



# Welcome to HOLY FAMILY PARISH

**FEBRUARY 5, 2023 – 5<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

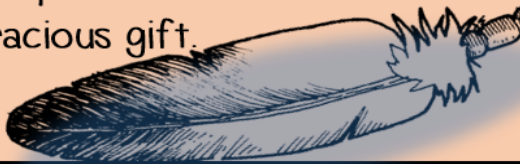
Knights of Columbus - Kirby Peterson

Catholic Women's League - Lynn 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.



## Being Salty

In old Roman times, soldiers were paid in salt (it is the root word for "salary"). We are not paid with salt but are told to be salt today. Salt of the earth. Told, not to use "salty" language, but to be seasoned, tasty. We are also told to be light today. Light of the world. Told, not to show the goodness of our deeds, but to let our good deeds manifest the glory of God.

🔥 How will I season, enliven someone's life today?

🔥 How will I shine God's light on some gloom in today's world?

🔥 How will doing this mercy work \_\_\_\_\_, show the blessedness of God and Christ and Spirit?

## † Masses & Mass Intentions †



Saturday, February 4

8:30am ~ Rejeanne Taylor †

5:00pm ~ Gualberto & Lucia Pimentel †

Sunday, February 5

8:30am ~ Simonne Flynn †

10:30am ~ Sr. Vicki Hagel †

6:00pm ~ Holy Family Parish

Monday, February 6

Joe & Irene Lutz †

Tuesday, February 7

9:00am ~ Lois Shantz †

6:30pm ~ Holy Family Parish

Wednesday, February 8

9:00am ~ John Royle †

Thursday, February 9

9:00am ~ Al Gyorkos †

Friday, February 10

9:00am ~ Elise Krooshoop †

## FEBRUARY 5, 2023 – 5<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 \$ 3889.20

**Together IN ACTION** which is 05%,  
\$ 67,048.80 to go!  
Annual Bishop's Appeal

Please Give Generously ~ Thank You!

### Mark your Calendars

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 6 - 6:30pm - Faith Room  
Knights of Columbus Executive Meeting

February 6 - 6:30pm - Hope Room  
Catholic Women's League Executive Meeting

February 7 - 1:00pm - Faith Room  
Society of St. Vincent de Paul Meeting

February 8 - 9:00am - Faith Room  
Bible Study

February 8 - 7:00pm - Faith Room  
RCIA

February 9 - 2:00pm - Hope Room  
Grief Share

February 10 - 6:30pm - HFP Church & Hall  
Marriage Vow Event

February 11 - 7:30am - HFP Hall  
That Man is You

February 11 - 10:00am - Hope Room  
Benedictine Group Meeting

Lent

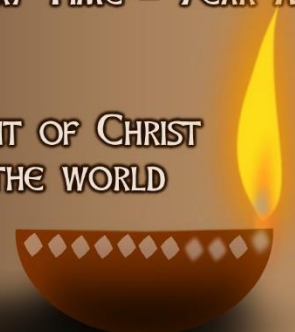
February 22 - 9:00am & 6:30pm - HFP Church  
Ash Wednesday Masses

February 26-28 - HFP Church  
Lenten Mission with Fr. Mike Bombak

**YOUR 2022 TAX RECEIPTS  
ARE AVAILABLE IN THE  
FOYER**

5<sup>TH</sup> SUNDAY IN ORDINARY TIME – YEAR A

SPREAD THE LIGHT OF CHRIST  
THROUGHOUT THE WORLD





## 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**



## HEALING MASS

"COME TO ME, ALL YOU WHO ARE WEARY  
AND BURDENED..."

FIRST TUESDAY EACH MONTH AT 6:30PM

FEBRUARY 7, 2023

### THAT MAN IS YOU!

Holy Family Parish Hall

Breakfast 7:30am

Presentation

8:30 - 9:30 am

February 11, 2023

Theme:

The Light for The Lost

Presenter:

Dr. Ralph Martin

TM:Y  
THAT MAN IS YOU!

**PARISH BREAKFAST**  
**FEBRUARY 19<sup>TH</sup>**  
**@ 9:30AM & 11:30AM**

Menu To Be Announced

Cost is \$10 per adult, \$5 for youth and under 6 free



### 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 office.

All married couples are encouraged to join this event.

Thank you to everyone who organized & participated in the recent Horizon's of Hope Program



### HORIZONS of HOPE

A TOOLKIT FOR CATHOLIC PARISHES ON PALLIATIVE CARE

With all your generous donations, we raised \$352.20 to help with the costs...  
THANK YOU

## A Journey of Refreshment Lent, a Desert Experience

*2023 Lenten Mission with Rev. Fr. Michael Bombak*

*Sunday - "Icons, Windows to Heaven"*

*Monday - "Great Lent- Spiritual Combat and Athletic Training"*

*Tuesday - "Great Lent- Medicine for the Soul"*

*February 26-28, 2023*

*following 6:00 Mass at Holy Family Parish and  
February 27 & 28 at St. Patrick's Parish*



The Society of St. Vincent de Paul continues its mission to assist those in need within our community. As a result of your generosity in 2022, we were able to assist 257 adults and 139 children. Volunteers spent approximately 2526 hours completing these calls spending an average amount of \$450. Our society was blessed to be able to assist with essential needs such as rent, security deposit, transportation both within the city and to Calgary, food as well as various other necessities. A very important part of our assistance was advocating for the person seeking help. We would like to take this opportunity to extend our deepest gratitude to you, our fellow parishioners, for your prayers and donations.

At this time, we extend our deepest gratitude to Terry & Cabrini Hurst for their dedicated years of service as Vincentians. We will miss them during our weekly meetings, and they will remain in our prayers. May God bless all of their family with good health and much happiness.

*If you have any questions or would like more information, please feel free e-mail us at:*  
[ssvpmedhat@gmail.com](mailto:ssvpmedhat@gmail.com) May God bless you all!



## St. Michael's School

St. Michael's School is the dedicated Fine Arts Focus elementary school within the Medicine Hat Catholic Board of Education. We are located in Northwest Crescent Heights and serve students in the north of Medicine Hat and Redcliff. This year grades 3-6 are experiencing five weeks in each of the following disciplines of fine arts: drama, choral, instrumental, art, dance and performance arts including juggling, choral speech, or black light theater. This exposure focuses on process not performance and allows all the students to become involved. Grades 1 and 2 already have art, choral and instrumental in them, but we are pleased to include drama and dance there as well. Special emphasis on the fine arts and their integration throughout the curriculum develops creativity, personal initiative, growth in self-esteem and encourages a desire for life-long learning.

Our school also offers an education based on the traditions of our Catholic faith that is both a preparation for life and a way of living out the Gospel message in all that we do. Catholic Education is extremely important as it provides for the physical, intellectual, emotional, and spiritual development of every child. Cooperation among families, school staff and our parishes within St. Michael's community is demonstrated by a commitment to the school mission. We would like to thank the parishioners from both Holy Family Parish and St. Patrick's Parish for welcoming our staff and students into their church communities.



### 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)



### 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)



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The Password is: Liv3HFP\*



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

# Faithfully

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

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





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

February 5, 2023

### THE ESSENCE OF DISCIPLESHIP

As we are approaching closer to begin our Lent season, Readings from the Sacred Scripture are helping us to see the essence of our discipleship by meditating on the Sacred Scripture. Last Sunday we reflected on the Beatitudes of the Lord where were given four beatitudes of joy and happiness and four with the reward to gain after living out our discipleship in a perfect way. The last one was a very personal one to rejoice in the Lord in the midst of persecution and suffering. Today once again we continue to hear about the essence of our discipleship that it must be felt by other as St. John quotes the word of the Lord “by your work people will know that you are my disciples”. Chapter 4 of the Acts of the Apostle does show us the true essence of the discipleship by depicting the early Christians’ spirit of coming together and uniting themselves as one.

Bishop Diadochus reflects on the mystery of discipleship this way “The light of true knowledge makes it possible to discern without error the difference between good and evil. Then the path of justice, which leads to the Son of Justice, brings the mind into the limitless light of knowledge, since it never fails to seek the love of God with all confidence. Therefore, we must maintain great stillness of mind, even amidst our struggles. We shall then be able to distinguish between the different types of thoughts that come to us: those that are good, those sent by God, we will treasure in our memory; those that are evil and inspired by the devil we will reject. A comparison with the sea may help us. A tranquil sea allows the fisherman to gaze right to its depths. No fish can hide there and escape his sight. The stormy sea, however, becomes murky when it is agitated by the winds. The very depths that it revealed in its placidness, the sea now hides. The skills of the fisherman are useless”.

Further he says “Only the Holy Spirit can purify the mind: unless the strong man enters and robs the thief, the booty will not be recovered. So, by every means, but especially by peace of soul, we must try to provide the Holy Spirit with a resting place. Then we shall have the light of knowledge always shining within us, and it will show up for what they are all the dark and hateful temptations that come from demons, and not only will it show them up: exposure to this holy and glorious light will also greatly diminish their power. This is why the Apostle says: Do not stifle the Spirit. The Holy Spirit is the Spirit of goodness: do not grieve him by your evil actions and thoughts, and so deprive yourself of the defense his light affords you. In his own being, which is eternal and life-giving, he is not stifled, but when he is grieved, he turns away and leaves the mind in darkness, deprived of the light of knowledge”.

The mind can taste and distinguish accurately whatever is presented to it. Just as when our health is good we can tell the difference between good and bad food by our bodily sense of taste and reach for what is wholesome, so when our mind is strong and free from all anxiety, it is able to taste the riches of divine consolation and to preserve, through love, the memory of this taste. This teaches us what is best with absolute certainty. As Saint Paul says: My prayer is that your love may increase more and more in knowledge and insight, and so enable you to choose what is best.

Here I would like to share some quotes of St. Francis of Assisi about discipleship to examine our own. He says:

“Start by doing what is necessary, then what is possible, and suddenly you are doing the impossible.”

“For it is in giving that we receive.”

“Remember that when you leave this earth, you can take with you nothing that have received—only what you have given.”

“I have been all things unholy. If God can work through me, He can work through anyone.”

“Lord, make me an instrument of thy peace. Where there is hatred, let me sow love...” (The Peace Prayer)

“Preach the Gospel at all times. Use words if necessary.”

“The deeds you do may be the only sermon some persons will hear today.”

“The only thing ever achieved in life without effort is failure.”

“Do few things but do them well, simple joys are holy.”

“A single sunbeam is enough to drive away many shadows.”

The life of Apostles and the saints in the Church is the source of knowing the essence of our discipleship and to understand that every day of our discipleship is to make other

people feel who we are and what we are doing to witness his name to the world. (Please read 2 Corinthians 4:1-15).

A young man was eager to grow in His Christian life. He got a piece of paper and made a list of all the things he would do for God. He wrote down the things he would give up, the places he would go to minister and the areas of ministry he would enter. He was excited. He took that list to the church and put it on the altar. He thought he would feel joy, but instead he felt empty. So, he went home and started adding to his list. He wrote down more things he would do and wouldn't do. He took the longer list and put it on the altar, but still he felt nothing.

He went to a wise, old pastor, told him the situation, and asked for help. The pastor said, "Take a blank sheet of paper. Sign your name at the bottom. Put that on the altar." The young man did, and then peace came to his heart.

Peace comes from the Lord whom our discipleship takes root in understanding that without him we are nothing. In the First Reading we see how Prophet Isaiah helps us to see the true meaning and essence of our discipleship by letting us know that we must help the needy and oppressed. (Please read Hebrews 13:1-5). He indicates that our discipleship is based on the charity and love we show towards other people who are in need as St. Matthews says "if you did this to least of my brethren, you have done to me". (Please read Matthew 25).

There are no elements of selfishness in the discipleship and if there is, then it is not Christian discipleship. Let me share a very interesting story which is entitled "The Weight of the Soil":

There was a very clever and cunning landlord who owned lots of land in a village. He cunningly loaned small amounts of money when needy came to him for help. Taking advantage of those who were not well-educated, he kept adding on interest to the principal amount. The amount for repayment of the loan would raise up so much that people couldn't pay back and end up surrendering their land to the landlord.

Now, his eyes were on some land owned by an old lady near his house. She was all alone, with no family. She would plant her own crop and fulfill her needs. The landlord was not able to figure out how to lure her into giving up her land to him. He then bribed a government official in the village and forged papers of ownership to his name. He along with a government official visited the old lady and served her a notice to hand over the land to him.

The old lady was shocked to know this and pleaded that she has been living there her whole life and this land has been owned by her ancestors, her loved ones were buried there and she inherited it, how can someone claim this now? She approached local court,



but the landlord had bribed everyone and had presented forged ownership papers. Thus, the court delivered the judgment in the landlord's favor.

The dejected old lady then prepared to vacate the land while the landlord and his associates stood there waiting for her to leave. While leaving, filled with tears, the old lady approached the landlord and said, "Sir, you have taken everything from me today, my entire life was spent here, but now I am leaving. The land here is where I played, grew up with my family and this soil is very dear to me." She added further, "we all are made of soil, and so anyone can have an affection towards it. Allow me to carry a basket filled with this soil to keep with me, with that by my side I will always have an aroma of this place till I die peacefully."

The landlord smirked thinking since he had gained ownership of her entire land without paying her, might as well let her have a basket of soil, so she can leave quietly. He said, "fine. You can fill up your basket."

The old lady started filling up her basket with soil. She overfilled it and was struggling to lift the basket to carry over her head. She then told the landlord, "Sir, will you please lend a hand to put the basket over my head?" The landlord came forward to help and said, "Oh you poor old lady, didn't you think before you overfilled this basket? You are struggling to lift this basket filled with soil then how can you carry this with you?"

With tears in her eyes, the old lady said, "oh sir, this entire land was my own, spent my whole life here, yet I am struggling to carry a single basket of soil from here while I am still breathing. I won't be able to carry it with me even when I die. You sir have so much of other's land. How will you carry it all with you?"

The landlord stood stunned hearing this. He realized his mistake and fell on the old lady's feet asking for forgiveness. He requested her to live here happily and returned her land. Remember our discipleship is based on genuine love which made our Master lay down his life for us too so that we may be saved.

St. Augustine reflecting on the Letter of St. Paul to the Galatians, explains about the true dignity and honor of being the followers Christ: Paul writes to the Galatians to make them understand that by God's grace they are no longer under the law. When the Gospel was preached to them, there were some among them of Jewish origin known as circumcisers—though they called themselves Christians—who did not grasp the gift they had received. They still wanted to be under the burden of the law. Now God had imposed that burden on those who were slaves to sin and not on servants of justice. God had given a just law to unjust men to show them their sin, not to take it away. For sin is taken away only by the gift of faith that works through love. The Galatians had already received this gift, but the circumcisers claimed that the Gospel would not save them unless they underwent

circumcision and were willing to observe also the other traditional Jewish rites. The Galatians, therefore, began to question Paul's preaching of the Gospel because he did not require Gentiles to follow Jewish observances as other apostles had done. Even Peter had yielded to the scandalized protests of the circumcisers. He pretended to believe that the Gospel would not save the Gentiles unless they fulfilled the burden of the law. But Paul recalled him from such dissimulation, as is shown in this very same letter. A similar issue arises in Paul's letter to the Romans, but with an evident difference. Through his letter to them Paul was able to resolve the strife and controversy that had developed between the Jewish and Gentile converts. In the present letter Paul is writing to persons who were profoundly influenced and disturbed by the circumcisers. The Galatians had begun to believe them and to think that Paul had not preached rightly, since he had not ordered them to be circumcised. And so the Apostle begins by saying: I am amazed that you are so quickly deserting him who called you to the glory of Christ, and turning to another gospel. After this there comes a brief introduction to the point at issue. But remember in the very opening of the letter Paul had said that he was an apostle not from men nor by any man, a statement that does not appear in any other letter of his. He is making it quite clear that the circumcisers, for their part, are not from God but from men, and that his authority in preaching the Gospel must be considered equal to that of the other apostles. For he was called to be an apostle not from men nor by any man, but through God the Father and his Son, Jesus Christ.

In today's Gospel, Jesus says to his disciples: "You are the salt of the earth. You are the light of the world". He uses symbolic language not so much to give a definition of the disciple but to set out for those who wish to follow Him certain criteria for living their mission in the world.

The first image: Salt - Salt is the component that gives flavor and that stores and preserves food from corruption. The disciple is therefore called to keep society away from the dangers and the corrosive elements that pollute people's lives. It is a question of resisting sin and moral degradation and bearing witness to the values of honesty and fraternity, without giving in to the worldly enticements of careerism, power, and wealth. The disciple is "salt" who, despite the daily failures because we all have them, rises from the dust of their own mistakes, starting again with courage and patience, every day, to seek dialogue and encounter with others. A disciple is "salt" who does not seek approval and praise, but strives to be a humble and constructive presence, in fidelity to the teachings of Jesus who came into the world not to be served, but to serve. And this attitude is greatly needed!

The second image: Light - "You are the light of the world." The light disperses the darkness and allows you to see. Jesus is the light that has dispelled the darkness but remains in the



world and in individual people. It is the task of the Christian to dispel it further by making Christ's light shine among others and by proclaiming His Gospel. This outpouring of light can come from our words, but it must come mainly from our 'good deeds'. A disciple and a Christian community are the light of the world when they direct others to God, helping each person to experience His goodness and mercy. A disciple of Jesus is light when he or she knows how to live their faith outside of confined spaces, helping to eliminating prejudices, eliminating slander, and in bringing the light of truth into situations tainted by hypocrisy and lies. You must be the light. But it is not my own light, it is the light of Jesus: we are instruments of Jesus, and we must radiate His light to reach everyone.

Jesus invites us not to be afraid to live in the world, even if there are sometimes conditions of conflict and sin in it. In the face of violence, injustice and oppression, Christians cannot shut up within themselves in or hide in the security of their own enclosure; even the Church cannot shut up within herself, she cannot abandon her mission of evangelization and service. Jesus, in the Last Supper, asked the Father not to remove the disciples from the world, to leave them, there, in the world, but to guard them from the spirit of the world. The Church gives generously and tenderly to the least and the poor: this is not the spirit of the world, this is her light, she is salt. The Church hears the cry of the least and the excluded because she is aware of being a pilgrim community called to extend throughout history the saving presence of Jesus Christ. St. Mother Teresa says "do small thing with love" is a true call to our discipleship. Jesus does not call us to be the light of the world but he himself is the light of the world who illumines the darkness our lives to his witness. He is the Son of Love, Justice, and Peace.

He is the Son of Love, Justice, & Peace



**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**



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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 Fifth Sunday in Ordinary Time

## 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](https://catholiccyyc.ca/pastoralcare) or call Sr. Mariflor at 403-218-5521.

## Pray for Consecrated Life

We pray for and celebrate the Consecrated Life today! You are invited to reflect on the unique role and importance those consecrated hold in the Church. [Watch our brief video](#) to learn more about how members of the Consecrated Life live their vocations in our own Diocese. If you have any questions or would like to learn more about the Consecrated life, contact our Office of Vocations at 403-218-5500.

## 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.

## Salvation Army's Behind the Shield needs volunteer

The Salvation Army's Behind the Shield: Warming Stations is an incredible initiative working tirelessly to provide a warm, safe and clean space for the vulnerable this frigid winter. Let's come together and support this worthy cause - consider helping them out today. Contact: [cscalgary.volunteerservices@salvationarmy.ca](mailto:cscalgary.volunteerservices@salvationarmy.ca)

## 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. Get tickets at [catholicmedyyyc.wordpress.com](https://catholicmedyyyc.wordpress.com). 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](https://sistersofdivinemercury.org)



## Valentine's Day Dinner | Feb 14

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 (5:30 pm to 9:30 pm). Childcare available! Contact 403 616-8579 for more info.

## Come and See the life of the Franciscans | Feb 23-26

Young men (18-40) discerning their vocation are invited to experience Franciscan life at St. Francis Friary in Edmonton. Transportation is available and all meals included. When: **Feb. 23-26** at St. Francis Friary in Edmonton. [More info here](#) or contact Fr. Dan Gurnick at friardan47@gmail.com

## 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 [jubilaeum2025.va/en/inno](http://jubilaeum2025.va/en/inno) | [Watch video](#)

## Career opportunity

- Assistant Care Coordinator (full time) at Elizabeth House in Calgary

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

## Pope's Prayer Intention - February 2023

Please pray for the Pope's intention in February 2023: *Let us pray that parishes, placing communion – communion of people, ecclesial communion – at the center, may increasingly become communities of faith, of fraternity and of welcoming the most in need.*

## The War in Ukraine

Ukraine and its people are still in crisis. Let us renew our efforts to pray, fast, and act. Kindly donate through your local parish or online at [www.cnewa.org/c](http://www.cnewa.org/c) a and [www.devp.org](http://www.devp.org)

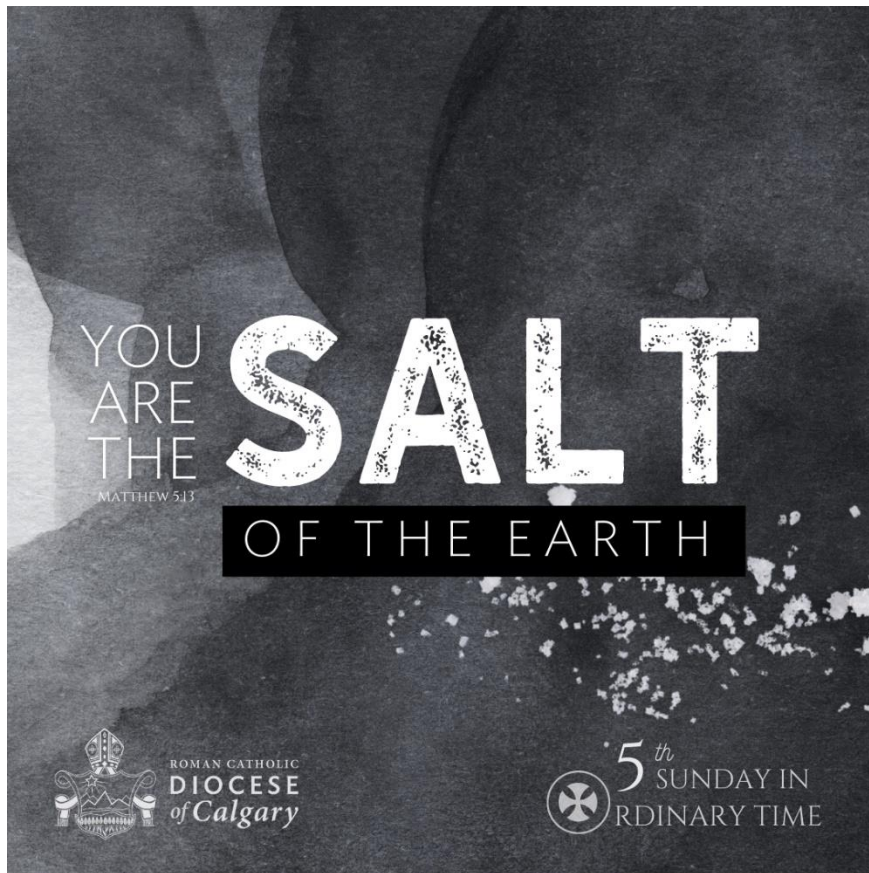
## Kid's challenge this week

If we love other people and do what we can to help them, then other people will see how great God's love is. We will be like the light that shines and is not covered up, so that everyone can see. How will you be like a shining light this week? (Source: CAFOD)

## 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 [catholiccyyc.ca/faithfully](http://catholiccyyc.ca/faithfully)

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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.catholiccyc.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](#)

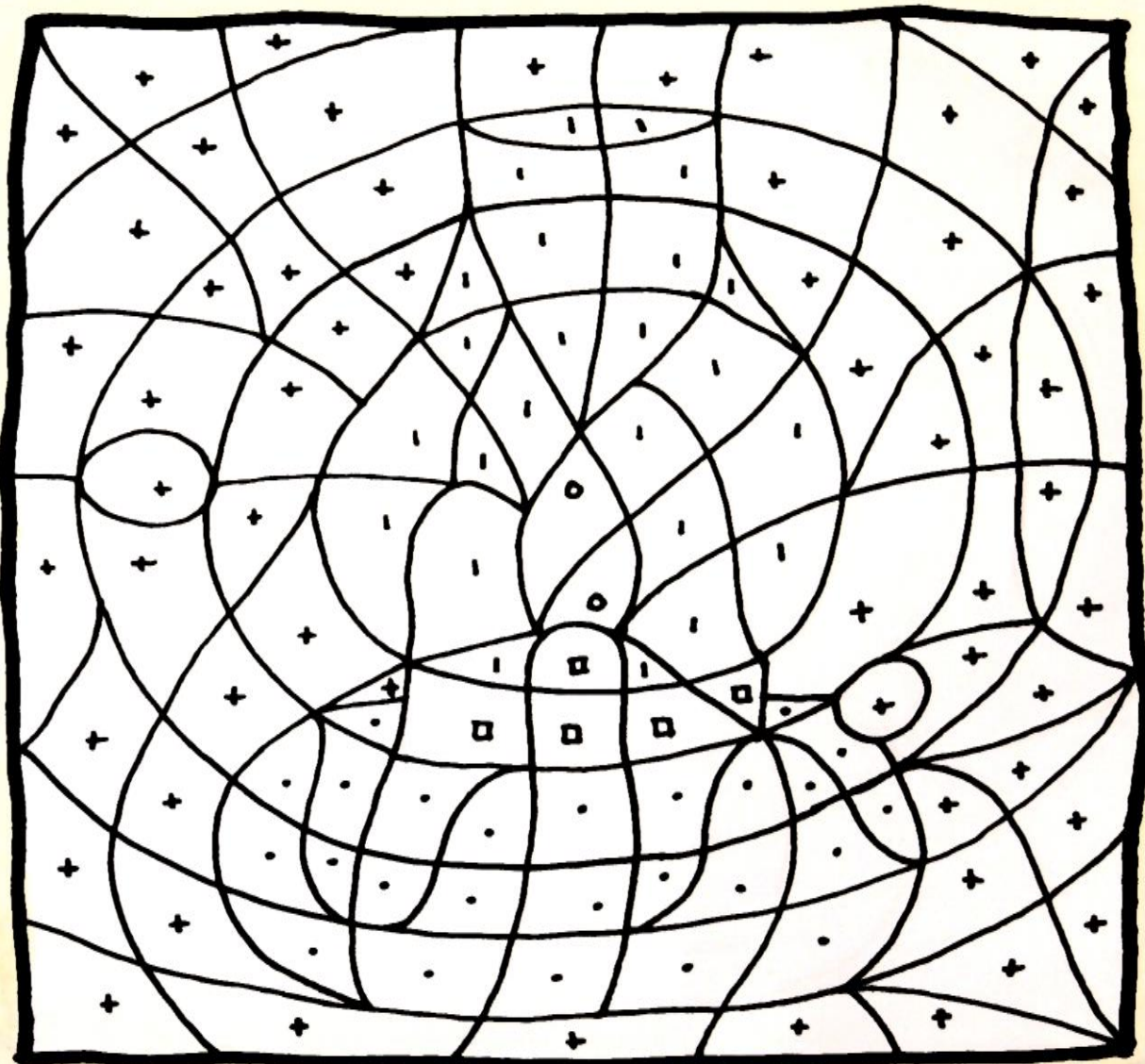
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- [Colouring page this Sunday](#)
- [Kid's Bulletin for this Sunday](#)
- [Sunday Connection for the 5th Sunday in Ordinary Time](#) (Gr. 1-8)
- [Children's Liturgy of the Word this Sunday](#)
  - [Children's Liturgy sheet for leaders/parents](#) (CAFOD) | [Illustration](#)
  - [Children's Liturgy of the Word with Miss Heidi](#) (Catholic TV)



# The Kids' Bulletin

Sunday February 5th, 2023  
5th Sunday in Ordinary Time



Matt 5:13-16

*What did Jesus tell us we should be like?  
Colour in the spaces according to the code to find out!*

+ blue  
, white  
o orange

▣ brown  
• red



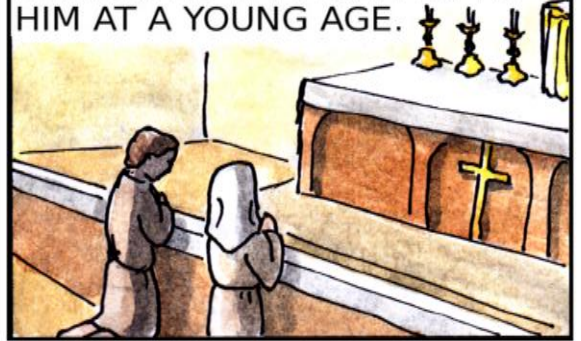
# Saint Scholastica

## February 10

SCHOLASTICA WAS BORN AROUND THE YEAR 480 IN ITALY. SHE WAS THE TWIN SISTER OF SAINT BENEDICT OF NURSIA.



BENEDICT AND SCHOLASTICA BOTH LOVED GOD AND DEDICATED THEMSELVES TO HIM AT A YOUNG AGE.



WHEN BENEDICT STARTED A MONASTERY SCHOLASTICA BEGAN A CONVENT.



We can meet here every year to talk about God!



THEN ONE TIME... This will be the last time you see Benedict...



BENEDICT REFUSED TO STAY LONGER WHEN SCHOLASTICA ASKED, BUT THEN SHE PRAYED AND A HUGE STORM CAME!



THREE DAYS LATER WHEN BENEDICT WAS IN HIS MONASTERY HE HAD A VISION OF A DOVE GOING UP TO HEAVEN WHEN SCHOLASTICA DIED.

SAINT SCHOLASTICA AND HER BROTHER SAINT BENEDICT ARE A GREAT EXAMPLE TO US OF HOW BROTHERS AND SISTERS CAN HELP EACH OTHER TO BECOME HOLY. DO YOU EVER PRAY WITH YOUR BROTHERS OR SISTERS OR FRIENDS? YOU CAN HELP EACH OTHER BECOME SAINTS!

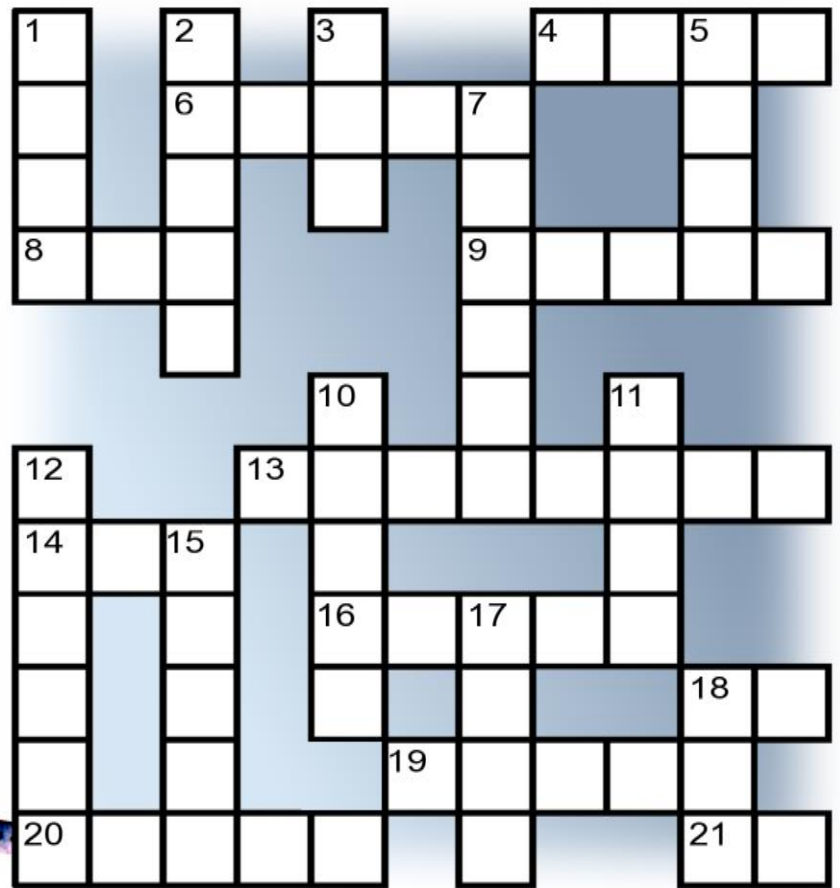


# Salt and Light Crossword Puzzle



Use the words at  
the bottom to fill  
the blanks. Then  
you can put them  
in the puzzle.

A=across  
D=down



\_\_\_\_\_ 2D \_\_\_\_\_ 5D to his disciples: "You are the  
\_\_\_\_\_ 11D of the \_\_\_\_\_ 6A But if salt \_\_\_\_\_ 15D its  
\_\_\_\_\_ 20A with what can it be seasoned? It is no  
longer \_\_\_\_\_ 17D for anything but \_\_\_\_\_ 21A be thrown out  
and trampled underfoot. \_\_\_\_\_ 8A \_\_\_\_\_ 3D the light of  
the \_\_\_\_\_ 10D A \_\_\_\_\_ 1D set on a \_\_\_\_\_ 13A  
cannot be \_\_\_\_\_ 7D Nor do they light a lamp and  
then put it under a bushel \_\_\_\_\_ 12D; it is \_\_\_\_\_ 18D  
on a lampstand, where it gives \_\_\_\_\_ 16A to \_\_\_\_\_ 14A  
in the \_\_\_\_\_ 19A Just \_\_\_\_\_ 18A your light \_\_\_\_\_ 4A  
shine before others, that they may see your good  
\_\_\_\_\_ 9A and glorify your heavenly Father."

MUST	JESUS	MOUNTAIN	CITY	LIGHT
SAID	DEEDS	BASKET	EARTH	WORLD
GOOD	HOUSE	HIDDEN	YOU	SET
SALT	TASTE	LOSES	ARE	SO
				TO

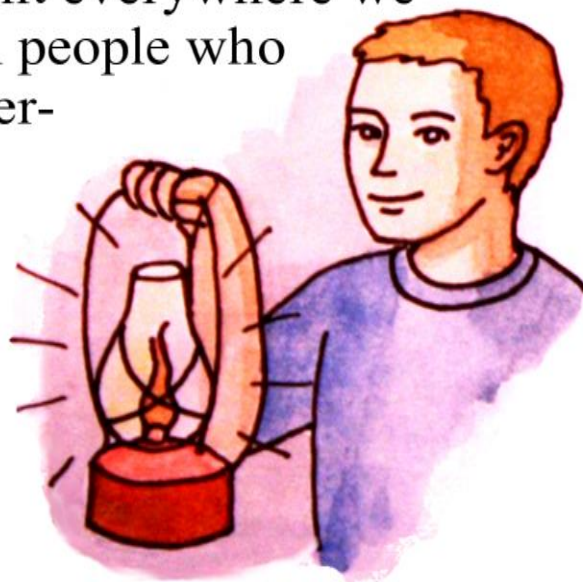


## ***You are the Salt and Light!***

Jesus says we are the salt of the earth. Have you ever tasted food that wasn't salty enough? It can taste pretty bland. But do you notice when food has the right amount of salt? Usually we don't think about it. It's kind of hiding in the food and making it taste good. Jesus wants us to be like the "salt" in the world, with the goodness and truth that He gives us.

Jesus also says that we are the light of the world. Can you imagine a completely dark world: no sun or lights or anything? It would be pretty scary. You'd never know what was happening or where you were going. That's what the world can be like for people who don't have the light of God's truth. It's our job to bring the truth to the world so that everyone can see that God loves them.

We have to bring God's light everywhere we go. But we must be gentle with people who don't understand the truth. Otherwise it would be like shining a light in someone's eyes, and they wouldn't be able to see anything. We need to start out like little candles, lighting the way so that people can follow us toward God.



Answers to Cross-word Puzzle:  
Across: 4.must 6.earth 8.you 9.deeds 13.mountain 14.all 16.light 18.so 19.house 20.taste 21.to  
Down: 1.city 2.Jesus 3.are 5.said 7.hidden 10.world 11.salt 12.basket 15.loses 17.good 18.set

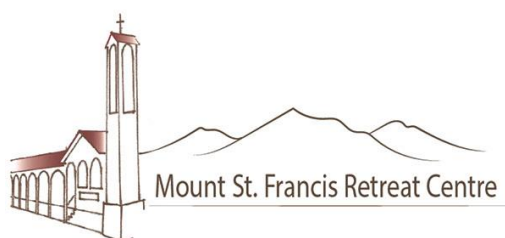


# Retreat Centers in Southern Alberta

## 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.**