



# Welcome to HOLY FAMILY PARISH

**13<sup>TH</sup> SUNDAY IN ORDINARY TIME ~ JUNE 26, 2022**

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

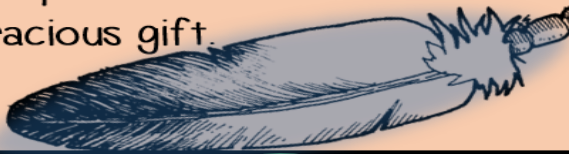
Knights of Columbus - Kirby Peterson

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](https://www.youtube.com/channel/UCG6zK-XzuXdDHj79rV6ut_Q)



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[catholiccyc.ca/Faithfully](http://catholiccyc.ca/Faithfully)

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

## E-Transfer Donations

[accounting@holyfamilymh.ca](mailto:accounting@holyfamilymh.ca)

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



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• 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!

# 13<sup>TH</sup> SUNDAY IN ORDINARY TIME ~ JUNE 26, 2022



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
<b>Budget Vs Actual</b>	<b>-\$ 5,033</b>
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
<i>Thank You for your Generous Contributions</i>	
Average Weekly Attendance	855



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

† Mass Intentions †	
Saturday, June 25	5:00pm ~ Gladys Gaetz †
Sunday, June 26	8:30am ~ Holy Family Parish 10:30am ~ Marienne Sisko † 6:00pm ~ Nada Giles
Monday, June 27	9:00am ~ Ben Lockert †
Tuesday, June 28	9:00am ~ Fr. Rodol Abanto
Wednesday, June 29	9:00am ~ Fr. Iqbal Khurshid
Thursday, June 30	9:00am ~ Mary Roth †
Friday, July 1 ~ (Office Closed, Canada Day)	9:00am ~ Travis Markin

*Psalm 46.2* All peoples, clap your hands.  
Cry to God with sounds of joy!



20 Years of  
dedication to  
serving God and  
our parish.  
Congratulations  
Deacon Robert!

<i>Sunday's Readings</i>	
1 <sup>st</sup> Reading: 1 Kings 19.16b, 19-21	Elisha set out and followed Elijah, serving him.
Responsorial Psalm: 16.1-11 (R.5)	R. You are my chosen portion, O Lord.
2 <sup>nd</sup> Reading: Galatians 5.1, 13-18	You were called to freedom.
Gospel: Luke 9.51-62	Jesus set his face resolutely toward Jerusalem.

## About Our Journey.

After his ministry in Galilee, Jesus sets his face for Jerusalem. Many disciples follow him to this destination, his destiny ~ as should we. For following Jesus is our call. It is our central task. It is our salvation. We do this not alone but with others.

- † In following Jesus, what am I called to leave behind?
- † In following Jesus, what must I pick up and take with me?
- † In following Jesus, what salvation will this bring about?



# PRAYER & Praise



## PRAYER & PRAISE in the CHAPEL

Monday Evenings

6:30-7:30 PM

June 27<sup>th</sup> will be the last Prayer & Praise until September  
Have a Blessed Summer!!

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](mailto: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 15<sup>th</sup>, 2022

Registration forms are available in Church Foyer

NO COST - Mid morning snack will be provided.

SCHEDULE Friday July 15<sup>th</sup>

9:00 am MASS at Holy Family Parish

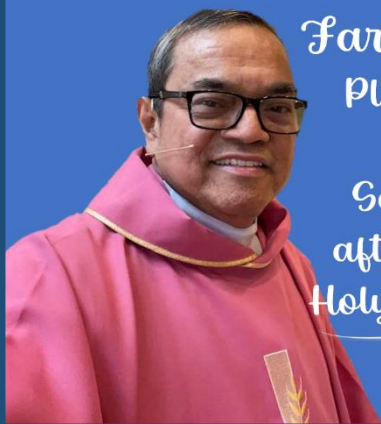
9:40 am Children to gather in the Faith Room

12:30 Lunch to be sponsored

1:30 pm Dismissal



Last Day before summer holidays for Children Liturgy is Sunday June 26<sup>th</sup>  
10:30 am Mass Resuming September 11<sup>th</sup> 10:30 am Mass... Happy Summer!



## Farewell to Fr. Rodel

Plan on joining us in celebrating him.

Saturday, July 23<sup>rd</sup>  
after the 5:00pm Mass  
Holy Family Parish Hall

Thank you to all who donated or chose to sponsor a child through Chalice. For as little as \$42.00 a month, we can make a difference in the life of a child.

Learn more about this Canadian Catholic Charity at [chalice.ca](http://chalice.ca) or  
Call 1 800 776 6855



**Brown Scapular Enrollment:** The Legion of Mary invites you to sign up for the Brown Scapular Enrollment that Fr. Roque will conduct on Sunday, July 17<sup>th</sup>, immediately following the 9 am Mass at St. Patrick's Church. To be sure we have enough blessed Brown Scapulars, please sign up by printing your name in the binder at the back of St. Patrick's Church, or by e-mailing Karen-Anne at [kacherwono@gmail.com](mailto:kacherwono@gmail.com) or Cora at [cora.blanchette@gmail.com](mailto:cora.blanchette@gmail.com)



For more information on the Brown Scapular, please pick up a pamphlet available on the stand of materials facilitated by the Legion of Mary at either church. Thank You.





## 40 Loonies 4 Lent 2022



To update you on “40 Loonies 4 Lent” “Leave No Neighbor Behind” 2022 project, spear headed by Knights of Columbus. Once again, the generosity of Holy Family Parish has prevailed and \$10,581 was received. This was equally distributed to 5 organizations: Root Cellar, Mustard Seed, Saint Vincent De Paul, Salvation Army 5<sup>th</sup> Avenue meal program and St. Barnabas Saturday Meal Program. As you may know numbers are up and the need is more than ever. This year we decided to do something different, rather than mail the cheques, the cheques were personally hand delivered by our Parish Pastoral chair Gary Heinbecker and myself.

The world is always short of Thank You’s, but once again thank you Holy Family Parish for your generosity, “what you do for the least of my brothers you do unto me.”

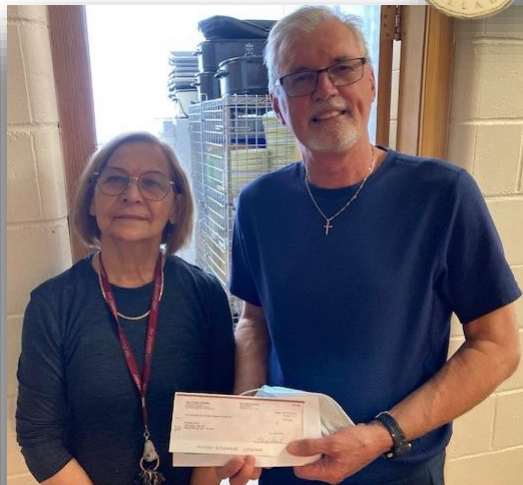
Knights of Columbus, Patrick Ries, FS



**The Root Cellar**



**St. Barnabas  
Saturday  
Meal  
Program**



**Salvation Army 5th Ave  
Meal Program**



**The Mustard Seed**



**The  
Society  
of  
St.  
Vincent  
de Paul**



## WRITTEN BY DEACON ROBERT RISLING

On June 23 and June 24 of this month the first group of permanent deacons in the Diocese of Calgary will be celebrating our 20th anniversary of ordination. While two of our members have gone on to their eternal rewards and several have retired or moved away, being the first class of permanent deacons in Western Canada, made us pioneers for those who would inevitably follow. There were twelve of us in all and the following musings are a small piece of our story.

The Catholic Church, ever ancient and ever new, has a long and beautiful history of men and women generously responding to the Lord's call to service. And while the memory of many of these people has been lost in history, it has not been lost to the heart and mind of God. As a child when learning about the life of our Lord and those extraordinary men and women we now call saints, I was deeply inspired, and moved to follow in a life of Christian service. From my earliest memories I felt a call to priestly ministry, yet as I grew older, I equally felt pulled toward family life. A conundrum to be certain for a man baptized into the Latin Rite. When I was nineteen, I attended a parish workshop facilitated by a permanent deacon from Ontario, until that time I never knew that permanent deacons or married clergy existed in the Catholic Church. Yet, shortly after this event, I can recall driving to meet my future wife for a date and reflecting that I needed to make a choice between married life or possible priesthood rather than waste each other's time. Four years later Helena and I would celebrate the Sacrament of Marriage, and the call to ministry continued to persist.

Shortly after Bishop Fredrick Henry's installation as the seventh bishop of the Diocese of Calgary in March of 1998, I met with Fr. Michael Duggan to speak about discerning a call to the permanent diaconate. I chose this time because I knew Bishop Paul and other Western Canadian bishops did not want permanent diaconate programs in their respective dioceses and felt it a fruitless pursuit to do so prior to this time. My hope to possibly serve in priestly ministry was enkindled upon Bishop Henry's arrival. Fr. Duggan was supportive and encouraged me to write Bishop Henry. Within a month of writing the letter I received a response from his excellency both thanking and encouraging me. Within the same year a permanent diaconate program was officially announced, and the following year the diocese would begin its program.

Helena and I entered the formation program with a young family, Amelia was six, Derrick was four, and our newborn son Isaac was one month. Directly following an early orientation session attended by middle aged and retired men, I was assured by Fr. Bill Trienekens that my young family would not be an obstacle to possible ordination. Entering the program with the understanding that there is no resurrection without a cross, did not make our many sacrifices any easier, but rather gave them purpose and meaning. Because the wives were required to attend the formation sessions with their husbands it meant that we would need to arrange for childcare for our two oldest children, while Isaac would attend the first year of classes with us. Living in Medicine Hat, a three-hour drive from Calgary, added to the challenge, time off of work, lodging, and finances were just a few of the things we needed to navigate. Beginning in year two of our formation Albert and Sharon Reindeau (whose kindness will never be forgotten) invited us to stay with them at their home for all diaconal functions.

The Nigerian proverb comes to mind, "It takes a whole village to raise a child," it is my experience that it took a whole community to foster my vocation. Through the generosity of my wife, family, and friends, I was able to respond generously to God and His church.

When I reflect upon the formation process, I'm filled with gratitude, the humble, wise, and sound presence of Fr. Bill Trienekens and Sr. Maria Nakagawa, co-directors of the formation program and Bishop Henry's participation by facilitating many of the retreats filled me with assurance, and confidence. While the instructors that presented were excellent, the program wasn't as academically strenuous as I thought it would be. I took solace in the understanding that our formation was multifaceted considering not only intellectual facets but pastoral, spiritual and human as well. I was also comforted when I learnt that the church seeks candidates who are willing and capable of ongoing self-formation. But I was also filled with concern when I learnt that while the church had a theology of the priesthood, it lacked a theology of the diaconate. Neither did we have many permanent deacons in Western Canada to model our ministry after, making deacon mentoring, which is an essential component of diaconal formation, impossible for group one. Bob Wilson and I were blessed to have the late Sr. Mary Anne Mulvihill to mentor us in our spiritual and pastoral roles. Despite some early apprehensions, I fondly remember the diversity of personalities and temperaments of my diaconal colleagues from group one. The lighthearted banter between Bob Wilson and Louis LaPoint was a welcome relief, and Louis' frequent comments about forming a deacon's union always brought laughter to the group. We were truly blessed to journey together and form lifelong friendships. It was an exciting and joyful experience, despite seeing within myself and a few others the broken human need to stand apart. Gladly after several years in the trenches, I've been mostly but not entirely cured of that malady. While it was never something I personally experienced, once ordained, many of the early deacons did not get the respect and needed support from the pastors to which they were assigned to assist, this was the source of much pain for us all. Gladly, due to the faithful, diligent, and competent work of the diaconal community, and perhaps better priestly formation regarding the diaconate, these painful situations are less common.

My first twenty years of diaconal ministry have been fruitful thus far, and God willing, I eagerly anticipate another twenty more. During my fifth year of ministry Helena gave birth to our daughter, who I had the rare privilege to baptize. Being our fourth child, Isabella added to the challenge of having to juggle family life, work, and ministry. For seventeen of our twenty years of ministry, Helena managed her own retail business while I have been working full time for GoodYear Canada. I'm also presently serving my third term as a trustee for the Medicine Hat Catholic Board of Education, which has also been a fruitful part of my ministry. Despite working full time and serving as a school board trustee, I've still been able to maintain a diverse and active ministry within the parish which requires a generous amount of time. Aside from having a supportive and understanding wife, one way we were able to balance family life and ministry was by incorporating our children into my ministry when appropriate. My children and I have formed many fond memories of serving together at the altar or in the choir during Sunday masses and assisting me when presiding in numerous types of liturgies including nursing home communion services and visits to the elderly. Despite the many challenges

and sacrifices, being a young deacon family has been a precious gift and unique experience that has shaped and enriched our family life. I consider it a privilege and responsibility to be called by our Lord to share in his priestly ministry, to be set apart to enter more deeply into the lives of his people is something I try not to take for granted. Whenever appropriate, I've always tried to inform and educate people regarding the permanent deacon's ministry. I believe we need this to be a priority if our ministry is to be understood and supported. While I consider myself truly blessed with a supportive family, priests, and parish community, I have also experienced discouragement, disillusionment and struggled with self-doubt, I've also been misunderstood, treated with indifference, and maligned. When pondering both my diaconal and marriage vocations, the term "bittersweet," comes to mind. While this may sound incongruous, it is an honest assertion, considering both are permanent states of life God calls us to live for the purpose of sanctification of self and others. In John 15:20 our Blessed Lord said, "Remember the word that I said to you, 'A slave is not greater than his master.' If they persecuted Me, they would persecute you as well;" Mark 10:38-39 But Jesus said to them, "You do not know what you are asking. Are you able to drink the cup that I drink, or to be baptized with the baptism with which I am baptized?" They said to Him, "We are able." And Jesus said to them, "The cup that I drink you shall drink; and you shall be baptized with the baptism with which I am baptized."

With these scripture passages in mind and from my personal experiences, I have formed three preliminary questions for the men who've approached me over the years to speak about discerning a diaconal vocation. Do you have a good marriage? Are you and your wife naturally generous with your time? By the grace of God, are you and your wife willing to walk the way of the cross? If not, do not apply.

On June 23 and 24 the Universal Church celebrates both the Vigil and Solemnity of the Nativity of St. John the Baptist. Certainly, appropriate feast days for the first group of permanent deacons in our diocese to be ordained. For these feasts have become an annual reminder for us of what our Lord requires of his deacons, 'steadfast, courageous, and humble service.'

It is my prayer that the deacons of the Diocese of Calgary, with their wives, will joyfully build on the diaconal foundations laid by their predecessors. May our response be generous, and the outpouring of our lives total for the building of God's Kingdom. And may God continue to richly bless our shepherds Bishop Emeritus Fredrick Henry, Bishop William McGrattan, and our diaconal community, our families, and ministries.





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

**June 26, 2022**

### NO PARTIALITY IN FOLLOWING

We all want to follow someone, sometimes fully and other times partially. I guess it all depends on our modes of daily life. Sometimes we follow a single person because of his/her talent, eloquence in speech, physique, and or maybe he/she is our role model. But sometimes we like to follow crowds because we all want to be liked and accepted. The desire to fit in is so strong that people sometimes conform to a group consensus even when it goes against their own judgment—at least in public. In private, they're much more likely to follow their own minds. However according to the Sacred Scripture, God wants us to follow him fully and without any partiality. If we read the first three chapters of the Book of Genesis, we can see the real example with Adam and Eve to be fully committed to the Lord however they were failed to do so and then they must leave the garden of Eden. There are lots of examples of following either fully or partially.

St. Bonaventure reflecting on the mission and purpose of Christ's life, invites us to commit ourselves completely to him; "Take thought now, redeemed man, and consider how great and worthy is he who hangs on the cross for you. His death brings the dead to life, but at his passing heaven and earth are plunged into mourning and hard rocks are split asunder. It was a divine decree that permitted one of the soldiers to open his sacred side with a lance. This was done so that the Church might be formed from the side of Christ as he slept the sleep of death on the cross, and so that the Scripture might be fulfilled: They shall look on him whom they pierced. The blood and water which poured out at that moment were the price of our salvation. Flowing from the secret abyss of our Lord's heart as from a fountain, this stream gave the sacraments of the Church the power to confer the life of grace, while for those already living in Christ it became a spring of living water welling up to life everlasting".

He continues to say "Arise, then, beloved of Christ! Imitate the dove that nests in a hole in the cliff, keeping watch at the entrance like the sparrow that finds a home. There like the turtledove hide your little ones, the fruit of your chaste love. Press your lips to the fountain, draw water from the wells of your Savior; for this is the spring flowing out of the middle of paradise, dividing into four rivers, inundating devout hearts, watering the whole earth and making it fertile. Run with eager desire to this source of life and light, all you who are vowed to God's service. Come, whoever you may be, and cry out to him with all the strength of your heart. "O indescribable beauty of the most high God and purest radiance of eternal light! Life that gives all life, light that is the source of every other light, preserving in everlasting splendor the myriad flames that have shone before the throne of your divinity



from the dawn of time! Eternal and inaccessible fountain, clear and sweet stream flowing from a hidden spring, unseen by mortal eye! None can fathom your depths nor survey your boundaries, none can measure your breadth, nothing can sully your purity. From you flows the river which gladdens the city of God and makes us cry out with joy and thanksgiving in hymns of praise to you, for we know by our own experience that with you is the source of life, and in your light, we see light”.

God calls us to carry his mission without any partiality or excuses because God has chosen us to be his from our mother’s womb (Please read Jeremiah 1:4-10 & Isaiah 6). However most the time we are like a person in the following poem written by an unknown author...

I knelt to pray but not for long;  
I had too much to do.  
I had to hurry and get to work  
For bills would soon be due.  
So I knelt and said a hurried prayer  
And jumped up off my knees.  
My Christian duty was now done.  
My soul could rest at ease.  
All day long, I had no time  
To spread a word of cheer.  
No time to speak of Christ to friends.  
They'd laugh at me I'd fear.  
No time, no time, too much to do;  
That was my constant cry.  
No time to give to souls in need,  
But at last the time, the time to die.  
I went before the Lord.  
I came, I stood with downcast eyes.  
For in his hands, God held a book;  
It was the book of life.  
God looked into his book and said,  
"Your name I cannot find.  
I once was going to write it down

But never found the time."

Do we have time for the Lord?

In the First Reading the Lord is asking Elijah to anoint Elisha a prophet for him to carry on his mission by instructing Israelites to live righteous lives. After Elijah was taken up to heaven, Elisha continued his mission without any partiality to bring the saving message of the Lord to people. (Please read more about Elisha).

For us Blessed Virgin Mary is a perfect role model to follow the Lord even up to the Holy Cross. She in her inmost depths with great simplicity was listening to and meditating on the Word of God and on what was happening to Jesus. She followed her Son with deep conviction and with steadfast hope. How much time do we spend to meditate on the words of the Saviour? St. Laurence had a deep understanding of Blessed Virgin Mary’s role in the history of our salvation: “While Mary contemplated all she had come to know through reading, listening and observing, she grew in faith, increased in merits, and was more illuminated by wisdom and more consumed by the fire of charity. The heavenly mysteries were opened to her, and she was filled with joy; she became fruitful by the Spirit, was being directed

toward God, and watched over protectively while on earth. So remarkable are the divine graces that they elevate one from the lowest depths to the highest summit and transform one to a greater holiness. How entirely blessed was the mind of the Virgin which, through the indwelling and guidance of the Spirit, was always and in every way open to the power of the Word of God. She was not led by her own senses, nor by her own will; thus, she accomplished outwardly through her body what wisdom from within gave to her faith. It was fitting for divine Wisdom, which created itself a home in the Church, to use the intervention of the most blessed Mary in guarding the law, purifying the mind, giving an example of humility, and providing a spiritual sacrifice. Imitate her, O faithful soul. Enter into the deep recesses of your heart so that you may be purified spiritually and cleansed from your sins. God places more value on good will in all we do than on the works themselves. Therefore, whether we give ourselves to God in the work of contemplation or whether we serve the needs of our neighbor by good works, we accomplish these things because the love of Christ urges us on. The acceptable offering of the spiritual purification is accomplished not in a man-made temple but in the recesses of the heart where the Lord Jesus freely enters”.

Today's Gospel Reading shows a very important step in Christ's life: the moment when, as St Luke writes: “He set his face to go to Jerusalem”. Jerusalem is the final destination where Jesus, at his last Passover, must die and rise again and thus bring his mission of salvation to fulfilment. From that moment, after that “firm decision” Jesus aimed straight for his goal and in addition said clearly to the people he met and who asked to follow him what the conditions were: to have no permanent dwelling place; to know how to be detached from human affections and not to give in to nostalgia for the past. Jesus, however, also told his disciples to precede him on the way to Jerusalem and to announce his arrival, but not to impose anything: if the disciples did not find a readiness to welcome him, they should go ahead, they should move on. Jesus never imposes, Jesus is humble, Jesus invites. If you want to, come. The humility of Jesus is like this: he is always inviting but never imposing. Is it easy to follow Jesus? May be not but he gives us the courage and strength to be his faithful servants to carry our cross and deny ourselves.

In the Father, Jesus found the strength and light for his journey. And Jesus was free, he took that decision freely. Jesus wants us to be Christians, freely as he was, with the freedom which comes from this dialogue with the Father, from this dialogue with God. We have had a marvellous example of what this relationship with God is like, a recent and marvellous example. Pope Benedict XVI gave us this great example when the Lord made him understand, in prayer, what the step was that he had to take. With a great sense of discernment and courage, he followed his conscience, that is, the will of God speaking in his heart. And this example of our Father does such great good to us all, as an example to follow.

Today's Gospel also shows us some very interesting characters to reflect on our own commitment to the Lord. The evangelist presents us with the three people – three cases of vocation, we might say – which highlights what is required of those who want to follow Jesus all the way to the end as Holy Father reflects.

The first character promises: “I will follow you wherever you go”. Generous! But Jesus replies that the son of man, unlike the foxes that have dens and birds have nests, “has nowhere to lay his head”. The absolute poverty of Jesus. Jesus, in fact, left the family home and has renounced all security to proclaim the Kingdom of God to the lost sheep, His people. So, Jesus showed us his disciples that our mission in the world cannot be static, but that of travelling from place to place to preach the good news. The Christian is a travelling exhibition. The Church by its nature is in motion, it is not sedentary

and quiet in its own enclosure. Is open to the widest horizons. Sent-the Church is sent! -to bring the Gospel to the streets and reach the human existential suburbs. This is the first person.

The second character that Jesus meets receives the call directly from Him, however replies: "Lord, let me first go and bury my father". It is a legitimate request, based on the commandment to honour your father and mother. However, Jesus replies, "let the dead bury their dead". With these words, deliberately provocative, he intends to assert the primacy of discipleship and the proclamation of the Kingdom of God, even on the most important, such as the family. The urgency to announce the Gospel, that breaks the chain of death and inaugurates eternal life, does not admit delays, but it requires readiness and availability. Therefore, the Church is itinerant, and the Church is decided, it acts quickly on time, without waiting.

The third character wants to follow Jesus but on one condition: he will do so after going to take leave from his relatives. And the master says: "no one who puts his hand to the plough and looks back is fit for the Kingdom of God". The following of Jesus excludes regrets and backward looks; it requires the virtue of decision.

Today Sacred Scripture invites us to commit ourselves full and without any partiality. There will be obstacles and difficulties, but Lord will give us the strength to be strong. Remember he has purchased us with his blood.

One Easter Sunday morning, a pastor came to the Church carrying a rusty, bent, old bird cage, and set it by the pulpit. Several eyebrows were raised and, as if in response, the pastor began to speak.

"I was walking through town yesterday when I saw a young boy coming toward me, swinging this bird cage. On the bottom of the cage were three little wild birds, shivering with cold and fright. I stopped the lad and asked, "What you got there son?"

"Just some old birds," came the reply.

"What are you gonna do with them?" I asked.

"Take 'em home and have fun with 'em. I'm gonna tease 'em and pull out their feathers to make 'em fight. I'm gonna have a real good time."

"But you'll get tired of those birds sooner or later. What will you do then?"

"Oh, I got some cats. They like birds. I'll take 'em to them."

The pastor was silent for a moment. "How much do you want for those birds, son?"

"Huh??!! Why, you don't want them birds, mister. They're just plain old field birds. They don't sing - they ain't even pretty!"

"How much?"

The boy sized up the pastor as if he were crazy and said, "\$10?"

The pastor reached in his pocket and took out a ten-dollar bill. He placed it in the boy's hand. In a flash, the boy was gone.

The pastor picked up the cage and gently carried it to the end of the alley where there was a tree and a grassy spot. Setting the cage down, he opened the door, and by softly tapping the bars persuaded the birds out, setting them free.

Well, that explained the empty bird cage on the pulpit, and then the pastor began to tell this story.

One day Satan and Jesus were having a conversation. Satan had just come from the Garden of Eden, and he was gloating and boasting.

"Yes, sir, I just caught the world full of people down there. Set me a trap, used bait I knew they couldn't resist. Got 'em all!"

"What are you going to do with them?" Jesus asked.



"Oh, I'm gonna have fun! I'm gonna teach them how to marry and divorce each other. How to hate and abuse each other. How to drink and smoke and curse. How to invent guns and bombs and kill each other. I'm really gonna have fun!"

"And what will you do when you get done with them?", Jesus asked.

"Oh, I'll kill 'em."

"How much do you want for them?"

"Oh, you don't want those people. They ain't no good. Why, you take them and they'll just hate you. They'll spit on you, curse you and kill you!! You don't want those people!!"

"How much?"

Satan looked at Jesus and sneered, "All your tears, and all your blood." Jesus paid the price.

The pastor picked up the cage he opened the door and he walked from the pulpit.

A photograph of a dark, narrow tunnel with people walking away from the camera towards a bright light at the end. The tunnel is dimly lit, with a single light source at the far end creating a strong silhouette effect. The walls of the tunnel appear to be made of rough, textured material. The overall mood is somber and contemplative.

What  
is our  
commitment  
to follow the Lord?

# 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!

# Sunday Updates

*13th 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

- **Kid's challenge this week:** Jesus talks about the importance of making him the number-one priority in our lives. While [colouring this page](#), think of important ways you can do this week to make sure that your family make Jesus a priority. (LOYOLA PRESS)
  - [Colouring page this Sunday](#)
  - [Kid's Bulletin for this Sunday](#)
  - [Sunday Connection - 13th Sunday in Ordinary Time](#) (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)

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](#)

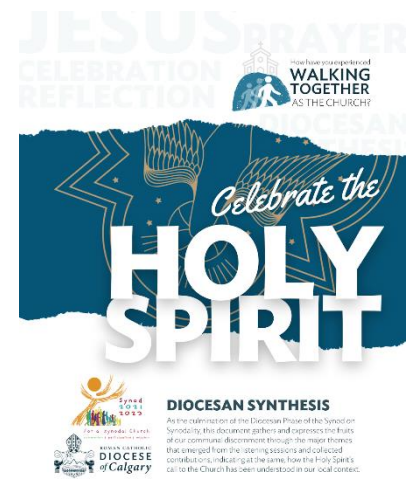
## COVID-19 Resources

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

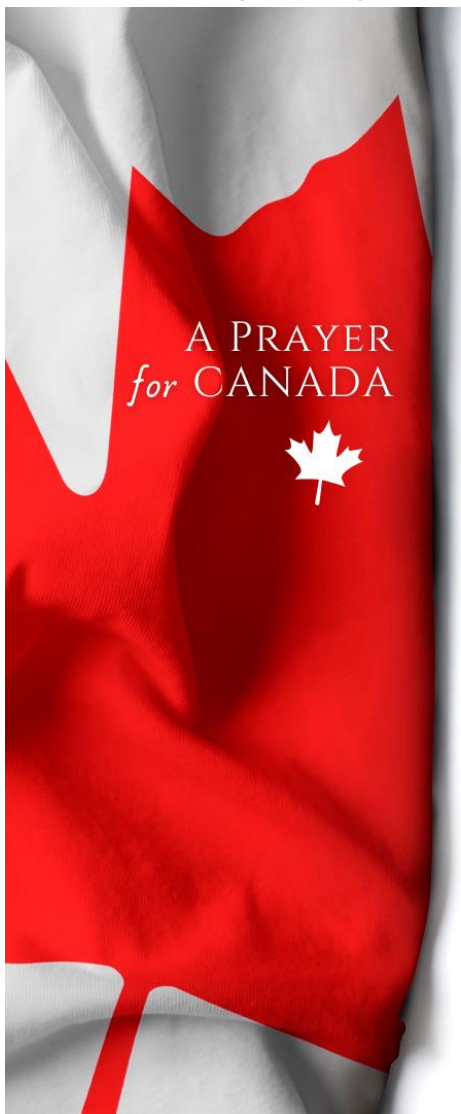


## Celebrate the Holy Spirit: Diocesan Synthesis

Thank you for your participation in the Diocesan Phase of the Synod on Synodality, and for the renewed commitment to grow together as a family of faith, hope and charity in the vocation and mission of Christian holiness through the Church and within the world. So what did the Holy Spirit inspire our community to see? You are invited to visit [catholicyyc.ca/synod](https://catholicyyc.ca/synod) (or check out the bulletin for the link) to watch the highlights of our Synodal Journey, and to read this document "[Celebrate the Holy Spirit: Diocesan Synthesis](#)" - this document gathers and expresses the fruits of our communal discernment through the major themes that emerged from our Diocesan synodal listening sessions and other contributions. A parish toolkit will also be released in October to guide and assist the discernment of pastoral priorities in parishes.



## Canada Day - July 1



### Lord Jesus,

look on the people of our land  
and bless us all. Help us to be  
brothers and sisters to all the  
world and to work for peace and  
love. Be with us, Jesus, and bless  
Canada, for you are our Lord and  
Saviour for ever. Amen.  
St. Joseph, pray for us.

*Prayer from the Blessings and Prayers for  
Home and Family, CCCB*



At this special celebration of Canada Day, let us open our hearts with gratitude for God's blessings, and pray that we are filled with steadfast hope as we strive to build a future that glorifies Him in all thing. Download graphic: [Square](#) | [Wide](#)

Please pray these intentions on Canada Day:

- For the Church, that the followers of Jesus in all nations will work to make their lands places of God's love, justice and peace, let us pray to the Lord...
- For the people of Canada, that through justice and healing, and being united in the love of God and neighbour, we may become ambassadors of peace and reconciliation, let us pray to the Lord...
- For all those without a home, community, country, or their inherent rights respected, may God come to their aid and move the hearts of all those who can assist them, let us pray to the Lord...

# Printable *Faithfully* - June/July 2022

Share a printable *Faithfully* to friends and family members without access to digital devices, perhaps those in your local health care or long term care facilities, and those who are shut-ins.

Download [PDF of June/July](#) edition | or visit [catholiccyyc.ca/Faithfully](http://catholiccyyc.ca/Faithfully)

## Catechumenal Itineraries for Married Life

The Dicastery for Laity, Family and Life on Wednesday released new pastoral guidelines for local Churches, which lay out a path toward the creation of “*Catechumenal Itineraries for Married Life*”.

“The Church, in every age, is called to proclaim anew the beauty and abundance of grace contained in the Sacrament of Marriage and the family life which flows from it, especially to young people.” says Pope Francis in the preface for the document. The pastoral guideline will advocate for lengthier, revamped marriage preparation.

The Document charts a path toward a true “catechumenate”, based on the model of the ancient baptismal catechumenate for adults, in order to help them build their marriage on the rock of faith. [Read more](#)

## The family as a path of holiness

All families have worries and sufferings, but also joys and hopes. Loving relationships between spouses, parents, children, and grandparents are what become paths of holiness, made of simple daily gestures, which take little to make ordinary moments extraordinary.

This month, the **Holy Father** prays “for Christian families around the world; may they embody and experience unconditional love and advance in holiness in their daily lives.”

## World Meeting of Families - June 22-26

The Canadian delegation for the tenth World Meeting of Families (WMF) are on their way to Rome today. The purpose of the WMF is to place families at the center of pastoral attention, which is reflected in this year’s theme, “*Family Love: Vocation and Path to Holiness*.”

The Diocese of Rome created a series of catechesis to accompany this event, including teaching on “Vocation and Family”, “Called to Holiness”, “Nazareth: Making Love Normal”, “Excuse Me, Thank You, Sorry”, and many more. Visit: [Catecheses - #WMOF22](#) ([romefamily2022.com](http://romefamily2022.com))

Join the World Meeting of Families events here:

- [EWTN’s WMF Schedule](#)
- [Salt+Light Media Schedule](#)



### What is the Pope asking of Christian families?



## Faithfully | 20th Anniversary of the Deacons



Highlights from the latest [Faithfully, June 21, 2022](#):

- **20th Anniversary of the First 12 Permanent Deacons**, an article written by Bishop Emeritus Frederick Henry
- Presenting "[Celebrate the Holy Spirit: Diocesan Synthesis](#)" - presenting the fruits of the Diocesan synodal listening sessions.
- What can we do to show our love and encouragement for the **vocations of priesthood**?
- What does it mean **to be truly blessed** - are we still blessed in our darkest tragedy? #FaithfulLiving
- [Read Faithfully now](#)

## Employment Opportunity

Employment opportunities are available on our [Careers](#) page:

- **NEW! Administrative Assistant (part-time) - Ste. Famille, Calgary**
- Sacrament Preparation Coordinator (part-time)- St. Luke's Church, Calgary
- Resilience Specialist - Elizabeth House, Calgary
- Volunteer & Operations Coordinator - Elizabeth House, Calgary
- Executive Director - FCJ Christian Life Centre, Calgary

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

## 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](http://papalvisit.ca) or [visitepapale.ca](http://visitepapale.ca) for more information and to stay updated on the latest developments.

## 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](http://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.



# World Day for Grandparents & the Elderly



World Day  
for Grandparents  
and the Elderly  
2022

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**

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](#)



## *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!

# 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](mailto:communications@calgarydiocese.ca) or mail it to the Pastoral Centre (120 17 Ave SW, Calgary, AB T2S-2T2, attention: Bishop's Office).

## Other Resources & Events

### 1. **Seeds of the Word Community: Family Festival 2022** (online or in-person)

From the **July 6-10**, you are invited to [Family Festival](#) to live moments of praise, prayer, presentations, formation and much more! It will be five days of a deep family and spiritual experience, with programming for all ages: children, teens, youth, adults and seniors. Register at [festivaldasfamilias.org](https://festivaldasfamilias.org) - Download [Poster](#)

### 2. **How Long Lord? A creative writing retreat (July 8-10)**

FCJ Centre invites you to a weekend retreat where you will explore the prayer of lament, a Hebrew prayer of worship and how it demonstrates a wholesome way to grieve and find solace in God's presence. Life on earth is not always happy and the practice of lament is an often-neglected tool for practicing our faith. This retreat is especially helpful for all those who are grieving. [More info](#).

### 3. **Brother Sun – Sister Moon Pilgrimage Retreat (July 16)**

A full-day outdoor retreat beginning at 9 am at Mount St. Francis, Cochrane. Featuring: pilgrimage walk, Mass, Laudato Si' reflections, personal prayer time, picnic lunch, BBQ dinner (Vegan), and bonfire. Please dress and prepare for the weather and terrain. Bring a water bottle and a small day pack to hold the lunch. [More info](#)

### 4. **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](https://papalvisit.ca)

### 5. **CNEWA surpasses Campaign Goal**

The Canadian office of the Catholic Near East Welfare Association (CNEWA) has surpassed its matching campaign of \$500,000 CAD, reaching a historic \$4 million within the course of 100 days. CNEWA Canada reports its national office continues to be overwhelmed by the generosity of Canadians from coast to coast. [Click here to read the full press release](#).

### 6. **Family is Beautiful Conference (June 25)**

Pope Francis has invited the Catholic faithful in 2021 to celebrate a year dedicated to the family and deepen our understanding of his Apostolic Exhortation *Amoris Laetitia*, "The Joy of Love". The culmination of The Year of the Family, Couples for Canada is hosting a Free Online "Family is Beautiful Conference," and is open to all June 25, 2022. The Conference will begin at 2 pm (our time) with a plenary session followed by a simultaneous 6 breakout sessions. [Click here to register](#).

## 7. St. Irenaeus, Bishop & Martyr (Feast Day June 28)

St. Irenaeus of Lyon was a big defender of the Catholic Church's teachings in the 2nd century, pointing out to others the error of their ways. He was known for desiring [unity among Christians](#) and showing others the beauty of the truth.

## 8. Solemnity of Saints Peter and Paul, Apostles (June 29)

Scrawled across the walls in St. Sebastian's in Rome, dating back to the third century, are many writings from those who came to participate in Mass and prayer with their brothers and sisters. One reads, "Paul and Peter, make intercession for Victor", while another pleads, "Peter and Paul, do not forget Antonius Bassus". How is it that after nearly two thousand years, two mere men still [continue to be venerated in such a way](#)?

## 9. 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](#)



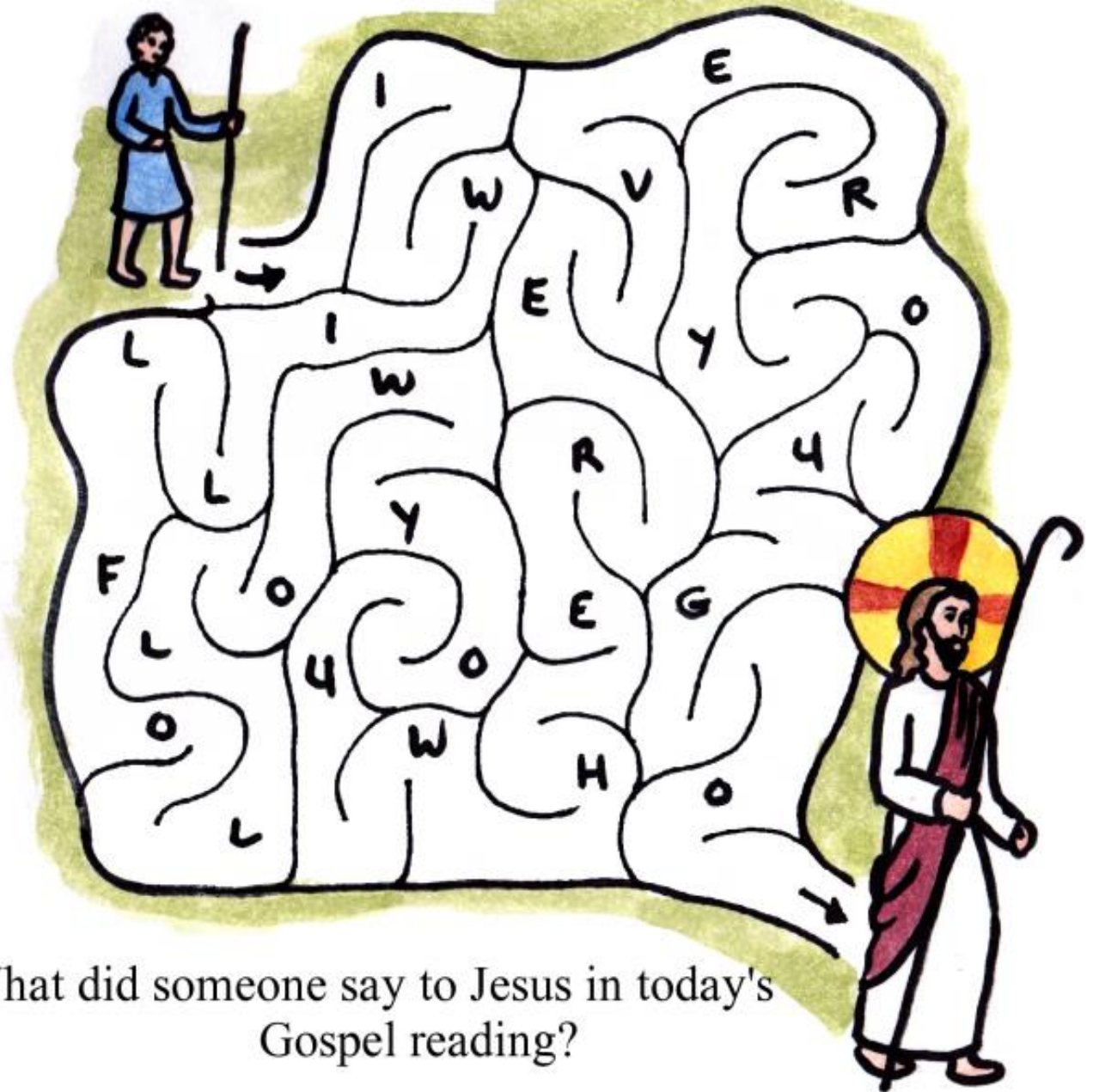


# The Kids' Bulletin

13th Sunday in Ordinary Time

June 26th, 2022

*Luke 9.51-62*



What did someone say to Jesus in today's Gospel reading?

Use the letters in the maze to fill in the blanks and find out!

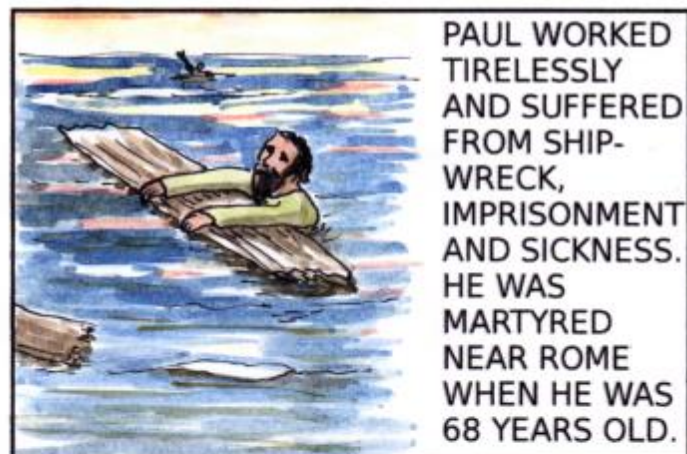
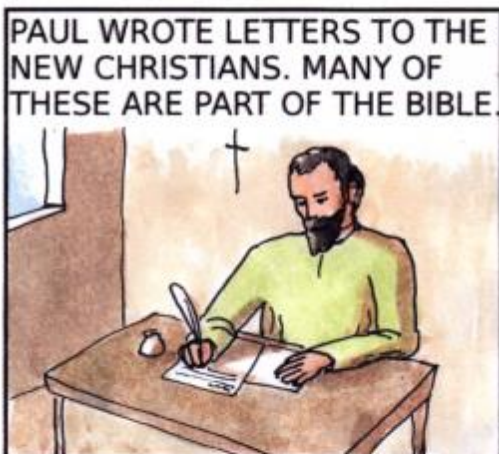
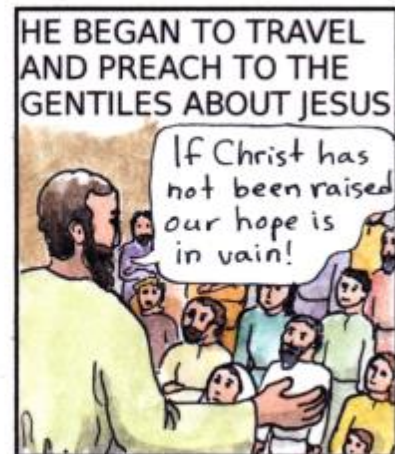
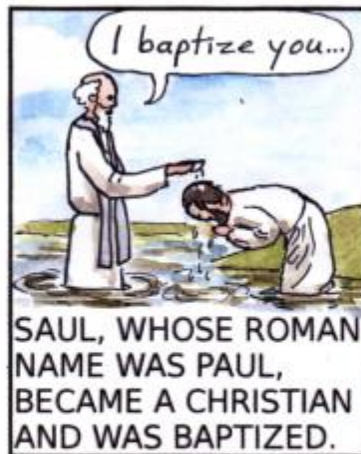
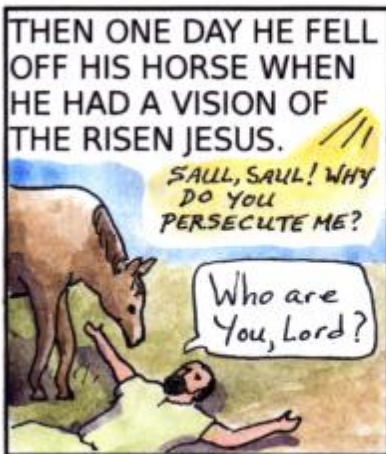
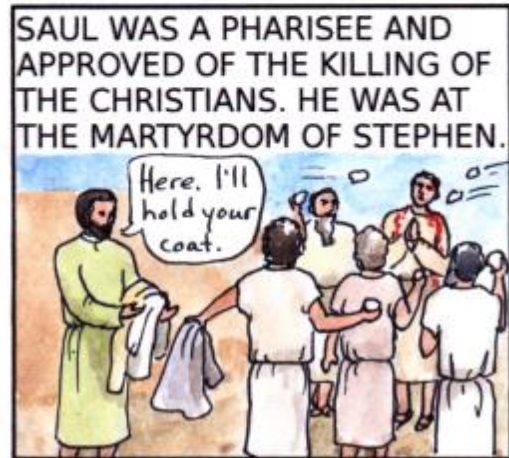
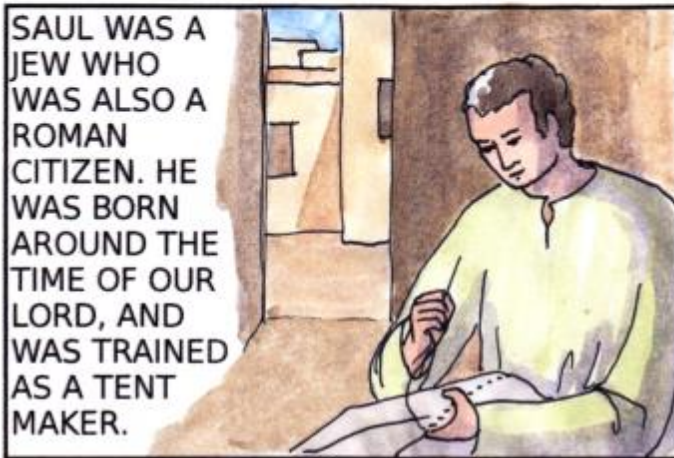
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# Saint Paul the Apostle

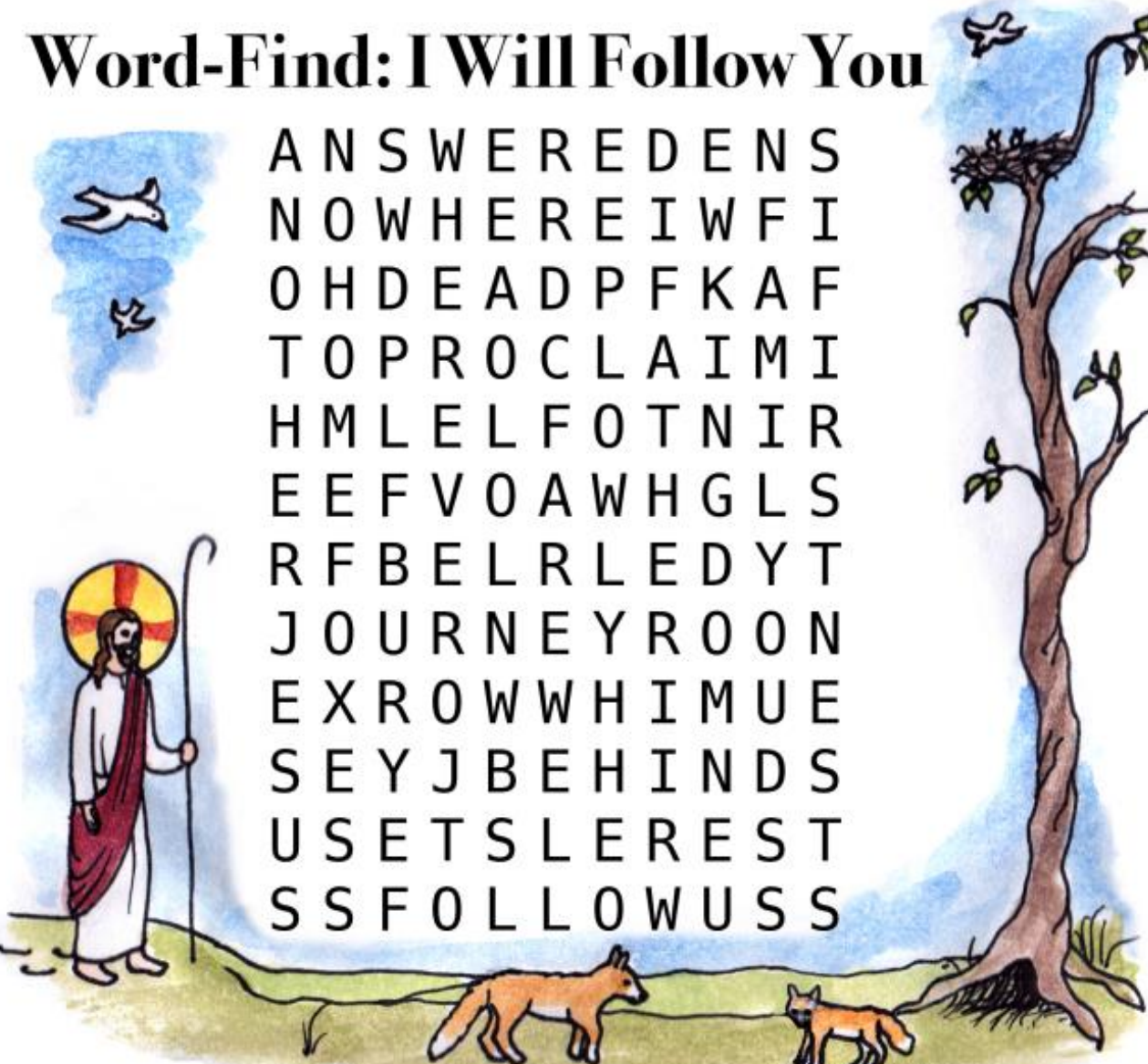
## June 29



SAINT PAUL IS CALLED "THE APOSTLE TO THE GENTILES." BEFORE HE BEGAN TO TEACH THE PAGANS, MANY PEOPLE BELIEVED THAT ONLY THE JEWS COULD BE SAVED FROM THEIR SINS AND GO TO HEAVEN. BUT SAINT PAUL KNEW THAT GOD WANTED EVERYONE TO BE PART OF HIS CHURCH.



# Word-Find: I Will Follow You



ANSWEREDENS  
NOWHEREIWF  
OHDEADPFKAF  
TOPROCLAIMI  
HMLELFOTNIR  
EEFVOAWHGLS  
RFBELRLEDYT  
JOURNEYROON  
EXROWWHIMUE  
SEYJBEHINDS  
USETSLEREST  
SSFOLLOWUSS

As they were proceeding on their JOURNEY someone said to him, "I will follow you WHEREVER you go." Jesus ANSWERED him, "FOXES have DENS and birds of the air have NESTS, but the Son of Man has NOWHERE to REST his head."

And to another he said, "FOLLOW me." But he replied, "Lord, let me go FIRST and bury my FATHER." But he answered HIM, "Let the dead BURY their DEAD. But you, go and PROCLAIM the KINGDOM of God." And ANOTHER said, "I will follow YOU, Lord, but first let me say FAREWELL to my FAMILY at HOME." To him JESUS said, "No one who SETS a hand to the PLOW and looks to what was left BEHIND is fit for the kingdom of God."

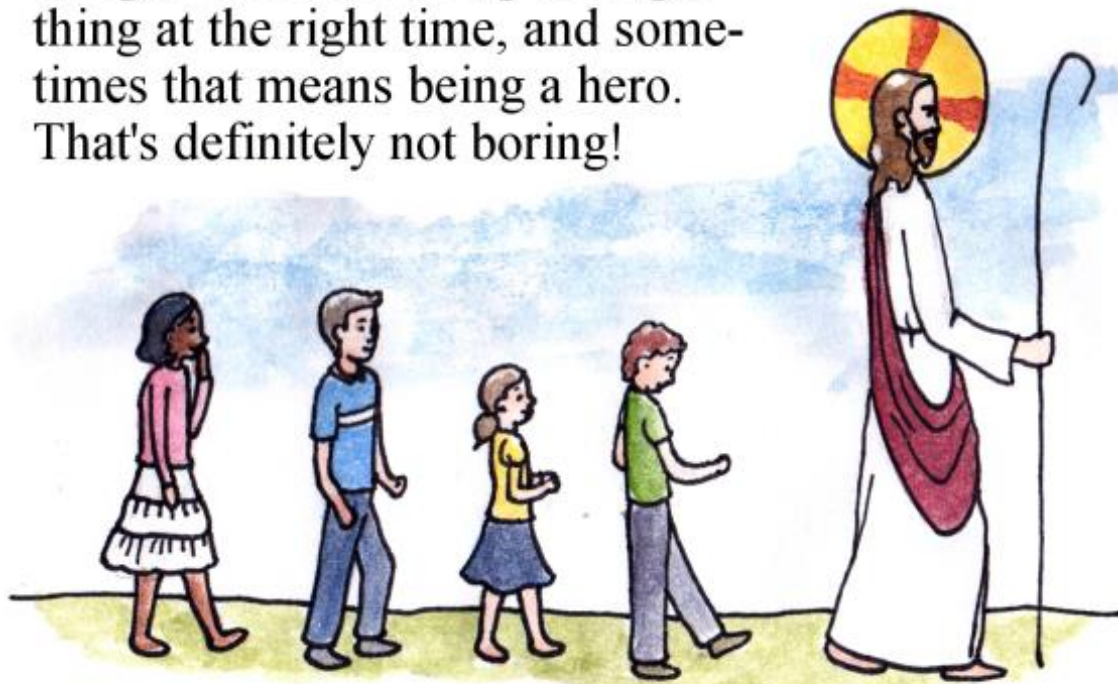


# *Follow Jesus*

In today's Gospel reading, Jesus asks some people to leave everything behind and follow Him. God is actually asking all of us to follow Him! Does that mean that we have to start wandering from town to town preaching? No! It means that we should try to become holy like Jesus.

God calls everyone to be holy. Some people become holy as priests or religious sisters or brothers, but those are not the only ways to become holy. Kids, married people and single people can all live out God's plan for holiness by doing His will every day.

You might think at first that being holy sounds boring, but it's not! Holiness means being like God. It means using the gifts God gave you to do good things. It means doing the right thing at the right time, and sometimes that means being a hero. That's definitely not boring!



Answer to maze on front: I will follow you wherever you go.  
Answer to Word-Find: I will follow Jesus

# 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.

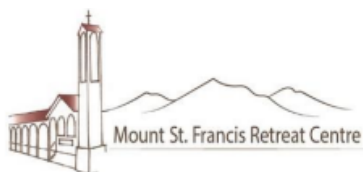
We offer silent retreats and spiritual direction. We also serve those in the 12 Step Program through weekend and evening Serenity retreats. We listen to 5th steps. We host groups and individuals seeking a place of quiet and stillness in an often-hectic world. We can accommodate up to 50 people (46 rooms/50 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](mailto:mtfrancis@shaw.ca) 403-932-2012**

