



# Welcome to HOLY FAMILY PARISH

NOVEMBER 28, 2021, 2021 – 1<sup>ST</sup> SUNDAY OF ADVENT



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

## CLERGY AT HOLY FAMILY PARISH

**Fr. Iqbal Khurshid & Fr Rodel Abanto**  
**& Deacon Robert Risling**

Reconciliation...

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

**MASS TIMES...** MONDAY to FRIDAY at 9:00AM

FIRST SATURDAY OF MONTH at 8:30AM, SATURDAY at 5:00PM

SUNDAY at 8:30AM, 10:30AM & 6:00PM

**THE CHAPEL IS OPEN**

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

ADORATION FRIDAY 9:30 – 10:30am



**Catholic Women's League**

Marjorie Bowlby [marjoriebowlby@gmail.com](mailto:marjoriebowlby@gmail.com)

**Knights of Columbus**

Kirby Peterson [ktlpete@shaw.ca](mailto:ktlpete@shaw.ca)



**Parish Pastoral Council – Chair**

Gary Heinbecker, [heinbecker@telus.net](mailto:heinbecker@telus.net)

**Parish Finance Committee – Chair**

Cheryl Pocsik, [gpocsik@shaw.ca](mailto:gpocsik@shaw.ca)

## FORMED.org

THE CATHOLIC FAITH.  
ON DEMAND.

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• Start enjoying the best Catholic content all in one place!

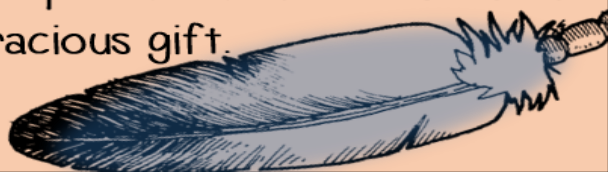
**IMPORTANT:** Do not sign up as an individual. Our parish access code provides more content than an individual subscription and it costs you nothing!

**Sunday 10:30am Mass**  
**Medicine Hat Holy Family Church**  
**Live Stream**

[https://www.youtube.com/channel/UCG6zK-XzuXdDHj79rV6ut\\_Q](https://www.youtube.com/channel/UCG6zK-XzuXdDHj79rV6ut_Q)



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.

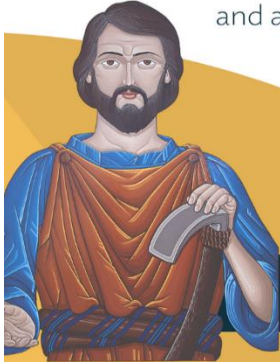


Listen to Mass on your phone...  
Download the "Audio Fetch" app.  
Our Network is: HFP\_LIVE  
The Password is: Liv3HFP\*



E-Transfer Donations [accounting@holyfamilymh.ca](mailto: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](http://catholicyyc.ca/tia)



**2021**  
THE YEAR of  
ST. JOSEPH

[CATHOLICYC.CA/TIA](http://CATHOLICYC.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 \$ 36,130 = 73%**

Donations to date to the Sisters of the “Seeds of the Word”: \$731.45.

## † Masses Intentions †

**November 27 - December 3, 2021**

**Saturday, November 27**

**5:00pm – Don Cross †**

**Sunday, November 28**

**8:30 am – Joe Lutz †**

**10:30am – Randolph Hornung †**

**6:00pm – Holy Family Parish**

**Monday, November 29**

**9:00am – Marguerite & O’Neil**

**Desrosiers †**

**Tuesday, November 30**

**9:00am – Tony & Lena Weimer †**

**Wednesday, December 1**

**9:00am – Lena Schafer †**

**Thursday, December 2**

**9:00am – Frank Schafer †**

**Friday, December 3**

**9:00am – Ray Darr †**

### OPERATING FINANCES

**October 1-31, 2021**

Operating Budget 2021	\$ 55,019
General Envelope Collection	\$ 45,397
Loose Collections	\$ 773
Future Development	\$ 2,736
Sale of Church Supplies & Other	\$ 2,661
Other Ministries	\$ 575
Government Subsidy	\$ 4,241
<b>Budget Vs Actual</b>	<b>\$ 1,364</b>

### SPECIAL COLLECTIONS

Together in Action (TIA)	\$ 6,302
Clergy Retirement	\$ 50
St Vincent de Paul	\$ 2,561
Seminarian Fund	\$ 10
Mission Mexico	\$ 75
CARO	\$ 190
Needs of the Cdn. Church	\$ 225
World Missions	\$ 550
Catholic Education	\$ 55

*Thank You for your Generous Contributions*

## 1<sup>st</sup> Sunday of Advent - Sunday, November 28, 2021

**1<sup>st</sup> Reading: Jeremiah 33.14-16**

**I will cause a righteous Branch to spring up for David.**

**Responsorial Psalm: Ps 25.4-5a, 8-9, 10+14 (R 1b)**

*R* To you, O Lord, I lift my soul.

**2<sup>nd</sup> Reading: 1 Thessalonians 3.12-4.2**

**May the Lord strengthen your hearts when Christ comes among us.**

**Gospel: Luke 21.25-28, 34-36**

**Your redemption is drawing near.**

Our Society of St. Vincent de Paul volunteers continue to assist families and single people in need in our community. Most of us live a life in which we can easily meet our needs. However, there are many who do not have the means to ensure they have a roof over their heads, let alone money to buy groceries or medication or to pay bills to ensure they have utilities and phone service. Often, those we assist are overwhelmed by the help we provide. We do our best to give them words of comfort and reassurance to let them know they are not alone and that others do care about their well being.

Thank you for your generosity as it makes it possible for us to help our neighbours in need within our community.

## WHAT SORT OF PERSONS?

In this Advent time of looking to the future while living in the now, Saint Peter's question is the right one: "What sort of person ought you to be?" Saint John the Baptist offers a good response and better example. He is not full of himself. He knows his minor place. He points to the One who is both with us now and is also coming.

† How will my waiting on the Lord make me more humble?

† What full-of-myself behaviors can I change, can I let go?

† Works of Mercy take the focus off me for the benefit of another. What will I do?

## Sacramental Preparation



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

**1<sup>st</sup> Reconciliation next class...**

Thursday December 2, 2021  
– 6:30-7:30pm

**Confirmation next class...**

Wednesday, January 5, 2022  
– 6:30-7:50pm



## Advent Penitential Services

Holy Family Parish  
Tuesday, December 7  
7:00pm

St. Patrick's Parish  
Wednesday, December 8  
7:00pm



**December 4, 2021**

**8:30 – 9:30 am**

**St. Patrick's Parish Hall**

**Theme**

**On Earth As it Is In Heaven**

**Presenter**

**Dr. Lenny Delorenzo**

**Catholic and Living It  
New Evangelization in  
your Advent**

**LADIES RETREAT**

**PRESENTER IS KATHY GLASGO**

**November 27, 2021**

**1:00 - 4:00 PM**

**THIS IS OPEN TO ALL LADIES**



**Photo Directories Available for \$20.00 at the office**



**BEWARE... EMAIL SCAMMERS ARE AT IT AGAIN!!!**

**NOBODY is going to ask you for gift cards from the church! NOBODY!!!**

**All our email addresses end in**

**@holyfamilymh.ca**

**We DO NOT have any GMAIL Accounts**

**IMPORTANT NOTICE:**

The 2022 envelopes are ready to be picked up; however, many of you will have a different envelope number since we used the lowest numbers possible!

Please write your name and address as you begin to use your new envelopes!!!

**HOLY FAMILY CATHOLIC WOMEN'S LEAGUE  
MEMBERS AND PERSPECTIVE NEW MEMBERS.**

**MEMBERSHIP RENEWAL TIME**

**or CHRISTMAS GIFT IDEA**



es for 2022 are \$30.00. They can be paid by the CWL marked envelope in your church envelopes or use any envelope but mark it well with "CWL and your name". Then they can be dropped in the collection basket at mass or at the church office or mailed to 1451 Strachan Rd SE, T1A 4V3.

Thank you to all our faithful members and we welcome any new members.

Any questions please call **Lynn O'Byrne at 403-878-0881**



**The 28<sup>th</sup> Annual  
GIFT SHARING Sunday  
November 27<sup>th</sup> & 28<sup>th</sup>.**



The First Sunday of Advent. Make the Christmas season more enjoyable for families and individuals in need in our community. Parishioners can bring gifts (unwrapped toys, non-perishable food items or monetary donations) before all Masses November 27<sup>th</sup> & 28<sup>th</sup>. The unwrapped toys for The Santa Claus Fund can be placed in the alcove by the Mary statue. Non-perishable food items for the Food Bank can be placed in the alcove by the Jesus and the Saints statue. All monetary donations for The Society of St. Vincent de Paul can be placed in the donation box near the Altar. Please make cheques payable to "Holy Family Parish Gift Sharing". If you wish to donate cash and would like a tax receipt, please include your name and address and envelope number if you have one.

**Novena for Life to  
Our Lady of Guadalupe**

As part of the Knights of Columbus Faith in Action, Holy Family Parish will have a Novena for Life to Our Lady of Guadalupe. The Novena will begin **Sunday, December 5**, being said **one half hour before weekend and weekday Masses**, concluding at a Mass on **Monday, December 13 at 6:30pm on the Feast Day of Our Lady of Guadalupe**.

Parishioners are encouraged to join us in our prayers to Our Lady for a culture of life.



**12 HOUR ADORATION – DECEMBER 3**

**Medicine Hat Knights of Columbus Council 9502 invite HOLY FAMILY PARISH to spend some quality quiet time with our Lord in Adoration running from 9:30am until 9:30pm in the chapel. With mass attendance continuing to drop, this would be a great opportunity to pray to our Lady of Guadalupe for her intercession for the conversion of sinners especially lukewarm Catholics.**



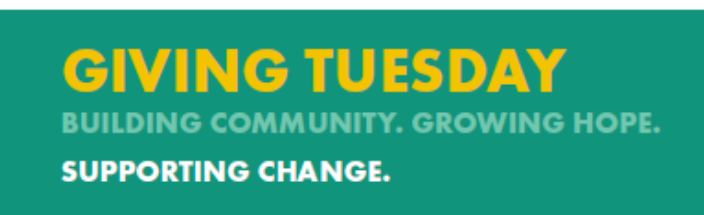
## MUSTARD SEED MEDICINE HAT SUPPORTERS

THANK YOU for your continued support of our programs and services in Medicine Hat. A quick note to let you know about an amazing opportunity to support our **Giving Tuesday** initiative. November 30<sup>th</sup> is the day (24 hrs) of giving- to help us raise \$100,000.00 between all 5 seed locations. The great part is

your GIFT will be matched by all of our cities incredible partners. Medicine Hat had 2 local families join our 2021 Matching Partners – **Glen and Joanne Stickle and Chris and Karen Kusler Young**. Thank you to them for helping Medicine Hat reach their target. Now its your turn to help make a difference. Our Mustard Seed Association goal is to raise \$100,000.00 matching dollars on November 30.( which will then be divided 5 ways) Your gift matters.

**Mark your calendar on November 30 (24 hrs) to make a difference!**

You can donate online that day: at



Presenting Partner



### November 30, 2021

#### GIVING TUESDAY

Giving Tuesday is a worldwide phenomenon that takes place each year after Black Friday and Cyber Monday. The "opening day of the giving season," is a time when charities, companies, and individuals join together and rally for their favourite causes.

#### THE MUSTARD SEED

Operating in 5 Cities across Alberta and British Columbia, The Mustard Seed is a supportive haven where people can have their physical, mental, and spiritual needs met and grow toward greater health and independence.

[TheSeed.ca/GivingTuesday](https://theseed.ca/GivingTuesday)

#### WE WANT YOU TO JOIN US!

Giving Tuesday harnesses the impact of social media and the generosity of people like you to bring about real change in our communities.

Together, we can give care, comfort, and hope for a brighter future by providing:

- Meals
- Safe shelter
- Warm Clothes
- Wrap-around supports

**This #GivingTuesday, help us change the lives of your neighbours in need.**

#### OUR 2021 GIVING TUESDAY GOAL:

**\$100,000** to save and protect more than 650 people per day who are experiencing homelessness, hunger, and other hardships.

Your gift on November 30 will be matched by our incredible partners!

Through your support across all Mustard Seed locations in 2020, we were able to:



Serve over  
501,000 meals



Provide more  
than 55,000  
health and  
wellness services



Find meaningful  
employment for  
over 250 people



Move 385 people  
off the street and into  
affordable housing



Over 12,000  
spiritual conversations  
and events



Provide an average  
of 668 shelter mats  
per night

<https://theseed.ca/GivingTuesday/> Or Call me to make arrangements for drop off or pick up. Whatever is convenient for you. (403-866-7542)

Thank you for considering a donation, as it truly has and continues to make a difference in the lives of Medicine Hat's vulnerable community.





**1st Sunday of Advent – Year C**

**Sunday, November 28, 2021**

## BE ON GUARD

Today we begin our new liturgical year with Advent. Advent is the period of four Sundays and weeks before Christmas. Advent means 'Coming' in Latin (advenio) means "the coming." Not "he came" but "the coming." It has an idea of a constancy in it and not just arrival at one time and not at another. If we look at the whole Old Testament and we look at the readings, we can understand what this means. During Advent we do not only wait in anticipation of Christmas; we are also called to rekindle the anticipation of the glorious return of Christ, when he will return at the end of time, preparing ourselves, with consistent and courageous choices, for the final encounter with him. We remember Christmas, we await the glorious return of Christ, and our personal encounter: the day in which the Lord will call. During these four weeks we are called to leave behind a resigned and routine way of life and to go forth, nourishing hope, nourishing dreams for a new future.

The First Coming, of course, is the coming of the child, the coming of the Saviour, the coming of Emmanuel, God with us, and he comes in Bethlehem, and this is an historical coming. But what makes this so much more important is the longing and the hope that the children of Israel brought down through the centuries, two thousand years, beginning with Abraham and all the way to when Joseph and Mary went to the little village, the little town of Bethlehem, the seat of King David of olden days, and there was born the child. The First Coming is God comes in weakness, God comes in the quiet of the night, God comes like a helpless child, in need of men and women to take care of him, to watch over him, to feed him, to do all these unbelievable things when you think that the Blessed Mother and Joseph are raising a child who is God Himself. And so, this coming is well worth all the effort we put in to celebrate.

It is the custom to kind of downplay the commercial side of Christmas, but everybody knows that seeing through the commercial side of Christmas is the gift of God, His Son, the gift of God who comes himself, weak, helpless and needy, that we might know that in the mystery of God there is a great yearning to experience the way that we experience, to feel the things that a human being feels and to become one with us. It is as if he comes all the way down from the highest of heaven and from now on, he has come and he has come to stay and he continues to be with us.

The Second Coming is more dramatic. The Second Coming is the end of the world. This is the coming of Jesus into the world. These four Sundays of Advent speaks about four Gospel values: Hope, Peace, Joy and Love. Each Sunday one candle is lit which symbolizes the light of Christ because Jesus is our

Light and we need to walk in the light of Christ. The liturgical color during Advent is Purple which is the symbol of hope in the second coming of Christ and Repentance. The season of Advent has two main parts: First two week will focus on the 2<sup>nd</sup> coming of Jesus and other two weeks will remind us about his first coming that how he was prophesied in the Bible and how his birth took place.

Once there was a very old couple who enjoyed their married life for almost 70 years with beautiful children, grand children, and great grand children. One fine night the husband decided to tell his wife one thing. So late that night, just before she fell asleep, he whispered it in her ear. She smiled – the kind of smile that makes him smile back –and she said, “Now I’m ninety-five and I think about my life and what it was like to be young, I hope that I can remember this very moment.” A few seconds later she closed her eyes and fell asleep. The room was peaceful – almost silent. All he could hear was the soft purr of her breathing. He stayed awake thinking about the time they had spent together and all the choices in their lives that made this moment possible. And at some point, he realized that it didn’t matter what they had done or where they had gone. Nor did the future hold any significance. All that mattered was the serenity of the moment.

Advent marks that time when darkness begins to grow weaker, and the sun becomes stronger. Advent is an invitation to break through the darkness into the light. It offers a challenge that comes to us very forcefully with a question: what darkness do we need to overcome? What darkness in our life and in our world would we like to see reversed?

The Readings of this First Sunday of Advent brings us together to the prepare ourselves to welcome the light which illumines our inner darkness and help others to enjoy the presence of the Lord. In the First Reading Prophet Jeremiah exclaims “The days are surely coming, says the Lord, I will fulfill the promise I made to the house of Israel and the house of Judah”. Isn’t it an amazing promise from God to prepare ourselves to welcome the Saviour of the World? God is going to walk with us to help us understand that we are being loved and protected. On our part we need to show the warmth of the same love to others but not to become cold.

There is a story of six people who froze to death around a campfire on a bitterly cold night. Each had a log of wood they might have contributed to the fire, but for reasons satisfactory to themselves, each person refused to give what they had. A woman would not give because she said she hated men. A homeless man would not give because there was a rich man in the group. The rich man would not give because he did not want to warm someone who was obviously shiftless, lazy, and drunk. Another would not give up his log because he recognized someone not of his race or religious faith. And the fire died, as each person withheld their piece of fuel for reasons justifiable to themselves, and so, they all died. This story was originally told in a poem that ends with these tragic lines: six logs held fast in death’s still hand, were proof of human sin; they did not die from cold without, they died from cold within.

In the Second Reading St. Paul is awaking us to avoid from becoming cold but “May the Lord make you increase and abound in love for one another and for all...”. I believe the season of Advent is not only a season of hope and waiting but also season of warm greetings and welcome. The Author of Letter to Hebrews keeping reminding us with these words “Let mutual love continue. Do not neglect to show hospitality to strangers, for by doing that some have entertained angels without knowing it. Remember those who are in prison, as though you were in prison with them; those who are being tortured, as though you yourselves were being tortured. Let marriage be held in honor by all and let the marriage bed be kept undefiled; for God will judge fornicators and adulterers. Keep your lives free from the love of money and be content with what you have; for he has said, “I will never leave you or forsake you.” So we can say with confidence, “The Lord is my helper; I will not be afraid. What can anyone do to me?”

In the Gospel of this Sunday, Jesus not only speaks about end time (Eschatology) but also warns us all with these words "Be on guard...". What does it mean to be on guard? The Gospel reading goes in this very direction and puts us on guard against allowing ourselves to be oppressed by an egocentric lifestyle or by the crazy pace of our days. I believe the words of Jesus are hitting the nail on the right point as we could see how the world is turning up and down. People are leaving the faith and following what the world is offering them without realizing the harm or damage. St. Paul helps us all to be aware of the situation and protect ourselves; "Finally, be strong in the Lord and in the strength of his power. Put on the whole armor of God, so that you may be able to stand against the wiles of the devil. For our struggle is not against enemies of blood and flesh, but against the rulers, against the authorities, against the cosmic powers of this present darkness, against the spiritual forces of evil in the heavenly places. Therefore, take up the whole armor of God, so that you may be able to withstand on that evil day, and having done everything, to stand firm. Stand therefore, and fasten the belt of truth around your waist, and put on the breastplate of righteousness. As shoes for your feet put on whatever will make you ready to proclaim the gospel of peace. With all of these, take the shield of faith, with which you will be able to quench all the flaming arrows of the evil one. Take the helmet of salvation, and the sword of the Spirit, which is the word of God. Pray in the Spirit at all times in every prayer and supplication. To that end keep alert and always persevere in supplication for all the saints. Pray also for me, so that when I speak, a message may be given to me to make known with boldness the mystery of the gospel, for which I am an ambassador in chains. Pray that I may declare it boldly, as I must speak".

The word "be on guard" is almost found in the Bible over 67 times and whenever we read these words, they prepare us from the coming trouble or storm. In the Book of Genesis Adam and Eve were told to "be on guard" but they didn't listen, and the consequences weren't good. However, Jesus keeps encouraging us to be on guard and never let our hearts be down with the worries and cares of the world. One of the tools to boost our spirit is to pray as Jesus says in the Gospel "Be alert at all times, praying that you may have strength to escape all these things that will take place, and to stand before the Son of God". Holy Father Pope Francis reflecting on the Gospel says "To be mindful and to pray: this is how to live in the time between now and Christmas. To be mindful and to pray. Inner listlessness comes from always turning around ourselves and being blocked by our own life, with its problems, its joy, and suffering, but always turning around ourselves. And this is wearying; this is dull, this closes us off to hope. Here lies the root of the lethargy and laziness that the Gospel speaks about. Advent invites us to a commitment to vigilance, looking beyond ourselves, expanding our mind and heart to open ourselves up to the needs of people, of brothers and sisters, and to the desire for a new world. It is the desire of many people tormented by hunger, by injustice and by war. It is the desire of the poor, the weak, the abandoned. This is a favourable time to open our hearts, to ask ourselves concrete questions about how and for whom we expend our lives".

The second attitude to best experience the time of awaiting the Lord is "Arise, "look up and raise your heads, because your redemption is drawing near". It is about standing up and praying, turning our thoughts and our hearts to Jesus who is about to come. One stands when awaiting something or someone. We await Jesus and we wish to await him in prayer which is closely linked to vigilance. Praying, awaiting Jesus, opening oneself to others, being mindful, not withdrawn in ourselves. But if we think of Christmas in the light of consumerism, of seeing what I can buy to do this and that, of a worldly celebration, Jesus will pass by, and we will not find him. We await Jesus and we wish to await him in prayer which is closely linked to vigilance.

Let us "be on guard" against all the forces which are preventing us to keep Christ in our lives so that we may continue to experience his presence and love in our lives. Come Lord Jesus and dwell in our hearts. Amen



Once upon a time, an Enlightenment Being was born into a rich and powerful family. When he grew up, he became dissatisfied with the ordinary pleasures of the world and so gave up his former lifestyle, including his wealth and position. He went to the foothills of the Himalayas to become a holy man in the search for enlightenment.

One fine day in question our holy man ran out of salt. He decided to go and collect alms, while walking he came upon a caravan of people and horses and decided to join with it for part of his journey. In the evening they all stopped and made camp.

The holy man began walking by the foot of a big nearby tree. He concentrated his mind into meditation until he entered a high mental state. He remained in that state throughout the night, while continuing to walk.

Meanwhile, bandits meaning to do no good surrounded the campsite. They had waited until after supper when everyone had settled down for the night. But before they could attack, they noticed the holy man. They said to each other, "That man must be the guard for security. If he sees us, he'll warn the rest. So, let's wait until he falls asleep, and then do our robbing and looting!"

What the bandits didn't know was that the holy man was so deep in meditation that he didn't notice them at all — or anything else for that matter! So, they kept waiting for him to fall asleep. And he just kept walking and walking and walking — until the light of dawn finally began to appear. Only then was he finished meditating.

Having had no chance to rob the caravan, the bandits threw down their weapons in frustration. They shouted, "Hey you in the caravan! If your security guard hadn't stayed up all night, walking under that tree, we would have robbed you all! You should reward him well!" With that they left in search of someone else to rob.

When it became light the people in the caravan saw the clubs and stones left behind by the bandits. Trembling with fear, they went over to the holy man. They greeted him respectfully and asked if he had seen the bandits. "Yes, this morning I did," he said.

"Weren't you scared?" they asked. "No," said the Enlightenment Being, "the sight of bandits is only frightening to the rich. But I'm not a rich man. I own nothing of any value to robbers. So why should I be afraid of them? I have no anxiety in a village, and no fear in the forest. Possessing only loving-kindness and compassion, I follow the straight path leading to Truth."

In this manner he preached the way of fearlessness to the lucky people of the caravan. His words made them feel peaceful, and they honored him.

After a long life developing the Four Heavenly States of Mind, he died and was reborn in a high heaven world.



Photo by Fr. Iqbal Khurshid

# 1<sup>st</sup> Sunday of Advent, November 28, 2021



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](#)

## Children Resources for the First Sunday of Advent

- [Gospel](#) Reflection: Jesus tells his disciples that they can stand tall because he loves them and has saved them. We can trust Jesus. He loves us and is with us, no matter what kind of day we are having. We can tell God about our day and our feelings in our prayer. He always listens to us. He gives us strength and courage to get through hard days. (Loyola Press)
  - [Kid's Bulletin for this Sunday](#)
  - [Colouring page this Sunday](#)
  - [Sunday Connection for First Sunday of Advent](#) (Gr. 1-8)
  - Video: [Studio 3:16](#) | Weekly Comedy for kids (anticipating the Sunday Gospel)
- **Children's Sunday Liturgy** for the first Sunday of Advent
  - [Children's Liturgy for leaders/parents](#) (with intercessions and activities) - by CAFOD | [Illustration](#)
  - [Children's Liturgy of the Word with Miss Heidi](#) (Catholic TV)
  - St. Albert the Great parish is creating a five-episode weekly "Kids can Advent too!" video. Videos can be found on their [parish website](#) or [YouTube channel](#)
  - Does your parish have an online Sunday program for children? If so, please share it with [communications@calgarydiocese.ca](mailto:communications@calgarydiocese.ca)

## COVID-19 Resources

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



SUBSCRIBE AT [catholiccyc.ca/Faithfully](https://catholiccyc.ca/Faithfully)

If you haven't already, please subscribe to the [Diocesan publication Faithfully](https://catholiccyc.ca/Faithfully) - to keep you updated with what's happening in our Diocese. Faithfully gives a snapshot of faith at work in the lives of everyday people in our Diocese and provide us with opportunities to spread the Good News of Christ beyond the walls of our churches. New release coming up this Monday! To subscribe, [click here](https://catholiccyc.ca/Faithfully).

## Feast of St. Nicholas – Dec. 6

Children tell lots of fun stories about Santa Claus, Pere Noel, or Kriss Kringle. All of these stories remind us of how much we're loved and of how happy we are when we give. The earliest stories we know were told about St. Nicholas, the bishop of Myra. St. Nicholas was so grateful for the life God had given him that he just couldn't stop giving joy and hope to others—no matter how far he had to travel or how many roofs he had to climb. (Source: Loyola Press)

- [Learn about St. Nicholas](#) (Loyola Press)
- [5 things you \(probably\) did not know about Santa](#) (Aleteia)
- [How St. Nick teaches us that saints belong to everybody, everywhere](#) (Aleteia)
- [Celebrate St. Nicholas with these fun tradition](#) (Catholic Digest)
- [St. Nicholas Day activities, gifts & crafts guide](#) (Catholic Icing)
- [Novena to St. Nicholas](#) (Ascension Press)



# Songs that uplift your soul



In honour of Saint Cecilia (Feast day: Nov. 22), patron saint of music and musicians, we recognize the important contribution that music makes to our lives in lifting up our spirits or in helping us to be in touch with our deepest emotions. [Faithfully](#) readers shared their songs, and it's compiled it in a playlist for you (2 hours 50 mnts). The collection is quite eclectic, and inspiring. [Play songs now](#)



## Setting Captives Free

**Nov. 30** | Advent Mission of Hope at St. Albert the Great, Calgary



## Fireside Gathering

**Dec. 1** | Advent stories, craft and hot cocoas at FJC Centre, Calgary



## Advent Mission with Fr Kevin Tumback

**Dec. 1, 8, 15 & 22** | Livestream/In-person at All Saints, Lethbridge



## Journeying to Bethlehem

**Dec. 2** | Advent evening at St. Gerard, Calgary with Sr. Ann Marie Walsh.



## How to become a person of mercy

**Dec. 6** | Advent Mission with Fr Max Oliva, SJ at Holy Spirit, Calgary



## Festival of Creches

**Dec. 10 & 11** | Magnificent nativity scenes & live music at St. Mary's Cathedral Hall



## 33 hours of Adoration and Reconciliation

**Dec. 10-11** | Rejoice in God's Mercy at St. Mary's Cathedral - 33 hours



## Greccio: St. Francis Christmas Pageant

**Dec. 12** | Annual Christmas pageant at Mount St. Francis, Cochrane



## Advent Mission with Bishop Henry

**Dec. 12-14** | Advent Mission evenings at St. Joseph, Calgary



## Advent Art Sale & Live Music

**Dec. 12** | Special Christmas gifts + St. Mary's High School Choir, Calgary



## A Festival of Nine Lessons & Carols

**Dec. 12** | Livestream Advent liturgy and songs with St. John Choir Schola, Calgary



## Advent CWL Retreat with Sandra Prather

**Dec. 13** | Livestream CWL Advent Mission - all are welcome.

## Advent Missions & Retreats

Thank you for submitting your Advent events. 12 Advent events were highlighted on [Faithfully](#) (Monday, Nov. 22). Full listing can be found on our [Advent page](#).

Please bookmark [catholiccyyc.ca/advent](http://catholiccyyc.ca/advent) and share it with your parishioners. Advent retreats, missions, reconciliation and penitential services will be added as we receive them. New resources will be added each week. [Faithfully](#) will share a special **Advent Novena booklet** next week. Stay tuned!



- **Advent at the Retreat Centres**

- FCJ Centre, Calgary
  - [Advent fireside gathering](#) on Dec. 1 at 6:30 pm to 8 pm; [Taize Prayer of Light](#) on Dec. 3 at 7 pm; [Deck the Halls of our Hearts](#): A family event in preparation for Christmas on Dec. 18 from 1:30 pm to 4 pm; [Full listing here](#)
- Mount St. Francis, Cochrane
  - Advent twilight retreat on Nov. 30 and Dec. 15 at 6 pm to 9 pm; Advent retreat with Br. Michael on Dec. 3-5; Winter Stillness Retreat on Dec. 10-12; Greccio: A St. Francis Christmas Pageant on Dec. 12 - virtual event | More info and [full listing here](#)
- Martha Centre, Lethbridge
  - Advent twilight retreat on Dec. 6 at 4:45 pm to 9 pm. More info and [full listing 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.