



# Welcome to HOLY FAMILY PARISH



FEBRUARY 19, 2023 – 7<sup>TH</sup> SUNDAY IN ORDINARY TIME - YEAR

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

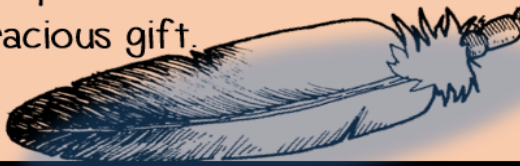
MONDAY - FRIDAY 9:30am - 4:00pm

ADORATION FRIDAY 9:30 – 10:30am

Knights of Columbus - Kirby Peterson  
Catholic Women's League – Cathy Koch

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.



## † Masses & Mass Intentions †



Saturday, February 18

5:00pm ~ Dcn Robert, Helena & Family

Sunday, February 19

8:30am - Russell Foley & Family

10:30am - Mildred Braat & Family

6:00pm - Holy Family Parish

Monday, February 20

NO MASS TODAY - Happy Family Day

Tuesday, February 21

9:00am - Conrad Dombowsky †

Wednesday, February 22

9:00am - Family Members Conversion

6:30pm - Christopher & Nicola Pratt

Thursday, February 23

9:00am - Margaret & Tony Kramer

Friday, February 24

9:00am - Rod Simmons

### "The Lord is kind and merciful" [Psalm 103]

Jesus still teaches on the mount today. He moves from the "blessed are" to the "I say to you." He says today: Do not hate. Do not get even. Do not retaliate. Do not insult. Love your neighbor, domestic and foreign. He ends with this: "So be perfect, just as your heavenly Father is perfect." Clear. To the point. Hard but doable with God's help.

† How will I be kind, be merciful today?

† Whom shall I stop hating?

† How can I shape my less-than-perfect behavior in the perfection of God?

# FEBRUARY 19, 2023 – 7<sup>TH</sup> 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
<b>\$ 57,230 - Budget Vs Actual</b>	<b>\$ 6,754</b>
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

December 31, 2023 - Goal \$70938.  
 total to date \$ 6,452.15  
 which is 09%,  
**Together IN ACTION** \$ 64,485.85 to go!  
*Annual Bishop's Appeal*  
 Please Give Generously ~ Thank You!



Mark your Calendars

February 18 - 7:30am - HFP Hall  
 That Man is You

February 18 - 10:00am - Hope Room  
 Benedictine Group Meeting

February 19 - 10:00am - HFP Hall  
 Parish Breakfast

February 21 - 1:00pm - Faith Room  
 St. Vincent de Paul Meeting

February 22 - 9:00am - Faith Room  
 Bible Study

February 22 - 7:00pm - Faith Room  
 RCIA

Lent

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

February 24 - 6:00pm - HFP Church  
 Stations of the Cross - Knights of Columbus

February 26-28 - After 6:00pm Mass - Church  
 Lenten Mission with Fr. Mike Bombak

March 3 - 6:00pm - HFP Church  
 Stations of the Cross - Parish Pastoral Council

March 10 - 6:00pm - HFP Church  
 Stations of the Cross - Catholic Women's League

March 17 - 6:00pm - HFP Church  
 Stations of the Cross - R.C.I.A.

March 24 - 6:00pm - HFP Church  
 Stations of the Cross - Finance Council

March 31 - 6:00pm - HFP Church  
 Stations of the Cross - School Presenting

April 3 - 6:00pm - HFP Church  
 Stations of the Cross - Filipino Community





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

Omelets  
Pancakes  
Bacon



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

**THAT MAN IS YOU!**  
Holy Family Parish Hall  
Breakfast 7:30am  
Presentation  
8:30 – 9:30 am  
February 18, 2023  
Theme:  
The Agony In The Garden  
Presenter:  
Mark Hartfiel



**TMIY**  
THAT MAN IS YOU!

**Sacramental Preparation**  
**Confirmation Class - HFP Faith Rm**  
Thursday, March 2<sup>nd</sup> at 6:00pm  
**1st Communion Parent Meeting**  
Holy Family Parish Hall  
Thursday, March 2<sup>nd</sup> at 6:30pm  
**1st Communion Class**  
Holy Family Parish Faith Room  
Sunday, March 5<sup>th</sup> at 10:15am



**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!**

**The Catholic Women's League**  
**CWL Annual Spring Bottle Drive**  
Saturday April 22 & Sunday April 23

Thank you SO VERY MUCH for all you support

**FUNDRAISING**

Questions? Call MJ at 403-581-8004



**Bishop Carroll Assembly Meeting**  
**February 26 at 2:00 PM**  
**St Patrick's Church basement Meeting Room**




The Journey Begins this Wednesday

**Pastoral Care**  
MINISTRY TRAINING 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.

**12 Hour Adoration**  
Friday  
March 3, 2023  
9:30am – 9:30pm  
Reconciliation  
9:30am – 10:30am  
& 8:00pm – 9:30pm  
All parishioners welcome and encouraged to attend

"The best time you will spend on earth"  
**St. Mother Teresa**





# LENT & EASTER 2023



## Ash Wednesday Masses

February 22  
9:00am & 6:30pm



**Holy Week 2023**

**HOLY THURSDAY, APRIL 6<sup>th</sup>**  
MORNING PRAYER, 8:30AM  
MASS OF THE LORD'S SUPPER, 7:00PM\* FOLLOWED BY ADORATION  
UNTIL MIDNIGHT IN THE FAITH ROOM, AND RECONCILIATION IN  
CHARITY ROOM

**FRIDAY, APRIL 7<sup>th</sup>**  
GOOD FRIDAY SERVICES, 12:00 NOON\* AND 3:00PM

**SATURDAY APRIL 8<sup>th</sup>**  
MORNING PRAYER, 8:30AM  
BLESSING OF EASTER FOOD, 11:00AM  
EASTER VIGIL, 8:00PM\*

**SUNDAY, APRIL 9<sup>th</sup>**  
EASTER SUNDAY MASS, 8:30AM, 10:30AM\*


\*LIVESTREAM@ Youtube – Medicine Hat Holy Family Church



## Stations of the CROSS

6:00PM

Friday, February 24 – Knights of Columbus  
Friday, March 3 – Parish Pastoral Council  
Friday, March 10 – Catholic Women's League  
Friday, March 17 – R.C.I.A.  
Friday, March 24 – Finance Council  
Friday, March 31 - MHCBE  
Monday, April 3 – Filipino Community



*Knights of Columbus*  
*40 Loonies for Lent*



**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*










Stations of the Cross at St. Patrick's Church. The Legion of Mary in conjunction with various parish ministries, are pleased to facilitate the Stations of the Cross every Friday during Lent at St. Patrick's Church beginning at 7 pm. Everyone Welcome.

 **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)



 **40 LOONIES FOR LENT**   
This year's theme for our 40 Loonies for Lent is Leave No Neighbor. Your donations will go to Medicine Hat Food Bank or what is now called the Root Cellar, Mustard Seed, Saint Vincent De Paul, 5th Avenue and Saint Barnabas Meal Programs.  

**FORMED.org**  
THE CATHOLIC FAITH.  
ON DEMAND.

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

- Go to Formed.org
- Enter our PARISH CODE: **GPQWK7**

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

- Start enjoying the best Catholic content all in one place!

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

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



**accounting@holymfamilymh.ca**

*Faithfully*  
FAITH. LIVED. FULLY.

[catholicyc.ca/Faithfully](http://catholicyc.ca/Faithfully)  
Faithfully keeps you updated with what's happening in and around our Diocese!



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

**MAY 13 – MAY 27, 2023 - 15 DAYS**

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

# MARIAN PILGRIMAGE TO PORTUGAL, SPAIN & FRANCE



**CONNAISSANCE TRAVEL AND TOURS**

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

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

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



## 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.



# KNIGHTS OF COLUMBUS

IN SERVICE TO ONE. IN SERVICE TO ALL.

Holy Family Parish Knights of Columbus Council 9502 would like to make you aware of our **40 Loonies For Lent project**, which I believe is our 6<sup>th</sup> year of operation.

During Lent we are asked to commit to participate more fully in spiritual discipline of scripture reading, prayer, fasting, abstinence, and almsgiving. We also invite everyone to take part in our Parish Mission by Fr. Julian. Pope Francis has requested we become more empathetic to our hungry and starving brothers and sisters, Jesus as our good Shepherd truly took on the smell of the sheep. It has also been said that in our western world our prosperity has insulated us from the Needy.

This year's theme for our 40 Loonies for **Lent is Leave No Neighbour**. Your donations will go to **Medicine Hat Food Bank** or what is now called the Root Cellar, **Mustard Seed, Saint Vincent De Paul, 5<sup>th</sup> Avenue and Saint Barnabas Meal Programs**.

It should be noted that Holy Family Parish volunteers serve every Thursday at 5<sup>th</sup> Avenue and Holy Family also does every 4<sup>th</sup> and 5<sup>th</sup> Saturday at St. Barnabas Meal Program. I would personally like to thank the many volunteers who sacrifice their time to assist the people who may be struggling. Our goal this year is \$10000. Simply write "40 LOONIES FOR LENT" and the dollar amount on your weekly parish donation envelope. You may donate your full Lenten gift of \$40.00 one time or contribute an amount of \$7.00 or more each week. If sacrificial giving means you can give more, please do so. For those who are not using weekly envelopes you may make your cheque payable to Holy Family Parish or donate cash in a separate envelope marked with your name, address & "40 LOONIES FOR LENT" and place it in the weekly collection basket or drop it off at the Parish office. Alternatively, you may authorize the parish to process your donation on your credit card and most recently Holy Family Parish has added e-transfer but if using e-transfer please note it is to go to: **40 Loonies For Lent**.

Look for updates on funds collected in the parish bulletin.

We thank you in advance for your generosity, "**what ever you do to the least of my brothers you do unto me.**"

Thank you and may the Lord bless you and keep you.



**NET Canada Alberta  
Do Something Amazing Retreat**

**Are you between 18-30?**

Do you want to deepen your faith and share it with youth across Canada alongside other young Catholic adults like you?

You can help change the lives of youth in Canada next year. Sign up for a DSA Retreat today to grow closer to God, acquire tools for evangelization, and to learn more about what being a NET Missionary is all about!

We need 65 Missionaries for our 2020-2021 Mission Year to introduce Jesus to over 20,000 youth across Canada. You might be one of the 65 and there's only one way to find out!

NET Canada invites YOU to a Do Something Amazing Retreat on

**Saturday, March 4th, from 10:00 am to 5:00 pm  
Newman Theological College, Edmonton.**

Come find out what's it like to be a NET missionary and how you can radically change the lives of young people across Canada through the life-changing message of the Gospel! Interested or know someone who would be?

**Register at [netcanada.ca/apply](https://netcanada.ca/apply)!**

**Have questions? Email [recruit@netcanada.ca](mailto:recruit@netcanada.ca) or call/text 613-292-9991!**

**Do something Amazing. Become a NET Missionary.**





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

February 19, 2023

## Leaving our Comfort Zone

I would like to share “God’s Cover Letter” written by an unknown author before I share my reflection with you. I believe this is so very important for us to understand that God’s choice for us to attain eternal life and life in abundance is the core of his love which we can see in the Sacred Scripture’s Readings of this week.

“To Whom It May Concern....

I heard you were considering a new manager for your life. I would like to apply for the job.

I believe I am the most qualified candidate applying. I am the only one that has ever done this job successfully. I was the first manager of life. In fact, I made all lives, so naturally I know how humanity works, and what is best to get people back into proper working condition. Hiring me will be exactly like having the manufacturer as your personal mechanic. If this is your first time considering me, I would just like to point out that my salary has already been paid by my son, Jesus on the cross of Calvary. This salary covers the time prior to my hiring as well as my present and future employment.

If you decide to hire me, I will need to receive from you an acknowledgment that you erred in not hiring me sooner. I understand this is a strange requirement, but since you violated the manufacturer's warrantee by placing your being under inferior management, this is a necessary prerequisite to my engagement.

Lastly, I will require a carte blanche (a blank cheque) to reorganizing and managing your life. I intend to make some major changes and revisions. They are not for you to worry about. I need your permission to execute these changes, My way and in My time. I will establish new goals and objectives and restructure your life to meet these requirements. Please keep your hands out of the way. Don't try to help me and don't resist me and we will get along fine. I really do need your full commitment and cooperation in this. If you

give me those, the process of getting your life back to manufacturer's intentions can go smoothly, without delays. I assure you: you will be pleased with the outcome.

I will require a verbal contract to all these stipulations in the presence of witnesses.

Yours Sincerely,

GOD

P.S. I created the heavens and the earth. I AM.

BELOW IS MY RESUME...

GOD Everywhere All over, Every Place ~ Phone: (123) 456-PRAY.

EXPERIENCE From the beginning of time. Before the beginning of time. From everlasting to everlasting. I made time.

ABILITY All Powerful

PRIOR EMPLOYMENT Created the universe, put the galaxies in place, formed man. Established heaven and earth by My spoken Word and am currently holding up the world by My power.

EDUCATION AND TRAINING: I AM and I have all knowledge.

CHARACTER REFERENCE: Love, light, and life (1 John 4:16, 1 John 1:5, John 14:6). A representative, but by no means conclusive list of other character traits follows: Wisdom (James 1:5), Comfort (2 Corinthians 1:3), Truth (John 8:32), Healer (1 Peter 2:24), Strength (Phil. 4:13), Forgiveness (1 John 1:9), Provider (Phil. 4:19), Mercy (Ephesians 2:24), Good (Matthew 19:17), Peace (Romans 14:17).

AVAILABILITY Willing and ready to take over your life. Able to put your life together again. Will bring all of who I AM into your life. Can start now.

SALARY REQUIREMENT: Work in your life has already been paid for through the blood of My Son, Jesus. Your only responsibility is to commit initially and on a daily basis. To trust and obey what Jesus has done and wants to do in your life.

How wonderful it is to read this cover letter in the context of our faith. This is going to be last Sunday in Ordinary time before we begin our Ash Wednesday. As we continue to meditate and reflect on the Word of God given to us everyday and Sundays which will help us to leave our comfort zone and consider the needs of other people.

Last week we reflected on the Sacred Scripture Reading to see how and what we choose to have better life and relationship with the Lord. From the Gospel Reading of last Sunday, we were able to reflect on the words of the Lord "it was said in the ancient times.... but I say to you" were the centre of the whole Gospel as Jesus opened our hearts and minds to see the real meaning and spirit of the Law shaking up our comfort zone. That's why I have chosen the title for my reflection "Leaving our Comfort Zone" as I strongly believe that it is not easy to practice what the Lord is telling us to practice and do what is needed to be a good disciple of him. Today is the fourth and last part of the chapter 5



of St. Matthew. It started with the beatitudes which helped us to see the clear picture of the qualities or attributes disciples should have to follow Jesus. Then week after we read and heard that Jesus made us to recognize our discipleship by reflecting on the symbols of salt and light of the earth and world which was meant that people should recognize that we follow the Lord. This week we are invited to come out of our comfort zone and do what is important to show to the world that God is love, perfect and holy who is slow to anger and bounding in love. This week as we are going to begin our Lenten journey by being anointed with the ashes to remind us that love and forgiveness is more important than our pride and hate against others.

Why is the Word of God inviting us to reflect on these powerful image/symbols during this week? A life of a disciple is a life of struggle to perfect him or herself everyday of living. God has created humans a little less than angels. What do we need in our life to achieve holiness and perfection? First, as St. Paul says, "don't you know you are a temple of the Holy Spirit" Secondly, daily reading and reflecting on the Word of God. Thirdly, follow the examples of the apostles and saints who struggled everyday to perfect themselves to walk in the footsteps of Jesus. Fourthly, spending time in prayer everyday. Fifthly, sharing our lives with others who are poor, marginalised and rejected.

Once upon a time, a monk was going somewhere. On his way, he saw a merchant going with five donkeys carrying bags which looked too heavy for donkeys to carry. Monk asked merchant, "What have you in these bags, which these poor donkeys are not able to carry?" The merchant replied, "These bags are filled with things of human use. I am going to market to sell these." Monk said, "what things are filled in these bags?"

Merchant replied, "First donkey you see is loaded with bags of atrocities/torture" Monk asked, "But who will buy this?" Merchant said, "its buyers are ruling people. It is sold at a very high rate". Monk asked pointing to second donkey, "what is in bags of this donkey?" Merchant replied, "This bag is full of pride...and it's buyers are scholars". Merchant continued, "Bags on third donkey contains jealousy and its customers are rich people who can not tolerate other people's success. Lots of people buy this. Bags on the fourth donkey contain dishonesty. Its customers are those businessmen who make profit by cheating. There are always many buyers ready for this".

Monk asked, "then what's loaded on last donkey?" Merchant said, "bags on this donkey are full of fraud and people who do not do any work and do frauds to cheat people, buy this".

After listening to the merchant, monk realized that it was devil himself, who was spreading evil in the world and his victims become selfish people who feel comfortable and satisfied by cheating other people for their own gain.

What the Sacred Scripture Readings are teaching us today is that we must follow the Lord because he understands us and has the ultimate wisdom to help us to be holy and perfect as our Heavenly Father is. St. Ambrose once said, "Open your lips, and let God's word be heard" and that's brings us out of our comfort zone to love and pray for our enemies.

We must always meditate on God's wisdom, keeping it in our hearts and on our lips. Your tongue must speak justice, the law of God must be in your heart. Hence Scripture tells you: You shall speak of these commandments when you sit in your house, and when you walk along the way, and when you lie down, and when you get up. Let us then speak of the Lord Jesus, for he is wisdom, he is the word, the Word indeed of God. It is also written: Open your lips and let God's word be heard. God's word is uttered by those who repeat Christ's teaching and meditate on his sayings. Let us always speak this word. When we speak about wisdom, we are speaking of Christ. When we speak about justice, we are speaking of Christ. When we speak about peace, we are speaking of Christ. When we speak about truth and life and redemption, we are speaking of Christ.

Open your lips, says Scripture, and let God's word be heard. It is for you to open; it is for him to be heard. So, David said: I shall hear what the Lord says in me. The very Son of God says: Open your lips, and I will fill them. Not all can attain to the perfection of wisdom as Solomon or Daniel did, but the spirit of wisdom is poured out on all according to their capacity, that is, on all the faithful. If you believe, you have the spirit of wisdom. Meditate at all times on things of God, and speak things of God, when you sit in your house. By house we can understand the Church, or the secret place within us, so that we are to speak within ourselves. Speak with prudence, to avoid falling into sin, as by excess of talking. When you sit in your house, speak to yourself as if you were a judge. When you walk along the way, speak to never be idle. You speak along the way if you speak in Christ, for Christ is the way. When you walk along the way, speak to yourself, speak to Christ. Hear him say to you: I desire that in every place man should pray, lifting holy hands without anger or quarreling. When you lie down, speak so that the sleep of death may not steal upon you. Listen and learn how you are to speak as you lie down; I will not give sleep to my eyes or slumber to my eyelids until I find a place for the Lord, a dwelling place for the God of Jacob. When you get up or rise again, speak of Christ, so as to fulfill what you are commanded. Listen and learn how Christ is to awaken you from sleep. Your soul says: I hear my brother knocking at the door. Then Christ says to you: Open the door to me, my sister, my spouse. Listen and learn how you are to awaken Christ. Your soul says: I charge you, daughters of Jerusalem, awaken or reawaken the love of my heart. Christ is that love. Today's First Reading invites us all to be holy as our Lord God is holy. What does it mean? It means that by becoming holy we walk under the Holy Spirit and all gifts and fruits of the Holy Spirit to live our lives by leaving comfort zone and believing that God has created us on his own image to be an example of true discipleship. St. Augustine says, "our hearts long for God" which means we are called to do what the Lord is commanding us to do. From the Gospel today we might think that Jesus' teaching is a part of a plan; in the end, the wicked will desist. But that is not why Jesus asks us to love even those who do us harm. What, then, is the reason? It is that the Father, our Father, continues to love everyone, even when his love is not reciprocated. The Father "makes his sun rise on the evil and on



the good and sends rain on the just and on the unjust". In today's first reading, he tells us: "You shall be holy; for I, the Lord your God, am holy". In other words: "Live like me, seek the things that I seek". And that is precisely what Jesus did. He did not point a finger at those who wrongfully condemned him and put him to a cruel death but opened his arms to them on the cross. And he forgave those who drove the nails into his wrists.

If we want to be disciples of Christ, if we want to call ourselves Christians, this is the only way; there is no other. Having been loved by God, we are called to love in return; having been forgiven, we are called to forgive; having been touched by love, we are called to love without waiting for others to love first; having been saved graciously, we are called to seek no benefit from the good we do. You may well say: "But Jesus goes too far! He even says: "Love your enemies and pray for those who persecute you". Surely, he speaks like this to gain people's attention, but he cannot really mean it". But he really does. Here Jesus is not speaking in paradoxes or using nice turns of phrase. He is direct and clear. He quotes the ancient law and solemnly tells us: "But I say to you: love your enemies". His words are deliberate and precise.

Love your enemies and pray for those who persecute you. That's coming out of our comfort zone. It is the Christian difference. Pray and love: this is what we must do; and not only with regard to those who love us, not only with regard to our friends or our own people. The love of Jesus knows no boundaries or barriers. The Lord demands of us the courage to have a love that does not count the cost. Because the measure of Jesus is love without measure. How many times have we neglected that demand, behaving like everyone else! Yet his commandment of love is not simply a challenge; it is the very heart of the Gospel. Where the command of universal love is concerned, let us not accept excuses or preach prudent caution. The Lord was not cautious; he did not yield to compromises. He asks of us the extremism of charity. This is the only legitimate kind of Christian extremism: the extremism of love. Soon we will begin our Lenten season which invites to repent, pray, fast, and show charity to others. This season is a season of mutual relationship with the Lord who carried our sins upon himself that we may be saved.

Pope St. Clement I opens our minds to understand the real meaning of Lent with these words "If we review the various ages of history, we will see that in every generation the Lord has offered the opportunity of repentance to any who were willing to turn to him. When Noah preached God's message of repentance, all who listened to him were saved. Jonah told the Ninevites they were going to be destroyed, but when they repented, their prayers gained God's forgiveness for their sins, and they were saved, even though they were not of God's people. In other words, God wanted all his beloved ones to have the opportunity to repent and he confirmed this desire by his own almighty will. That is why we should obey his sovereign and glorious will and prayerfully entreat his mercy and kindness. We should be suppliant before him and turn to his compassion, rejecting empty works and quarrelling and jealousy which only lead to death. The Season of Lent to pause a little to see who we are and where are we heading to and return to the Lord "As I

live, says the Lord, I do not wish the death of the sinner but his repentance". He added this evidence of his goodness: House of Israel, repent of your wickedness. Tell the sons of my people: If their sins should reach from earth to heaven, if they are brighter than scarlet and blacker than sackcloth, you need only turn to me with your whole heart and say, "Father," I will listen to you as holy people". Once again St. Pope Clement I says "we should be humble in mind, putting aside all arrogance, pride and foolish anger. Rather, we should act in accordance with the Scriptures, as the Holy Spirit says: The wise man must not glory in his wisdom nor the strong man in his strength nor the rich man in his riches. Rather, let him who glories glory in the Lord by seeking him and doing what is right and just. Let this season provide us time to pause, see and return our lives to become pleasing to the Lord".

Are we ready to leave our comfort zone to follow the commandment of the Lord?

*Matthew 5:44*

**LOVE**  
**YOUR**  
*enemies*

AND PRAY FOR THOSE WHO PERSECUTE YOU

ROMAN CATHOLIC  
**DIOCESE**  
of Calgary

7<sup>th</sup> SUNDAY IN  
ORDINARY TIME



# DIOCESAN SUNDAY UPDATES

The Seventh 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.

## 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.

## Fasting & Abstinence

Ash Wednesday and Good Friday are universal days of fasting and abstinence from meat. Anyone over the age of 18 and under the age of 59 are obliged to fast and abstain. Fasting, in the Latin Church, is the limitation of food and drink – typically to one main meal and two smaller meals (that together do not equal the regular meal in size), with no solid foods in between. Abstinence is the refraining from certain kinds of food or drink, typically meat. While all Fridays are days of abstinence from meat, in Canada “Catholics may substitute special acts of charity or piety on this day.” ~ Ordo, note 29b and 29d.

## STMU - The President's Dinner

On **Thursday, March 23** St. Mary's University will be hosting their annual President's Dinner fundraising gala, featuring our new President Dr. Sinda Vanderpool and Bishop McGrattan as keynote speakers. When: **Thursday, March 23 at 6 pm**, Calgary Italian Culture Centre (416 1 Ave NE). To purchase tickets, please visit <https://stmu.ca/dinner>  
Proceeds from the President's Dinner support the student experience at St. Mary's and the pursuit of academic excellence.

## 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](https://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](mailto:friardan47@gmail.com)

## Emergency support for Syria and Turkey | Give now

Thousands of lives were taken or left missing after the catastrophic earthquake in Turkey and Syria. At this critical moment, your generous and prayerful support is more than necessary – it is vital to their survival.

Funds are urgently needed to provide food, medical supplies, shelter and other essentials both now and in the coming months. Donations will help those affected go back to a more stable life. You can donate through any of the organizations below:

- Development and Peace - Caritas Canada | 1-800-494-1401
- CNEWA Canada | 1-866-322-4441
- Canadian Jesuits International | 1-800-448-2148
- Aid to the Church in Need Canada | 1-800-585-6333 Ext 228

## Career opportunities

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

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

## 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. 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 [catholiccyc.ca/faithfully](https://catholiccyc.ca/faithfully)

## 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.*

## Pastoral Letter for the People of God in Canada

After many months of dialogue, encounter, and listening circles with Indigenous Peoples—including an Indigenous Delegation to the Vatican in April 2022 and Pope Francis' Apostolic journey to Canada last July—the Canadian Conference of Catholic Bishops has released four pastoral letters on reconciliation. Please visit [ccc.ca](https://ccc.ca)

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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)

**Kid's challenge this week:** Jesus knows that we are human and cannot always be perfect. He does not expect us to know how to do everything correctly all the time. But Jesus does expect us to serve the Kingdom of God by following his example of loving others, including our enemies, and being generous to those who need help. This week, ask the Holy Spirit to help you be generous and love others as Jesus did. (Source: Loyola Press)

- [Colouring page this Sunday](#)
- [Kid's Bulletin for this Sunday](#)
- [Sunday Connection for this Sunday](#) (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)

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](#)

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

## Feb/March 2023 Calendar Highlights

- **Feb 20** | [Lenten Ignatian Retreat: Will you make the time?](#) - FCJ
- **Feb 21** | [Simeon & Anna: Waiting, grasping the signs; finding our story - with Fr. Tim](#) - St. Martha Letbhrige or Online
- **Feb 21** | [Directory for Catechesis Study Group](#) - Zoom
- **Feb 22** | [Ash Wednesday Mass with Bishop McGrattan](#) at 5 pm - St. Mary's Cathedral
- **Feb 21 to Mar 28** | [Sharing the gift of Christian Meditation](#) - St. James, Okotoks
- **Feb 23-25** | [Come and See the Life of the Franciscans](#)
- **Feb 23** | [Benedictine Spirituality](#) - Zoom
- **Mar 3** | [First Friday Mass with St. John Choir Schola](#) - Our Lady of Assumption, Calgary
- **Mar 3** | [World Day of Prayer Service](#) - St. Michael's, Calgary
- **Mar 3-5** | [Retrouvaille Marriage Program](#)
- **Mar 3-4** | [Gift of Hope - Retreat for the Unemployed](#) - FCJ
- **Mar 4** | [35th Anniversary of CCCRS](#) - St. Thomas More, Calgary
- **Mar 4** | [Retraite du carême](#) - Sainte Famille, Calgary
- **Mar 6-12** | [6 Day Lenten Silent Retreat](#) - FCJ
- **Mar 7** | [Support for Daily Examen](#) - Zoom
- **Mar 8** | [Lent Retreat - Day Away: Advocate for the Poor](#) - Mt. St. Francis
- **Mar 8** | [Fill Our Hearts with Your Love Retreat](#) - Mt St. Francis
- **Mar 9** | [Laudato Si with Pope Francis - Lenten Reflection](#) - FCJ
- **Mar 11** | [Rising from Ashes - Heroic Men Summit](#) - Online
- **Mar 18** | [Serra Club featuring Fr. Joseph Mary Do, OP](#) - St. Mary's Cathedral
- **Mar 23** | [Come Aside Evening: Lenten Reflection](#) - FCJ
- **Mar 24** | [Live-In Retreat](#) - Okotoks
- **Mar 25** | [Lenten Reflection](#) - Divine Mercy Sisters
- **Mar 29** | [Spiritual Directors' Enrichment Day](#)
- **Mar 31** | [Friday Mass with St. John Choir Schola](#) - St. Anthony's Church



# 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](https://TheSeed.ca/FamilyFun)



[TheSeed.ca](https://TheSeed.ca)







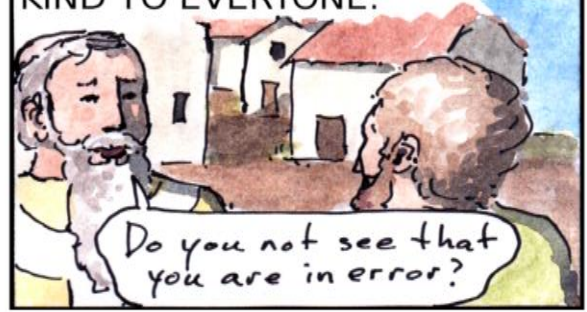
# Saint Polycarp

## February 23

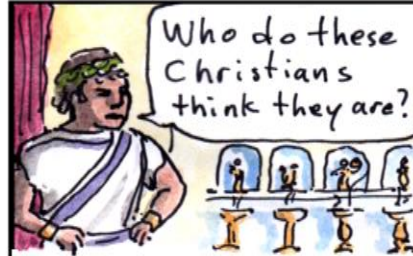
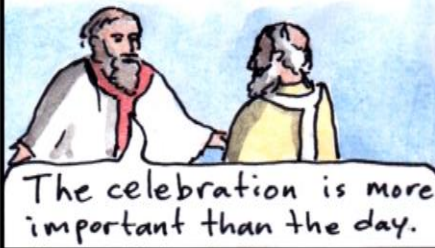
SAINT POLYCARP LEARNED ABOUT JESUS FROM SAINT JOHN THE APOSTLE. HE BECAME THE BISHOP OF SMYRNA, IN WHAT IS NOW TURKEY.



POLYCARP FOUGHT AGAINST HERESIES THAT CONFUSED PEOPLE ABOUT GOD, BUT WAS KIND TO EVERYONE.



POLYCARP CELEBRATED EASTER ON A DIFFERENT DAY THAN THE POPE, BUT THEY DID NOT ARGUE ABOUT IT.

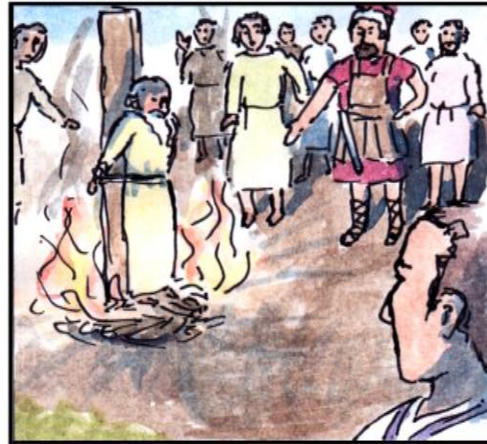


IN THOSE DAYS THE ROMANS HATED THE CHRISTIANS BECAUSE THEY WOULD NOT WORSHIP THE GODS.

WHEN THEY CAME FOR POLYCARP HE HID ON A FARM, BUT WAS FOUND.



AT FIRST THEY FELT SORRY FOR HIM BECAUSE HE WAS SO OLD. THEY TRIED TO CONVINCE HIM TO GIVE UP THE FAITH.



HE WOULDN'T REJECT THE FAITH, SO THEY TRIED TO BURN HIM, BUT THE FIRE ONLY WENT AROUND HIM AND DIDN'T HURT HIM! FINALLY THEY STABBED HIM.

SAINT POLYCARP HELD ONTO HIS FAITH EVEN WHEN HE WAS VERY OLD. HE WOULDN'T EVEN GIVE UP ON JESUS WHEN HE WAS FACED WITH TORTURE. MOST OF US WON'T HAVE TO CHOOSE BETWEEN KEEPING OUR FAITH AND GETTING KILLED, BUT WE STILL HAVE TO BE BRAVE TO STAY TRUE TO JESUS IN THE WORLD.

*True or False:*  
**What did Jesus say?**

*How does Jesus tell us we should act toward others?  
Which of these are true and which are false?*



1. When someone hits you on one cheek, you should hit them back.  
True or False?

2. If someone tries to take your coat, you should give them your tunic as well.  
True or False?



3. If someone makes you walk a mile with them, you should walk two miles.  
True or False?



4. If someone asks for something, you shouldn't lend it to them, since they might not give it back.  
True or False?

5. You should love your friends and hate your enemies. True or False?



6. You should love your enemies and do good to the people who hate you.  
True or False?



7. You should be perfect as our Heavenly Father is perfect.  
True or False?



# Ash Wednesday



This coming Wednesday is Ash Wednesday, which is the first day of Lent. Lent is a special time in which we prepare to celebrate Jesus' death and resurrection on Good Friday and Easter Sunday.



Lent is a time of repentance. We make sacrifices and try to improve our lives to become more like Jesus. Jesus never sinned but He gave up His life to pay for our sins. That is why we make sacrifices—out of love for God and to make up for our sins. We offer our sacrifices to God the Father, just as Jesus on the cross offered up His life to God the Father.

On Ash Wednesday if you go to Mass you can receive ashes on your forehead. The ashes are a sign of repentance. They remind us that without God we are nothing and that someday we will die and be buried. But they can also remind us that if we do have God living in us, after we die we will rise from the dead, just as Jesus did on Easter, after He died on the cross.



Answer to puzzle on front: Be perfect as  
your Heavenly Father is perfect.  
Answers to True or False: 1.false 2.true  
3.true 4.false 5.false 6.true 7.true



The Hat Grannies for Africa present their annual  
**Fabric, Yarn & More Sale**

**St. John's Presbyterian Church**  
**504 – 2nd Street SE, Medicine Hat**  
**Saturday, March 11, 2023**  
**9:00 am to 2:00 pm**

**Half-price sale  
begins at 1:00 pm**

**All proceeds to Grandmothers to  
Grandmothers Campaign**

**Wearing of masks is  
encouraged**

**Call Kathy at 403-928-2135  
or Joanie at 403-526-9005  
for further information.**

**Admission: \$1.00**

**CASH SALES  
ONLY**

**find us on Facebook @ Hat Grannies**

*grandmothers to  
grandmothers  
campaign*



# 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**



**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**

**REGISTER**  
for each or all of  
these Lenten  
Retreats at:

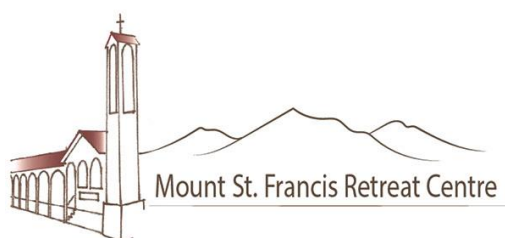
mtfrancis@shaw.ca  
or 403-932-2012

# 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:contact@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](mailto:contact@holyfamilymh.ca) so it can be sent to the diocese.