



# Welcome to HOLY FAMILY PARISH

FEBRUARY 20, 2022 – 7<sup>TH</sup> SUNDAY IN ORDINARY

Email: [contact@holyfamilymh.ca](mailto:contact@holyfamilymh.ca) ~ Website: [www.holyfamilymh.ca](http://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

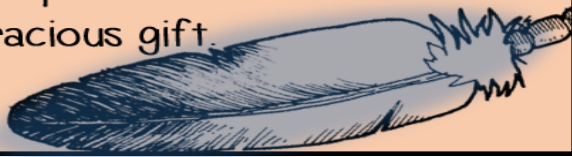
Knights of Columbus - Kirby Peterson

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](https://www.youtube.com/channel/UCG6zK-XzuXdDHj79rV6ut_Q)



## Believing and Doing Five Things

Jesus, today, continues his preaching from last week. He tells us five things we must do as his followers. Love even those who do not love us. Be merciful as God is merciful. Stop judging other's actions and motives. Forgive to be forgiven. Give, give, give. What a list! It makes for a busy week for each of us. And that is the pattern for every week that follows.

† How can my prayer and action be: "Lord, bless those I love and even those I do not love."?

† How will I be merciful? What gifts will I give?

† Whom must I forgive?

# 7<sup>th</sup> Sunday in Ordinary Time, Sunday, February 20, 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*

## Sunday's Readings

1<sup>st</sup> Reading: 1 Samuel 26.2,7-9,12-13,22-25++

The Lord gave you into my hands today, but I will not raise my hand against you.

Responsorial Psalm: 103.1-4,8+10,12-13 (R.8)

R. The Lord is merciful and gracious.

2<sup>nd</sup> Reading: 1 Corinthians 15.45-49

We have borne the image of the one of dust so let us bear the image of the one of heaven.

Gospel: Luke 6.27-38

Be merciful, just as your Father is merciful.

Gospel Acclamation ~ John 13.34

Alleluia, Alleluia.

I give you a new commandment: love one another just as I have loved you.. Alleluia, Alleluia.

## † Masses Intentions †



Saturday, February 19

5:00pm ~ Bailey Dollimont †

Sunday, February 20

8:30 am ~ Ben & Alice Koch †

10:30am ~ Mike Hertz †

6:00pm ~ Holy Family Parish

Monday, February 21

9:00am ~ Mary Ternes †

Tuesday, February 22

9:00am ~ Betty Burczyk †

Wednesday, February 23

9:00am ~ Bernie Brandt †

Thursday, February 24

9:00am ~ Tony Bosch †

Friday, February 25

9:00am ~ Molly Roy †



2022 Goal  
\$70,938  
total to date  
\$6,343.00  
which is 9%



THAT MAN IS YOU

February 26, 2022

8:30 – 9:30 am

St. Patrick's Church Hall

Theme:

A Tale of Two Cities

Presenter:

Steve Bollman

FOUND  
A KATE SPADE  
EARRING

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THE OFFICE



E-Transfer Donations [accounting@holymfamilymh.ca](mailto:accounting@holymfamilymh.ca)



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### Printable Faithfully - Feb/March 2022

[Download PDF of Feb/March edition](#) | or visit  
[catholiccyyc.ca/Faithfully](http://catholiccyyc.ca/Faithfully)

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.



## Sacramental Preparation

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

### 1<sup>st</sup> Holy Communion next class...

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

### Confirmation next class...

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

### 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**





## Lenten Parish Mission

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

"In our Lenten journey towards Easter, let us remember the One who 'humbled himself and became obedient unto death, even death on a cross' (Phil 2:8). During this season of conversion, *in our daily struggle to overcome the pandemic*, let us renew our *faith*, draw from the 'living water' of *hope*, and receive with open hearts the *love* of God, who makes us brothers and sisters in Christ." Pope Francis.

### Fr. Julian St. Mary's Cathedral, Calgary

ST. PATRICK'S PARISH  
MARCH 7,8,9 2022

MASS 8.30 AM FOLLOWED BY TALKS  
FOLLOWED BY RECONCILIATION.

#### THEME:

1. "Forgiving one another, as God in Christ has forgiven you". Eph 4:32
2. "The need to pray always and not to lose heart". Luke 18:1
3. But He said, "Blessed rather are those who hear the word of God and obey it!" Luke 11:28

HOLY FAMILY PARISH  
MARCH 7,8,9, 2022

MASS AT 6:00 PM FOLLOWED BY TALKS  
RECONCILIATION MONDAY & TUESDAY AT  
5:00 PM AND WEDNESDAY AT 4:30 PM  
"AND NOW FAITH, HOPE AND LOVE ABIDE",

1 COR 13:13

1. FAITH: "I believe; help my unbelief!" Mark 9:24
  2. HOPE: "that you may abound in hope by the power of the Holy Spirit". Romans 15:13
  3. LOVE: "the greatest of these is love" 1 Cor 13:13
- Exposition of the Blessed Sacrament, prayer and blessing with blessed oil over everyone; final blessing.

### PRAYER FOR OUR PARISH MISSION

Almighty Father,  
Once again you are at the door and knock.  
During our parish mission,  
You ask us to open the door of our hearts  
to your abundant mercy.  
Rouse us! Purify and illumine our hearts!  
Enter into every home of our parish.  
Recall those far off, raise the fallen,  
awaken the indifferent,

Strengthen those who seek to be near you.  
May no one refuse your invitation, Lord.  
Expand our hearts so that we may be merciful  
to others as you are so merciful to us.  
O Mary, Mother of Mercy  
we entrust to you this time of mission.  
May it produce abundant fruits in our Christian  
life.  
We ask this in the name of Jesus your Son in  
union with the Holy Spirit, God for ever and  
ever. Amen.



**Knights of  
Columbus®**

### **Family of the Month**

Knights of Columbus Joe McKenna Council #9502 are pleased to recognize the Balai family as Holy Family Parish Family of the Month for February 2022.

Tony and Joyce Balai have been married for seventeen years. Their twelve year old daughter, Chloe, is a student at St. Mary's School finding time in her studies to play on the school's volleyball team.

As a family, the Balai's demonstrate an example of selfless charity serving others in our parish and community. We find in Tony the humble quality of St. Joseph. He is a man who unassumingly assists in the service of others as an active Knights of Columbus member and member of the Parish Pastoral Council. Joyce is a member of the CWL. Chloe is an Altar Server on Sundays at 10:30 Mass. As a family, they all chip in helping with the monthly cleaning of our church. They exemplify Catholic tradition, helping during the nine day Christmas Novena, Simbang Gabi, organizing, ushering, lecturing, singing and helping with the Novena's overall success.

In their service to their neighbor, they help with the needs of their families in the Philippines. Locally they assist by driving their friends to pick up groceries, to doctor appointments and to church. They have even driven people to Calgary to attend doctor appointments.

Tony's handyman skills are put to the test by doing repairs in people's homes and performing lawn care duties in their yards.

As a family, they like to camp in the summer and even are willing to share their camper with their friends.

As a council we are humbled by the Balai family's dedication to selfless service, and we ask you to join us in recognizing them and thanking them for all that they do to quietly exemplify love for God and neighbor.



Knights of Columbus would like to make you aware that our council is always looking for families who could receive recognition for their faith life and service to our parish and our community.

When thinking of a family to nominate, please let the following criteria help you guide your decision:

- Is the family tight-knit? Does the family spend quality time together?
- Does the family attend weekly Mass together? Does the family pray together outside of Mass?
- Has the family made significant contributions to the parish and church community?
- Does the family serve as a model of Catholic family values?

If you would like to nominate a family, please contact Faith in Action Program Director, Greg Martin, by texting or calling 403 878 0639 or emailing [gmartin7@telus.net](mailto:gmartin7@telus.net).



WILLIAM T. MCGRATTAN

BISHOP *of* CALGARY

February 15, 2022

Dear Brothers and Sisters in Christ,

Greetings of peace on this Seventh Sunday in Ordinary Time.

I have asked the parishes to read this pastoral letter at all the Masses this weekend to inform you of our participation as a diocese in the national, regional, and local efforts of the Bishops of Canada and to seek your support in addressing the enduring impact of the Canadian Residential School system on Indigenous Peoples, their families, communities, culture, and identity.

Over the years, the various parties, the government, and other religious denominations including the Catholic entities who were involved in the operation of these schools have extended their apologies for the damage and harm caused by the system, the schools, and more importantly for their participation in it.

The Bishops of Canada at the Plenary in September of last year extended an unequivocal apology for the participation of the religious communities and dioceses in the system “which led to the suppression of Indigenous languages, culture and spirituality, failing to respect the rich history, traditions and wisdom of Indigenous Peoples” and the “grave abuses that were committed by some members of our Catholic community.” (*Statement of Apology*, September 24, 2021)

Among other initiatives, as a concrete expression of solidarity and the commitment to the process of justice and reconciliation, the Bishops of Canada announced a \$30-million national pledge for an *Indigenous Reconciliation Fund* that will support the following priorities

- healing and reconciliation for communities and families;
- culture and language revitalization;
- education and community building; and
- dialogues for promoting Indigenous spirituality and culture.

**As a contribution to the national pledge, the Diocese of Calgary is committed to raising \$600,000 each year for the next five years through the annual diocesan campaign, *Together in Action*. The total amount of \$3 million will be designated to support indigenous-led initiatives in the Diocese.**

**In addition, I am committed to allocating \$500,000 this year to support our Canadian northern mission dioceses in the healing and reconciliation initiatives within their own Indigenous communities. This will bring the total financial contribution of the Diocese to \$3.5 million over the period of five years.**

**ROMAN CATHOLIC DIOCESE OF CALGARY**

Catholic Pastoral Centre | 120 17 Ave SW, Calgary, AB T2S 2T2

Phone: 403-218-5526 | Fax : 403-264-0272



The introduction of this new priority in the diocesan campaign reminds us of our mission as a local church to support the path of justice and healing with Indigenous Peoples. It will raise our awareness and move us to recognize that this is one of our important pastoral priorities as Catholics and as Canadians.

To promote transparency, a local Diocesan Reconciliation Committee will be established in the Diocese with Indigenous representation. The committee will oversee and manage the applications for funding in coordination with the Board of Directors of the Indigenous Reconciliation Fund on the national level.

This commitment of the Church involves fundraising but must not be limited to it. Such financial support is necessary to facilitate justice and healing through our formal relationships and partnerships with the Indigenous Peoples.

As the Bishop of Calgary, I encourage you to participate in our work as a diocese towards reconciliation with our Indigenous brothers and sisters firstly through solidarity in prayer, through involvement in initiatives that promote justice and healing, through friendships with Indigenous Peoples on a personal level, and through financial donations made to Together in Action.

As always, we turn to Mary, Patron of our Diocese, to intercede for us in these efforts and to open for us the true path of healing and reconciliation through the Spirit, which is at the heart of being a synodal church of communion, participation, and mission.

Sincerely yours in Christ,

A handwritten signature in black ink, reading "William T. McGrattan". The signature is written in a cursive, flowing style.

†William T. McGrattan  
Bishop of Calgary

# TOGETHER *in Action*

*Know that the Lord is God,  
he made us, we belong to him,  
we are his people, the flock  
he shepherds.*

PSALM 100:3



## THE GOAL for this year's TIA is

# \$2 million

For over 10 years, the Together in Action goal has been set at \$2 million. In 2021, the TIA goal was reduced by 30% due to the pandemic, bringing it to \$1.4 million.

The goal of this year's TIA is \$2 million as we commit to raise \$600,000 each year over the next 5 years for the **Indigenous Reconciliation Fund**, as our contribution to the \$30-Million National Financial Pledge of the Bishops of Canada.

### ■ \$600,000

of the \$2 million goal each year in the next five years will go to support local/regional healing and reconciliation initiatives for residential school survivors, their families, and their communities.

### ■ \$1.4 million

will financially support the following ministries, partner organizations, and agencies.

- Diocesan Ministries
- Vocations
- Care of Retired Priests
- Mission Council
- Elizabeth House
- Canadian Catholic Conference of Bishops
- Calgary Catholic Immigration Society: Refugee Program
- Catholic Family Service: Families Together Program
- Catholic Missions of Canada
- Canadian Catholic Bioethics Institute

The **Indigenous Reconciliation Fund** will contribute to the following priorities:

- Healing and reconciliation for communities and families;
- Culture and language revitalization;
- Education and community building; and
- Dialogues for promoting indigenous spirituality and culture.

Together as the Diocese, we unite our efforts in working with the Indigenous Peoples in the pursuit of truth, justice, healing, and reconciliation.

2022  
**Together IN ACTION**  
Annual Bishop's Appeal

FIND MORE INFORMATION OR GIVE ONLINE AT

 **CATHOLICYC.CA/TIA**

## DIOCESE OF CALGARY

120 17 Ave. SW, Calgary, AB T2S 2T2  
T: 403-218-5500 | F: 403-264-0526  
Charitable No. 1079 RR0076





**7<sup>th</sup> Sunday in Ordinary Time Year C**

**Sunday, February 20, 2022**

### A DEEPER IMITATION OF GOD

In our lives we do have our role models. We have actors, players, singers, parents, or friends or holy men or women to follow so that their lives may reflect in us. We love to imitate them so that we may become perfect like them. However, have we ever imitated God in a deeper sense? Today I want to use the reference from the First Letter of St. John which helps to have deeper imitation of God; “We love because he first loved us. Those who say, “I love God,” and hate their brothers or sisters, are liars; for those who do not love a brother or sister whom they have seen, cannot love God whom they have not seen. The commandment we have from him is this: those who love God must love their brothers and sisters also”. Do we really imitate God in a deeper sense? The following story may help us to examine ourselves if we imitate God.

Once upon time a gentleman who was very religious had kept a parrot at his home. He loved him a lot and took good care of that parrot. But one day a wild cat came in and killed the parrot. He saw it and came running to save the parrot but couldn't as it was too late, and the parrot died. Seeing this, he started crying profusely. Just at that time, one of his neighbours came to visit him, when he saw him crying, he asked “why are you crying?” He replied, “my parrot has died”

Neighbour said, “don't worry, you can get another parrot” and tried to calm him down.

He stopped crying but said “I am not crying because of the parrot”

Neighbour was confused and asked, “Then why are you crying?”

He replied, “Actually, the thing is, I taught my parrot to say God's name and even my parrot learned to sing many religious songs. But today when the cat pounced on him, my parrot forgot everything I taught him”.

Similarly, we have been baptized, we read the Bible everyday, we sing the hymns and pray everyday but then why do we fail to imitate God? That's why someone said “we should always think about God and make sure to listen, think and talk about God and with God. St. John in the Book of Revelation said rightly if we fail to imitate God, He says “I have

this against you, that you have abandoned the love you had at first. Remember then from what you have fallen; repent and do the works you did at first. If not, I will come to you and remove your lampstand from its place, unless you repent". I believe by imitating God whole heartedly; we gain life and walk with him; otherwise as St. John says, in the Book of Revelation "I know your works; you have a name of being alive, but you are dead. Wake up and strengthen what remains and is on the point of death, for I have not found your works perfect in the sight of my God. Remember then what you received and heard; obey it, and repent". In other places we read these words to remind ourselves if we are trying to imitate God, what our attitude must be "I know your works; you are neither cold nor hot. I wish that you were either cold or hot. So, because you are lukewarm, and neither cold nor hot, I am about to spit you out of my mouth".

Last Sunday we reflected on the importance of trust in the Lord through Prophet Isaiah and Jesus in the Gospel invited us to reflect on Beatitudes along with "Woe" to understand how to live our lives (please read Galatians 5:16-26). Today we reflect on the Gospel value of mercy and how to "Be Merciful as your Heavenly Father is Merciful". In the First Reading we hear the interesting story of an encounter between King Saul & King David. The beginning of enmity between Saul & David started from the time King David killed the giant Goliath and women sang for King David. From that onward King Saul never liked King David and wanted to kill him on several occasion but failed. However, on the other hand King David was such a merciful and kind soul that he never returned evil with evil but respected King Saul because he said, "I will never raise my hands against the anointed one of God". We see today that though King David got the chance to kill King Saul, but he didn't raise hands against him rather regretted for cutting the fringe of his cloak and wept. I believe that's the attitude we need in order to imitate God to experience his mercy. The whole Holy Bible is filled with verses about God's mercy that forgives our failure and shortcomings.

- We can learn the following lessons from the First Reading:
- Trust God to make things right
- Watch out for temptation
- Remember it's God's job to decide, not yours
- Trust God to protect you
- Trust in God, not people (Please read Psalm 146 & Jeremiah 17:5-14)
- Commit your way to the Lord
- Trust God to reward you
- God rewards all those who do right
- God can make even your enemies be at peace with you

How do we leave everything up to God? In fact, that's a good rule for all of us. Leave it up to God. Trust him. Trust him with our salvation. Trust him with our family. Trust him with our future. Trust him with our work. Trust him with our day. St. Paul writes in his



Letter “He who did not spare his own Son, but gave him up for us all – how will he not also, along with him, graciously give us all things?” (Romans 8:32).

In the Second Reading St. Paul is presenting typology between Adam & Jesus “The first man, Adam became a living being; the last Adam became a life-giving spirit”. Here he quotes Genesis 2:7, “And the Lord God formed man of the dust of the ground and breathed into his nostrils the breath of life; and man became a living being”. God himself, breathed life into the first Adam, and the joining together of spirit and body produced another phenomenon called the “soul,” the personality. It is the presence of a spirit in a body that creates the soul and allows a person to function as a human being with mind, emotion, and will. That is what the first Adam was.

Then came the last Adam; Jesus, a life-giving Spirit, and as a Spirit, He indwells, by faith in our human spirits when we receive Him and open up our life to obeying and loving Him as our Lord and Savior. He regenerates our human spirit, and He now lives in us and begins to impart life to the soul again, to recapture the mind, the emotions and the will and bring them back under subjection to His Lordship. So, we begin to experience in our life, the joy of being once again in fellowship with God who made us and longs to have a relationship with us, as it was in the beginning before the fall in the Garden of Eden. St. John writes in the beautiful way to express his faith in the Lord by inviting to have the same faith “These things have I written to you that believe on the name of the Son of God; that you may know that you have eternal life, and that you may believe on the name of the Son of God” (1 John 5:13).

Do we need anyone else to imitate when our Saviour and Creator are there? St. Paul adds bit more flavour to our imitation of God in this way; “So if anyone is in Christ, there is a new creation: everything old has passed away; see, everything has become new!” (2 Corinthians 5:17). Practically all the Epistles of St. Paul are rooted in a deeper imitation of God and his Son Jesus Christ. (Please read Philippians 2: 5-11).

Once upon a time, there was an island where all the feelings lived: Happiness, Sadness, Knowledge, and all of the others, including Love. One day it was announced to the feelings that the island would sink! So, all constructed boats and left. Except for Love. Love was the only one who stayed. Love wanted to hold out until the last possible moment. When the island had almost sunk, Love decided to ask for help. Richness was passing by Love in a grand boat. Love said, “Richness, can you take me with you?” Richness answered, “No, I can’t. There is a lot of gold and silver in my boat. There is no place here for you.” Love decided to ask Vanity who was also passing by in a beautiful vessel. “Vanity, please help me!” “I can’t help you, Love. You are all wet and might damage my boat,” Vanity answered. Sadness was close by so Love asked, “Sadness, let me go with you.” “Oh . . . Love, I am so sad that I need to be by myself!”, Happiness passed by Love, too, but she was so happy that she did not even hear when Love called her. Suddenly, there was a voice, “Come, Love, I will take you.” It was an elder. So blessed and overjoyed, Love even forgot to ask the elder where they were going.

When they arrived at dry land, the elder went her own way. Realizing how much was owed to the elder, Love asked Knowledge, another elder, “Who Helped me?” “It was Time,”

Knowledge answered. "Time?" asked Love. But why did time help me? Knowledge smiled with deep wisdom and answered, "Because only Time is capable of understanding how valuable Love is. Are we capable of imitating the Lord? The Author of Letter to Hebrews encourages us to look only at Jesus who is perfecter of faith; "Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight and the sin that clings so closely, and let us run with perseverance the race that is set before us, looking to Jesus the pioneer and perfecter of our faith, who for the sake of the joy that was set before him endured the cross, disregarding its shame, and has taken his seat at the right hand of the throne of God" (Hebrews 12:1-2).

In the Gospel today Jesus' invitation to mercy is intended to draw us into a deeper imitation of God our Father: be merciful, as your Father is merciful. However, it is not easy to understand this willingness to show mercy, because we are accustomed to presenting the bill to others: you've done this, now you have to do this. In short, we judge, and we fail ... to leave space for understanding and mercy.

In order to be merciful, two attitudes are needed. The first is "self-knowledge". Once we have self-knowledge then it will be easy for us to avoid from hating, criticizing, judging, discriminating, and becoming unkind to other etc. This challenges us, by inviting us to make room for true inner attitude. Therefore, to become merciful, we must first acknowledge that we have done many things wrong: we are sinners! We need to know how to say: Lord, I am ashamed of what I have done in life. Therefore, acknowledging that we have sinned against the Lord, and being ashamed in his presence is a grace: the grace of knowing that one is a sinner! It is easy, and yet "so very difficult" to say: "I am a sinner and I am ashamed of it before you and I ask for your forgiveness". (Please read Psalm 51)

The second attitude we need is "an openness to expanding our hearts". It is precisely shame and repentance that expands a small, selfish heart, since they give space to God to forgive us. What does it mean to open and expand one's heart? First, it means acknowledging ourselves to be sinners and not looking to what others have done. And from here, the basic question becomes: "Who am I to judge this? Who am I to gossip about this? Who am I, who have done the same things, or worse?" The Lord says it in the Gospel: "Judge not, and you will not be judged; condemn not and you will not be condemned; forgive and you will be forgiven. Give and it will be given to you; good measure, pressed down, shaken together, running over, will be put into your lap". This is the "generosity of heart" that the Lord presents through the image of those going to collect grain who enlarged their aprons in order to receive more. In fact, you can receive far more if you have a big heart! A big heart doesn't get entangled in other people's lives, it doesn't condemn but forgives and forgets as "God has forgiven and forgotten my sins".

To be merciful, we need to call upon the Lord's help, since "it is a grace". And we also need to "recognize our sins and be ashamed of them" and forgive and forget the offences of others. Thus, to have a deeper imitation of God, we must learn to be merciful like him and love his only Begotten Son loved and gave his life so that we may have life and life in abundance. Is it easy to imitate God? Maybe not but the Holy Spirit does help not only to call him "Abba, Father" but also to have a deeper imitation of him who have written



our names on the palms of his hands. He never forgets his mercy to call us his beloved children and share inheritance with his only Beloved Son.

If we want to have a deeper imitation of God, then we must have inner conversion because without it, imitation is impossible. Here is a story to understand the true meaning of having deeper imitation of God.

Once there was a thief who heard that King had made an announcement and invited all the monks and saintly teachers to his palace for a meeting. Thief thought, "Maybe King will be giving alms to those people. If I go, there I can rob others when they leave the palace". On the decided day, Thief entered the place and hid near by, waiting for the meeting to start.

When all the monks and saintly teachers gathered, King came out onto his balcony and spoke "O great beings, I have invited all of you here because I have a request to make. I have a daughter and she is inclined to marry a saintly person; I will give half of my Kingdom to the one who will marry my daughter".

Listening to this, Thief thought what if he disguises as a saintly person and could marry the princess, then he would never have to rob anyone again and live an easy life. But then he saw as soon as King said this all the monks left the palace without saying a single word to the King. They thought King had invited them for a spiritual meeting, so they could share and learn more knowledge. Seeing that this King said to the saintly teachers "Look, I will give 75% of my kingdom to one who would marry my daughter, but I will only keep a little part of kingdom for myself". At this point, one of the persons said "We are not monks but saintly teachers, but we are all married. We can't marry your daughter. We came here to respect your meeting but since it is about a marriage proposal, please give us permission to leave".

One by one all the saintly persons who were present left, refused King's riches saying that their purpose of life is fulfilled constantly by engaging their minds and hearts on the Lord. Now there was only 1 person left, it was Thief who was disguised as a saint. King said to him "O great saintly person...." Just then a man interrupted, "You are wrong". King was surprised and questioned, "what, to address you as saintly person is wrong?"

At this man said "Yes because I am a robber not a saintly person. I came here thinking of robbing people who came there but now, I understand that if your kingdom and country has any value, why would all these people leave? When I came here, I wanted to become rich by marrying princess but now, I understand what's really valuable, it's service of Almighty God".

Let's pray the prayer of St. Augustine so that we may seek his guidance to become merciful like our Heavenly Father " Father, I am seeking, I am hesitant and uncertain, but will you, O God, watch over each step of mine and guide me".



Photo by Fr. Iqbal Khurshid  
Italy 2018

## 7th 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.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](#)

## COVID-19 Resources

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

## Resources for children

- **Kid's challenge this week:** Can you remember a time when you received a gift? Maybe it was your birthday, or Christmas or another special occasion? How did it make you feel to receive the gift? Write a prayer thanking God for all the gifts that they have been given. (CAFOD)
  - [Kid's Bulletin for this Sunday](#)
  - [Colouring page this Sunday](#)
- [Sunday Connection - 7th Sunday in Ordinary Time](#) (Gr. 1-8 & family)
- Children's Sunday Liturgy for 7th 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](mailto:communications@calgarydiocese.ca)



# Resources & Announcements

**Why is there a feast day for a chair?**

February 22 in the Catholic Church is officially the “Feast of the Chair of Saint Peter.” At first glance the title is a bit strange. Why do we devote an entire day in the calendar to a chair?

[Learn more](#)

**St. Polycarp's Feast Day (Feb 23)**

Polycarp, bishop of Smyrna, disciple of Saint John the Apostle and friend of Saint Ignatius of Antioch, was a revered Christian leader during the first half of the second century. At 86, Polycarp was led into the crowded Smyrna stadium to be burned alive. But the flames did not harm him. Like the Good Shepherd, he laid down his life for his sheep and kept them from more persecution in Smyrna. [Read more](#)

**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.

**Fruitful love: Inviting Jesus in**

Jessica Cyr sits down with two Calgarian couples, to ask them how the Church and the Sacraments have nourished their marriages. [Read more](#)

**Divine Renovation event: What is God saying to the Church?**

As we slowly emerge into a post-pandemic world, mission-minded parish leaders know we have an incredible opportunity to recommit our energies to finding bold and new ways to evangelize. But there are important questions many are wrestling with: What is God saying to the Church throughout the last two years? Join a live online event with Fr. James Mallon, Bishop Robert Barron, and Revd. Nicky Gumbel. When: Tuesday, March 1, 2022 at 11 am MT. [Register now](#)

**2022 Virtual Bible Conference "The Rosary and the Word of God"**

Want a more transformative prayer experience of the rosary and a greater Biblical understanding of its mysteries? When we know the Biblical backing of the mysteries of the rosary, we are equipped to enter a whole new level of mental prayer. Learn the Biblical backing of the 20 mysteries of the rosary at the free [2022 Virtual Bible Conference](#).

**Share Lent: People & Planet First**

Learn about Development and Peace-Caritas Canada and the work of the partners in the Global South on Saturday, [February 26 from 9:30 AM-12 pm](#). Unpack ways to share the mission of the preferential option for the poor in your communities, parishes and schools during this season of Lent. [Register now](#)

# The Kids' Bulletin

7th Sunday in Ordinary Time

February 20th, 2022

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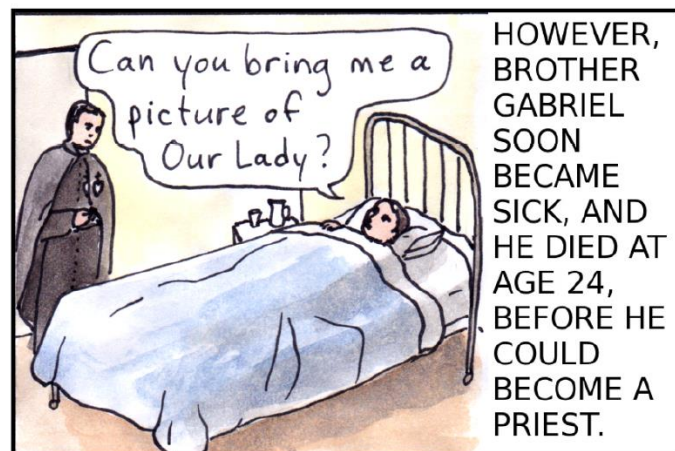
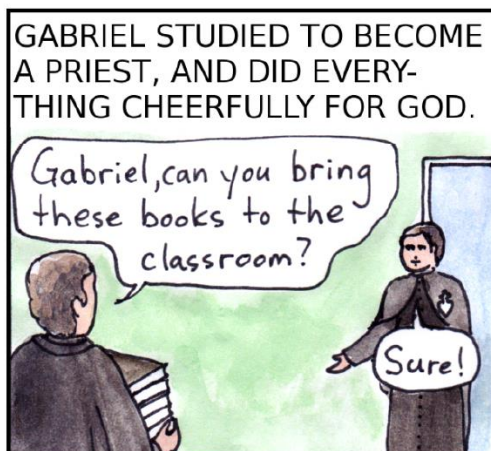
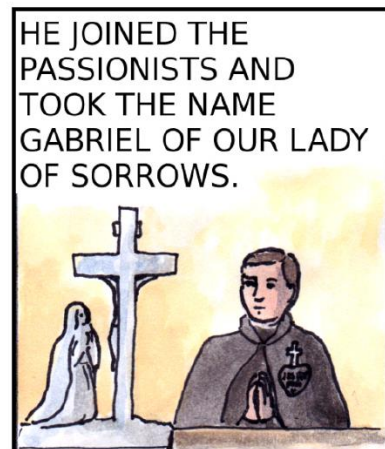
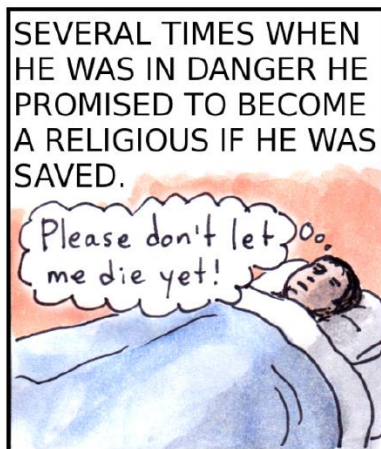
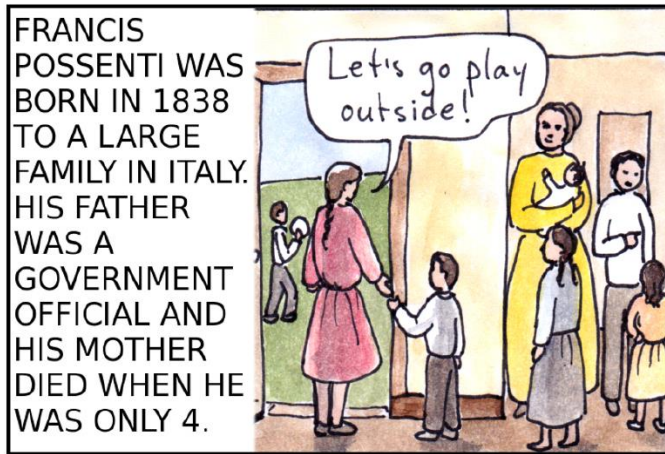


*What was Jesus telling us to do in  
today's Gospel reading?  
Use the numbers to help unscramble  
the letters!*

\_\_\_\_\_

# Saint Gabriel Possenti

## February 27



WE CAN LEARN FROM SAINT GABRIEL THAT BEING A SAINT DOESN'T MEAN YOU HAVE TO BE BORING OR SAD. GOD IS PLEASED WHEN WE HAVE FUN WITH OUR FRIENDS AS LONG AS WE ARE OBEYING THE COMMANDMENTS. ALSO, WE CAN HELP OUR FRIENDS GROW CLOSER TO GOD WHEN WE ARE CHEERFUL.



# David and King Saul Word-Find

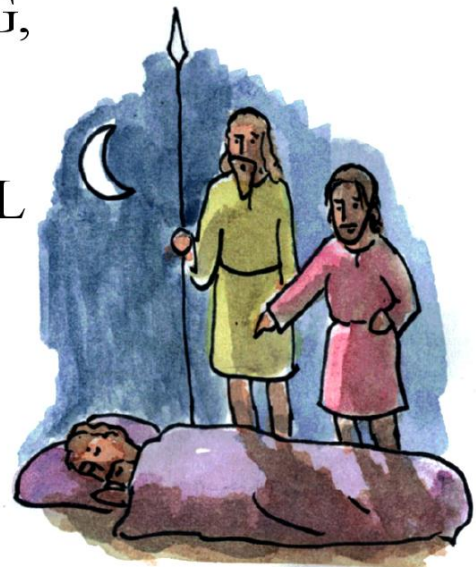
S O L D I E R S L H O H  
 T S O I V E D A V I D U  
 A L N S W A S U M M Y R  
 R E G R K I L L E D K T  
 T E W A R R I O R W I I  
 E P L E C O U R C E N N  
 D I O L H U N T I N G G  
 E N V I O U S E F T O A  
 A G E T S N F O U N D W  
 G E D E E M R U L E R A  
 O I N S T E A D I E S Y

*See if you can  
find all the words  
in CAPITALS in  
this story of  
David and  
King Saul.*

*Use the leftover  
letters to fill in  
the blanks at  
the end.*

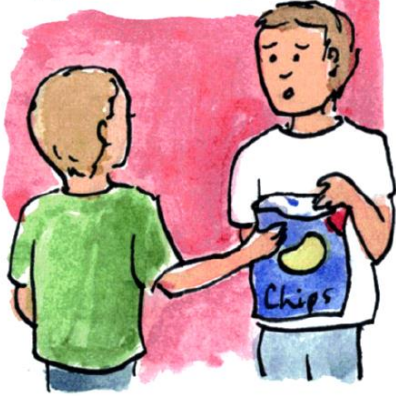
LONG AGO GOD chose SAUL to be the king  
 of the ISRAELITES. Sometimes Saul WAS a good  
 RULER and sometimes he wasn't. When David  
 became a great WARRIOR the people STARTED  
 to love HIM more than they LOVED King Saul.  
 The king became ENVIOUS and wanted to kill  
 DAVID, so he took his SOLDIERS and WENT  
 HUNTING for him. But that night when the KING  
 and his soldiers were SLEEPING,  
 David FOUND them. He could  
 have easily KILLED King Saul,  
 but he CHOSE to be MERCIFUL  
 INSTEAD. He went AWAY  
 without HURTING Saul.

\_ \_ \_ \_ \_  
 \_ \_ \_ \_ \_



# Being Merciful

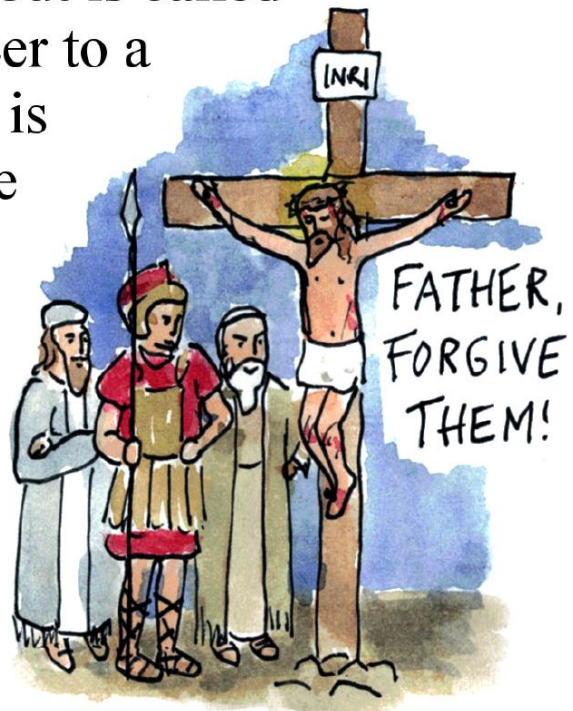
YOU'RE SHARING  
WITH ME EVEN  
THOUGH I WAS  
MEAN TO YOU?



In today's Gospel reading Jesus tells us to be more kind and generous to others than they are to us. He tells us that the way we treat others is how God will treat us.

Has anyone ever been unkind to you and you felt like getting even by being mean back? Jesus tells us that what we should do instead is be extra kind to that person. Sometimes we do mean or selfish things too, and we hope that God will forgive us.

What our Lord is talking about is called mercy. Mercy means being nicer to a person than they deserve. God is the most merciful of all and we should try our best to be like Him. Next time someone is mean to you ask Jesus to help you forgive that person and be kind to them.



Answer to Front page: BE MERCIFUL  
Answer to Word-find: LOVE YOUR ENEMIES



The Hat Grannies for Africa present their annual  
**Fabric, Yarn & More Sale**

**St. John's Presbyterian Church  
504 — 2nd Street SE, Medicine Hat  
Saturday, March 12, 2022  
9:00 am to 2:00 pm**

**All proceeds to Grandmothers to  
Grandmothers Campaign**

**Call Kathy at 403-928-2135  
or Joanie at 403-526-9005  
for further information.**

**find us on Facebook @ Hat Grannies**

All AHS COVID protocols  
will be followed: mask-  
ing, QR codes, distancing  
and capacity limits. You  
may be required to wait  
outside during busy  
times.

**Admission: \$1.00**

**CASH SALES  
ONLY**





## ***Lent 2022 at Mount St. Francis Retreat***

***41160 Retreat Road, Cochrane***

### ***A Lenten Silent Retreat – March to Your Own Beat - March 4-6, 2022***

Silence begins after supper at 6:30 pm Friday evening,  
and the retreat is finished with lunch at 12:00 on Sunday

Cost of a weekend is \$195.00.

Everyone comes on a retreat with their own purpose.

This silent retreat will offer prayer options such as: Mass,  
drumming sessions with Lectio Divina (meditating on the Sunday Readings),  
campfire, and a guided prayer walk.

You are free to take part in any activity or simply  
enjoy the solitude and stillness of the Mount.

### ***Day Away – Living a Resurrected Life***

**March 9 - 9:00 am – 3:00 pm**

Registration at 8:30 am with Coffee and Muffins.

Day includes presentation, quiet reflection, Eucharist, noon meal and prayer.

### ***Twilight Retreat – After the Winter Slumber***

**March 22 - 6:00 pm**

Registration at 6:00 pm, Supper at 6:30 pm

Evening includes a guided reflection, time for quiet, and prayer.

### ***Day Away – Life-Giving Spirit***

**April 6 - 9:00 am – 3:00 pm**

Registration at 8:30 am with Coffee and Muffins.

Day includes presentation, quiet reflection, Eucharist, noon meal and prayer.

### ***Holy Week Retreat: Charity of the Cross –***

***A Woman's Mercy, A Man's Help: The Call of the Cross***

**April 13 - 9:00 am – 3:00 pm or 6:30 – 9:00 pm**

Guided by St. Francis and St. Clare's love of the cross this Holy Week Retreat  
provides the opportunity to enter into the Paschal Triduum with hope.

Retreat includes a guided reflection, time to walk the Way of the Cross,  
the opportunity to celebrate the Sacrament of Reconciliation,  
thoughtful activities, time for quiet and a delicious meal.

Day Retreat begins with 8:30 am Registration. Coffee and Muffins served.

Twilight Retreat begins with 5:30 pm Registration with time for quiet until  
supper.

**\$30/retreat - To register: 403-932-2012 / [mtfrancis@shaw.ca](mailto:mtfrancis@shaw.ca)**

**Monday-Friday 9 am – 4:30 pm - [www.mountstfrancis.ca](http://www.mountstfrancis.ca)**

# 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.

