



Welcome to HOLY FAMILY PARISH

AUGUST 1-27, 2021 – TERESA'S ON HOLIDAYS

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



” 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

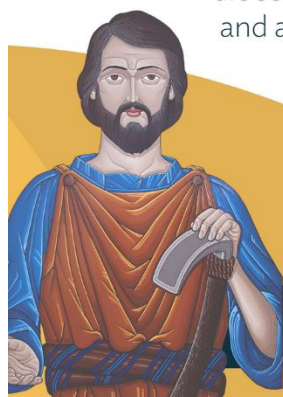
OUR PARISH GOAL

\$ 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 \$20,316 = 41% OF THE WAY



2021
THE YEAR of
ST. JOSEPH

CATHOLICYC.CA/TIA

† Masses Intentions † July 31-Aug 27 †

Jul 31	5:00pm – Jack & Sheila Dietrich	Aug 14	5:00pm – Derrick Risling †
Aug 1	8:30 am – Holy Family Parish	Aug 15	8:30am – Holy Family Parish
Aug 1	10:30am – Tom D’Amico †	Aug 15	10:30am – Lambert Streifel †
Aug 1	6:00pm – John Hoffensetz	Aug 15	6:00pm – Rina Bonilla †
Aug 2	NO MASS TODAY	Aug 16	9:00am – Victoria Deis †
Aug 3	9:00am – David Hammel	Aug 17	9:00am – Irene Lutz †
Aug 4	9:00am – Robert Hammel	Aug 18	9:00am – Randy Drescher †
Aug 5	9:00am – Mel Mitzel †	Aug 19	9:00am – Con Miller †
Aug 6	9:00am – Christina Resch	Aug 20	9:00am – Henry Bosch †
Aug 7	8:30am – Mary Voeller †	Aug 21	5:00pm – Phil Klotz †
Aug 7	5:00pm – Albert Sowvinski †	Aug 22	8:30am – Fr Cecil Zinger C.S.B.
Aug 8	8:30am – Holy Family Parish	Aug 22	10:30am – John Kopp †
Aug 8	10:30am – John Bosch †	Aug 22	6:00pm – Holy Family Parish
Aug 8	6:00pm – Irene Lutz †	Aug 23	9:00am – Bernadette Mastel †
Aug 9	9:00am – Kazmir D’Amico †	Aug 24	9:00am – Florian Rolheiser †, Marge Wickenheiser † & Rose Geiger †
Aug 10	9:00am – Carl & Katherine Tuchscherer	Aug 25	9:00am – Mike & Jackie Moser †
Aug 11	9:00am – Carolina Iannattone †	Aug 26	9:00am – Allen Feist †
Aug 12	9:00am – Patrick Schmunk	Aug 27	9:00am – Lucia Pimentel †
Aug 13	9:00am – Dora White †		

18th Sunday in Ordinary Time - Sunday, August 1, 2021

1 st Reading: Exodus 16.2-4, 12-15, 31a++	I am going rain bread from heaven for you.
Responsorial Psalm: Ps 78.3+4bc, 23-24, 25+54 (<i>R. 24b</i>)	<i>R.</i> The Lord gave them the bread of heaven.
2 nd Reading: Ephesians 4.17, 20-24	Clothe yourselves with the New Man, created according to the likeness of God.
Gospel: John 6.24-35	Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty.

MORE THAN MANNA, MORE THAN BREAD AND FISH.

During the Exodus, the Lord rained down bread (manna) each day to feed those in flight. Last Sunday, after being filled with bread and fish, the crowd pursued Jesus for more food. Rightly exasperated, Jesus patiently shifts the conversation from bread from heaven to true bread. He ends by saying: "I Am the bread of life." What looks like bread is more than bread. More than we can imagine!

- What do I believe Communion to be?
- Why do I believe this?
- Why do I come in procession each Sunday to eat this bread, this Communion, this Christ?

19th Sunday in Ordinary Time - Sunday, August 8, 2021

1 st Reading: 1 Kings 19.4-8	Elijah went in the strength of that food to the mountain of God.
Responsorial Psalm: Ps 34.1-2, 3-4, 5-6, 7-8 (<i>R. 8</i>)	<i>R.</i> Taste and see that the Lord is good.
2 nd Reading: Ephesians 4.30-52	Live in love, as Christ loved us.
Gospel: John 6.41-51	I am the living bread that came down from heaven.

"STOP MURMURING."

Elijah is running for his life from King Ahab and Jezebel because he told the truth. He was fed by an angel of the Lord for his forty-day flight. This story is context for the third-Sunday-in-a-row conversation between Jesus and the crowd on bread of life. Perhaps, with a sigh, Jesus says: "Stop murmuring." Though what I say may be hard to believe, it is true, it is real. I Am living bread. Eat me and live for ever.

- What do I believe concerning what looks like bread is more than bread?
- How does eating this living bread affect my life?
- After sharing in Communion, how can I affect the lives of others?

The Assumption of the Blessed Virgin Mary - Sunday, August 15, 2021

1 st Reading: Revelation 11.19a;12.1-6a, 10ab	A woman clothed with the sun and the moon under her feet.
Responsorial Psalm: Ps 45.9-10, 11+12c+14, 15 (<i>R. 9b</i>)	<i>R.</i> At your right hand stands your queen in gold of Ophir.
2 nd Reading: 1 Corinthians 15.20-26	Christ has been raised from the dead; the first fruits of those who belong to Christ.
Gospel: Luke 1.39-56	The Mighty One has done great things for me; God has lifted up the lowly.

TAKEN TO HEAVEN.

In the Eastern Churches, what we call the Assumption, they call the Dormition of Mary – her falling asleep in the Lord. A wonderful image to face death that may be soon or far away.

- How am I preparing to fall asleep in the Lord?
- How can I, like Mary, sing God's praise?
- How can I, like Mary, look after a cousin or friend or neighbor in need of help?

21st Sunday in Ordinary Time - Sunday, August 22, 2021

1 st Reading: Joshua 24.1-2a, 15-17, 18b	We will serve the Lord, for he is our God.
Responsorial Psalm: Ps 34.1-2, 15-16, 17-18, 19-20, 21-22 (R. 8)	<i>R.</i> Taste and see that the Lord is good.
2 nd Reading: Ephesians 4.32-5.1-2, 21-32++	This is a great mystery, and I am applying it to Christ and the Church.
Gospel: John 6.53, 60-69	Lord, to whom can we go? You have the words of eternal life.

ONE LAST BREAD OF LIFE STORY.

The gospel today is filled with doubt, murmuring, shock, and disbelief. So much so, that many stopped following Jesus, returning to their former lives. Jesus, thus, asked the Twelve: "What about you?" Peter answers for them: "To whom shall we go? We are convinced you are the Holy One of God."

- Why do I still follow Jesus?
- Of what am I convinced about him?
- Bread of life. Communion. What do I believe?

TERESA is on HOLIDAYS the *first 3 weeks of August*,
there will be *NO BULLETINS*
ANY IMPORTANT UPDATES WILL BE ON FACEBOOK
OR ANNOUNCED AT MASSES

As we open up we are working on getting things back to *normalish*...

We would like to have the

"Annual" Blessing of the Pets September 12, 2021

This fun event requires lots of volunteers, We are presently gathering names of people that want to be part of it. Please contact Lawrence or June Streifel and get your name on a list 403-527-8941 or lastreif@gmail.com



We will be having an altar server practice on Tuesday, August 24th at 7:00 pm at HFP. If your child has received his/her First Communion please consider becoming an altar server. Father would also like to have an adult serving at each of the masses so please consider volunteering for this ministry. If you have any questions you can contact Ron Pisoni at ron.pisoni@mhcbe.ab.ca.

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.



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



LETHBRIDGE LIVEIN FELLOWSHIP BBQ

Date: August 8th **Place:** Henderson Lake Horseshoe Picnic Shelter

Please call Katie Lindsay to **sign up** (403)382-1235

Come and enjoy good food, fellowship and praise and worship

Holy Family
Parish



Pastoral Care
Ministry

Dear ministry members, it has been almost two years that we couldn't visit someone who has been sick either at home, senior homes, homebound or even in the hospital. However, by the grace of God, we can visit them now and bring Holy Communion to them. To do so, we need to refresh our hearts and minds and to know what to do when we visit someone. Keeping that in mind, there will be a general meeting on **Wednesday, August 18th, at 7:00pm in Faith Room**. If you are part of this ministry or you are interested in joining this ministry, please come to attend this meeting so that we can discuss the details and answer all your questions!

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

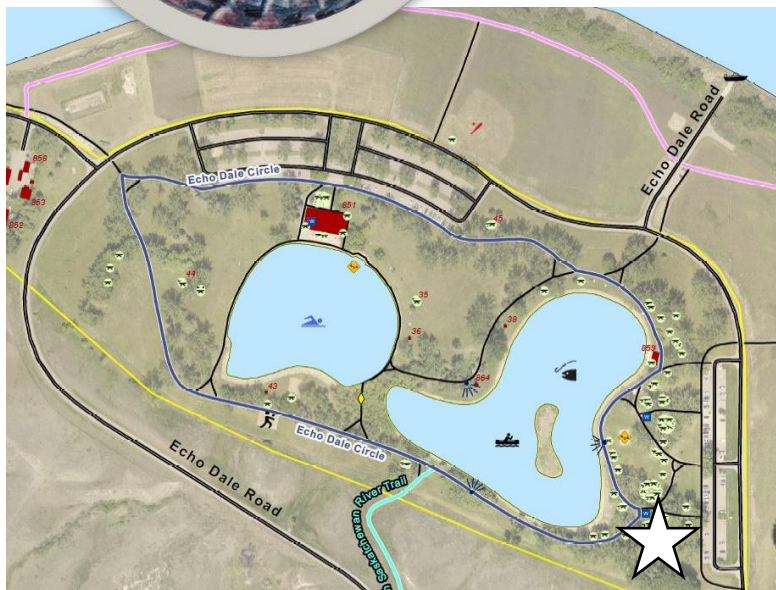
Echo Dale Park

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.

Difference between Last Rites and Anointing of the Sick

At times even some "seasoned Catholics" get stumped by the question "What is the difference between Anointing of the Sick and Last Rites?" Many of us get confused and believe it is the same thing just a different way of naming it. Well, there is a difference, and it is important for us to know these differences so that we can better understand and take full advantage of both of these sacramental signs.

What are the Last Rites? Last Rites are the sacraments received when a person is nearing death. When a person is in danger of death a priest may be called in order that dying persons might receive the last rites, which include Confession, Anointing of the Sick (formerly extreme unction) and final reception of holy Communion (Viaticum). These sacraments provide the forgiveness of sins, help the individual to prepare for death, and bring peace and courage to the sick person as the Holy Spirit guides them on their final steps to eternal life. Extreme unction is an unusual sounding name to modern ears. However, it is very descriptive. Unction refers to the act of anointing the sick, the oil used to anoint the sick and the spiritual disposition and hoped for response to the anointing. The hope for the sacrament is to bring about the physical healing of the individual who receives it as a continuation of Christ's healing ministry. However, the sacrament also conveys a spiritual healing that is always present even if a physical healing does not result from anointing.

Last Rites often happens in conjunction with or following after the administration of the Sacrament of Anointing of the Sick. Last Rites centers around the reception of Viaticum, Communion given when death is near. "In addition to the Anointing of the Sick, the Church offers those who are about to leave this life the Eucharist as viaticum. Communion in the body and blood of Christ, received at this moment of 'passing over' to the Father, has a particular significance and importance. It is the seed of eternal life and the power of resurrection, according to the words of the LORD: "He who eats my flesh and drinks my blood has eternal life, and will raise him up at the last day (Jn 6:54). The sacrament of Christ once dead and now risen, the Eucharist is here the sacrament of passing over from death to life, from this world to the Father"(Cf. Jn 13:1)." (CCC 1524)

Furthermore Catechism of the Catholic Church reminds us "Thus, just as the sacraments of Baptism, Confirmation, and Eucharist form a unity called 'the sacraments of Christian initiation,' so too it can be said that Penance, the Anointing of the Sick, and the Eucharist as viaticum constitute at the end of Christian life 'the sacraments that prepare for our heavenly homeland' or the sacraments that complete the earthly pilgrimage." (CCC 1525)

Anointing of the sick also known as extreme unction. Most of us usually think of asking for this anointing only when we are nearing death through sickness or old age. However, if this is the case, we would be missing out on the opportunity for God to heal and help us at times when we might need Him the most - when we are having surgery, dealing with a physical, mental, emotional, or even spiritual affliction. It is during these difficult times that we need the Holy

Spirit's gifts of strength, faith, peace, and courage. It is during these times, as well, that we should seek to receive this God given sacrament.

The General Introduction of Pastoral Care of the Sick states: "The Letter of James states that the sick are to be anointed in order to raise them up and save them. Great care and concern should be taken to see that those of the faithful whose health is seriously impaired by sickness or old age receive this sacrament. How can we decide if we should ask to be anointed? Well, a good or reasonably sure judgment, without an uneasy feeling about the rightness of what one is doing or going to do, is sufficient for deciding on the seriousness of an illness". For example:

- A sick person may be anointed before surgery, whether or not a serious illness is the reason for the surgery.
- Elderly people may be anointed if they have become notably weakened even though no serious illness is present.
- Sick children may be anointed if they have sufficient use of reason to be strengthened by this sacrament.

The anointing of the sick is administered, by a bishop or priest, to bring spiritual and even physical strength during an illness. This sacrament, unlike some of our other sacraments, can be administered more than once, especially if a person has a chronic illness.

"The special grace of the Sacrament of the Anointing of the Sick has as its effects:

- the uniting of the sick person to the passion of Christ, for his own good and that of the whole Church
- the strengthening, peace, and courage to endure in a Christian manner the sufferings of illness or old age
- the forgiveness of sins, if the sick person was not able to obtain it through the sacrament of penance
- the restoration of health, if it is conducive to the salvation of his soul
- the preparation for passing over to eternal life" (CCC 1532).

Does a person have to be dying to receive this sacrament? No. The Catechism says,

"The anointing of the sick is not a sacrament for those only who are at the point of death. Hence, as soon as anyone of the faithful begins to be in danger of death from sickness or old age, the fitting time for him to receive this sacrament has certainly already arrived" (CCC 1514).

As stated above the last rites are not a sacrament, but a group of sacraments offered at or near the hour of death. The sacrament of anointing is actually not always administered within the context of the last rites, which makes it all the more intriguing that the two are often confused. Anointing is offered to persons who through sickness or old age, and the complications thereof, are nearing death. However, it is also offered to persons who are struggling with illness but not in danger of death, provided the nature of the illness is sufficiently serious. Anointing of the sick is a sacrament that must be administered by a priest or bishop, and there are no extraordinary ministers for this sacrament like there are for baptism and Communion.

PILGRIMAGE TOUR TO PORTUGAL, SPAIN AND FRANCE

featuring the Holy Jacobean Year in Santiago de Compostela

Under spiritual guidance of Fr. Iqbal Khurshid, Pastor of Holy Family Parish in Medicine Hat, AB

APRIL 18 – May 02, 2022 15 DAYS, Calgary departure \$4,990.00 including taxes and tips

Connaissance Travel and Tours, 3852 Finch Ave East, Suite #306, Toronto ON, M1T 3T9, Tel: 416 291 2676

www.connaissancetravel.com/cttour/index.html



There will be pilgrimage to Marian Shrines from April 18-May 02 to France, Portugal and Spain by Connaissance Travel and Tours. Agnes Zwierzyski from the company will be here to give an orientation on August 1st, @ 12:30pm in Faith Room. If you are interested to know more information, join her please. Blessings, Fr. Iqbal

PILGRIMAGE TOUR TO PORTUGAL, SPAIN AND FRANCE, 15 days, April 18 – May 02, 2022

Under spiritual guidance of Fr. Iqbal Khurshid, Pastor of Holy Family Parish in Medicine Hat, AB

Apr 18 Depart from Canada to Lisbon, Portugal.

Apr 19 Arrival in Lisbon. Panoramic tour of **Lisbon**, including a visit to the Church of Santo António. According to tradition, the church was built on the site where Saint Anthony of Padua was born in 1195. We also visit Lisbon Cathedral. Panoramic tour of the city. Transfer to our hotel in Fatima. After dinner you can participate in a memorable rosary and candlelight procession in the Sanctuary. Overnight in Fatima.

Apr 20 Full day in **Fatima**, famous for the apparitions of our Lady of the Rosary to the three shepherd children: Lucia dos Santos and her two cousins. Following morning Mass, we visit the Apparition Chapel, the Basilica which contains the tombs of St. Francisco, St. Jacinta and Sister Lucia. Later we will visit the homes where children lived. After dinner, procession with candles. Overnight in Fatima.

Apr 21 Today we leave Fatima and we travel to **Porto**, one of the oldest and most picturesque cities in Europe. Short walking tour of the city including visit to the Cathedral. Mass. In the evening we cross to Spain. Dinner and overnight in Santiago de Compostela.

Apr 22 After morning mass, a walking tour, including visit to the Shrine of St. James, where the remains of Saint James, one of the apostles of Jesus Christ, are buried. **Santiago de Compostela** is known as the culmination of the Camino de Santiago pilgrimage route popular since the Middle Ages. We will be visiting Santiago de Compostela during the Holy Year, the Xacobeo (Jacobean Year). Late afternoon transfer to our hotel for dinner and overnight.

Apr 23 Today we visit baroque sanctuary in the Basque village of **Azpeticia**. Saint Ignatius Loyola, founder of the Jesuits, was born here in 1491. Mass. In the afternoon we continue to Lourdes (France). After dinner a candlelight procession. Overnight in Lourdes.

Apr 24 Full day in **Lourdes**. After morning mass, we visit the Grotto de Massabielle where in 1858 the Virgin Mary appeared 18 times to Bernadette Soubirous. After walking tour of the Sanctuary, we continue in the footsteps of St. Bernadette visiting her birthplace and the “Cachot”, the small house where the young Bernadette lived with her family at the time of the apparitions. The balance of the day is at your leisure. You may attend the “Blessing of the Sick” or light candles for your loved ones at the Chapel of Light. After dinner a candlelight procession. Overnight in Lourdes.

Apr 25 After breakfast we return to Spain and travel to the mystical monastery in **Montserrat**. We visit the Basilica, one of Spain’s most important pilgrimage sites. Mass at the monastery. Dinner and overnight in Barcelona.

Apr 26 Full day in **Barcelona**. Our tour of the city features Plaza de Catalonia, Paseo de Garcia, the Cathedral of Santa Eulalia and city landmarks designed by Antoni Gaudí. Mass, dinner and overnight in Barcelona.

Apr 27 In the morning we continue our tour of Barcelona and visit the iconic La Sagrada Família Basilica. Mass. In the afternoon we travel to Valencia for dinner and overnight.

Apr 28 Full day in **Valencia**. We enjoy a walking tour of the historical centre, the Ciutat Vella (Old Town) including the visit to the stunning Cathedral of Valencia housing a chalice believed to be the Holy Grail itself. Mass. Dinner and overnight in Valencia.

Apr 29 Today our journey takes us to **Toledo**, former capital of Spain situated majestically above the Tagus River. We enjoy a walking tour of this charming city and visit the Cathedral of St. Mary of Toledo, considered to be the most magnificent Gothic Cathedral in Spain. Mass. Continue to Madrid for dinner and overnight.

Apr 30 In the morning a panoramic tour of the Spanish capital, **Madrid**, visiting Plaza Espana, Puerta del Sol, Cibeles Fountain, Gran Via, the Royal Palace and the Almudena Cathedral. Mass. In the afternoon free time for shopping. Dinner and overnight in Madrid.

May 01 After breakfast a full day side trip to **Avila** where we enjoy a walking tour of this medieval town surrounded by imposing city walls. The city was home to St. Teresa and St. John of the Cross. The medieval walls, many palaces and streets remain unchanged over the ages. We celebrate Mass at the Santa Teresa Convent, built over the house where Teresa was born. Return to Madrid for dinner and overnight.

May 02 Today our tour comes to an end, and we travel back to Canada.

Registration Form

Pilgrimage to PORTUGAL, SPAIN AND FRANCE, APRIL 18 – May 02, 2022, with Fr. Iqbal Khurshid

Last Name: First Name:
(exactly as in your passport) (exactly as in your passport)

Address:

City: Postal Code: E-mail:

Phone: Home: Business: Mobile:

Date of birth: Day: Month: Year: Do you wish to purchase insurance? Yes: No, I decline:

I wish to share room with: I request a single room (\$820): Yes: No:

Emergency contact in Canada: Name: Phone No:

Deposit of \$300 per person, plus insurance (if selected), must accompany each registration

Payment by Credit Card: Visa: Master Card: ... Amex: Credit Card Number:

Expiry date MM/YY: Security Code: Name of Cardholder:

Signature of Cardholder:

Payment by Cheque: Please make cheque payable to Connaissance Travel and Tours.

Mail to: 3852 Finch Ave East, Suite #306, Toronto ON, M1T 3T9

Terms and Conditions for Connaissance Travel and Tours (CTT) Tour Programs

HOW TO BOOK: Please call, email or send the registration form. A non-refundable deposit of \$300 per person is required at time of booking. Travel Insurance must be purchased at time of booking.

TOUR INCLUDES: Round trip air transportation from Toronto, unless specified otherwise, all airport taxes and surcharges, hotel accommodation first class or superior class based on double occupancy, 2 meals daily (breakfast and dinner), all sightseeing as per itinerary with English speaking guide, all tips for bus drivers and guides in restaurant and hotels.

NOT INCLUDED IN THE COST OF THE TOUR: Meals not specified, optional tours and events, insurance, documentation.

- Single room supplement: \$820

BALANCE OF PAYMENT: Balance due is payable 100 days prior to departure. For late bookings (within 100 days) full payment is due immediately.

CANCELLATION: If cancellation is necessary, please advise CTT immediately in writing. Cancellation charges are as follows:

- 100 days before departure or earlier - \$300 per person
- Between 99 and 46 days before departure: 50% of the total cost
- 45 days or less: 100% of the total cost

CHANGES IN BOOKING: CTT will advise you of any change we feel significantly alters the holiday which you have purchased from us. Occasionally, changes might occur close to departure time. In such cases, you will be notified as soon as possible. Due to circumstances beyond our control, the local tour operator may have to make last minute changes in hotel or schedule. We reserve the right to substitute any of the hotels with hotels in similar or better category. First-class twin-bedded rooms with private facilities are used.

UNUSED SERVICES: No refund or adjustment can be made for any portion of holiday not used.

GOOD VALUE AND EXPECTATIONS: The Ministry of Consumer Relations requires that Ontarians travelling abroad be advised that they may encounter different living standards and practices than those at home.

FLIGHT CONNECTIONS: CTT sells holidays from and returning to Toronto only, unless otherwise specified. In the event of a change in our flight times, with or without notice, we cannot accept responsibility for any special connecting fares which you might purchase and which cannot be changed without penalty.

TRAVEL DOCUMENTATION: A valid Canadian passport is required for all visits outside of Canada. It is the sole responsibility of the passenger to ensure proper and valid documentation. Failure to provide valid documentation may result in denied boarding of the aircraft and cancellation of your flight arrangements without refund.

If you are holding a passport other than Canadian, please contact CTT to determine whether or not a visa is required for entry into the country you will be visiting. All passports must be valid more than 6 months after the last return date of their tour.

FLIGHT TIMES: All flight times are subject to change with or without prior notice to the passengers or his/her agent. CTT does not accept liability for missed connections or any expenses resulting from an off-schedule, rescheduled or late flight operations.

PRICES: Prices in this brochure are given in Canadian dollars unless otherwise stated. Prices are correct at the time of going to press. In the event of any changes beyond CTT control, including but not limited to increase in government taxes or levies, airport taxes or surcharges or substantial changes in foreign exchange rates, CTT reserves the right to surcharge the passenger/s up to 7% of a tour cost.

LIABILITY: CTT is a tour operator and has made the advertised holiday arrangements with the airline/s/, hotel/s/, cruise ship/s/, other operator/s/, and other. Each of these organizations has its own specific terms and conditions for doing business and you will be bound by them. CTT accepts no responsibility for: (a) the acts or omissions of any party/ies other than CTT employees, (b) failure by the passenger to be properly documented, (c) failure by the passenger to comply with departure or joining or baggage requirements, (d) aircraft delays, government actions, acts of God or any factors beyond our direct control, (e) cancellation or delay to any tour or holiday or change to the itinerary, (f) expenses resulting from lost or damaged baggage. CTT reserves the right to refuse any person as a member of these tours at its own discretion. CTT reserves the right to cancel any or all departure/s with or without prior notice and CTT sole responsibility shall be to refund all monies paid for such cancelled departures. The laws and courts which govern this contract are those of the Province of Ontario.

IMPORTANT INFORMATION: When you book your CTT tour, an agreement is made between you and CTT and others who will provide services. Please read carefully the information on this page for it sets out the conditions governing the provisions of these holidays.

TRAVEL INSURANCE:
PLEASE CONTACT AGNES 416-418-3599

FOR MORE INFORMATION AND TO REGISTER PLEASE CONTACT:

Agnes: 416-418-3599 agnes@cttour.ca
Maria: 905-334-0559 maria@cttour.ca



18TH SUNDAY IN ORDINARY TIME YEAR B

WHY DO WE FOLLOW HIM?

Last week I wrote about “Hunger for God” and invited everyone to examine themselves if we are hungry for God or not. Today we reflect “why do we follow him”? A story by an unknown author is direct hit to our conscious to see why do we follow Jesus? Do we think being Christian is more than enough to follow Jesus or do we need to do something more to follow him?

One day, I woke early in the morning to watch the sunrise. Ah! ... the beauty of God's creation is beyond description. As I watched, I praised God for His beautiful work. As I sat there, I felt the Lord's presence with me. He asked me, "Do you love me?" I answered, "Of course, God! You are my Lord and Saviour!" *Then He asked, "If you were physically handicapped, would you still love me?"*

I was perplexed. I looked down upon my arms, legs and the rest of my body and wondered how many things I wouldn't be able to do and thought about the things that I take for granted. I answered, "It would be tough Lord, but I would still love You."

Then the Lord said, "If you were blind, would you still love my creation?"

How could I love something without being able to see it? Then I thought of all the blind people in the world and how many of them still loved God and His creation. So I answered, "It's hard to think of it, but I would still love you."

The Lord then asked me, "If you were deaf, would you still listen to my word?"

How could I listen to anything being deaf? Then I understood. Listening to God's Word is not merely using our ears, but our hearts. I answered, "It would be tough, but I would still listen to Your word."

The Lord then asked, "If you were mute, would you still praise My Name?"

How could I praise without a voice? Then it occurred to me, God wants us to sing from our very hearts and souls. It never matters what we sound like. And praising God is not always with a song, but when we are persecuted, we give God praise with our words of thanks. So I answered, "Though I could not physically sing, I would still praise Your Name."

And the Lord asked, "Do you really love Me?"

With courage and a strong conviction, I answered boldly, "Yes Lord! I love You because You are the one and true God!"

I thought I had answered well, but God asked, "Then why do you sin?"

I answered, "Because I am only human. I am not perfect."

"Then why in times of peace do you stray the furthest? Why only in times of trouble do you pray the earnest?"

I had no answers ... only tears.

The Lord continued. "Why only sing at fellowships and retreats? Why seek Me only in times of worship? Why ask things so selfishly? Why ask things so unfaithfully?"

The tears continued to roll down my cheeks. "Why are you ashamed of Me? Why are you not spreading the good news? Why in times of persecution, you cry to others when I offer My shoulder to cry on? Why make excuses when I give you opportunities to serve in My Name?"

"You are blessed with life. I made you not to throw this gift away. I have blessed you with talents to serve Me, but you continue to turn away. I have revealed My Word to you, but you do not gain in knowledge. I have spoken to you, but your ears were closed. I have shown My blessings to you, but your eyes were turned away. I have heard your prayers and I have answered them all. Do you truly love me?

I could not answer. How could I? I was embarrassed beyond belief. I had no excuse. What could I say to this? When my heart had cried out and the tears had flowed, I said, "Please forgive me Lord. I am unworthy to be Your child."

The Lord answered, "That is My Grace, My child."

I asked, "Then why do you continue to forgive me? Why do You love me so?"

The Lord answered, "Because you are My creation. You are my child. I will never abandon you. When you cry, I will have compassion and cry with you. When you shout with joy, I will laugh with you. When you are down, I will encourage you. When you fall, I will raise you up. When you are tired, I will carry you. I will be with you until the end of days, and I will love you forever."

Never had I cried so hard before. How could I have been so cold? How could I have hurt God as I had done? I asked God, "How much do You love me?"

The Lord stretched out His arms, and I saw His nail-pierced hands. I bowed down at the feet of Christ, my Savior. And for the first time, I truly prayed.

In the Book of Revelation, we read that once our relationships become very cold though we follow Jesus, then he has a complaint against us: "I know your works, your toil and your patient endurance. I know that you cannot tolerate evildoers; you have tested those who claim to be apostles but are not and have found them to be false. I also know that you are enduring patiently and bearing up for the sake of my name, and that you have not grown weary. But 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. Yet this is to your credit: you hate the works of the Nicolaitans, which I also hate. Let anyone who has an ear listen to what the Spirit is saying to the churches. To everyone who conquers, I will give permission to eat from the tree of life that is in the paradise of God" (2:3-7). Isn't not true especially in our present times? Mahatma Gandhi once said, "I love Christianity but not Christians because their works are not in accordance with the teaching of Jesus". St. John in his Gospel quotes the words of Jesus in a similar manner "by your works, people will know that you're my disciples".

Last Sunday we saw that people were fed with small amount of food which was hard to understand that how is it possible to happen? However, God's providence works in a mysterious way and people were happy to have food, but by the end of the Gospel it was a kind of disturbing because people were only interested to make Jesus their king so that they could get free food. They kept following him but why? Let us reflect today.

In the First Reading the people of Israel are lashing out their anger at Moses and Aaron for bringing them to desert and not providing food. They are remembering their past that how happy they were in Egypt because they had enough food to eat there. How sad it is to see that they had forgotten the Lord who brought them out of the slavery with a mighty hand? They became ungrateful and unfaithful to the Lord. Rather than following God they started following their conscious. However, in spite of their unfaithfulness, God loved them and provided them their due food in the wilderness for forty years; "The Lord gave them the bread of heaven" as Psalmist says in the responsorial Psalm today.

First Reading has some serious questions for us to reflect upon:

1. What type of relationship do we have with God & Jesus?
2. Is physical food more important for us or spiritual?
3. Why do we become unfaithful and ungrateful to the Lord?
4. What brings us back to God? (Prodigal son only came back to his father when he was hungry...Luke 15:11-32)
5. What role does the Holy Eucharist play in our day-to-day life?
6. Do we trust in the mercy and providence of God?

In the Gospel, a crowd had gathered around Jesus. They had just seen the multiplication of the loaves; it was one of those events that remained etched in the mind and heart of the first community of disciples. There had been a party: a feast that showed God's superabundant generosity and concern for his children, who became brothers and sisters in the sharing of bread. Let us imagine for a moment that crowd. Something had changed. For a few moments, those thirsting and silent people who followed Jesus in search of a word were able to touch with their hands and feel in their bodies the miracle of a fraternity capable of satisfying superabundantly.

Pope Francis reflects on the Gospel this way "The Lord came to give life to the world. He always does so in a way that defies the narrowness of our calculations, the mediocrity of our expectations and the superficiality of our rationalizations. A way that questions our viewpoints and our certainties, while inviting us to move to a new horizon enabling us to view reality in a different way. He is the living Bread come down from heaven, who tells us: "Whoever comes to me shall not hunger, and whoever believes in me shall never thirst". However, the other side of the miracle is very sad because people are following Jesus merely for physical food; "when they found him on the other side of the sea, they said to him "Rabbi, when did you come here?" Jesus answered them "very truly I tell you, you are looking for me, not because you saw signs, but because you ate your fill of the loaves". Have we ever asked the Lord "Lord be part of my life"?

There are two faulty assumptions with people in the Gospel: First, they saw Jesus who only feeds with physical food rather than accepting him as a Divine provider. Second faulty assumption of these people is that they are only hungry for physical food. I think these two faulty assumptions of people at the end of the chapter led them from Jesus because did not want to have spiritual food and they turned away

from him. In part, I believe, it was because these various people had a wrong conception of who Jesus is and they were following Him for what they thought He would do for them. Because they had a faulty notion of spiritual truth regarding the person of Jesus Christ and a man-centered theology, they fell away in a time of difficulty when things didn't go as they had hoped. If we want a faith that endures hardship and trials, we need to understand that...

We should follow Jesus because He is Lord, not just because of what He can do for us.

What should we do to follow him? Jesus himself has given us the guidelines to follow him:

1. We must believe in him whom God has sent us.
2. We must believe that God is the one who provides us the finest food.
3. We must believe that Jesus is the bread that came down from heaven to give us life.
4. We must believe that Jesus is the bread of life.
5. We must believe that by coming near to him, we will never be hungry and thirsty again.

I am not denying that Jesus can and will do much for us when we follow Him. But I am affirming that the main reason we must follow Jesus is because of *who He is*, not because of what He can do for us. We may get tortured and killed for our faith, but we still must follow Jesus if He is the Sovereign Lord of all. The lives of saints and martyrs in our Catholic faith encourage us how to follow Jesus and only hunger for him. Here are some quotes from the saints for us to understand why we follow Jesus.

"Pain and suffering have come into your life, but remember pain, sorrow, suffering are but the kiss of Jesus — a sign that you have come so close to Him that He can kiss you." St. Mother Teresa of Calcutta
"Nowhere other than looking at himself in the mirror of the Cross, can man better understand how much he is worth."

"Christians must lean on the Cross of Christ just as travelers lean on a staff when they begin a long journey. They must have the Passion of Christ deeply embedded in their minds and hearts, because only from it can they derive peace, grace, and truth."

"Actions speak louder than words; let your words teach and your actions speak." St. Anthony of Padua
"No one should follow what he considers to be good for himself, but rather what seems good for another. Let them put Christ before all else; and may he lead us all to everlasting life." St. Benedict
"Love God, serve God; everything is in that. Totally love Him, who gave Himself totally for your love." St. Clare of Assisi

In following, things may not look promising for Jesus, but we are faithful to him, he will give us the crown of eternal glory. Here is a story by an unknown author to end my reflection.

There was a couple who used to go to England to shop in the beautiful stores. They both liked antiques and pottery and especially teacups. It was their twenty-fifth wedding anniversary. One day in this beautiful shop they spotted a beautiful cup. They said, "May we see that? We've never seen one quite so beautiful."

As the lady handed it to them, suddenly the cup spoke. "You don't understand," it said. "I haven't always been a teacup. There was a time when I was red, and I was clay. My master took me and rolled me and patted me over and over and I yelled out, 'let me alone,' but he only smiled, 'Not yet.'"

"Then I was placed on a spinning wheel," the cup said, "and suddenly I was spun around and around and around. Stop it! I'm getting dizzy! I screamed. But the master only nodded and said, 'Not yet.' "Then he put me in the oven. I never felt such heat!" the teacup said. "I wondered why he wanted to burn

me, and I yelled and knocked at the door. I could see him through the opening, and I could read his lips as He shook his head, 'Not yet.'

"Finally, the door opened, he put me on the shelf, and I began to cool. 'There, that's better,' I said. And he brushed and painted me all over. The fumes were horrible. I thought I would gag. 'Stop it, stop it!' I cried. He only nodded, 'Not yet.' "Then suddenly he put me back into the oven, not like the first one. This was twice as hot, and I knew I would suffocate. I begged. I pleaded. I screamed. I cried. All the time I could see him through the opening, nodding his head saying, 'Not yet.'

"Then I knew there wasn't any hope. I would never make it. I was ready to give up. But the door opened, and he took me out and placed me on the shelf. One hour later he handed me a mirror and said, 'Look at yourself.' And I did. I said, 'That's not me; that couldn't be me. It's beautiful. I'm beautiful.'

"I want you to remember, then,' he said, 'I know it hurts to be rolled and patted, but if I had left you alone, you'd have dried up. I know it made you dizzy to spin around on the wheel, but if I had stopped, you would have crumbled.

I knew it hurt and was hot and disagreeable in the oven, but if I hadn't put you there, you would have cracked. I know the fumes were bad when I brushed and painted you all over, but if I hadn't done that, you never would have hardened; you would not have had any color in your life.

And if I hadn't put you back in that second oven, you wouldn't survive for very long because the hardness would not have held.

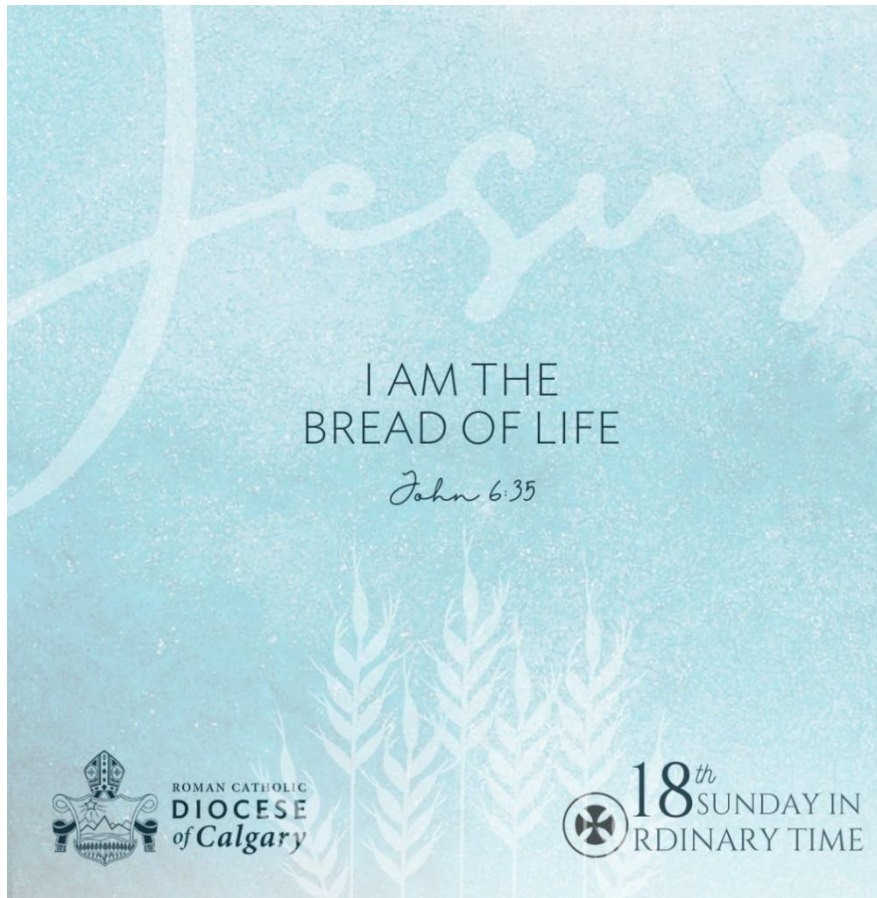
Now you are a finished product. You are what I had in mind when I first began with you."

Let's examine ourselves by asking **"why do we follow Jesus?"**



Photo by: Fr. Iqbal Khurshid

18th 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> | TEL US Optik TV Ch. 877 (choose Diocese of Calgary tile logo). For other online Masses, visit [Salt+Light TV](#), [Shalom World TV](#), [EWTN](#) and [Vision TV](#)

COVID-19 Resources

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

July Edition of *Faithfully*

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

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

A message from Mike McDonald, Mission Mexico On-Site Coordinator (July 26,



2021):

The people where I live in Tlapa know that I travel to visit very poor families in the most isolated and impoverished villages in the Mountain, and they often give me used clothing to share. Friends help me to prepare individual bags for women, men, girls, boys, baby, etc. These are photos from my trip this past weekend. None of this would be possible without the Mission Mexico truck. Thank you, Diocese of Calgary. 🙏🇲🇽



- To help Mission Mexico, please give online catholiccyyc.ca/donatemissionmexico
- Read more stories from Mike McDonald at facebook.com/MissionMexicoRC

Angels on High Hike 2021

Angels on High is an exciting outdoors adventure consisting of priests and community members with a goal to raise funds used to help build St. Gabriel the Archangel Catholic Church building in Chestermere. This year we will be hiking Junction Creek, Kananaskis on **August 14, 2021**.

- [Learn or sign up to Angels on High Hike here](#) or
- [Donate to St. Gabriel's building fund here](#)



Employment Opportunities

There are more employment opportunities in parishes and Catholic organizations throughout the Diocese. Highlighted this week:

- St. Anne's Korean Parish in Calgary has an opening for housekeeper (fluent in both Korean and English)
- Ste. Famille in Calgary has an opening for Administrative Assistant (fluent in both French and English)
- More positions available on the website. Please visit catholiccyyc.ca/careers for more information and application details.

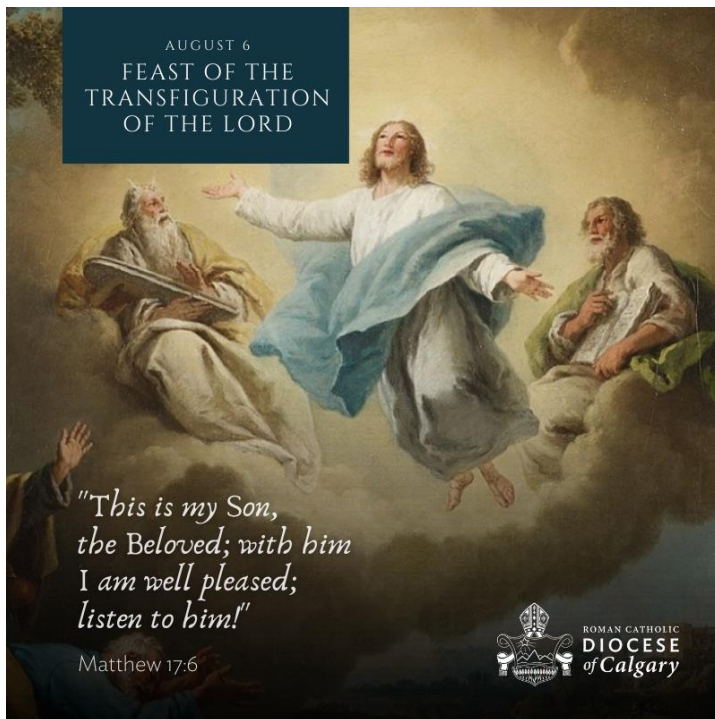


Humility in Eucharistic Ministry & Devotion

Neither the priest who consecrates nor the deacon who serves at the altar is a worthy minister of Christ, who willingly humbles Himself in love for His people. Celebration of the Eucharist and continuing devotion offer clergy an opportunity to participate in the humble nature of our Lord.

Join [Rev. David Songy, O.F.M.Cap., S.T.D., Psy.D.](#) in a free online workshop exploring the connection between sacramental identity of priests and deacons and its practical expression in the celebration of the Eucharist and devotion to the Blessed Sacrament.

- When: Thursday, August 19, from 11 am to 1 pm MT
- Who should join: Who should join: priests, deacons, men and women religious, lay ministers, and those involved in vocations, formation, or clergy and ministry personnel needs.
- [Register here](#)



The Feast of Transfiguration

On Friday, August 6, our liturgy invites us to celebrate the feast of the Transfiguration of the Lord.

For a moment Jesus discloses his divine glory, confirming Peter's confession. (CCC 555) Christ's Transfiguration aims at strengthening the apostles' faith in anticipation of his Passion: the ascent on to the "high mountain" prepares for the ascent to Calvary. Christ, Head of the Church, manifests what his Body contains and radiates in the sacraments: "the hope of glory." (CCC 568). The Transfiguration gives us a foretaste of Christ's glorious coming, when he "will change our lowly body to be like his glorious body." But it also recalls that "it is through many persecutions that we must enter the kingdom of God" (CCC 556)

- [Mass readings for August 6, 2021](#)
- [Activities & background for the](#)

[Transfiguration of the Lord](#) (Sunday Connection, Loyola Press - for Gr. 1 to 8)

- [Colouring sheet for Transfiguration of the Lord](#)
- [Celebrating the Feast of the Transfiguration with your family](#) (OSV Kids)
- [Transfiguration activities & crafts](#) (The Religion Teacher)
- [10 things you need to know about Jesus' Transfiguration](#) (NCR)
- [Bishop Robert Barron's](#) reflection on the Transfiguration as a template for mystical experiences.
- [Dr. Elizabeth Klein considers the ways in which Raphael portrays the divinity of Jesus in his depiction of The Transfiguration](#) (Formed.org)
- [Morning Prayer](#) | [Evening Prayer](#)
- Download [Graphic](#)

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](#)



Share your 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 [here](#)

Worth Sharing

1. Kids Resources: 18th Sunday of Ordinary Time.

- [Gospel](#) Reflection: Jesus tells us that he is the bread of life. He makes us strong and able to help others.
 1. [Kid's Bulletin for this Sunday](#)
 2. [Colouring page this Sunday](#)
 3. [Sunday Connection for 18th Sunday of Ordinary Time](#) (Gr. 1-8)
- Children's Sunday Liturgy for 18th Sunday of Ordinary Time
 1. [Children's Liturgy weekly leaflet](#) for leaders or parents by [CAVOD](#), with gospel reflection, intercession & activity suggestions)
 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. Retrouvaille Marriage Retreat - in person or virtual

Retrouvaille invites couples in need of healing in their relationship for a weekend retreat, in person (Sep. 10-12) or virtual (Sep. 16-19). For more information, visit helpourmarriage.org

3. BC Bishops' Campaign in Support of Healing and Reconciliation

The Catholic Bishops of British Columbia recognize the need for a province-wide initiative to raise funds to support healing and reconciliation between Indigenous and non-Indigenous people in our Province. This appeal will launch formally in September 2021. [Read more](#)

4. Pray for migrants drown in Libyan coast

At least 57 people drowned on Monday after a boat capsized off the Libyan coast near Khums in the latest tragedy in the Mediterranean where more than 1,100 men, women and children have lost their lives this year. [Read more](#)

5. Gold-winning Filipina Olympian shares her Miraculous Medal for the world to see | There were a lot of emotions when Hidilyn Diaz stood up on the podium to receive her Olympic gold medal – the first ever for the Philippines. On the podium Hidilyn Diaz celebrates with Our Lady's Miraculous Medal. [Read more](#)

6. Olympic Runner Takes Long-Distance Route to Catholic Church

Alan Webb is drawn by the Eucharist and inspired to pursue 'eternal Gold.' "Running was my idol, so if I had been able to medal at the Olympics, it might have been my undoing." [Read more](#)

7. How the Olympics can inspire us to become saints

Every few years the world becomes fascinated by the Olympics, watching in awe the physical perfection that each athlete has accomplished. St. John Paul II believed the Olympics can be an inspiration for our spiritual life, encouraging us to aim for perfection. [Read more](#)

8. Experts affirm: Transgender kids need truth and love

The international *Courage* and *EnCourage* conference tackles a tough issue. *Courage* works with same-sex attracted men and women who share its five goals: chastity, prayer, fellowship, support and role models. *EnCourage* works with the families of "LGBT" persons, offering spirituality, information, relationship support, assistance and witness. The theme of this year's conference, "St. Joseph: Model of Courageous Love," gave its speakers the opportunity to talk about the complementary of the sexes. [Read more](#)

9. The extension of my domestic church

Sarah deJong Mann in Brooks is grateful for having Catholic education growing up. Now a mother of

four, she is even more grateful. "It was an extension of my domestic church." [Read more](#)

10. Igniting the spark of my faith: Sister Madeleine

Shannon Griffin in Calgary writes about Sr. Madeleine Gregg, FCJ: "Being in her presence has ignited a spark in me to develop a faith more like hers and to share it with others." [Read more](#)

11. Career opportunities

- FCJ Retreat & Conference Centre in Calgary has a new opening for Communication, Marketing and Fund Development Specialist.
 - St. Anne's Parish in Calgary has a new opening for housekeeper.
 - St. Peter's Parish in Calgary has a new opening for Sacrament Preparation Coordinator.
 - St. James in Okotoks has a new opening for Receptionist.
- Please visit catholicyc.ca/careers for more information and application details.

12. 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](#)

13. Confession resources

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

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

The Statement on Commitment & Contribution to Reconciliation and Healing

The statement on "Commitment & Contribution of the Diocese of Calgary to Reconciliation and Healing" had been shared with all clergy and parishes on Friday, July 16.

- [Statement on our website](#)
- [Statement in PDF](#)
- Statement in image files ([#1](#) [#2](#))
- To share on social media, visit post on [Facebook](#), [Instagram](#) & [Twitter](#)

Clergy Personnel Announcement

The Bishop's Office have shared the newest clergy personnel announcement with all clergy and parish offices on Tuesday, July 20.

- [Download Personnel Announcement \(PDF\)](#)
- [Visit the Personnel Announcements page on our website](#)

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



LITURGICAL GUIDELINES

FOR STAGE 3
#AB #OPENFORSUMMER



» CALGARYDIOCESE.CA

Updated guidelines for Stage 3

The updated guidelines through this page: catholiccy.ca/blog/covid19 - it's also available on our front page by clicking "COVID-19 in the Diocese" button.

Creation Care School - Free Courses

Creation Care School offers pastoral staff a selection of quality courses which explore integral ecology developed by Pope Francis in his encyclical *Laudato Si'* (2015). "This school is for Christians who want to get involved in environmental action and awareness in their own local church. When a whole faith community starts caring for Creation, your church gets new media coverage and youth wanting to participate."

Instructor: Norman Levesque, who is the diocesan officer for Creation Care Ministry since 2011 in the Diocese of Saint-Jean-Longueuil (near Montreal) and a member of the *Laudato Si'* working group of the Vatican Dicastery for Integral Human Development. Here are two free courses for you:

- [Greening your church in 10 steps \(1 hr\)](#)
- [Laudato Si': A revolutionary encyclical \(1 hr\)](#)
- [More courses here](#)

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

St. Joseph's Year catechesis for youth

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

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

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

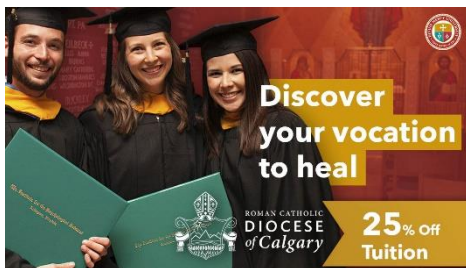
The Year of *Amoris Laetitia* Family

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

Patris Corde Guided Video Reflections

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

- [Video reflections & guide here](#)



Reduced tuition rates from DMU

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

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

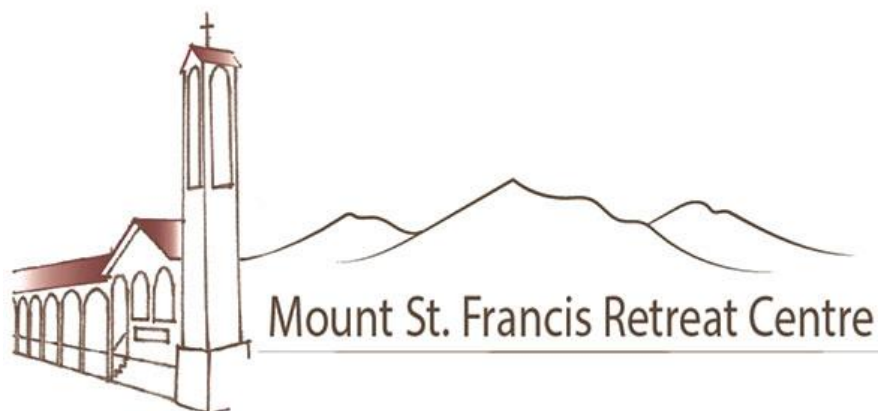
Online Faith Formation Courses

Certificate in Catholic Studies

The Benedict XVI Institute for New Evangelization offers a comprehensive selection of courses on various aspects of the Catholic faith. All are offered online. Each course runs five weeks and costs \$85. Take an individual course for interest, or work toward one or all of the twenty two specialized Certificates in Catholic Studies. Students may register completely online at newman.edu/ccs Visit our website for further details and FAQs.

Other online formation opportunities

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



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.