



Welcome to HOLY FAMILY PARISH

FEBRUARY 12, 2023 – 6TH SUNDAY IN ORDINARY TIME - YEAR

Email: contact@holyfamilymh.ca ~ Website: www.holyfamilymh.ca ~ Phone 403-527-6933
Facebook: Medicine Hat Holy Family Parish ~ YouTube: Medicine Hat Holy Family Church

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

CLERGY AT HOLY FAMILY PARISH

Fr. Iqbal Khurshid & Fr Naveed Arif
& Deacon Robert Risling

RECONCILIATION...

Friday 9:30am–10:30am. & Saturday 3:30–
4:45pm. Or by Appointment

MASS TIMES... MONDAY to FRIDAY at 9:00AM

FIRST SATURDAY OF MONTH at 8:30AM, SATURDAY at 5:00PM
SUNDAY at 8:30AM, 10:30AM & 6:00PM

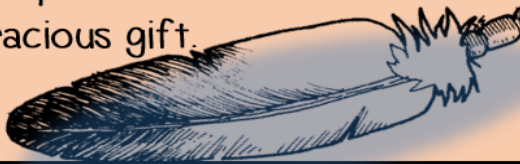
THE CHAPEL IS OPEN

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

Knights of Columbus - Kirby Peterson
Catholic Women's League - 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.



Attending to Law

Both civil and Church law give us standards to guide our
thought and behaviors. Outward acts help us attend to
inner treasures. We need help for interpreting law
rightly so that external actions reflect a right and
merciful heart. That is why the Penitential Act is made
early in Mass before gifts and selves are brought to the
altar.

- † How will I live in right relationship with God today?
- † How will this spill over into right relationship with
sisters and brothers (real and in the Lord)?
- † How will my interpretation of God's law be filled with
mercy and loving-kindness?

† Masses & Mass Intentions †



Saturday, February 11

5:00pm ~ Lorraine Dalla Longa †

Sunday, February 12

8:30am - Myrna Ironside †

10:30am - John Kopp †

6:00pm - Holy Family Parish

Monday, February 13

9:00am - Gabriel Zavala †

Tuesday, February 14

9:00am - Tony P. Bosch †

Wednesday, February 15

9:00am - Shirley Martin †

Thursday, February 16

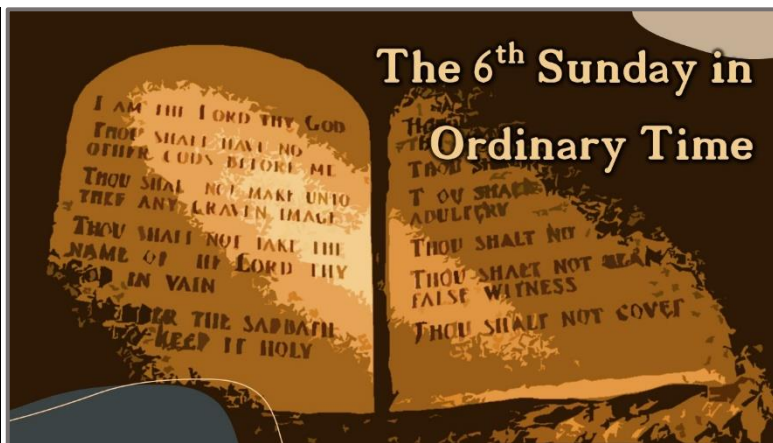
9:00am - Marie D'Amour †

Friday, February 17

9:00am - Allen Kaupp †

FEBRUARY 12, 2023 – 6TH SUNDAY IN ORDINARY TIME - YEAR A

OPERATING FINANCES	
JANUARY 1-31, 2023	
Operating Budget 2022	\$ 63,984
General Envelope Collection	\$ 46,036
Loose Collections	\$ 3,212
Future Development	\$ 3,333
Sale of Church Supplies & Other	\$ 4,649
\$ 57,230 - Budget Vs Actual	\$ 6,754
SPECIAL COLLECTIONS	
Together in Action (TIA)	\$ 3,347
St Vincent de Paul	\$ 3,381
World Mission	\$ 45
Clergy Retirement	\$ 120
Mission Mexico	\$ 315
Seminary Fund	\$ 10
Catholic Education	\$ 30
Peace & Development	\$ 50
<i>Thank You for your Generous Contributions</i>	
Average Weekly Attendance	759



"Acceptance"

The gifts we have are made valuable only by sharing them with others. Your gifts are gratefully accepted by the Catholic Women's League where members willingly share the good things God has given them. We can't wait to meet you!

December 31, 2023 - Goal \$70938.
total to date \$ 5,293.



which is 07%,
\$ 65,645. to go!

Please Give Generously ~ Thank You!

Mark your Calendars

- February 11 ~ 7:30am ~ HFP Hall
That Man is You
- February 11 ~ 10:00am ~ Hope Room
Benedictine Group Meeting
- February 13 ~ 7:00pm ~ Faith Room
Knights of Columbus General Meeting
- February 14 ~ 1:00pm ~ Faith Room
St. Vincent de Paul Meeting
- February 14 ~ 6:30pm ~ Faith Room
Catholic Women's League General Meeting
- February 15 ~ 9:00am ~ Faith Room
Bible Study
- February 15 ~ 7:00pm ~ Faith Room
RCIA

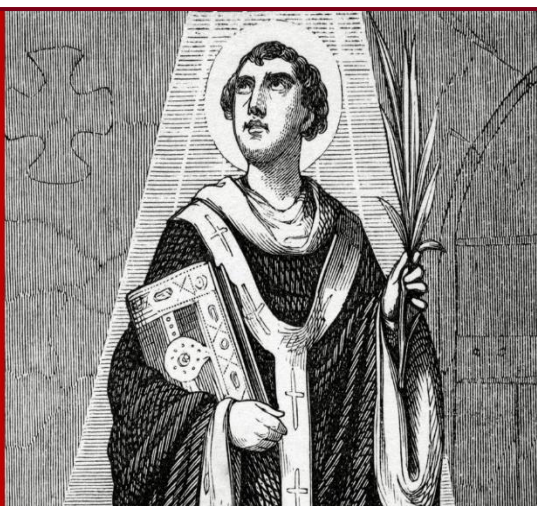
Lent

- February 22 ~ 9:00am & 6:30pm ~ HFP Church
Ash Wednesday Masses
- February 26-28 ~ After 6:00pm Mass ~ Church
Lenten Mission with Fr. Mike Bombak

Feast Day of
St. Valentine

Patron of Love,
Young People,
& Happy
Marriages

February 14



Knights of Columbus
General Meeting
February 13 at 7:00pm
Faith Room



Catholic Women's League (CWL)
General Meeting
February 14 at 6:30pm
Faith Room

THAT MAN IS YOU!

Holy Family Parish Hall
Breakfast 7:30am
Presentation
8:30 – 9:30 am
February 18, 2023

Theme:
Rediscover The Power
Presenter:
Mark Hartfiel

TMIY
THAT MAN IS YOU!

Sacramental Preparation

Confirmation Class - HFP Faith Rm

Thursday, March 2nd at 6:00pm

1st Communion Parent Meeting

Holy Family Parish Hall

Thursday, March 2nd at 6:30pm

1st Communion Class

Holy Family Parish Faith Room

Sunday, March 5th at 10:15am



PARISH

BREAKFAST

FEBRUARY 19TH

@ 9:30AM & 11:30AM

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

Menu
To Be
Announced



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, 27 & 28 after the 6:00pm Mass at Holy

Family Parish and February 27 & 28 after 8:30am

Mass 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 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 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.

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 or Maria: 905-334-0559 maria@cttour.ca

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)

You Tube

**EMAIL SCAMS AGAIN FROM
PREISTS, CHURCH, STAFF, ETC.
NOBODY** is going to ask you for gift
cards, or bit coins! **NOBODY!!!**
If you get an email or a text, **PLEASE
DO NOT RESPOND** to it,
JUST DELETE IT!



Lethbridge People of Praise Society Live-In...

Bringing people into a deeper relationship with Jesus

Date: Starts: 6:30 pm **Friday, Feb. 24th**

Ends: 4:30 pm **Sunday, Feb. 26th**

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

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

1st Backup Meeting: Monday, Jan. 23rd @ 7:00 pm

2nd Backup Meeting: Monday, Feb. 6th @ 7:00 pm

3rd Backup Meeting: Monday, Feb. 20th @ 7:00 pm

For more details contact: Katie.lindsay51@gmail.com or
petervanu@outlook.com

FORMED.org

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LOG IN WWW.FORMED.ORG

- Go to Formed.org

- Enter our PARISH CODE: **GPQWK7**

Create a personal account with your personal username/email and password.

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

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



E-transfer
ONLINE GIVING



accounting@holyfamilymh.ca

Faithfully

FAITH. LIVED. FULLY.

catholicyycc.ca/Faithfully

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



6th Sunday in Ordinary Time Year A

February 12, 2023

Our Choices in Faith

How do we live our life? This is a very common and simple question but has very deep importance for us. This question keeps reminding us about our choices and priorities in our life. We feel happy when we make the right choices because they put us on the right track to achieve success and dreams in our lives. However, if we fail then every day is a struggle for us. God has and will give us chances to choose what is best for us to live life pleasing to him. In the beginning when God made the universe and human beings, he gave them the choice to decide what is best for them. But when they failed, they had to leave the Garden of Eden. In the Book of Deuteronomy, we read that God gave the choice to Israel to choose (please read 30:9-20). However sometimes we act like the people in the following story, avoiding choosing the right action.

This is a story about four people named: Everybody, Somebody, Anybody, and Nobody. There was an important job to be done and Everybody was sure that Somebody would do it. Anybody could have done it, but Nobody did it. Somebody got angry about that, because it was Everybody's job. Everybody thought Anybody could do it, but Nobody realized that Everybody would not do it. It ended up that Everybody blamed Somebody when Nobody did what Anybody could have done. Who are you? Everybody? Somebody? Anybody? Or Nobody? What do we choose and how do we choose are questions we need to ask ourselves this week?

Here is a beautiful passage from the pastoral constitution on the Church in the modern world of the Second Vatican Council to remind us about our activities in the faith.

“The activity of man, as it has its origin in man, has man also as its end. Man through his work not only introduces change into things and into society; he also perfects himself. He learns a great deal; he develops his powers; he advances above and beyond himself. This kind of gain, properly understood, is more valuable than any external possession. Man's worth is greater because of what he is than because of what he has. In the same way, all that men do to secure greater justice, more widespread brotherhood and a more humane

structure of social relationships has more value than advance in technology. Technological development may provide the raw material for human progress, but of itself it is totally unable to bring it into being. The criterion, therefore, for assessing man's activity is this: does it, in accordance with God's plan, fit in with the true good of the human race and allow man, individually and corporately, to develop and fulfill his vocation in its entirety?

Many of our contemporaries, however, seem to be afraid that a closer relationship between religion and man's activity will injure the autonomy of men or societies or the different sciences. If by the autonomy of earthly realities, we mean that created things and even societies have their own distinctive laws and values, which must be gradually identified, used and regulated by men, this kind of autonomy is rightly demanded. Not only is it insisted on by modern man, it is also in harmony with the design of the Creator. By the very fact of creation everything is provided with its own stability, its own truth and goodness, its own laws and orderly functioning. Man must respect these, acknowledging the methods proper to each science or art.

One should therefore deplore certain attitudes of mind which are sometimes found even among Christians because of a failure to recognize the legitimate autonomy of science. These mental attitudes have given rise to conflict and controversy and led many to assume that faith and science are mutually opposed. If, on the other hand, the autonomy of the temporal order is understood to mean that created things do not depend on God, and that man may use them without reference to the Creator, all who believe in God will realize how false is this teaching. For creation without the Creator fades into nothingness".

This week as we continue to reflect on the Sacred Scripture, the First Reading from the Book of Sirach (which was the book of the church in the early Christianity era for the newly converts to read to mend their lives, is also known as Ecclesiasticus), is posing four choices before us: water and fire, life, and death. The Lord has left it to us to choose what we like. If we choose the right things, we are going to live in eternity and will be like him who took our humanity to share his divinity with us. If we still remember the Gospel of the 2nd Sunday, we were invited to reflect and meditate on 9 beatitudes which were divided into two parts: first was about the joy and happiness we will find in the Lord and last were with the reward we are going to receive if live our lives according to the teaching of the Lord. Last Sunday's Gospel was where we were compared with the salt and light which was meant that everyone should feel us like salt and light is felt. Again, the message is how and what do we choose to show our discipleship to the world?

St. Ephrem once wrote; "Lord, who can comprehend even one of your words? We lose more of it than we grasp, like those who drink from a living spring. For God's word offers different facets according to the capacity of the listener, and the Lord has portrayed his message in many colors, so that whoever gazes upon it can see in it what suits him. Within it he has buried many treasures, so that each of us might grow rich in seeking them out. The word of God is a tree of life that offers us blessed fruit from each of its branches. It is like that rock, which was struck open in the wilderness, from which all were offered spiritual drink. As the Apostle says: They ate spiritual food, and they drank spiritual drinks. And so, whenever anyone discovers some part of the treasure,

he should not think that he has exhausted God's word. Instead, he should feel that this is all that he was able to find of the wealth contained in it. Nor should he say that the word is weak and sterile or look down on it simply because this portion was all that he happened to find. But precisely because he could not capture it all he should give thanks for its riches".

He continues to write to remind all of us to "be glad then that you are overwhelmed, and do not be saddened because he has overcome you. A thirsty man is happy when he is drinking, and he is not depressed because he cannot exhaust the spring. So let this spring quench your thirst, and not your thirst the spring. For if you can satisfy your thirst without exhausting the spring, then when you thirst again you can drink from it once more; but if when your thirst is sated the spring is also dried up, then your victory would turn to your own harm. Be thankful then for what you have received, and do not be saddened at all that such an abundance remains. What you have received and attained is your present share, while what is left will be your heritage. For what you could not take at one time because of your weakness, you will be able to grasp at another if you only persevere. So do not foolishly try to drain in one draught what cannot be consumed all at once, and do not cease out of faintheartedness from what you will be able to absorb as time goes on". Today's Gospel presents us with another passage of the Sermon on the Mount, which we find in the Gospel of Matthew. In this passage, Jesus wants to help his listeners to reread the Mosaic law. What had been said in the ancient covenant was true, but that was not all: Jesus came to bring to fulfilment and to promulgate in a definitive way the Law of God. He manifests its original aims and fulfils its authentic aspects, and he does all this through his preaching and, even more, with the offering of himself on the Cross. In this way, Jesus teaches how to fully carry out God's will, and he uses these words: with a 'righteousness' that 'exceeds' that of the scribes and the Pharisees. A righteousness enlivened by love, charity, mercy, and hence capable of fulfilling the substance of the commandments, avoiding the risk of formalism.

In today's Gospel, Jesus examines three aspects, three commandments that refer to murder, adultery and swearing. Regarding the commandment 'you shall not kill', he states that it is violated not only by murder in effect, but also by those behaviors that offend the dignity of the human person, including insulting words. Of course, these insulting words do not have the same gravity and culpability as killing, but they are set along the same line, because they are the pretext to it, and they reveal the same wickedness. Jesus invites us not to establish a ranking of offences, but to consider all of them damaging, since they are driven by the intent to do harm to one's neighbor. Jesus gives an example. Insulting: we are accustomed to insulting; it is like saying "good morning". And that is on the same line as killing. One who insults his brother, in his heart kills his brother. Please do not insult! We do not gain anything.

Another fulfilment is generated by the matrimonial law. Adultery was considered a violation of man's property right over the woman. Instead, Jesus goes to the root of the evil. As one comes to killing through injuries, offences, and insults, in this way one reaches adultery through covetous intentions regarding a woman other than one's own wife. Adultery, like

theft, corruption and all the other sins, are first conceived in the depth of our being and, once the wrong choice is made in the heart, it is carried out in concrete behavior. Jesus says: one who looks with a covetous spirit at a woman who is not his own is an adulterer in his heart, has set off on the path towards adultery. Let us think a little bit about this: about the wicked thoughts that go along this line.

Jesus then tells his disciples not to swear, as swearing is a sign of the insecurity and duplicity with which human relationships unfold. God's authority is exploited to guarantee our human narrative. Instead, we are called to establish among ourselves, in our families and in our communities, a climate of clarity and mutual trust, so that we can be considered sincere without resorting to great tactics to be believed. Mistrust and mutual suspicion always threaten peace!

What are we going to choose this week? How to see the right perspective of our faith and life? The following fable will help us to understand.

A Lion and a Man chanced to travel in a company through the forest. They soon began to quarrel, for each of them boasted that he and his kind were far superior to the other both in strength and mind.

Now they reached a clearing in the forest and there stood a statue. It was a representation of Heracles in the act of tearing the jaws of the Nemean Lion.

"See," said the man, "that's how strong we are! The King of Beasts is like wax in our hands!"

"Ha!" laughed the Lion, "a Man made that statue. It would have been quite a different scene had a Lion made it!"

How do we live our life?



DIOCESAN SUNDAY UPDATES

The Sixth 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 or call Sr. Mariflor at 403-218-5521.

World Day of Prayer for the Sick | Feb 11

The World Day of the Sick is celebrated each year on **February 11**, the liturgical memorial of Our Lady of Lourdes. It is an occasion to pray for individuals who are suffering, and to find concrete ways to draw nearer to them. Read Bishop McGrattan's message at catholiccyyc.ca/blog

Ash Wednesday Mass with Bishop McGrattan | Feb 22

Bishop McGrattan will celebrate the Ash Wednesday Mass on **Feb. 22 at 5 pm**, St. Mary's Cathedral. All are welcome.

Our Lady of Victory Camp returns this summer

At camp everyone can *Encounter Christ, Encounter Community, and Encounter Creation*. They will do this through a mixture of faith experiences and outdoor activities held at our camp on beautiful Gull Lake. Any young person entering grades 4-12 next fall is welcome to attend!. Visit: camps.caedm.ca

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

Emergency support for Syria and Turkey | Give now

Millions of people in Syria and Turkey were shaken awake by disaster on Feb. 6, and found their lives, like the buildings around them, reduced to rubble. In the aftermath of the devastating earthquake, many people are seeking emergency shelter in convents, parish halls and schools. Your generous and prayerful support is essential in this critical moment — it could be a lifeline for those women, children and elderly people who have nowhere else to turn. Please consider lending a helping hand during this difficult time. To donate, go to catholiccyyc.ca/blog

Career opportunities

- Administrative Assistant (Part-time) - Our Lady of the Rockies, Canmore
- Administrative Assistant (Part-time) - St. Pius X, Calgary
- Assistant Care Coordinator (Full Time) - Elizabeth House, Calgary

Please visit catholiccyyc.ca/careers for more information and application details.

Kid's challenge this week

Jesus tells us that we must try hard not to get angry with our sisters and brothers or call them names. If we do argue with them we must try to make it up with them and become friends again as soon as possible. How will you try to make peace with others this week? (Source: CAFOD)

Subscribe to Faithfully

If you haven't already, please subscribe to the [Diocesan publication Faithfully](https://catholiccyyc.ca/faithfully) - to keep you updated with what's happening in our Diocese. Get a snapshot of faith at work in the lives of everyday people in our Diocese and find opportunities to spread the Good News of Christ beyond the walls of our churches. Subscribe at catholiccyyc.ca/faithfully

Secular Franciscan Order (OFS)

All are welcome to study and learn to follow the footsteps of St. Francis in our lives. Under the guidance of the Friars of Mount St. Francis, the Secular Franciscans invite you to their meetings on **Sunday, Feb. 19, from 2 pm to 4 pm**, at St. Luke's Church, Calgary. For more info, contact Lauretta at 403-948-0972 or email laurettastpaul@gmail.com

Fatal Flaws

St. James Catholic Women League would like to extend an invitation to your parish to attend a presentation of the movie "Fatal Flaws", a movie from the Euthanasia Prevention Coalition. When: **February 16, 7:00 pm**, at St. James Parish Hall, Okotoks | [Download Poster](#)

Share Lent Workshops

Development and Peace - Caritas Canada invites you to the Share Lent 2023 online workshop to discover how our partners around the World are creating a world of hope and how you can take action to do the same. When: **Saturday, Feb. 11 or Feb. 18**, 10 am to 1 pm. [Register here](#)

Pope's Prayer Intention - 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.

Sixth Sunday in Ordinary Time



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)

- [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)

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.catholiccy.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 Mustard Seed's Family Fun Day



February 18, 2023
11 a.m. - 3 p.m.

Hillcrest Church
3785 13 Ave SE
Medicine Hat, AB T1B 1J

If you're looking for a fun way to spend some time with your friends and family, join us at The Mustard Seed's Family Fun Day and enjoy an afternoon of activities!

This is a **FREE** event, please register to let us know you're coming!
Learn more and register at **TheSeed.ca/FamilyFun**



TheSeed.ca



The Kids' Bulletin

6th Sunday in Ordinary Time
February 12th, 2023



Do not think that
I came to abolish
the law or the
prophets...

Whoever obeys and
teaches the commandments
will be called greatest in the
kingdom of Heaven.

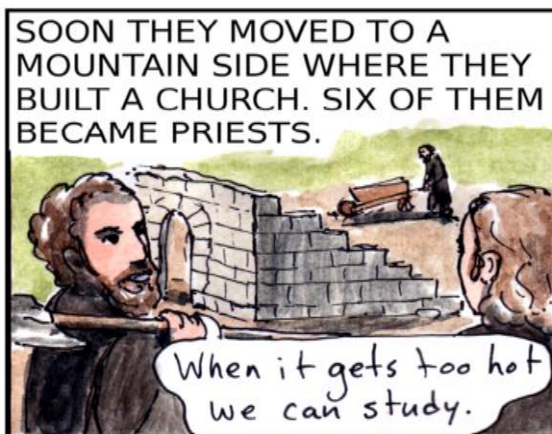
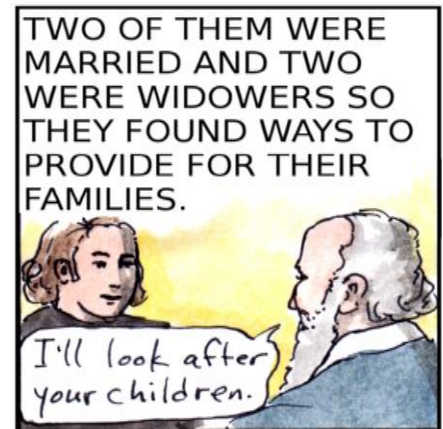
*Some people in Jesus' time thought that He
was going to get rid of the old law.*

*What does He have to say about the
commandments in today's Gospel reading?*

Look at this picture in the mirror to find out!

The Seven Holy Founders of the Servite Order

February 17



THE SEVEN SAINTS WHO STARTED THE SERVITE ORDER MADE GREAT SACRIFICES BY GIVING UP THEIR LIFE OF WEALTH AND THEIR FAMILIES. THEY HAD GOD'S HELP AND ALSO EACH OTHER'S HELP. DO YOU HAVE FRIENDS WHO CAN HELP YOU TO BE HOLY AND EVEN HEROIC? ARE YOU THAT KIND OF FRIEND?

Psalm 119 Word-Find



*See if you can
find all the
words in
CAPITALS.
Use the
leftover letters
to fill in the
blanks at the
end.*

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

Blessed are they who FOLLOW the law of the LORD.

Blessed are they whose way is BLAMELESS,
who WALK in the LAW of the Lord.
BLESSED are they who OBSERVE his DECREES,
who SEEK him with all their heart.

You have COMMANDED that your PRECEPTS
be DILIGENTLY KEPT.

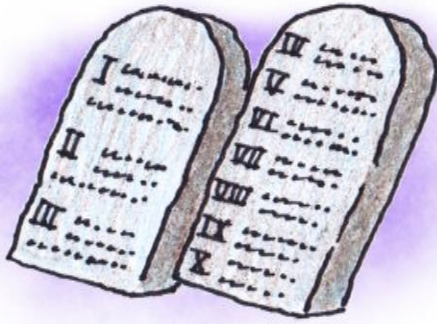
Oh, that I MIGHT be FIRM in the ways
of keeping your STATUTES!

Be GOOD to your SERVANT, that I MAY LIVE
and keep your WORDS.

OPEN my EYES, that I may CONSIDER
THE wonders of your law.

If you obey God's law, _____.

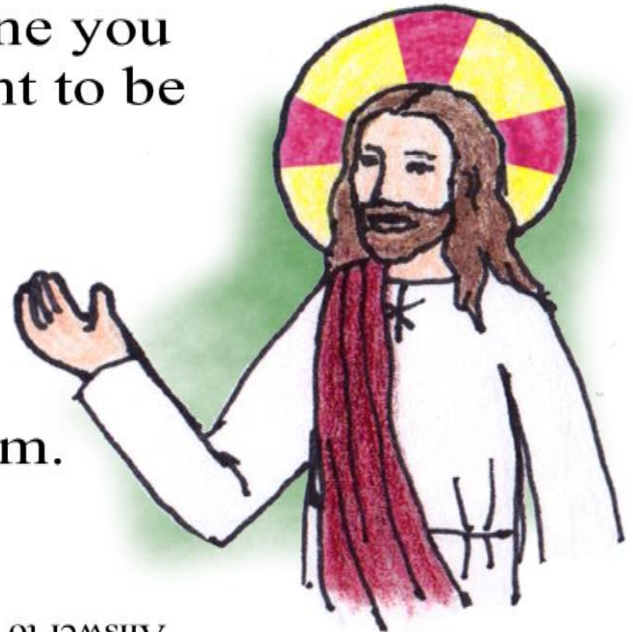
What does Jesus say about the Commandments?



In today's Gospel reading Jesus was talking about the laws of God. Some people thought that He would take away the old law that God had given the Jews. But Jesus said that He didn't come to take away the law. He came to fulfill the law.

The old laws tell us the things that we shouldn't do, like worship false gods or kill people or steal. Jesus is telling us that just obeying the commandments isn't enough. He wants us to do everything out of love. If you really love a person then of course you won't kill them! But He says you shouldn't get angry at them either. You wouldn't steal from someone you love- but wouldn't you want to be generous to them too?

Jesus says that the Ten Commandments are very important, but we have to do more than just obey them.
We need to love!



Answer to Word-Find: "you will be blessed."

Lent 2023

@ Mount St. Francis Retreat Centre

41160 Retreat Road (Cochrane)

Day Away - Advocate for the Poor

Wednesday, March 8

9 am - 3 pm

Includes presentation, quiet time,
Eucharist, and Noon Meal.

\$30

Fill Our Hearts With Your Love Evening Twilight Retreat

Wednesday, March 8

Registration 6 pm

Dinner 6:30 pm

followed by Presentation,
Quiet Time and Closing Ritual

\$30



REGISTER

for each or all of
these Lenten
Retreats at:

mtfrancis@shaw.ca
or 403-932-2012

Crossroads: Charity of the Cross Holy Week Retreat

Wednesday, April 5

9am -3pm or 6:30-9 pm

Includes either noon meal
or supper, presentation,
quiet time and ritual.

\$30

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.