



Welcome to HOLY FAMILY PARISH

SUNDAY, JUNE 19, 2022 – CORPUS CHRISTI SUNDAY

Email: contact@holyfamilymh.ca ~ Website: www.holyfamilymh.ca ~ Phone 403-527-6933

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

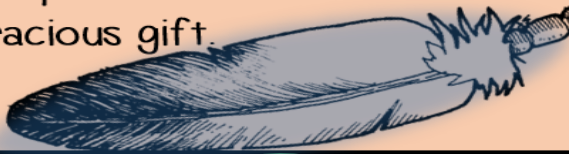
Knights of Columbus - Kirby Peterson

Catholic Women's League - Marjorie Bowlby

Parish Pastoral Council Chair - Gary Heinbecker

Parish Finance Committee Chair - Cheryl Pocsik

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.



Sunday 10:30am Mass

[Medicine Hat Holy Family Church Live
Stream](#)

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



Faithfully
FAITH. LIVED. FULLY.

catholiccyc.ca/Faithfully

Faithfully keeps you updated with what's happening in and
around our Diocese!

E-Transfer Donations

accounting@holyfamilymh.ca

Listen to Mass on your phone...
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Our Network is: HFP_LIVE
The Password is: Liv3HFP*



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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, JUNE 19, 2022 – CORPUS CHRISTI SUNDAY



OPERATING FINANCES

MAY 1-31, 2022

Operating Budget 2022	\$ 59,708
General Envelope Collection	\$ 49,290
Loose Collections	\$ 967
Future Development	\$ 3,475
Sale of Church Supplies & Other	\$ 3,942
Budget Vs Actual	-\$ 5,033

SPECIAL COLLECTIONS

Together in Action (TIA)	\$ 4,168
St Vincent de Paul	\$ 4,160
Clergy Retirement	\$ 55
Mission Mexico	\$ 415
CARO	\$ 115
World Missions	\$ 20
Pope's Pastoral Works	\$ 974
Seminary Fund	\$ 1,120
Ukraine Relief YTD	\$ 16,770
Loonies 4 Lent YTD	\$ 10,581

Thank You for your Generous Contributions

Average Weekly Attendance 855

† Mass Intentions †

Saturday, June 18

5:00pm - Simon Schmaltz †

Sunday, June 19

8:30am - Ben Lockert †

10:30am - Werner Huhn †

6:00pm - Holy Family Parish

Monday, June 20

9:00am - Philip & Irene Sehn †

Tuesday, June 21

9:00am - Yvonne D'Amour & Dorothy Hecker †

Wednesday, June 22

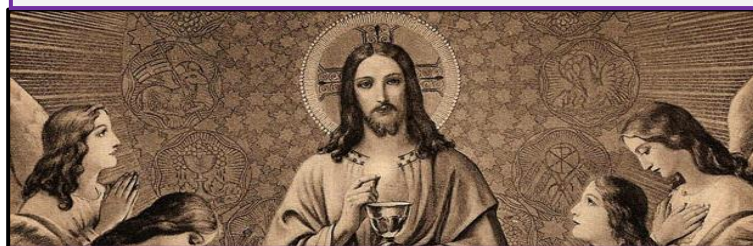
9:00am - Yaqoob Khurshid †

Thursday, June 23

9:00am - Italo Dal Molin †

Friday, June 24

9:00am - Derrick Risling †



About Dining in the Kingdom of God.

Luke's gospel is filled with meal stories. Most of them point to the Eucharistic Meal, as does the one today. Four verbs stand out: take, bless, break, give. This is eucharistic language repeated at every Mass. It is Jesus who truly took and blessed his Body and Blood - broke it and poured it out for each and for all of us - and gives to us to eat and drink - so that we may be like him, and act like him.

🕯️ Because of my sharing in the Eucharistic Feast, how will I be a blessing to family, colleagues, neighbors?

🕯️ Because of my sharing in the Eucharistic Feast, how will I break open my life for the benefit of another?

🕯️ Because of my sharing in the Eucharistic Feast, what will I give away? If stumped, think of the mercy works.

Sunday's Readings

1st Reading: Genesis 14.18-20

Melchizedek brought out bread & wine.

Responsorial Psalm: 110.1-4 (R.4)

R. You are a priest forever, according to the order of Melchizedek.

2nd Reading: 1 Corinthians 11.23-26

As often as you eat this bread and drink the cup, you proclaim the Lord's death until he comes.

Gospel: Luke 9.11b-17

All ate and were filled.



2022 Goal
\$70,938
total to date
\$21,415
which is 31%

Holy Family

Parish Picnic

Sunday, June 19th
after the
10:30 Mass

Everyone Welcome – No Charge



PRAYER & Praise

PRAYER & PRAISE in the CHAPEL

Monday Evenings

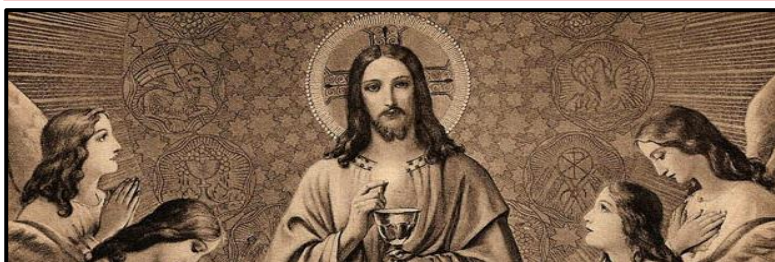
6:30-7:30 PM



Children's Liturgy

Children's Ministry 10:30 am Mass

Children will gather on the carpet area in the
foyer with their Leaders prior to
10:30 am to join the procession to the altar.



Live-In 50th Anniversary Barbeque

date: Sunday, June 26th from 11:00am - 5:00pm

place: Coaldale Kinsmen Picnic Shelter

burgers and Hot dogs supplied - please bring a salad or
dessert

to register: Contact Katie

Lindsay: katie.lindsay51@gmail.com

or (403)382-1235



Join Chalice as we celebrate Corpus Christi,
June 18-19, and find 2,000 sponsors for
children in developing countries.

To make monetary donations to the Ukrainian
Refugees coming to Medicine Hat Please mark
your cheque or cash donation... St. Vincent de
Paul, Hatters for Ukraine or e-transfer to:
ssvpmedhat@gmail.com Tax receipts will be

issued for any donations of \$20 or more.

The Medicine Hat Catholic Board of Education
and the Community Foundation of Southeastern
Alberta are working together to support our new
friends and neighbors.

SAINTS ALIVE BIBLE MORNING CAMP

Friday July 15th, 2022

Registration forms are available in Church Foyer

NO COST - Mid morning snack will be provided.

SCHEDULE Friday July 15th

9:00 am MASS at Holy Family Parish

9:40 am Children to gather in the Faith Room

12:30 Lunch to be sponsored

1:30 pm Dismissal



Strathmore Sacred Heart Church 50/50 Fundraiser



Sacred Heart Church 50/50 Building Fundraiser

We are currently fundraising, seeking to raise the necessary funds
to begin renovating the old IGA building in Strathmore into our new
spiritual home. Please watch the new extended virtual
walkthrough video below to see the gorgeous design that our
architecture team have developed for our new Church.

Sacred Heart Church thanks you for supporting our community!



Simonne
Flynn



We would like to recognize Simonne Flynn for her many years of volunteering with the Society of St Vincent de Paul. Simonne has been a devoted, caring, and faithful Vincentian for 26 years. She has shown dedication to those in need as she met with a significant number of people requesting assistance over the years. Our records indicate that Simonne has visited with over 900 individuals, and so many of those represented a family. Simonne shared her courage and wisdom with fellow volunteers and with those seeking help. We thank Simonne for all that she has done, and we ask God's blessing on her both now and in the future. Our prayers will be with her, and we know she will continue to pray for us.

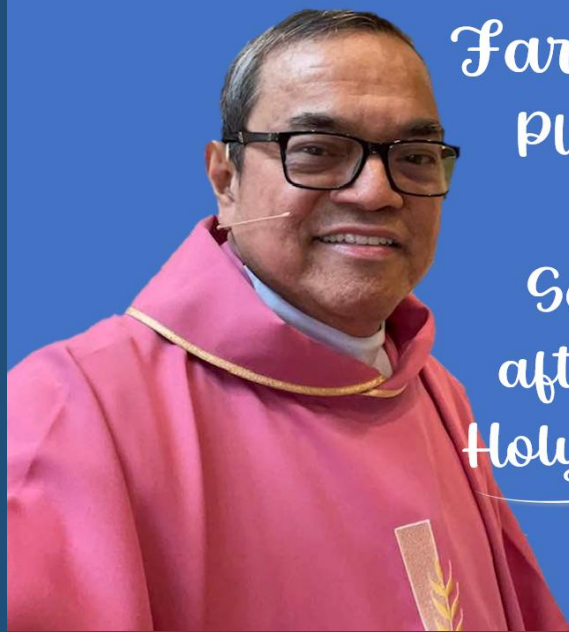
You have our sincere gratitude, Simonne!



Sister Victoria Hagel

died peacefully Sunday, June 12
at the age of 84.

Holy Family Parish will have a
Memorial Mass on Friday, June
24th at 6:00pm, followed by a
reception in the hall.



Farewell to Fr. Rodel
Plan on joining us in
celebrating him.
Saturday, July 23rd
after the 5:00pm Mass
Holy Family Parish Hall

HOLY FAMILY CATHOLIC WOMEN'S LEAGUE NEWSLETTER

Issue #4 JUNE 2022

WELCOME BACK!

**AS WE BEGIN TO COME
BACK AS A PARISH
COMMUNITY**

**"LET US HAND OVER OUR
FEARS SO THAT HE CAN
CONQUER THEM" "PRAYER
AND QUIET SERVICE:
THESE ARE OUR
VICTORIOUS WEAPONS"
(POPE FRANCIS)**



**MISSION
STATEMENT**
The Catholic
Women's League of
Canada calls its
members to grow in
faith and to witness
to the love of God
through ministry and
service.

Important Dates and Reminders

*** National
Convention -
Kelowna Aug 14-17
*Wine & Cheese Sept
Meeting
*Fall Diocesan
Meeting Sept 24 at
Holy Family Parish**

Upcoming Social Events
Parish Picnic June 19 after
10:30 mass
St. Pat's Fall Supper Oct 30
Holy Family Fall Supper
Nov 6
Bow Island Fall Supper TBA

From The President's Desk

Dear Sister's In Christ:

As we are going through the second quarter of 2022, I am forced to look back on the last three months. Have we seen any improvement? COVID 19 has relaxed its hold on us and we can once again see smiling faces and not just laugh lines. More unexpected difficulties, such as the Indigenous Peoples and the events in the Ukraine can affect us all.

If you're anything like me, this past year has been one of constant upheaval and uncertainty. Every aspect of our lives has been upended. We've all had to compromise, sacrifice, and learn to deal with the unknown. That's why I'm so grateful that one thing has remained the same. Amidst the chaos, the exceptional work of the C.W.L. went above and beyond the call of duty. The network of women in the Catholic Women's League, nationwide, is a true beacon of light across the whole country, which we are all proud to be a part of. I thank you all for enduring with the rest of us.

Yours faithfully,

Marjorie Bowlby

**Volunteers
wanted call
Tammy at
403-866-7886**



**Check out the
summer one day
Bible camp
Friday July 15**

Children's Liturgy
Children's Ministry 10:30 am Mass



Our Gals at Convention

FAITH (Growth and Evangelization)

The Council continues to support the faith with our members, the parish, and the community. Our spiritual chair has focused this year on presentations of Our Lady. In March, Louella spoke about Our Lady of Knock and in April Bernice D gave an interesting overview the visionaries of Our Lady of Kibeho.

So far this year we have had two CWL masses with members filling the responsibilities as ushers, servers, Eucharistic ministers, and lectors. Please watch for dates for the CWL mass in the fall.

On November 11th will have a mass for our deceased members.

After the Lady of Good Council Mass, we viewed the World Day of Prayer video. Next year WDP is based on Ephesians 1:15-19 and the writing committee is Taiwan.

Our Council submitted our WCWO's spiritual bouquet to the Holy Father with 15 adorations, 9 chaplets, 40 gifts of service, 12 litanies, 23 masses, 10 novenas, and 124 rosaries.

SERVICE (Hospitality and Fellowship)

Our key service is active participation in various parish ministries.

Thank you to all who supported the Nurture/Pregnancy project with clothing and cash donations which realized \$3519 in contributions. Our fundraising such as projects of the Bottle Drive and Spring Tea has enabled us to continue our commitment to local, national, and international charities. Locally we have supported the St. Vincent de Paul Society, the Mustard Seed, Salvation Army, Nurture, M.H. Pro-life, M.H. Women's Shelter, Root Cellar, MHCS Education Foundation, and CARO. Financial support has been sent to Noah Kungel, our seminarian, and Cathy Koch's nephew.

Appreciation of the clergy was recognized with spiritual and gratitude cards as well as Mass cards and coffee gift cards. They were also recipients of Easter cards and monetary gifts.

The National Gratitude cards were delivered to various COVID frontline workers and were very graciously received.

SOCIAL JUSTICE (Charitable Work & Social Action)

Resolution 2022.1 Federal Legislation to Reduce Food Waste has been passed by Council and Diocesan and now has moved on for Provincial acceptance.

Watch for our Palliative care postcard campaign. It is important to educate the public and as Catholics to maintain our beliefs in respecting life from conception to natural death.

Please pray for a safe and healthy visit of Pope Francis to our indigenous sisters and brothers.

Members are encouraged to look for ways to support our Ukrainian immigrants. See the parish bulletin in regard to making financial donations.



**CATHOLIC
and LIVING IT!**

Loving Father, open our hearts to
your infinite love for all people,
and to your presence with us
wherever we go in your name.

Lord Jesus, deepen the spiritual
life of the Catholic Women's
League.
Strengthen the faith and good
works of our members,
building-up life in the world
by being Catholic and Living It!
May we imitate you with works
of mercy,
welcoming the forgotten,
suffering or vulnerable wherever
we encounter them.

Holy Spirit,
strengthen us to live our faith,
witnessing to life, peace and
social justice daily wherever
we are in Canada.

Through the intercession of
Our Lady of Good Counsel,
may we be joyful
and responsive to our
Christian calling,
by truly being Catholic and
Living It!

We make this prayer through
Jesus, our Teacher and Messiah,
who lives and reigns with the
Father and the Holy Spirit,
forever and ever.

Amen.



Solemnity of Precious Body & Blood of our Lord Year C

June 19, 2022

Today we celebrate the Solemnity of Corpus Christi (Precious Body and Blood of our Lord) which keeps reminding us to break, share and give ourselves for others. According to the Catechism of the Catholic Church "Together with the anamnesis, the epiclesis is at the heart of each sacramental celebration, most especially of the Eucharist: You ask how the bread becomes the Body of Christ, and the wine . . . the Blood of Christ I shall tell you: the Holy Spirit comes upon them and accomplishes what surpasses every word and thought . . . Let it be enough for you to understand that it is by the Holy Spirit, just as it was of the Holy Virgin and by the Holy Spirit that the Lord, through and in himself, took flesh".

The Sacrament of Holy Eucharist is the greatest gift anyone can imagine having, because in this Sacrament our Savior didn't use the blood of the animals to purify us but he became the pure Lamb of sacrifice whose blood has saved the world. The Author of Letter to Hebrews explains this mystery with profound faith and belief "But when Christ came as a high priest of the good things that have come, then through the greater and perfect tent (not made with hands, that is, not of this creation), he entered for all, into the Holy Place, not with the blood of goats and calves, but with his own blood, thus obtaining eternal redemption. For if the blood of goats and bulls, with the sprinkling of the ashes of a heifer, sanctifies those who have been defiled so that their flesh is purified, how much more will the blood of Christ, who through the eternal Spirit offered himself without blemish to God, purify our conscience from dead works to worship the living God?" (9:11-14).

Furthermore, we read in the Catechism of the Catholic Church that "The Eucharist is 'the source and summit of the Christian life.' 'The other sacraments, and indeed all ecclesiastical ministries and works of the apostolate, are bound up with the Eucharist and are oriented toward it. For in the blessed Eucharist is contained the whole spiritual good of the Church, namely Christ himself, our Pasch.' In brief, the Eucharist is the sum and summary of our faith: 'Our way of thinking is attuned to the Eucharist, and the Eucharist in turn confirms our way of thinking.'"

We all are familiar with the saying "we are what we eat" but I always wonder why we can't become like our Savior whose Precious Body and Blood we eat and drink every day. This greatest must make us like Jesus so that everyone could feel that we are like our Master who have commanded to do "this in my memory". I think this short story will also help us to learn to be like Jesus.

A few years ago, a group of salesmen went to a regional sales convention in Chicago. They had assured their wives that they would be home in plenty of time for Friday night's dinner. In their rush, with tickets and briefcases in hand, moving quickly through the airport terminal, one of these salesmen inadvertently kicked over a table which held a display of apples. Apples flew everywhere. Without stopping or looking back, they all managed to reach the plane in time for their nearly missed boarding.

All but one! He paused, took a deep breath, quickly assessed the situation -- and experienced a twinge of compassion for the girl whose apple stand had been overturned. He told his buddies to go on without him, waved good-bye, told one of them to call his wife when they arrived at their home destination and explain he was taking a later flight. Then, he returned to the terminal where the apples were still all over the terminal floor. The man was glad he did. The 16-year-old girl running the stand, he discovered, was totally blind! She was softly crying, tears running down her cheeks in frustration, all the while helplessly groping for her spilled produce as the rushing crowd swirled about her, no one stopping and no one caring for her plight.

No one else, that is. The salesman knelt on the floor with her, gathered up the apples, put them back on the table and helped organize her display. As he did this, he noticed that many of them had become battered and bruised. These he set aside in another basket. When he had finished, he pulled out his wallet and said to the girl, "Here, please take this \$40 for the damage we did. Are you okay?" She nodded through her tears. "I hope we didn't spoil your day too badly," he said.

As the salesman started to walk away, the bewildered blind girl called out to him, "Mister..." He paused and turned to look back into those blind eyes. She continued, "Are you Jesus?" He stopped in mid-stride, and he wondered, stunned by the words. Then slowly, he made his way to catch the later flight with that question burning in his soul: "Are you Jesus?"

The story of Last Supper is actually a story of recognition of Jesus in our lives through his Precious Body and Blood. The CCC does explain this mystery in a very profound way "The Lord's Supper, because of its connection with the supper which the Lord took with his disciples on the eve of his Passion and because it anticipates the wedding feast of the Lamb in the heavenly Jerusalem. Cor 11:20; Rev 19:9. The Breaking of Bread, because Jesus used this rite, part of a Jewish meal when as master of the table he blessed and distributed the bread, Gal 3:27. above all at the Last Supper. Mt 26:26; 1 Cor 11:24. It is by this action that his disciples will recognize him after his Resurrection, Lk 24:13-35. and it is this expression that the first Christians will use to designate their Eucharistic assemblies; Acts 2:42, 46; Acts 20:7, 11. by doing so they signified that all who eat the one broken bread, Christ, enter into communion with him and form but one body in him. 1 Cor 10:16-17. The Eucharistic assembly (synaxis), because the Eucharist is celebrated amid the assembly of the faithful, the visible expression of the Church. 1 Cor 11:17-34."

Moreover "By celebrating the Last Supper with his apostles in the course of the Passover meal, Jesus gave the Jewish Passover its definitive meaning. Jesus' passing over to his father by his death and Resurrection, the new Passover, is anticipated in the Supper and celebrated in the Eucharist, which fulfills the Jewish Passover and anticipates the final Passover of the Church in the glory of the kingdom. In the communion, preceded by the Lord's prayer and the breaking of the bread, the faithful receive 'the bread of heaven' and 'the cup of salvation,' the body and blood of Christ who offered himself 'for the life of the world': Jn 6:51. Because this bread and wine have been made Eucharist ('eucharisted,' according to an ancient expression), 'we call this food Eucharist, and no one may take part in it unless he believes that what we teach is true, has received baptism for the forgiveness of sins and new birth, and lives in keeping with what Christ taught.'"

If from the beginning Christians have celebrated the Eucharist and in a form whose substance has not changed despite the great diversity of times and liturgies, it is because we know ourselves to be bound by the command the Lord gave on the eve of his Passion: "Do this in remembrance of me". The Eucharist, the sacrament of our salvation accomplished by Christ on the cross, is also a sacrifice of praise in thanksgiving for the work of creation. In the Eucharistic sacrifice the whole of creation loved by God is presented to the Father through the death and the Resurrection of Christ. Through Christ the Church can offer the sacrifice of praise in thanksgiving for all that God has made good, beautiful, and just in creation and in humanity."

Holy Father Pope Francis reflecting on this Solemnity says “Besides physical hunger, man experiences another hunger, a hunger that cannot be satiated with ordinary food. It’s a hunger for life, a hunger for love, a hunger for eternity. And the sign of manna — like the entire experience of Exodus — also contains in itself this dimension: it was the symbol of a food that satisfies this deep human hunger. Jesus gives us this food, rather, He himself is the living bread that gives life to the world (cf. Jn 6:51). His Body is the true food in the form of bread; his Blood is the true drink in the form of wine. It isn’t simple nourishment to satisfy the body, like manna; the Body of Christ is the bread of the last times, capable of giving life, eternal life, because this bread is made of love. The Eucharist communicates the Lord’s love for us: a love so great that it nourishes us with Himself; a freely given love, always available to every person who hungers and needs to regenerate his own strength. To live the experience of faith means to allow oneself to be nourished by the Lord and to build one’s own existence not with material goods but with the reality that does not perish: the gifts of God, his Word and his Body”.

St. Thomas Aquinas who had great love for the Holy Eucharist and wrote many hymns to explain the presence of the Savior, wrote a reflection “Since it was the will of God’s only Begotten Son that men should share in his divinity, he assumed our nature in order that by becoming man he might make men gods. Moreover, when he took our flesh, he dedicated the whole of its substance to our salvation. He offered his body to God the Father on the altar of the cross as a sacrifice for our reconciliation. He shed his blood for our ransom and purification, so that we might be redeemed from our wretched state of bondage and cleansed from all sin. But to ensure that the memory of so great a gift would abide with us forever, he left his body as food and his blood as drink for the faithful to consume in the form of bread and wine. O precious and wonderful banquet that brings us salvation and contains all sweetness! Could anything be of more intrinsic value? Under the old law it was the flesh of calves and goats that was offered, but here Christ himself, the true God, is set before us as our food. What could be more wonderful than this? No other sacrament has greater healing power; through it sins are purged away, virtues are increased, and the soul is enriched with an abundance of every spiritual gift. It is offered in the Church for the living and the dead, so that what was instituted for the salvation of all may be for the benefit of all. Yet, in the end, no one can fully express the sweetness of this sacrament, in which spiritual delight is tasted at its very source, and in which we renew the memory of that surpassing love for us which Christ revealed in his passion. It was to impress the vastness of this love more firmly upon the hearts of the faithful that our Lord instituted this sacrament at the Last Supper. As he was on the point of leaving the world to go to the Father, after celebrating the Passover with his disciples, he left it as a perpetual memorial of his passion. It was the fulfillment of ancient figures and the greatest of all his miracles, while for those who were to experience the sorrow of his departure, it was destined to be a unique and abiding consolation”.

Following are some quotes from the saints for us to reflect and meditate on the greatest gift we have received from the Lord and about whom St. Peter says “where to go because you have the words of eternal life Lord”.

“We must not separate our life from the Eucharist. The moment we do so, something shatters.” St Teresa of Calcutta

“The Church and the world have a great need for Eucharistic worship. Jesus awaits us in this sacrament of love. Let us not refuse the time to go to meet him in adoration.” Pope St John Paul II

“You left us yourself in the Sacrament of the Altar, and you opened wide your mercy to us. There is no misery that could exhaust you. You have called us all to this fountain of love, to this spring of God’s compassion.” St Faustina

“If I can give you any advice, I beg you to get closer to the Eucharist and to Jesus... We must pray to Jesus to give us that tenderness of the Eucharist.” St Teresa of Calcutta

"Lord Jesus Christ, pierce my soul with your love so that I may always long for you alone, who are the bread of angels and the fulfilment of the soul's deepest desires. May my heart always hunger for you, so that my soul may be filled with the sweetness of your presence." St Bonaventure

"We adore you, most holy Lord Jesus Christ, here, and in all your churches throughout all the world; and we bless you, because, by your holy cross, you have redeemed the world." St Francis of Assisi

"Many people nowadays say, 'I wish I could see his shape, his appearance, his clothes, his sandals.' Only look! You see him! You touch him! You eat him!" St John Chrysostom

"The Eucharist is a fire which inflames us." St John Damascene

"Not to go to Communion is like someone dying of thirst beside a spring." St John Vianney

"Our sharing in the Body and Blood of Christ has no other purpose than to transform us into that which we receive." Pope St Leo the Great

"Go often to Holy Communion. Go very often! This is your one remedy." St Thérèse of Lisieux

"Through adoration, the Christian mysteriously contributes to the radical transformation of the world and to the sowing of the gospel. Anyone who prays to the Saviour draws the whole world with him and raises it to God." Pope St John Paul II

"Jesus in the Blessed Sacrament is the Living Heart of each of our parishes." Blessed Paul VI

"Do not think that Jesus Christ is forgetful of you, since he has left you, as the greatest memorial and pledge of his love, himself in the Most Holy Sacrament of the Altar." St Alphonsus Liguori

"When the Sisters are exhausted, up to their eyes in work; when all seems to go awry, they spend an hour in prayer before the Blessed Sacrament. This practice has never failed to bear fruit: they experience peace and strength." St Teresa of Calcutta

Let me finish my reflection with short story which will keep reminding us to be grateful for the gift of the Holy Eucharist.

Once upon a time, a man punished his 3-year-old daughter for wasting a roll of gold wrapping paper. Money was tight and he became infuriated when the child tried to decorate a box to put under the Christmas tree. Nevertheless, the little girl brought the gift to her father the next morning and said, "This is for you, Daddy." He was embarrassed by his earlier overreaction, but his anger flared again when he found the box was empty.

He yelled at her, "Don't you know that when you give someone a present, there's supposed to be something inside it?" The little girl looked up at him with tears in her eyes and said, "Oh, Daddy, it is not empty. I blew kisses into the box. All for you, Daddy."

The father was crushed. He put his arms around his little girl, and he begged for her forgiveness. It is told that the man kept that gold box by his bed for years and whenever he was discouraged, he would take out an imaginary kiss and remember the love of the child who had put it there.

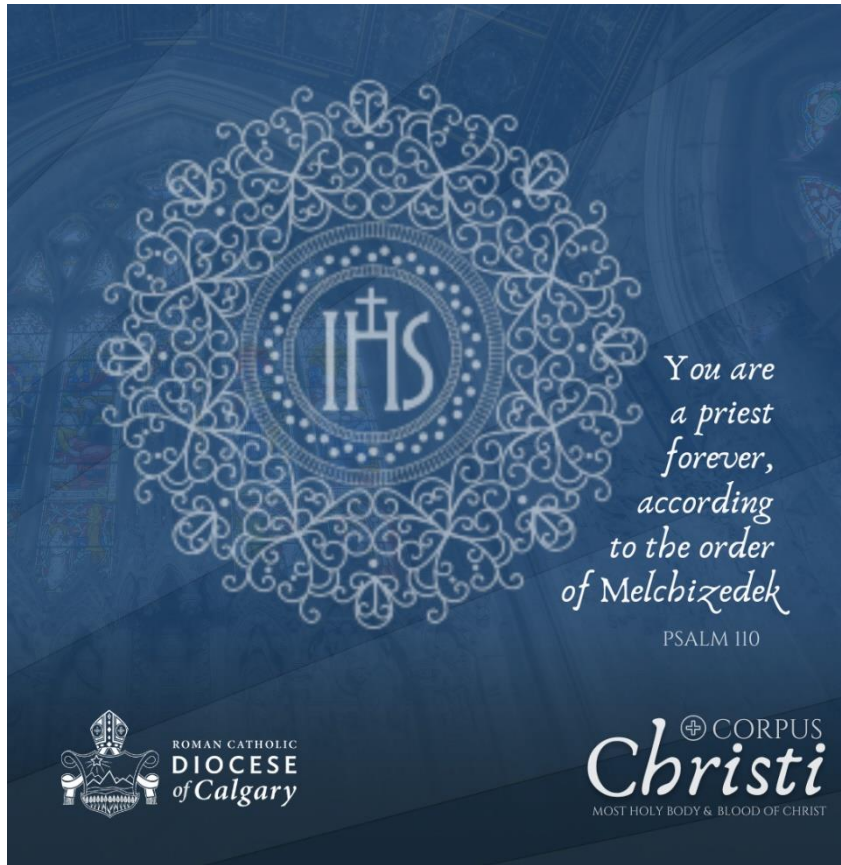
There is no more precious possession anyone could hold other than the Holy Eucharist to remember our Savior broke and shared himself with us.



THE GREATEST GIFT EVER

Sunday Updates

Corpus Christi Sunday



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

COVID-19 Resources

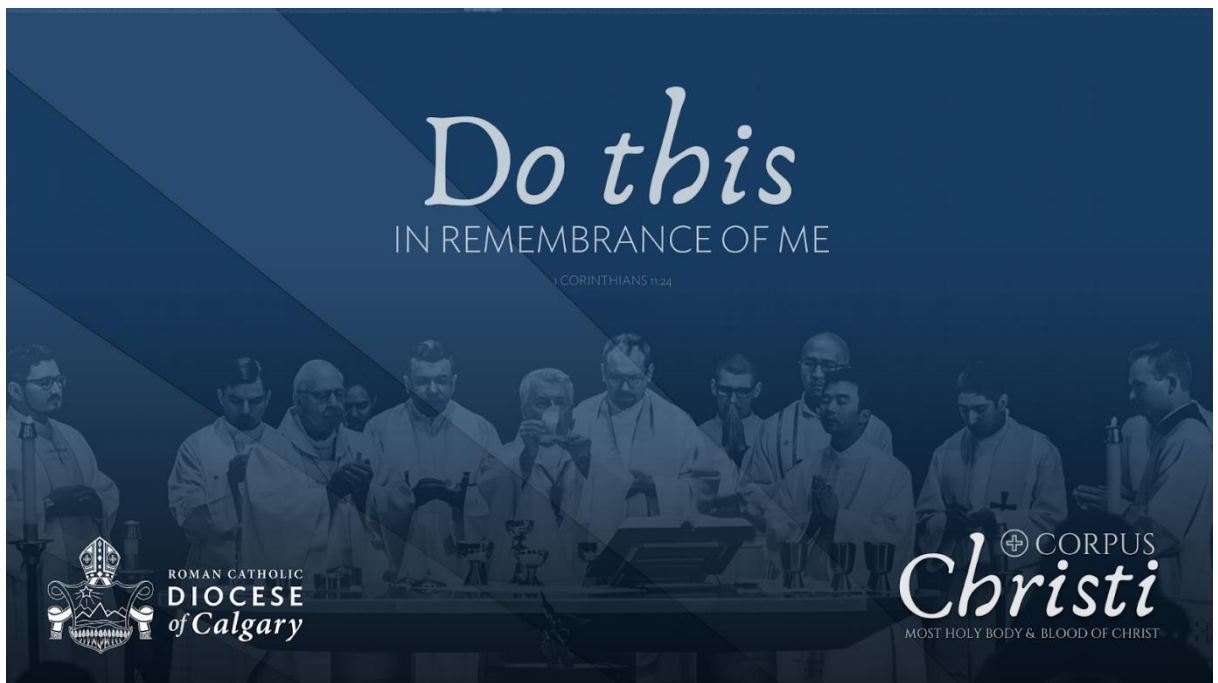
- [Sacraments & Liturgies](#)
- [Spiritual Resources](#)
- [Sacrament Preparation](#)
- [Online Formation Opportunities](#)

Resources for children

- **Kid's challenge this week:** Colour [this illustrations of bread and fish](#) and put them in the baskets to be offered up during Sunday Mass next week. On the back of the paper, write or draw what you will do to help make sure that all people in your city/town and around the world have enough food to eat. (CAFOD)
- [Colouring page this Sunday](#)
- [Kid's Bulletin for this Sunday](#)
- **Sunday Connection - [Corpus Christi Sunday](#)** (Gr. 1-8 & family)
- **Children's Liturgy of the Word this Sunday**
 - [Children's Liturgy for leaders/parents](#) (with intercessions and activities) | [Illustration](#) - by CAFOD
 - [Children's Liturgy of the Word with Miss Heidi](#) (Catholic TV)

Corpus Christi Sunday

As we celebrate this great feast of faith, let us worship what St. Thomas Aquinas did not hesitate to call, "*the greatest miracle that Christ ever worked on earth My Body My Blood*". (Fr. Anthony Kadavil)



- **Corpus Christi Sunday Resources**

- [This is what the feast of Corpus Christi all about](#)
- [The Real Presence of Jesus in the Eucharist | Keynote video at RE Congress](#)
- Watch: [PRESENCE: The Mystery of the Eucharist](#) (Augustine Institute)
The Mystery of the Eucharist explores the truth and beauty of Christ's real presence in the Eucharist, from its origins in Sacred Scripture, to its profound role in the life of the Church and her members. It is the crescendo of the entire story of salvation. [Watch on Youtube](#) | [Watch the whole series at Formed.org](#)
- Resources for Family & children:
 - [Talk to your kids about Eucharist](#)
 - [Corpus Christi Craft for kids from Catholic Icing](#)
 - [Activity download: Which one is the Real Presence?](#)
 - [A visual guide to how to go to Adoration](#)

A message from Bishop McGrattan

Over 500 small groups shared what was most important and urgent in their hearts during the Synod listening sessions. Bishop McGrattan highlights the themes found in the responses: "There were many challenges that surfaced during these listening sessions but there was one overwhelming concern which was voiced, and that was for families, youth and children in the life of the faith community."

- Read the [Bishop's Pastoral Letter on "Growing in Holiness as a family"](#)

Papal Visit to Canada | July 24-29

As many of you heard last Friday, Pope Francis will make a pastoral visit to Canada from **July 24 to 29, 2022**. The Pope's visit will provide an opportunity for him to listen and dialogue with Indigenous Peoples, to express his heartfelt closeness and to address the impact of residential schools in Canada. The papal visit will also provide an opportunity for the shepherd of the world's 1.2 billion Catholics to connect with the Catholic community in Canada. Pope Francis will adopt three communities as a base for his Canadian visit: **Edmonton, Quebec City, and Iqaluit.**



Specific programming and events will be confirmed approximately six weeks prior to the Holy Father's arrival. Visit papalvisit.ca or visitepapale.ca for more information and to stay updated on the latest developments.

- Download web [banners #1](#) | web [banners #2](#)
- [Catholic Bishops Welcome Announcement of Dates and Hub Cities for Papal Visit to Canada](#) (CCCB)
- News Conference re: Papal Visit by Archbishop Richard Smith, National Coordinator for the Papal Visit, May 13 at 8 am (Archdiocese of Edmonton) [Facebook Live](#) on [Youtube](#)
- [FAQ on Papal Visit to Canada](#)

- **Volunteering for the Papal Visit in July**

If you are 18 or older and willing to share your time and talents, organizers are seeking many volunteers for innumerable tasks during the papal visit, from greeting and directing pilgrims, to providing translation services, aiding guests with special needs and performing a variety of other roles, including posting images and messages on social media. If you are under 18, you are welcome to apply to volunteer if accompanied by a parent or guardian. To register, visit papalvisit.ca

- [Here is the volunteer sign-up link](#). Please share as there is a need for many volunteers! The requests to volunteer will be triaged through the papal visit site.

Happy Father's Day - June 19

This Father's Day we remember and give thanks for the many sacrifices fathers make for their children and families. Let us give thanks for our fathers, by birth or adoption, who love us and support us through life; our Church leaders, who take on the paternal role of guiding us through life, and God our Father, who will always teach justly and grant us boundless mercy. St. Joseph, pray for us.

World Day for Grandparents & the Elderly

Do you know an elderly person who suffers from loneliness? Are you afraid of getting old and feeling alone and useless? On this 2nd World Day for Grandparents and the Elderly, Pope Francis addresses our uncertain times and boldly affirms the mission of

grandparents and the elderly: **to be artisans of the revolution of tenderness in our world!** Trustful prayer can accompany the cry of pain of those who suffer and can help change hearts. Join the worldwide effort to visit the elderly who live alone - a work of mercy in our time. **#ElderlyAndGrandparents**



World Day
for Grandparents
and the Elderly
2022

These digital pastoral tools are designed to enrich family life in the home and in our communities. Parishes and groups are encouraged to use these files on your own social media and communication platforms.

- Download the [Pastoral Toolkit for Parishes](#)
- [Plenary Indulgence](#)
- Prayer of the Faithful for [Family](#)
- Prayer of the Faithful for [World Day for Grandparents & the Elderly](#)
- Catechesis highlights for social media - [MP4 Videos](#)

Funeral Mass: Sr. Vicky Hagel, SCSL

In the charity of your prayers, please pray for the repose of the soul of Sr. Vicky and for the consolation of her family and the Sisters. Please see the message below from the Sisters of Charity of St. Louis.

Sister Victoria Hagel, a Sister of Charity of St. Louis, died peacefully at Southwood Hospice, Calgary, on June 12, 2022 at the age of 84, 63 of those years in religious life. The Funeral Mass will be celebrated on **Saturday, June 18 at 10:30 am** at Canadian Martyrs Catholic Church, 835 Northmount Dr. NW, Calgary. Reception will immediately follow at Canadian Martyrs Parish Hall. Cremation and burial in St. Mary's Cemetery will follow at a later date.



Mass for the Dead: † Fr. Stan Henke

The Funeral Mass for **Fr. Stan Henke** was only able to accommodate no more than 15 attendees two years ago due to the provincial restrictions of the time. Since then, we have not yet gathered to honour our brother collectively as a Diocese. Therefore, we will be offering a Mass for Fr. Stan on **Tuesday, June 28, 2022 at 10:30 am**, St. Mary's Cathedral, followed by a reception. All are welcome!

National Indigenous Peoples Day - June 21

National Indigenous Peoples Day is a special occasion to learn more about the rich and diverse cultures, voices, experiences, and histories of First Nations, Inuit, and Métis peoples.

- **For list of events in Alberta**, [click here](#) (Search by province and you will see events being held at towns and cities in Alberta)

Consider joining the following events;

- **U of C Webinar: Campfire Chats: Buffalo Treaty**
This is an event created to celebrate Indigenous culture. Join online and learn from a panel of Indigenous leaders and allies discussing the Buffalo Treaty. The event will feature a panel of Traditional Knowledge Keepers and allies: Leroy Little Bear, Dr. Tasha Hubbard, PhD'16, and Marie-Eve Marchand. When: **Tuesday, June 21 from 3 pm to 4 pm**. [Information & registration](#)
- **ReconciliACTION: Continuing the Conversation**
Join St. Mary's University and continue the conversation building on the first day of Truth and Reconciliation in Canada as we gather in circle with Kainai Elder, Casey Eagle Speaker and imagine our way forward together. When: **June 29 at 6:30 pm to 8:30 pm**. [Information & registration](#)

World Day of Prayer for Priests

Catholics worldwide are urged to pray for Priests today on the World Day of Prayer for Priests. The day was begun by Saint John Paul II in 2002 with the objective of having all Catholic faithful join in prayer for the sanctification of Priests. The World Day of Prayer for Priests coincides with the Feast of the Sacred Heart of Jesus.

- **Write to your priest(s) and express your love and encouragement for the priesthood** | You are invited to write to your priest(s) on this special occasion, and share how his/their ministry has impacted or strengthened your faith life. If you would like to cc the Bishop, you can email a copy of your letter to communications@calgarydiocese.ca or mail it to the Pastoral Centre (120 17 Ave SW, Calgary, AB T2S-2T2, attention: Bishop's Office).

Faithfully | Growing in holiness as a family

Faithfully
FAITH · LIVED FULLY

Highlights from the latest Faithfully, June 13, 2022:

- **Growing in Holiness as a Family**, a pastoral letter from Bishop McGrattan
- Photos from the **Celebrate the Holy Spirit** event on June 4
- Highlighted events in June 2022
- **A Father's Journey with the Spirit**: Seven years alcohol free, Slawomir shares his journey in becoming the husband and father God called him to be
- #FaithfulLiving presents **Dad Talk** - to help find a fresh perspective on fatherhood or a new inspiration to step up our game
- [Read Faithfully now](#)

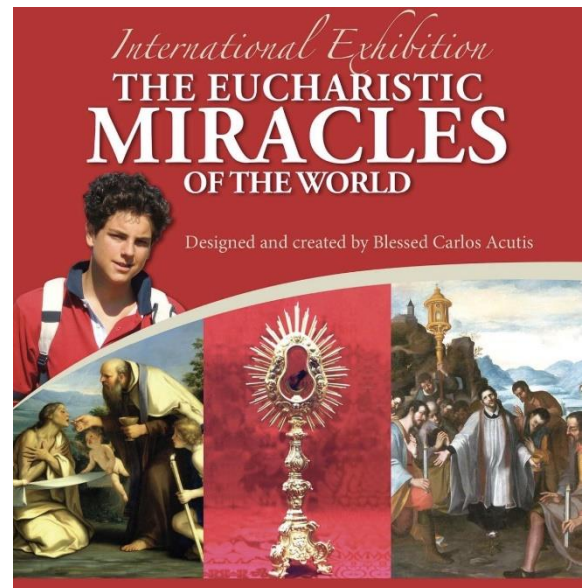


Eucharistic Miracles Exhibit

St. John the Evangelist (1423 8 Ave SE, Calgary) invites everyone to come to the Eucharistic Miracles Exhibit. This exhibit features 159 panels with photographs and historical descriptions that provide a virtual visit to the places where the miracles occurred, and prove that Jesus is really and truly present, Body, Blood, Soul and Divinity in the Blessed Sacrament. Full schedule of the Exhibit:

- **June 18** from noon to 6 pm
- **June 19** from 9 am to 4 pm
- **June 20, 21 & 22** from 10 am to 5 pm

If you have any questions, please contact Pearly at (778) 681-9134.



Resources & Announcements

1. The importance of performing arts in our Catholic Schools

One art medium that is often underserved is the performing arts. There are always plenty of students interested in theatre, dance, and improv but the necessary stage equipment isn't always available or very outdated. [Watch how your donation brought Father Lacombe's High School Theatre into the 21st century.](#)

2. Volunteer for the Papal Visit in July

If you are 18 or older and willing to share your time and talents, organizers are seeking many volunteers for innumerable tasks during the papal visit, from greeting and directing pilgrims, to providing translation services, aiding guests with special needs and performing a variety of other roles, including posting images and messages on social media. If you are under 18, you are welcome to apply to volunteer if accompanied by a parent or guardian. To register, visit papalvisit.ca

3. Reminder: World Meeting of Families - June 22-26

The Church desires that the family be at the heart of pastoral care and attention. To highlight the vital role of the Family in the Church and World, the World Meeting of Families will take place in Rome, June 22 – 26 with the theme "Family Love: Vocation and Path to Holiness." We invite parishes and families to participate in the various events and celebrations virtually via live streaming. [Program details here.](#)

4. CCEF Distilled - June 23

Calgary Catholic Education Foundation (CCEF) invites you to enjoy a private event at Bridgeland Distillery

that includes a private tour, curated cocktails with a bountiful of delicious appetizers from Villa Firenze. This exclusive event on Thursday, June 23, 2022 starts at 6 pm. Funds raised at this event will be matched by up to 50% by Shaw Birdies for Kids presented by AltaLink. This is an adults only event. Tickets: \$85 include a \$20 donation to the CCEF. Tickets are limited and can be [purchased online](#).

5. **St. Aloysius Gonzaga: How our imperfections should lead us to a spirit of thankfulness (Feast Day June 21)** | Surrounded by everything we could ever possibly need or want, we are tempted to think that we are the source of every blessing. St. Aloysius Gonzaga believed that gratitude can only be [unlocked through a recognition of our weaknesses](#).

6. **The Nativity of St. John the Baptist (June 23)**

This special feast is a reminder that Christmas is only six months away. Much like John the Baptist, The Nativity of St. John the Baptist is a proclamation to prepare the way for Christ and all that His coming promises. But why do we celebrate this prophet's nativity? [What allows him to be one of three nativities on the calendar?](#)

7. **From Heart to Earth: CIDSE Sustainable Youth Camp**

Come share in the experiences of Laura Munevar Ortiz (Alberta/NWT Youth Representative for Development and Peace-Caritas Canada) at the CIDSE Sustainable Youth Camp in Portugal this past April. Learn about how Catholic youth around the world are creating strategies for change in the face of the global climate crisis. Laura was one of two D&P youth who represented Canada at this international camp sponsored by CIDSE (short for "Coopération Internationale pour le Développement et la Solidarité") an umbrella organization for Catholic development agencies from Europe and North America. When: July 6 at 7 pm MT. [Register here](#)

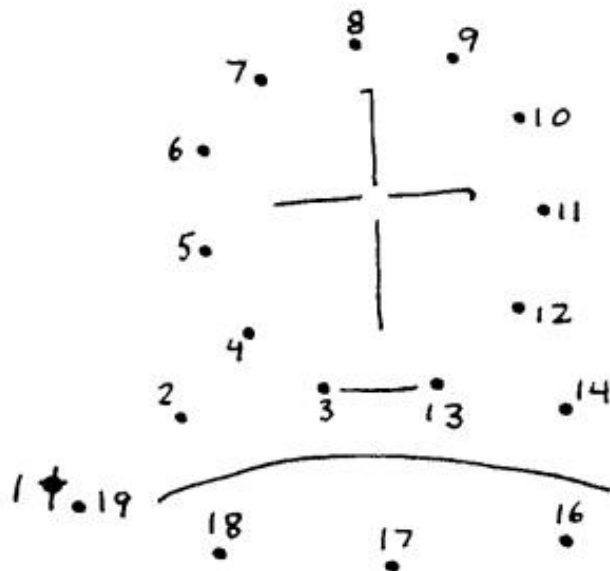
8. **Reminder: Love in the Kitchen: A Recipe for Holiness**

In celebration of 30 years of international child sponsorship, Chalice is inviting everyone - from aspiring chefs to those who just like to eat (or enjoy a drink!) - to their free online event: Love in the Kitchen: A Recipe for Holiness. This Corpus Christi weekend, **June 18-19**, cook a meal live alongside celebrity chef Fr. Leo Patalinghug and ask author Rita Heikenfeld a question about biblical foods. Through the insights of 20+ renowned Catholic speakers, you'll discover why our Catholic faith should have a place at every meal. Register today at chaliceevents.org/love-in-the-kitchen.



The Kids' Bulletin

Feast of the Body and Blood of Christ
Sunday June 19th, 2022

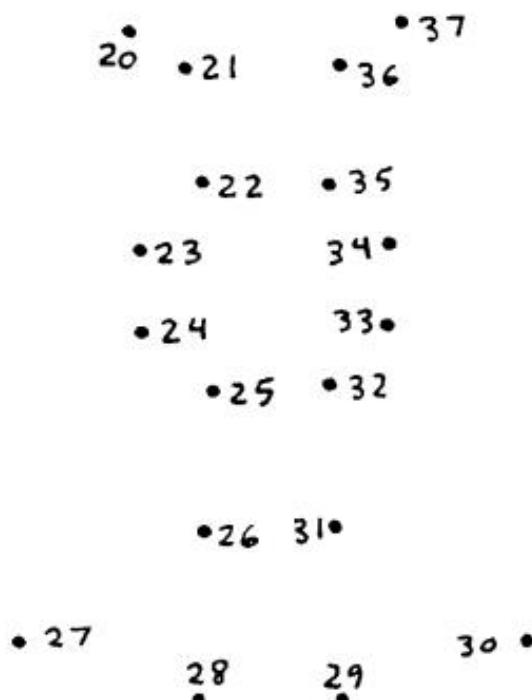


*Today is the feast
day of the
Body and Blood
of Jesus.*

*When He died
on the cross
He offered up
His Body and
Blood for us.*

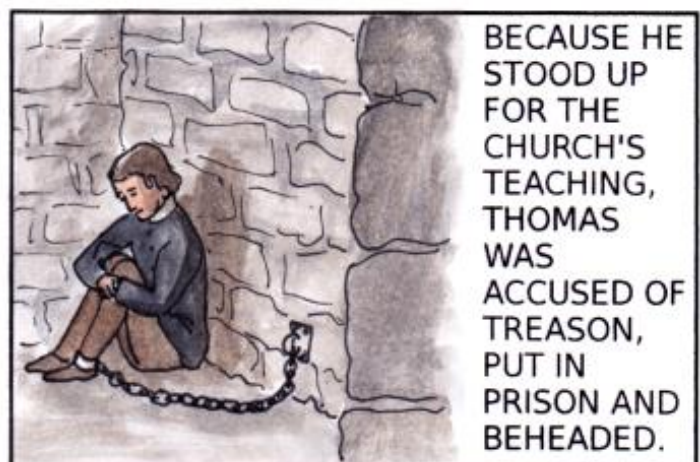
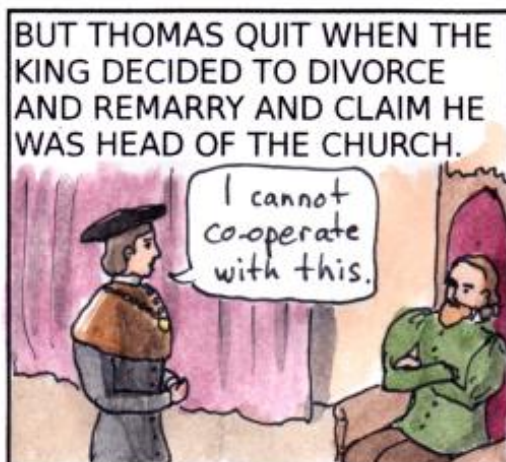
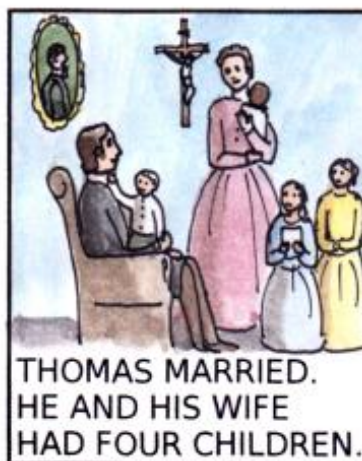
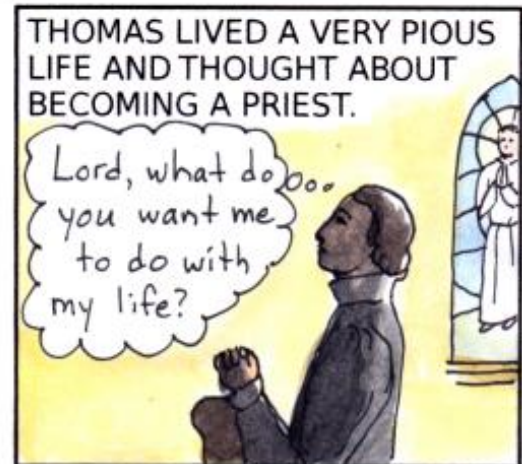
*Jesus also gave
us His Body and
Blood to eat and
drink at the Last
Supper.*

*Connect the dots
to see where He
comes to us now!*



Saint Thomas More

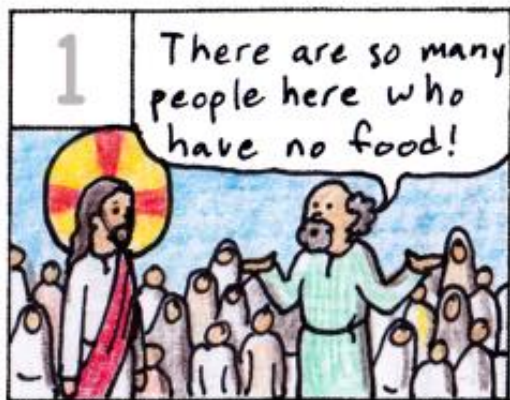
June 22



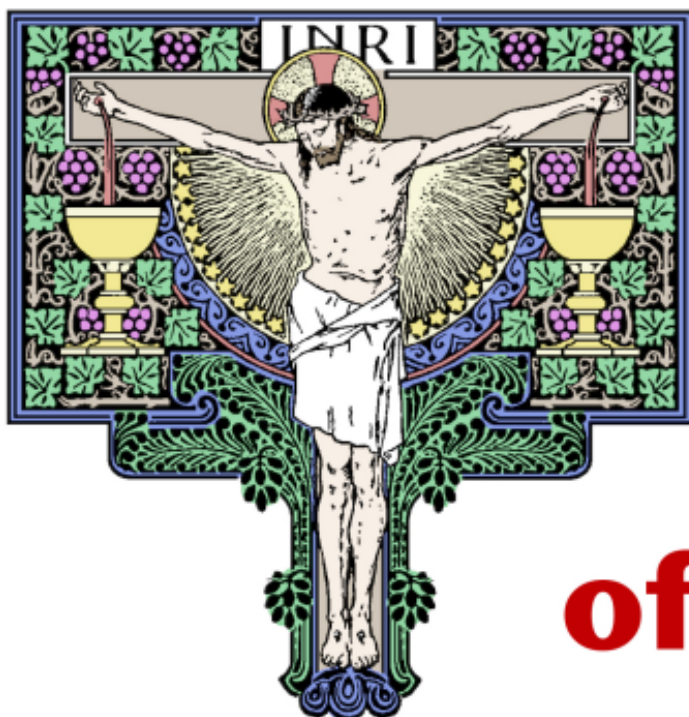
SAINT THOMAS MORE WAS A VERY IMPORTANT MAN IN HIS KINGDOM, BUT HE DID NOT APPROVE OF THE KING'S WRONG IDEAS. YOU CAN PRAY TO SAINT THOMAS MORE IF YOU ARE TEMPTED TO AGREE WITH SOMETHING YOU KNOW IS WRONG. BE READY TO SUFFER FOR THE TRUTH LIKE THE MARTYRS DID!

Unscramble the Story: Five Loaves and Two Fishes

How well do you know the story of the multiplication of the loaves and fishes? Put the numbers from 1 to 6 in the boxes in the right order.



When Jesus fed the crowd of five thousand with five loaves and two fish, He was giving an example of how He could feed everyone with His Body and Blood in Holy Communion.



The Body and Blood of Christ

When Jesus went back to Heaven He didn't want to leave us all alone, so He gave Himself to us in the Holy Eucharist. First He gave Himself to the Apostles at the Last Supper, and today He gives Himself to us in Holy Communion.

Normally when we eat something it gets absorbed into our body. But receiving Jesus in Holy Communion does something different. It makes us more into Jesus' Body! It brings our soul closer to God and closer to all the other people in the Church. That's what "Communion" means.

When we go to Communion in a state of grace we can get so much more grace from God. Our venial (small) sins can be taken away and we can get more strength to do His will. In fact, the time that your prayers are the most powerful is right after you receive Holy Communion, when Jesus is right inside you. He is your closest friend and only wants what is good for you. When you go to Communion remember Who you just received and don't forget to thank Him for coming to you!

Answers to Unscramble Puzzle: top: 3, 6 middle: 5, 1 bottom: 2, 4

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.

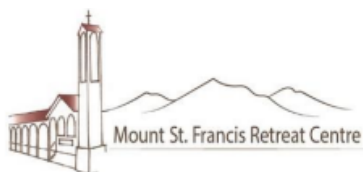
We offer silent retreats and spiritual direction. We also serve those in the 12 Step Program through weekend and evening Serenity retreats. We listen to 5th steps. We host groups and individuals seeking a place of quiet and stillness in an often-hectic world. We can accommodate up to 50 people (46 rooms/50 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.





Looking for a Summer Retreat? Mount St. Francis is offering:



Brother Sun – Sister Moon Pilgrimage Retreat - July 16 Saturday

A full-day outdoor retreat beginning at 9:00 am. Pilgrimage Walk, Eucharist, Laudato Si' reflections, personal prayer time, picnic lunch, BBQ dinner and bonfire. Please dress and prepare for the weather and terrain. Bring a water bottle and a small day pack.

\$60

Registration is limited. Registration deadline: July 12

Holy Ground – Seeing the Sacred in the Everyday - Women's Silent Retreat August 12-14

Our day is often busy or restless. Even a few minutes each day of reflection or an annual retreat awakens us to God's presence in our lives. As Jesus promises, "And remember, I am with you always, to the end of the age." (Matt. 28:20) God pitches a tent, dwells within us and among us.

\$215

Soul Care – Women's Retreat with Guest Presenter: Cathy AJ Hardy August 16-18

Soul Care Retreats are times of oasis for the heart, body & soul. A time away to be replenished, restored and renewed. Soul Care Retreats are created to give opportunities for women to come back home to themselves and to God.

\$415

Registration is limited.

Preached Retreat – Weaving Our Life in God – Reflections from the Life of St. Clare August 22-28

Guided by images, moments, and reflections from the life of St. Clare this week-long retreat gives space to be and to ponder how God weaves life into a beautiful tapestry. St. Clare points to Christ and invites us to have an encounter with him.

\$600

Laudato Si' – World Day of Prayer for Care of Creation Thursday, September 1, 9 am – 1 pm

Pope Francis declared September 1 as the World Day of Prayer for the Care of Creation. This half-day prayer retreat includes a reflective walk, Eucharist, time for prayer, and delicious earth-inspired lunch. Please dress and prepare for the weather. Bring a water bottle and a small day pack.

Cost: \$20

For more information or to register - mtfrancis@shaw.ca 403-932-2012

