



# Welcome to HOLY FAMILY PARISH

JANUARY 29, 2023 – 4<sup>TH</sup> SUNDAY IN ORDINARY TIME - 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

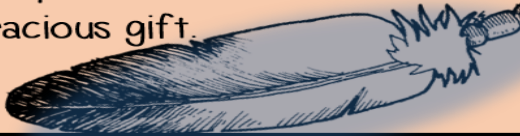
### THE CHAPEL IS OPEN

MONDAY - FRIDAY 9:30am - 4:00pm  
ADORATION FRIDAY 9:30 – 10:30am

Knights of Columbus - Kirby Peterson  
Catholic Women's League - Lynne O'Byrne

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.



*First Reading (Zeph.2:3; 3:12-13).* The prophet looks forward to the time when God's protection will be shown to the humble who seek justice, and who are concerned for the truth and have only God to rely on.

*Second Reading (1Cor.1:26-31).* Paul reminds the Corinthians of their weak and insignificant status at the time of their conversion. It is a reminder that God's power is most effective where people recognize that they need him.

*The Gospel (Matthew 5:1-12).* In the Beatitudes Jesus announces that God's blessing has now arrived for the weak, the despised, those who seek justice and the humble who rely on God rather than themselves.

### † Masses & Mass Intentions †



Saturday, January 28

5:00pm ~ Simon Schmaltz †

Sunday, January 29

8:30am - Holy Family Parish

10:30am - Frank & Rose Schmaltz †

6:00pm - Shirley Martin †

Monday, January 30

Peter Braat †

Tuesday, January 31

9:00am - Colleen Fowler †

Wednesday, February 1

9:00am - Sharon Riffel †

Thursday, February 2

9:00am - Tillie Krassman †

Friday, February 3

9:00am - Ralph Immel †

# JANUARY 29, 2023 – 4<sup>TH</sup> SUNDAY IN ORDINARY TIME - YEAR A

OPERATING FINANCES	
DECEMBER 1-31, 2022	
Operating Budget 2022	\$ 59,708
General Envelope Collection	\$ 80,779
Loose Collections	\$ 4,900
Future Development	\$ 7,328
Sale of Church Supplies & Other	\$-2,572
<b>\$ 90,435 - Budget Vs Actual</b>	<b>\$ 30,727</b>
SPECIAL COLLECTIONS	
Together in Action (TIA)	\$ 15,939
St Vincent de Paul	\$ 5,986
World Mission	\$ 25
Clergy Retirement	\$ 25
Mission Mexico	\$ 1,769
CARO	\$ 75
Seminary Fund	\$ 40
Catholic Education	\$ 30
Holy Land, Peace & Development, Disaster Relief	\$ 150
Ukraine Relief	\$ 1,300
<i>Thank You for your Generous Contributions</i>	
Average Weekly Attendance	779

December 31, 2023 - Goal \$70938.  
total to date \$ 2696.00

Together IN ACTION which is 04%,  
\$ 68,242.00 to go!  
Annual Bishop's Appeal

Please Give Generously ~ Thank You!



## MARK YOUR CALENDARS

- January 28 - 7:30am - HFP Hall  
That Man is You
- January 28 - 10:00am - Hope Room  
Benedictine Group Meeting
- January 30 - 7:00pm - Faith Room  
Horizons of Hope Palliative Care Workshop
- February 1 - 8:00am - HFP Church  
Mother of Perpetual Help Novena
- February 1 - 9:00am - Faith Room  
Bible Study
- February 1 - 7:00pm - Faith Room  
RCJA
- February 2 - 2:00pm - Hope Room  
Grief Share
- February 2 - 6:00pm - Faith Room  
Confirmation Class
- February 2 - 6:30pm - HFP Hall  
1<sup>st</sup> Communion Parents Meeting
- February 3 - 9:30am - 9:30pm - HFP Chapel  
12 Hour Adoration
- February 4 - 7:30am - HFP Hall  
That Man is You
- February 4 - 8:30am - HFP Church  
1<sup>st</sup> Saturday of the Month Mass
- February 4 - 10:00am - Hope Room  
Benedictine Group Meeting
- February 5 - 10:15am - Faith Room  
1<sup>st</sup> Communion Class
- February 6 - 6:30pm - Faith Room  
Knights of Columbus Executive Meeting
- February 6 - 2:00pm - Hope Room  
Catholic Women's League Executive Meeting
- February 10 - 6:30pm - HFP Church & Hall  
Marriage Vow Event
- February 22 - 9:00am & 6:30pm - HFP Church  
Ash Wednesday Masses
- February 26-28 - HFP Church  
Lenten Mission with Fr. Mike Bombak

# Sacramental Preparation

**Confirmation Class - HFP Faith Rm**

**Thursday, February 2 at 6:00pm**

**1st Communion Parent Meeting**

**Holy Family Parish Hall**

**Thursday, February 2 at 6:30pm**

**1st Communion Class**

**Holy Family Parish Faith Room**

**Sunday, February 5 at 10:15am**



## Horizons of Hope

Almost 300 participants came out for the 1st Module of the Horizon of Hope series. Thank you all for your participation and promotion of the workshop.

All are invited to join *Horizons of Hope* to learn and reflect upon end-of-life issues, as well as to promote the need for excellent palliative care.

Next workshop: **Monday, Jan. 30 (7 to 9 pm)**

Accompanying Those at the End of Life

### THAT MAN IS YOU!

Holy Family Parish Hall

Breakfast 7:30am

Presentation

8:30 – 9:30 am

February 4, 2023

Theme:

The Light of Sacred  
Scripture

Presenter:

Dr. Ralph Martin



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



**Sir Knights of**

**Bishop Carroll Assembly**

**MEETING**

**SUNDAY JANUARY 29<sup>TH</sup>**

**2:00 PM**

**St. Patrick Church Hall Meeting Room**

*12 Hour*

*Adoration*

Friday

February 4, 2023

9:30am – 9:30pm

Reconciliation

9:30am – 10:30am

& 8:00pm – 9:30pm

All parishioners welcome and encouraged to attend



“Spend as much time as possible in front of the Blessed Sacrament and He will fill you with His Strength and power.”

St. Mother Theresa

↓↓↓↓↓↓↓↓↓↓↓↓↓↓↓↓↓↓↓↓

\*\*\*REMINDER TO BOOK ROOMS\*\*\*

DO NOT ASSUME YOU CAN JUST GO IN...

IT MIGHT BE BOOKED ALREADY!!!

*First Saturday Mass*

*The 1<sup>st</sup> Saturday of*

*each Month*

*8:30 AM*



**Lethbridge People of Praise Society Live-In...**

Bringing people into a deeper relationship with Jesus

**Date:** Starts: 6:30 pm **Friday, Feb. 24<sup>th</sup>**

Ends: 4:30 pm **Sunday, Feb. 26<sup>th</sup>**

**Place:** St. Joseph's School in Coaldale, AB

Backup meetings are at **St. Ambrose church:**

1<sup>st</sup> Backup Meeting: Monday, Jan. 23<sup>rd</sup> @ 7:00 pm

2<sup>nd</sup> Backup Meeting: Monday, Feb. 6<sup>th</sup> @ 7:00 pm

3<sup>rd</sup> Backup Meeting: Monday, Feb. 20<sup>th</sup> @ 7:00 pm

For more details contact: [Katie.lindsay51@gmail.com](mailto:Katie.lindsay51@gmail.com) or

[petervanu@outlook.com](mailto:petervanu@outlook.com)



**Marriage Vows Renewal Event**

**Friday, February 10<sup>th</sup>**

**at 6:30pm \$25 per couple**

Beginning with the Liturgy of the Word followed by wine & cheese in the Parish Hall with entertainment.

Tickets go on sale this weekend.

Available at weekend masses or from Holy Family Parish or St. Patrick's Parish offices.

**All married couples are encouraged to join this event.**

## EMAIL SCAMS AGAIN FROM FR. IQBAL AND ST. PATRICK'S

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

If you get an email or a text,  
**PLEASE DO NOT RESOND** to it, **JUST DELETE IT!**

# RESOUND

A Time of Prayer & Music

Sunday, January 29<sup>th</sup> @ 7:00pm  
St. Patrick's Parish

[Sunday 10:30am Mass on YOUTUBE  
Medicine Hat Holy Family Church Live Stream](https://www.youtube.com/channel/UCG6zK-XzuXdDHj79rV6ut_Q)

[https://www.youtube.com/channel/UCG6zK-XzuXdDHj79rV6ut\\_Q](https://www.youtube.com/channel/UCG6zK-XzuXdDHj79rV6ut_Q)



Saturday March 4<sup>th</sup>  
Medicine Hat  
Lodge Ballroom.

Early Bird tickets \$100 per person, or \$800 per table. After  
January 31st, \$110 per person, or \$800 per table.  
Doors Open at 4:30pm (check out the silent auction!)  
Cocktails: 5-6:30pm with music by Taking August  
Dinner: 7:00pm  
Dance: 10:00pm with music by The Hip Katz  
Tickets at 403-527-8223 or emailing [info@mhws.ca](mailto:info@mhws.ca).

Our Lady of the Assumption Prayer Community  
offers two weekly Virtual Zoom sessions. Each  
Wednesday there is a Carismatic Prayer Group and  
Thursday there is a program called DIALOGUE,  
which offers sharing and teaching experiences to  
charge and strengthen the Christian Community.

More information: Ken Fabbi

403-331-8923

[healing-workshops-subscribe@googlegroups.com](mailto:healing-workshops-subscribe@googlegroups.com)

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The Password is: Liv3HFP\*



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ONLINE GIVING



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



4<sup>th</sup> Sunday in Ordinary Time Year A

January 29, 2023

## THE HEART OF JESUS

The Last Sunday's Readings helped us to reflect that Jesus is the light of the world who dispels the darkness and fear of death, and shines his face on us so that we may see in his divinity who shared our humanity to be one with us as he is one with the Father. We also saw that how four brothers who were just ordinary fishermen were called to be fishers of men and they left everything and followed him. Today we see the Heart of Jesus through the beatitudes where he opens his heart to call everyone "blessed". However sometimes we close our hearts to see the heart of Jesus in the beatitudes. We can raise a question: "Why are there people who have their heart closed to salvation? Fear is the answer to the question because salvation scares us. We need salvation, but at the same time we are afraid of it. When the Lord comes to save us, we must give everything, and at that point he commands; and we fear this. People want to be in control, they want to be their own masters. And so, salvation does not come, the consolation of the Spirit does not reach us.

Furthermore, the Beatitudes are "the law of those who have been saved" and have opened their heart to salvation. "It was the People of God that followed John the Baptist first and then the Lord", precisely because they were in need of salvation. But there were also those who "went to test this new doctrine and then to quarrel with Jesus". Unfortunately, they had closed hearts and that we have seen in the lives of Pharisees and people in higher authority. The self-righteousness did block their hearts, not to see Jesus' heart who is full of mercy and compassion which goes out and seeks the lost sheep. We can ask the Lord for "the grace to follow him", but not with the liberty of the Pharisees and Sadducees who became hypocrites because they wanted "to follow him only with human freedom". Hypocrisy is exactly that: "Not allowing the Spirit to change our hearts with his salvation.

The freedom that the Spirit gives us is also a sort of slavery, a slavery to the Lord that sets us free. It is another kind of liberty”.

God does give us a chance to come back to him just as a crane was given chance to save his life. A wolf had been feasting greedily, and a bone had stuck crosswise in his throat. He could get it neither up nor down, and of course, he could not eat a thing. Naturally, that was an awful state of affairs for a greedy wolf. So away he hurried to the crane. He was sure that she, with her long neck and bill, would easily be able to reach the bone and pull it out. “I will reward you very handsomely”, said the wolf, “if you pull that bone out of me”.

The crane, as we can imagine, was very uneasy about putting her head in wolf’s throat. But she was grasping in nature, so she did what wolf asked her to do. When the wolf felt that the bone was gone, he started to walk away. “But what about my reward?” called the crane anxiously. “What” snarled the wolf, whirling around. “Haven’t you got it” isn’t it enough that I let you take your head out of my mouth without snapping it off?”

People often run the risk of trying to “bargain”, to take what is convenient for us, “a little of this, a little of that”. It’s like “making a fruit salad: a little of the Spirit and a little of the spirit of the world”. However, with God there is no halfway house: the person chooses either “one thing or the other”. The Lord is clear: no one can serve two masters. One either serves the Lord or the spirit of the world. It is impossible to mix everything together. In the Gospel we listened to Jesus who was teaching his disciples and the crowd that had gathered on the mountain near the lake of Galilee. The Word of the risen and living Lord also shows us, today, the way to reach the true beatitude, the way that leads to Heaven. It is difficult to understand the path because it goes against the current, but the Lord tells us that those who go on this path are happy, sooner or later they become happy.

Let us listen to Saint Ignatius of Antioch, bishop and martyr who opened his heart to receive Jesus’ heart to lay his life for his master who laid his life for him on the Cross: “From Ignatius, known as Theophorus, to the Church of God the Father and of Jesus Christ, his beloved, at Smyrna in Asia, wishing you all joy in an immaculate spirit and the Word of God. By his mercy you have won every gift and lacked none, filled as you are with faith and love, beloved of God and fruitful in sanctity. I celebrate the glory of Jesus Christ as God because he is responsible for your wisdom, aware as I am of the perfection of your unshakeable faith. You are like men who have been nailed body and soul to the cross of Jesus Christ, confirmed in love by his blood. In regard to the Lord, you firmly believe that he was of the race of David according to the flesh, but God’s son by the will and power of God; truly born of the Virgin and baptized by John, that all justice might be fulfilled; truly nailed to a cross in the flesh for our sake under Pontius Pilate and the

Tetrarch Herod, and of his most blessed passion we are the fruit. And thus, by his resurrection he raised up a standard over his saints and faithful ones for all time (both Jews and Gentiles alike) in the one body of his Church. For he endured all this for us, for our salvation; and he really suffered, and just as truly rose from the dead. As for myself, I am convinced that he was united with his body even after the resurrection. When he visited Peter and his companions, he said to them: Take hold of me, touch me, and see that I am not a spirit without a body. Immediately they touched him and believed, clutching at his body and his very spirit. And for this reason, they despised death and conquered it. In addition, after his resurrection, the Lord ate and drank with them like a real human being, even though in spirit he was united with his Father. And so, I am giving you serious instruction on these things, dearly beloved, even though I am aware that you believe them to be so”.

Blessed: this is the word with which Jesus begins his preaching in Matthew’s Gospel. And it is the refrain he repeats today, as if to fix in our hearts, more than anything, an essential message: if you are with Jesus, if you love to listen to his word as the disciples of that time did, if you try to live out this word every day, then you are blessed. Not you will be blessed, but you are blessed; this is the first truth we know about the Christian life. It is not simply a list of external prescriptions to fulfil or a set of teachings to know. The Christian life, first and foremost, is not this; rather, it is the knowledge that, in Jesus, we are the Father’s beloved children. The Christian life means living out the joy of this blessedness, wanting to live life as a love story, the story of God’s faithful love, he who never abandons us and wishes to be in communion with us always. This is the reason for our joy, a joy that no one in the world and no circumstance in our lives can take from us. It is a joy that gives peace also in the midst of pain, a joy that already makes us participate in that eternal happiness which awaits us. Dear brothers and sisters, in the joy of meeting you, this is the word I have come to say to you: blessed!

Even as Jesus calls his own disciples blessed, we are yet struck by the reasons for the individual Beatitudes. We see in them an overturning of that popular thinking, according to which it is the rich and the powerful who are blessed, those who are successful and acclaimed by the crowds. For Jesus, on the other hand, blessed are the poor, the meek, those who remain just even at the cost of appearing in a bad light, those who are persecuted. Who is correct here: Jesus or the world? To understand this, let us look at how Jesus lived: poor in respect to things, but wealthy in love; he healed so many lives, but did not spare his own. He came to serve and not to be served; he taught us that greatness is not found in having but rather in giving. Just and meek, he did not offer resistance, but allowed himself to be condemned unjustly. In this way Jesus brought God’s love into the world. Only in this way did he defeat death, sin, fear and even worldliness: only by the

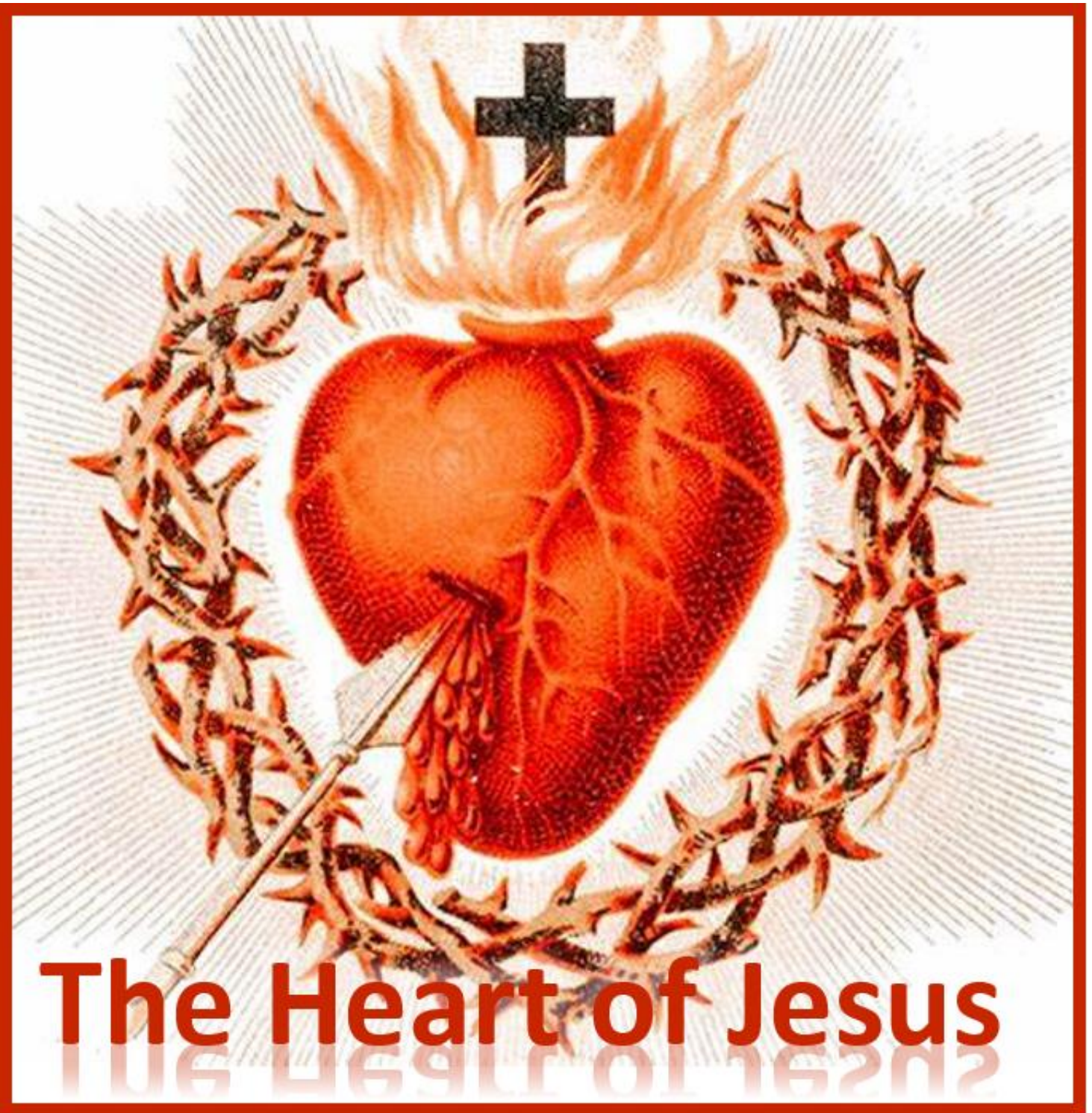
power of divine love. Let us together ask here today for the grace of rediscovering the attraction of following Jesus, of imitating him, of not seeking anyone else but him and his humble love. For here is the meaning of our life: in communion with him and in our love for others. Do you believe in this?

To live the life of the blessed and following the way of Jesus does not, however, mean always being cheerful. Someone who is afflicted, who suffers injustice, who does everything he can to be a peacemaker, knows what it means to suffer. It is most certainly not easy for you to live far from home, missing the affection of your loved ones, and perhaps also feeling uncertainty about the future. But the Lord is faithful and does not abandon his people. A story from the life of Saint Anthony the Abbot, the great founder of monasticism in the desert, may be helpful to us. He left everything for the Lord and found himself in the desert. There, for a time, he was immersed in a bitter spiritual struggle that gave him no peace; he was assaulted by doubts and darkness, and even by temptation to give in to nostalgia and regrets about his earlier life. But then, after all this torment the Lord consoled him, and Saint Anthony asked him: "Where were you? Why did you not appear before, to free me from my suffering? Where were you?" But then he clearly heard Jesus' answer: "I was here, Anthony". The Lord is close. It can happen that, when faced with fresh sorrow or a difficult period, we think we are alone, even after all the time we have spent with the Lord. But in those moments, where he might not intervene immediately, he walks at our side. And if we continue to go forward, he will open a new way for us; for the Lord specializes in doing new things; he can even open paths in the desert (Is 43:19).

I want to tell you that living out the Beatitudes does not require dramatic gestures. Look at Jesus: he left nothing written, built nothing imposing. And when he told us how to live, he did not ask us to build great works or draw attention to ourselves with extraordinary gestures. He asked us to produce just one work of art, possible for everyone: our own life. The Beatitudes are thus a roadmap for our life: they do not require superhuman actions, but rather the imitation of Jesus in our everyday life. They invite us to keep our hearts pure, to practice meekness and justice despite everything, to be merciful to all, to live affliction in union with God. This is the holiness of daily life, one that has no need for miracles or extraordinary signs. The Beatitudes are not for supermen, but for those who face up to the challenges and trials of each day. Those who live out the Beatitudes according to Jesus can cleanse the world. They are like a tree that even in the wasteland absorbs polluted air each day and gives back oxygen. It is my hope that you will be like this, rooted in Christ, in Jesus and ready to do good to those around you. May your communities be oases of peace.



This is the way of holiness, and it is very much the way of happiness. It is the way that Jesus travelled. Indeed, He himself is the Way: those who walk with Him and proceed through Him enter eternal life. Let us ask the Lord for the grace to be simple and humble people, the grace to be able to weep, the grace to be meek, the grace to work for justice and peace, and above all the grace to let ourselves be forgiven by God to become instruments of his mercy. Let us trust in the merciful heart of Jesus to have eternal life because his love and mercy never departs from his saints.



UNDER SPIRITUAL GUIDANCE OF FR. IQBAL KHURSHID

MAY 13 – MAY 27, 2023 - 15 DAYS

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

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



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WESTERN CANADIAN CATHOLIC  
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# SIMPLICITY

March 9-11, 2023

Providence Renewal Centre  
3005-119 St. Edmonton, AB

All parents & young  
adults 14+ are welcome  
to attend the...

Western Canadian  
Catholic Home School  
Conference  
March 9-11 at  
Providence Renewal  
Centre, Edmonton.

Theme: Simplicity

Includes: daily Mass,  
Adoration and  
Benediction and vendors.

Early bird pricing until  
Feb 21st.

Info:

[www.wcchsc.net](http://www.wcchsc.net) ,

Veronica

780-467-8410

or email

[wcchscreg@shaw.ca](mailto:wcchscreg@shaw.ca).

# DIOCESAN SUNDAY UPDATES

The Fourth Sunday in Ordinary Time

## *Horizons of Hope - Jan 30*

All are invited to join *Horizons of Hope* to learn and reflect upon end-of-life issues, as well as to promote the need for excellent palliative care. Please join the next workshops: **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; St. Martha, Lethbridge; Holy Family, Medicine Hat; St James, Okotoks. Register at [catholiccyyc.ca/horizonsofhope](http://catholiccyyc.ca/horizonsofhope)

## Pastoral Care Ministry Training in March 2023

The Diocese of Calgary will be facilitating a Pastoral Care Ministry Training Course over two sessions: Part 1: Friday, **March 24** and Saturday, **March 25**; Part 2: Friday, **March 31** and **April 1**. To register, visit [catholiccyyc.ca/pastoralcare](http://catholiccyyc.ca/pastoralcare) or call Sr. Mariflor at 403-218-5521.

## The Seekers Group: Discernment for Unmarried Women | Jan 29

Women seeking to know how to discern the Will of God in their lives are invited to learn how to listen and discover God's call in their life. We will be engaging in Lectio Divina prayer and exploring how to discern using the Ignatian method of discernment. When: **Sunday, Jan. 29 at 2 pm** at the Catholic Pastoral Centre - 120 17 Ave SW, Calgary. For more information, contact Sr. Dianne at 403-218-5504

## Pray for Consecrated Life

World Day for Consecrated Life will be celebrated in the Church on **Thursday, Feb. 2**, and in parishes over the weekend of **Feb. 4-5**. Please pray for all those who have made commitments in the consecrated life, and be sure to thank them on their special day. May they continue to be inspired by Jesus Christ and respond generously to God's gift of their vocation.

## The Praises of God Living in Harmony | Feb 8

In conjunction with World Interfaith Harmony Week (Calgary) and in recognition of International Day of Human Fraternity, Mount St. Francis Retreat Centre invites you to a day of prayer honoring the God of relationship. When: **Wednesday, Feb. 8 at 9 am to 3 pm**, Mount St. Francis Retreat Centre. For more info, call 403-932-2012.

## World Day of Prayer for the Sick | Feb 11

The Holy Father's 2023 message for the World Day Prayer for the Sick is entitled: **"Take care of him" - Compassion as a synodal exercise of healing**. In light of the Church's synodal journey, Pope Francis invites us "to reflect on the fact that it is precisely through the experience of fragility and illness that we can learn to walk together according to God's style of closeness, compassion and tenderness." Let us pray: For the sick, lonely and abandoned, may the closeness and saving mercy of Christ bring consolation and peace, we pray to the Lord, let us pray to the Lord.

## CCMA Breakfast with the Bishop | Feb 11

The Calgary Catholic Medical Association invites all healthcare professionals to enjoy a **Breakfast with the Bishop**. Come and meet other like-minded people in the community. Visit [catholicmedyyc.wordpress.com](http://catholicmedyyc.wordpress.com) for tickets and more information. When: **Saturday, Feb. 11 at 9 to 11 am**, Heritage Park, Calgary (Railway Orientation Centre,).

## Renewal of Hope with Sisters of Divine Mercy | Feb 11

Sisters of Divine Mercy invites you to a day of healing and renewal of hope. The day will include Mass, talks, Adoration, prayer time, and a chance for confession and fellowship with others. When: **Saturday, Feb. 11** at the Divine Mercy Centre. To register, contact 587-755-1019 or online at [sistersofdivinemercury.org](http://sistersofdivinemercury.org)

## Valentine's Day Dinner

Seeds of the Word Community invites couples to the Valentine's Day Dinner to spend some time together and to receive formation. When: **Feb. 14** at Our Lady of Fatima Parish, Calgary. The evening begins at 5:30pm, will consist of Mass, dinner, and formation, and wrap up at 9:30pm. Childcare available! Contact 403 616-8579 for more info.

## Competition for the Jubilee 2025 Hymn

The Dicastery for Evangelization is calling for entries for the Hymn for the Holy Year 2025, encouraging those interested to set to music a provided text which expresses

the essence of the Jubilee event. Learn more at [iubilaeum2025.va/en/inno](https://iubilaeum2025.va/en/inno) | [Watch video](#)

## Natural Family Planning Association of Alberta upcoming events | [billingslife.ca](https://billingslife.ca)

- [NFP Teachers Training](#) - Jan 30 from 6 to 9 pm (online)
- [Billings Ovulations Method](#) - Jan 31 from 8 to 9 pm (online)

## Catholic Women's Leadership Foundation Transformational Leadership Program

This is an excellent opportunity for Canadian Catholic women from all walks of life, who are committed to making a difference in society, by developing their leadership skills, facilitated by the Providence School of Transformational Leadership and Spirituality at [Saint Paul University](https://www.saintpauluniversity.ca) will run from May 2023 to June 2024, with both face-to-face and online courses. Learn more and apply at <https://www.cwlfcanada.ca/participate>

## Career opportunities

- Assistant Care Coordinator (full time) at Elizabeth House in Calgary
- Caretaker (part time) at Canadian Martyrs Parish in Calgary
- Assistant Coordinator (casual) at Feed the Hungry, Calgary

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

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# Fourth Sunday in Ordinary Time



**Kid's challenge this week:** In today's Gospel, Jesus teaches the eight beatitudes, or happiness. This week, talk as a family about what it means to be happy or to be blessed. Make a list of traits that you would associate with a happy person. Better yet, print this leaflet from the [Kid's Bulletin](#) for your daily inspiration on Beatitudes. (Source: Loyola Press & The Kid's Bulletin)

- [Colouring page this Sunday](#)
- [Kid's Bulletin for this Sunday](#)
- [Sunday Connection for the 4th Sunday in Ordinary Time](#) (Gr. 1-8)
- 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)

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

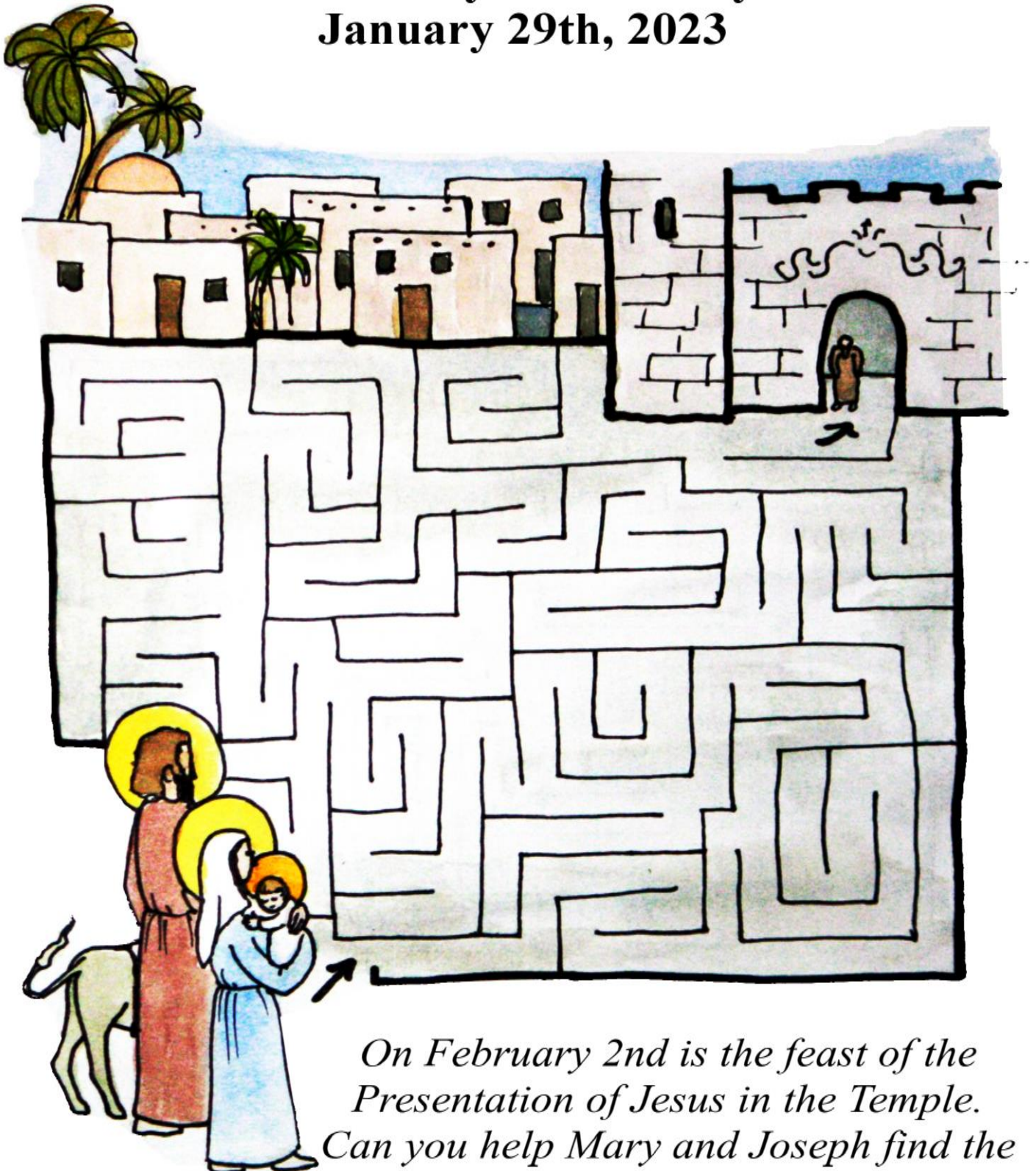
## Resources

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

# The Kids' Bulletin

Fourth Sunday in Ordinary Time

January 29th, 2023



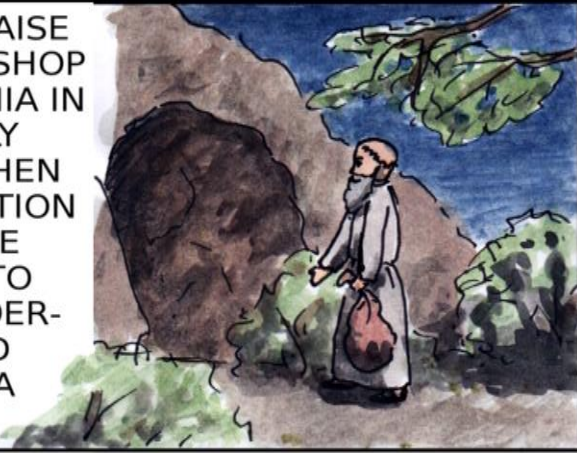
*On February 2nd is the feast of the Presentation of Jesus in the Temple. Can you help Mary and Joseph find the way through Jerusalem to present Baby Jesus in the Temple?*



# SAINT BLAISE

FEBRUARY 3

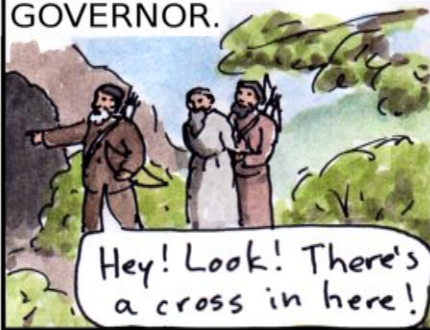
SAINT BLAISE WAS A BISHOP IN ARMENIA IN THE EARLY 300'S. WHEN PERSECUTION AROSE, HE WENT INTO THE WILDERNESS AND LIVED IN A CAVE.



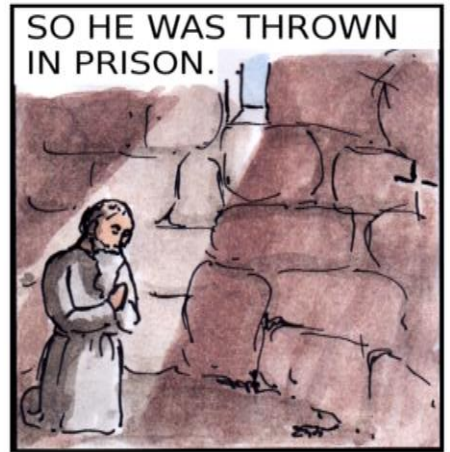
ACCORDING TO LEGEND, SICK WILD ANIMALS WOULD COME TO HIM SO HE COULD HEAL THEM.



WHEN HUNTERS CAME AND FOUND BLAISE, THEY TOOK HIM TO THE GOVERNOR.



SO HE WAS THROWN IN PRISON.



WHILE IN PRISON, HE HEALED A BOY WHO HAD A FISH BONE STUCK IN HIS THROAT.



BLAISE'S CAPTORS TORTURED HIM TO TRY TO GET HIM TO GIVE UP THE FAITH, BUT HE WOULD NOT. FINALLY HE WAS BEHEADED.

SAINT BLAISE IS THE PATRON SAINT OF PEOPLE WITH THROAT PROBLEMS, SO YOU CAN PRAY TO HIM IF YOU GET A SORE THROAT. SAINT BLAISE TEACHES US TO BE KIND TO WILD ANIMALS, BUT MORE IMPORTANTLY HE TEACHES US TO NEVER GIVE UP OUR FAITH IN GOD, EVEN UNDER TORTURE.

# Beatitudes Word Find

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

*Find the words in  
CAPITALS from today's  
Gospel reading in the  
puzzle and use the leftover  
letters to fill in the blanks.*

"Blessed are the POOR in SPIRIT, for theirs is the kingdom of HEAVEN.

Blessed are they who MOURN, for they will be COMFORTED.

BLESSED are the meek, for they will INHERIT the land.

Blessed are THEY WHO hunger and thirst for RIGHTEOUSNESS, for

they will be SATISFIED.

Blessed are the MERCIFUL, for they will be shown MERCY.

Blessed are the CLEAN of HEART, for they will see GOD.

Blessed are the PEACEMAKERS, for they will be called CHILDREN of God.

Blessed are they who are PERSECUTED for the sake of righteousness, for theirs is the KINGDOM of heaven.

Blessed are you when they INSULT you and persecute you and utter every KIND of evil against you FALSELY

BECAUSE of me. Rejoice and be glad, for your reward will be GREAT in heaven."

If you be like Jesus, you

\_\_\_\_\_.

# How to be Happy!

*In today's Gospel Jesus teaches the eight beatitudes.*

*Beatitude means happiness.*

*Here are some ideas on how to live the beatitudes:*

1. Blessed are the poor in spirit, for theirs is the kingdom of heaven. If you share your nice things and don't let your stuff be the most important thing in your life then you will be happy.
2. Blessed are they who mourn, for they will be comforted. If you are sad now, remember that in Heaven there will be no more suffering.
3. Blessed are the meek, for they will inherit the land. Don't be selfish or pushy about things. God will make sure you get everything you need!
4. Blessed are they who hunger and thirst for righteousness, for they will be satisfied. If you try to do what is right then God will make the right things happen.
5. Blessed are the merciful, for they will be shown mercy. If you forgive other people when they hurt you, then God will forgive you when you are sorry for your sins against Him.
6. Blessed are the clean of heart, for they will see God. If God is the center of your life, then your heart is pure and ready to see Him in Heaven when you die.
7. Blessed are the peacemakers, for they will be called children of God. God loves peace, and loves it when we try to avoid getting into fights.
8. Blessed are they who are persecuted for the sake of righteousness, for theirs is the kingdom of heaven. If you suffer for the truth, God will give you a joyful reward!



Answer to Beatitudes Word Find: Will be happy

# The Praises of God

Living In Harmony

International Day of Human Fraternity

Wednesday, February 8, 2023

9:00 am – 3:00pm

Mount St. Francis Retreat Centre  
41160 Retreat Rd. (Cochrane)

In 2020 the UN Declared February 4 as the *International Day of Human Fraternity*. In conjunction with *World Interfaith Harmony Week* (Calgary) and in recognition of *International Day of Human Fraternity*, Mount St. Francis Retreat Centre invites you to a day of prayer honoring the God of relationship.

Coffee & Muffins – 9:00 am  
Prayer and Reflection- 9:30 am  
Liturgy - 11:30 am

International Luncheon (Cost: \$20)  
Prayer and Reflection- 1:30 pm  
Closing Ritual and Sharing – 2:30 pm

The day is structured around times of shared prayer and personal prayer based on *The Praises of God* written by St. Francis.

Register Early – limited spots.  
mtfrancis@shaw.ca 403-932-2021

# 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 we 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](mailto:@holyfamilymh.ca) never a [@gmail](mailto:@gmail.com) account.

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