



# Welcome to HOLY FAMILY PARISH

**JANUARY 1, 2023 – MARY, MOTHER OF GOD - YEAR A**

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 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

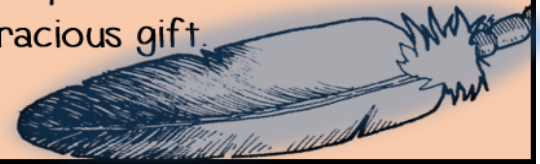
Parish Finance Committee Chair - Cheryl Pocsik



The Solemnity of  
"Mary, Mother of God"  
an invitation to start the  
New Year in a posture of  
prayer and receptivity to  
grace, imitating Mary,  
Mother of God.

January 1

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: Numbers 6.22-27

They Shall put my name on the children of Israel, and  
I will bless them.

Responsorial Psalm: 67.1-2,4-5,6-7 (R. Luke 1a)

R. May God be gracious to us and bless us.

2<sup>nd</sup> Reading: Galatians 4.4-7

God sent his Son, born of a woman.

Gospel: Luke 2.16-21

They found Mary and Joseph, and the child lying in the  
manger. After eight days he was named Jesus.

### What We Treasure.

We celebrate many things this day. The start of a new civil  
year – one filled with hope and promise. The eighth day of  
Christmas – the presence of Jesus the Christ among us, like us  
in all things but sin. The gift of Mary – mother not only of  
God in Jesus, but also mother of the Church, mother of God's  
holy People.

- ★ What will I pledge, what will I promise in this new year?
- ★ How will I be a blessing to others, just as God is a blessing to me?
- ★ What can I do to bring peace to \_\_\_\_\_, even in little ways?

# January 1, 2023 – Mary, Mother of God - Year A

OPERATING FINANCES	
NOVEMBER 1-30, 2022	
Operating Budget 2022	\$ 59,708
General Envelope Collection	\$ 45,506
Loose Collections	\$ 2,391
Future Development	\$ 2,817
Sale of Church Supplies & Other	\$ 9,374
<b>Budget Vs Actual</b>	<b>\$ 380</b>
SPECIAL COLLECTIONS	
Together in Action (TIA)	\$ 3,576
St Vincent de Paul	\$ 3,624
World Mission	\$ 95
Clergy Retirement	\$ 150
Mission Mexico	\$ 185
CARO	\$ 90
Seminary Fund	\$ 20
Catholic Education	\$ 1,730
Gift Sharing Sunday	\$ 2,485
<i>Thank You for your Generous Contributions</i>	
<b>Average Weekly Attendance</b>	<b>771</b>

December 31, 2022, Deadline

Goal \$70,938

total to date \$ 51,568.75



which is only 73%

Short \$ 19,369.25

Please Give Generously ~ Thank You!

† Masses & Mass Intentions †



Saturday, December 31 - Mary, Holy Mother of God  
5:00pm - Sydney - Special Intention

Saturday, January 1 - Mary, Holy Mother of God  
9:30am - Valentine † & Victoria † Deis and  
Sr. Vicki Hagel †

Monday, January 2 - NO MASS TODAY

Tuesday, January 3  
9:00am - Ria Welbourne  
6:30pm - Jack Risling

Wednesday, January 4  
9:00am - John & Bertha Wingenbach

Thursday, January 5  
9:00am - Madeleine Riffel †

Friday, January 6  
9:00am - Wayne Riffel †

## MARK YOUR CALENDARS

December 31 - 5:00pm

Mary, the Holy Mother of God Mass

January 1 - 9:30am

Mary, the Holy Mother of God Mass

January 2 - **OFFICE CLOSED**

January 2 - 6:30pm - Faith Room

Knights of Columbus Executive Meeting

January 3 - 1:00pm - Faith Room

Catholic Women's League Executive Meeting

January 3 - 6:30pm - Church

Healing Mass

January 4 - 8:00am - Church

Mother of Perpetual Help Novena

January 5 - 2:00pm - Hope Room

Grief Share

January 6 - 9:30am - 9:30pm Chapel

12 Hour Adoration

January 6 - 9:30am - 10:30am & 8:00pm -

9:30pm - Chapel

Reconciliation

# Happy New Year

The 29<sup>th</sup> Annual  
**GIFT SHARING  
SUNDAY**  
November 26<sup>th</sup> & 27<sup>th</sup>, 2022

We Collected 623  
pounds of food, valued  
at \$1970.00 + \$705.00

**ROOT  
CELLAR**  
FOOD & WELLNESS HUB



We Collected  
\$2,449.25

Thank  
**YOU!**



We Collected 115 Toys  
Valued at \$1765.00

We wish you a peaceful, blessed Christmas season as we celebrate the birth of God's only son, our Savior. May God bless you and remain close to you always. Thank you for your prayers and generous support throughout the year.

The Society of St. Vincent de Paul

(Email address for E transfers: [ssvpmehat@gmail.com](mailto:ssvpmehat@gmail.com))



## Sacramental Preparation

**Confirmation Class - HFP Faith Rm**

**Thursday, January 12 at 6:00pm**

**1st Communion Parent Meeting**

**Holy Family Parish Hall**

**Thursday, January 12 at 6:30pm**

**1st Communion Class**

**Holy Family Parish Faith Room**

**Sunday, January 15 at 10:15am**

## NOTICE OF ANNUAL GENERAL MEETING

Medicine Hat Catholic Schools' Education Foundation AGM



January 17, 2023 at 7:00 p.m.  
at Medicine Hat Catholic Board Office

All public welcome to attend!

Thank You to Pattison Funeral Home for the kind Donation of Baby Jesus.

Thank You Ray Bosch for making the life size manger for this sweet Baby Jesus.



**\*\*\*\* ALL DONATIONS HAVE TO BE RECEIVED BY DECEMBER 31 IN ORDER TO BE RECEIPTED TO THIS YEAR 2022!\*\*\*\*DO NOT TO USE OLD ENVELOPES SINCE THE NUMBERS MAY HAVE CHANGED AND IT CAN CAUSE CONFUSION!\*\*\*\***

**THANK YOU FOR YOUR ATTENTION TO THIS AND FOR YOUR GENEROUS DONATIONS! RIA**



nurture pregnancy centre

The Nurture Pregnancy Centre is seeking a team member to assist in all aspects of the Centre activities. As this is fairly dynamic environment, experience could come from a wide area of backgrounds. This position will be 30 hours per week starting January 2023. As some of the activities will involve young children both a current Police Check and a Child Welfare Check clearance will be necessary. For more information, you may contact:

Keith Knodel at call or text 403 548-9799 or by email at [kknodel@memlane.com](mailto:kknodel@memlane.com)

OR Elissa Aasman, call or text 403 952-8255 or by email at [elisanaasman@gmail.com](mailto:elisanaasman@gmail.com)



### Ukrainian Christmas Potluck

All 108 seats have been booked. Karen-Anne has started a wait list. If anyone needs to cancel their booking, to let her know asap so she can pass along the seats to those on the wait list. Watch for you tickets in your email.

Thank you for your support of this event.



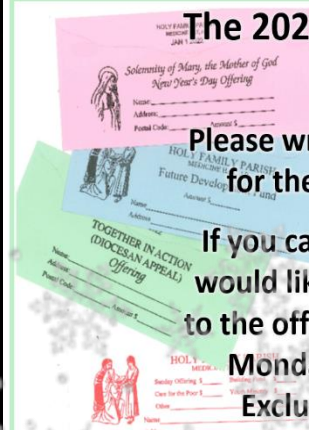
### The 2023 Donation Envelopes are in the Foyer

Please write your names on the envelopes for the first few times you use them!

If you can't find your envelopes or if you would like new envelopes for 2023, come to the office during regular business hours.

Monday to Friday 8:30am to 4:30pm

Excluding Noon Hour and Holidays



Brighten up your surroundings with a smile  
and spread happiness with good deeds.

2023

God Bless You & Happy New Year!

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



## 12 Hour Adoration

Friday

January 6, 2023

9:30am – 9:30pm

Reconciliation

9:30am – 10:30am

& 8:00pm – 9:30pm

All parishioners welcome and encouraged to attend



"To gather with  
God's people in  
united Adoration of  
the Father is as  
necessary to the  
Christian life as  
prayer" Martin  
Luther

"The Holy Eucharist is the perfect expression  
of the love of Jesus Christ for man"

St. Maria Goretti.

12-hour Eucharist Adoration Friday, January  
6th, all parishioners welcome and encouraged  
to attend. Please sign up for 1/2-hour time  
slots to make sure our Lord is not left alone.  
Sign up sheet at the office during the week,  
and in the foyer before Mass.

[Sunday 10:30am Mass on YOUTUBE](#)

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

<https://www.youtube.com/channel/UCG6zK-XzuXdDHj79rV6ut> Q



## FORMED.org

THE CATHOLIC FAITH.  
ON DEMAND.

LOG IN [WWW.FORMED.ORG](http://WWW.FORMED.ORG)

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

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

## E-Transfer Donations



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

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



Faithfully  
FAITH. LIVED. FULLY.

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

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



WILLIAM T. MCGRATTAN

BISHOP of CALGARY

December 14, 2022

*St. John of the Cross, Memorial*

Dear brothers and sisters in Christ,

As we prepare for the Solemnity of Christmas our focus is drawn to the mystery of the Incarnation, Jesus, the Word made Flesh. This taking on of our humanity by God in the Person of Jesus, serves to remind us of the inherent dignity of every human life.

The Catechism of the Catholic Church (CCC 2258) states:

***“Human life is sacred because from its beginning it involves the creative action of God and it remains for ever in a special relationship with the Creator, who is its sole end. God alone is the Lord of life from its beginning until its end: no one can under any circumstance claim for himself the right directly to destroy an innocent human being.”***

The Government whose role is to protect our basic human rights, including the fundamental right to life from conception to natural death, has sought instead to expand access to physician-assisted suicide. This new legislation would now include those suffering with forms of mental illness and disabilities.

In responding to this current moral and social issue, the Canadian Conference of Catholic Bishops (CCCB) formed a Joint Ad hoc Committee on Palliative Care. It was comprised of medical, theological, ethical, and pastoral experts who were united in addressing this culture of death. They developed **Horizons of Hope: A toolkit for Catholic Parishes on Palliative Care**, an educational resource to help understand and reflect upon the many end-of-life issues we will face.

The **Horizons of Hope** program has been designed for:

- People seeking to learn more about palliative care and Catholic Church teaching on end-of-life;
- Individuals recently diagnosed with serious and/or terminal illness;
- Family members and friends seeking guidance and access to resources as they accompany the loved one faced with a serious or terminal illness;
- Medical professionals, caregivers;
- Members of pastoral care teams and other parishioners; and
- Parishes seeking to form a Compassionate Community program.

This program will allow parishioners to learn and reflect upon end-of-life issues and to promote the need for excellent palliative care. It will assist in clarifying misinformation, and reverse the

**ROMAN CATHOLIC DIOCESE OF CALGARY**

Catholic Pastoral Centre | 120 17 Ave SW, Calgary, AB T2S 2T2

Phone: 403-218-5526 | Fax: 403-264-0272

deceptive messaging found in this increasing culture of death. This 4-module program is being offered simultaneously to all the faithful in our Diocese at several locations:

- **Module 1:** Understanding the Human Experience of Dying and Death - January 9 (7 to 9 pm)
- **Module 2:** Discerning and Making Decisions at the End of Life - January 16 (7 to 9 pm)
- **Module 3:** Accompanying Those at the End of Life - January 23 (7 to 9 pm)
- **Module 4:** Supporting and Integrating Within the Wider Community - January 30 (7 to 9 pm)

To register, please visit [catholicycv.ca/horizonsofhope](http://catholicycv.ca/horizonsofhope) to participate in one of the following six sites:

- Catholic Pastoral Centre (120 – 17<sup>th</sup> Avenue SW, Calgary)
- Ascension Parish, Calgary
- St Gerard Parish, Calgary
- All Saints, Lethbridge
- Holy Family, Medicine Hat
- St James, Okotoks

The program will also be offered in February 2023 for the clergy and religious. It will address the specific pastoral and sacramental considerations they face in their ministry regarding end-of-life issues.

The Catholic Church remains opposed to euthanasia and as such stands for the dignity of every human life from conception to natural death. It will continue to support the conscience rights of health care professionals and all organizations in our society that protect and defend human life. Through this diocesan initiative it is my sincere hope that we can work together in bringing about a renewed culture of life that respects the inherent dignity of every human life, from conception to natural death.

May our Lord, who comes into this world as a humble and defenseless child, teach us to receive and protect the precious gift of life in every person.

Yours in Christ,



+William T. McGrattan  
Bishop of Calgary

# HORIZONS *of* HOPE

A TOOLKIT FOR CATHOLIC PARISHES ON PALLIATIVE CARE



Horizons of Hope is an educational resource to help understand and reflect upon end-of-life issues and to promote the need for excellent palliative care. It will assist in clarifying misinformation, and reverse the deceptive messaging found in this increasing culture of death. We invite you to attend the 4-module workshop program being offered in January 2023.

The Horizons of Hope program has been designed for:

- People seeking to learn more about palliative care and Catholic Church teaching on end-of-life;
- Individuals recently diagnosed with serious and/or terminal illness;
- Family members and friends seeking guidance and access to resources as they accompany the loved one faced with a serious or terminal illness;
- Medical professionals, caregivers;
- Members of pastoral care teams and other parishioners; and
- Parishes seeking to form a Compassionate Community program.

## SCHEDULE

- **Monday, Jan 9 (7 to 9 pm)**  
Module 1: Understanding the Human Experience of Dying and Death
- **Monday, Jan 16 (7 to 9 pm)**  
Module 2: Discerning and Making Decisions at the End of Life
- **Monday, Jan 23 (7 to 9 pm)**  
Module 3: Accompanying Those at the End of Life
- **Monday, Jan 30 (7 to 9 pm)**  
Module 4: Supporting and Integrating Within the Wider Community

## WORKSHOP LOCATIONS

Pick from the following sites:

- Catholic Pastoral Centre  
(120 17 Ave SW, Calgary)
- Ascension Parish, Calgary
- St Gerard Parish, Calgary
- St. Martha's Parish, Lethbridge
- Holy Family Parish, Medicine Hat
- St James' Parish, Okotoks

FOR MORE INFORMATION  
[CATHOLICYC.CA/  
HORIZONSOFHOP](http://CATHOLICYC.CA/HORIZONSOFHOP)

## REGISTRATION

To attend, register online at  
[catholiccyc.ca/horizonsofhope](http://catholiccyc.ca/horizonsofhope)



Or call 403-218-5500



ROMAN CATHOLIC  
DIOCESE  
of Calgary

## **Monsignor McCoy High School**

Monsignor McCoy High School is the only high school in the Medicine Hat Catholic School Division. We are privileged to be able to work with our Division's students who are closest to realizing their goal of achieving their High School Diploma and the completion of high school. This year, we have become home to a large number of international students, as well. Their involvement at our school has brought a wonderful dynamic of energy and diversity as they become a part of the fabric of our school and community. As a school community, our students are involved in charitable activities throughout the year, including donating turkey hampers to our families in need during the Christmas season.

Our school provides a wide variety of high-interest curricular and extracurricular programming that provides them with a transcript of experiences that better prepares them for their transition to work and post-secondary education. Along with traditional, in-class programming, Monsignor McCoy High School offers an array of online programming and a Learning Centre to support students who prefer to work outside of the classroom, or at home. St. Joseph's Education Centre, which runs out of our school, provides many different pathways for students to complete high school.

Our school also provides a full slate of extracurricular programming, including a Fine Arts Academy with eight different fine arts courses. All of our students also have the opportunity to take part in an annual musical production. We offer a Baseball Academy, and our students also participate in many different sports throughout the school year with great success, including provincial appearances by our golf and volleyball teams this fall. We look forward to your continued support of Monsignor McCoy High School with your prayers, your attendance at our events, and your financial support of our different projects.

**UNDER SPIRITUAL GUIDANCE OF FR. IQBAL KHURSHID**

**MAY 13 – MAY 27, 2023 - 15 DAYS**

**\$5,290.00 INCLUDING TAXES AND TIPS (CALGARY DEPARTURE)**

# **MARIAN PILGRIMAGE TO PORTUGAL, SPAIN & FRANCE**



**CONNAISSANCE TRAVEL AND TOURS**

**3852 FINCH AVE EAST, SUITE #306, TORONTO ON, M1T 3T9, TEL: 416 291 2676**

**FOR MORE INFORMATION AND TO REGISTER PLEASE CONTACT**

**Agnes: 416-418-3599 [agnes@cttour.ca](mailto:agnes@cttour.ca) or Maria: 905-334-0559 [maria@cttour.ca](mailto:maria@cttour.ca)**





Solemnity of Mother of God - Year A

December 31, 2022/January 1, 2023

## LET US WALK WITH MOTHER OF GOD

Today begins a new year with new dreams, expectations, and hopes. Every time we begin a new year, we are invited to look at our past as well. Why do we need to look at our past year? For us to live life to the fullest in the present, we must be prepared to ask the right questions about our past. The past is there for us to study and learn from so that we can make our future better. We can use our past experiences to become more effective, more productive, and even wiser. For us to understand what's happening in our present and before we decide what will happen in our future, try and reflect on our past. Recall our strengths from the past and learn from the weaknesses that frustrate us. But although many people tend to live defined by their past choices, we should not let it hold us back. Always remember that each new day brings an opportunity for us to create a brighter future. The past is filled with learning opportunities for our present and future. The past is not to hold us captive of bad and sad experiences of our lives or the times we failed but it helps us to move forward and find new horizons of hope.

A gentleman was walking through an elephant camp, and he spotted that the elephants weren't being kept in cages or held by the use of chains. All that was holding them back from escaping the camp, was a small piece of rope tied to one of their legs. As the man gazed upon the elephants, he was completely confused as to why the elephants didn't just use their strength to break the rope and escape the camp. They could easily have done so, but instead, they didn't try to at all.

Curious and wanting to know the answer, he asked a trainer nearby why the elephants were just standing there and never tried to escape. The trainer replied; "when they are very young and much smaller we use the same size rope to tie them, at that age, it's enough to hold them. As they grow up, they are conditioned to believe they cannot break away. They believe the rope can still hold them, so they never try to break free."

The only reason that the elephants weren't breaking free and escaping from the camp was that over time they adopted the belief that it just wasn't possible. No matter how much the world tries to hold you back, always continue with the belief that what you want to achieve is possible. Believing you can become successful is the most important step in actually achieving it.

There is a time for every matter under the sun as Sacred Scripture reminds us (please read Ecclesiastes 3:1-12). The universe is created under the time frame, and it reminds us that everything moves by the commandment of the Lord. Today as we begin a new year, we all are invited to celebrate the Solemnity of

Mother of God and pray for peace in the world. Also, we are reminded to walk with the Blessed Virgin Mary who is not only the Mother of God but also she is our mother. Why do we begin the new year with the feast of Blessed Virgin Mary?

In the words of St. Bernard: "The goodness and humanity of God our Savior has appeared in our midst. We thank God for the many consolations he has given us during this sad exile of our pilgrimage here on earth. Before the Son of God became man, his goodness was hidden, for God's mercy is eternal, but how could such goodness be recognized? It was promised, but it was not experienced, and as a result few have believed in it. Often and in many ways the Lord used to speak through the prophets. Among other things, God said: I think thoughts of peace and not of affliction. But what did men respond, thinking thoughts of affliction and knowing nothing of peace? They said: Peace, peace, there is no peace. This response made the angels of peace weep bitterly, saying: Lord, who has believed our message? But now men believe because they see with their own eyes, and because God's testimony has now become even more credible. He has gone so far as to pitch his tent in the sun so even the dimmest eyes see him. Notice that peace is not promised but sent to us; it is no longer deferred, it is given; peace is not prophesied but achieved. It is as if God the Father sent upon the earth a purse full of his mercy. This purse was burst open during the Lord's passion to pour forth its hidden contents, the price of our redemption. It was only a small purse, but it was very full. As the Scriptures tell us: A little child has been given to us, but in him dwells all the fullness of the divine nature. The fullness of time brought with it the fullness of divinity. God's Son came in the flesh so that mortal men could see and recognize God's kindness. When God reveals his humanity, his goodness cannot possibly remain hidden. To show his kindness what more could he do beyond take on my human form? My humanity, I say, not Adam's—that is, not such as he had before his fall. How could he have shown his mercy more clearly than by taking on himself our condition? For our sake the Word of God became as grass. What better proof could he have given of his love? Scripture says: Lord, what is man that you are mindful of him; why does your heart go out to him? The incarnation teaches us how much God cares for us and what he thinks and feels about us. We should stop thinking of our own sufferings and remember what he has suffered. Let us think of all the Lord has done for us, and then we shall realize how his goodness appears through his humanity. The lesser he became through his human nature the greater was his goodness; the more he lowered himself for me, the dearer he is to me. The goodness and humanity of God our Savior have appeared, says the Apostle. Truly great and manifest are the goodness and humanity of God. He has given us a most wonderful proof of his goodness by adding humanity to his own divine nature".

The second reason why we begin our new year with the Blessed Virgin Mary according to St. Pope Paul VI is that we learn from her about trust, obedience, and faith; "Nazareth is a kind of school where we may begin to discover what Christ's life was like and even to understand his Gospel. Here we can observe and ponder the simple appeal of the way God's Son came to be known, profound yet full of hidden meaning. And gradually we may even learn to imitate him. Here we can learn to realize who Christ really is. And here we can sense and take account of the conditions and circumstances that surrounded and affected his life on earth: the places, the tenor of the times, the culture, the language, religious customs, in brief, everything which Jesus used to make himself known to the world. Here everything speaks to us, everything has meaning. Here we can learn the importance of spiritual discipline for all who wish to follow Christ and to live by the teachings of his Gospel.

How I would like to return to my childhood and attend the simple yet profound school that is Nazareth! How wonderful to be close to Mary, learning again the lesson of the true meaning of life, learning again God's truths. But here we are only on pilgrimage. Time presses and I must set aside my desire to stay and

carry on my education in the Gospel, for that education is never finished. But I cannot leave without recalling, briefly and in passing, some thoughts I take with me from Nazareth. First, we learn from its silence. If only we could once again appreciate its great value. We need this wonderful state of mind, beset as we are by the cacophony of strident protests and conflicting claims so characteristic of these turbulent times. The silence of Nazareth should teach us how to meditate in peace and quiet, to reflect on the deeply spiritual, and to be open to the voice of God's inner wisdom and the counsel of his true teachers. Nazareth can teach us the value of study and preparation, of meditation, of a well-ordered personal spiritual life, and of silent prayer that is known only to God. Second, we learn about family life. May Nazareth serve as a model of what the family should be. May it show us the family's holy and enduring character and exemplify its basic function in society: a community of love and sharing, beautiful for the problems it poses and the rewards it brings, in sum, the perfect setting for rearing children—and for this there is no substitute”.

As we continue to walk with the Blessed Virgin Mary to believe and trust that the Lord will do the best for us during this new year, I think we need to reflect on this wonderful story by an unknown author to show that God speaks to us everyday but most of the time we fail to recognize him.

The Creator created people, gave them words for communication and thinking, settled them in the fertile valley at the foot of the mountains, gave them longevity and started to observe, how they will aspire to the development.

The time passed, but people did not develop. They did not go beyond their village and did not climb up the mountains. Their eyes did not look at the sky and they did not look in the Heart. So, they became old.

The Creator decided to find out, what was the matter. He became a man and came to them as a traveller. Before sunset people gathered at the square to talk with the traveller. He described a life beyond the horizon and asked:

Do you want me to lead you there, and you will see how people live in these places?

Oh, they answered sadly, it is late, we are old.

Then come with me to the mountains to look at the world from the top!

Oh, they sighed, it is too late, we have no energy.

Look at the sky, the traveller said them, and I will tell you about the life in the Kingdom of Heaven!

They answered again:

It is late; our mind will not understand your story.

The traveller became sad. he decided to cheer people.

Let us sing a song! he said and was going to sing first, but people noticed that the sun went down.

It is late, they said, it is time to sleep, and went to their huts.

The traveller shouted them:

People, when life is continuous and infinite, it is not late for any achievements!

But they did not turn back.

Then the Creator told himself:

I will take away all words of limitation from people: late, not, impossible, far, high, hard, will not understand, and will place in their hearts the joy of infinity. Maybe they will perceive my Law: nothing is late because there is no end, there is only the beginning! He did so and waited for the morning: will people change, and will they go with him to the mountains?

Saint Athanasius, bishop, gives us the third reason to walk with Blessed Virgin Mary because through her the author of eternal life took flesh and dwelt among us so that we may have life and life in abundance. She is the mother of the Prince of Peace who intercedes for us that we can have peace in our world.

“The Apostle tells us: The Word took to himself the sons of Abraham, and so had to be like his brothers

in all things. He had then to take a body like ours. This explains the fact of Mary's presence: she is to provide him with a body of his own, to be offered for our sake. Scripture records her giving birth and says: She wrapped him in swaddling clothes. Her breasts, which fed him, were called blessed. Sacrifice was offered because the child was her firstborn. Gabriel used careful and prudent language when he announced his birth. He did not speak of "what will be born in you" to avoid the impression that a body would be introduced into her womb from outside; he spoke of "what will be born from you" so that we might know by faith that her child originated within her and from her. By taking our nature and offering it in sacrifice, the Word was to destroy it completely and then invest it with his own nature, and so prompt the Apostle to say: This corruptible body must put on in corruption; this mortal body must put on immortality. This was not done in outward show only, as some have imagined. This is not so. Our Savior truly became man, and from this has followed the salvation of man as a whole. Our salvation is in no way fictitious, nor does it apply only to the body. The salvation of the whole man, that is, of soul and body, has really been achieved in the Word himself. What was born of Mary was therefore human by nature, in accordance with the inspired Scriptures, and the body of the Lord was a true body: It was a true body because it was the same as ours. Mary, you see, is our sister, for we are all born from Adam.

The words of Saint John: The Word was made flesh, bear the same meaning, as we may see from a similar turn of phrase in Saint Paul: Christ was made a curse for our sake. Man's body has acquired something great through its communion and union with the Word. From being mortal, it has been made immortal; though it was a living body it has become a spiritual one; though it was made from the earth it has passed through the gates of heaven. Even when the Word takes a body from Mary, the Trinity remains a Trinity, with neither increase nor decrease. It is for ever perfect. In the Trinity we acknowledge one Godhead, and thus one God, the Father of the Word, is proclaimed in the Church'.

The fourth reason Holy Father Pope Francis gives us to walk with Blessed Virgin Mary is "Our Lady also helps us to understand God and Jesus well, to understand Jesus' life well and God's life, and to understand properly what the Lord is, what the Lord is like and, God is. In the readings of today's Mass, three verbs find their fulfilment in the Mother of God: to bless, to be born and to find. To bless. Now, however, with the Son of God we receive not only words of blessing, but the blessing itself: Jesus is himself the blessing of the Father. In him, Saint Paul tells us, the Father blesses us "with every blessing" (Eph 1:3). Every time we open our hearts to Jesus, God's blessing enters our lives.

Today we celebrate the Son of God, who is "blessed" by nature, who comes to us through his Mother, "blessed" by grace. In this way, Mary brings us God's blessing. Wherever she is, Jesus comes to us. Therefore, we should welcome her like Saint Elizabeth who, immediately recognizing the blessing, cried out: "Blessed are you among women and blessed is the fruit of your womb!". We repeat those words every time we recite the Hail Mary. In welcoming Mary, we receive a blessing, but we also learn to bless. Our Lady teaches us that blessings are received in order to be given. She, who was blessed, became a blessing for all those whom she met.

We are in this world not to die, but to give life. The holy Mother of God teaches us that the first step in giving life to those around us is to cherish it within ourselves. Today's Gospel tells us that Mary "kept all these things in her heart". What about ourselves? What are we called to find at the beginning of this year? It would be good to find time for someone. Time is a treasure that all of us possess, yet we guard it jealously, since we want to use it only for ourselves. Let us ask for the grace to find time for God and for our neighbour – for those who are alone or suffering, for those who need someone to listen and show concern for them. If we can find time to give, we will be amazed and filled with joy, like the

shepherds. May Our Lady, who brought God into the world of time, help us to be generous with our time. Holy Mother of God, to you we consecrate this New Year. You, who know how to cherish things in your heart, care for us, bless our time, and teach us to find time for God and for others. With joy and confidence, we acclaim you: Holy Mother of God! Amen.

Let me finish my reflection with a story to reflect on our life as we begin the new year to learn about the meaning of our life and make the difference in the world.

A grey bearded old man and a young man were observing the blooming of a lotus, sitting on a shore of a silent pond, when a young man interrupted the silence.

“Master, why is the meaning of life is hidden from us? We meditate trying to understand the logic of things happening around us, we see separate parts and we are aware of their interrelations. But all of our efforts appear to be in vain when a new component appears, destroying all of the previous logical constructions.”

“The meaning of life,” the teacher reluctantly turned his eyes from the flower, “can only be understood by someone whose mind isn’t clouded with earthly troubles, wishes and passions. Only new-borns are close to that state. The essence of a new-born reminds us of a lotus, soaring on the unshakable stillness of the pond. The surface of their soul isn’t touched by the wind of aspirations, the rain of attachments, the snow of grievance, and the ice of loss. Their moistness isn’t dried by fears, malodorous bubbles of fear don’t take to the surface the slime from the bottom, their shores are empty, and the forest by the shore doesn’t defile the child’s clean water with fallen leaves, branches, and needles. And later the world appears, with all its meaningless worldliness. On the shores of the pond an impenetrable thicket of teachers grows up, mentors, friends, enemies, lovers, children, relatives. Constantly, the surface of the water becomes inseparable

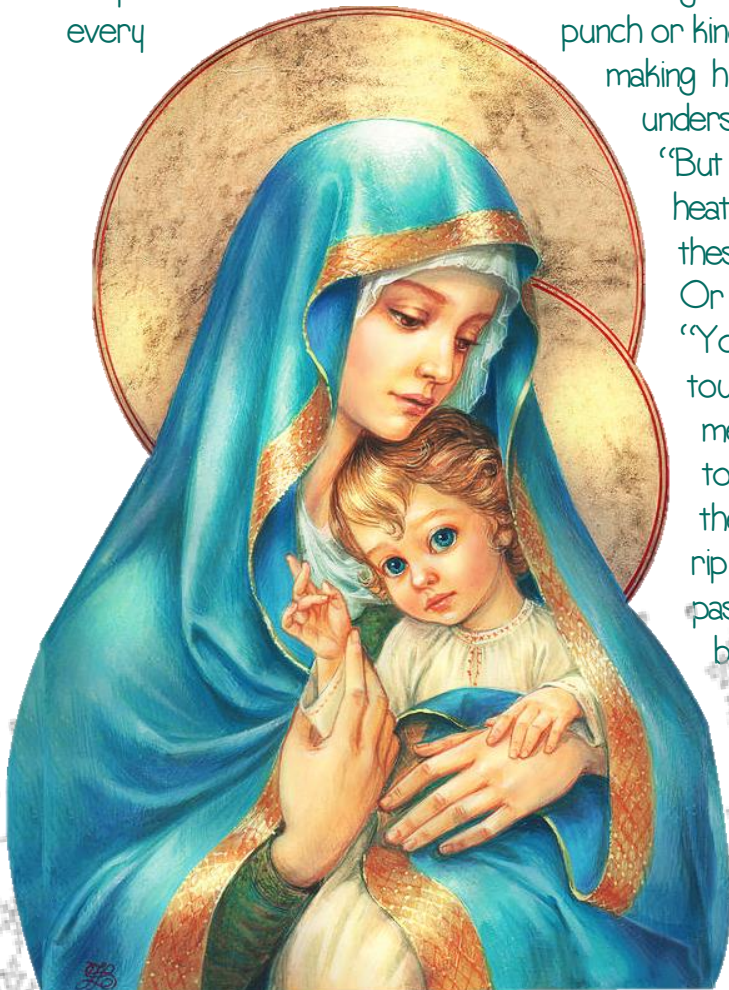
every

from the thick garbage on the shore. Every word, every moral, every kiss, punch or kindness, our influence disturbs the untouched soul of a child, making him to grow up and go further and further from the understanding of the meaning of life.”

“But we can’t get rid of all of this,” the student shouted out heatedly. “We are people! Our life consists of the course of these actions, this coil, the boiling of these passions and wishes! Or are you asking people to become ferns?!”

“You’ve understood everything right, my boy,” a light smile touched the lips of the old man. “You want to search for the meaning of life? Search for it. But to do that, you will need to refuse every carnal wish, attachment and feeling, become the grass, the fern, go live in the temple, become a hermit, rip all of the ties that join you with worldly troubles and passions, and then, possibly, you will be able to go back to the beginning. But what all of this is for? Is the search worth it? Ask yourself this question and if the answer will be negative, remain the person between the people.”

The teacher turned his eyes towards the lotus again and finished, “And about the meaning of life you will always be able to talk with friends, while sitting in the shade of your home terrace, listening to the cheerful laughter of children, and drinking green aroma tea, that your loving wife brings you.”



**Wishing you all a Happy New Year**

# DIOCESAN SUNDAY UPDATES

The Solemnity of Mary, Mother of God



[catholicyyyc.ca/horizonsofhope](http://catholicyyyc.ca/horizonsofhope)

## A Pastoral Letter from Bishop McGrattan: *Horizons of Hope*

Bishop McGrattan releases a pastoral letter for the faithful on the **Horizons of Hope: A toolkit for Catholic Parishes on Palliative Care**. This toolkit was developed by the CCCB as a positive response to the end of life issues and is a meaningful resource for Catholics.

- [Download Bishop's Letter](#) at

All the faithful are invited to take part in the 4-module program being offered in January 2023.

- **Monday, Jan. 9 (7 to 9 pm)** | Module 1: Understanding the Human Experience of Dying and Death
- **Monday, Jan. 16 (7 to 9 pm)** | Module 2: Discerning and Making Decisions at the End of Life
- **Monday, Jan. 23 (7 to 9 pm)** | Module 3: Accompanying Those at the End of Life
- **Monday, Jan. 30 (7 to 9 pm)** | Module 4: Supporting and Integrating Within the Wider Community

You will be able to choose one of the six following locations: Catholic Pastoral Centre (120 17 Ave SW, Calgary); Ascension Parish, Calgary; St Gerard Parish, Calgary; All Saints, Lethbridge; Holy Family, Medicine Hat; St James, Okotoks

Register at [catholicyyyc.ca/horizonsofhope](http://catholicyyyc.ca/horizonsofhope)

## Career opportunities

There are a number of employment opportunities that are currently available in the Diocese of Calgary and beyond.

- Coordinator & Assistant Coordinator (Casual) - Feed the Hungry, Calgary
- Cook (Part Time) - St. Mary's Cathedral, Calgary

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

## End of Year Giving

We are truly grateful for your support! Thank you. In order to receive a tax receipt for the 2022 calendar year, online donation to parishes or diocesan programs or ministries must be received by **Dec. 31, 2022**. To donate online, visit: [iamblessed.ca](http://iamblessed.ca) (and click GIVE NOW)

## Winter Young Adult Retreat - Jan 7-8

Young adults are invited to a retreat at Mount St. Francis on **Saturday, Jan 7 at 1 pm to Sunday Jan 8 at 1 pm**. Theme: "The word became flesh and dwelt among us: Celebrating the gift of Baptism together." The retreat will feature: *Lectio Divina* on Sunday mass readings, small group reflection, Emmaus walk, Adoration, opportunity for reconciliation, Mass, prayer time, quiet time, meals together, fellowship and a prayer night. For more information, contact [maritzachouza@gmail.com](mailto:maritzachouza@gmail.com)



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](#)

## Resources

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

## Resources for children

**Kid's challenge this week:** Name someone you trust and discuss why you trust this person. In today's Gospel Reading, we hear the story of how God sends a message to Joseph in a dream and asks Joseph to trust in God's plan. Do you think it was easy for Joseph to trust God and God's messenger? Why or why not? Let us pray as we celebrate Christmas this week that we will always be people who trust God. (Loyola Press)

[Colouring page this Sunday](#)

[Kid's Bulletin for this Sunday](#)

[Sunday Connection - Fourth Sunday of Advent](#) (Gr. 1-8 & family)

Children's Liturgy of the Word this Sunday

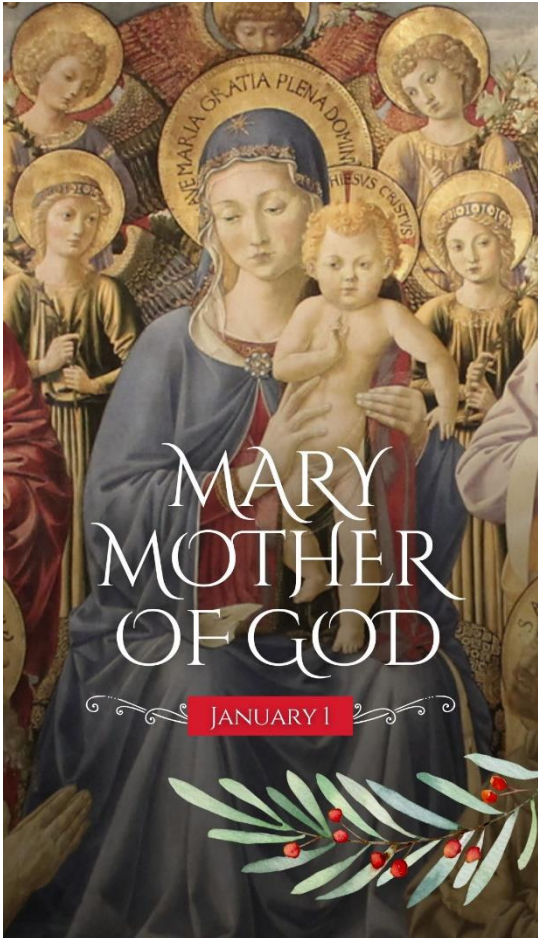
[Children's Liturgy sheet for leaders/parents](#) (CAFOD) | [Illustration](#)

[Children's Liturgy of the Word with Miss Heidi](#) (Catholic TV)

"We love because He first loved us." ~ 1 John 4:19

The true joy of Christmas is in the everlasting love of Christ. Wishing you a joyous Christmas and blessings in the coming New Year!

## Solemnity of the Blessed Virgin Mary, Mother of God | Jan 1



The Octave of Christmas closes with the Solemnity of Mary, the Holy Mother of God (January 1). Let us be reminded of the role of the Mother of God in the plan of salvation. Christ's Birth was made possible by Mary's *fiat*: "Be it done unto me according to Thy word."

O Mary, Mother of God, pray for us!

- Celebrate the [Solemnity of Mary](#) in the Diocese of Calgary. Parish Mass schedule for the Solemnity is [available here](#)
- [What a year with Mary will do to you](#)
- Download a [Mary, Mother of God Kit](#) for the whole family
- [Marian crafts & activities](#)
- Listen to the [oldest hymn](#) to Mary Mother of God



## I am Blessed Campaign action items this year:

1. [Pray now](#) - Supporting others with prayer by praying in solidarity with them; ideas on what prayers to pray and what to do if others ask to pray for them.
2. [Act now](#) - Offering tips on how to be a good friend especially to those who are in need; getting familiar with services available in our midst as we may need to lead others to seek help.
3. [Give now](#) - Providing financial assistance online to programs and initiatives that empower others.
4. For Advent resources for individual, families or children, [visit our Advent Page](#)



## Pope's Prayer intention for December

This month, let us pray that volunteer non-profit and human development organisations may find people willing to commit themselves to the common good and ceaselessly seek out new paths of international cooperation.

In his intention, the **Holy Father** encourages volunteers to continue their labour, working "not just **for** the people, but **with** the people," being close to them, being "**artisans of mercy**" and always listening to other people's needs. [Watch Pope's video this month](#)

*We give thanks*

Since the beginning of October, over 100 school faith leaders and administrators from 91 CCSD schools have responded to the Bishop's call to accompany and prepare children and their families for the reception of the sacraments. During this season of Advent, over 1500 children in grade 3-9 have been brought to experience the depth of God's love in the celebration of the Sacrament of Reconciliation.

**EXTRAORDINARY SACRAMENT PREPARATION PROGRAM (ESPP)**

The mission to support families with children enrolled in Calgary Catholic School District who missed the regular parish-based sacramental preparation in previous years has reached its **first milestone!**

"We are blessed with missionary disciples in our teachers, administrators, pastors and parish leaders who are committed to share Christ with those entrusted to their care. Ultimately, the blessing comes from our families, parents and children who have responded to the prompting of the Holy Spirit and avail themselves to the searching grace of the sacraments. May the joy of Christ bring us closer to Him and one another."

**1500+** Students  
**91** Schools

**27** Parishes  
**100+** Facilitator

The program involves preparation sessions for children at each school, online preparation lessons for parents, pastors, and the reception of the sacrament occurring at the parish.

We give thanks to all parents, pastors, catechists, schools and parish staff, volunteers, and all participating students! You have blessed us with your support and participation, and we could not have reached these milestones without you!

## One more reason to be thankful...

Since the beginning of October, over 100 school faith leaders and administrators from 91 CCSD schools have responded to the Bishop's call to accompany and prepare children and their families for the reception of the sacraments. During this season of Advent, over 1500 children in grade 3-9 have been brought to experience the depth of God's love in the celebration of the Sacrament of Reconciliation.

Thank you to all parents, pastors, catechists, schools and parish staff, volunteers, and all participating students with your involvement in the Extraordinary Sacrament Preparation Program (ESPP)! You have blessed us with your support and participation, and we could not have reached these milestones without you!

- [Read our brief report on the Extraordinary Sacrament](#)

## [Preparation Program \(ESPP\)](#)

# Worth sharing

## The War in Ukraine

Ukraine and its people are still in crisis. Let us renew our efforts to pray, fast, and act. Together we can make a difference in the millions of lives of the children, men and women who are counting on us. Read the [Pastoral Letter from The Ukrainian Catholic Bishops of Canada](#) and kindly donate through your local parish or online at [www.cnewa.org/c](http://www.cnewa.org/c) and [www.devp.org](http://www.devp.org)

## Subscribe to Faithfully

If you haven't already, please subscribe to the [Diocesan publication Faithfully](#) - to keep you updated with what's happening in our Diocese. Faithfully gives a snapshot of faith at work in the lives of everyday people in our Diocese and provide us with opportunities to spread the Good News of Christ beyond the walls of our churches. New release is coming up this Monday! Subscribe at [catholicyc.ca/faithfully](http://catholicyc.ca/faithfully)

## National Synodal Report

We invite everyone to read the Synod on Synodality reports.. To read the Diocesan, Western Region and National reports, visit [catholicyc.ca/synod](http://catholicyc.ca/synod)

## World Youth Day 2023

For information re: SFXC group that will be travelling to Lisbon, Portugal for [World Youth Day in 2023](#), contact SFXC at [sfxc@calgarydiocese.ca](mailto:sfxc@calgarydiocese.ca)

## Pastoral Care: Accompanying in Conflict and Complicated Situations

Join Fr. Timothy Boyle in a monthly reflection on ministry, pastoral care, and the art of accompaniment, inspired by the teachings of Pope Francis. When: Tuesday, Nov. 22 at 10:30 am at St. Martha's Church in Lethbridge, or join via livestream: [stmarthasparish.ca](http://stmarthasparish.ca)

## Pastoral Letter for Young People (CCCB)

The Canadian Conference of Catholic Bishops (CCCB) has issued a Pastoral Letter to Young People in honour of the anniversary of the death of Blessed Carlo Acutis, the first beatified millennial. Read now at [catholicyc.ca/blog](http://catholicyc.ca/blog).

## Marriage Preparation Courses

**Next course:** Weekend of 12/14 at Ascension Parish, Calgary. For more dates, visit our Diocesan website where couples can choose the course date with access to registration and payment [catholicyc.ca/marriageprep](http://catholicyc.ca/marriageprep)

## Bishops of Canada deepen commitments for healing and reconciliation

The Canadian Conference of Catholic Bishops (CCCB), gathered in the Plenary Assembly last week, agreed upon a series of next steps related to the painful legacy of residential schools. This work builds

on previous commitments to promote access to records, educate clergy on Indigenous cultures and spirituality, and contribute \$30 million to healing and reconciliation initiatives across Canada. Read more at [cccb.ca](http://cccb.ca)

## National Synodal Report

We invite everyone to read the Synod on Synodality reports, which is the culmination of a sincere listening exercise that occurred in every diocese across the country. To read the Diocesan, Western Region and National reports, visit [catholicyc.ca/synod](http://catholicyc.ca/synod)

## Faith Formation Courses

These formation opportunities will help you with your faith journey and to help you grow closer to Christ. Find a list of webinars and courses on our diocesan website [here](#).

## Catechesis webinar recordings from CCCB

The webinar recordings, PowerPoint presentations and guides for reflections are available [here on the CCCB website](#). They represent a rich collection of resources that can be used in diocesan/eparchial and parish settings for the formation of catechists and leaders in evangelization. Past Webinars:

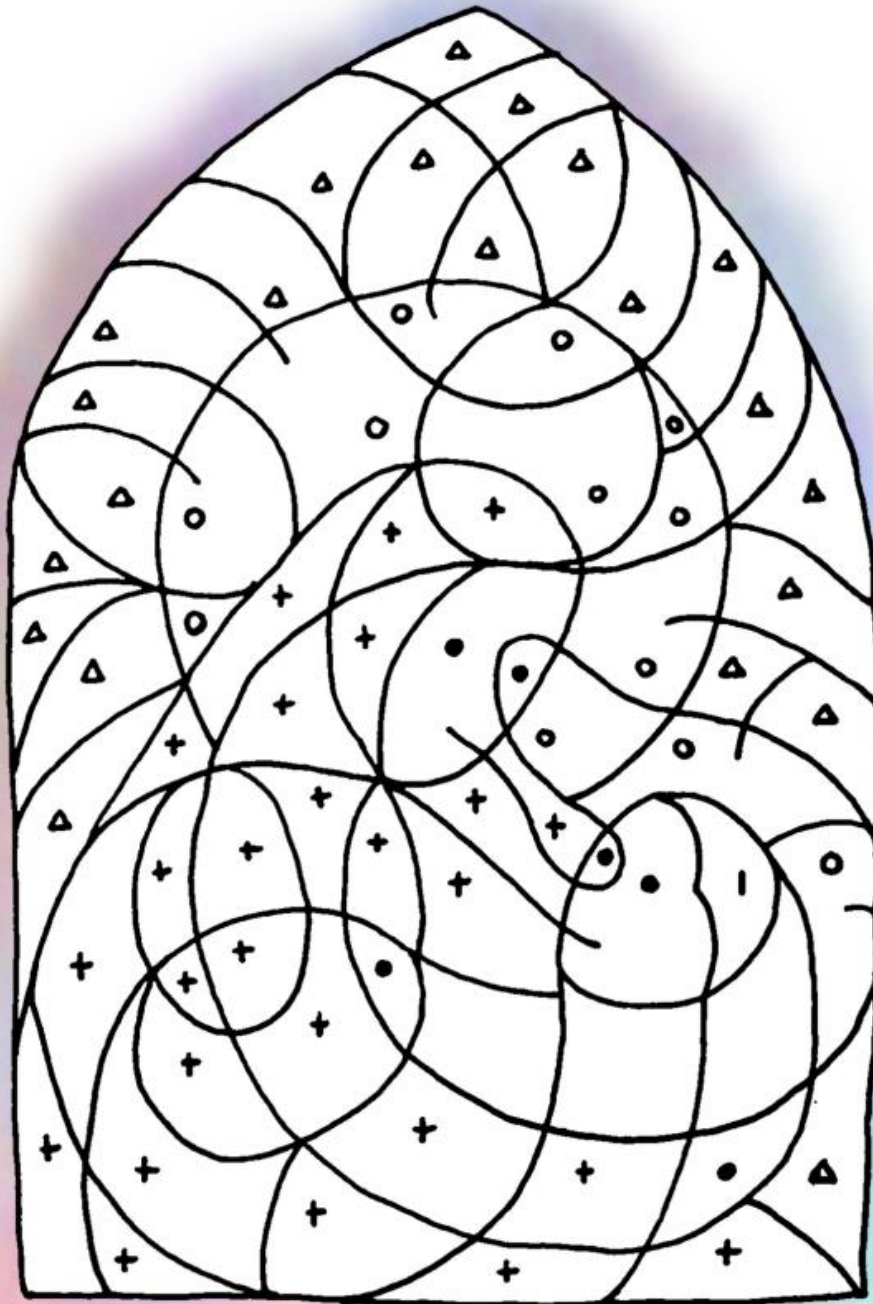
- [Directory for Catechesis](#)
- [Nurturing Friendship: The Directory for Catechesis in Dialogue with the Encyclical Letter \*Fratelli Tutti\*](#)
- [Encounters of Hope: The Process Of Evangelization In Our Daily Lives](#)
- [For a Synodal Church: Communion, Participation and Mission](#)



# The Kids' Bulletin

*Sunday January 1st, 2023*

*Solemnity of Mary the Mother of God*



*Whose feast is it on New Year's Day?  
Colour in the spaces to see! Here's the code:*

*+ Blue*

*▲ Pink*

*○ Yellow*

*! Brown*

*• Skin colour*

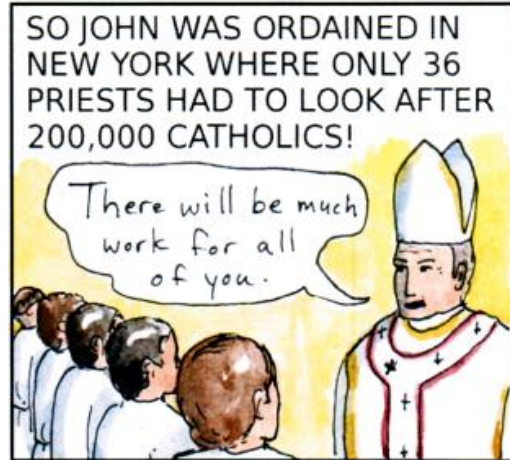
# Saint John Neumann

## January 5

JOHN NEUMANN WAS BORN IN BOHEMIA IN 1811. HE STUDIED FOR THE PRIESTHOOD BUT THE BISHOP WOULD NOT ORDAIN HIM BECAUSE THEY HAD SO MANY PRIESTS!



SO JOHN WAS ORDAINED IN NEW YORK WHERE ONLY 36 PRIESTS HAD TO LOOK AFTER 200,000 CATHOLICS!



FR. JOHN WORKED IN A COUNTRY CHURCH THAT HAD A DIRT FLOOR AND NO STEEPLE.



It takes us two hours to get here. Can you come to our house next?



HE TRAVELED FROM VILLAGE TO VILLAGE, OFFERING MASS IN PEOPLE'S HOUSES.

AT AGE 41 JOHN WAS CHOSEN TO BE BISHOP OF PHILADELPHIA. HE STARTED 100 CATHOLIC SCHOOLS.



ONCE WHEN VISITING ONE OF HIS PARISHES, BISHOP JOHN HAD TO TAKE A RIDE ON A MANURE WAGON!



Your excellency, could you hear my friend's confession in French?



ST. JOHN WAS ABLE TO HELP PEOPLE WHO CAME FROM ALL OVER EUROPE BECAUSE HE COULD SPEAK MANY LANGUAGES. HE ALSO TAUGHT BY WRITING IN NEWSPAPERS.

SAINT JOHN NEUMANN WORKED TIRELESSLY TO HELP THE POOR PEOPLE WHO WERE SETTLING IN AMERICA. HE DID NOT LET HIS OWN POVERTY SLOW HIM DOWN. WE CAN LEARN FROM HIS EXAMPLE TO USE OUR TALENTS TO BRING GOD TO THE WORLD NO MATTER HOW MUCH OR HOW LITTLE WE HAVE.

# Octave of Christmas

## Word-Find



*Can you find all the words in the list in the puzzle below?  
Use the leftover letters to fill in the blanks at the end.*

- |           |        |           |
|-----------|--------|-----------|
| ANGELS    | GLORY  | PRAISE    |
| ANIMALS   | GOD    | SAVIOUR   |
| BABY      | HOLY   | SHEEP     |
| BARN      | JESUS  | SHEPHERDS |
| BETHLEHEM | JOSEPH | SING      |
| BORN      | MANGER | SKY       |
| COLD      | MARY   | STABLE    |
| FIELDS    | MOTHER | WONDER    |
| FOUND     | NIGHT  | WORSHIP   |

W P M S I N G N I G H T  
 O R A T A N I M A L S B  
 N A S A N G E L S R H E  
 D I A B M O T H E R E T  
 E S V L A D J O S E P H  
 R E I E R Y E L T H H L  
 G L O R Y E S Y M O E E  
 F B U T H E U S K Y R H  
 O A R W O R S H I P D E  
 U B A R N F I E L D S M  
 N Y R M A N G E R O F G  
 D O D C O L D P B O R N

On the eighth  
 day of  
 Christmas we  
 honour in a  
 special way

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_.

# God's Mother and Our Mother

Today, on the very first day of the new year, we celebrate the feast of the greatest saint in Heaven! Before He even made the world, God knew that He would make Mary to be His mother. When the time came that Jesus should come into the world He sent His angel Gabriel to tell Mary that God wanted her to be His mother. Because Mary was obedient and loved God she said "Yes" to Him.



God gives us mothers to look after us and feed and teach us. He chose Mary, who was the most perfect woman, to look after His Son, Jesus. She loved Him with all her heart and took the best care of Him that any mother ever did for her children.

When Jesus was dying on the cross He gave His mother to us. So now we have His holy mother Mary for our mother in Heaven! Today we thank God for His holy mother. Can you remember to pray to Mary today and every day this year? She loves us because she is our mother and wants to help us every day!

Answer to Octave of Christmas Word-Find:  
Mary the Mother of God

# 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.







# Scams Alert

There are many scams going around masquerading as your clergy (priests, deacons or lately, the bishop).

Please exercise caution when responding to email messages. If you receive unusual emails, check the sender's email address to see whether it is the person's genuine address. Even if the sender's address looks correct, always verify suspicious emails by phoning the sender. There have been many similar scams reported by several parishes in our diocese and across Canada.

Note that these scams do not stop at emails. Those in social media should stay vigilant when responding to friend requests or to other compelling posts requiring a response. There are many fake Twitter, Facebook and other social media accounts trying to impersonate people you know and our church leaders. Some scammers may take the time to build a relationship with you to gain your trust, before trying to extort money or other things like gift cards.

Please exercise vigilance when you are being charitable. Use the channels you are most familiar with and avoid becoming victims of a scam.

**NOBODY is going to ask you for gift cards, or bit coins from the church! NOBODY!!!**

**All our email addresses only end in @holyfamilymh.ca never a @gmail account.**

**If you get an email or a text, PLEASE DO NOT RESOND to it, you can forward it to contact@holyfamilymh.ca so it can be sent to the diocese.**