



# Welcome to HOLY FAMILY PARISH

**16<sup>TH</sup> SUNDAY IN ORDINARY TIME ~ JULY 17, 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's Readings*

**1<sup>st</sup> Reading: Genesis 18.1-10**

Abraham said, "Lord, do not pass by your servant".

**Responsorial Psalm: 15.1-5 (R.1a)**

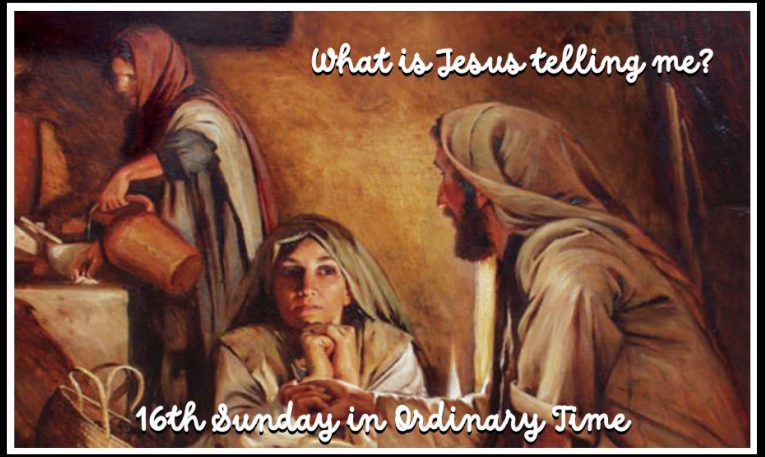
R. O Lord, who may abide in your tent?

**2<sup>nd</sup> Reading: Colossians 1.24-28**

I am making known the mystery hidden throughout the  
ages, now revealed to his saints.

**Gospel: Luke 10.38-42**

Martha welcomes Jesus into her home, "Mary has chosen the better  
part."



## *About Worry and Anxiety.*

Jesus is invited to a home. Martha bustles about.  
Mary sits and listens. We do not know that Lazarus  
does.

- † What worries me, make me anxious?
- † How does this rate in the scheme of Kingdom of  
God values?
- † If I sit and listen to Jesus, what is he telling  
me?

# 16<sup>TH</sup> SUNDAY IN ORDINARY TIME ~ JULY 17, 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

## † Mass Intentions †

Saturday, July 16

5:00pm - Gualberto & Lucia Pimentel †

Sunday, July 17

8:30am - Ben Lockert †

10:30am - Kaitlyn Pirie †

6:00pm - Holy Family Parish

Monday, July 18

9:00am - Larry Lloyd †

Tuesday, July 19

9:00am - Derrick Risling †

Wednesday, July 20

9:00am - Yaqoob Khurshid †

Thursday, July 21

9:00am - Allan Bosch

Friday, July 22

9:00am - Italo Dal Molin †

## Mark Your Calendars

July 23, 2022 - After 5:00pm Mass

Fr. Rodel Faravell Party

August 13, 2022 - 9:00am - 3:00pm

Echo Dale Mass & Retreat

September 9-10, 2022 - Fri, 3-6 & Sat, 9-3

CWL - Garage Sale

September 15, 2022 - 6:30pm in the Faith Room

Sacramental Prep Class Registration

September 18, 2022 - After 10:30 Mass

Parish Corn Roast

September 18, 2022 - 2:00 pm

Annual Blessing of the Pets

October 1 -2, 2022 - After all Masses

Parish Ministry Fair

November 6, 2022 -

CWL Fall Supper

November 12-13 - After all Masses

Parish Art Show

2022 Goal  
\$70,938  
total to date  
\$22,072.99  
which is 32%

## 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



THE WORLD DAY OF  
**Grandparents &  
the Elderly**  
July 24

1

Make plans  
to visit  
grandparents  
or the elderly  
in your  
community  
on or around  
July 24



2

Bring along  
some pastry or  
flowers, and  
plan talking  
points if  
necessary.  
Enjoy your  
visit!

3

Share your photo(s) with  
us and get a gift that you  
can give back to your  
grandparent or the elderly



Use this  
QR code  
to submit  
your photo

or email the photo (with  
caption) to [communications@calgarydiocese.ca](mailto:communications@calgarydiocese.ca)

4

Share the  
gift to  
grandparent(s)  
or the elderly  
during your  
next visit!

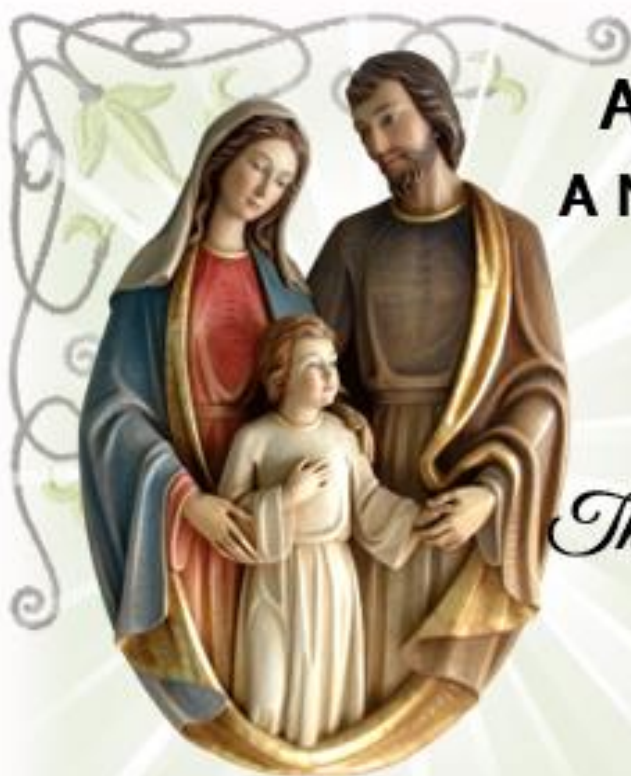


World Day  
for Grandparents  
and the Elderly  
2022



ROMAN CATHOLIC  
**DIOCESE**  
of Calgary





# A Day of Prayer in Nature

## A Mini-Retreat at Echo Dale Park

### With Fr. Julian Studden

## *The Family*

*The home is where faith is learned and grows... Pope Francis*

**Saturday, August 13<sup>th</sup>, 2022**

**9:00 AM.....INTRODUCTION & MASS**

**10:00 AM.....WE ARE GIVEN A NEW IDENTITY – BAPTISM**

**11:00 AM - BORN INTO A FAMILY OF LOVE – UNPACKING OUR CALL TO HOLINESS**

**12:00 PM – BREAK FOR LUNCH**

**1:00 PM – OUR BLESSED MOTHER MARY – MOTHER OF THE CHURCH**

**2:00 PM – CONCLUSION**

*There will be opportunity for Reconciliation*

**Tent set up with chairs or you may bring your own chair.**

**Bring a picnic lunch and refreshments. And anything else you may need. We will have a tent set up but please dress for the weather. E.g. jacket, sunscreen**



The White Star  
indicates the  
area we will be  
using.

## **SHORT BIO OF FR. NAVEED ARIF O.P**

**(You will get to meet Fr. Naveed July 30<sup>th</sup> & 31<sup>st</sup>)**

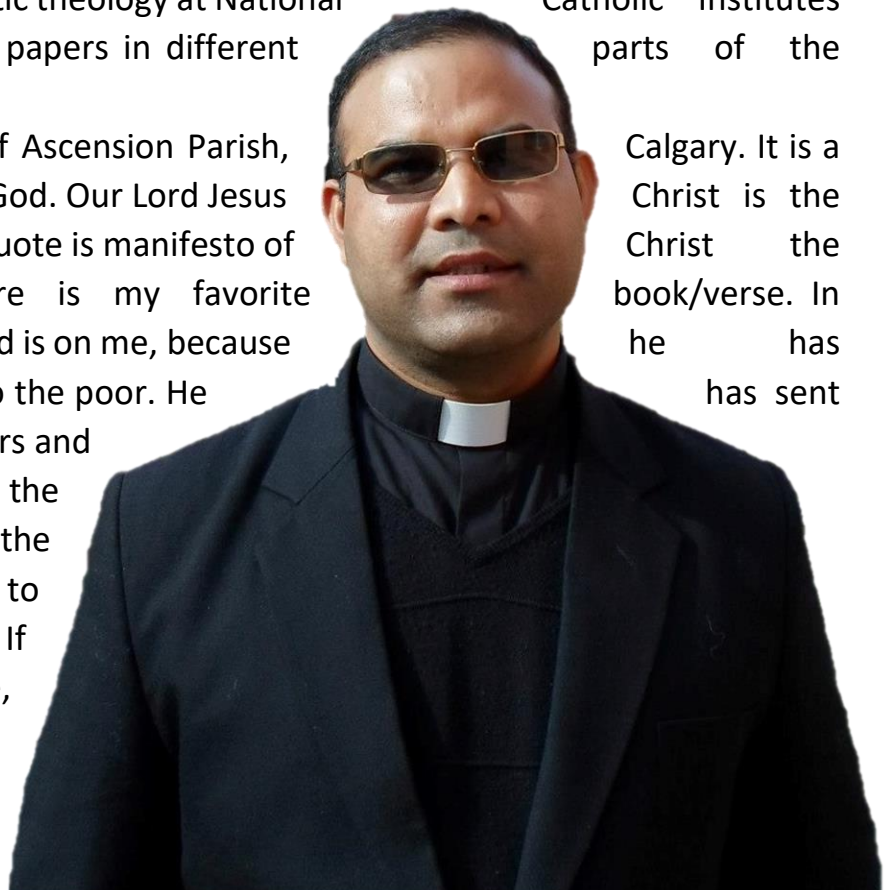
It is a joy to introduce myself as Naveed Arif and my Baptismal name is 'John the Baptist'. I was born in a very traditional Roman Catholic family in Khushpur (Catholic Village-Faisalabad, Pakistan) and I was Ordained as a Roman Catholic Priest by Cardinal Joseph Coutts for Dominican Province of Son of Mary Pakistan on 11 November 2010. As a religious, I have taken the vows of Poverty, Chastity, and Obedience.

My father, Walter Saleem (RIP) went to the Lord and my mother 'Victoria Mukhtar' is still living. We are five brothers and two sisters; I am the eldest among them. It was a privilege for me to be formed and educated in the best possible educational institutes. I finished my STL from Angelicum (Rome) in 2015. In Rome, I was privileged to live and work in General Curia of Dominican Order and Vatican in Rome (Italy). I have served the 'people of God' in Pakistan, Italy, Ireland, England, and some other parts of the world, with dedicated and faithful heart. I had an opportunity to work as a Vocation Director, Justice and peace, community syndic (responsible for finances). Teaching and preaching are 'charism of Dominicans' and so is mine. For the fulfillment of this mission, I have been serving the poor, needy, mentally challenged, seniors, street children, orphanages, choirs, people of all ages, regional, cultural, and social groups, Interfaith dialogue, Inter-religious Dialogue, ecumenical dialogue, Justice and Peace commission Pakistan, hospital, and Jail Chaplain.

"Laudare, Benedecere, Predicare", To praise, To bless and To preach is my 'hobby', my goal and centre of my life. I have been preaching retreats, giving recollections and seminars on theological topics. I have taught dogmatic theology at National Catholic Institutes of theology and have delivered other papers in different parts of the world.

Currently, I am the Associate Pastor of Ascension Parish, joy to be here and serve the people of God. Our Lord Jesus only influencer in my life. My favorite quote is manifesto of Savior. In general, Sacred Scripture is my favorite particular, I like "... The Spirit of the Lord is on me, because anointed me, to proclaim good news to the poor. He me to proclaim freedom for the prisoners and recovery of sight for the blind, to set the oppressed free, to proclaim the year of the Lord's favor." (Lk 4:18-19). I would say to all of you: 'keep the faith and share it'. If you want to know more about me, please 'invite me for dinner' (LOL) or 'Come and see' (Jn 1:39).

Blessings and peace.



Calgary. It is a Christ is the Christ the book/verse. In he has has sent





**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 17th, 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.



## MHCBE International Education Program

We are graciously accepting new homestay families for the Medicine Hat Catholic Board of Education International Program. Currently we are seeking 11 homestay families for the upcoming 2022-23 school year. If you have extra accommodations, we assure you this will be a positive experience for your family. We pay \$800 per month to help defray the price of groceries. With the grace of God, and your help, we know our program will continue to be exceptional. Should you request a conversation with a current homestay family, we will accommodate this request. For more information, please contact Sasha Campbell at 403-502-4671.



July 22 – Feast of St. Mary Magdalene

## 4 PAGES OF FUN NEAR THE END OF THE BULLETIN EACH WEEK...

# The Kids' Bulletin

15th Sunday in Ordinary Time  
July 10th, 2022



Which of the three paths would the good Samaritan take?

**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)

# You Tube

*Faithfully*  
FAITH. LIVED. FULLY.

[catholiccyyc.ca/Faithfully](https://catholiccyyc.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.

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

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



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

**July 17, 2022**

## HOSPITALITY: WORK OF LOVE

I love the Scripture reference from the Letter to Hebrews (13:1-6): “Let mutual love continue. Do not neglect to show hospitality to strangers, for by doing that some have entertained angels without knowing it. Remember those who are in prison, as though you were in prison with them; those who are being tortured, as though you yourselves were being tortured. Let marriage be held in honor by all and let the marriage bed be kept undefiled; for God will judge fornicators and adulterers. Keep your lives free from the love of money and be content with what you have; for he has said, “I will never leave you or forsake you.” So, we can say with confidence, “The Lord is my helper; I will not be afraid. What can anyone do to me?” This reference not only encourages us to extend our hospitality to others but also reminds about the reward waiting for us. The value of Hospitality is part and parcel of our life however in Christianity it has received the highest place because God’s hospitality is, where every person is welcomed into the Kingdom of God, the banquet of divine love, which is the very life of the Church. (Please read Matthew 23-25 chapters). The value of hospitality emerges out of actions even if they are little but have huge impact on other people. The following story will help us to understand the really meaning of our love shown through hospitality.

There was a young clerk in a hotel who was on duty one, not so pleasant, night. All the rooms had been allocated when an older gentleman came in rather late and weather-beaten. He enquired cheerfully if there was a vacant room. The clerk mentioned it had been a busy night and he thought that all the rooms were taken but he would double-check. After a time, he said, “*However, I believe there is a small room available, if you don’t mind the simplicity.*” The guest was most welcome. Generous hospitality indeed as the room was the clerk’s own humble resting place. He was really surprised when he was invited by the guest, as he was leaving, to visit him in a large city when next he had some free time. “*I am sure you will enjoy the visit.*” he said. Later the offer was taken up to visit this kind gentleman. The clerk found the area and then the address which was another hotel. He met with the older gentleman who revealed to him that he was the owner of a chain of hotels and had been looking for a new manager for his new one. He then offered the position to the clerk. He said that he had known straight away when he met the clerk that stormy evening – he had found a person who understood the essence of generous hospitality.

Rosaria Butterfield (PhD, Ohio State University) has some beautiful insights about the Christian Hospitality.

1. Hospitality reflects the gospel. Faithful Christians are—and have always been—a strange minority in a hostile world. Redeemed by Christ, we have lost our old lives—and with our lives, we have left behind the history, identity, and people who once claimed us. Conversion starts with the sacrifice of

what once was, and the gospel provides for what we have relinquished through hospitality. (Please read Mark 10: 28–30). Hospitality is the ground zero of the Christian life.

2. Hospitality is spiritual warfare. Hospitality that gathers brothers and sisters alongside unsaved neighbors and strangers isn't charity or kindness; rather, it takes the gospel upstream of the culture war—where it belongs—and shakes the very gates of heaven for the souls of our neighbors. (Please read Acts of Apostle 4:32-37)

3. Hospitality makes room for different kinds of hosts and guests. Every Christian is called to practice hospitality, but that does not mean that everyone practices it in the same way. We practice hospitality by sharing our resources and our needs, by serving as both host and guest, as Jesus did when he walked this earth.

4. Hospitality is the Benedict option on mission. St. Benedict, the 6th century father of western monasticism whose response to the collapse of Roman civilization helped preserve the Christian faith, has received renewed attention with Rod Dreher's 2017 publication of *The Benedict Option: A Strategy for Christians in a Post-Christian Nation*. We Butterfields practice almost-daily hospitality, including table fellowship, Bible reading, psalm singing, and prayer. This comes out in the wash as Benedict option on mission. The invitation is wide open, and sometimes we spill into three rooms. Dining nightly with brothers and sisters from the church has developed deep familial bonds. Over the years, we have learned how to help each other without being asked. We are a set-apart people. We love the church, and we extol her virtues, and we call others to come into God's family. Hospitality is good for the giver because it puts our lives and hearts on display.

5. Hospitality requires unity in the church. If the church felt the priority of our brotherhood and sisterhood over and against our fleshly identities, we too would make hospitality a priority. Christian unity would shift our focus from programs to relationships. We would see our lack of vibrant, regular, and distinctive hospitality as the dirty, rotten sin that it is.

6. Hospitality nurtures and grows the family of God. The church is God's family, and we should live in daily community. Nourishing the family of God and compelling those outside of God's favor to come to your table are the twin heartbeats of hospitality.

7. Hospitality is good for the giver. Hospitality puts our lives and hearts on display. We see our selfish ambition and our pride. When we see our own sin clearly, when we confess and repent of sin daily, then we are ready with a clean conscience to hold material things lightly and people dearly. Hospitality is good for the giver because it puts our lives and hearts on display. It compels us to confess and repent, to live below our means, and to build in margin time for the unexpected needs of others.

8. Daily hospitality is good for the children. It's good for children to watch their parents living the gospel in regular, nightly table fellowship. They watch you warmly embrace neighbors who think differently than you do, and they hope that maybe, just maybe, their secrets are safe with you. Your children behold that Jesus really is King and really is alive, and that he isn't just some prop you pull out on Sunday morning or for youth group. (Please read Mark 10:13-16) to see the hospitality of Jesus shown towards the children).

In the First Reading we could see the humility and love of Abraham shown towards three men through hospitality and at the end he is given good news of a son. He shows hospitality to strangers, and we can raise a question; why Abraham is so eager to see these strangers? He is sitting under a tree, and likely pondering how it will be possible for Sarah and him to have a child, as God has just rather promised in the previous chapter (17:16). At the end of that chapter Abraham had fulfilled his part of the covenant by having his whole household, including himself, circumcised (17:26-27). Not only does Abraham leap to his feet and runs but the first words out of his mouth beseech the visitors to allow him to care for them: "My lord, if I find favor with you, do not pass by your servant". Abraham has received a seemingly impossible promise, but his animated efforts on behalf of these strangers under adverse conditions suggest that he still trusts that God can and will do the impossible.

A popular speaker started off a seminar by holding up a \$20 bill. A crowd of 200 had gathered to hear him speak. He asked, "Who would like this \$20 bill?"

200 hands went up.

He said, "I am going to give this \$20 to one of you but first, let me do this." He crumpled the bill up. He then asked, "Who still wants it?"



All 200 hands were still raised.

"Well," he replied, "What if I do this?" Then he dropped the bill on the ground and stomped on it with his shoes.

He picked it up and showed it to the crowd. The bill was all crumpled and dirty.

"Now who still wants it?"

All the hands still went up.

"My friends, I have just showed you a very important lesson. No matter what I did to the money, you still wanted it because it did not decrease in value. It was still worth \$20. Many times, in our lives, life crumples us and grinds us into the dirt. We make bad decisions or deal with poor circumstances. We feel worthless. But no matter what has happened or what will happen, you will never lose your value. You are special – Don't ever forget it! Be there for other and your hospitality will make you special. I do believe that's 100% true because when we read the Sacred Scripture we come to know about our value and the presence of the Lord. God through the salvation history has shown his hospitality by inviting everyone closer to him. "The Lord will shower down blessings, and our land will yield its increase". These are the words of the Psalm. We are invited to celebrate this mysterious communion between God and his People, between God and us. In the Gospel today we see the hospitality of Mary & Martha as they welcome Jesus into their home. Jesus not only accepts their hospitality but also uses this event to teach us what is more important for us. The Church is a mother with an open heart. She knows how to welcome and accept, especially those in need of greater care, those in greater difficulty. The Church, as desired by Jesus, is the home of hospitality. And how much good we can do, if only we try to speak this language of hospitality, this language of receiving and welcoming. How much pain can be soothed, how much despair can be calmed in a place where we feel at home! This requires open doors, especially the doors of our heart. Welcoming the hungry, the thirsty, the stranger, the naked, the sick, the prisoner (Mt 25:34-37), the leper and the paralytic. Welcoming those who do not think as we do, who do not have faith or who have lost it. And sometimes, we are to blame. Welcoming the persecuted, the unemployed. Welcoming the different cultures, of which our earth is so richly blessed. Welcoming sinners, because each one of us is also a sinner. Jesus always accepts our hospitality as he did of tax collectors and sinners in the Gospels because "See I am standing at the door and knocking and anyone who will open the door, I will come in to dine with him".

In today's Gospel Jesus who, on the way to Jerusalem, enters a village and is welcomed into the home of two sisters: Martha and Mary. Both welcome the Lord, but they do so in different ways. Mary sits at Jesus' feet and listens to his, whereas Martha is completely caught up in preparing things; at a certain point she says to Jesus: "Lord, do you not care that my sister has left me to serve alone? Tell her then to help me". Jesus responds to her: "Martha, Martha, you are anxious and troubled about many things; one thing is needful. Mary has chosen the good portion, which shall not be taken away from her".

Holy Father Pope Francis reflects on the Gospel this way "In bustling about and busying herself, Martha risks forgetting — and this is the problem — the most important thing, which is the presence of the guest, Jesus in this case. She forgets about the presence of the guest. A guest is not merely to be served, fed, looked after in every way. Most importantly he ought to be listened to. Remember this word: Listen! A guest should be welcomed as a person, with a story, his heart rich with feelings and thoughts, so that he may truly feel like he is among family. If you welcome a guest into your home but continue doing other things, letting him just sit there, both of you in silence, it is as if he were of stone: a guest of stone. No. A guest is to be listened to. Of course, Jesus' response to Martha — when he tells her that there is only one thing that needs to be done — finds its full significance in reference to listening to the very word of Jesus, that word which illuminates and supports all that we are and what we do. If we go to pray, for example, before the Crucifix, and we talk, talk, talk, and then we leave, we do not listen to Jesus. We do not allow him to speak to our heart. Listen: this is the key word. Do not forget! And we must not forget that in the house of Martha and Mary, Jesus, before being Lord and Master, is a pilgrim and guest. Thus, his response has this significance first and foremost: "Martha, Martha why do you busy yourself doing so much for this guest even to the point of forgetting about his presence? — A guest of stone! — Not much is necessary to welcome him; indeed, only one thing is needed: listen to him — this is the word: listen to him — be brotherly to him, let him realize he is among family and not in a temporary shelter".

As I mentioned earlier hospitality, which is one of the works of love & mercy, is revealed as a truly human and Christian virtue, a virtue which in today's world is at risk of being overlooked. Holy Father Pope Francis has an amazing way to encourage and challenge us when he reflects on the Gospel today and he says "I would like to ask you, to pose a question to you, each one answer in your own heart: do you, husband, take time to listen to your wife? And do you, woman, take time to listen to your husband? Do you, parents, take time, time to "waste", to listen to your children? or your grandparents, the elderly? — "But grandparents always say the same things, they are boring..." — But they need to be listened to! Listen. I ask that you learn to listen and to devote more of your time. The root of peace lies in the capacity to listen".

Are we sharing our Christian Faith through hospitality? If so, then I think we are going to get everything like the story below.

A woman came out of her house and saw three old men with long white beards sitting in her front yard. She did not recognize them. She said, "I don't think I know you, but you must be hungry. Please come in and have something to eat." "Is the man of the house home?" they asked. "No", she said. "He's out." "Then we cannot come in", they replied. In the evening when her husband came home, she told him what had happened. "Go tell them I am home and invite them in," he said. The woman went out and invited the men in. "We do not go into a house together," they replied. "Why is that?" she wanted to know. One of the old men explained: "His name is Wealth," he said pointing to one of his friends, and said pointing to another one, "He is Success, and I am Love." Then he added, "Now go in and discuss with your husband which one of us you want in your home." The woman went in and told her husband what was said. Her husband was overjoyed. "How nice!" he said. "Since that is the case, let us invite Wealth. Let him come and fill our home with wealth!"

His wife disagreed. "My dear, why don't we invite Success?" Their daughter-in-law was listening from the other corner of the house. She jumped in with her own suggestion: "Would it not be better to invite Love? Our home will then be filled with love!" "Let us heed our daughter-in-law's advice," said the husband to his wife. "Go out and invite Love to be our guest." The woman went out and asked the three old men, "Which one of you is Love? Please come in and be our guest." Love got up and started walking toward the house. The other two also got up and followed him.

Surprised, the lady asked Wealth and Success: "I only invited Love, why are you coming in?" The old men replied together: "If you had invited Wealth or Success, the other two of us would've stayed out, but since you invited Love, wherever He goes, we go with him. Wherever there is Love, there is also Wealth and Success!"

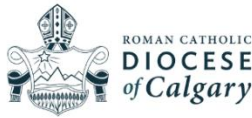
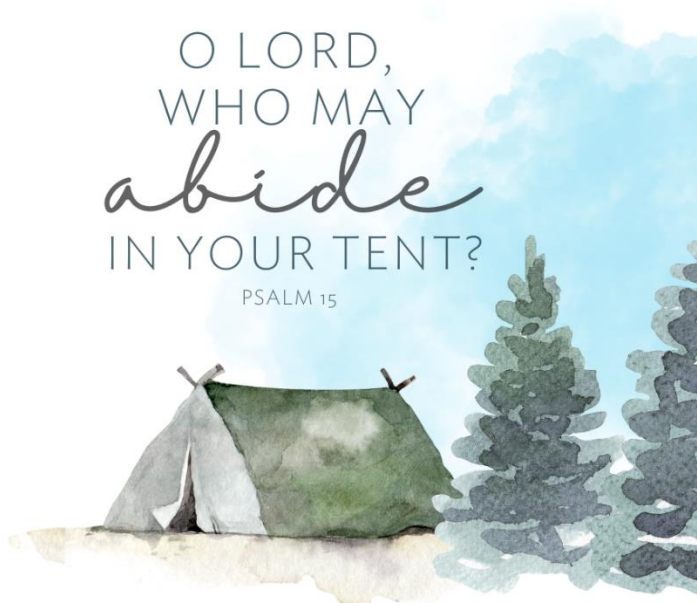


*Photo by Fr. Iqbal Khurshid, Capernaum, Israel*



# Sunday Updates

*16th Sunday in Ordinary Time*



## Resources for children

- **Kid's challenge this week:** Write or draw a "to do list" of all the things you usually do during a day or a week. Count how many tasks are on there. Have you remembered to include quiet time for listening to Jesus? If not, add this to your list and try your best to make time for it in the coming week.  
(CAFOD)
  - [Colouring page this Sunday](#)
  - [Kid's Bulletin for this Sunday](#)
  - [Sunday Connection - 16th 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)

Visit the [Diocesan Event Calendar](#)

Follow us on Social Media

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Weekly reflections can be found here:

[Vatican News](#) | [The Sunday Website](#)  
[Sunday Connection](#)

Daily and Sunday Mass Prayers & Readings: [CCCB Daily Readings](#) (pick the desired date)

Full schedule of Parish Livestream Masses:

<https://www.catholicyc.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](#)

# Marriage PREPARATION

Our Diocesan website will continue to advertise Marriage Preparation as provided by Catholic Family Service until the [July session](#) (July 22-24) has concluded.

- For marriage preparation courses in the fall, please refer couples to the Diocesan page where they can choose the appropriate date, register and pay for the course: [catholiccyyc.ca/marriageprep](http://catholiccyyc.ca/marriageprep)

## World Day of Grandparents and the Elderly

Let us minister together to ensure no one lives in isolation and loneliness. On Sunday, July 24, we invite you to take a step forward in co-creating compassionate communities that see relationship and accompaniment with the elderly and grandparents as a normal part of family, neighbourhood, parish, and communal life.

### ▪ Share your visit and get a gift

This World Day for Grandparents and the Elderly 2022, we invite parishioners and families to participate in the following activity:

- Make plans to visit grandparent(s) and/or elderly individual(s) in your family, neighbourhood, or parish community on, or around July 24. You may consider taking with you some pastry, coffee, and/or flowers, and/or a handmade card with your child(ren). Ultimately, it's about the gift of time and presence.
- Share a picture from your visit with the Diocese and receive a gift! Submit your photo (with caption) by emailing it to [communications@calgarydiocese.ca](mailto:communications@calgarydiocese.ca) or use this [Diocesan form](#), and receive a beautiful gift for your grandparent(s) or the elderly you visit!
  - Each family/person who submitted a photo and/or caption will receive a printed icon of Sts. Joachim and Anna to take back to the individual(s) they visited.

Practical things parishes, families and individuals can do for the World Day of Grandparents and the Elderly [can be found here](#).

## Papal Visit Mass in Alberta

The Holy Father will travel within Alberta (based in Edmonton) from July 24-27, followed by a visit to Quebec City and Ste. Anne-de-Beaupré, July 27-29. Pope Francis will visit Iqaluit, Nunavut the afternoon of July 29 before returning to Rome.

- [Find detailed schedule](#)
- The public can access the last block of tickets (free) through [papalvisit.ca](http://papalvisit.ca) for the Papal Mass on Tuesday, July 26 at 10:15 am at the Commonwealth Stadium, Edmonton.
  - The last block of tickets will be offered on Monday, July 18 at 10:30 am MT
- To volunteer, donate or learn more, visit [papalvisit.ca](http://papalvisit.ca)

Please continue to pray for the health of Pope Francis and for all those engaged in the ongoing healing and reconciliation journey.

PAPAL MASS JULY 26 at 10:15 am  
COMMONWEALTH STADIUM, EDMONTON

FINAL BLOCK  
OF TICKETS  
AVAILABLE

ON MONDAY, JULY 18  
AT 10:30 AM  
[PAPALVISIT.CA](http://PAPALVISIT.CA)

WALKING  
TOGETHER  
POPE FRANCIS CANADA  
24-29 JULY 2022  
MARCHER  
ENSEMBLE  
POPE FRANCIS CANADA  
24-29 JULY 2022



## Ethiopia is in crisis

Ethiopia is facing a crisis and its population is becoming increasingly vulnerable. The high price of essentials, a drought and interethnic violence have been made worse by the shortage of essentials caused by the war between Russia and Ukraine. [CNEWA Canada](#) is launching a campaign to for Ethiopia and hopes Canadians will be able to respond.

- [Donate through CNEWA Canada](#)

## Faithfully - Custodians of Beauty

Highlights from the latest [Faithfully, July 11, 2022](#):

- **Custodians of Beauty:** Featuring a short film produced by SAGA & Annie Chirka on Fr. Gilles LeBlanc, and his passion and love for Sacred Art.
- Prayers & devotion to St. Benedict
- **Faithful Living tips** on praying with Sacred Art
- World Day of Grandparents & the Elderly
- New interviews with Fr. Cristino
- [Read Faithfully now](#)

## Employment Opportunity

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

- **Assistant Care Coordinator (full-time) - Elizabeth House**
- **Administrative Assistant (part-time) - St. Michael's, Calgary**
- **Sacrament Preparation Coordinator (part-time)- St. Luke's Church, Calgary**

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

## Other Resources & Events

### 1. Pope is committed to going to Ukraine

Archbishop Paul Richard Gallagher says Pope Francis plans to go to Kyiv, Ukraine, but when and how this could happen remain unknown. Archbishop Gallagher reaffirmed the Pope's interest in visiting the nation under attack, reflected on his own trip to the war-devastated nation recently, and on what he called 'diplomatic failures' that did not work hard enough to prevent the war, despite warning signs. [Read more](#)

### 2. Pope to Ukrainian Bishops: 'Stay close to your flock'

Pope Francis addresses a letter to the Ukrainian Greek Catholic Bishops as they hold their Synod on the theme of synodality in Poland, and reiterates his closeness to the people of Ukraine at this difficult time. [Read more](#)

### 3. A Syrian sister's journey of light amid the darkness of war

Sister Deema Fayyad offers the witness of her community throughout Syria's painful civil war, as they pray, carry out daily tasks, and weave a relationship of dialogue and fraternity with the Muslims in their area. "In times of war, our vocation to dialogue could seem like madness, but day after day, we experience that it could be the way — I want to say the only way out — towards a world of peace." [Read more](#)

#### 4. **Mom tries 12 Hugs A Day challenge with her kids ... and reports back**

"We need 4 hugs a day for survival. We need 8 hugs a day for maintenance. We need 12 hugs a day for growth." ~ Virginia Satir. That might seem excessive — especially if you don't tend to be very affectionate by nature. Erin, the mom in this video, explains how she made it work (or didn't!) with her five children, and [what she learned from it as a parent](#).

#### 5. **Aleteia's guide to having the best summer ever**

As the temperatures rise, here's a little help to make this summer as bright and rewarding as can be, courtesy of Aleteia. [Read more](#)

#### 6. **July-August 2022 Calendar Highlights**

- [Throughout month of July](#) | Catechesis of the Good Shepherd summer camps
- **[NEW! July 19](#) - Grandparents' Faith Cafe**  
The Catholic Grandparents Association is hosting a free online webinar with guest speaker and patron of CGA, Archbishop Francis Duffy. The theme of his talk is World Day for Grandparents and the Elderly 2022. [Register here](#)
- [July 20-30](#) | Captivenia - Medieval adventure camp for girls ages 9-17
- [July 24](#) | World Day of Grandparents and the Elderly
- [July 24-29](#) | Papal Visit in Canada
- [July 29](#) | Triumph Retreat - Live-in program of inner healing & transformation
- [Aug 1-13](#) | Archateos - Adventure camp for boys ages 7-17
- [Aug 12-14](#) | Holy Ground - Women's Retreat at Mount St. Francis, Cochrane
- [Aug 16-18](#) | Soul Care - Women's Retreat at Mount St. Francis, Cochrane
- [Aug 22](#) | Mary: A Biblical Walk - Zoom bible study with Fr. Julian Studden
- **[NEW! Aug 25](#) | St. Mary's Golf Tournament** at Silvertip Resort, Canmore | The St. Mary's University Golf Tournament is back and we hope you can join them this year for a day of great golf, and community. All proceeds from the event will directly benefit St. Mary's University scholarships and bursary programs.

#### 7. **July Saints**

There are many well known saints whose feast days are celebrated in July. Below is just a few of them and if you click on the names you can find out more about these saints.

- July 21 [Saint Lawrence of Brindisi](#)
- July 22 [Saint Mary Magdalene](#)
- July 25 [Saint James](#)
- July 26 [Saint Joachim and Saint Anne](#)
- July 29 [Saints Martha, Mary and Lazarus](#)
- July 31 [Saint Ignatius of Loyola](#)



# The Kids' Bulletin

16th Sunday in Ordinary Time  
July 17th, 2022

*Lord, do you not care  
that my sister has left me  
to serve alone? Tell her then  
to help me!*



*!alhtam ,alhtam  
zuoixna era uof  
;zpnilt ynam t uoda belduort bna  
!utbgn zi pnilt eno  
nezolozad ynam  
the better part.*

Luke 10:38-42



*Martha was so busy in the kitchen but her sister  
wasn't helping! What did Jesus say to her when  
she complained to Him?  
Look in the mirror to find out!*



# SAINT LAWRENCE OF BRINDISI

JULY 21

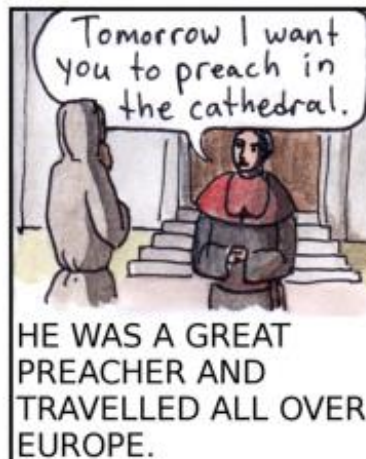
LAWRENCE WAS BORN IN ITALY IN 1559 AND WAS BAPTIZED WITH THE NAME JULIUS CAESAR. HIS PARENTS DIED WHEN HE WAS QUITE YOUNG.



HE BECAME A CAPUCHIN FRANCISCAN AT AGE 16, TAKING THE NAME LAWRENCE. HE WAS ORDAINED AT AGE 23.



LAWRENCE LEARNED LANGUAGES VERY EASILY, SO HE COULD STUDY THE BIBLE JUST AS IT WAS WRITTEN.



EVEN THOUGH HIS LIFE WAS VERY BUSY HE WOULD ALWAYS TAKE TIME TO PRAY.



HE BECAME CHAPLAIN OF AN ARMY AND LED A BATTLE WITH NO WEAPON BUT A CRUCIFIX- EVEN THOUGH THEY WERE OUTNUMBERED FOUR TO ONE!

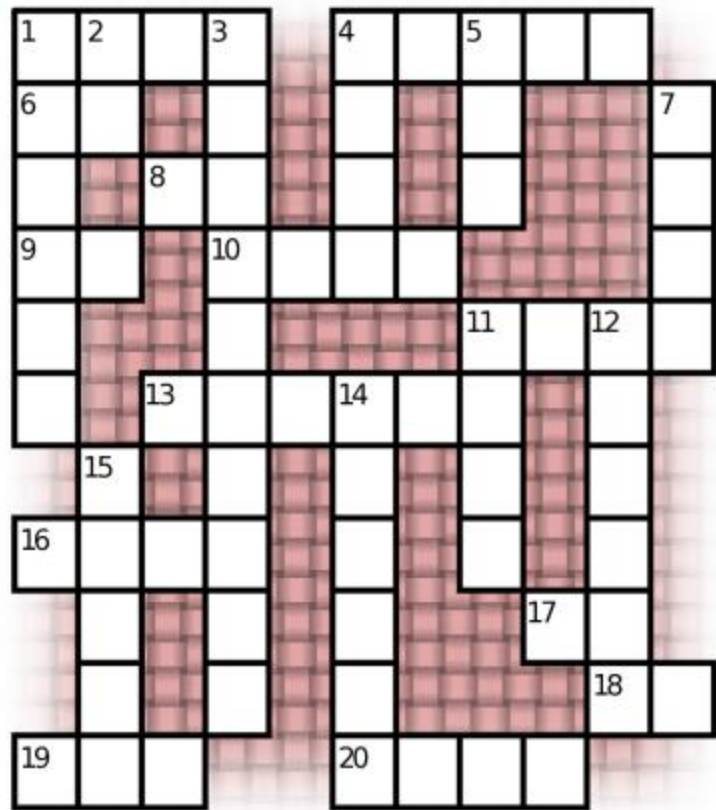


BECAUSE OF HIS HOLINESS, LAWRENCE WAS CHOSEN LEADER OF HIS ORDER. HE WAS SENT ALL OVER TO HELP THE BROTHERS AND MAKE PEACE. HE DIED AT AGE 60.

SOMETHING THAT SURPRISED PEOPLE ABOUT SAINT LAWRENCE WAS THAT HE WAS VERY KIND AND SENSITIVE TOWARDS PEOPLE'S NEEDS EVEN THOUGH HE WAS SO SMART AND IMPORTANT. NO MATTER HOW BUSY WE ARE, WE SHOULD TAKE TIME TO PRAY AND TO BE KIND AND THOUGHTFUL TO OTHERS.

# Martha and Mary

## cross word puzzle



### Across:

1. The \_\_\_\_\_ came to Martha's house
4. Mary \_\_\_\_\_ the better part
6. Jesus was \_\_\_\_\_ Martha's house
8. "One thing \_\_\_\_\_ needed."
9. Jesus said \_\_\_\_\_ her, "Martha, Martha."
10. "Do you not care? \_\_\_\_\_ tell her to help me!"
11. Martha was concerned about \_\_\_\_\_ things.
13. Which sister was working in the kitchen?
16. Mary sat at Jesus' \_\_\_\_\_.
17. "Mary has chosen the better part, which shall not \_\_\_\_\_ taken..."
18. "\_\_\_\_\_ you not care?"
19. ...away from \_\_\_\_\_."
20. Jesus \_\_\_\_\_ to her, "Martha, Martha."

### Down:

1. Mary just wanted to \_\_\_\_\_ to Jesus speak.
2. She sat \_\_\_\_\_ the ground near Him.
3. Martha was \_\_\_\_\_ with much serving.
4. "Lord, do you not \_\_\_\_\_ that my sister has left me to serve?"
5. "\_\_\_\_\_ thing is needed..."
7. The better part would not be taken \_\_\_\_\_ from Mary.
11. Which sister was not in the kitchen?
12. "...one thing is \_\_\_\_\_..."
14. Martha was anxious about many \_\_\_\_\_.
15. "My sister has left me to \_\_\_\_\_ alone."

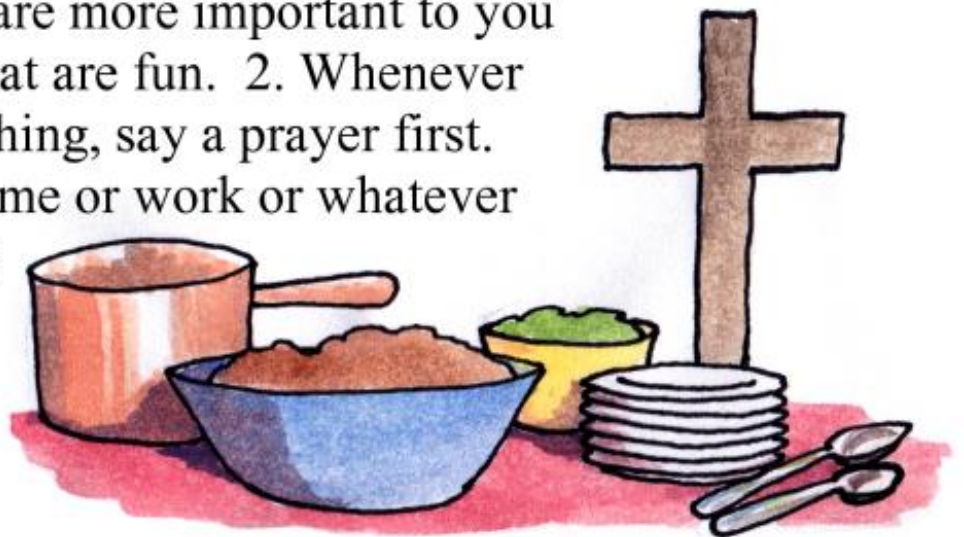


# Putting Jesus First

Jesus went to Martha and Mary's house for dinner one day and while Martha got the food ready her sister Mary just sat near Jesus to listen to Him. Martha was upset because she had so much work to do and Mary wasn't helping at all. It doesn't sound quite fair, does it?

But Jesus told Martha that there was only one thing that was important, and that Mary had chosen it. Mary had chosen to be with Him and listen to Him. Martha was concerned about all the details- making good food and setting things out nicely, but she wasn't thinking about Jesus.

Jesus was not saying that cooking or working in the house is bad. He was only showing Martha and Mary that we need to put God first in everything. Here are a couple of ways you can keep God first: 1. Always make sure that things like going to Mass and saying your prayers are more important to you than things that are fun. 2. Whenever you do something, say a prayer first. Offer your game or work or whatever you are doing for the glory of God.



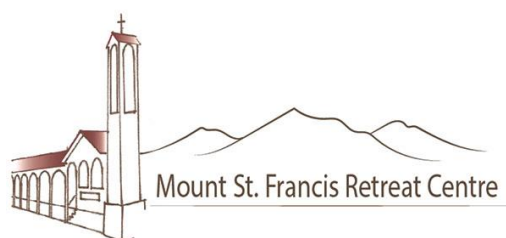
Answers to Cross-Word: ACROSS: 1.Lord 4.chose 6.in 8.is 9.to 10.then 11.many 13.Martha 16.fect 17.be 18.do 19.her 20.said DOWN: 1.listen 2.on 3.distracted 4.care 5.one 7.away 11.Mary 12.needed 14.things 15.serve

# 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.

