

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

ADORATION IS BACK IN THE CHAPEL MONDAY TO FRIDAY 9:30am to 4:00pm

MASSES... 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

Catholic Women's League
Marjorie Bowlby
403-527-2739
.(nights of Columbus
Ron Pisoni
403-526-1848

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

FORMED.org

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...

- Masks are not mandatory however if you are more comfortable wearing one, please do.
- We do encourage hand sanitizing.
- Please respect each others' choices and personal space

Sunday 10:30am Mass

Medicine Hat
Holy Family
Church Live
Stream

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





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 \$ 18,057 = 36% OF THE WAY

OPERATING FINANCES	
May 1-31, 2021	
Operating Budget 2021	\$ 55,019
General Envelope Collection	\$ 39,148
Loose Collections	\$ 453
Future Development	\$ 4,002
Sale of Church Supplies & Other	\$ 1,537
Other Ministries	\$ 480
Government Subsidy	\$ 4,424
Budget Vs Actual	-\$ 4,975
SPECIAL COLLECTIONS	
Together in Action (TIA)	\$ 3,094
Holy Land	\$ 25
Pope's Pastoral Works	\$ 850
St Vincent de Paul	\$ 2,514
World Missions	\$ 45
Seminarian Fund	\$ 1,000
Mission Mexico	\$ 305
CARO	\$ 90
Thank You for your Generous Contributions	

† Masses Intentions July 3-9 †

Saturday, July 3

8:30 am - Dcn Robert & Helena Risling

5:00pm - Nick & Rosina Mucciarone † Sunday, July 4

> 8:30 am - Jim Buscholl † 10:30am - Willa Edmunds †

6:00pm - Holy Family Parish

Monday, July 5

9:00am - Leo Lewans

Tuesday, July 6

9:00am - Christine Resch

Wednesday, July 7

9:00am - Carol Jangula †

Thursday, July 8

9:00am - John Bosch †

Friday, July 9

9:00am - Rose Stein †

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

E-Transfer Donations accounting@holvfamilymh.ca

14th Sunday in Ordinary Time - Sunday, June 4, 2021

1st Reading: Ezekiel 2.3-5

They are a rebellious house.

They shall know there has been a Prophet among them.

Responsorial Psalm: Ps 123. 1-2a, 2b, 3-4 (2.2)

 ${\mathscr R}$ Our eyes look to the lord, until he has mercy upon us.

2nd Reading: 2 Corinthians 12.7-10

I gladly will boast of my weaknesses, so that the power of Christ may dwell in me.

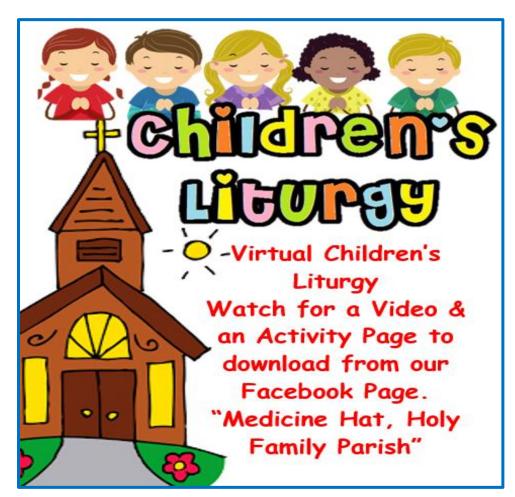
Gospel: Mark 6.1-6A

Prophet is not without honour, except in his hometown.

HOMETOWN & COUNTRY

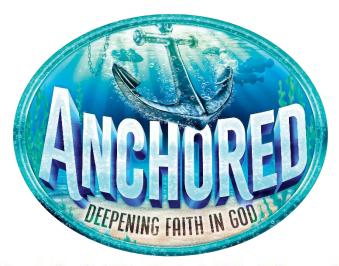
In the gospel today, Jesus astonishes the home town folks who then poke fun at him. But Jesus still did what he could by preaching and healing a few. Even when things seem not to go right, we still embrace our town folk and our country.

- What astonishes me about my own town and country members?
- How can I still converse with them even if we disagree on some issues?
- In what good and right ways will I behave toward them because it is good and right?



STAGE 3 BEGAN ON THURSDAY, JULY 1, 2021 CALGARY DIOCESE REGULATIONS

- People are asked to exercise charity and kindness in respecting the comfort level of people regarding physical distancing, physical contact, cohorts, and other considerations. Please do not force people to sit closely with others. Let people decide for themselves.
- The decision of individuals on vaccination should be treated with sensitivity and respect as it is a personal decision and must be treated as private and confidential.
- Registration for Mass and contact tracing are no longer required.
- Promote proper hand hygiene by having hand washing/sanitizing posters visible and placing hand sanitizer stations in convenient and accessible locations.
- Make every effort to encourage respiratory etiquette (e.g., coughing or sneezing into a bent elbow, promptly disposing of used tissues in a lined garbage bin).
- Pews no longer need to be sanitized after each Mass. However, it is a good practice to continue to regularly clean and disinfect high touch/shared surfaces, such as: Doorknobs or door panic bars and handles, light switches, toilet handles, faucets and taps, elevator buttons, railings, etc.
- The dispensation from the obligation to attend Sunday Mass continues currently.
- There is no capacity limit for in-person attendance.
- Livestream Masses will continue for those who are not comfortable with returning to Mass in person.
- Servers, lectors, ushers, sacristans may resume their liturgical ministries.
- The liturgical procession before and after Mass may resume.
- The offertory procession will not resume at this time to avoid unnecessary contact with the vessels. Its resumption will be decided by the end of August 2021.
- The Sign of Peace may now be offered with one another by a bow, not by a handshake.
- The current practise of placing the collections baskets in a highly visible and secure location for people to drop their donations as they come in the nave of the church will continue at this time.
- The use of the basket for Mission Mexico continues to be suspended at this time. A future memorandum will be released when these can resume.
- Communion is only given under one species the consecrated host.
- Congregational singing is allowed. However, please note that many people may not be comfortable with congregational signing to resume immediately.
- There is no limit to the number of attendees.
- The use of the parish confessionals or reconciliations rooms may resume.
- There is no limit to the number of attendees.
- Adoration may now take place in adoration chapels.
- Clergy and Extraordinary Ministers of Holy Communion may take Holy Communion to the sick and the homebound. When visiting a hospital or care homes, please adhere to their health and safety protocols.
- Clergy may resume entering people's homes for requested house blessings.
- The parishes are free to resume in-person meetings of parish groups and any outside groups the parish would allow the use of facilities.



Holy Family Parish & St. Patrick's Church Bible Camp.

Plans are under way for <u>ANCHORED</u>

Deepening Faith in God Bible Camp... WHAT?

We will be supplying kits to each family of Grade 1 – Grade 6 children. Kits will have a Bible Verse, Bible Story, and ideas for crafts. Plus, we will be creating videos to be posted on the Holy Family Parish and St. Patrick's Parish facebook pages. Kits will be ready for pick up beginning of July at either parish. For more information call Tammy at 403-866-7886.

Deadline for Registration - June 30th, 2021.

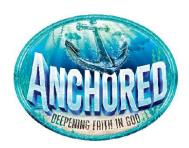
Deadline to pick up kits - July 9th, 2021.

FACEBOOK PAGES

Medicine Hat, Holy Family Parish or St. Patrick's Church, Medicine Hat

2021 Summer Virtual Bible Camp Registration Form







St. Patrick's Church & Holy Family Parish

Name:		
	Last school grade completed:	
Name:		
Child's age: Date of birth:	Last school grade completed:	
Name:		
	Last school grade completed:	
Name:		
Child's age: Date of birth:	Last school grade completed:	
Name of Parent(s)/Guardian:		
Street address:		
	Prov: Postal:	
Contact Phone/s:		
Email address:		
Home church:		

The Fee will be \$10.00 for one child and \$5.00 each for additional children from the same household, this can be paid when you pick up your kits.



14th Sunday in Ordinary Time – Year B

Sunday, July 4, 2021

ACCEPTANCE OR REJECTION?

A penguin was standing on the water's edge when he looked up at an eagle soaring high above his head.

He watched him with great admiration for a few moments and then looked down at his own flippers with frustration.

The penguin shuffled up to the tallest rock on the beach and flapped his wings vigorously.

"That looks so cool, I wish I could fly in the air like an eagle," he thought to himself before accepting reality, sliding into the sea and swimming away.

The eagle looked down and saw the penguin swimming gracefully in the water.

He watched him with similar admiration for a few moments and looked across at his own wings, wondering if they would work under water.

"That looks so cool, I wish I could fly in the water like a penguin," he thought to himself, before accepting reality, catching another updraft and effortlessly soaring away into the distance.

Every now and then, I look at the talents and capabilities of others and wish that I was like them.

And my suspicion is that many of those I admire have others in their lives whom they envy.

And so it goes on, the endless loop of comparison and inevitable disappointment.

A penguin is a penguin for a reason, and it is remarkably good at what it was created for.

An eagle is an eagle for a reason, and it is remarkably good at what it was created for.

Two realities of our life are very crucial: acceptance or rejection and these realities determine who we are. We accept people for various reasons and reject likewise. Sometimes we accept or reject ourselves as well depending on the situation as German Lutheran pastor Martin Niemöller rightly said:

First they came for the Communists and I did not speak out because I was not a Communist. Then they came for the Socialists, and I did not speak out because I was not a Socialist.

Then they came for the trade unionists, and I did not speak out because I was not a trade unionist.

Then they came for the Jews, and I did not speak out because I was not a Jew.

Then they came for me and there was no one left to speak out for me.

The same situation we find in the Sacred Scripture for this Sunday. We could see the pain of God after his rejection in the First Reading. He is sending Ezekiel to the house of Israel to let them know about his presence but that it was in vain because Israel rejected God. God called them his chosen people who he brought out of Egypt with his right hand and established a covenant and brought them to promised land. However, they kept denying him and did what was contrary to his commandments. They were sent to exile in Babylon for 70 years and they cried there (Psalm 137) but God brought them back. Did they learn the lesson to be faithful to him? Absolutely not, rather they disobeyed him and kept doing the same thing. The pain of rejection was immense.

On the other hand, today's Gospel passage narrates the story of when Jesus returns to Nazareth and begins to teach in the synagogue on a Saturday. After he had left and began preaching in the nearby hamlets and villages, he had never returned to his country. Therefore, the whole town must have been there to listen to their son, whose fame as a wise master and powerful healer had by now spread throughout Galilee and beyond. But what could have stood out as a success, turned into resounding rejection, to such an extent that Jesus could not perform any mighty work but only a few healings. The dynamics of that day are reconstructed in detail by Mark, the Evangelist: At first the people of Nazareth listen to him and are astonished; then perplexed, they ask themselves "Where did this man get all this?", this wisdom? and in the end they take offence, recognizing him as the carpenter, Mary's son whom they had seen grow up. Jesus sums it up with the expression which has become proverbial: "A prophet is not without honours, except in his own country."

Unfortunately, this rejection of Jesus in Nazareth is nothing new. In fact, looking at the prophets we see that from our human point of view only one or two of them were successful in that the people paid heed to them but for all the others they experienced what we would call failure from our human point of view because most of the people did not listen to them. Of course, the prophets did not really fail. God called them to preach whether people listened, and they did preach and, in that sense, they were successful regardless of how people responded.

Rejection of God begins with Eve believing the serpent instead of God which meant death entered humanity. Sin increased all the time afterwards until the time of the Flood when there was only one good family, the family of Noah. Even after the miracle of Exodus when the Hebrews came out of slavery where previously there had been water, they complained about God afterwards. Rejection of God is not at all uncommon through the Old Testament.

The problem in the Gospel I believe is not the personality of Jesus but the work he does "a carpenter" which was considered a low trade at that time and even today in many cultures around the world. People do not want to come out of their limited understanding of Jesus but want to treat him as just an ordinary person who got wisdom from somewhere and trying to teach them. They are like the story below:

As a man was passing the elephants, he suddenly stopped, confused by the fact that these huge creatures were being held by only a small rope tied to their front leg. No chains, no cages. It was

obvious that the elephants could, at anytime, break away from their bonds but for some reason, they did not.

He saw a trainer nearby and asked why these animals just stood there and made no attempt to get away. "Well," trainer said, "when they are very young and much smaller, we use the same size rope to tie them and, at that age, it's enough to hold them. As they grow up, they are conditioned to believe they cannot break away. They believe the rope can still hold them, so they never try to break free."

The man was amazed. These animals could at any time break free from their bonds but because they believed they could not, they were stuck right where they were. Isn't it true that sometimes we act the same when we follow the world going against God and Jesus.

Holy Father Pope Francis reflected on the Gospel in an amazing way "We may ask ourselves: why do Jesus' fellow townsmen go from astonishment to disbelief? They make a comparison between Jesus' humble origins and his current abilities: he is a carpenter; he did not study and yet he preaches better than the scribes and he performs miracles. And instead of opening up to the reality, they take offence. According to the people of Nazareth, God is too great to humble himself to speak through such a simple man! It is the scandal of the Incarnation: the unsettling event of a God made flesh who thinks with the mind of a man, works and acts with the hands of a man, loves with a human heart, a God who struggles, eats and sleeps like one of us. The Son of God overturns every human framework: it is not the disciples who washed the feet of the Lord, but it is the Lord who washed the feet of the disciples (Jn 13:1-20). This is a reason for scandal and incredulity, not only in that period, but in all ages, even today".

St. Augustine writes "Do you want God to be appeased? Learn what you are to do that God may be pleased with you. Consider the psalm again: If you wanted sacrifice, I would indeed have given it; in burnt offerings you will take no delight. Are you then to be without sacrifice? Are you to offer nothing? Will you please God without an offering? Consider what you read in the same psalm: If you wanted sacrifice, I would indeed have given it; in burnt offerings you will take no delight. But continue to listen and say with David: A sacrifice to God is a contrite spirit; God does not despise a contrite and humble heart. Cast aside your former offerings, for now you have found out what you are to offer. In the days of your fathers, you would have made offerings of cattle—these were the sacrifices. If you wanted sacrifice, I would indeed have given it. These then, Lord, you do not want, and yet you do want sacrifice. You will take no delight in burnt offerings, David says. If you will not take delight in burnt offerings, will you remain without sacrifice? Not at all. A sacrifice to God is a contrite spirit; God does not despise a contrite and humble heart. You now have the offering you are to make. No need to examine the herd, no need to outfit ships and travel to the most remote provinces in search of incense. Search within your heart for what is pleasing to God. Your heart must be crushed. Are you afraid that it might perish? You have the reply: Create a clean heart in me, O God. For a clean heart to be created, the unclean one must be crushed".

The radical change Jesus brought about commits his disciples of both yesterday and today to a personal and community examination. Indeed, even in our day it can happen that we harbour some prejudices that prevent us from seeing reality. But, today, the Lord asks us to adopt an

attitude of humble listening and docile expectation because God's grace often manifests itself in surprising ways that do not match our expectations. Together, let us think about Mother Teresa of Calcutta, for example. A tiny sister — no one took her very seriously — who went around the streets to gather up the dying so that they could have a dignified death. With prayer and her work, this tiny sister performed wonders! A small woman revolutionized charity work in the Church. She sets an example for our times. God does not conform to human prejudices. We must make an effort to open our heart and mind to welcome the divine reality which comes to encounter us. It is a case of having faith: lack of faith is an obstacle to God's grace. Many people who have been baptized live as though Christ did not exist. They repeat the gestures and the signs of faith, but these do not correspond to a true bond with Jesus' person and his Gospel. Each Christian — all of us, each of us — is called to deepen this fundamental belonging and try to bear witness to it with a consistent conduct in life, always motivated by charity.

Throughout the Sacred Scripture and Christianity, we can see people who rejected the world and accepted the world, again the crown of eternal glory which does not fade away but shines forever as St. Paul says "who can separate us from the love of God?" The most important reason why we want to give ourselves completely to God is not so that we can be completely happy but that we may be pleasing to Jesus and give greater glory to God. You can hear the disappointment in Jesus' voice today as he says, "A prophet is not without honor except in his native place and among his own kin and in his own house." Jesus died for us and wants us to live with him now, not only after we die. He desires our total friendship now, not only in the future. As Jesus was dying on the cross, he said, "I thirst." (John 19:28) Of course Jesus was dehydrated after having lost so much blood but above all Jesus was thirsting for us, for our love, thirsting for us to love him in return for his love for us unto



death. St. Teresa of Calcutta instructed that the words "I thirst" be placed beside the crucifix in every one's house to remind that we accept Jesus who is thirsty for us and reject the glamour of sin and worldly pleasures.

St. Faustina an intention for which to pray on each day of the Novena to Divine Mercy. For third day of the novena Jesus said, "Today bring to Me all Devout and Faithful Souls and immerse them in the ocean of My mercy. These souls brought me consolation on the Way of the Cross. They were a drop of consolation in the midst of an ocean of bitterness".

For the last day of the novena Jesus said to pray for the lukewarm and indifferent,

"These souls cause Me more suffering than any others; it was from such souls that My soul felt the most revulsion in the Garden of Olives. It was on their account that I said: 'My Father, if it is possible, let this cup pass Me by.' The last hope of salvation for them is to flee to My Mercy".

Are we ready accept Jesus as our Lord and Saviour?



Blumenfeld Church & Shrine to Our Lady of Sorrows Heritage Site

will be open for viewing on Sundays from 2-4pm beginning July 11 until Sept 5, 2021!!

16 km south and 6.5 km east of Leader, SK.

After hours, please contact...

Karri W. @ 1-306-628-8083 or Ron D. @ 1-306-628-7403

Homestay families needed!



MHCBE's International Education Program continues to look for loving families to welcome our students into their homes.

We know our parishioners are loving, caring and compassionate people, and believe you would make excellent homestay families for

our international friends.

All you need is an extra bedroom/bathroom and a spot for someone to join your family. In return, families receive \$800/month (taxfree) and the cultural experience of a lifetime.

Contact Wanda Simmons 403-502-6081 TODAY!



LIVESTREAM

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

https://www.catholicyyc.ca.

You can also watch parish Sunday Masses via TELUS Optik TV Ch. 876 (choose Diocese of Calgary tile logo). For other online Masses, visit 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.



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!

14th Sunday in Ordinary Time



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)

Reflection

Mass Readings | Home Town and Country. In the gospel today, Jesus astonishes the home town folks who then poke fun at him. But Jesus still did what he could by preaching and healing a few. Even when things seem not to go right, we still embrace our town folk and our country.

- What astonishes me about my own town and country members?
- How can I still converse with them even if we disagree on some issues?
- o In what good and right ways will I behave toward them because it is good and right?

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

Full schedule of Parish Livestream Masses:

https://www.catholicyyc.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

June Edition of Faithfully

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

- Read June Faithfully
- Subscribe to Faithfully

Worth Sharing

1. Kids Resources: 14th Sunday of Ordinary Time

- Mark 6:1-6: Jesus taught with great wisdom, but the people from his home town found it hard to believe in him. Sometimes we forget just how special the people we know well really are. (Source: CAYOD)
- o Kid's Bulletin for 14th Sunday in Ordinary Time
- Colouring page this Sunday
- Sunday Connection for 14th Sunday of Ordinary Time (Gr. 1-8)
- Prayer for Vocations
- Children's online Sunday programs:
 - 1. Catholic Kids Media Video: What's a prophet?
 - 2. Both St. Albert the Great & St. Michael's online Sunday program for Children are on Summer break and will resume in the Fall.
 - 3. <u>Children's Liturgy at home</u> (for leader or parent)
 - 4. Does your parish have online Sunday program for children? If so, please share it with communications@calgarydiocese.ca

2. Grateful Advocates for Catholic Education - June Newsletter 2021

A message from Bonnie Annicchiarico, PhD, Director of GrACE: Thank you for your support and advocacy this past school year. Praying for health, sunshine and joy this summer for each one of you. Please find the June newsletter here.

3. Catholic Social Teaching for This Generation - Free Preview

Connected: Catholic Social Teaching for This Generation brings that message to young people through the issues they care about most deeply: The Dignity of Life; Solidarity and Race; Environmental stewardship; Poverty and the Dignity of Work; The Family as the Foundation of Society. Connected shares the richness of Catholic social teaching in a beautiful and compelling way. Sign up for a free preview

4. **We want to share your great photos!** – Got a great photo? Whether it's of parish life, ministry life or home life, the Diocese of Calgary is wanting to promote daily Catholic life in action. Submit your photo by going to <u>catholicyyc.formstack.com/forms/photosubmission</u>

5. Employment opportunities

- Elizabeth House in Calgary has an opening for a Support Staff (2 overnight shifts/week).
- Calgary Catholic Immigration Society has an opening for Sponsorship Program Coordinator (Full time)
- Visit <u>catholicyyc.ca/careers</u> to view more information about the positions, including qualifications and how to apply.

6. Catholic Family Books

OSV asked dozens of Catholic parents for the books they recommend to other parents to help with raising kids in the faith. Prayer books, chapter books, picture books, parenting and advice books—you name it, they delivered. Check out the selection

7. Confession resources

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

 <u>Diocesan printable Confession card for children</u> (includes examination of conscience, step-by-step and simple act of contrition)

- Printable examination of conscience for children
- o Goodconfession.com
- o In depth examination of conscience
- Printable guide to Confession for adults (provided by Knights of Columbus
- Video: <u>Making a good confession (Fr. Mike Schmitz)</u>
- Video: Bringing the same sins to confession? Try this

Residential School Resources

To help guide parishes regarding the recent discovery at Kamloops Indian Residential Schools, please review the resources below:

- Questions and Answers
 - FAQ from Oblates of Mary Immaculate (OMI)
 - FAQ from Archdiocese of Vancouver
- Learn about Residential Schools
 - History of Residential Schools
 - Historical perspective on death and graves in residential schools
 - A National Crime: Documentary History of the efforts of Dr. Peter Bryce to publicize and put a stop to the horrific conditions he encountered in the Residential Schools in Western Canada, more than a century ago (History Department at Carleton University).
 Watch
 - Residential Schools within the Diocese of Calgary
 - There were 25 residential schools in the Province of Alberta. See: Residential Schools in Canada Map Four of them were located within the boundaries of the Diocese. The Roman Catholic Diocese of Calgary did not run any residential schools. Below are links to the residentials schools:
 - St. Joseph's Residential School (Crowfoot) Cluny, AB (1900-1968) operated by the Oblates of Mary Immaculate (OMI) and Sisters of Providence
 - St. Mary's Residential School (Kainai) Cardston, AB (1898-1988) operated by the Oblates of Mary Immaculate (OMI) and Grey Nuns of Montreal
 - <u>Sacred Heart Residential School (Peigan)</u> Brocket, AB (1887-1961) operated by the Oblates of Mary Immaculate (OMI) and Grey Nuns of Montreal
 - St. Joseph's Industrial School (Dunbow) High River, AB (1884-1922) operated by the Oblates of Mary Immaculate (OMI) and Grey Nuns of Montreal
 - Truth and Reconciliation reports
 - A Catholic Response to Call to Action 49 of the Truth and Reconciliation Commission.
- Statements
 - A message from Pope Francis on Kamloops Residential School (June 6)
 - o A message from Bishop McGrattan on Kamloops Residential School (June 4)
 - A message from Canadian Conference of Catholic Bishops on Kamloops Residential School (May 31).
 - A joint video statement from Chief Littlechild and Archbishop Richard Smith and an in depth interview with the Chief and the Archbishop regarding reconciliation. Chief Littlechild is a former Grand Chief of the Confederacy of Treaty 6 First Nations as well as a commissioner of the Truth and Reconciliation Commission.

- Statement: YouTube: https://youtu.be/fPtpgvlsPAw
- Interview: YouTube: https://youtu.be/90XW395L2dU
- Pastoral letter from Catholic Bishops of Alberta and the Northwest Territories on the Truth and Reconciliation (2014)
- o Past statements | Encounter with the Popes
- Crisis line for Indian Residential School survivors and family: 1-866-925-4419
- A brief guide about Treaty & Alberta Treaty Map (Alberta Teachers Association)
- Handling Difficult/Challenging Calls and Conversations. See <u>tip sheets</u> (shared previously by the Diocese of Victoria)
- Please pray this petition for the whole month of June during Masses:
 - For the children who died in the former Kamloops Indian Residential School and for all those impacted by this tragedy, that there may be healing founded on truth and that the Spirit will inspire our ongoing commitment to reconciliation. For this, we pray to the Lord.

More resources will be shared with you as it becomes available. These links are also available on our website: www.catholicyyca.ca

Let us keep all individuals and families deeply impacted by this event in our prayers, and ask for the intercession of St. Kateri Tekakwitha for them to receive consolation, healing, and strength.

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

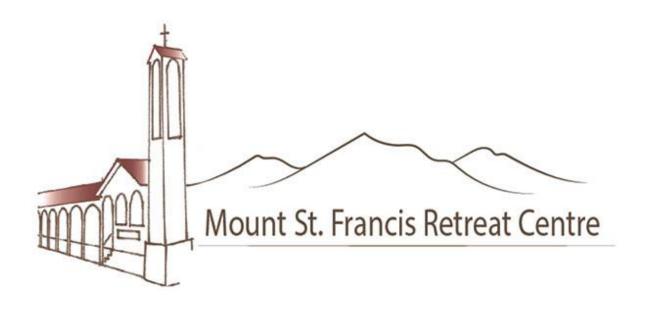
For other barrier free consultation sessions (Calgary area), you may consider referring those in need with this online service: communityconnectyyc.ca



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!



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.