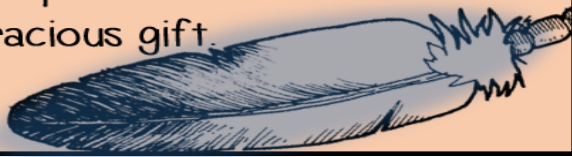
Knights of Columbus - Kirby Peterson

Catholic Women's League - Marjorie Bowlby

Parish Pastoral Council Chair - Gary Heinbecker

Parish Finance Committee Chair - Cheryl Pocsik

We acknowledge that Treaty 7 territory,
on which we stand, is the ancestral land
of the Indigenous peoples and is common
home to everyone in virtue of God our
Creator's gracious gift.



Sunday 10:30am Mass

Medicine Hat Holy Family Church Live
Stream

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



Believing Justice and Mercy

In Luke's Sermon on the Plain, Jesus speaks to more than just his own people. We hear four blessings and four related woes. He first calls all those in the crowd, and now calls us to rejoice and leap for joy at the blessed activities dealing with justice and mercy. The implication: do the blessings; avoid the woes.

† How will I be just in dealing with others all week long?

† How will I be merciful to everyone just as God is merciful?

† What mercy work will I do? It will be _____ for _____.

6th Sunday in Ordinary Time, Sunday, February 13, 2022

OPERATING FINANCES

JANUARY 1-31, 2022

Operating Budget 2022	\$ 59,708
General Envelope Collection	\$ 44,550
Loose Collections	\$ 633
Future Development	\$ 6,565
Sale of Church Supplies & Other	\$ 3,370
Other Ministries	\$ 480
Government Subsidy	\$ 10,410
Budget Vs Actual	\$ 6,300

SPECIAL COLLECTIONS

Together in Action (TIA)	\$ 3,848
St Vincent de Paul	\$ 2,695
Seminarian Fund	\$ 40
Mission Mexico	\$ 155
CARO	\$ 95

Thank You for your Generous Contributions

This Sunday's Readings

1st Reading: Jeremiah 17.5-8

Cursed are those who trust in mere mortals;
blessed are those who trust in the Lord.

Responsorial Psalm: 1.1-2,3,4+6 (R. 40.4)

R. Blessed the one who trusts in the Lord.

2nd Reading: 1 Corinthians 15.12,16-20

If Christ has not been raised, your faith is futile.

Gospel: Luke 6.17,20-26

Blessed are the poor, but woe to you who are rich!

Gospel Acclamation Luke 6. 23

Alleluia, Alleluia.

Rejoice and Leap for Joy; for Surely your
Reward is Great in Heaven. Alleluia, Alleluia.

† Masses Intentions †



Saturday, February 12

5:00pm - Hilda Schwartz †

Sunday, February 13

8:30 am - Gerry Nadeau †

10:30am - Gabriel Zavala †

6:00pm - Holy Family Parish

Monday, February 14

9:00am - Sherry & Henry Curtis

Tuesday, February 15

9:00am - Derrick Risling †

Wednesday, February 16

9:00am - Virginia Cabral †

Thursday, February 17

9:00am - Angela Steciw

Friday, February 18

9:00am - Josephine Stodalka †

2022 Goal
\$70,938
total to date
\$5,421.40
which is 8%

Together IN ACTION
Annual Bishop's Appeal



Lenten Parish Mission
Holy Family Parish & St. Patrick's Parish
March 7, 8, & 9, 2022

E-Transfer Donations accounting@holymfamilymh.ca



VOLUNTEERS ROCK OUR WORLD



Listen to Mass on your phone...
Download the "Audio Fetch" app.
Our Network is: HFP_LIVE
The Password is: Liv3HFP*



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!



Sacramental Preparation

Sessions for both children and parents, Children in Hall & Parents in the Church...

1st Holy Communion next class...

Thursday March 3, 2022
6:30-7:30pm

Confirmation next class...

Wednesday, March 16, 2022
6:30-7:30pm

Faithfully
FAITH. LIVED. FULLY.

Faithfully printable
Jan & Feb 2022

[Download PDF of Jan/Feb edition](#) | or visit
catholiccyc.ca/Faithfully



TMIY
THAT MAN IS YOU!
BECOMING A MAN AFTER GOD'S OWN HEART

THAT MAN IS YOU

February 19, 2022

8:30 – 9:30 am

St. Patrick's Church Hall

Theme:

The Narrow Gate

Presenter:

John Edwards

Holy Family Catholic Women's League

FEBRUARY 26 & 27 WEEKEND MASSES

Donation Drive for Nurture Pregnancy Centre

New Baby Items may be left on the designated table in the foyer or CWL members will be on hand if you wish to make a cash/ cheque donation.



THE 2021 TAX RECEIPTS ARE AVAILABLE IN THE FOYER AT THE CHURCH

We are sad to have to let everyone know that the World Day of Prayer March 4th 2022 will be cancelled due to the pandemic.



Medicine Hat Pro-Life Meeting
Monday, February 14, 2022
7:30 pm
St. Patrick's Church Hall
Everyone welcome!



The Lector group consists of about 50 Lectors who rotate for each Mass time during the weekends of the year. A schedule is made up with names and email addresses. We invite anyone interested in joining our group. We also invite any young people or school students to join us if you are interested in Proclaiming The Word Of God. Please call the Parish office and get your name on the list if you are interested and someone will call you. Thank you.

Sean Kelly presently (member of our Parish) is training at the Haden Institute. The institute specializes in preparing interested persons in the art of spiritual companionship. Part of his course work involves creating opportunities for individuals to experience, through one-hour sessions once a month via zoom, spiritual accompaniment. His role would be to create a sacred space where together we would dream, explore, and discern your path toward personal wholeness and deeper intimacy with the Divine. If this is something you would like to know more about, please contact him at stk1956@gmail.com

Our Lady of the Assumption Prayer Community sponsors two weekly Zoom programs

Wednesday's Charismatic Prayer Meeting at 7:00 p.m. MST. Meeting ID: 857 1975 7550 Password: 1515 &

Thursday's DIALOGUE with assorted topics to strengthen and challenge the Christian Community at 7:00 p.m. MST. Meeting ID: 863 0666 7643

Password: 800529

All are welcome!

God Bless.

Ken Fabbi

Cell: 403-331-8923

Beautiful Attitude With the Beatitudes

"Blessed are the poor in spirit for theirs is the kingdom of heaven."

Blessed are those who mourn, for they will be comforted.

Blessed are the meek, for they will inherit the earth.

Blessed are those who hunger and thirst for righteousness, for they will be filled.

Blessed are the merciful, for they will be shown mercy.

Blessed are the pure in heart, for they will see God.



Blessed are the peacemakers, for they will be called children of God.

Blessed are those who are persecuted because of righteousness, for theirs is the kingdom of heaven."

Blessed are you when people insult you, persecute you and falsely say all kinds of evil against you because of me.

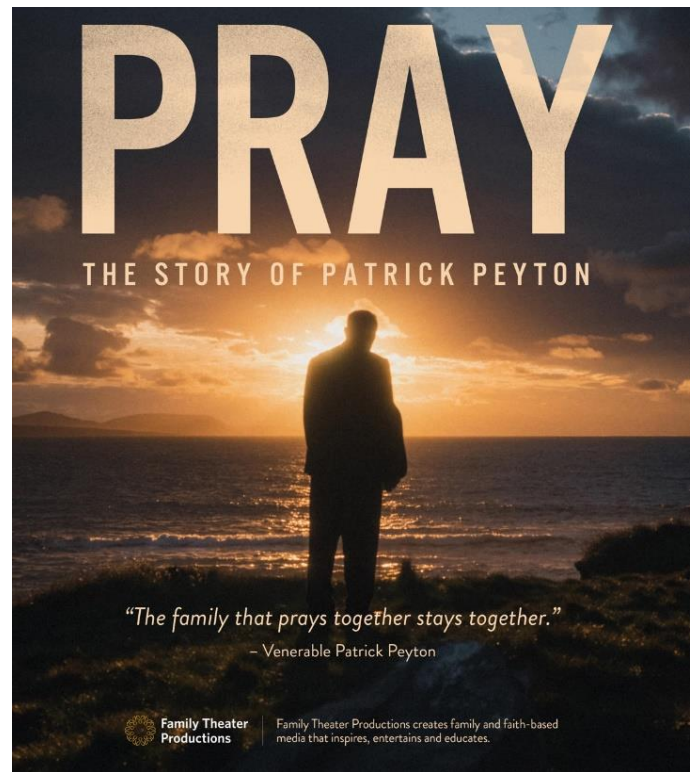
"Rejoice and be glad, because great is your reward in heaven, for in the same way they persecuted the prophets who were before you."

Young Adults 18+ Retreat
From 2:00pm Saturday February 26th
until 2:00pm Sunday February 27th
Mt St Francis Retreat Center

To register or for more information contact: maritzachouza@gmail.com
clara.nguyen@ucalgary.ca

**JOIN US FOR A FREE ONLINE MOVIE
EVENT BEGINNING: Saturday, February
12th @ 9 AM MST until Sunday, February
13th @ 9 PM MST PLEASE REGISTER
NOW!!**

Are you looking for peace in your heart, your family? In the film, PRAY: THE STORY OF PATRICK PEYTON, you will meet the extraordinary man who dedicated his life to reminding people that true peace comes from God and a relationship with Him. Father Peyton's deep friendship with God and the Blessed Virgin Mary, combined with his tireless zeal, inspired millions of families around the world to discover how prayer would bring them together and transform their hearts. Join us as we watch PRAY together.



Please follow these simple steps to register for and attend your digital event:

1. The first step is to register at the link provided here.

Event Registration URL: <https://watch.showandtell.film/watch/pray-stpatrick>

2. Once registered, a participant will receive an email (sender: system@showandtell.film) that contains their Digital Ticket to the Event. A digital ticket is a link to access and view the film at the day/time of the event. Note: Make sure to check your email junk folder if you do not receive the ticket. Also, a participant is able to register even after the event has started. In this case, a digital ticket will still be sent via email; however, the film will begin playing immediately after registration.

3. At the day and time of the event, click the Digital Ticket link. Your Digital Event will automatically open in a new window of your web browser. Ensure that your device is connected to the Internet. Note: If you do not see the red "Watch Now" button, it may be because you opened the link prior to the event start time. In this case, once it is time for the event to start, refresh your browser or click on the ticket link again.

4. Hit the red "Watch Now" button and the film will begin playing automatically. You may pause and play the film. The film will be available to watch for a total of 36 hours after the event start time. You can go back and re-watch the film multiple times within the 36 hour window by clicking the link on your digital ticket. Note: If you lose your digital ticket, simply re-register with a different email address.

5. To turn on Spanish subtitles, hover your mouse on the bottom right of the screen. A "CC" button will appear. Click the "CC" and select "Espanol."

6. The simplest way to watch this film on your TV is to access the event on your laptop and connect your laptop to your TV using an HDMI cable.

This Online Event is Sponsored by Council 1732





6th Sunday in Ordinary Time Year C

Sunday, February 13, 2022

BLESSING OF TRUST

For the last two Sundays we have been reflecting on the calling of Prophets Jeremiah and Isaiah and how God stood for them to protect against the evil. Of course, on the other hand the Gospel Readings invited us not only to reflect on the element of rejection which Jesus faced by his own people but also, we reflected on the unworthiness of St. Peter. Did the story of St. Peter end there, absolutely not, but his title and job were changed from “Fisherman” to “Fisher of Men”. Do we glorify the Lord through our work?

I believe that this Sunday's Sacred Scripture readings so powerfully remind us of how blessed we are with the gift of trust. According to Saint Ephrem, we must trust in the Word of God which helps us to learn how to trust in the Lord and believe that through his divine providence we are going to receive what we need: “Lord, who can comprehend even one of your words? We lose more of it than we grasp, like those who drink from a living spring. For God's word offers different facets according to the capacity of the listener, and the Lord has portrayed his message in many colors, so that whoever gazes upon it can see in it what suits him. Within it he has buried many treasures, so that each of us might grow rich in seeking them out. The word of God is a tree of life that offers us blessed fruit from each of its branches. It is like that rock, which was struck open in the wilderness, from which all were offered spiritual drink. As the Apostle says: They ate spiritual food, and they drank spiritual drink. And so, whenever anyone discovers some part of the treasure, he should not think that he has exhausted God's word. Instead, he should feel that this is all that he was able to find of the wealth contained in it. Nor should he say that the word is weak and sterile or look down on it simply because this portion was all that he happened to find. But precisely because he could not capture it all he should give thanks for its riches”.

He continues to say “Be glad then that you are overwhelmed, and do not be saddened because he has overcome you. A thirsty man is happy when he is drinking, and he is not depressed because he cannot exhaust the spring. So let this spring quench your thirst, and not your thirst the spring. For if you can satisfy your thirst without exhausting the spring, then when you thirst again you can drink from it once more; but if when your thirst is sated the spring is also dried up, then your victory would turn to your own harm”. (Please do read Psalm 1, 119 & Revelation 22)

Furthermore as he reflects on the importance of Word of God, he invites us to "Be thankful then for what you have received, and do not be saddened at all that such an abundance still remains. What you have received and attained is your present share, while what is left will be your heritage. For what you could not take at one time because of your weakness, you will be able to grasp at another if you only persevere. So do not foolishly try to drain in one draught what cannot be consumed all at once, and do not cease out of faintheartedness from what you will be able to absorb as time goes on" (Please read Luke 1:45-57)

Wishing to encourage her young son's progress on the piano, a mother took her boy to a Paderewski concert. After they were seated, the mother spotted a friend in the audience and walked down the aisle to greet her. Seizing the opportunity to explore the wonders of the concert hall, the little boy rose and eventually explored his way through a door marked "NO ADMITTANCE."

When the house lights dimmed and the concert was about to begin, the mother returned to her seat and discovered that the child was missing.

Suddenly, the curtains parted, and spotlights focused on the impressive Steinway on stage. In horror, the mother saw her little boy was sitting at the keyboard, innocently picking out "Twinkle, Twinkle Little Star." At that moment, the great piano master made his entrance, quickly moved to the piano, and whispered in the boy's ear, "Don't quit. Keep playing."

Then, leaning over, Paderewski reached down with his left hand and began filling in a bass part. Soon, his right arm reached around to the other side of the child, and he added a running obligato. Together, the old master and the young novice transformed a frightening situation into a wonderfully creative experience. The audience was so mesmerized that they couldn't recall what else the great master played - only the classic "Twinkle, Twinkle Little Star."

That's the way it is with God. What we can accomplish on our own is hardly noteworthy. We try our best, but the results aren't exactly graceful flowing music. However, with the hand of the Master, our life's work truly can be beautiful. Next time you set out to accomplish great feats, listen carefully. You can hear the voice of the Master, whispering in your ear, "Don't quit. Keep playing."

Feel His loving arms around you. Know that His strong hands are there helping you turn your feeble attempts into true masterpieces. God doesn't call the equipped; He equips the called, and He'll always be there to love and guide you on to great things.

That is the exact message we see today that once we trust in the Lord, he not only blesses with every blessing we need but also, he makes us fruitful to bear everlasting fruit of his love and compassion. He holds us in the palms of his hands as he has written our names on them because in our misery he says "I have heard the cry of my people and have come down to save them"

The First Reading from Jeremiah reads: "Cursed is the man who trusts in man and makes flesh his arm, whose heart turns away from the Lord". This is the profile of the worldliness we saw in people who are arrogant, proud, and self-righteous. And how will these people end up? Scripture defines them as "a shrub in the desert and shall not see any good come. He shall dwell in the parched places of the wilderness" — his soul is a desert — "an uninhabited salt land". And all of this because, in truth, the worldly are alone with their selfishness. What do we need to learn from the first part of the Reading is "without God, we are nothing"? It's no easy thing to have perfect trust in God. Even when we know intellectually that he loves us and will provide for our needs, it can be hard to live like we truly believe he will take care of us. When we look

to the saints, most of them probably came a lot closer to truly trusting in God than we do. So, it should be no surprise that many of the saints had a bit to say about trusting God and living like we know he will take care of us. It can be easy to fall into the trap of feeling like we must find a way to solve all the difficulties in our lives by ourselves. But the saints have some things to say about letting go of our worries and anxiety in favor of trusting God.

Here is a story by an unknown author, for us to understand that once we trust in the Lord then we leave all our worries on to him "who cares for us" as "he has carried all our iniquities on to him".

She hired a plumber to help her restore an old farmhouse, and he had just finished a rough first day on the job: a flat tire made him lose an hour of work, his electric drill quit, and his ancient one-ton truck refused to start. While she drove him home, he sat in stony silence. On arriving, he invited her in to meet his family. As they walked toward the front door, he paused briefly at a small tree, touching the tips of the branches with both hands. When opening the door, he underwent an amazing transformation. His tanned face was wreathed in smiles, and he hugged his two small children and gave his wife a kiss.

Afterward, he walked back to the car. They passed the tree, and her curiosity got the better of her. She asked him about what she had seen him do earlier. "Oh, that's my trouble tree," he replied. "I know I can't help having troubles on the job, but one thing's for sure; those troubles don't belong in the house with my wife and the children. So, I just hang them up on the tree every night when I come home and ask God to take care of them. Then in the morning, I pick them up again. Funny thing is," he smiled, "when I come out in the morning to pick 'em up, there aren't nearly as many as I remember hanging up the night before."

Times of emotional, mental, or physical sufferings are perhaps some of the most difficult times for us to trust in God. Here are some of our favorite quotes from several different saints on trusting in God and his providence in our lives.

We must often feel weary and tired, yet God brings us through all these things." Saint Mary MacKillop

"If God sends you many sufferings it is a sign that He has great plans for you, and certainly wants to make you a saint." Saint Ignatius of Loyola

"Do not fear what may happen tomorrow. The same loving Father who cares for you today will care for you tomorrow and every day. Either He will shield you from suffering, or He will give you unfailing strength to bear it. Be at peace, then, and put aside all anxious thoughts and imaginings." Saint Francis de Sales

"Lay all your cares about the future trustingly in God's hands and let yourself be guided by the Lord just like a little child." Saint Edith Stein

I see that God never tries us beyond what we can suffer. Oh, I fear nothing; if God sends such great sufferings to a soul, He upholds it with an even greater grace, though we are not aware of it. One act of trust in such moments gives greater glory to God than whole hours passed in prayer filled with consolation." Saint Faustina

In the second part of the Reading, people who trust in the Lord are compared with tree planted near the streams of water: "Blessed is the man who trusts in the Lord, whose trust is the Lord. He is like a tree planted by water", while the other "was like a shrub in the desert". This, then, is the final judgement: nothing is more treacherous for a heart and difficult to heal: that man had a sick heart, so battered by this worldly lifestyle that it was very difficult to heal. According to Saint Alphonsus Liguori "Those whose hearts are enlarged by confidence in God run swiftly

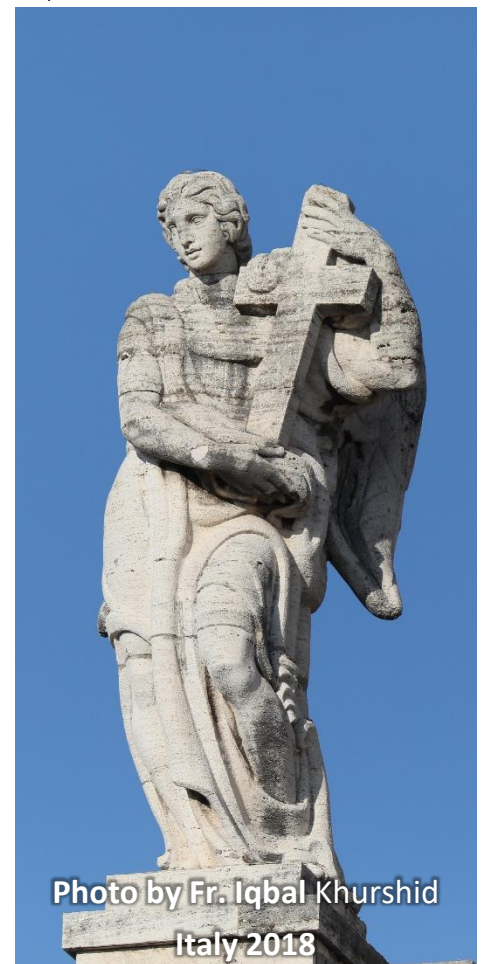
on the path of perfection. They not only run, but they also fly; because, having placed all their hope in the Lord, they are no longer weak as they once were. They become strong with the strength of God, which is given to all who put their trust in Him.” Do we trust in the Lord? Holy Father reflecting on the Gospel says “Today’s Gospel presents us Saint Luke’s passage on the Beatitudes (which is bit different than St. Matthew 5:1-12). The text is arranged into four beatitudes and four admonitions denoted by the expression, “woe to you”. With these assertive and sharp words, Jesus opens our eyes and lets us look with his gaze, beyond appearances, beyond the surface and teaches us to discern situations with faith.

Jesus proclaims the poor, the hungry, the suffering and the persecuted blessed, and he admonishes those who are rich, satisfied, who laugh and are praised by the people. The reason behind this paradoxical beatitude lies in the fact that God is close to those who suffer and intercedes to free them from their bondage. Jesus sees this; he already sees the beatitude beyond its negative reality. And likewise, the “woe to you” addressed to those who are doing well today, has the purpose of “waking” them from the dangerous deceit of egotism, and opening them up to the logic of love, while they still have the time to do so”.

The page from today’s Gospel thus invites us to reflect on the profound sense of having faith, which consists in our trusting completely in the Lord. It is about demolishing worldly idols in order to open our hearts to the true and living God. (Please read 1 Peter 5:1-14). He alone can give our life that fullness so deeply desired and yet difficult to attain. Indeed, there are many in our day too who profess to be dispensers of happiness: they come and promise us swift success, great profits within our reach, magical solutions to every problem and so on.

Therefore, Jesus opens our eyes to reality. We are called to happiness, to be blessed, and we become so as of now, to the measure in which we place ourselves on the side of God, of his Kingdom, on the side of what is not momentary but rather endures for eternal life. We are happy if we acknowledge we are needy before God — and this is very important: “Lord, I need you” — and if, like him and with him, we are close to the poor, the suffering and the hungry. We too are like this before God: we are poor, suffering, we are hungry before God. Although we possess worldly goods, we experience joy when we do not idolize or sell our souls out to them but are able to share them with our brothers and sisters. Today the liturgy invites us once again to question ourselves about this and to be truthful in our heart. (Please read Matthew 25)

Jesus’ Beatitudes are a decisive message which urges us not to place our trust in material and fleeting things, not to seek happiness by following smoke vendors — who are often vendors of death — experts in illusion. We should not follow them because they are unable to give us hope. May the Lord help us open our eyes to acquire a more penetrating view of reality, to heal the chronic short-sightedness with which the worldly spirit infects us. What is our attitude toward Beatitudes today? Do we trust in the Lord and proclaim like Blessed Virgin Mary “Behold I am the handmaid of the Lord, let it be done to me according to your Word”?



5th Sunday in Ordinary Time



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.catholiccy.ca> | TEL US 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](#)

COVID-19 Resources

- [Sacraments & Liturgies](#)
- [Spiritual Resources](#)
- [Sacrament Preparation](#)
- [Online Formation Opportunities](#)

Resources for children

- **Gospel Reflection:** Jesus teaches us to share, to be patient, and to show concern for others. These actions bring us true happiness and help us share Jesus' peace. How might you share Jesus' peace when you're playing with other children? (*Loyola Press*)
 - **Kid's challenge this week:** Write your own set of Beatitudes. Are there groups of people in the world today who Jesus would call us to show a special love for? (*CAFOD*)
 - [Kid's Bulletin for this Sunday](#)
 - [Colouring page this Sunday #1](#) | [Colouring page this Sunday #2](#)
 - [Sunday Connection - 6th Sunday in Ordinary Time](#) (Gr. 1-8 & family)
- **Children's Sunday Liturgy for 6th Sunday of Ordinary Time**
 - [Children's Liturgy for leaders/parents](#) (with intercessions and activities) - by CAFOD | [Illustration](#)
 - [Children's Liturgy of the Word with Miss Heidi](#) (Catholic TV)
 - Does your parish have online Sunday program for children? If so, please share it with communications@calgarydiocese.ca

Resources & Announcements

1. **Save the date: God Squad Men's Conference with Jeff Cavins and Brett Powell**

God Squad Men's Conference 2022: March 18 & 19 at St. Michael's Church, Calgary. Theme is "Change on the Rise; Ushering in the New Springtime! God Squad is excited to have Bishop McGrattan celebrate the opening mass, and they will be hosting keynote speakers Jeff Cavins and Brett Powell. [For more information or to register](#)

2. **TSts. Cyril and Methodius (Feast day: Feb 14)**

Born into a prestigious senatorial family in Thessalonica, in 815 and 826 respectively, Sts. Cyril and Methodius renounced their wealth and status. They chose instead to become priests. On Feb. 14, the universal Church honours them, the "Apostles of the Slavs," for their tireless work in spreading the Gospel throughout Eastern Europe in the ninth century. [Read more](#)

3. **Faithful Living: You are not alone**

We live in a very connected world. We hear about the bad things happening across the world in an instant. Good and heartwarming videos can easily go viral. And yet sometimes it feels like the people you live with do not even know what you're going through. While it certainly feels like you are alone, you are not alone! [Get some tips from Faithful Living](#) to help those who feel disconnected, lost and alone.

4. **Loving and serving the Poor | Fr. Mark Mary Ames**

How do we view those less fortunate than us? How do we love them, serve them, and help them encounter Christ? Christ calls us to so much more: a life fully alive in service to others. Let Franciscan friar Fr. Mark Mary Ames, CFR be your guide to clarity around this challenging topic with stories, ideas, strategies, and challenges for Catholics of every background. His course will truly transform your mind, heart, and life as a disciple on mission and as a Christian in service to others. [Watch now in Formed.org](#)

5. **Why is St. Valentine's feast day not on the Church's calendar?**

While nearly the entire Western world celebrates "St. Valentine," the Church directs our attention to a pair of obscure Slavic saints. [Why is that?](#)

6. **This Valentine's Day, share tokens of real affection**

Every Valentine's Day, couples face a dilemma even more puzzling than Hamlet's "To be or not to be": What is the best gift to demonstrate my love? This year, [mark this day in a number of special ways](#).

7. **Catholic Sisters - Frontline heroes of modern slavery**

While not many people are aware of the extent of modern slavery, even fewer know that Catholic sisters are doing more than any other group globally to stop it. As is frequently the case with Catholic sisters, they're on the front lines. [Read more](#)

The Kids' Bulletin

6th Sunday in Ordinary Time

February 13th, 2022

Can you match up the pieces in this puzzle?

Blessed are you
when people
hate you
because of me...

Blessed are
you who are
poor...

for you will
be satisfied.

for the kingdom
of God is yours.

Blessed are
you who are
now hungry...

your reward
will be great
in Heaven.

for you will
laugh.

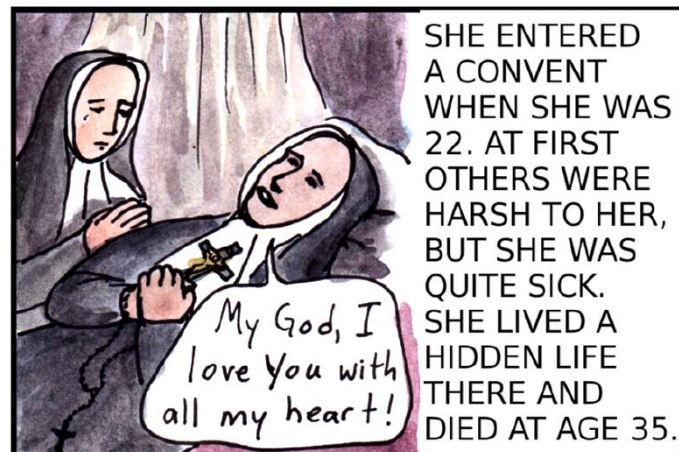
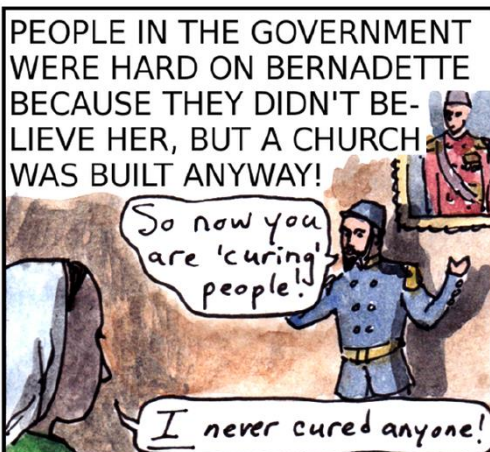
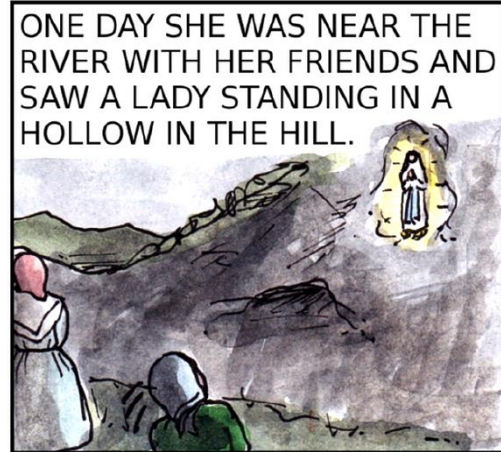
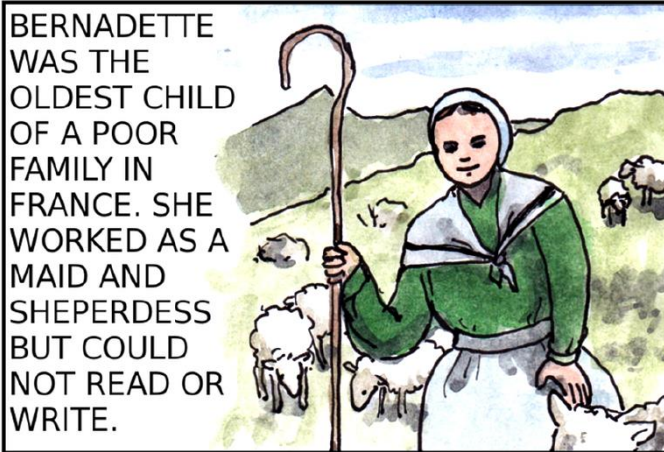
Blessed are you
who are now
weeping...



Luke 6:20-26

Saint Bernadette Soubirous

February 18



BECAUSE BERNADETTE WAS HONEST, SHE WAS ABLE TO BRING OUR LADY'S MESSAGES TO THE WORLD. THROUGH HER OUR BLESSED MOTHER TOLD THE WORLD THAT SHE WAS THE IMMACULATE CONCEPTION-THAT SHE NEVER HAD ORIGINAL SIN. ARE YOU HONEST ENOUGH TO SHARE THE TRUTH ABOUT GOD?

Trust in the Lord

Cross-Word



beings it
 distress tree
 stream is
 human but
 trusts who
 cursed he
 beside in
 roots his
 barren bush
 green Lord
 heat that
 year from

Here is today's first reading, from Jeremiah.
Fill in the blanks using the words from the list and fit them into the puzzle.

Thus says the Lord:

8a is the one who trusts in 7d 17a,
3a seeks 4d strength 18d flesh,
 whose heart turns away 16d the Lord.
12d is like a 13a 17d in the desert
11a enjoys no change of season,
14a stands in a lava waste, a salt and empty earth.
 Blessed is the one who 5a in the Lord,
 whose hope is the 15d.
 He 2d like a 11d planted 14d the waters that
 stretches out its 19a to the 6d:
 it fears not the 21a when 20d comes; its leaves stay 1d;
 in the 10a of drought it shows no 9d,
 but still bears fruit.

Hidden Blessings



In today's Gospel reading Jesus tells us that people who are poor, hungry, or sad are blessed! Do they sound blessed to you?

Bad things that happen to us have hidden blessings in them. If you are poor then your family and friends are more important to you than money and things. If you are hungry then you appreciate food more. If you are sad then sometimes it's easier to remember to pray.

But things that seem bad have another hidden blessing in them- when you are suffering, you can give your sadness or hurt to Jesus. Tell Him you are offering it up along with Him on the cross. He will give you grace to make your soul stronger. You can offer things up for other people too, and God will use your gift to help them!

Next time you feel unhappy about something, try to find the hidden blessing!



Answers to Cross-Word puzzle:
Across: 3. who 5. trusts 8. cursed 10. year 11. that 13. barren 14. but 17. beings 19. roots 21. heat
Down: 1. green 2. is 4. his 6. stream 7. human 9. distress 11. tree 12. he 14. beside 15. Lord 16. from 17. bush 18. in 20. it

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grandmothers to
grandmothers
campaign

Retreat Centers in Southern Alberta

AN "OASIS" IN THE HEART OF CALGARY

FCJ Retreat & Conference Centre is seen by many as a spiritual home where God feels very present both in the building and the surrounding landscape, and every year welcomes thousands of visitors to a unique experience of warm hospitality and deep spirituality.

Our hope is that those who come to the FCJ Centre will encounter God, whether in prayer, in the Word, in the silence and the beauty; and that this encounter will touch many other lives too.



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

We offer silent retreats and spiritual direction. We also serve those in the 12 Step Program through weekend and evening Serenity

retreats. We listen to 5th steps. We host groups and individuals seeking a place of quiet and stillness in an often-hectic world. We can accommodate up to 50 people (46 rooms/50 beds). We have one large and one small meeting room, a library and chapel. We can accommodate most dietary restrictions. There are approximately 500 acres to explore.

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

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

Martha Retreat Centre, situated on the edge of the beautiful Lethbridge coulees, is a ministry of the Martha Retreat Centre Society, which was established in 2018. Originally founded by the Congregation of the Sisters of St. Martha of Antigonish, Nova Scotia in 1968, the Centre continues to be supported by and aligned with the mission of the Sisters of St. Martha: inspired by God's graciousness, we strive to hear, embrace and respond to the cry for gospel hospitality.

