



Welcome to HOLY FAMILY PARISH

AUGUST 29, 2021, 2021 – 22ND SUNDAY IN ORDINARY TIME

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



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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

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

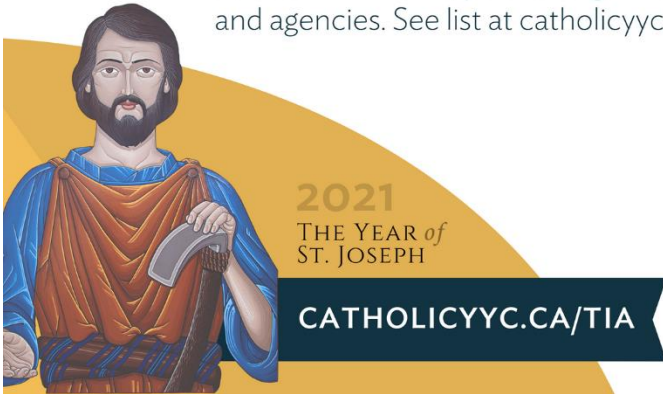
OUR PARISH GOAL

\$ 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 \$ 22,967.80 = 46%



OPERATING FINANCES	
July 1-31, 2021	
Operating Budget 2021	\$ 55,019
General Envelope Collection	\$ 40,443
Loose Collections	\$ 1,099
Future Development	\$ 2,916
Sale of Church Supplies & Other	\$ 3,850
Other Ministries	\$ 491
Budget Vs Actual	-\$ 6,220
SPECIAL COLLECTIONS	
Together in Action (TIA)	\$ 2,200
Clergy Retirement	\$ 25
St Vincent de Paul	\$ 3,001
Seminarian Fund	\$ 40
Mission Mexico	\$ 70
CARO	\$ 85
<i>Thank You for your Generous Contributions</i>	

† Masses Intentions †	
August 28 – September 3	
Saturday, August 28	
	5:00pm – Lillian Lewans †
Sunday, August 29	
	8:30 am – Boris Kanuka
	10:30am – Ray Darr †
	6:00pm – Holy Family Parish
Monday, August 30	
	9:00am – Anna Schafer †
Tuesday, August 31	
	9:00am – Jordon Lewans
Wednesday, September 1	
	9:00am – Shayne Lewans
Thursday, September 2	
	9:00am – Botelho Family †
Friday, September 3	
	9:00am – Orlando Cabral †

22nd Sunday in Ordinary Time - Sunday, August 29, 2021

1st Reading: Deuteronomy 4.1-2, 6-8

You must not add anything to what I command you. Keep the commandments of the Lord.

Responsorial Psalm: Ps 15.2-3a,3b-4a,4b-5 (*R. 1*)

R. O Lord, who may abide in your tent?

2nd Reading: James 1.17-18,21-22,27




Be doers of the word, not merely hearers.

Gospel: Mark 7.1-8,14-15,21-23

You abandon the commandment of God and hold to the human tradition.

CALL TO HOLINESS.

Sometimes law and custom can be so onerous, so heavy that we can lose focus on right behavior. That is part of the conversation today as we return to the Gospel of Mark. Observing traditions is good and right. But avoiding oppressing thoughts, words, and deeds is better. In the Second Reading, Saint James says: "Be doers of the word and not hearers only." In short, be holy.

-  What unholy words and deeds can I avoid?
-  What holy words and deeds shall I do this week?
-  Whom can I invite to holy behavior with me?



"Annual" Blessing of the Pets

September 12, 2021

ORGANIZATION MEETING

Wednesday, September 1st

7:00pm Hope Room

Please contact Lawrence or
June Streifel

403-527-8941 or lastreif@gmail.com





22nd Sunday in Ordinary Time – Year B

Sunday, August 29, 2021

INNER PURIFICATION

Laws and rules either in society or religion are there to help people to discipline themselves and become good citizen or followers of a particular religion. These rules and regulations enhance their relationship with one another and God as well; however sometimes people take these laws over the limits and then there is no respect left for human beings. Of course, God's people through the ages have always looked for ways of maintaining their purity of life by external structures and rules. The Jews developed a whole range of rules and regulations to govern everyday life, to help people to be sure they were faithful to God in every circumstance. But it didn't stop with the Jews. The monastic movement in the Medieval Church developed various rules of life to help Christians structure their lives around the worship of God, so in one version, the day was broken up into periods of work or rest separated by times of prayer.

What do we need today as we reflect on the Word of God this Sunday? Do we only need external purification or internal also? Being followers, we do need inner purification to have a better relationship with the Lord.

One day, a disciple and his teacher were walking through the forest. The disciple was disturbed by the fact that his mind was in constant unrest.

He asked his teacher: "Why are most people's minds restless, and only few possess a calm mind? What can one do to still the mind?"

The teacher looked at the disciple, smiled and said, "I will tell you a story."

"On one beautiful day, an elephant was standing by the shade of a tree, eating leaves. Suddenly, a small fly came buzzing and landed on the elephant's ear. The elephant stayed calm and continued to eat, not heeding the fly."

"The fly flew around the elephant's ear, buzzing noisily, yet the elephant seemed to be unaffected. This bewildered the fly, and it asked, 'Are you deaf?'

"No!" The elephant answered.

"Why aren't you bothered by my buzz?" The fly asked.

“Why are you so restless and noisy? Why can’t you stay still just for a few moments?” Asked the elephant, and peacefully continued eating the leaves.

The fly answered, “Everything I see, hear and feel attracts my attention, and all noises and movements around me affect my behavior.”

“What is your secret? How can you stay so calm and still?”

The elephant stopped eating and said, “My five senses do not disturb my peace, because they do not rule my attention.”

“I am in control of my mind and my thoughts, and therefore, I can direct my attention where I want, and ignore any disturbances, including your buzz.”

“Now that I am eating, I am completely immersed in the act of eating. In this way, I can enjoy my food and chew it better. I am in control of my attention, and therefore, I can stay peaceful.”

Upon hearing these words, the disciple’s eyes opened wide, and a smile appeared on his face. He looked at his teacher and said:

“I now understand! My mind will always be in constant unrest, if my five senses, and whatever is happening in the world around me, are in control of it. On the other hand, if I am in command of my five senses, able to disregard sense impressions, and able to control my thoughts, my mind will become calm, and I will be able to disregard its restlessness.”

“Yes, that’s right,” the teacher answered, “The mind is restless and goes wherever the attention goes. Control your attention, and you control your mind.”

I strongly believe that once our eyes are focused on the Lord, there is no reason that you won’t have inner purification. In the First Reading we read that the Israelites are given laws to follow them so that they could be people of God “You must observe them diligently, for this will show your wisdom and discernment to the peoples, who, when they hear all these statutes, will say, ‘Surely this great nation is a wise and discerning people!’” The first five Books of the Bible are full of rules and regulations for people to follow and live a very holy life and become chosen people of God.

In the Second Reading St. James is encouraging everyone to follow the value of “generous act of giving” which is greatest gift of our faith. Through giving we receive and by receiving we give because God keeps blessing us with his abundant blessings.

In the Gospel we have an interesting situation where the Pharisees and scribes are arguing with Jesus regarding his disciples who are eating without washing their hand, thus defiling the traditions of the elders. Has our mother taught us to wash our hands before you eat? Now we can tell her that Jesus is against her rule, right? Wrong! The Pharisees washed their hands before eating, but not to cleanse themselves of germs, because they didn't know about germs two thousand years ago. They washed their hands to obey their tradition, believing that if they ate with unwashed hands, they would become defiled and unacceptable to God. That small error in their thinking wouldn't have been so bad, except that their misconception about what made them acceptable or unacceptable to God extended much farther. Some of the traditions they

kept violated God's Word. Thus, as Jesus said, they rejected God's specific laws and substituted their own traditions. Obeying man-made rules, they disobeyed God's rules. One example of this was their breaking of the fifth commandment: "Honor your father and mother." The Pharisees taught that a person didn't have to help his needy parents if he vowed to give his money to God. Because they were lovers of money (Luke 16:14), this tradition was probably designed to increase their own personal wealth. The Pharisees wouldn't have to spend their money supporting their elderly parents, plus, other people vowed to give their money to the Pharisees to support "God's work" rather than help their parents. This was just one of many examples of how the Pharisees broke God's law to protect their own traditions. Here comes Jesus to correct them and make sure they need inner purification as well.

Holy Father Pope Francis reflecting on the Gospel, explains the issue in this way "The discussion is about the value of the "tradition of the elders" (Mk 7:3) which Jesus, quoting the Prophet Isaiah, defines as the "precepts of men" which must never take precedence over the "commandment of God". The ancient rules in question consisted not only in the precepts God revealed to Moses, but in a series of norms that the Mosaic Law indicated. The interlocutors observed these norms in an extremely scrupulous manner and presented them as the expression of authentic religiosity. Therefore, they rebuked Jesus and his disciples for transgressing them, specifically the norms regarding the external purification of the body. Jesus' response has the force of a prophetic pronouncement: "You leave the commandment of God", he says, "and hold fast the tradition of men". These are words which fill us with admiration for our Teacher: we sense that in him there is truth and that his wisdom frees us from prejudice.

He continues to say, "After his exhortation, Jesus focuses attention on a deeper aspect and states: "there is nothing outside a man which by going into him can defile him; but the things which come out of a man are what defile him" (v. 15). In this way he emphasizes the primacy of interiority, that is, the primacy of the "heart": it is not the external things that make us holy or unholy, but the heart which expresses our intentions, our choices, and the will to do all for the love of God. External behaviour is the result of what we decide in the heart, and not the contrary: with a change in external behaviour, but not a change of heart, we are not true Christians. The boundary between good and evil does not pass outside of us, but rather within us. We could ask ourselves: where is my heart? Jesus said: "Where your treasure is, there will your heart be also". What is my treasure? Is it Jesus, is it his teaching? If so, then the heart is good. Or is my treasure something else? Thus, it is a heart which needs purification and conversion. Without a purified heart, one cannot have truly clean hands and lips which speak sincere words of love — it is all duplicitous, a double life — lips which speak words of mercy, of forgiveness: only a sincere and purified heart can do this

What do we learn from the Sacred Scripture today? Pay heed! With these words, Jesus wants to caution us too, today, against the belief that outward observance of the law is enough to make us good Christians. Dangerous as it was then for the Pharisees, so too is it for us to consider ourselves acceptable or, even worse, better than others simply for observing the rules, customs, even though we do not love our neighbour, we are hard of heart, we are arrogant and proud. Literal observance of the precepts is a fruitless exercise which does not change the heart and turn into practical behaviour: opening oneself to meet God and his Word in prayer, seeking

justice and peace, taking care of the poor, the weak, the downtrodden. We all know, in our communities, in our parishes, in our neighbourhoods, how much harm and scandal is done to the Church by those people who say they are deeply Catholic and often go to Church, but who then neglect their family in daily life, speak badly of others and so on. This is what Jesus condemns because this is a counter-witness to Christianity. We attend church every week, say the right things at the right times during the service, receive communion, and think that makes us acceptable to God. But the rest of the week, we lie, steal, judge, criticize, use foul language, and take God's name in vain.

Let us focus our hearts and minds on the inner purification and let Jesus rest in our lives so that we can have peace of mind from disturbance and obstacles. I hope the following story will help us to focus.

A holy monk, and his disciple, were strolling on the beach by the ocean. It was a cold day, and the wind was blowing strongly over the ocean, raising very high waves.

After walking for some time, the holy monk stopped, looked at his disciple and asked: "What does the choppy ocean remind you of?"

"It reminds me of my mind and my rushing and restless thoughts." Answered the disciple.

"Yes, the stormy ocean is like the mind, and the waves are the thoughts." The holy monk explained. "The mind is neutral like the water. It is neither good, nor bad. The wind is creating the waves, as desires and fears produce thoughts."

"I wouldn't want to be on a boat in the middle of the ocean, in a storm like this." Said the disciple.

"You are there all the time within this storm." Responded the holy monk and continued, "Most people are on a rudderless boat in the middle of a choppy ocean, even if they do not realize it. The mind of most people is very restless. Thoughts of all kinds come and go incessantly, agitating the mind like the ocean's waves."

"Yes," the disciple interrupted him, "You don't need to tell me this, I know that. This is the reason I want to learn from you. I want to calm down the waves of my mind."

The holy monk looked at the disciple for a while, smiled, and said: "You don't calm the ocean by holding the water and not letting it move. What is necessary is to stop the wind."

"Your thoughts, desires and fears are like the wind, and you need to calm them down, and not let them rule your life. You learn to control them by controlling your attention and focus, and then the ocean of your mind would become calm."

"And how do I do that?"

"Suppose it is possible for the ocean to disregard the wind, what would happen then?" asked the holy monk.

"The waves would cease. However, no one can stop the wind."

The holy monk looked at the disciple with a mysterious smile and said: “You can calm down the winds in your mind, which make the ocean of your mind restless. The winds are your thoughts, and the ocean is your mind.”

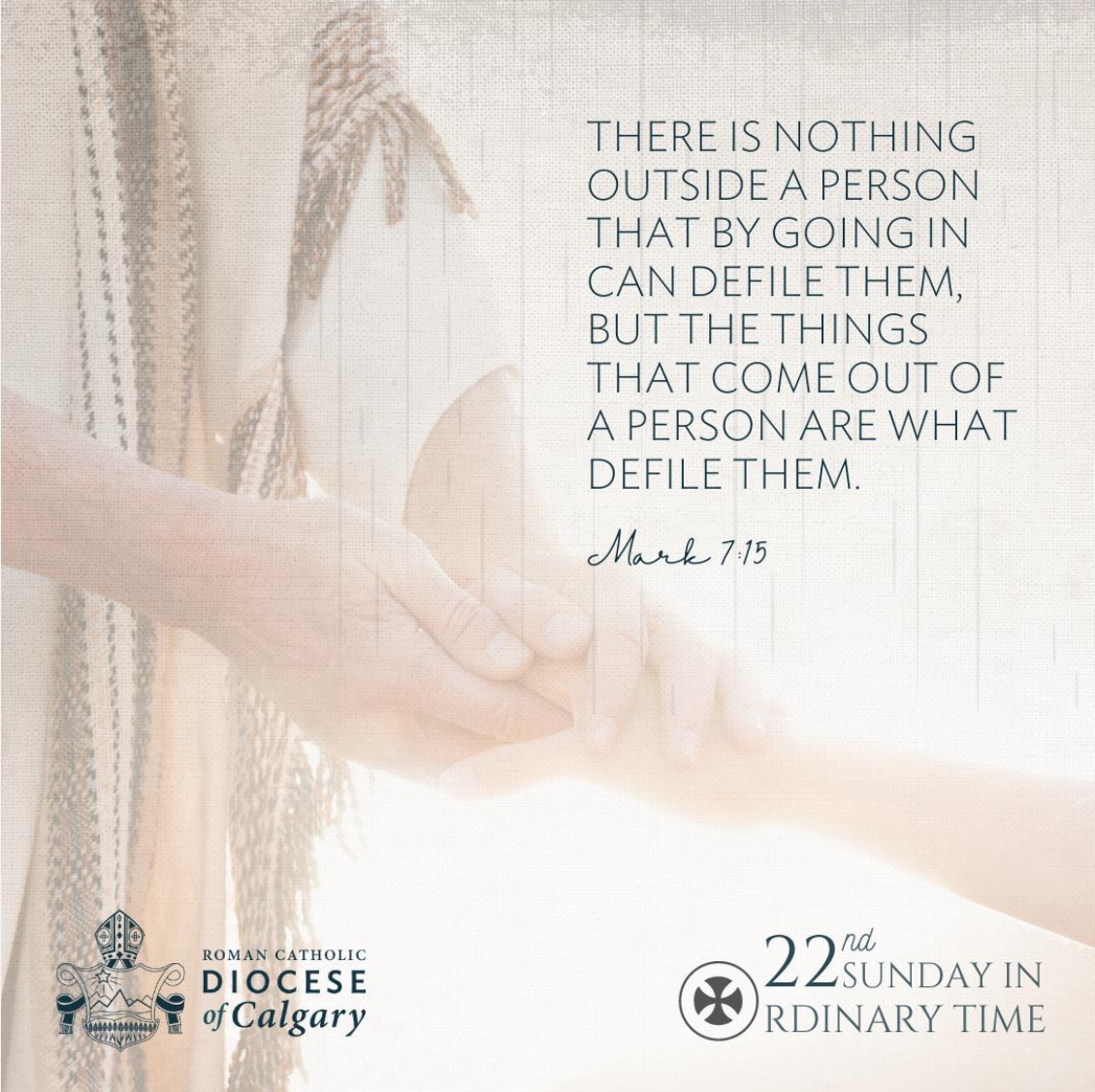
“Yes master”, said the disciple, “this is what I am trying to do. If I can succeed to calm the winds of my mind, would I also be able to bring more peace and calmness into the world around me?”

What does inner purification mean to you?



Photo by Fr. Iqbal Khurshid

22nd Sunday of Ordinary Time



THERE IS NOTHING
OUTSIDE A PERSON
THAT BY GOING IN
CAN DEFILE THEM,
BUT THE THINGS
THAT COME OUT OF
A PERSON ARE WHAT
DEFILE THEM.

Mark 7:15



ROMAN CATHOLIC
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22nd SUNDAY IN
ORDINARY TIME

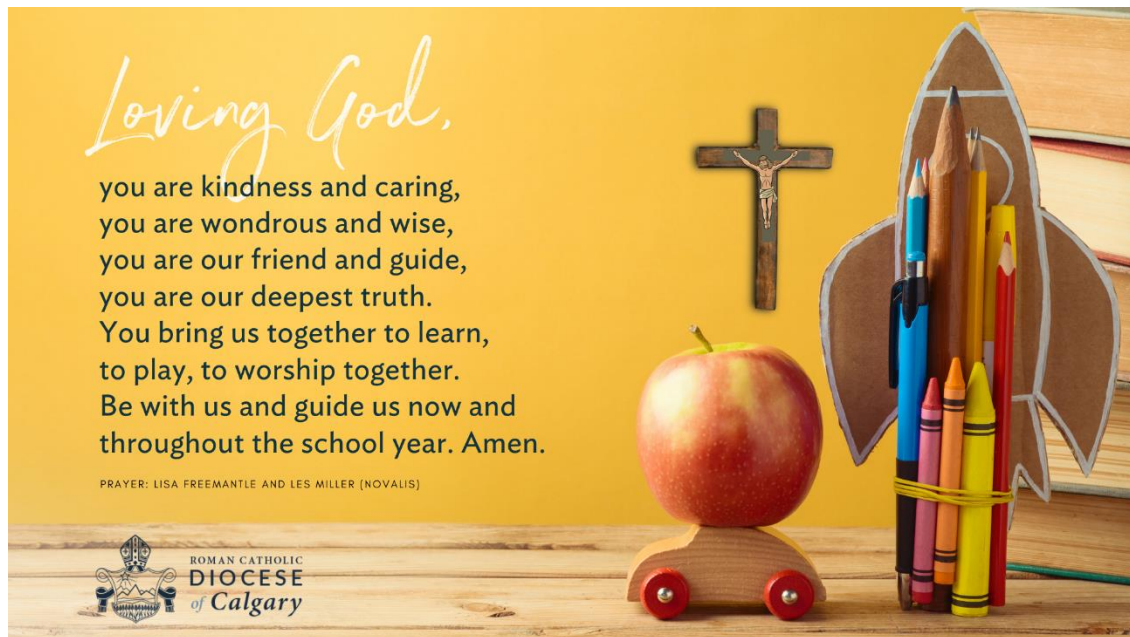
World Day of Prayer for the Care of Creation

In 2015, Pope Francis declared September 1 as the World Day of Prayer for the Care of Creation. The Pontifical Council for Justice and Peace has some proposed celebrations on their website. Gatherings for prayer are encouraged in parishes.



Pope Francis asks us to pray for creation on Sep. 1 - SeasonOfCreation.org

Back to school



As we begin the new school year in September, let us pray for each other and for the whole school family. May God give us courage as we look forward with anticipation and enthusiasm for the new school year. Please consider adding this petition on Sunday Mass:

- *For all students, teachers and administrators beginning a new school year, may this be a time of safety for them, and may they always listen to the voice of the Holy Spirit, so to grow fruitfully from their sharing and learning so as to make wise decisions and choices. We pray to the Lord.*
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Announcements & Resources

1. **22nd Sunday in Ordinary Time - Bulletin Shorts, free to use**

[Mass Readings](#) | **Call to**

Holiness. Sometimes law and custom can be so onerous, so heavy that we can lose focus on right behavior. That is part of the conversation today as we return to the Gospel of Mark.

Observing traditions is good and right. But avoiding oppressing thoughts, words, and deeds is better. In the Second Reading, Saint James says: “Be doers of the word and not hearers only.” In short, be holy.

- What unholy words and deeds can I avoid?
- What holy words and deeds shall I do this week?
- Whom can I invite to holy behavior with me? (*Source: Diocese of Springfield*)

2. **Resources for kids: 22nd Sunday in Ordinary Time**

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- [Gospel](#) Reflection: Jesus taught that the Pharisees had forgotten the meaning behind their rules. They thought that they were making themselves holy by following the rules about making things clean. But Jesus taught that there was something more important than these actions. Jesus taught that our words and deeds toward others are what show us to be holy people. (Source: Loyola Press)
 - [Kid's Bulletin for this Sunday](#) | [Colouring page this Sunday](#)
 - [Sunday Connection for 22nd Sunday in Ordinary Time](#) (Gr. 1-8)

 - Children's Sunday Liturgy for **the 22nd Sunday in Ordinary Time**
 - [Children's Liturgy weekly leaflet for leaders or parents](#) by *CAVOD*, with gospel reflection, intercession & activity suggestions)
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- [Children's Liturgy at home for leaders or parents](#) - by *Catholic Children's Liturgy*
 - [Children's Liturgy of the Word with Miss Heidi](#) (Catholic TV)
 - Does your parish have online Sunday program for children? If so, please share it with communications@calgarydiocese.ca

3. Resources for the upcoming election from *Catholic Conscience*

The 2021 Canadian federal election will take place on September 20, 2021, to elect members of the House of Commons to the 44th Canadian Parliament. Visit the Catholic Conscience's [election page](#) for election information and parties' platform comparison. Catholic Conscience is Canada's non-partisan Catholic civic and political leadership and engagement organization.

4. **Haiti needs your support**

Pwoteksyon Sivil Se Nou Tout and United Nations OCHA are reporting 2,100+ dead; 12,200+ injured; ≈61,000 houses destroyed; 76,000+ houses damaged; and 40% of the people in affected areas needing aid due to the recent earthquake in Haiti. Development and Peace partners, Caritas Haiti and ITECA Haiti, sprang into action right away. Your support can help them step up their emergency response.

[Please donate online](#)

5. **Portrait of a priest: Fr. John Petravicius**

This month Solomon Ip sat down with Fr. John Petravicius to gain some insight into his call to the priesthood for [Faithfully](#). In this Q&A, Fr. John reflected on his share in Christ's priesthood, and shared spiritual practices that have sustained him throughout his years as a priest. [Read more](#)

6. What God made me to be

“So, what do you want to be when you grow up?” If you had any kind of typical childhood, you’ve heard this question more times than you can count. For me, I normally had an answer. Princess, chef, interior designer.... The last thing I could have imagined I’d answer some day is, “Religious sister.” [Read Mary Serafini's story](#) (parishioner of Sacred Heart, Calgary).

7. Trusting in God

In the fall of 2008, Deacon Larry Driver went in to get an annual physical for his driver’s licence and the doctor noticed he had a large lump on the left side of his throat. It turned out to be Stage 4 melanoma cancer in his lymph nodes on his neck, and another one on his left tonsil. "We trust in God and do the best we can and let God work the way He works." [Read more](#)

8. Black Elk: Future patron saint for instituted lay catechists?

Nicholas Black Elk, a Lakota holy man and catechist, up for sainthood has captured the attention of Pope Francis and could be a model for bishops instituting lay catechists. As a catechist, Nicholas Black Elk sought to instruct people in the Catholic faith, which he lived integrated with his Lakota culture after his 1904 reception into the Church. [Read more](#)

9. **Single and stressed?**

Jason Evert: "Tired of going to family events and constantly being asked about your non-existent dating life? Is your singleness giving you anxiety?" In this latest episode of the "Lust is Boring" podcast, Jason is taking questions specifically from single listeners. Find out how to tackle common issues that single people face, such as anxiety, getting over past relationships, and preparing for marriage. [Listen to podcast](#)

10. **Turn to Our Lady of Cana as your children start school**

Parents know the bittersweet intensity of the emotions that come with a child starting off a new stage of school for the first time. This is a good moment to turn to Our Lady of Cana for comfort. [Read more](#)



THE DIOCESE OF CALGARY IS IN
TREATY 7 TERRITORY

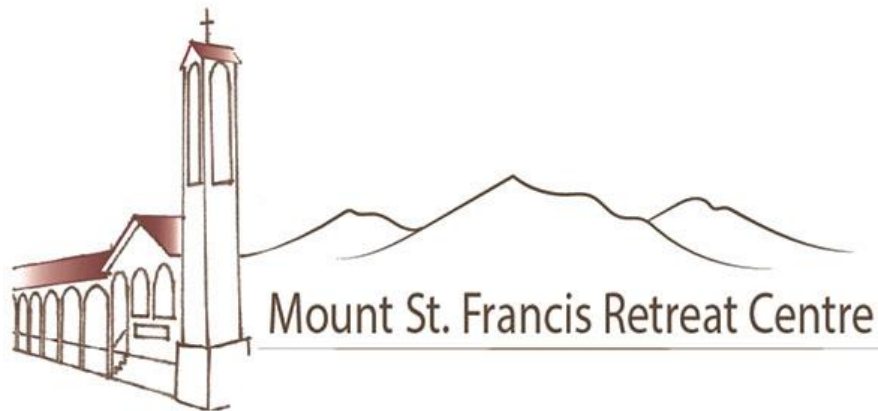


ROMAN CATHOLIC
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We acknowledge that Treaty 7 territory, on which we stand, is the ancestral land of the Indigenous peoples and is common home to everyone in virtue of God our Creator's gracious gift.

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.