



# Welcome to HOLY FAMILY PARISH

**JANUARY 30, 2022 – 4<sup>TH</sup> SUNDAY IN ORDINARY TIME**

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

Facebook: [Medicine Hat Holy Family Parish](#) ~ YouTube: [Medicine Hat Holy Family Church](#)

**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**



## VOLUNTEERS ROCK OUR WORLD



**Knights of Columbus - Kirby Peterson**  
**Catholic Women's League - Marjorie Bowlby**

**Parish Pastoral Council Chair - Gary Heinbecker**  
**Parish Finance Committee Chair - Cheryl Pocsik**

**FORMED.org**  
THE CATHOLIC FAITH.  
ON DEMAND.

**LOG IN WWW.FORMED.ORG**

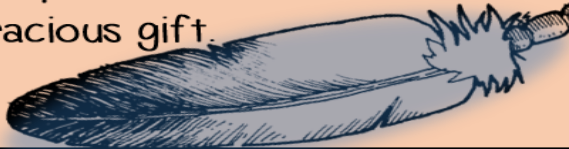
- Go to Formed.org
  - Enter our PARISH CODE: **GPQWK7**
  - Create a personal account with your personal username/email and password.
  - Start enjoying the best Catholic content all in one place!
- IMPORTANT: Do not sign up as an individual. Our parish access code provides more content than an individual 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](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)**

<u>OPERATING FINANCES</u>	
December 1-31, 2021	
Operating Budget 2021	\$ 55,019
General Envelope Collection	\$ 90,806
Loose Collections	\$ 1,774
Future Development	\$ 8,936
Sale of Church Supplies & Other	\$ 3,090
Other Ministries	\$ 1,564
Government Subsidy	\$ 0
Budget Vs Actual	\$ 51,151
<u>SPECIAL COLLECTIONS</u>	
Together in Action (TIA)	\$ 18,998
Clergy Retirement	\$ 25
St Vincent de Paul	\$ 2,202
Seminarian Fund	\$ 35
Mission Mexico	\$ 3,759
CARO	\$ 846
Seed of the Word Sisters	\$ 3,100
World Missions	\$ 10
Catholic Education	\$ 35
<b>2021 TIA GOAL – \$49,657 FINAL</b>	
<b>December: \$49,657 100% OF THE TOTAL</b>	
<i>Thank You for your Generous Contributions</i>	

† Masses Intentions †  
January 29 – February 4, 2022



**Saturday, January 29**

5:00pm – James Hellman †

**Sunday, January 30**

8:30 am – Jane Valmonte †

10:30am – Randy Drescher †

6:00pm – Holy Family Parish

**Monday, January 31**

9:00am – Holy Souls in Purgatory †

**Tuesday, February 1**

9:00am – Gualberto Pimentel †

**Wednesday, February 2**

9:00am – Tillie Krassman †

**Thursday, February 3**

9:00am – William Wallace †

**Friday, February 4**

9:00am – Katie Schafer †

4<sup>th</sup> Sunday in Ordinary Time  
Sunday, January 30, 2022

1<sup>st</sup> Reading: Jeremiah 1, 4-5, 17-19

I appointed you a Prophet to the nations,  
Responsorial Psalm: Ps 71.1-2,3,5-6,15+17 (R 15)

R My mouth will tell, O Lord, of your deeds of salvation.

2<sup>nd</sup> Reading: 1 Corinthians 12.31 -13.13

Faith, hope, and love abide; the greatest of these is love.

Gospel: Luke 4.21-30

Like Elijah and Elisha, Jesus was sent not only to the Jewish people.

4<sup>th</sup> Sunday in Ordinary Time  
Sunday, January 30, 2022  
Gospel Acclamation Luke 4:18

**Alleluia, Alleluia.**

The Lord sent me to bring good news to the poor, to proclaim release to captives.

**Alleluia, alleluia.**

4<sup>th</sup> Sunday in Ordinary Time  
Sunday, January 30, 2022

**BELIEVING GOD WHO PROTECTS**

Proclaiming God's Word can be costly. For the grueling work of prophet Jeremiah, God declares he will not be alone. In proclaiming Good News in his hometown, Jesus is faced with reproach and the threat of being thrown over the cliff. Proclaiming Good News is the task of each of us because of Baptism into Christ. So, how do we do it? As faithful, hopeful, loving Christians.

† What words of faith will I share with others this week?

† What is part of the great hope I have in believing in Christ?

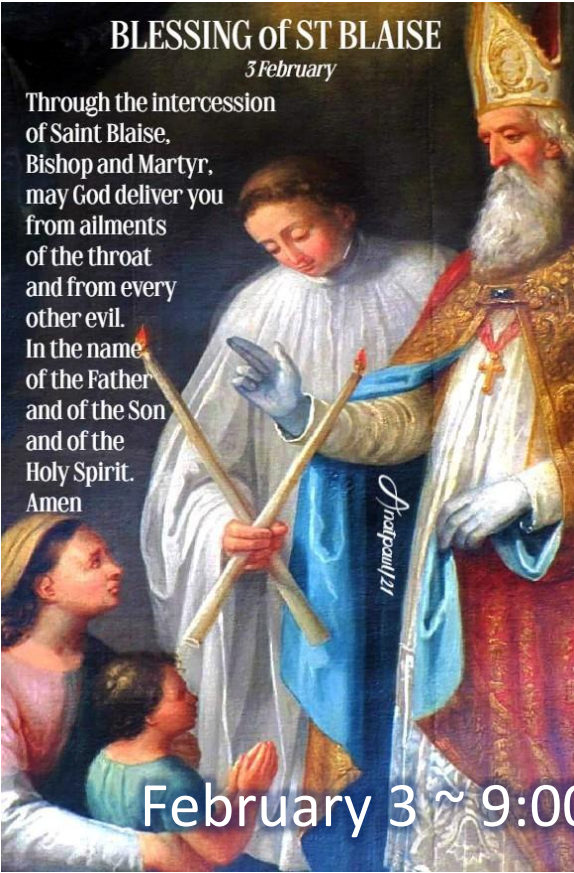
† Because God keeps me safe in a protecting embrace, how can I love? Whom will I love – even those who are not “one of us”?



## BLESSING of ST BLAISE

3 February

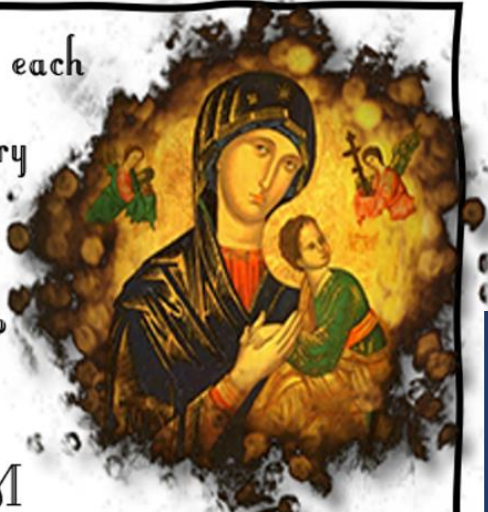
Through the intercession  
of Saint Blaise,  
Bishop and Martyr,  
may God deliver you  
from ailments  
of the throat  
and from every  
other evil.  
In the name  
of the Father  
and of the Son  
and of the  
Holy Spirit.  
Amen



We will have a special Blessing for anybody who is inflicted with illness. As for Covid regulations the blessing of throats will be given to the faithful all at once after Mass, but the crossed candles are not used this year to avoid any physical contact. Individual blessings are always given outside of the Mass at your request. Masks are required of the priest/deacon and the faithful.

February 3 ~ 9:00am Mass

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



First Saturday Mass

The 1<sup>st</sup> Saturday of  
each Month

8:30 AM



12 Hour Adoration  
Friday  
February 4  
9:30am to 9:30pm  
Sign Up Times  
Available



**TMIY**  
THAT MAN IS YOU!  
BECOMING A MAN AFTER GOD'S OWN HEART

**THAT MAN IS YOU**  
February 5, 2022  
8:30 – 9:30 am  
St. Patrick's Church Hall  
**Theme:**  
The Kingdom is like a  
Dragnet  
**Presenter:**  
Fr. Leo Patalinghug



# THE 2021 TAX RECEIPTS ARE AVAILABLE IN THE FOYER AT THE CHURCH



## Sacramental Preparation

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

### 1<sup>st</sup> Holy Communion next class...

Thursday February 3, 2022  
6:30-7:30pm

### Confirmation next class...

Wednesday, February 2, 2022  
6:30-7:50pm

## Online Bulletin Readers check out the Children's Pages near the end of the Bulletin Each Week...



*Faithfully*  
FAITH. LIVED. FULLY.

## Faithfully printable | Jan & Feb 2022

[Download PDF of Jan/Feb edition](#) | or visit  
[catholiccyc.ca/Faithfully](http://catholiccyc.ca/Faithfully)

## SENIOR CARE HOMES

During this past year we have been disconnected from the Senior Care Homes regarding holding Mass and bringing Holy communion to the Catholic residents due to the many Covid restrictions. The Senior Care Homes are inviting us back as they say it is safe to do so. Of course, you think of your safety also, but I believe the Lord is looking after us too, as He wants His people to receive Him in this Eucharistic Sacrament. The precautions do apply - masking, screening, and presenting the QR code.

Please consider this opportunity to serve Our Lord. May you be blessed.

The homes that presently do not have the Holy Eucharist brought to them are Masterpiece, Good Samaritans, and Meadowlands. Chinook is not open yet to receiving outside gatherings yet.

If you have a family member or a friend in a Senior Care Home who desire to receive the Eucharist in their room or Anointing, please let the Parish office know.

**At the same time, we need volunteers/helpers to porter the residents and help to set up the altar for Fr. when we begin to celebrate the Mass once again. Let us pray that we can once again bring the residents the Food for Life - The Holy Eucharist.**

**JOIN US FOR A FREE ONLINE MOVIE EVENT  
BEGINNING: Saturday, February 12th @ 9  
AM MST until Sunday, February 13th @ 9  
PM MST PLEASE REGISTER NOW!!**

Are you looking for peace in your heart, your family? In the film, PRAY: THE STORY OF PATRICK PEYTON, you will meet the extraordinary man who dedicated his life to reminding people that true peace comes from God and a relationship with Him. Father Peyton's deep friendship with God and the Blessed Virgin Mary, combined with his tireless zeal, inspired millions of families around the world to discover how prayer would bring them together and transform their hearts. Join us as we watch PRAY together.

Please follow these simple steps to register for and attend your digital event:

1. The first step is to register at the link provided here.

**Event Registration URL: <https://watch.showandtell.film/watch/pray-stpatrick>**

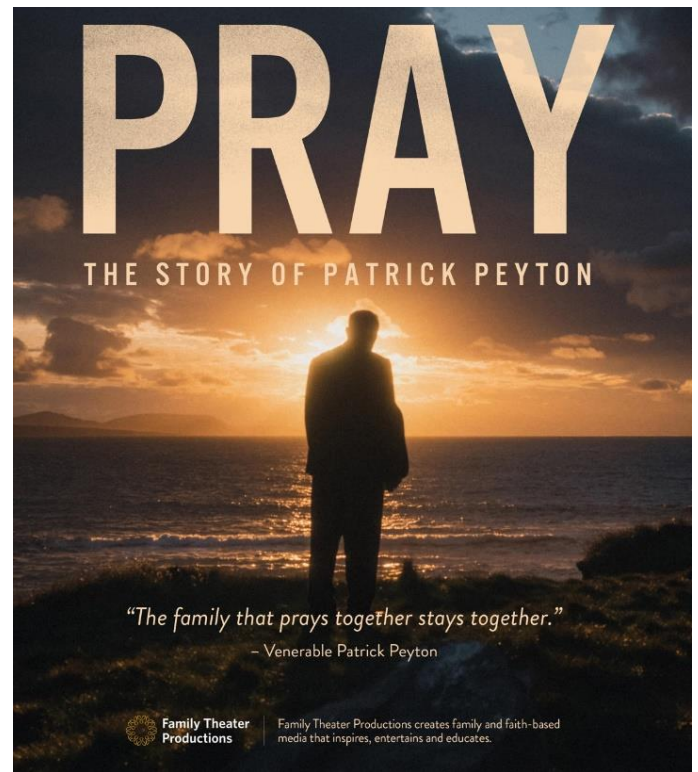
2. Once registered, a participant will receive an email (sender: system@showandtell.film) that contains their Digital Ticket to the Event. A digital ticket is a link to access and view the film at the day/time of the event. Note: Make sure to check your email junk folder if you do not receive the ticket. Also, a participant is able to register even after the event has started. In this case, a digital ticket will still be sent via email; however, the film will begin playing immediately after registration.

3. At the day and time of the event, click the Digital Ticket link. Your Digital Event will automatically open in a new window of your web browser. Ensure that your device is connected to the Internet. Note: If you do not see the red "Watch Now" button, it may be because you opened the link prior to the event start time. In this case, once it is time for the event to start, refresh your browser or click on the ticket link again.

4. Hit the red "Watch Now" button and the film will begin playing automatically. You may pause and play the film. The film will be available to watch for a total of 36 hours after the event start time. You can go back and re-watch the film multiple times within the 36 hour window by clicking the link on your digital ticket. Note: If you lose your digital ticket, simply re-register with a different email address.

5. To turn on Spanish subtitles, hover your mouse on the bottom right of the screen. A "CC" button will appear. Click the "CC" and select "Español."

6. The simplest way to watch this film on your TV is to access the event on your laptop and connect your laptop to your TV using an HDMI cable.



**This Online Event is Sponsored by Council 1732**







**4<sup>th</sup> Sunday in Ordinary Time Year C**

**Sunday, January 30, 2022**

## EVANGELIZING WITH LOVE

From the time we started the season of Ordinary Time, the Gospel Readings are opening our hearts and minds to LISTEN, ACT and EVANGELIZE. I believe these three elements are very important for evangelization and if the Gospel of Love is added to it, it becomes extraordinary chrism of our Christian Faith. Today's Readings are emplacing on the element of evangelization without any fear and doubt because God the Father Almighty is there who has called us and has promised to stand for us in times of trials and trouble. I don't know if all of you have read the message, I wrote for our Parish Photo Directory. Here is the message to refresh your memory because we all called to be missionaries to evangelize. "There is no institute, community, school or society in the world where there are no volunteers. In every walk of life, we need volunteers to run the programmes and help people. However, in the Church, volunteers are playing vital role in different ministries to glorify the Lord. St. Paul reminds us with these great words "And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him". (Colossians 3:17) Pope Benedict XVI says that Christian volunteer efforts should not merely be "an expression of good will" but should be "based on a personal experience of Christ." He added that "He was the first to serve humanity, he freely gave his life for the good of all. That gift was not based on our merits. From this we learn that God gives us himself. More than that: Deus Caritas est – God is love,". St. Therese of Lisieux reminds Christians that "nothing is small in the eyes of God. Do all that you do with love." Pope Francis speaking to volunteers said " 'Good' is accomplished and is effective especially when it is done without seeking recompense and visibility, in the concrete situations of daily life." "I ask you to build the future. Make the world a better place. Please don't see life from afar. Live it. Jesus didn't stay out in a balcony. Instead, He got involved. Follow Jesus' example." St. Paul encourages everyone with these amazing words "Therefore, since it is by God's mercy that we are engaged in this ministry, we do not lose heart. For we do not proclaim ourselves; we proclaim Jesus

Christ as Lord and ourselves as your slaves for Jesus' sake. But we have this treasure in clay jars, so that it may be made clear that this extraordinary power belongs to God and does not come from us".

I love the passage from a Letter by St. Ignatius of Antioch as he is being led to his martyrdom. He mentions that we all are called by Jesus with great love and compassion. And St. John rightly quotes the words of Jesus "it is not you who chose me but I have chosen you and called you to be my witnesses to the end of age". "From Ignatius, known as Theophorus, to the Church of God the Father and of Jesus Christ, his beloved, at Smyrna in Asia, wishing you all joy in an immaculate spirit and the Word of God. By his mercy you have won every gift and lack none, filled as you are with faith and love, beloved of God and fruitful in sanctity. I celebrate the glory of Jesus Christ as God, because he is responsible for your wisdom, aware as I am of the perfection of your unshakeable faith. You are like men who have been nailed body and soul to the cross of Jesus Christ, confirmed in love by his blood".

He continues to say "In regard to the Lord, you firmly believe that he was of the race of David according to the flesh, but God's son by the will and power of God; truly born of the Virgin and baptized by John, that all justice might be fulfilled; truly nailed to a cross in the flesh for our sake under Pontius Pilate and the Tetrarch Herod, and of his most blessed passion we are the fruit. And thus, by his resurrection he raised up a standard over his saints and faithful ones for all time (both Jews and Gentiles alike) in the one body of his Church. For he endured all this for us, for our salvation; and he really suffered, and just as truly rose from the dead.

As for myself, I am convinced that he was united with his body even after the resurrection. When he visited Peter and his companions, he said to them: Take hold of me, touch me and see that I am not a spirit without a body. Immediately they touched him and believed, clutching at his body and his very spirit. And for this reason, they despised death and conquered it. In addition, after his resurrection, the Lord ate and drank with them like a real human being, even though in spirit he was united with his Father. And so, I am giving you serious instruction on these things, dearly beloved, even though I am aware that you believe them to be so".

Let me share a story with you which will help us to understand the value of evangelization and how we must act with love.

A member of the church, who previously had been attending services regularly, stopped going. After a few weeks, the pastor decided to visit him. It was a chilly evening. The pastor found the man at home alone, sitting before a blazing fire. Guessing the reason for his pastor's visit, the man welcomed him, led him to a comfortable chair near the fireplace and waited. The pastor made himself at home but said nothing. In the grave silence, he contemplated the dance of the flames around the burning logs. After some minutes, the pastor took the fire tongs, carefully picked up a brightly burning ember and placed it to one side of the hearth all alone then he sat back in his chair, still silent.

The host watched all this in quiet contemplation. As the one lone ember's flame flickered and diminished, there was a momentary glow and then its fire was no more. Soon it was cold and

dead. Not a word had been spoken since the initial greeting. The pastor glanced at his watch and realized it was time to leave. He slowly stood up, picked up the cold, dead ember and placed it back in the middle of the fire. Immediately it began to glow, once more with the light and warmth of the burning coals around it.

As the pastor reached the door to leave, his host said with a tear running down his cheek, 'Thank you so much for your visit and especially for the fiery sermon. I will be back in church next Sunday.'

The First Reading is about the calling of Prophet Jeremiah from his mother's womb which reminds how precious the gift of life is from the conception to death. There are four very important lessons for us to learn. First God knows us even before we are born (read Psalm 139 please) and he calls us by our names just as Jesus called his disciples by their names. What does it mean? It means that all of us are important with unique personalities and God has blessed us with various talents and gifts (Read 1 Corinthians 12 please). Secondly, we must always be ready for action "Therefore, gird up your loins; stand up and tell the people everything that I command you". Our Christian life is not meant to stand and stay in our place but a missionary life which invites us to witness and glorify his name. Thirdly we must not lose heart but must be strong "Do not break down before them, or I will break you before them". The whole Bible is full of encouragement and hope. The phrase "do not be afraid" has appeared 365 times in the Bible which means everyday we must remember not to be afraid. God is our shield and rock of refuge which is the fourth lesson we can learn "And I for my part have made you today a fortified city, an iron pillar, and a bronze wall, against the whole land...they will fight against you; but they shall not prevail against you, for I am with you, says the Lord, to deliver you". Isn't amazing to see that God who is calling us to be evangelizers, is protecting us.

I strongly believe that no service or evangelization is possible without love. If the evangelization is done with love, will bear everlasting fruits. St. Paul in the Second Reading is sharing the extraordinary qualities of Love and without love everything is incomplete and meaningless. Someone wrote a very short essay on the "job of Christian disciples" to remind everyone to remember that God is always there for us even at times when we feel He is not there, as follows"

- If you feel far away from God, guess who moved?
- Fear knocked. Faith answered. No one was there.
- What you are is God's gift to you.
- What you become is your gift to God.
- I am God's melody of life, and He sings His song through me.
- We can never really go where God is not, and where He is, all is well.
- No matter what is happening in your life, know that God is waiting for you with open arms.
- God promises a safe landing, not a calm passage.



- Do your best and then sleep in peace. God is awake.
- God has a purpose and plan for me that no one else can fulfill.
- The will of God will never take you to where the grace of God will not protect you.
- We are responsible for the effort, not the outcome.
- We set the sail; God makes the wind.
- Begin to weave and God will give you the thread.
- Sometimes when God says "no", it's because He has something better in store for you.
- The task ahead of us is never as great as the power behind us.
- Prayer: don't bother to give God instructions, just report for duty.
- It's my business to do God's business and it's His business to take care of my business.
- Serenity is not freedom from the storm, but peace amid the storm.
- How come you're always running around looking for God? He's not lost.
- God put me on earth to accomplish a number of things; right now, I'm so far behind I will live forever.
- "You will seek Me and find Me when you seek Me with all your heart." Jeremiah 29:13

The gift of love illumines our efforts of evangelizing other people as St. Mother Teresa says, "do small things with great love". Here is a story taken from the book of Max Lucado which highlights the element of listening, acting, and helping one another to share the light of love. There was a blackout one night. When the lights went out, I fumbled to the closet where we keep the candles for nights like this. I lit four of them. I was turning to leave with the large candle in my hand when I heard a voice, "Now, hold it right there." "Who said that?" "I did." The voice was near my hand. "Who are you? What are you?" "I'm a candle." I lifted the candle to take a closer look. There was a tiny face in the wax. "Don't take me out of here!" "What?" "I said, don't take me out of this room." "What do you mean? I must take you out. You're a candle. Your job is to give light. It's dark out there." "But you can't take me out. I'm not ready," the candle explained with pleading eyes. "I need more preparation." I couldn't believe my ears. "More preparation?" "Yeah, I've decided I need to research this job of light-giving, so I won't go out and make a bunch of mistakes. You'd be surprised how distorted the glow of an untrained candle can be." "All right then," I said. "You're not the only candle on the shelf. I'll blow you out and take the others!" But right then I heard other voices, "We aren't going either!" I turned to the other candles, "You are candles, and your job is to light dark places!" "Well, that may be what you think," said the first one. "You may think we have to go, but I'm busy--I'm meditating on the importance of light. It's really enlightening." "And you other two," I asked, "are you going to stay too?" A short, fat, purple candle with plump cheeks spoke up. "I'm waiting to get my life together, I'm not stable enough."

The last candle had a female voice, very pleasant to the ear. "I'd like to help," she explained, "but lighting the darkness is not my gift--I'm a singer. I sing to other candles to encourage them to burn more brightly." She began a rendition of "This Little Light of Mine." The other three joined

in filling the closet with singing. I took a step back and considered the absurdity of it all. Four perfectly healthy candles singing to each other about light but refusing to come out of the closet.

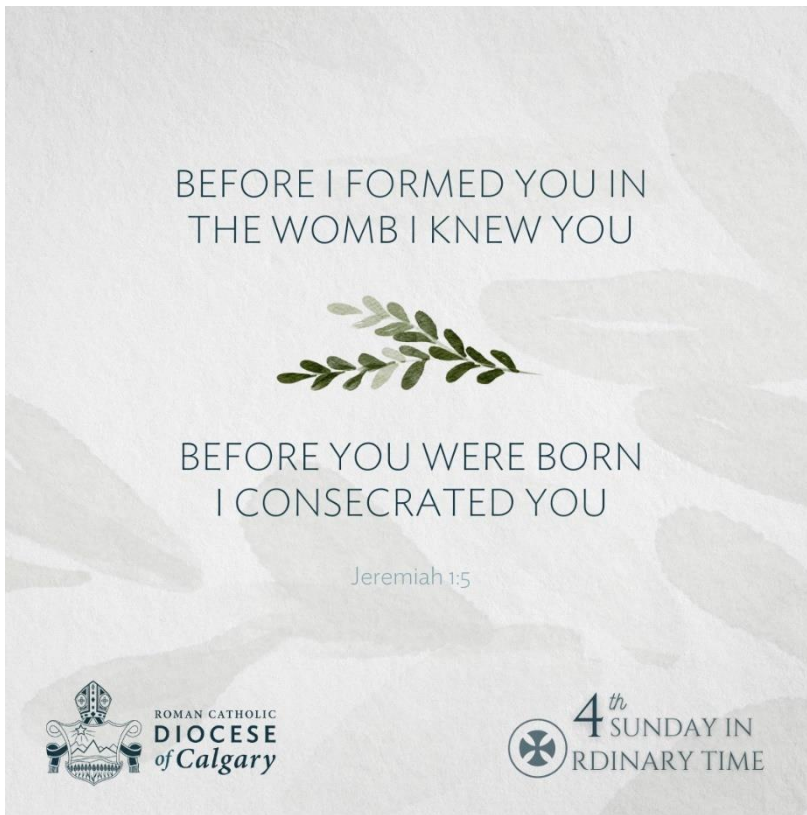
Here is a question for you -- When was the last time you shared the gospel with someone? This world is full of darkness, with many people stumbling around trying to find their way. As we could see in the Gospel today. Our Lord is back to his hometown of Nazareth and has gone to the synagogue as it was his custom. He opens his mission statement which is full of love, compassion, and mercy as he reads from the scroll of Prophet Isaiah. People are attentive and their eyes are fixed on him but slowly we can see the darkness of their unbelief, stubbornness and doubts are increasing. Rather than accepting Jesus, they are trying to dig into his family's life. They are ignoring the love of Jesus behind his mission because their eyes were closed to recognize Jesus, that he is the Messiah. They are angry and refusing to accept what the Lord is trying to bring to them. Is it easy to evangelize? Our Lord during his life on earth suffered a lot, but his love never died for his people.

As we come together to reflect on the Word of the Lord, let us ask the Lord to be with us and strengthen us so that we may continue to evangelize other people with Love. Let's do whatever the Lord is telling us to do, be his witnesses in the world.



Salt Altar, Poland, Photo by Fr. Iqbal Khurshid

# 4th 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)

## RESOURCES FOR CHILDREN

- **[Gospel Reflection](#):** Sometimes we can be like the people of Nazareth; we don't want to trust Jesus' message because we find his words challenging. We don't want to do what he says. But we can trust his words to us and can rely on his guidance in our lives. (Loyola Press)
- **Kid's challenge this week:** Write/Draw something extraordinary that they or another person has done. Or write the qualities that they think make people special such as kindness, generosity, courage or faith. (CAFOD)
- [Kid's Bulletin for this Sunday](#)
- [Colouring page this Sunday](#)
- [Sunday Connection](#) - 4th Sunday in Ordinary Time (Gr. 1-8 & family)
- **Children's Sunday Liturgy for 3rd Sunday of Ordinary Time**
  - [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](mailto:communications@calgarydiocese.ca)

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](#)

## COVID-19 Resources

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



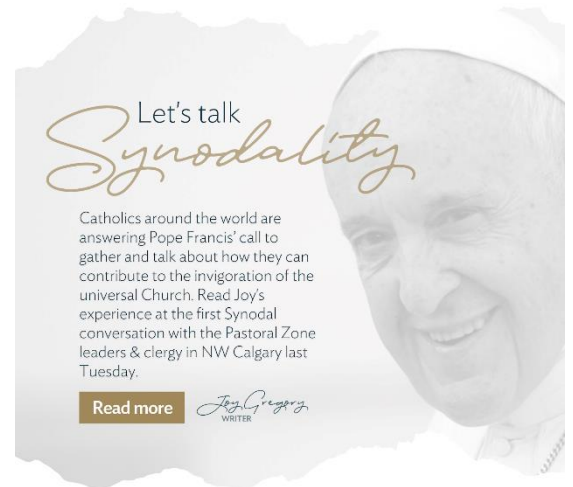
# Faithfully printable | Jan & Feb 2022

- [Download PDF of Jan/Feb edition](#) | or visit [catholiccyc.ca/Faithfully](https://catholiccyc.ca/Faithfully)

## Let's talk Synodality

Joy Gregory, a writer, cradle Catholic, and long-time parishioner of St. Peter's, shares her thoughts on why the Synod on Synodality process matters—and how Catholics in the Diocese of Calgary can (and should) participate. Read now:

<https://loom.ly/BomjAkM>



## Donate your Christmas Cards

The Diocesan Mission Council asks that you consider putting aside your used and unused greeting cards for donation to our card-making program which supports overseas missions. Parishes will collect these cards on behalf of the Catholic Pastoral Centre. For inquiries, please call Sr. Mariflor at 403-218-5521 or [Mariflor.Jacob@calgarydiocese.ca](mailto:Mariflor.Jacob@calgarydiocese.ca)

## Employment Opportunities

Employment opportunities in parishes and Catholic organizations throughout the Diocese. Highlighted this week:

- **NEW - Administrative Assistant / Bookkeeper - Holy Trinity, Blairmore**
- **NEW - Bookkeeper (casual) - St. Michael's, Pincher Creek**
- **Assistant Coordinator (casual) - Feed the Hungry, Calgary**
- **Pastoral Assistant (part time) - Ste. Famille, Calgary**
- **Support Staff (casual relief) - Elizabeth House, Calgary**

Please visit [catholiccyc.ca/careers](https://catholiccyc.ca/careers) for more information and application details.

# Resources & Announcements

## ***Laudato Si'* Action Platform launch | Feb 12**

Join the Canadian Launch of the *Laudato Si'* Action Platform in Canada. On Saturday, Feb. 12 at 9 AM (MT) with Norman Lévesque, Bishop Jon Hansen, C.Ss.R. (Diocese of Mackenzie-Fort Smith) and the rest of your Catholic family from across Canada to learn more about how your community can engage in the works of *Laudato Si'*. [Register here](#) to receive the online meeting link

## **A dram with Fr. Jonathan Gibson**

In this week's show with GodSquad Canada "A dram with friends", Sean welcomes Fr. Jonathan Gibson into the virtual pub. Listen as Sean and Fr. Jonathan discuss their experiences of the Bible in a Year with Fr. Mike Schmitz (BiaY), the challenges of living in our world, and the impact that the BiaY has had on them. [Watch show](#)

## **Lectio Divina for Families**

Lectio divina or "sacred reading" is an ancient method of praying with sacred texts that dates to the fourth century. The basic idea is to spend time listening deeply and intently to what God might have to say to you through the text—almost as if the sacred text were a much-cherished love letter from God. Download this handy "[Lectio Divina for Families](#)" guide, and learn how you can walk even young children through the basic movements of lectio divina.

## **Faithful Living: Self Care is for both body & soul**

Catholics, or Christians in general, can sometimes forget that we are both body and soul as human beings. Learn from Christopher West on the unity of the body and soul to understand how we should understand and see ourselves according to the teachings of the Church. [Read more](#)

## **A saint for young people: St. John Bosco (Feast day: Jan 31)**

Saint John Bosco, who is best known as Don Bosco, was born 200 years ago. The Italian saint's influence on education and charity is still felt throughout the world. The saint spent his days visiting prisons and on the streets with young people, working with them to better their lives. [Watch video](#)

## **The extraordinary tale of St. Blaise (Feast day: Feb 3)**

Much of the life of Saint Blaise is history that has passed into legend, but even [these legendary accounts offer spiritual insight](#).

## **The life of St. Ansgar, Bishop (Feast day: Feb. 3)**

The "apostle of the north" (Scandinavia) had enough frustrations to become a saint—and he did. St. Ansgar's life is a reminder that God writes straight with crooked lines. [Read more](#)

**Fighting breast cancer? Pray to St. Agatha, Virgin, Martyr (Feast Day: Feb 5)** | Pause for a moment to pray for all those suffering from breast cancer. Below is a traditional prayer to St. Agatha that may be used for this intention. [Read more](#)

## **NET Canada's Youth Ministry 101 Podcasts**

NET Canada recently launched a new podcast, *Youth Ministry 101*. This is a podcast where people can learn tips, tricks and hear stories to help reach youth in their life, parish, and youth group to share in the love and joy of Jesus Christ and His Church. [Listen to the podcasts](#)



# The Kids' Bulletin

Fourth Sunday in Ordinary Time  
January 30th, 2022



Luke: 4.21-30

*Jesus' neighbours got upset with Him when He said that they wouldn't appreciate a prophet from their own town.*

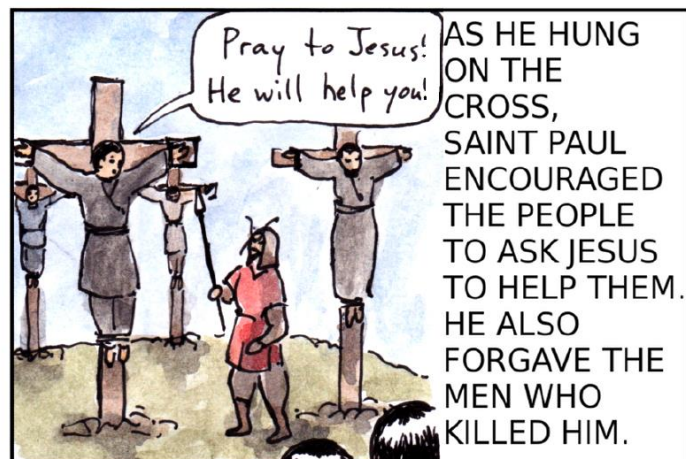
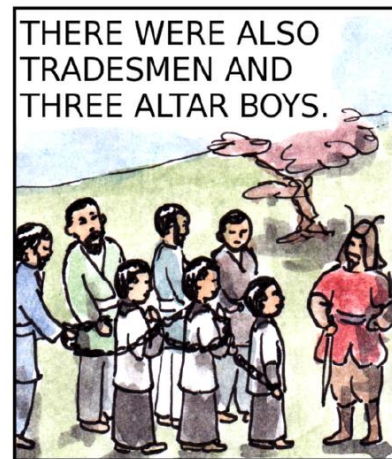
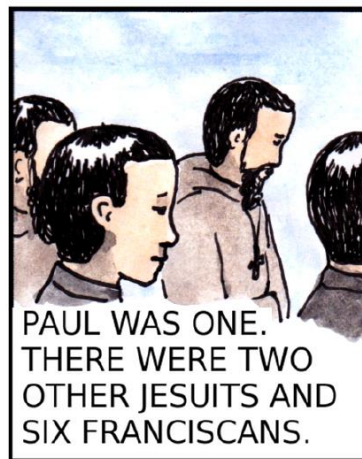
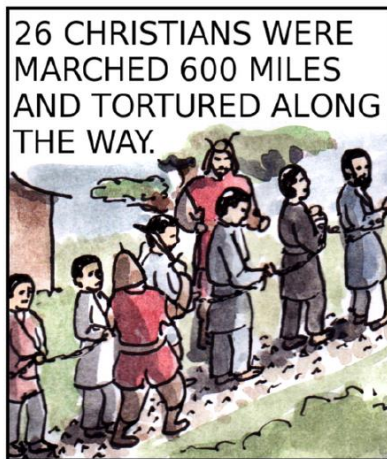
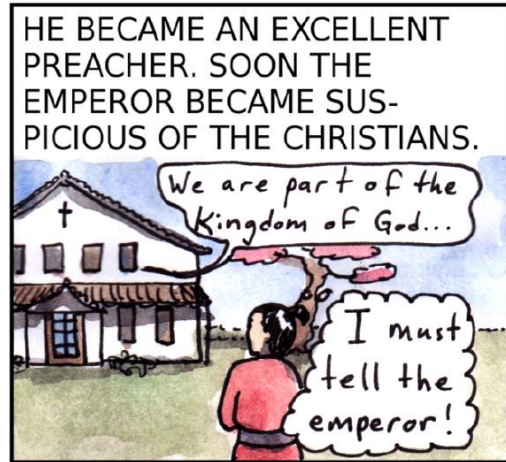
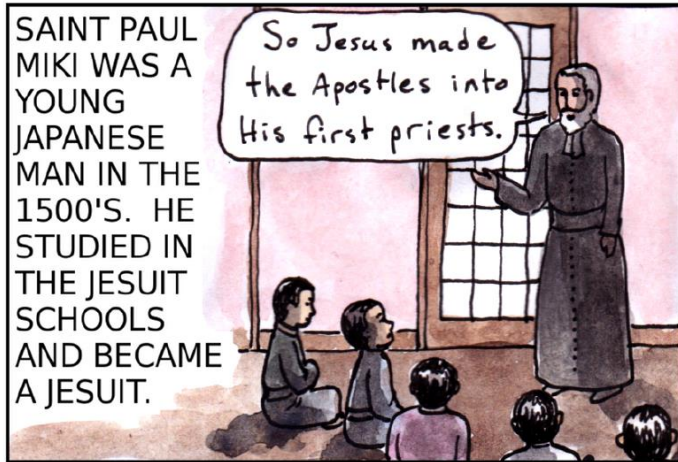
*But when they tried to throw Him off a cliff, He walked right through the crowd and went away.*

*Can you find Jesus in this crowd?*



# Saint Paul Miki and Companions

## February 6



WHEN CHRISTIAN MISSIONARIES CAME TO JAPAN AGAIN IN THE 1800'S, AT FIRST THEY THOUGHT THERE WERE NO CHRISTIANS THERE, BUT THEN THEY FOUND THEM PRACTICING THEIR FAITH SECRETLY. OUR LORD USES THE SACRIFICE OF THE MARTYRS TO STRENGTHEN THE FAITH OF OTHER CHRISTIANS.

# *Love: True or False?*

*Do you know what Saint Paul taught us about love?  
See if you know which are true and which are false,  
according to today's second reading...*

1. Love sometimes fails. True or false?
2. If I have faith enough to move mountains but don't have love I am nothing. True or false?
3. Love is patient and kind. True or false?
4. Love is jealous. True or false?
5. If I can prophesy and understand all mysteries but I don't have love then I'm still great. True or false?
6. When you love then you are mostly interested in taking care of yourself. True or false?
7. The three most important virtues are faith, hope and love, but love is the greatest. True or false?



*1 Cor. 12.31 – 13.13*



# Saint Paul Teaches About Love

SORRY  
I BROKE  
THIS.

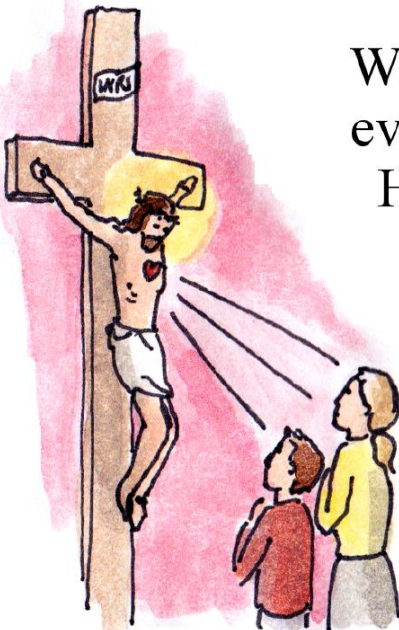
I FORGIVE  
YOU.



In today's second reading St. Paul tells us what real love is like. It is patient, kind, and forgiving, and it rejoices in the truth. Love never fails! No matter how important you are, or talented, or smart, what really makes you great is loving others.

Who do you love? Can you love someone who bothers you or doesn't like you? Love isn't just a nice feeling about somebody. It means deciding to want what is best for that person. You really can love people that you don't get along with! It's a decision that you can make.

LET'S PLAY  
A GAME  
YOU LIKE!



Who was the most loving person ever? Jesus! Think of how much He must have loved us to die on the cross for us even though we hurt Him by our sins! Every day tell Jesus that you love Him, and show it to Him by loving the people around you.

Answers to Love: True or False? 1. false  
2. true 3. true 4. false 5. false 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.



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.

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.

