



Welcome to HOLY FAMILY PARISH

JULY 18, 2021 – 16TH SUNDAY IN ORDINARY TIMES

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

THE CHAPEL IS OPEN

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

ADORATION FRIDAY 9:30 – 10:30am

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



Catholic Women's League

Marjorie Bowlby

403-527-2739

Knights of Columbus

Kirby Peterson

403-487-1909



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!

Sunday 10:30am Mass

**Medicine Hat Holy Family
Church Live Stream**

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

You Tube

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.

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

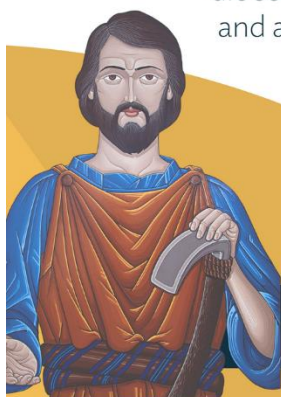


You Asked for it... so now here it is...

E-Transfer Donations accounting@holyfamilymh.ca



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



2021
THE YEAR of
ST. JOSEPH

CATHOLICYC.CA/TIA

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

1 CHRONICLES 29:9

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 \$ 18,318 = 37% OF THE WAY

OPERATING FINANCES

June 1-30, 2021

Operating Budget 2021	\$ 55,019
General Envelope Collection	\$ 41,154
Loose Collections	\$ 580
Future Development	\$ 2,836
Sale of Church Supplies & Other	\$ 2,572
Other Ministries	\$ 657

Budget Vs Actual **-\$ 7,220**

SPECIAL COLLECTIONS

Together in Action (TIA)	\$ 2,297
Needs of CDN Church	\$ 10
St Vincent de Paul	\$ 3,072
World Missions	\$ 60
Catholic Education	\$ 600
CARO	\$ 50

Thank You for your Generous Contributions

† Masses Intentions July 17-23 †

Saturday, July 17

5:00pm – Richard Wist †

Sunday, July 18

8:30 am – Holy Family Parish

10:30am – Katie Schafer †

6:00pm – Joyce Risling †

Monday, July 19

9:00am – John Bosch †

Tuesday, July 20

9:00am – John Bachmier †

Wednesday, July 21

9:00am – Gualberto Pimentel †

Thursday, July 22

9:00am – David Day †

Friday, July 23

9:00am – Maria D'Amico †

16th Sunday in Ordinary Time - Sunday, June 18, 2021

1st Reading: Jeremiah 23.1-6

I myself will gather the remnant of my flock and raise up shepherds over them.

Responsorial Psalm: Ps 23.1-3a, 3b-4, 5, 6, (*R 1*)

R The Lord is my Shepherd; I shall not want.

2nd Reading: Ephesians 2.13-18

Christ is our peace; in his flesh he has made both groups into one.

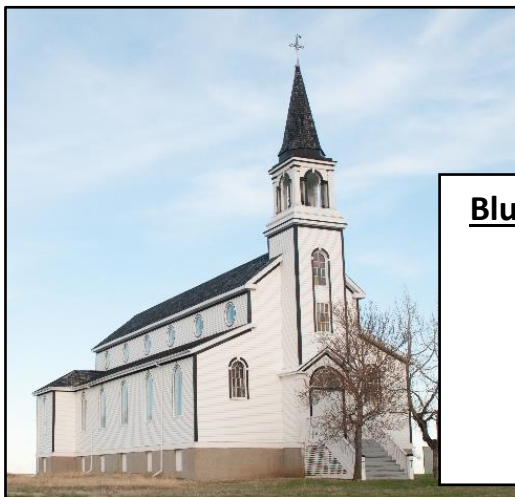
Gospel: Mark 6.30-34

They were like sheep without a shepherd.

HARD WORK REQUIRES REST

After all the traveling light last week to do ministry, Jesus tries to take the apostles away for some rest. But the people see them go, discover where they are headed, and get there first. Oh, my! So, Jesus ministers to them by teaching many things. After we work hard at mercy works, sometimes we can rest. Sometimes not.

- 🐑 How can I find some rest from work in the quiet place of prayer?
- 🐑 How can my restful prayer strengthen me to do more?
- 🐑 What will I do next?



Blumenfeld Church & Shrine to Our Lady of Sorrows Heritage Site

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

16 km south & 6.5 km east of Leader, SK

After hours, please contact... Karri W. @ 1-306-628-8083

or Ron D. @ 1-306-628-7403



EUCCHARISTIC MINISTERS

You can pick up your
new schedules
for July to September.

The First Wednesday of each
Month the Legion of Mary
will host the Mother of Perpetual
Help Novena Before Mass
starting at 8:00 AM.



Thank You! & Welcome Back!

The parish will be hosting a Thank You and Welcome Back BBQ



Saturday, July 31 after the 5:00 pm mass.



Welcome Back to all our parishioners after a long time in lockdown.

And a huge Thank You to all who have helped keeping the parish operating



and safe during the pandemic.



Bring your family and help us celebrate a restart of our parish community.

HOLY FAMILY PARISH CATHOLIC WOMEN'S LEAGUE'S INDOOR YARD SALE?

**SATURDAY AUGUST 21
9:00 AM – 3:00 PM**

RENT A TABLE...\$20.00

Call Louella @ 403-502-6883



A Day of Prayer in Nature

A Mini-Retreat at Echo Dale Park

With Fr. Julian Studden

St. Joseph: Our Inspiration & Imitation

Everyone is invited to share in a day at

Echo Dale Park

Friday, August 13th, 2021

8:00am to 4:00pm

We will have a tent set up with chairs but if you are wanting to bring your own chairs, please feel free.

Bring a picnic lunch along and your own refreshments. And anything else you may need. We will have a tent set up but please dress for the weather. E.g. jacket, sunscreen



The White Star indicates the area we will be using.



16th Sunday in Ordinary Time – Year B

Sunday, July 18, 2021

HE FEELS FOR US

In a cross-country marathon on December 2012, Kenya's athlete Abel Mutai was just a few metres from the finish line but became confused with the signage and stopped running, thinking he had already completed the race. The Spanish athlete Ivan Fernandez Anaya was right behind him and realising what was happening, started screaming at the Kenyan to continue running; but Mutai did not speak Spanish and could not understand. The Spaniard then pushed the Kenyan to victory.

A journalist asked Ivan, " Why did you do that?"

Ivan replied..."My dream is for humanity someday to have a kind of community life".

The reporter insisted: "But why did you let Kenya win?"

Ivan replied – "I didn't let him win; he was already going to win".

The reporter insisted again, "But you could have won!"

Ivan looked at him and replied: "But what would be the merit of my victory? What would be the honour of the medal knowing it was not rightfully mine? What would my mom think of me?"

What a powerful story to understand the Sacred Scripture of this week. God feels for us, and he loves us unconditionally because he "loved the world so much that he gave his only Begotten Son so that anyone who believes in him may not perish but have eternal life". Once a mystic said "everyone wants to win but no one wants to taste defeat, winning is like a stone but losing has the value of diamond" which means humility wins over proud. The humility will always help us to feel for others and help and support them, but pride will take us away from helping other people.

In the First Reading Prophet Jeremiah is drawing a comparison between two types of shepherds; one who is looking after themselves and other who cares about the sheep. This is not meant only for religious leaders but anyone who is in power to lead others. The one who looks after himself becomes proud, greedy, and selfish but on the other hand those who are real leaders always look after others first. Since God felt things were going the way he wanted to see with his people he decided to help

them: “Then I will gather them back to their fold, and they shall be fruitful and multiply. I will raise up shepherds over them who will shepherd them, and they shall not fear any longer, or be dismayed, nor shall any be missing, says the Lord”. Shepherding was a lowly occupation, involving long hours, hard and dangerous work, and modest pay. However, people respected the attentiveness shown by good shepherds to their sheep. Sheep are not very smart. Absent good leadership, they are inclined to wander away on their own. They are defenseless against predators. They need a shepherd to lead them to water and pasture—and to guard them against a host of dangers. Psalm 23 is full of attributes of Good Shepherds who leads through green pasture and anoints the head with the purest oil. Isn’t it amazing to see how God feels for us and help us in our journey of pain and suffering? Because of the care that the shepherds took with their sheep, shepherds became a metaphor for other leaders, such as kings, priests, and prophets (2 Samuel 5:2; Psalm 78:71; Isaiah 44:28; Jeremiah 2:8), and for God (Psalm 23; Psalm 78:52; 80:1)—although references to kings as shepherds are often negative (Ezekiel 34). The New Testament speaks of Jesus as the good shepherd (John 10). Are we good shepherds to others?

In the Second Reading St. Paul is opening a wide horizon for us to understand the importance of Christ’s blood which brings peace “So Christ Jesus came and proclaimed peace to you who were far off and peace to those who were near; for through him both of us have access to the Father”. The blood of Christ keeps reminding us that we have been bought by him who cares for us even if we deny him or refuse to follow him because he can not deny himself. According to the Author of Letter to Hebrews “In the days of his flesh, Jesus offered up prayers and supplications, with loud cries and tears, to the one who was able to save him from death, and he was heard because of his reverent submission. Although he was a Son, he learned obedience through what he suffered; and having been made perfect, he became the source of eternal salvation for all who obey him, having been designated by God a high priest according to the order of Melchizedek”.

Today’s Gospel is a perfect example of Jesus’ feelings for us. His disciples are back from the mission entrusted to them. Two interesting things have happened; first as soon as they came, Jesus asked them “Come away to a deserted place all by yourselves and rest a while” and secondly, he had compassion for people because they were sheep without a shepherd. Holy Father Pope Francis reflecting on the Gospel, says “At the heart of the Gospel we have just heard is the “compassion” of Jesus. Compassion is a key word in the Gospel. It is written in Christ’s heart; it is forever written in the heart of God”.

In the Gospels, we often see Jesus’ compassion for those who are suffering. The more we read, the more we contemplate, the more we come to realize that the Lord’s compassion is not an occasional, sporadic emotion, but is steadfast and indeed seems to be the attitude of his heart, in which God’s mercy is made incarnate.

Mark, for example, tells us that when Jesus first passed through Galilee preaching and casting out demons, “a leper came to him begging him, and kneeling said to him, ‘If you choose, you can make me clean’. Moved with pity, Jesus stretched out his hand and touched him, and said to him, ‘I do choose. Be made clean!’” (1:40-42). In this gesture and with these words, we see the mission of Jesus, the Redeemer of humankind. He is a compassionate Redeemer. He incarnates God’s will to purify men and

women afflicted by the scourge of sin; he is “the outstretched hand of God”, who touches our sickly flesh and accomplishes this work by bridging the chasm of separation.

Jesus goes out in search of the outcast, those without hope. People like the man paralyzed for thirty-eight years who lay beside the pool of Bethzatha, waiting in vain for someone to bring him to the waters (Jn 5:1-9). This compassion did not appear suddenly at one moment in the history of salvation. No, it was always there in God, impressed on his paternal heart. Let us think about the account of the calling of Moses, for example, when God spoke from the burning bush and said: “I have observed the misery of my people who are in Egypt; I have heard their cry... indeed, I know their sufferings and have come down to save them” (Ex 3:7). This is the compassion of the Father!

God’s love for his people is drenched with compassion, to the extent that, in this covenant relationship, what is divine is compassionate, while, sad to say, it appears that what is human is so often lacking in compassion. God himself says so: “How can I give you up, Ephraim? How can I hand you over, Israel? ... My heart recoils within me; my compassion grows warm and tender... For I am God and not mortal, the holy one in your midst, and I will not come in wrath” (Hos 11:8-9).

In the Gospel of Luke, we could see the compassion of Jesus when he wept over Jerusalem which was at the brink of destruction (was destroyed in 70AD by the Romans) and even the parable of the Prodigal Son shows the deep compassion of Jesus who are lost and how Father welcomes them back when they return. I find it helpful to see myself reflected in the passage of Ezekiel 16 that speaks of God’s love for Jerusalem. It concludes with the words: “I will establish my covenant with you, and you shall know that I am the Lord, in order that you may remember and be confounded, and never open your mouth again because of your shame, when I forgive you all that you have done” (Ezek 16:62-63). Or again, in that other prophecy of Hosea: “I will bring her into the wilderness and speak tenderly to her... There shall she respond as in the days of her youth, as at the time when she came out of the land of Egypt (2:14-15). We can ask ourselves: Do I feel God’s compassion towards me? Do I sense in me the conviction of being a child of compassion? Do we have a lively awareness of this compassion that God feels for us? It is not something optional, or a kind of “evangelical counsel”. No, it is essential. Unless I feel that I am the object of God’s compassion, I cannot understand his love. This is not a reality that can be explained. Either I feel it, or I do not. If I do not feel it, how can I share it, bear witness to it, bestow it on others? Perhaps, I am not able to do this. Concretely: am I compassionate towards my brothers and sisters?

Jesus does not turn evil for evil but gave ultimate lesson of forgiveness from the Cross “Father forgive them, for they know not what they do”. The prayer of Our Father is beautiful way of asking God to forgive our trespasses as we forgive the trespasses of others. He loves us and feels for us “cast onto him all your worries because he cares for you” as St. Peter says.

Let me end my reflection with beautiful story to remind us that without God’s compassion and love, we are nothing and neither will learn to feel for other people.

Once upon time there was a hardworking man. Initially he believed in God and attributed his success to God. He became a successful businessman. But gradually as he acquired success, he became very

proud. He now thought that his success was due to his hard work. He stopped praising God and even removed God's statue from his house.

Once, during a discussion about God with some people, he said, "Who is God? It is not due to him, that I am successful now. It is all my hard work. And if God is so powerful then he can kill me in five minutes from now. I challenge him."

Five minutes later, he laughed at God for he was still alive. But an old man got up and said, "If your son asked you to kill him with a gun, would you do it? God is your Father, and he'll never harm you."

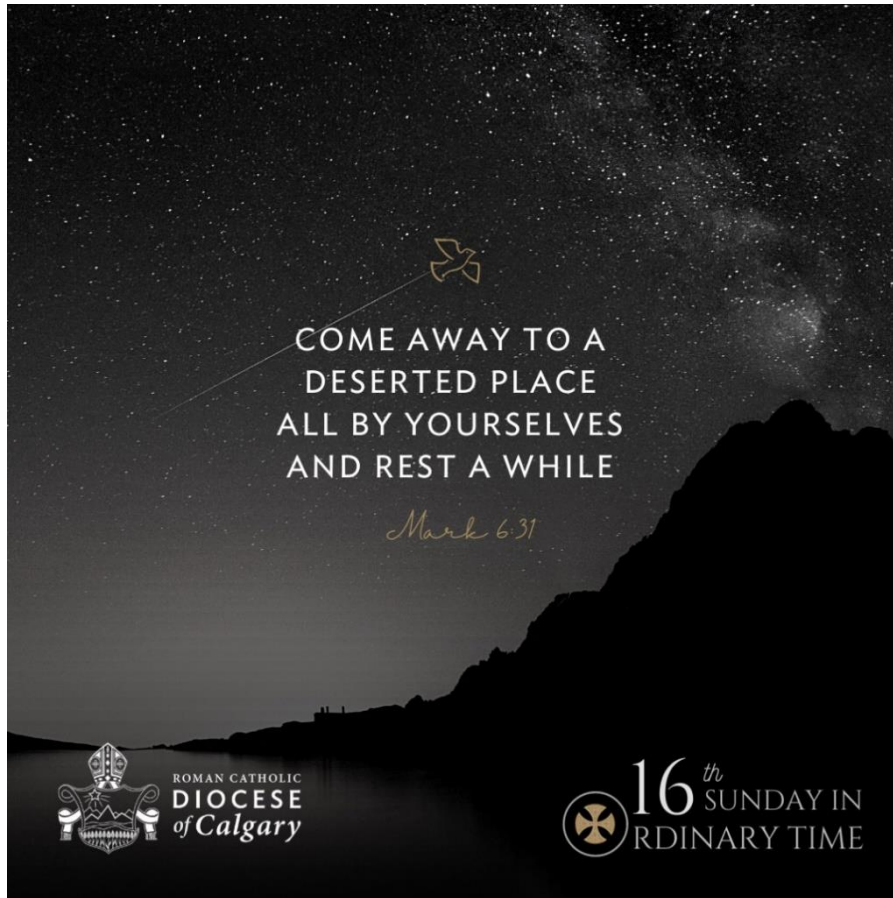
St. Mother Teresa once said "Let us more and more insist on raising funds of love, of kindness, of understanding, of peace. Money will come if we seek first the Kingdom of God - the rest will be given".

Do we allow God and Jesus to feel for us?



Photo by Fr. Iqbal Khurshid

16th 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 \(new link\)](#)

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

Full schedule of Parish Livestream Masses:

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

June Edition of *Faithfully*

The June edition of *Faithfully* was released on Thursday, June 10, 2021.

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

2021 World Day of the Poor

The Fifth World Day of the Poor will be observed on 14 November 2021. In the message, entitled "The poor you will always have with you" (Mk 14:7), Pope Francis states: "The poor, always and everywhere, evangelize us, because they enable us to discover in new ways the true face of the Father. 'They have much to teach us. Besides participating in the *sensus fidei*, they know the suffering Christ through their own sufferings. It is necessary that we all let ourselves be evangelized by them.

The new evangelization is an invitation to recognize the salvific power of their lives and to place them at the centre of the Church's journey. We are called to discover Christ in them, to lend them our voice in their causes, but also to be their friends, to listen to them, to understand them and to welcome the mysterious wisdom that God wants to communicate to us through them. Our commitment does not consist exclusively of activities or programmes of promotion and assistance; what the Holy Spirit mobilizes is not an unruly activism, but above all an attentiveness that considers the other in a certain sense as one with ourselves. This loving attentiveness is the beginning of a true concern for their person which inspires me effectively to seek their good' (*Evangeli Gaudium*, 198-199)."

Pope Francis established the World Day of Poor following the Extraordinary Jubilee of Mercy in November 2016.

- [Message for the 2021 World Day of the Poor](#)

Chip in for Kids

Feed the Hungry and Shaw Charity Classic invite you to *Chip in for Kids* by **texting KIDS099 to 30333 to donate \$10** and help us **feed one Calgarian in need at a time!** To make your generous contribution go further, Shaw will match your donation and the matched donation amount will then be matched again by the Shaw Charity Classic, up to an additional 50 per cent. Your \$10 donation can grow into a donation of \$30 to support Feed the Hungry Program! The donations and matched contributions raised through the Chip in for Kids program will help ensure that charities like ours are able to continue supporting children and youth in our community. Download [Graphic](#)

New resources on Residential Schools

Some resources have been added to the frontpage of our website www.calgarydiocese.ca:

- [The History of Residential Schools by D. Farrow](#) (First Things)
- [Canada's Trudeau Fans the Flame of Blame](#) (NCR Register)
- [Unmarked graves were documented years ago but most of us looked away](#) (B. Liley, Toronto Sun)
- For your convenience, all the [TRC Final Reports links](#) are now listed, including [Missing Children and Unmarked Burials](#) (Vol. 4, National Truth & Reconciliation Report in 2015)

Pray the Pope's Intention - July 2021

Pope's July 2021 Prayer Intention: We pray that, in social, economic and political situations of conflict, we may be courageous and passionate architects of dialogue and friendship.

Watch the Pope's Video for July 2021 - <https://youtu.be/gjaOjJ1oqkU>

Pope Francis: *The Bible says that whoever finds a friend has found a treasure. I would like to invite everyone to go beyond their groups of friends and build social friendship, which is so necessary for living together well.*

We especially need to have a renewed encounter with the most impoverished and vulnerable, those on the peripheries. And we need to distance ourselves from populisms that exploit the anguish of the people without providing solutions, proposing a mystique that solves nothing. We must flee from social enmity which only destroys, and leave "polarization" behind. And this isn't always easy, especially today when part of our politics, society and media are bent on creating enemies so as to defeat them in a game of power.

Dialogue is the path to seeing reality in a new way, so we can live with passion the challenges we face in constructing the common good. Let us pray that, in social, economic, and political situations of conflict, we may be courageous and passionate architects of dialogue and friendship, men and women who always hold out a helping hand, and may no spaces of enmity and war remain.

Worth Sharing

1. Kids Resources: 16th Sunday of Ordinary Time

- [Gospel](#) Reflection: Jesus and his disciples wanted to get away and spend some time resting by themselves, but it didn't quite work out like that. Jesus shows the crowd compassion. How will you follow Jesus' example of compassion this week? (Source: CAVOD)
- [Kid's Bulletin for 16th Sunday in Ordinary Time](#)
- [Colouring page this Sunday](#)
- [Sunday Connection for 16th Sunday of Ordinary Time \(Gr. 1-8\)](#)
- Children's Sunday Liturgy programs for 16th Sunday of Ordinary Time

A blue rectangular graphic with white text and logos. At the top, the text 'CHIP IN FOR KIDS.' is written in large, bold, sans-serif capital letters. Below this, in smaller white text, it says 'Text KIDS099 to 30333 to donate \$10.' In the center, there are two logos: on the left, the 'Feed the Hungry' logo featuring three stylized figures holding hands; on the right, the 'Shaw Charity Classic' logo featuring a shield with a 'Shaw' logo inside. At the bottom, in small white text, it says 'Conditions apply. See shaw.ca/scc for more details.'

1. NEW! [Children's Liturgy weekly leaflet](#) for leaders or parents by [CAFOD](#), with gospel reflection, intercession & activity suggestions) - produced by CAVOD. [Download Word file](#)
2. [Children's Liturgy at home for leaders or parents](#) - by Catholic Children's Liturgy
3. Does your parish have online Sunday program for children? If so, please share it with communications@calgarydiocese.ca
2. **New Career opportunities**
 - Ascension Parish in Calgary has an opening for a part-time Caretaker
 - Holy Name in Calgary has an opening for a part-time Sacrament Preparation Coordinator. Visit catholiccyc.ca/careers to view more information about the positions, including qualifications and how to apply.
3. **Certificate in Catholic Studies**

Benedict XVI Institute for New Evangelization is offering faith formation courses on various aspects of the Catholic faith. All are offered online, so you can study from the comfort of home and work around your personal schedule. Each course runs five weeks and costs just \$85. Take an individual course for interest, or work toward one or all of the twenty two specialized Certificates in Catholic Studies. This cycle starts on August 9, 2021. Students can register online at newman.edu/ccs. For any questions, contact Sandra at 780-392-2450 ext. 2214, or email sandra.talarico@newman.edu | [Download brochure](#)
4. **Reminder: First International Family Festival with Seeds of the Word**

Starting today! The Seeds of the Word Community invites you to participate in this grand event! From July 14-18, we will celebrate the joy of being a family with programs for all ages: kids, teens, young adults, adults and the elderly! 🙏 With the theme: "The glorious freedom of the children of God", the program will have artistic presentations, moments of prayer, talks, workshops and much more! Everything will be online and for the first time International! Available in six languages (Portuguese, English, Spanish, Italian, French and Dutch). To sign up, call Sr. Agatha at (587) 892-9673 or email sr.agatha.seedsoftheword@gmail.com
5. **No one has right to burn churches**

Rev. Dr. Andrew Bennett, Cardus Religious Freedom Institute Director, strongly condemned the growing violence and hatred aimed at the Catholic Church: Religious hatred "is a product of grave ignorance and an equally grave inability to see in the other one's own humanity." [Read more](#)
6. **Why is it okay to harm Christian places of worship in Canada?**

National Post featured Rex Murphy's column: "If 10 or 20 holy places from any other major religion had been attacked, what would have been the reaction from governments and the media?" "Those who some would expect (wrongly) to most easily let these attacks pass, Indigenous people, have been among the strongest and most persuasive in their condemnation and disavowal. There's a combination of charity and resilience in some of their statements that is as rare as it is commendable... Those carrying the sharpest burdens sometimes have the widest hearts." [Read more](#)
7. **Pope Francis calls for an end of violence in Haiti**

Pope Francis joins the Haitian Bishops' urgent appeal to criminal ganglords and conflicting parties to depose arms and allow the country to resume a journey of peace and harmony. The Holy Father called on conflicting Haitian parties and gangsters to end the spiral of violence in which the country has been plunged. "I join the heartfelt appeal of the country's Bishops to 'depose arms, choose life, choose to live together fraternally in the common interest of all and in the interest of Haiti,'" he said. [Read more](#)
8. **How can you continue to stay in a church?**

Fr. Ron Rolheiser: "Several weeks ago after giving a lecture at a religious conference, the first question from the audience was this one: How can you continue to stay in a church that played such a pivotal part in setting up and maintaining residential schools for the Indigenous people of Canada?" [Read more](#)
9. **Don't just receive: Unite your heart in the sacrifice of the Mass**

We are called to worship God and unite all our works, joys and sufferings with Christ's perfect act of self-giving love. And we do that most fully in the Holy Sacrifice of the Mass. Dr. Edward Sri talks about

the worship of God, that it's not just about receiving. It's about giving our entire lives. "When we go to Mass, we in a very real sense go to Calvary, for the mystery of Calvary is made present to us sacramentally." [Read more](#)

10. **We want to share your great photos!** – Got a great photo? Whether it's 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 catholiccycc.formstack.com/forms/photosubmission

11. **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](#)

12. **Confession resources**

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

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

Retrouvaille Weekend Online



A message from Retrouvaille Calgary:

Most marriages go through hard times. It takes work to keep our relationships healthy and growing. If you need help rebuilding and rediscovering the love you once had for each other, Retrouvaille is offering a weekend program, and post follow-up sessions to get you headed toward renewal. There is always hope for your relationship and the time to heal is now. Next Weekend: Sep. 10 -12, 2021. To register, contact 403-901-9582 or email coordinator@retrouvaillecalgary.com

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: communityconnecttyc.ca

Patris Corde Guided Video Reflections

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

- [Video reflections & guide here](#)



FCJ RETREAT & CONFERENCE CENTRE

A corporate ministry of the Sisters Faithful Companions of Jesus (FCJ) since 1980



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.