



Welcome to HOLY FAMILY PARISH

AUGUST 28TH, 2022 – THE 22ND SUNDAY IN ORDINARY TIME

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

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

Office Hrs. Monday to Friday - 8:30am – 12:00pm & 1:00pm to 4:30pm. Closed on Holidays.

CLERGY AT HOLY FAMILY PARISH

Fr. Iqbal Khurshid & Fr Naveed Arif
& 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

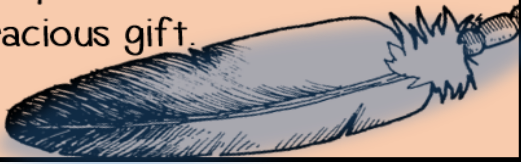
MONDAY - FRIDAY 9:30am - 4:00pm

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.



For all who exalt themselves will be humbled, and those who humble themselves will be exalted.



Who Is Being Carefully Watched?

We all know what it is like to be scrutinized by prying eyes and nosy noses. We might be tempted to bloat ourselves up to look better, to garner the praise and esteem of others. Jesus preaches some different behavior today. Don't seek the exalted places. Care for the poor, the cripple, the lame, the blind.

- † What tempts me to feed my ego?
- † What can I learn by watching those who are humble?
- † What mercy work will I do to care for the sick and poor this week?

Sunday's Readings

1st Reading: Sirach 3.17-20, 28-29

Humble yourself, so you will find favour in the sight of the Lord.

Responsorial Psalm: 38.3-10 (R.10)

R. In your goodness, O God, you provide for the needy.

2nd Reading: Hebrews 12.18-19, 22-24a

You have come to Mount Zion, to the city of the living God.

Gospel: Luke 14.1, 7-14

For all who exalt themselves will be humbled, and those who humble themselves will be exalted.

August 28th, 2022 – The 22nd Sunday in Ordinary Time



OPERATING FINANCES	
JULY 1-31, 2022	
Operating Budget 2022	\$ 59,708
General Envelope Collection	\$ 45,656
Loose Collections	\$ 1,114
Future Development	\$ 4,240
Sale of Church Supplies & Other	\$ 3,217
Budget Vs Actual	-\$ 5,481
SPECIAL COLLECTIONS	
Together in Action (TIA)	\$ 2,793
St Vincent de Paul	\$ 3,558
Clergy Retirement	\$ 55
Mission Mexico	\$ 275
CARO	\$ 110
World Missions	\$ 20
Seminary Fund	\$ 125
Ukraine Relief YTD	\$ 21,665
<i>Thank You for your Generous Contributions</i>	
Average Weekly Attendance	715

† Mass Intentions †

Saturday, August 27	5:00pm - Lucia Pimentel †
Sunday, August 28	8:30am - Holy Family Parish 10:30am - John Kopp 6:00pm - Tammy Peterson
Monday, August 29	9:00am - George Hoffart †
Tuesday, August 30	9:00am - Kay Andres †
Wednesday, August 31	9:00am - Steve Sekura †
Thursday, September 1	9:00am - Helen & Robert Risling & Family
Friday, September 2	9:00am - Alex Macauley †

2022 Goal
\$70,938
total to date
\$ 26,570.09.
which is 38%

Together IN ACTION
Annual Bishop's Appeal

Mark Your Calendars

September 9-10, 2022 - Fri, 3-6 & Sat, 9-3
CWL - Garage Sale

September 14, 2022 - 6:30pm in the Church
Funeral Ministry Workshop & Fellowship

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

**HOLY FAMILY PARISH
CWL
GARAGE SALE**

Friday, September 9
3:00pm - 6:00pm
Saturday, September 10
9:00am - 3:00pm
Table Rentals- \$25.00 Call Louella
at 403-502-6883
To Donate call Jackie at
403-581-5479



Sacrament Classes
Registration

St. Patrick's Parish
Wednesday, September 14th
6:30pm to 7:30pm

Holy Family Parish
Thursday, September 15th 6:30pm
to 7:30pm

Funeral Ministry

There will be a training for the Funeral Ministry on Wednesday, September 14 at 6:30 pm in the Church. A get together for socializing with coffee and donuts will follow. See you there!!!

Holy Family
Parish



Pastoral Care
Ministry

How to put the Love for God into Action. We do this through the Pastoral Care Ministry. Throughout the summer many of the residents of the Senior Homes have not received Jesus in the Holy Eucharist. There is a desire in their hearts to receive Jesus in this Sacrament, **we are in need of more volunteers.** With many volunteers it may be once or twice a month. Some of the duties include...

Setting up the Altar	Leading the Rosary
Porter Residents to Chapel	Lead in Song
Lead the Communion Service	

Please take it to our Lord in prayer who speaks to your heart.

MEETING – THURS., SEPT. 8 AT 7PM - FAITH ROOM FOR MORE DETAILS

" It is not how much we do but how much love we put in the doing.

A lifelong sharing of love with others." Mother Teresa

**THURSDAY
SEPT. 8 at 7:00PM**

Sunday 10:30am Mass on YOUTUBE

Medicine Hat Holy Family Church Live Stream

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



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catholicyc.ca/Faithfully

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Our Network is: HFP_LIVE
The Password is: Liv3HFP*



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- Go to Formed.org
- Enter our PARISH CODE: **GPQWK7**
- Create a personal account with your personal username/email and password.
- Start enjoying the best Catholic content all in one place!

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

Annual Parish Corn Roast

Sunday, September 18

11:30 AM

Everyone is Welcome!

ANNUAL BLESSING OF PETS

SUNDAY, SEPTEMBER 18 AT 2:00PM

Pets of all religious backgrounds and their owners are welcome!

St. Francis gave special consideration to all of God's creatures, calling them sisters and brothers.

Pets must be leashed or in a crate.



PLEASE EMAIL TERESA TO LET HER KNOW WHEN YOUR MINSTRIES AND MEETINGS WILL BE STARTING UP AGAIN... REMEMBER THE CALENDAR FILLS UP FAST...

contact@holyfamilymh.ca



22nd Sunday in Ordinary Time Year C

August 28, 2022

CHOOSING HUMILITY

In our recent time some words are disappearing from our day-to-day life and humility is one of them. We all like to boast of our achievements, careers, businesses, educational qualifications, families, and wealth etc. These all lead us to pride, arrogance, and ego. However, humility takes over everything if chosen with sincere hearts. Holy Father reflects on the value of humility in these words “Humility is the “golden rule”. “Advancing”, for Christians, means “lowering themselves”. It is precisely on the humble path, chosen by God, that love, and charity proceed. The whole history of faith is made of humility and “speaks of humility to us all”. This likewise applies to the historical event of Jesus' Birth. It seems that God wanted every event “to be concealed, that it not be made public”, that it be, as it were, overshadowed by the Holy Spirit”. Therefore, everything happens on the road of humility. God, humble, lowers himself: he comes among us and lowers himself — and he continues to humble himself even to the Cross”. The creation of Adam on God's image from the mud was the beginning of humility but pride and desire to become equal to God created such a rift that led to death as St. Paul says.

In the Gospels Blessed Virgin Mary, at the Annunciation, also humbles herself: she does not properly understand, but she is free: she grasps only the essential and says ‘yes’. She is humble: ‘May God's will be done’. She entrusts her soul to God's will”. “Joseph, her betrothed, also lowers himself and takes this great responsibility upon his shoulders”. Joseph “also says ‘yes’ to the angel when in his dream the angel tells him of this truth. The attitude of Mary and Joseph shows that “to reach us, God's whole love takes the path of humility. The humble God who wanted to walk with his people”. “God, humble and so good. The patient God. This is different from the attitude of idols; idols are powerful and make themselves heard: ‘it is I who command here!’”. In the Garden of Gethsemane, we experience the humility of Jesus Christ our Saviour “not my but yours’ will be done”. Jesus' humility which ends on the Cross, and this is the golden rule for Christians: to persevere, to advance and to humble themselves. There is no other path. Unless we humble ourselves, we are not Christian. (Please read Philippians 2”5-11).

The saints in our Catholic faith are best examples of humility as they learned to humble themselves by listening and obeying the Lord. Below are some quotes from the saints for us to reflect on the value of humility and make our lives pleasing to the Lord.

To be taken with love for a soul, God does not look on its greatness, but the greatness of its humility.
- St. John of the Cross.

“There is something in humility which strangely exalts the heart.”

“It was pride that changed angels into devils; it is humility that makes men as angels.”

- Saint Augustine

He who wants to learn true humility should reflect upon the Passion of Jesus. The soul's true greatness is in loving God and in humbling oneself in His presence, completely forgetting oneself and believing oneself to be nothing; because the Lord is great, but He is well-pleased only with the humble; He always opposes the proud.

- St Faustina, Divine Mercy in my Soul.

The first degree of humility is the fear of God, which we should constantly have before our eyes.

- St. Louis de Blois

The most powerful weapon to conquer the devil is humility. For, as he does not know at all how to employ it, neither does he know how to defend himself from it.

- Saint Vincent de Paul

There is more value in a little study of humility and in a single act of it than in all the knowledge in the world.

- Saint Teresa of Avila

Humility is the mother of many virtues because from it obedience, fear, reverence, patience, modesty, meekness and peace are born. He who is humble easily obeys everyone, fears to offend anyone, is at peace with everyone, is kind with all.

- St Thomas of Villanova

Do you wish to rise? Begin by descending. You plan a tower that will pierce the clouds? Lay first the foundation of humility.

- Saint Augustine

The highest point of humility consists in not merely acknowledging one's abjection, but in taking pleasure therein, not from any want of breadth or courage, but to give the more glory to God's Divine Majesty, and to esteem one's neighbour more highly than oneself.

- St Francis De Sales

There is no doubt that God will never be wanting to us, provided that He finds in us that humility which makes us worthy of His gifts, the desire of possessing them, and the promptitude to co-operate industriously with the graces He gives us!

- St. Ignatius of Loyola

Humility will always make us content in our daily dealings with others. Jesus is the perfect example of that humility who though a King, was obedient and humble "For meek and humble of heart". Let me share a story with you to help us to be humble and content with what we have.

A cosmic god had a horse. The horse was beautiful, and it had many good qualities. But it wanted to be more perfect in every way. It especially wanted to become beauty unparalleled.

One day the horse said to the cosmic god, "O Lord, you have given me beauty. You have given me other good qualities. I am so grateful to you. But how I wish you could make me more beautiful. I would be extremely, extremely grateful if you could make me more beautiful."

The cosmic god said, "I am more than ready to make you more beautiful. Tell me in what way you want to be changed."

The horse said, "It seems to me that I am not well proportioned. My neck is too short. If you can make my neck a little longer, my upper body will be infinitely more beautiful. And if you can make my legs much longer

and thinner, then I will look infinitely more beautiful in my lower body."

The cosmic god said, "Amen" Then immediately he made a camel appear in place of the horse. The horse was so disheartened that it started to cry, "O Lord, I wanted to become more beautiful. In what way is this kind of outer form more beautiful?"

The cosmic god said, "This is exactly what you asked for. You have become a camel."

The horse cried, "Oh no, I do not want to become a camel I wish to remain a horse. As a horse, everybody appreciated my good qualities. Nobody will appreciate me as a camel."

The cosmic god said, "Never try to achieve or receive more than I have given you. If you want to lead a desire-life, then at every moment you will want more and more. But you have no idea what the outcome will be. If you cry for a longer neck and legs, this is what will happen. Each thing in my creation has its own good qualities. The camel is not as beautiful as you are, but it carries heavy loads and has a tremendous sense of responsibility.

In a similar way the Book of Sirach is inviting us to be humble and live our lives in humility. There is a great lesson for us that humility gives us a true estimate of ourselves so that we should do what ought to be done and avoid what is beyond our understanding and strength. However, on other hand pride will lead us to destruction and astray from our purpose of life "many are lofty and famous, but to the humble he reveals his plan".

According to Merriam Webster Dictionary "Humility means "the state of being humble." Both it and humble have their origin in the Latin word humilis, meaning "low." Humble can be used to describe what is ranked low by others, as in "persons of humble origins." People also use the word of themselves, and things associated with themselves; if you describe yourself as "but a humble editor" or refer to your home as your "humble abode," you are saying that neither you nor your home is very impressive. Therefore, Jesus is teaching etiquettes of our Christian living by reminding everyone to be humble. In the scene from today's Gospel passage, Jesus, in the home of one of the chief Pharisees, observes that the guests at lunch rush to choose the first place. It is a scene that we have witnessed so often: seeking the best place even "with our elbows". Observing this scene, Jesus shares two short parables, and with them, two instructions: one concerning the place, and the other concerning the reward.

In the words of Holy Father Pope Francis, there are two analogies set before us. The first analogy is set at a wedding banquet. Jesus says: "When you are invited by any one to a marriage feast, do not sit down in a place of honour, lest a more eminent man than you be invited by him; and he who invited you both will come and say to you, 'Give place to this man', and then you will begin with shame to take the lowest place". With this recommendation, Jesus does not intend to give rules of social behaviour, but rather a lesson on the value of humility. History teaches that pride, careerism, vanity, and ostentation are the causes of many evils. And Jesus helps us to understand the necessity of choosing the last place, that is, of seeking to be small and hidden: humility. When we place ourselves before God in this dimension of humility, God exalts us, he stoops down to us so as to lift us up to himself; "For everyone who exalts himself will be humbled, and he who humbles himself will be exalted." Even last Sunday's Gospel ended with "Indeed, some are last who will be first, and some are first who will be last".

Jesus' words emphasize completely different and opposing attitudes: the attitude of those who choose their own place and the attitude of those who allow God to assign it and await a reward from Him. Let us not forget this: God pays much more than men do! He gives us a much greater place than that which men give us! The place that God gives us is close to his heart and his reward is eternal life. "You will be blessed", Jesus says, "you will be repaid at the resurrection of the just"

This is what is described in the second analogy, in which Jesus points out the attitude of selflessness that ought to characterize hospitality, and he says: "But when you give a feast, invite the poor, the maimed, the lame, the blind, and you will be blessed, because they cannot repay you". This means choosing gratuitousness rather than self-seeking and calculating to obtain a reward, seeking interest, and trying to increase your wealth. Indeed, the poor, the simple, those who 'don't count', can never reciprocate an invitation to a meal. In this way Jesus shows his preference for the poor and the excluded, who are the privileged in the Kingdom of God, and he launches the fundamental message of the Gospel which is to serve others out of love for God. The saint of our times Mother Teresa who was a humbled person and believed "do small things with great love" has given us the greatest lesson of humility. We can choose any saint and can find the greatest value of humility as this broken and old water pot found...

A water bearer in India had two large pots, each hung on the ends of a pole that he carried across his neck. One of the pots had a crack in it, while the other pot was perfect and always delivered a full portion of water.

At the end of the long walk from the stream to the house, the cracked pot arrived only half full. For a full two years this went on daily, with the bearer delivering only one and a half pots full of water to his house.

Of course, the perfect pot was proud of its accomplishments, perfect for which it was made. But the poor cracked pot was ashamed of its own imperfection and miserable that it was able to accomplish only half of what it had been made to do.

After two years of what it perceived to be a bitter failure, it spoke to the water bearer one day by the stream. "I am ashamed of myself, and I want to apologize to you. I have been able to deliver only half my load because this crack in my side causes water to leak out all the way back to your house. Because of my flaws, you must do all of this work, and you don't get full value from your efforts," the pot said.

The bearer said to the pot, "Did you notice that there were flowers on your side of the path but not on the other pot's side? That's because I have always known about your flaw, and I planted flower seeds on your side of the path. Every day while we walk back, you've watered them. For two years, I have been able to pick these beautiful flowers to decorate the table. Without you being just the way you are, there would not be this beauty to grace the house."

Are we choosing humility? That's question we need to ask ourselves.



Sunday Updates

22nd 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](#)

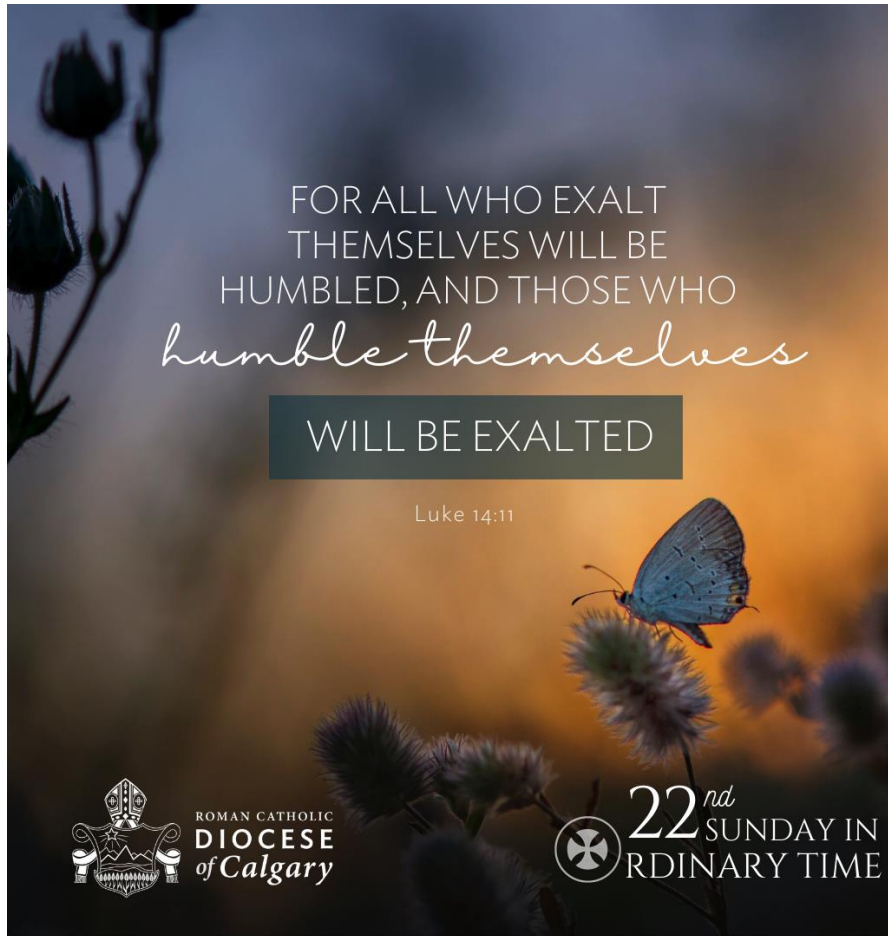
Daily and Sunday Mass Prayers & Readings: [CCCB Daily Readings](#)
(pick the desired date)

Full schedule of Parish Livestream Masses:

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

COVID-19 Resources

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



Resources for children

- **22nd Sunday in Ordinary Time**
Kid's challenge this week: In this [Sunday's Gospel](#), Jesus talks about doing good deeds for others and expecting nothing in return. We build up the Kingdom of God when we give in this way. This week let us pray and make cards for children who are sick in the hospital, or those in your community or family. (Source: Sunday Connection)
 - [Colouring page this Sunday](#)
 - [Kid's Bulletin for this Sunday](#)
 - [Sunday Connection - 22nd Sunday in Ordinary Time](#) (Gr. 1-8 & family)
 - **Children's Liturgy of the Word this Sunday**
 - [Children's Liturgy of the Word with Miss Heidi](#) (Catholic TV)
 - Children's Liturgy sheet for leaders/parents will continue in September - by CAFOD

Bereavement: Support & Care Training

The Diocese of Calgary is offering a training opportunity in providing bereavement support and care. This workshop is offered to those who are involved in the Pastoral Care Ministry in their parishes, and/or for those desiring to be better equipped in accompanying those dealing with grief and loss.

Topics to be explored include: What is grief and mourning and how it impacts our whole being; Grief as a spiritual journey; How the parish community can assist a grieving person; Practical ideas for a successful parish bereavement ministry.

- When/where: **Saturday, Oct. 1 from 9:30 am to 12:30 pm** at **St. Luke's** (1566 Northmount Drive NW, Calgary).
- [Register online here](#) or by contacting Sr. Mariflor at 403-218-5521. Please register by **Sep. 26**.
- For more information, visit: catholiccyc.ca/pastoralcare

World Day of Prayer for the Care of Creation | September 1



In 2015, Pope Francis declared **September 1** as the World Day of Prayer for the Care of Creation. Gatherings for prayer are encouraged in parishes. The faithful should also be encouraged to take practical initiatives to combat earth's environmental crisis. (Source: ORDO)

"Not only has God given the earth to man, who must use it with respect for the original good purpose for which it was given to him, but man too is God's gift to man. He must therefore respect the natural and moral structure with which he has been endowed." ~St. John Paul II (*Centesimus Annus* #38).

- **Sep 1, World Day of Prayer for Care of Creation Retreat at Mount St. Francis, Cochrane** | 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. [More info](#)

- Download [Laudato Si' Movement Prayer Book](#): a collection of prayers to lift up all who seek to care for our common home.
- The Pontifical council for Justice and Peace proposes a [prayer for the Care of Creation](#).
- [Prayer to Care for our Common Home](#)
- [3 reasons to become a Laudato Si' Animator](#) (free training)
- Read: [Season of Prayer for the Care of Creation](#) - A Pastoral Letter from Bishop McGrattan (Sep. 2020)

Papal Visit Updates

Pope Francis completes his Apostolic Journey to Canada from July 23-29, 2022. On this pilgrimage of penance the Holy Father made a series of public statements regarding Indigenous reconciliation and healing. Find all links to the Pope's messages, news, photos and livestream of the events here: www.catholicyc.ca (front page)


Marriage Preparation Courses

- For marriage preparation courses in the fall, see our Diocesan page where couples can choose the appropriate date, register and pay for the course: catholicyc.ca/marriageprep

Special gift for your elderly loved ones


Thank you for your participation on World Day for Grandparents and the Elderly last month. We would like to extend our invitation to keep stepping forward in co-creating compassionate communities and accompaniment with the elderly and grandparents as a normal part of our family and communal life.

Sacred artist Debbie Thompson Wilson has created a beautiful print of Saints Anna and Joachim for this occasion, and 50 limited edition high quality prints will be available to give away.



LIMITED EDITION prints of
Saints Anna & Joachim
by illumination artis
Debbie Thompson Wilson

50 prints to give away

Get it FREE for your elderly loved ones
Email a picture of your visit with elderly loved ones (taking place in July or August 2022) to info@catholicyc.ca or submit online here → 

CATHOLICYC.CA

How to get it free for your elderly loved one(s)?

- Submit a photo from your visit with an elderly loved ones (grandparent(s) or elderly in community/parish) taking place in July or August 2022. Please submit photo **by Aug 31** via email to info@catholicyc.ca (with caption, address, phone, and parish name), or submit [online](#)

Retrovaille weekend for struggling couples

The Retrovaille program is for married couples facing difficult challenges in their relationship. A Christian marriage program, Catholic in origin, where couples of all faiths or no faith background are encouraged to attend. A weekend away, designed to give your marriage a chance. This program have helped tens of thousands married couples as it offers tools needed to rediscover a loving marriage. Follow-up sessions will be provided after the weekend.

- Upcoming Retrovaille weekend: September 9-11. [Register here](#)

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](#)

Other Resources & Events

1. August/September 2022 Calendar Highlights

- **Aug 22** | [Mary: A Bibilical Walk](#) - Zoom bible study with Fr. Julian Studden
- **Aug 23** | [Access52 - Youh event: Capture, Create, and Share](#) (photography and videography)
- **Aug 23** | [Leading a Choir Workshop](#) at St. Luke's, Calgary
- **Aug 25** | [St. Mary's Golf Tournament](#) at Silvertip Resort, Canmore
- **Aug 27** | [Paint St. Paul's Church](#) in Brocket, AB
- **Aug 30** | [Access52 - Youh event](#): The Game (options, decisions, outcomes - what will your next move be)
- **Sep 1** | [World Day of Prayer for Care of Creation Half Day Retreat](#) at Mount St. Francis, Cochrane
- **Sep 7** | [Info Session for Feed the Hungry on resuming sit-down dinners](#) at St. Mary's Cathedral Parish Hall, Calgary
- **Sep 9 -15** | [Catechist Training for Catechesis of the Good Shepherd](#) at St. Peter's, Calgary
- **Sep 9** | [Retrovaille Marriage Weekend](#)
- **Sep 9** | [End of Life Conference](#) with Archbishop Greg Kerr-Wilson & Bishop William T. McGrattan at All Saints Anglican Church, Cochrane
- **Sep 16** | [Angels on High Hike & Camping Weekend](#) at Bow Valley Provincial Park
- **Sep 17** | [Hunger: A Collaborative Response Conference](#) at St. Mary's University
- **Sep 17** | [Used Book Sale](#) at Holy Spirit Parish, Calgary
- **Sep 23** | [Marriage Preparation](#) (virtual) weekend
- To **submit your parish/lay association events** - go to [catholiccyc.ca/news](#) and click "Add Event"

2. Pope Francis calls for attention to the "mortal danger" facing Somalia

At the end of the recitation of the Angelus, the Pope's thoughts turn to the population of Somalia and neighbouring countries, grappling with a serious humanitarian crisis also linked to an unprecedented drought. "Starvation is now haunting the entire country. We are seeing more and more families forced to leave everything behind because there is literally no water or food left in their villages." [Read more](#)

3. **The Queenship of the Blessed Virgin Mary (Aug. 22)**

As Saint Paul suggests in Romans 8:28–30, God has predestined human beings from all eternity to share the image of his Son. All the more was Mary predestined to be the mother of Jesus. As Jesus was to be king of all creation, Mary, in dependence on Jesus, was to be queen. [Read more](#)

4. **How a temple in India was purified by St. Bartholomew the Apostle (Feast day Aug. 24)** | While St. Thomas the Apostle is most well-known for his travels in India, there is another disciple of Jesus who had a similar missionary journey. According to traditions that date to the 4th century, St. Bartholomew also went to India. The medieval collection of stories known as *The Golden Legend* narrates one particular legend where St. Bartholomew purified a temple. [Read more](#)

5. **5 facts about St. Monica that will inspire you to never give up hope (Feast day Aug. 27)**
The Church celebrates the feast of St. Monica, the mother of [St. Augustine of Hippo](#), on August 27. She is particularly known for her perseverance in prayer. Here are some amazing facts about this incredible saint that are sure to inspire your faith in God's omnipotent power. [Read more](#)

6. **The Passion of John the Baptist (Aug 29)**
Local legends claim that St. John was put to death at about the time of the Pasch, a year before Christ's Passion, but the feast of his death is kept today, the anniversary of the finding of his head at Emesa in Syria in 452. [Read more](#)

7. **St. Gregory (Feast Day Sep. 3) and God's decision**
Perhaps the greatest spiritual lesson for us in the witness of St. Gregory is discerned in his vocation. Gregory correctly discerned that the Lord had chosen him for monastic life, but God would beckon Gregory beyond his own expectations in regards to how his vocation would serve the Lord's will and purposes. [Read more](#)



The Kids' Bulletin

22nd Sunday in Ordinary Time

August 28th, 2022



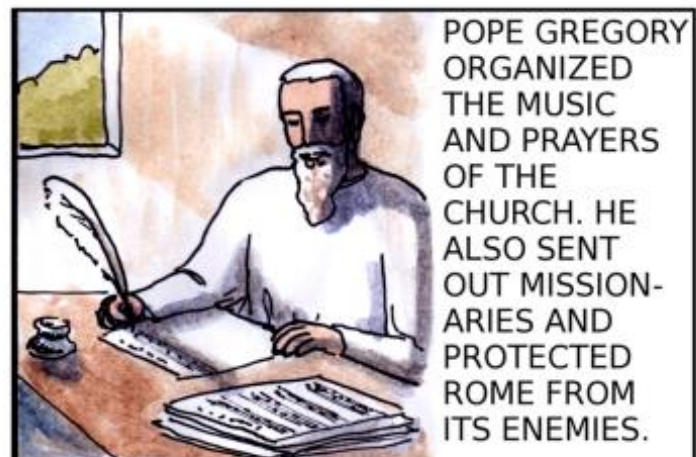
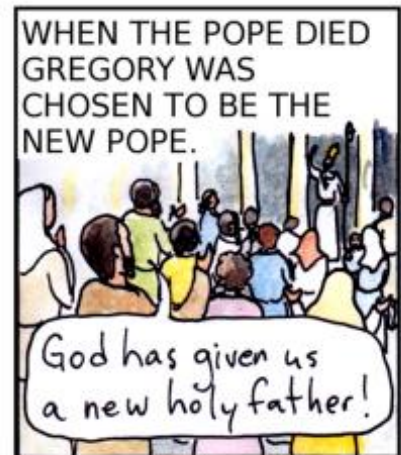
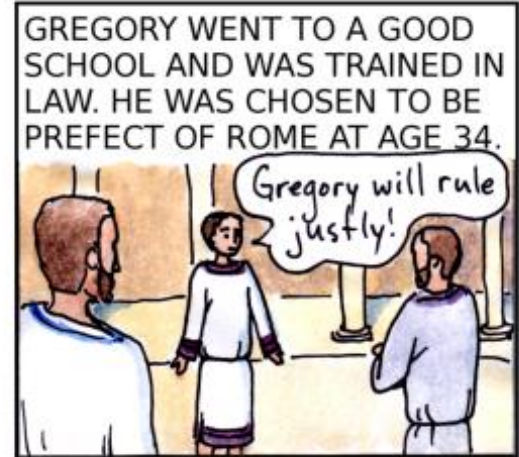
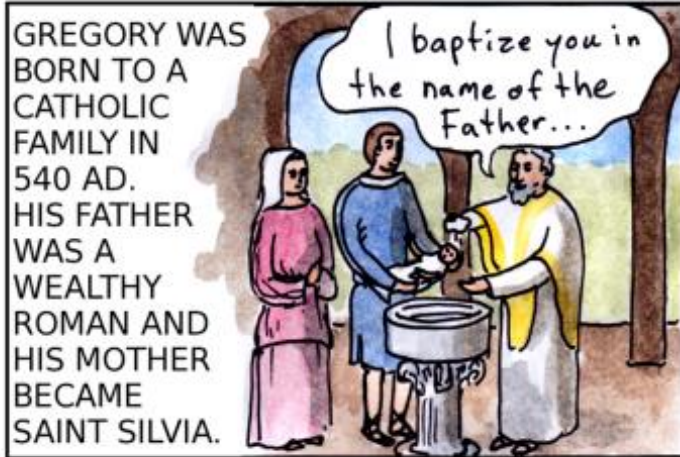
Sirach 3.17-20,
28-29

What can we learn from today's first reading?
Sort out the letters by their numbers to fill in the blanks.

1	2	3	4	5	6	7	8	9	10	11	12
13	14	15	16	17	18	19	20	21	22	23	

Saint Gregory the Great

September 3



SAINT GREGORY SUFFERED FROM DIFFERENT SICKNESSES. HE DIED WHEN HE WAS ABOUT 64. THE CHURCH'S SPECIAL MUSIC, GREGORIAN CHANT, WAS NAMED AFTER HIM BECAUSE OF HIS WORK IN SORTING IT ALL OUT. HE IS ALSO KNOWN FOR SENDING SOME OF THE FIRST MISSIONARIES TO ENGLAND.

True or False: How to be Humble

What did Jesus say? Some of these are true and some aren't. Can you figure out which is which?

1. If you know that you are an important guest then you should sit in the place of honour. True or False?
2. If you go to a wedding feast and sit in a place of honour, someone more important might come and you will have to move to a lower place. True or False?
3. If you sit in a lower place, then the one who invited you will tell you to sit in a more important place and you will be honoured. True or False?
4. Everyone who exalts himself will be humbled and everyone who humbles himself will be exalted. True or False?
5. When you have a dinner, you should invite the most important people so that they will invite you back. True or False?
6. If you are having a banquet or dinner, you should invite the poor and crippled people who can't invite you back. True or False?
7. If you invite the poor and crippled people to your dinner, you will never be repaid. True or False?



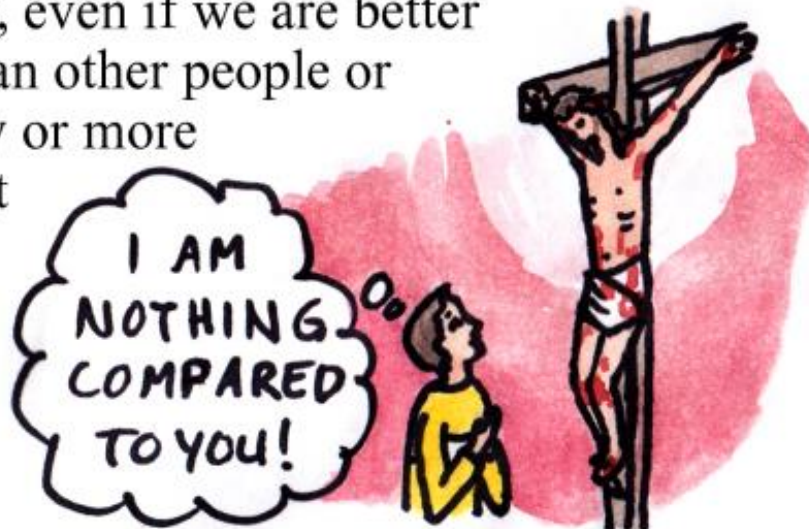
Taking the Lowest Place



In today's Gospel reading, Jesus was watching to see where the people sat when they were guests at a dinner. Some people thought they were important so they sat in the more important places. Jesus saw that they were proud, so He taught them about being humble.

When we are proud we think that we are more important than other people, and that we deserve to have better things. We start to look down on everyone else, and pretty soon we start thinking that God isn't so great either!

Being humble means knowing that we really are not all that important, even if we are better at some things than other people or have more money or more important jobs. It means we know that God gave us these things to help others, not so that we could be proud about them.



Luke 14:1,7-14

We can only give glory to God when we are humble.

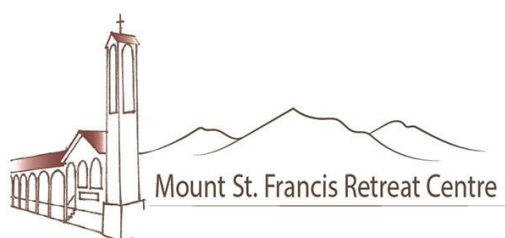
Answers: front page: God is exalted by the humble.
True or False: 1.false 2.true 3.true 4.true 5.false 6.true 7.false

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.

