



Welcome to HOLY FAMILY PARISH

Love

DECEMBER 19, 2021 – 4TH SUNDAY OF ADVENT



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.

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 marjoriembowlby@gmail.com

Knights of Columbus

Kirby Peterson ktlpete@shaw.ca



Parish Pastoral Council – Chair

Gary Heinbecker, heinbecker@telus.net

Parish Finance Committee – Chair

Cheryl Pocsik, gpocsik@shaw.ca

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- Go to Formed.org
- Enter our PARISH CODE: GPQWK7
- Create a personal account with your personal username/email and password.
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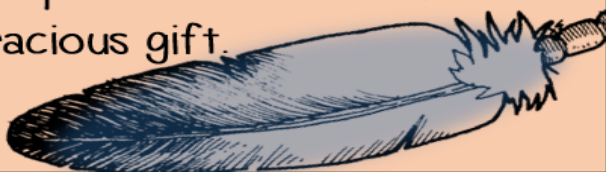
IMPORTANT: Do not sign up as an individual. Our parish access code provides more content than an individual subscription and it costs you nothing!

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

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



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

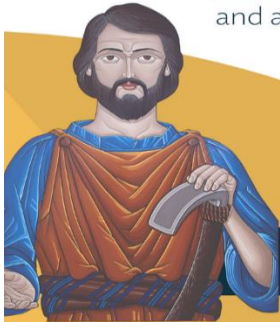
1.4 MILLION of the Diocesan goal will financially support the approved diocesan ministries, partner organizations, and agencies. See list at catholicyyc.ca/tia

OUR PARISH GOAL

\$ 49,657

WE ARE SO CLOSE!!!

TO DATE \$ 47,467.60 = 96%



2021
THE YEAR of
ST. JOSEPH

CATHOLICYC.CA/TIA

OPERATING FINANCES

November 1-30, 2021

Operating Budget 2021	\$ 55,019
General Envelope Collection	\$ 49,735
Loose Collections	\$ 792
Future Development	\$ 4,893
Sale of Church Supplies & Other	\$ 9,291
Other Ministries	\$ 490
Budget Vs Actual	\$ 10,182

SPECIAL COLLECTIONS

Together in Action (TIA)	\$ 5,220
Clergy Retirement	\$ 25
St Vincent de Paul	\$ 4,400
Seminarian Fund	\$ 70
Mission Mexico	\$ 100
CARO	\$ 40
Needs of the Cdn. Church	\$ 225
World Missions	\$ 42
Catholic Education	\$ 1,232
Mustard Seed	\$ 85
Gift Sharing Sunday	\$ 2,975
Food Bank	\$40

Thank You for your Generous Contributions

† Masses Intentions †
December 18 - 24, 2021



Saturday, December 18

5:00pm – Brandon Niwa †

Sunday, December 19

8:30 am – Holy Family Parish

10:30am – Alex Scherger †

6:00pm – Adam & Elizabeth
Schneider †

Monday, December 20

9:00am – William Wallace †

Tuesday, December 21

9:00am – Gualberto & Lucia
Pimentel †

Wednesday, December 22

9:00am – Joyce Risling †

Thursday, December 23

9:00am – Frank Gutfriend †

Friday, December 24

5:00pm – Ciona Family †

8:30pm – Sofron, Nikola & Febrona
Fejsa †
Special Intention

4th Sunday of Advent - Sunday, December 19, 2021

1st Reading: Micah 5.2-5a

From you, O Bethlehem, will come the ruler of Israel.

Responsorial Psalm: Ps 80.1ab+2, 14-15, 17-18 (R. 3)

R. Restore us, O God; let your face shine, that we may be saved.

2nd Reading: Hebrews 10.5-10

I come to do your will.

Gospel: Luke 1.39-45

Why has this happened to me, that the mother of my Lord comes to me?



Have a Blessed Christmas
and we will see you in
2022

*Sacramental
Preparation*



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

**1st Holy Communion
next class...**

Thursday January 6, 2022 –
6:30-7:30pm

**Confirmation next
class...**

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

Vincentian Corner

On behalf of the families and individuals we have been fortunate to assist this year, the volunteers of the Society of St. Vincent de Paul wish to offer our sincerest gratitude to our generous supporters. Through your donations, we can help people who are experiencing difficulties to maintain their peace of mind and move forward with their lives. You have indeed blessed us, enabling us to continue our mission of helping others in need with Jesus as our guide.

May God bless you all with health, happiness and peace during this Christmas season and in the new year.

LEAPING FOR JOY

Let us take our cue from the six-month gestating baby in the womb of Elizabeth leaping for joy on encountering the Lord and the one who brings him. Let us sing again and again all week the antiphon of the psalm: "Lord, make us turn to you; let us see your face and we shall be saved."

- ✚ How can I keep looking for the face of Christ in those around me?
- ✚ Whom will I visit, even virtually if needed, to help in some way?
- ✚ How can I get to Christmas Day in peace?

Love



HOLY FAMILY CATHOLIC WOMEN'S LEAGUE MEMBERS AND PERSPECTIVE NEW MEMBERS. MEMBERSHIP RENEWAL TIME or CHRISTMAS GIFT IDEA



Our dues for 2022 are \$30.00. They can be paid by using 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**

Photo Directories Available for \$20.00 at the office



Christmas Mass Schedule 2021



The Nativity of the Lord

Friday Dec. 24

5:00pm [\(livestreamed\)](#),

8:30pm & 10:30pm

Saturday Dec. 25

9:30am [\(livestreamed\)](#)


Regular Sunday Mass on
Sunday

Simbang Gabi

is a Filipino Christmas
tradition.

It will be celebrated in
the evening this year.

December
15th to 23rd
7:30pm



Solemnity of Mary

Friday Dec. 31

5:00pm

Saturday Jan. 1

9:30am [\(livestreamed\)](#)

Regular Sunday Mass on
Saturday Evening &
Sunday



4th Sunday of Advent – Year C

Sunday, December 19, 2021

BRINGING JESUS TO OTHER

A girl with zero interest in having a relationship met an amazing guy. A family friend. it all started on her birthday when he tried reaching out to her by messages, fb pings, calls, everything possible. He just wanted to wish her a happy birthday on her special day. The calls and chats became more frequent. They spoke for hours. A few days later, in her birthday month, she had to go for a surgery, she lied to him, she said was going on a trip and would not have access to phones. That lead to them not talking for a few days.

When she returned home, she told him that it was not a trip, but a cancer surgery that she'd gone for. The panic in his voice, in that dark silent night, echoed beyond the thousand miles that was between them. His voice gave away his feelings for her, this made them realize that there could be a "next level" to their friendship.

Neither of them wanted to give it a name yet and spent the time just "getting to know each other" until one day when it was all too obvious, she decided to move to his city to be closer to him. She expressed her love for him through an age-old styled letter.

They met for the first time in the four months of their phone conversations. That surreal moment, the hug that felt like the time had paused, the feeling of having your loved one in your arms and not on the other side of the computer screen was something beyond what words could fathom.

A few months later, she had to go back to her hometown, and he moved to a different city, but nothing changed. A year and a half later and only meeting a couple of times, their love grew fonder and the bond stronger.

While he's at his workplace struggling to turn in a report and dreaming about the day when he'd get back home to be with the girl, she was responding to his question: "Yes, you are my love!"

We have come to the completion of our Advent Season as we light the 4th Candle which opens our hearts and minds to reflect on the theme of Love. The season of Advent basically is a time to reflect on the journey of Divine becoming Human as St. John says, "He became flesh and dwelt among us". This journey started right before the creation of the world as Jesus said, "he was even before the world was created" and the author of Letter to Hebrews testifies in this

way "Long ago God spoke to our ancestors in many and various ways by the prophets, but in these last days he has spoken to us by a Son, whom he appointed heir of all things, through whom he also created the worlds". St. Mother Teresa once said "At this Christmas when Christ comes, will He find a warm heart? Mark the season of Advent by loving and serving the others with God's own love and concern."

God is faithful to His promises. The first reading from prophet Micah gives assurance to the Jews that God is faithful to His promises and that from the unimportant village of Bethlehem He will send them the long-expected ruler. From something insignificant, God brings out something significant. It doesn't matter how insignificant your good deeds are, God always treasures them and makes something meaningful out of them. So be positive minded and never be discouraged in doing that little you can for others, in this period of Christmas. In the eyes of God nothing is little or useless because he has the power to raise the lowly and send the rich away empty. By the birth of the Lord, a city which has no name or reputation became the center of everyone's life: "The Lord says to his people: "You, O Bethlehem of Ephrathah who are one of the little clans of Judea, from you shall come forth for me one who is to rule in Israel, whose origin is from of old, from ancient days".

The following story though I have shared before but seems so appropriate to this Sunday's liturgy that I am compelled to share with all of you. This story shows that we must bring Jesus to other people as Blessed Virgin Mary in the Gospel.

Every Sunday afternoon, after the morning service at their church, the Pastor and his 11-year-old son would go out into their town and hand out Gospel tracts. This Sunday afternoon, as it came time for the Pastor and his son to go to the streets with their tracts, it was very cold outside as well as pouring down rain. The boy bundled up in his warmest and driest clothes and said, "Okay Dad, I'm ready."

His Pastor Dad asked, "Ready for what?"

"Dad, it's time we gather our tracts together and go out."

Dad responds, "Son, it's very cold outside, and it's pouring down rain."

The boy gives his dad a surprised look, asking, "But Dad, aren't people still going to Hell, even though it's raining?"

Dad answers, "Son, I am not going out in this weather."

Despondently the boy asks, "Dad, can I go? Please?"

His father hesitated for a moment but said, "You can go. Here are the tracts; be careful, son."

"Thanks Dad!"

And with that, he was off and out into the rain. This 11-year-old boy walked the streets of the town, going door-to-door and handing everybody he met in the street a Gospel tract. After hours of walking in the rain, he was soaking bone-chilled wet and down to his very last tract. He stopped on a corner and looked for someone to hand a tract to, but the streets were totally deserted.

Then, he turned toward the first home he saw and started up the sidewalk to the front door and rang the doorbell. He rang the bell, but nobody answered. He rang it again and again, but still no one answered. He waited, but still no answer. Finally, this 11-year-old trooper turned to leave, but something stopped him. Again, he turned to the door and rang the bell and knocked loudly on the door with his fist. He waited, something holding him there on the front porch. He rang again, and this time the door slowly opened. Standing in the doorway was a very sad looking elderly lady.

She softly asked, "What can I do for you, son?"

With radiant eyes and a smile that lit up her world, this little boy said, "Ma'am, I'm sorry if I disturbed you, but I just want to tell you that JESUS REALLY DOES LOVE YOU! I came to give you my very last Gospel tract which will tell you all about Jesus and His great love." With that, he handed her his last tract and turned to leave. She called to him as he departed, "Thank you, son! And God bless you!"

The following Sunday morning in church, Pastor Dad was in the pulpit and as the service began, he asked, "Does anybody have a testimony or want to say anything?"

Slowly, in the back row of the church, an elderly lady stood to her feet. As she began to speak, a look of glorious radiance came from her face. "None of you in this church know me. I've never been here before. Before last Sunday, I was not a Christian. My husband passed on some time ago, leaving me totally alone in this world. Last Sunday, being a particularly cold and rainy day, it was even more so in my heart as I came to the end of the line where I no longer had any hope or will to live.

"So I took a rope and a chair and ascended the stairway into the attic of my home. I fastened the rope securely to a rafter in the roof then stood on the chair and fastened the other end of the rope around my neck. Standing on that chair, so lonely and broken-hearted, I was about to leap off. When suddenly, the loud ringing of my doorbell downstairs startled me. I thought, 'I'll wait a minute, and whoever it is will go away.' I waited and waited, but the ringing doorbell seemed to get more insistent and then the person ringing also started knocking loudly. I thought to myself again, 'Who on earth could this be?! Nobody ever rings my bell or comes to see me!' I loosened the rope from my neck and started for the front door. All the while, the bell rang louder and louder. When I opened the door and looked, I could hardly believe my eyes! There on my front porch was the most radiant and angelic little boy I had ever seen in my life! His smile! Oh, I could never describe it to you! And the words that came from his mouth caused my heart, that had long been dead, to leap to life as he exclaimed with a cherub-like voice, 'Ma'am, I just came to tell you that JESUS REALLY DOES LOVE YOU.' Then he gave me this Gospel tract that I now hold in my hand. As the little angel disappeared back out into the cold and rain, I closed my door and read slowly every word of this Gospel tract. Then, I went up to my attic to get my rope and chair. I wouldn't be needing them anymore.

"You see, I am now a happy child of the King, and since the address of your church was on the back of this Gospel tract, I have come here to personally say, 'Thank you to God's little angel who came just in the nick of time and by so doing, spared my soul from an eternity in Hell.'" There were now no dry eyes in the church. As shouts of praise and honor to the King resounded off the very rafters of the building, Pastor Dad descended from the pulpit to the front pew where the little angel was seated. He took him in his arms and sobbed uncontrollably.

Do we bring Jesus to others?

The second reading encourages us to give thanks to Christ who offered the sacrifice of perfect obedience that liberated us from sin. At Christmas, we celebrate that unique sacrificial gift of Christ to the world. May our lives be sacrificial in this period of Christmas to reciprocate God's gift of himself to us. Christmas brings so much to cherish and share our own memories. But one thing I think that can be said about Christmas, and maybe this is the right Sunday to say, it is that Christmas is a day that has a certain kind of atmosphere about it. It creates its own atmosphere, because of all the commercialization going on. And yet the playing of the carols, and all the beautiful ornaments, and things like that, lighten our hearts and are part of the season.

Also, it's a time when we look forward to large family get togethers, perhaps, or old friends coming and exchanging greetings. There are so many people and groups who are trying to promote and encourage people to "Keep Christ in Christmas" which unfortunately is being replaced by Happy Holiday Season. However, Christmas has its own atmosphere, and the atmosphere, at its best, is an atmosphere of kindness, love, acceptance, forgiveness, and compassion.

There is a story about an old British man in his little castle in England who had a daughter that had moved to Ireland. She was in Ireland for a few years, and they just weren't talking because father and daughter had their difficulties. Both being quite stubborn, there was just this long silence. Finally, about two weeks before Christmas, he picked up the phone and invited her back to her home for the Christmas holidays. She was so overwhelmed she couldn't believe it, because he had never shown an inch of moving in that direction. She was happy, she went, and they spent Christmas together and that was the best Christmas ever for father and daughter.

I truly believe that this is impossible to achieve unless Christ becomes the center of our Christmas celebration. What should we do to bring Jesus in Christmas? I believe we can walk today with Blessed Virgin Mary. The Gospel of this Fourth Sunday of Advent focuses on the figure of Mary, the Virgin Mother, expecting the birth of Jesus, the Saviour of the world. Let us fix our gaze upon her, a model of faith and of charity; and we can ask ourselves: what were her thoughts in the months while she was expecting? The answer comes precisely from today's Gospel passage, the narrative of Mary's visit to her elderly relative Elizabeth. The Angel Gabriel had revealed that Elizabeth was expecting a son and was already in her sixth month. So, the Virgin, who had just conceived Jesus by the power of God, set out with haste for Nazareth, in Galilee, to reach the mountains of Judea, and visit her cousin. What a wonderful gesture by Mother Mary to bring Jesus to Elizabeth and John? Do we bring Jesus to others?

Reflecting on the great Mystery of Christmas Saint Irenaeus, bishop and martyr once wrote "God is man's glory. Man is the vessel which receives God's action and all his wisdom and power. Just as a doctor is judged in his care for the sick, so God is revealed in his conduct with men. That is Paul's reason for saying: God has made the whole world prisoner of unbelief that he may have mercy on all. He was speaking of man, who was disobedient to God, and cast off from immortality, and then found mercy, receiving through the Son of God the adoption he brings. If man, without being puffed up or boastful, has a right belief regarding created things and their divine Creator, who, having given them being, holds them all in his power, and if man perseveres in God's love, and in obedience and gratitude to him, he will receive greater glory from him. It will be a glory which will grow ever brighter until he takes on the likeness of the one who died for him". Blessed Virgin was the first disciple of Jesus who introduced Jesus to others even before he was born. St. Irenaeus continues to strengthen this mystery "He it was who took on the likeness of sinful flesh, to condemn sin and rid the flesh of sin, as now condemned. He wanted to invite man to take on his likeness, appointing man an imitator of God, establishing man in a way of life in obedience to the Father that would lead to the vision of God, and endowing man with power to receive the Father. He is the Word of God who dwelt with man and became the Son of Man to open the way for man to receive God, for God to dwell with man, according to the will of the Father. For this reason, the Lord himself gave as the sign of our salvation, the one who was born of the Virgin, Emmanuel. It was the Lord himself who saved them, for of themselves they had no power to be saved. For this reason, Paul speaks of the weakness of man, and says: I know that no good dwells in my flesh, meaning that the blessing of our salvation

comes not from us but from God. Again, he says: I am a wretched man; who will free me from this body doomed to die? Then he speaks of a liberator, thanks to Jesus Christ our Lord”.

Blessed Virgin Mary is greeted back and is being congratulated by Elizabeth: “Blessed are you among women and blessed is the fruit of your womb! And why is this granted me, that the mother of my Lord should come to me?”. And she immediately lauds Mary’s faith: “And blessed is she who believed that there would be a fulfilment of what was spoken to her from the Lord”. The contrast is obvious between Mary, who had faith, and Zechariah, Elizabeth’s husband, who doubted, and did not believe the angel’s promise and therefore is left dumb until John’s birth. It is a contrast.

Holy Father Pope Francis says “This episode helps us to interpret the mystery of man’s encounter with God in a very special light. An encounter that is not characterized by astonishing miracles, but rather, is characterized by faith and charity. Indeed, Mary is blessed because she believed: the encounter with God is the fruit of faith”. Blessed Virgin Mary’s visit to Elizabeth, prepares us today to experience God’s presence in our lives and bring him to other people. Let’s bring Jesus to others during this Christmas season to experience his love as we light the 4th Candle of Advent.

Come Lord Jesus and fill our hearts with your everlasting Love, Amen.



Photo by Fr. Iqbal Khurshid at the
Church of Visitation in Israel.

Fourth Sunday of Advent & Christmas Season



Children Resources for the 4th Sunday of Advent

- Gospel Reflection: *Elizabeth and Mary rejoiced together at the wonderful things God was doing in their lives. We too are blessed when we have people who help us recognize God's action in our lives.* (Loyola Press)
 - [Kid's Bulletin for this Sunday](#)
 - [Colouring page this Sunday](#) - Invite them to decorate the bauble by writing the names of all the people who love them and who they love on it. Encourage them to cut it out and hang it on their tree once it is up.
 - [Sunday Connection for Fourth Sunday of Advent](#) (Gr. 1-8)
 - Video: [Studio 3:16](#) | Weekly Comedy for kids (anticipating the Sunday Gospel)
 - **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](#)
- **Children's Sunday Liturgy** for the Fourth 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)
 - Does your parish have online Sunday program for children? If so, please share it with communications@calgarydiocese.ca

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> | 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](#)

COVID-19 Resources

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

The Pastoral Centre hours during Christmas break

- Fri, Dec. 24 - Half day (until Noon)
- Mon, Dec. 27 & Tue, Dec. 28 - Closed
- Wed, Dec. 29 & Thu, Dec. 30 - Open (8:30 am to 4:30 pm)
- Fri, Dec. 31 - Half day (until Noon)
- Mon, Jan. 3 - Closed
- Tue, Jan. 4 - Open as usual

Bishop's Advent Message

An Advent message from Bishop McGrattan for all the faithful was released on the feast day of St. Nicholas. In his message, find ways to best prepare our hearts during Advent to receive the Lord on Christmas: through prayer, repentance and acts of charity.

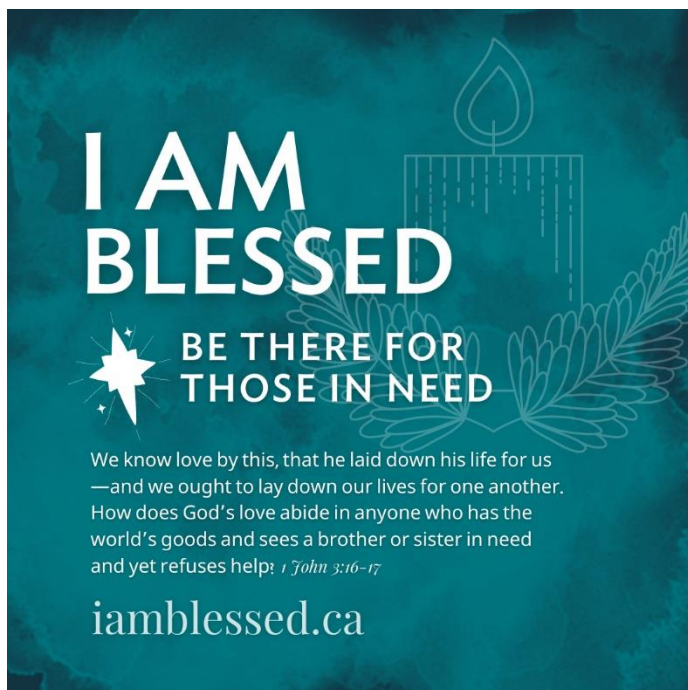
- [Read his message in Faithfully](#)
- [Read his message on the Diocesan Blog](#)

Faithfully printable | Dec. 2021 & Jan. 2022

Please print for distribution to parishioners in your local health care facilities, long term care or those who are shut-ins, and those without access to digital devices.

- [Download PDF of Dec/Jan edition](#)
 - File can be printed on tabloid size papers (3 pgs - double sided), or letter size papers (6 pgs - double sided)

I am blessed



"Let us not experience a fake, commercial Christmas. God comes to be with us and asks us to take care of our brothers and sisters, especially the poorest, the weakest and the most fragile, whom the pandemic marginalizes even further." ~ Pope Francis

The 2021 [I am Blessed](#) campaign has started and will conclude on Sunday, January 9, at the Feast of the Baptism of the Lord.

Action items highlighted this year:

1. [Pray now](#) - Supporting others with prayer by praying in solidarity with them; ideas on what prayers to pray and what to do if others ask to pray for them.
2. [Act now](#) - Offering tips on how to be a good friend especially to those who are in need; getting familiar with services available in our midst as we may need to lead others to seek help.
3. [Give now](#) - Providing financial assistance online to programs and initiatives that empower others.
4. For **Advent resources** for individual, families or children, [visit our Advent Page](#)

The Kids' Bulletin

Fourth Sunday of Advent

December 19, 2021



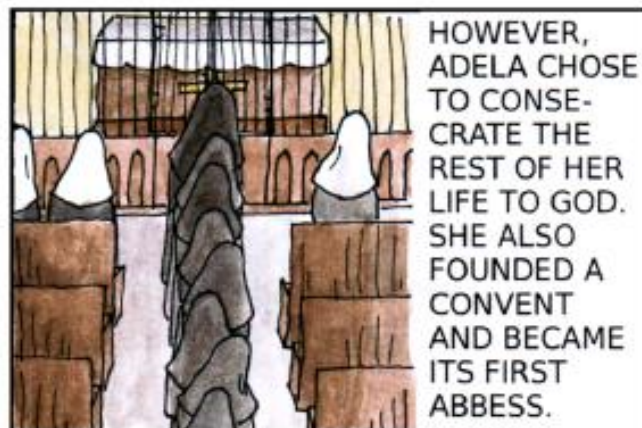
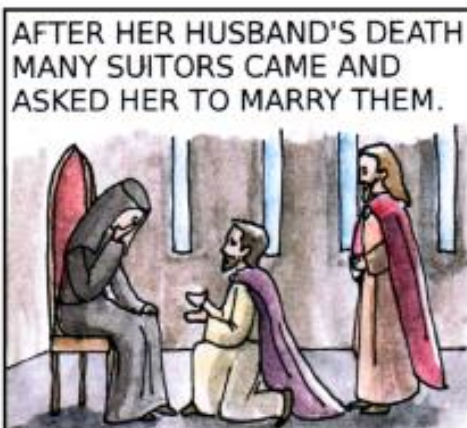
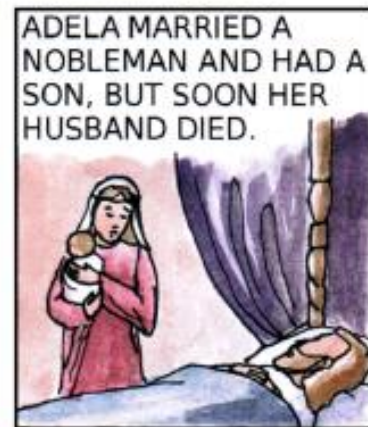
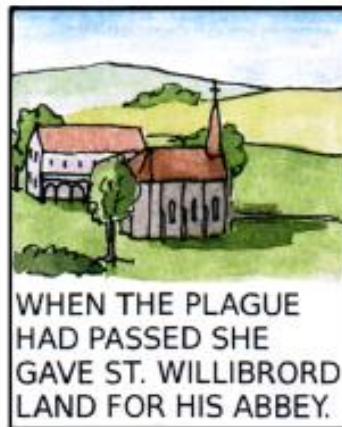
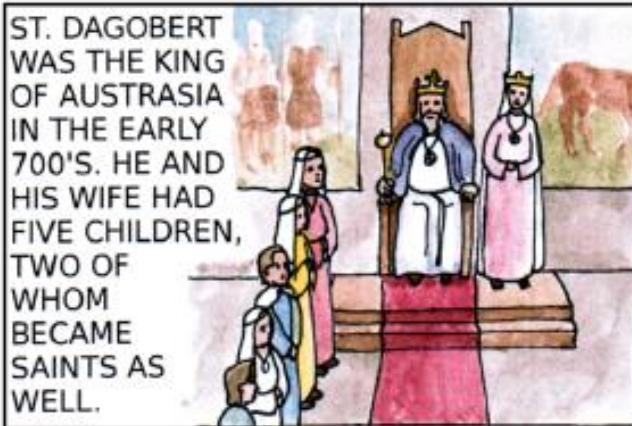
Luke 1.39-45

*Elizabeth knew that Mary was the mother of the Messiah.
What did she say to Mary when she came to visit her?
Use the code to find out!*

A	B	D	E	G	L	M	N	O	R	S	U	W	Y
▲	◊	○	↑	△	×	-	□	●	+	!	■	↓	◊

Saints Adela and Irmina

December 24



IRMINA AND ADELA WERE BOTH PRINCESSES, BUT THAT DOES NOT MEAN THAT THEY WERE SPOILED AND SELFISH. THEIR GOOD PARENTS RAISED THEM TO LOVE GOD. WE CAN LEARN FROM THEIR EXAMPLE THAT FAMILIES CAN HELP EACH OTHER TO BECOME HOLY PEOPLE. HOW CAN YOU HELP YOUR FAMILY?

Mary Visits Elizabeth

True or False?

*How well do you know the story of the Visitation?
See if you can figure out which are true and which are false!*

1. Mary was expecting baby Jesus when she went to visit her cousin Elizabeth.
True or False?
2. Elizabeth was married to Jeremiah.
True or False?
3. Elizabeth was a bit sad when she saw Mary. True or False?
4. When Elizabeth heard Mary, her baby inside her jumped. True or False?
5. Elizabeth's baby was Saint John the Baptist. True or False?
6. Mary had to tell Elizabeth that she was going to have a baby because Elizabeth didn't know. True or False?
7. Elizabeth knew that Mary's baby was the Messiah. True or False?



Christmas is Almost Here!



Now it's only a week until Jesus' birthday! Are you all ready for it? If you have an Advent wreath then this is the week that all the candles will be lit. Jesus is coming soon, so the light should be getting very bright!

Do you have a Christmas tree? Do you know what it represents? A long time ago people used to have plays at Christmas time about how Adam and Eve sinned when they ate the fruit from the tree, and how Jesus was born to save us from that sin. So a Christmas tree is there to remind us of why Jesus came.



Does your family have a nativity scene? It should be all ready for Christmas, but the Baby Jesus doesn't get put in the manger until Christmas Eve.



Answer to front page
puzzle: Blessed are
you among women!
Answer to True or
False: 1.true, 2.false,
3.false, 4.true, 5.true,
6.false, 7.true.

Retreat Centers in Southern Alberta

AN "OASIS" IN THE HEART OF CALGARY

FCJ Retreat & Conference Centre is seen by many as a spiritual home where God feels very present both in the building and the surrounding landscape, and every year welcomes thousands of visitors to a unique experience of warm hospitality and deep spirituality.

Our hope is that those who come to the FCJ Centre will encounter God, whether in prayer, in the Word, in the silence and the beauty; and that this encounter will touch many other lives too.



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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.

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Martha Retreat Centre, situated on the edge of the beautiful Lethbridge coulees, is a ministry of the Martha Retreat Centre Society, which was established in 2018. Originally founded by the Congregation of the Sisters of St. Martha of Antigonish, Nova Scotia in 1968, the Centre continues to be supported by and aligned with the mission of the Sisters of St. Martha: inspired by God's graciousness, we strive to hear, embrace and respond to the cry for gospel hospitality.

