



Welcome to HOLY FAMILY PARISH

FEBRUARY 26, 2023 – 1ST SUNDAY OF LENT - YEAR A

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

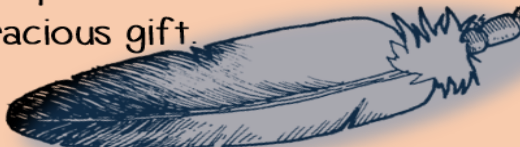
THE CHAPEL IS OPEN

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

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

Parish Pastoral Council Chair - Gary Heinbecker
Parish Finance Council 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.



Keep Grace Upfront.

Transgression and sin play a big part in the garden of Eden story. So does grace – which is the first part of that story. In the Roman's reading, Saint Paul counterpoints Adam and Eve with the saving death of Jesus Christ. He is the very grace of God. It is only when standing within this grace can we name what is non-grace, what is wrong with life, what is sin. Thus, Jesus can face the tempter without faltering – and help us do the same.

- ✦ How will the Bread of Life (Communion) fill me more than daily bread?
- ✦ How will I trust and not test God this Lent?
- ✦ What things and/or people will I stop “worshipping” so that I will worship God alone?

† Masses & Mass Intentions †



Saturday, February 25

8:30am ~ Anton Massini
5:00pm ~ Pat Denis Family

Sunday, February 26

8:30am ~ Holy Family Parish
10:30am ~ Derrick Risling †
6:00pm ~ Maria Sehn

Monday, February 27

9:00am ~ No Mass this Morning
6:00pm ~ Ben Schafer †

Tuesday, February 28

9:00am ~ No Mass this Morning
6:00pm ~ L.J.

Wednesday, March 1

9:00am ~ E.J.

Thursday, March 2

9:00am ~ Kim McLeod †

Friday, March 3

9:00am ~ Kim Bennett

FEBRUARY 26, 2023 – 1ST SUNDAY OF LENT - 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

December 31, 2023 - Goal \$70938.
total to date **\$ 6,838**

Together IN ACTION which is 10%,
\$ 64,010 to go!

Annual Bishop's Appeal

Please Give Generously ~ Thank You!



Mark your Calendars!

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

February 25 ~ 7:30am ~ HFP Hall
That Man is You

February 25 ~ 8:30am ~ HFP Church
Lenten Mass

February 25 ~ 10:00am ~ Hope Room
Benedictine Group Meeting

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

February 28 ~ 1:00pm ~ Faith Room
St. Vincent de Paul Meeting

March 1 ~ 9:00am ~ Faith Room
Bible Study

March 1 ~ 7:00pm ~ Faith Room
RCIA

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

Divine Mercy Chaplet
Daily after Morning Masses
or 9:30am
Up to Divine Mercy Sunday
April 16 at 3:00pm

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



THAT MAN IS YOU!

Holy Family Parish Hall

Breakfast 7:30am

Presentation

8:30 – 9:30 am

March 4, 2023

Theme:

The Scourging At The Pillar

Presenter:

Mark Hartfiel

TMIIY
THAT MAN IS YOU!



Bishop Carroll Assembly Meeting

**February 26 at 2:00
PM**

**St Patrick's Church
basement Meeting
Room**



EMAIL SCAMS AGAIN FROM PREISTS, CHURCH, STAFF, ETC.

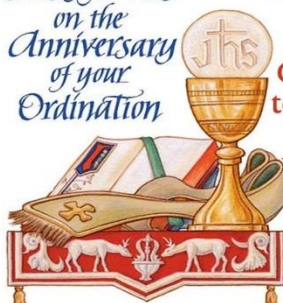
NOBODY is going to ask you for gift
cards, or bit coins! **NOBODY!!!**

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

*BLESSINGS
on the
Anniversary
of your
Ordination*

HAPPY 50TH ANNIVERSARY

Congratulations to Fr. Greg
Coupal on his 50th Anniversary
to the priesthood on March 3rd.
Thank you, Fr. Greg, for your
years of service and faithfulness
to your vocation.



Please include him in your
prayers.



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



2023 MEN'S LENTEN RETREAT

Jesus: The Way, the Truth & the Life

HOLY FAMILY PARISH

FRIDAY MARCH 17 – 7:30PM

FOLLOWED BY ST. PATRICK'S DAY SOCIAL

SATURDAY, MARCH 18 – 8:30AM

FOLLOWED BY LUNCH

FREE WILL OFFERING

Register to Greg Martin 403-878-0639 or gmartin7@telus.net

GriefShare



**Are you or someone you know grieving the
loss of a loved one?**

**Grief Share meets Thursday, March 16 at
2:00pm in the Hope Room
Call Karen at 403-487-4893**

*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**

Penitential Service

Wednesday, March 15

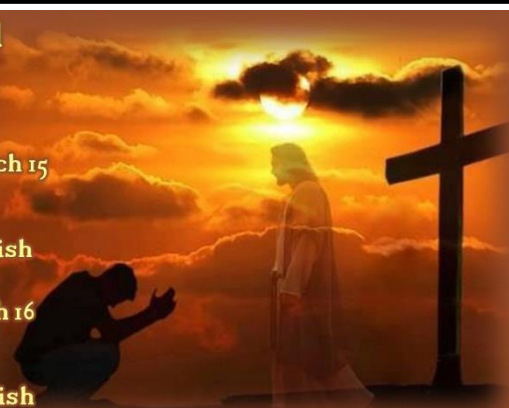
7:00pm

St. Patrick's Parish

Thursday, March 16

7:00pm

Holy Family Parish



LENT & EASTER 2023



Knights of Columbus
40 Loonies for Lent



Lenten Masses
Saturdays
8:30am



HOLY THURSDAY, APRIL 6th

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 7th

GOOD FRIDAY SERVICES, 12:00 NOON* AND 3:00PM

SATURDAY APRIL 8th

MORNING PRAYER, 8:30AM

BLESSING OF EASTER FOOD, 11:00AM

EASTER VIGIL, 8:00PM*

SUNDAY, APRIL 9th

EASTER SUNDAY MASS, 8:30AM, 10:30AM*

*LIVESTREAM@ Youtube – Medicine Hat Holy Family Church

Holy Week 2023



Stations of the CROSS

6:00PM

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

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.

RESOUND

A Time of Prayer & Music

Sunday, March 5th @ 7:00pm
St. Patrick's Parish

Sunday 10:30am Mass on
YOUTUBE

Medicine Hat Holy Family Church
Live Stream

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

You Tube



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

- 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*



E-transfer
ONLINE GIVING



accounting@holymfamilymh.ca

Faithfully

FAITH. LIVED. FULLY.

catholiccyyc.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 or Maria: 905-334-0559 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.



PROFESSION OF VOWS

Admission to
Consecrated Life

• Profession of
First Vows



MARCH 19TH AT 7PM

Holy Mass presided by Bishop William McGrattan, concelebrated by Bishop Alberto Taveira, (Guaranteeing Bishop of the Seeds of the Word Community), and with the presence of Sr. Mary Sarah, the General Moderator of the Community.

ST. MARY'S CATHEDRAL – CALGARY, AB

LIVESTREAMED BY SOW WEBTV: youtube.com/sementesdoverbo



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!

Have questions? Email recruit@netcanada.ca or call/text 613-292-9991!

Do something Amazing. Become a NET Missionary.



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 6th 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 Rev. Fr. Michael Bombak. 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, 5th Avenue and Saint Barnabas Meal Programs**.

It should be noted that Holy Family Parish volunteers serve every Thursday at 5th Avenue and Holy Family also does every 4th and 5th 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.



First Sunday of Lent Year A

February 26, 2023

TEMPTATIONS AND OUR RESPONSE

On the first Sunday of Lent, we are introduced to the very interesting Gospel reading where the devil is shown playing with the human side of Jesus. He tries to trap Jesus in a very clever way however Jesus shows His trust in His Father. In each of the three Synoptic Gospels, after his baptism, Jesus is reported to have spent forty days in the desert, fasting and praying. In Luke and in Matthew, the devil presents three temptations to Jesus. The devil tempts Jesus to use his power to appease his hunger, he offers Jesus all the kingdoms of the world if Jesus will worship him, and he tempts Jesus to put God's promise of protection to the test. In each case, Jesus resists, citing words from Scripture to rebuke the devil's temptation. Through these temptations the devil shows his cleverness to play with the Scripture.

Before I reflect on the Word of God today, let me share a very interesting story to help us to understand that if we trust in the Lord, no temptation can lead us astray because Emmanuel is walking with us. St. Paul says "No testing has overtaken you that is not common to everyone. God is faithful, and he will not let you be tested beyond your strength, but with the testing he will also provide the way out so that you may be able to endure it" (1 Cor 10:13).

There once was a man named Soul who was walking in a garden. He was whistling a real sweet tune for he was saved and had the joy of the Lord, but he was a baby Christian. As Soul was walking, a beautiful and seductive woman came out from behind a tree.

Soul was very startled. He said, "Hello, I'm Soul, what is your name?"

She replied, "I am Temptation, I have what you want."

"What do I want?" replied Soul.

"You want to do all things which are of the flesh," said Temptation.

Soul replied, "O.K., lead me."

So, he and Temptation went off and fulfilled the desires of the flesh. When Soul returned to the garden, he met a man named Condemnation. Condemnation said, "Hey, I see you have met my friend, Temptation."

Soul said, "Yes, who are you?"

"I am Condemnation, I come after Temptation. We work hand-in-hand." Then Condemnation jumped on Soul's back and began to beat him. He hit him in the face and kicked him when he was down. This went on for several days.

On about the third day, a man named Mercy came running and said, "I command you, Condemnation, to stop beating Soul."

Condemnation snickered, "Make me."

So, Mercy unsheathed his sword and cut Condemnation in two.

As Soul watched in astonished pain, he was overtaken by the power of Mercy. Mercy walked up to Soul and said, "I have dealt with Condemnation before. He should not show up around you anymore."

Soul replied, "How can I ever thank you?"

"Well," replied Mercy, "I was sent here by God and He told me to introduce you to a dear friend of mine. His name is Redemption."

Redemption walked up and said, "Hello Soul, I see that you are not doing well."

Soul replied, "Not until Mercy came along. It is a pleasure to meet you Redemption."

"Well," said Redemption, "I am glad to meet you. Are you ready to accept me?"

"What do you mean?" asked Soul.

Redemption said, "Well, when you accepted Jesus and decided to walk with Him, then you chose to accept the things of Him and His love. I am a part of Jesus' love. I help you feel forgiven. You will never have to deal with Condemnation again. Temptation may come around, but I have someone I would like for you to meet who can help you with that. His name is Grace."

Grace walked up to Soul and said, "Hello Soul, I have been waiting for you. As a matter of fact, all three of us have been waiting to meet you. I will help you take the way out of Temptation that God gives you as it comes up. The last person we want you to meet is Faith."

"Hi Soul, I am Faith, and I will help you stay strong and keep your beliefs strong," said Faith.

Soul began to cry. When he began to cry Redemption said, "This is what we were here for. Jesus redeemed you, saved you by Grace through Faith and gives you his Mercy. Jesus loves your Soul."

Soul said, "I love you, Jesus."

What a great message this story contains for us as we begin our Lenten journey to grow deeper in our faith. We could see the price of our redemption through the eyes of Prophet Isaiah (53:4-7) "Surely, he has borne our infirmities and carried our diseases; yet we accounted him stricken, struck down by God, and afflicted.

But he was wounded for our transgressions, crushed for our iniquities; upon him was the punishment that made us whole, and by his bruises we are healed. We are like sheep that have gone astray; we have all turned our own way, and the Lord has laid on him the iniquity of us all. He was oppressed, and he was afflicted, yet he did not open his mouth; like a lamb that is led to the slaughter, and like a sheep that before its shearers is silent, so he did not open his mouth."

The First Reading speaks to us about the disobedience of Adam and Eve whom God created with great love and affection, but they failed to trust in the Lord. Serpent convinced them to eat the forbidden fruit. They wanted to be equal to God and they failed. Human desires are uncontrollable and to get into power, prestige and popularity, people are ready to anything. However, those who fear the Lord and trust in him, they always prosper and overcome the temptations of their lives. Let us read the following story, to understand the better way of our lives.

A few months ago, my husband and I were invited to spend the weekend at his employer's home. I was nervous about the weekend. The boss was very wealthy, with a fine home on the waterway, and cars costing more than our house. The first day and evening went well, and I was delighted to have this rare glimpse into how the very wealthy live.

My husband's employer was quite generous as a host and took us to the finest restaurants. I knew I could never indulge in this kind of extravagance again, so I was enjoying myself. As the three of us were about to enter an exclusive restaurant one evening, the boss was walking slightly ahead of us. He stopped suddenly, looking down on the pavement for a long, silent moment. I wondered if I was supposed to pass him. There was nothing on the ground except a single darkened penny that someone had dropped and a few cigarette butts.

Still silent, the man reached down and picked up the penny. He held it up and smiled, then put it in his pocket as if he had found a great treasure.

How absurd! What need did this man have for a single penny? Why would he even take the time to stop and pick it up? Throughout dinner, the entire scene nagged at me. Finally, I could stand it no longer. I casually mentioned that my daughter once had a coin collection and asked if the penny he had found had been of some value.

A smile crept across the man's face as he reached into his pocket for the penny and held it out for us to see. I had seen many pennies before! What was the point of this?

"Look at it," he said. "Read what it says."

I read the words, "United States of America."

"No, not that; read further."

"One cent?"

"No, keep reading."

"In God we Trust?"

"Yes!"

"And?"

"And if I trust in God, the name of God is holy, even on a coin. Whenever I find a coin, I see that inscription. It is written on every single United States coin, but we never seem to notice it! God drops a message right in front of me telling me to trust Him? Who am I to pass it by? When I see a coin, I pray. I stop to see if my trust is in God at that moment. I pick the coin up as a response to God, that I do trust in Him. For a short time, at least, I cherish it as if it were gold. I think it is God's way of starting a conversation with me. Lucky for me, God is patient and pennies are plentiful!

When I was out shopping today, I found a penny on the sidewalk. I stopped and picked it up and realized that I had been worrying and fretting in my mind about things I can not change. I read the words, "In God We Trust," and had to laugh. Yes, God, I get the message. It seems that I have been finding an inordinate number of pennies in the last few months, but then, pennies are plentiful! And God is patient.

On this first Sunday of Lent, the Gospel recounts that Jesus, after having been baptised in the Jordan River, "was led by the Spirit into the desert, to be tempted by the devil". He is preparing to begin his mission of proclaiming the Kingdom of Heaven and, just as Moses and Elijah did, in the Old Testament, He does so with a forty-day fast. This is the beginning of Lent.

At the end of this period of fasting, the tempter, the devil, breaks in, and three times tries to put Jesus to the test. The first temptation arises by the fact that Jesus is hungry; the devil suggests to Him, "If you are the Son of God, command that these stones become loaves of bread". A challenge. But Jesus' answer is clear: "It is written: "One does not live on bread alone but by every word that comes out of the mouth of God". He recalls Moses, when he reminded the people of the long journey they had made in the desert, through which he learned that his life depended on the Word of God (Dt 8:3). Remember the Parable of the Prodigal Son, only one thing brought him back to God was "then he became hungry..." (Luke 15:11-32).

Then the devil makes a second attempt, he gets more cunning, this time he quotes the Sacred Scripture. The strategy is clear: if you have so much confidence in the power of God, then try it, in fact Scripture itself confirms that you will be aided by angels. But even in this case Jesus does not allow himself to be confounded, because those who believe know that one does not put God to the test, instead he trusts God's goodness. Therefore, to the words of the Bible, which Satan has interpreted for his own purposes, Jesus responds with another quote: "Again it is written: 'You shall not put the Lord, your God, to the test'". (Please read Job 3)

Finally, the third attempt reveals the true reasoning of the devil: since the coming of the Kingdom of Heaven marks the beginning of his own defeat, the evil one would like to divert Jesus from fulfilling His mission, by presenting Him as a political Messiah. But Jesus rejects the idolatry of human power and glory and, in the end, drives out the tempter by saying to him: "Be gone, Satan! It is written: 'The Lord, your God, shall you worship and him alone shall you serve?'" And at this point, the angels approach to serve Jesus, who is faithful in handing Himself over to the Father (Please read 1 Peter 5:1-14)).

These three temptations are deeply rooted into our human desires of greed, pride, and power.

Each temptation that Jesus faces offers insight into the spirituality we hope to develop as we keep the forty days of the Season of Lent. We can trust God to provide for our material needs. We worship God because God alone has dominion over us and our world. We can trust God to be faithful to his promises. Jesus' rejection of the devil's temptations shows that he will not put God to the test. Grounding himself on the Word and authority of Scripture, Jesus rebukes the devil by his confidence in God's protection and faithfulness.

This Gospel highlights for us one of the central themes of the Season of Lent. We are dependent upon God for all that we have and all that we are. Anything that leads us to reject this dependency or to distrust its sufficiency, is a temptation from the devil.

Luke ends his report of Jesus' temptation in the desert by noting that the devil departs for a time. The implication is that the devil will return. Jesus knows that he will be tempted again in the Garden of Gethsemane. The depth of Jesus' trust in God is shown most fully when Jesus rejects the temptation to turn away from the task God has given to him. Jesus' final rebuke of the devil is his sacrifice on the Cross.

Jesus' responses to the temptations of the devil teach us how we can respond to temptation. As we start our journey through Lent, this Sunday's Gospel calls us to adopt the same confidence that Jesus had in the face of temptation: God's word alone will suffice, God's promise of protection can be trusted, and God alone is God.

This teaches us one thing: Jesus does not dialogue with the devil. Jesus responds to the devil with the Word of God, not by His own words. In temptation, we often begin to dialogue with temptation, to dialogue with the devil: "Yes, but I may do this..., then I confess, then this, that one...". Never dialogue with the devil. Jesus says only two things to the devil: he drives him away or, as in this case, responds with the Word of God. Be careful: never dialogue with temptation, never dialogue with the devil. As once Arthur Ashe said, "never tell God how big your problem is but tell your problem, how big your God is and you will be release from your problems".

Let us trust in the Lord who has the power to save us from our daily temptations and can lead us to the green pastures because he is our Good Shepherd.

Once upon a time there was a king, who had no son. He tried for long time but still he had no child. One day king's advisor went to a holy man to seek help. He suggested that if a boy

is sacrificed then a son will be born to king. An announcement was made in the kingdom, that anyone willing to give his son to king for sacrifice, will be given lots of gold in return.

There was a family in his kingdom which had many children and was very poor. Among them was one boy who would not make much contribution in household work because he was spending most of his time attending Satsang (true community) of saints. Hearing King's announcement, family thought why not give that child to sacrifice and get gold in exchange. So, child was given to the king and as promised, king gave lot of gold in exchange.

Soon preparations were made to sacrifice the child. On the appointed day, King asked the child, "what is your last wish?" Child said, "Can I get bags of sand". King ordered his servants to fulfill boy's last wish by bringing the sandbags for him. The boy took the bags of sand and one by one made four heaps of sand. Then boy broke three heaps of sand and sat down with his hands folded in front of the fourth heap of sand and said to the king "Do whatever you want to do now". Seeing all this, the king got scared and asked the boy, "First tell me what you have done and why?" The Boy said, "the first heap of sand represented my relationship with my parents. It was their duty to protect me but didn't follow their duty and sold me for gold. So, I broke it. Second heap was for my relatives, they should have asked my parents to stop but they didn't. So, I broke it too. The third heap of sand; King was yours because it was king's duty to protect the subjects of his kingdom but here you are trying to sacrifice me. So, I broke it too.

King asked, "what's last heap for?" The boy replied, "fourth heap belongs to my God. Now only and only I trust in my God. So, here I am sitting in front of it". The King was shaken inside after listening to the boy and then decided to adopt him as on son and declared him the prince of his kingdom.

The one who trusts in God completely, will not be harmed by any means or anyone, even if millions of temptations come.



*The one who trusts in God completely, will
not be harmed by any means or anyone.*

DIOCESAN SUNDAY UPDATES

The First Sunday of Lent

Lenten Resources

Open your heart to new possibilities and utilize powerful Lenten resources to help make this season meaningful to you. [Visit our Diocesan Lenten Resources](https://catholiccyyc.ca/Lent) | catholiccyyc.ca/Lent

Together in Action (TIA) 2023

Thank you for your contribution in 2022 Together in Action! Your generous donation continues to support the ministries that make a positive difference in the world. The 2023 Together in Action campaign began on Ash Wednesday, February 22, 2023. The theme for this year's Together in Action is taken from 1 John 3:18, "Let us love, not in word or speech, but in truth and action."

To give to Together in Action, please drop off donations to your parish office, or give online at catholiccyyc.ca/tia

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.

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

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

Salvation Army's Behind the Shield needs volunteers

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

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

Subscribe to Faithfully

If you haven't already, please subscribe to the [Diocesan publication Faithfully](http://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 catholiccyyc.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 cccb.ca

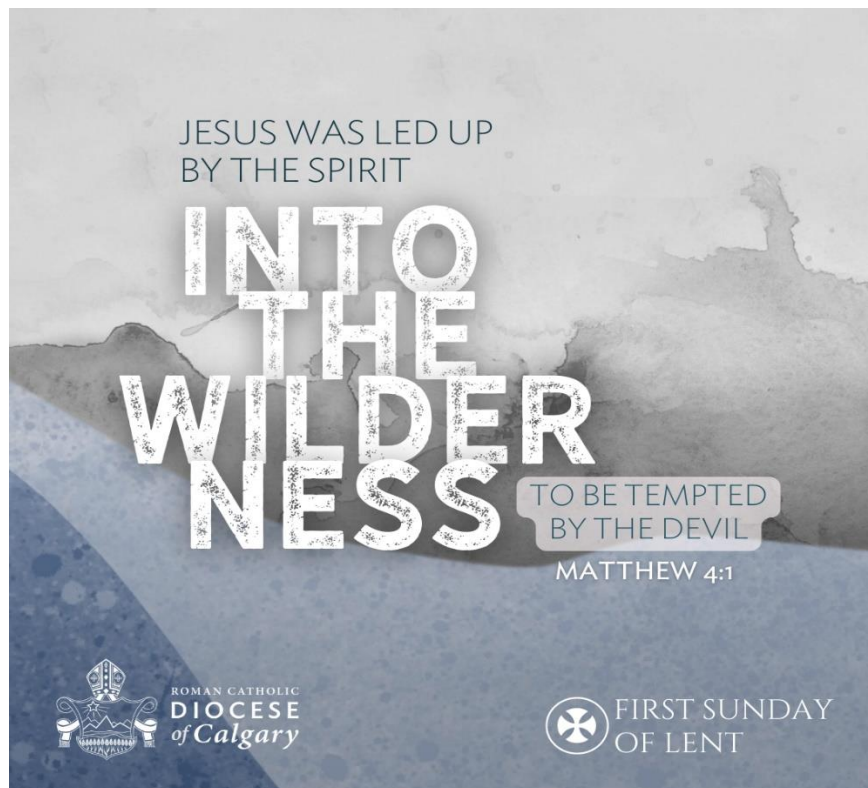
God Squad's annual Men Conference!

All men are welcome to a weekend of formation with guest speakers: Fr. Raymond De Souza and Deacon Harold Burke-Sivers on God Squad's upcoming Conference "Memento Mori: Remember your death and live for heaven". When: March 17-18 at St. Michael's Church (800 85 St SW, Calgary). For more information or to register, visit godsquad.ca/register or call 587-888-5482. Order today and get a [Terror of Demons-Disc Golf set](#) (supplies are limited)

World Youth Day needs volunteers

WYD Lisbon 2023 needs you. More than 10,000 volunteers have already begun registering for World Youth Day (WYD) Lisbon 2023. Registration to become a volunteer is still open and you can submit your application [here](#).

First Sunday of Lent



Kid's challenge this week: After Jesus spent time in the desert he was hungry. Have you ever been hungry? What did it feel like? Then Jesus had to make some choices. First, he had the choice to either rely on God or turn stones into bread. Even though he was very hungry, Jesus chose to trust in God. We can also choose not to do something we know is wrong, even if we really want to. It takes a lot of strength to make the right choices. This Lent, let's think about how we can make good choices – just like Jesus did in the desert – even when we find it hard. (CAFOD)

- [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)

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

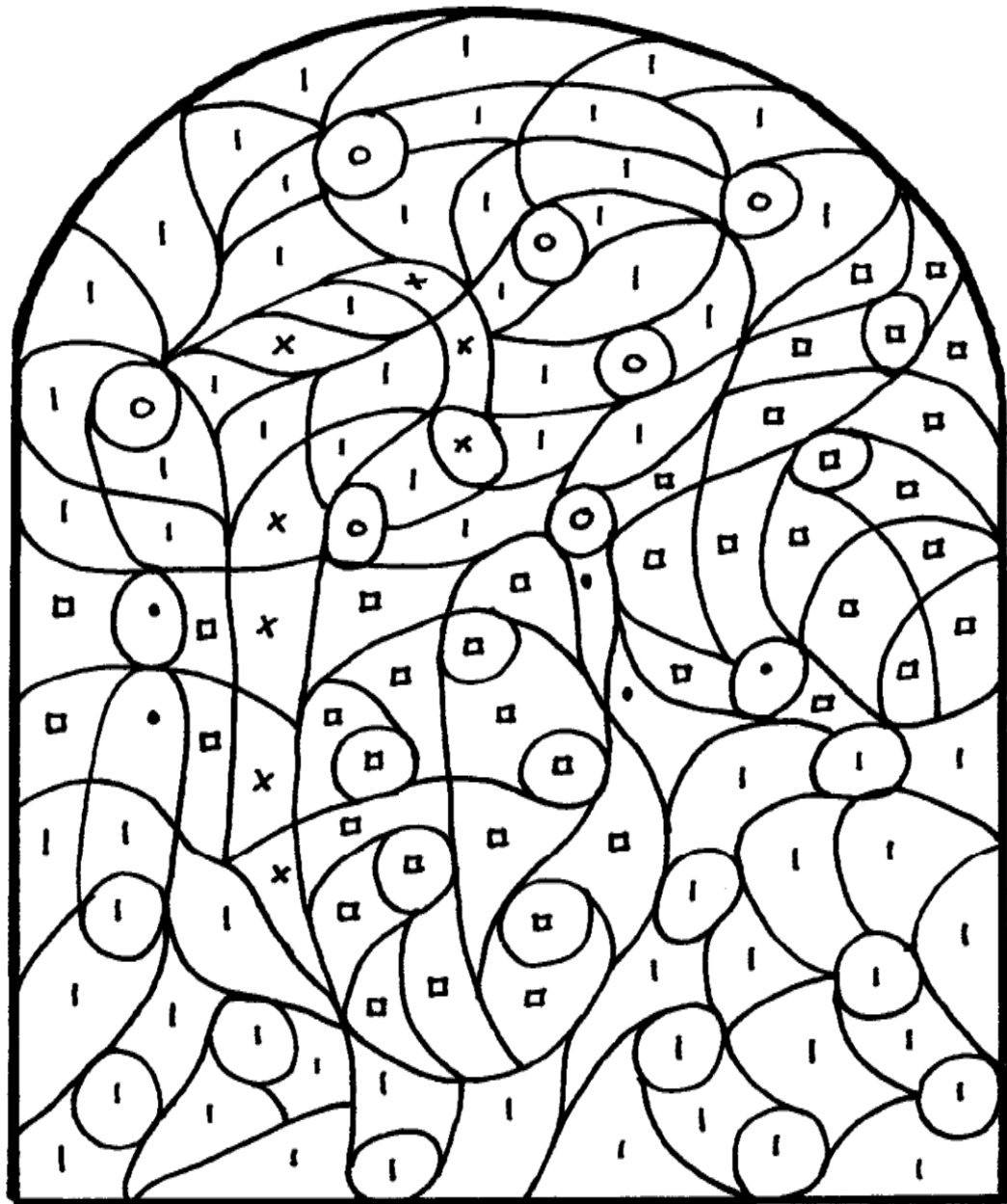
Resources

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

The Kids' ^{mirt}Bulletin

First Sunday of Lent
February 26th, 2023

*Today's first reading tells us about sin.
Use the code at the bottom to colour in the spaces
and find out what the story was.*



▣ blue

○ red

| green

• skin colour

x brown

SAINT CASIMIR

March 4

CASIMIR WAS THE THIRD OF THE 13 CHILDREN OF THE KING AND QUEEN OF POLAND IN THE MID-1400'S. HE WAS A GOOD AND PIOUS BOY.



EVEN AT A YOUNG AGE HE WOULD STAY UP AT NIGHT TO PRAY, OR SLEEP ON THE FLOOR.



WHEN HE WAS STILL A TEENAGER HIS FATHER SENT HIM TO RULE HUNGARY.

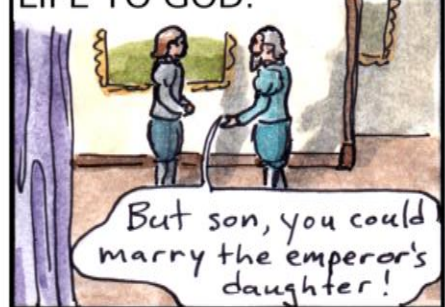


Really, sir, this isn't worth fighting!



BUT HE LEFT AFTER HE WAS TOLD TO FIGHT A BATTLE THAT THEY COULDN'T WIN.

HE HAD DECIDED NOT TO MARRY SO THAT HE COULD DEDICATE HIS LIFE TO GOD.



SAINT CASIMIR WOULD NOT LET THE GOOD THINGS OF THE WORLD DISTRACT HIM FROM GOD.



Daily, daily... sing to Mary!



HE DIED OF LUNG TROUBLE AT THE AGE OF 23 IN LITHUANIA. HIS LAST WORDS WERE A HYMN TO OUR LADY.

SAINT CASIMIR WAS OBEDIENT TO HIS FATHER AS LONG AS HE WAS ALSO BEING OBEDIENT TO GOD. GOD IS PLEASED WHEN WE LISTEN TO OUR PARENTS, ESPECIALLY WHEN THEY TEACH US TO DO WHAT IS RIGHT. WHAT IS SOMETHING YOU CAN DO TODAY TO OBEY YOUR PARENTS AND PLEASE GOD?

Sort the Story!

What happened when Jesus had prayed and fasted for forty days in the desert?

See if you can sort out the order of these pictures.

Write 1 on the first, 2 on the second, and so on.



What Happens in Lent?

In today's Gospel story, Jesus goes out into the desert to fast and pray for forty days. In the forty days of Lent, the Church asks us to fast, give alms, and pray.



In Lent we don't eat meat on Fridays. Many people give up things like candy or dessert for all of Lent. When we give up food that we like, it reminds us that food isn't the only thing we need- we need God too!



Giving alms means giving money or things to the poor or the Church. God lets there be people who need our help so that we can become better by helping them!

The third thing that we should do in Lent is praying. You could say an extra prayer every day- maybe an "Our Father" or a "Hail Mary" when you wake up or before you go to bed. Another good idea is reading a bit from the Bible, because when we read the Bible we let God speak to us.

What are some little things you could do for Lent? Try to do things that will help you think a bit more about God every day.



Answers to picture puzzle inside:
top: 4, 6, middle: 5, 1, bottom: 2, 3.



Covenant Health
St. Joseph's Home

St. Joseph's Home Seniors Lodge

ROOMS AVAILABLE FOR RENT

\$1,200/month
(bachelor suite)

\$1,700/month
(one bedroom suite*)

Includes 3 meals/day & weekly housekeeping

Eligible Home Care services available

* based on single occupancy

Contact **403-526-3818** for a tour.
Visit us at: **156 - 3 St. NE Medicine Hat**

CovenantHealth.ca

Move in March, April or May and get your 1st month free.



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



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.