



# Welcome to HOLY FAMILY PARISH

**MARCH 5, 2023 – 2<sup>ND</sup> SUNDAY OF LENT - YEAR A**

Email: [contact@holyfamilymh.ca](mailto:contact@holyfamilymh.ca) ~ Website: [www.holyfamilymh.ca](http://www.holyfamilymh.ca) ~ Phone 403-527-6933  
Facebook: Medicine Hat Holy Family Parish ~ YouTube: Medicine Hat Holy Family Church

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

## CLERGY AT HOLY FAMILY PARISH

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

## RECONCILIATION...

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

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

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

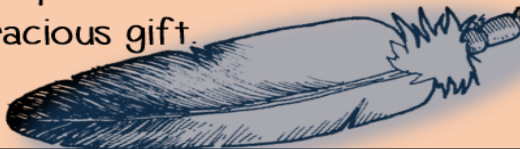
## THE CHAPEL IS OPEN

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

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



## It Is Good to Be Here

God says to each of us today: I will bless you; live a  
holy life. Thus, it is good to be here in this holy Lent.  
Like the three apostles on the mount, we listen to  
Christ, we witness his divine glory, and we keep our  
eyes on the promise of heaven while living in merciful  
ways today.

- + How will the radiant Christ shine through my  
thoughts and actions?
- + What will I do to listen more intently to Christ  
each day this week?
- + Because of God's mercy to me, what mercy  
works will I do today and tomorrow?

## † Masses & Mass Intentions †

### Saturday, March 4

8:30am ~ Elise Krooshoop †  
5:00pm ~ Travis Markin

### Sunday, March 5

8:30am ~ Holy Family Parish  
10:30am ~ Gladys Gaetz †  
6:00pm ~ Don Zahn †

### Monday, March 6

9:00am ~ Ralph Immel †

### Tuesday, March 7

9:00am ~ Peter Christensen †  
6:30pm ~ Healing Mass

### Wednesday, March 8

9:00am ~ Sr. Vicki Hagel †

### Thursday, March 9

9:00am ~ Melvin Hittel †

### Friday, March 10

9:00am ~ Joel & Amelia Makie & Family



## MARCH 5, 2023 – 2<sup>ND</sup> 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
<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

*Thank You for your Generous Contributions*

Average Weekly Attendance	759
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December 31, 2023 - Goal \$70938.

total to date \$ 8227.67

**Together IN ACTION** which is 12%,  
 \$ 62,710.33 to go!  
*Annual Bishop's Appeal*

*Please Give Generously ~ Thank You!*



### Mark your Calendars!

March 3 - 6:00pm - HFP Church

Stations of the Cross - Parish Pastoral Council

March 4 - 7:30am - HFP Hall

That Man is You

March 4 - 8:30am - HFP Church

Lenten Mass

March 4 - 10:00am - Hope Room

Benedictine Group Meeting

March 8 - 9:00am - Faith Room

Bible Study

March 8 - 7:00pm - Faith Room

RCIA

March 10 - 6:00pm - HFP Church

Stations of the Cross - Catholic Women's  
League

March 16 - 7:00pm - HFP Church

Penitential Service

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 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



## Penitential

### Service

Wednesday, March 15

7:00pm

St. Patrick's Parish

Thursday, March 16

7:00pm

Holy Family Parish



## 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



Thank You to  
Rev. Fr. Michael  
Bombak  
& all who  
attended  
The 2023  
Lenten Mission



## THAT MAN IS YOU!

Holy Family Parish Hall

Breakfast 7:30am

Presentation

8:30 – 9:30 am

March 11, 2023

Theme:

The Crowning With Thorns

Presenter:

Mark Hartfiel

TMII  
THAT MAN IS YOU!



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



## 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



To all former Schuler parishioners who were  
members of St Joseph's Parish in Schuler at  
the time that Fr Nestor Gregoire was parish  
priest and Fr Mike Dechant helped at  
Operation Sonlight Camp (mid 70's), you are  
invited to attend a reunion to visit and  
reminisce. Please call Sandra Seitz (Schafer) to  
get more information at 403-529-5187 or  
email [csseitz58@gmail.com](mailto:csseitz58@gmail.com)



# LENT & EASTER 2023



## 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.



## 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

Lenten Masses  
Saturdays  
8:30am



**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**

# Holy Week 2023



**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!**

# RESOUND

A Time of Prayer & Music

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

Sunday 10:30am Mass on  
YOUTUBE  
Medicine Hat Holy Family Church  
Live Stream

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

**You Tube**

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.

## 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\*



*E-transfer*  
ONLINE GIVING



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

# Faithfully

FAITH. LIVED. FULLY.

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

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





# 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](https://youtube.com/sementesdoverbo)

**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)**



# 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 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, 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.





## St. Patrick's School

In 1952 St. Patrick school was constructed along the northern riverside of Medicine Hat. However, in 1987, the school was relocated to the Southridge area to support an increasing number of new families to our city. It's hard to believe that our current library once used to be a gymnasium. Many years ago, St. Patrick School was a smaller school of the MHCBE but is now one of the largest elementary schools in the city.

St. Patrick School programming consists of ELP, Kindergarten, and grades 1-5. We also offer the largest before and after school program that serves over 190 families. Currently, we have over 440 students attending school. Although our school may seem larger than others it truly feels like a family that is connected by faith. Throughout the school year there are several opportunities for all our students to visit Holy Family Parish through school masses and other faith activities organized by Fr. Iqbal and our teachers.

One of the many exciting programs we offer to our students is the accelerated reading program (AR) which has been supported by our parent council for over 25 years. The AR program is a daily literacy support that promotes the love of reading and allows students to explore their growth and abilities. We believe this literacy program is a big part of why our students are such great readers and writers. We also offer a guitar program to our grade 4 and 5 students where they learn faith based and other fun-loving songs.

As we move toward the month of March, we prepare our students for the season of Lent and reflect on the times leading to the death of Jesus, whose life and teachings are the center of our faith. We invite and encourage all of you, our community parishioners, to join us in any future Monday morning school assemblies (9:15 – 9:45 am) where we meet as a school body to celebrate our faith. We hope to see you soon!





PRESENTS



26TH ANNUAL MEN'S CONFERENCE

# Memento Mori

REMEMBER YOUR DEATH AND LIVE FOR HEAVEN



GUEST SPEAKER  
DEACON HAROLD BURKE-SIVERS



GUEST SPEAKER  
FATHER RAYMOND J. DE SOUZA



Register Me

**MARCH 17, 6-9PM & MARCH 18, 9-4PM**

ALL MEN 14 & UP WELCOME | ST. MICHAEL'S CATHOLIC COMMUNITY | 800 85 ST SW, CALGARY, AB

MORE INFORMATION VISIT [WWW.GODSQUAD.CA](http://WWW.GODSQUAD.CA)





2<sup>nd</sup> Sunday of Lent Year A

March 5, 2023

### WHAT DO WE SEE?

Once a pious old man had to travel with lot of luggage by train. So, he went to the ticket counter and asked for a train ticket as well as luggage ticket for his travel to another city. Seeing the old man, the clerk recognized him. The clerk was an old acquaintance of the old man. He greeted him. While giving him his ticket, he said, "You don't have to take a luggage ticket. I will be on the same train, and I assure you that no one asks you for a ticket for extra luggage". The old man asked him, "Ok...but how far would you be travelling?"

The clerk told him the name of the station and said, "Don't worry even if you have to travel further, I will instruct the other ticket checker to let you travel without any problem". The old man replied, "But how far will that person accompany me?"

Clerk replied, "He will accompany you till the last station of the train."

The Old man replied, "But my journey will not stop there..."

Perplexed the clerk at ticket counter asked, "How far will you be travelling?"

The Old man replied, "I have to go beyond all these worldly stations, after death I will go to see God. Who will accompany me there and help me get through there?"

The clerk was speechless.

The old man explained, "This train is public property, and no one should be allowed to carry extra luggage and travel without paying the correct fare. Today I may be able to cleverly evade these authorities, but I cannot fool God.

What do we see in this story? Clerk sees worldly things, but the old man sees the things of heaven which he is going to face. The Season of Lent is all about seeing the presence of the Lord in our lives and obeying him who has died for us. In the First Reading we see about the call of Abram to settle in the alien land with the promise of making him the father of multitude. God also promised him to protect him in the midst of curses. And "So Abram went, as the Lord had told him" is the core of the whole reading. Abram saw the presence of God in his life and trusted that he is not going to be alone. The Faith of Abram made him the friend of God as we read in the Letter to the Hebrews.

We continue our Lenten journey with prayer, fasting and alms giving. This is a beautiful time of grace and to believe that Jesus Christ our Lord suffered and died for us as St. Paul said



in the Second Reading of last Sunday “This is acceptable time, this is time of Salvation”. Last Sunday we reflected on the Temptations of Jesus and were strengthened by the Lord to learn how to overcome and be strong. St. Cyprian, Martyr, once gave a very beautiful reflection to remind us how to have the Lord in our life: “Dear brothers, the commands of the Gospel are nothing else than God’s lessons, the foundations on which to build up hope, the supports for strengthening faith, the food that nourishes the heart. They are the rudder for keeping us on the right course, the protection that keeps our salvation secure. As they instruct the receptive minds of believers on earth, they lead safely to the kingdom of heaven. God willed that many things should be said by the prophets, his servants, and listened to by his people. How much greater are the things spoken by the Son. These are now witnessed to by the very word of God who spoke through the prophets. The Word of God does not now command us to prepare the way for his coming: he comes in person and opens the way for us and directs us toward it. Before, we wandered in the darkness of death, aimlessly and blindly. Now we are enlightened by the light of grace, and are to keep to the highway of life, with the Lord to precede and direct us. Let the Father recognize the words of his Son. Let the Son who lives in our hearts be also on our lips. We have him as an advocate for sinners before the Father; when we ask for forgiveness for our sins, let us use the words given by our advocate. He tells us: Whatever you ask the Father in my name, he will give you. What more effective prayer could we then make in the name of Christ than in the words of his own prayer?”

On this Second Sunday of Lent, the liturgy leads us to contemplate the event of the Transfiguration in which Jesus allows the disciples Peter, James and John a foretaste of the glory of the Resurrection: a glimpse of heaven on earth. St. Matthew, the Evangelist reveals to us Jesus transfigured on the mountain, which is the place of light, a fascinating symbol of the unique experience reserved to the three disciples. They go up the mountain with the Master. Accustomed to seeing him daily in the simple appearance of his humanity, they are astonished as they face that new splendour that also envelops his entire body. And Moses and Elijah appear beside Jesus and speak with Him about his forthcoming “exodus”, that is, of his Paschal death and Resurrection. It is a preview of Easter. Then Peter exclaims: “Lord, it is good to be here”. He wished that that moment of grace would never end! He saw which I believe the other two disciples failed to see. A conversion of his own heart.

But please remember before The Transfiguration occurs at a precise moment in Christ’s mission, when Jesus just finished talking with his disciples about his suffering, death, and resurrection and off course St. Peter didn’t like the idea of Jesus’s suffering and dying and he almost fights with the Lord. “This message led to crisis for Peter and the entire group of disciples, who rejected the idea that Jesus would be scorned by the leaders of the people and then put to death. Indeed, they were waiting for a powerful, strong, dominating Messiah, whereas Jesus presented himself as a humble and gentle servant of God, and servant of mankind, who would offer his life in sacrifice, passing by way of persecution, suffering and death. But how could one follow a Master and Messiah whose earthly existence was to end in that way? That is what they were thinking. And the answer came precisely from the Transfiguration” as Pope Francis reflects on the Gospel. Is Peter wrong to stop Jesus talking about his death?



Soon after the confrontation with St. Peter, Jesus takes Peter, James, and John, “and led them up a high mountain; and showed them his glory, the glory of the Son of God”. This may have made his disciple change their perspective of his suffering, death, and resurrection. “They saw him, as Holy Father’s reflection, as he would be after the Passion: Glorious”.

Therefore, the Transfiguration of Christ shows us the Christian perspective of suffering. Suffering is but a transitory passage into rising with him. The point of arrival to which we are called is luminous like the face of Christ Transfigured: in him is salvation, beatitude, light and the boundless love of God. By revealing his glory in this way, Jesus ensures that the cross, the trials, the difficulties with which we struggle, are resolved, and overcome in Easter. Thus, this Lent, let us also go up the mountain with Jesus! But in what way? With prayer. Let us climb the mountain with prayer: silent prayer, heartfelt prayer, prayer that always seeks the Lord. Let us pause for some time in reflection, a little each day, let us fix our inner gaze on his countenance and let us allow his light to permeate us and shine in our life.

An old man was living in a temple and the demons came to say to him, “Leave this place which belongs to us,” and the old man said, “No place belongs to you.” Then they began to scatter his palm leaves about, one by one, and the old man went on gathering them together with perseverance. A little later the devil took his hand and pulled him to the door. When the old man reached the door, he seized the lintel with the other hand crying out, “Jesus, save me.” Immediately the devil fled away. Then the old man began to weep. Then the Lord said to him, “Why are you weeping?” and the old man said, “Because, the devils have dared to seize a man and treat him like this.” The Lord said to him, “You had been careless. As soon as you turned to me again, you see I was beside you.” I say this, because it is necessary to take great pains, and anyone who does not do so, cannot come to his God.

What do we see in the Lord during this season of Lent?



*What do we see in the Lord during this season of Lent?*

# DIOCESAN SUNDAY UPDATES

The Second 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](https://catholiccyyc.ca/Lent)

## Profession of Vows - Seeds of the Word

Seeds of the Word community invites you to attend the First Profession of Vows of two male and two female novices who have been in formation here in Calgary, as well as the incorporation of a new missionary member to religious formation. This celebration with Bishop McGrattan will take place at St Mary's Cathedral on **March 19** at 7 pm.

## 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](https://catholiccyyc.ca/tia)

## Priestly Ordination of Santiago Torres

Rev. Mr. Santiago Torres, a transitional deacon currently completing studies at St. Joseph Seminary, Edmonton, has been called to ordination to the Holy Priesthood at St. Mary's Cathedral, Calgary, on the Solemnity of the Most Sacred Heart of Jesus, Friday, June 16, 2023 at 7 pm.

## 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.

## 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.

## Evening of Conversation with Fr. Raymond De Souza

In partnership with the St. Francis Xavier Chaplaincy, St. Mary's University invites you to an evening of food for the soul, mind and body featuring a talk by Fr. Raymond De Souza with conversation and questions from Dr. Sinda Vanderpool, President of St. Mary's University. When: **Thursday, March 16 at 7 pm** at St. Mary's University. There will be time to connect with others and enjoy a pulled pork sandwich prior to the talk. Call (403) 531-9130 for more information.



## 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

## An Appeal from the Ukrainian Catholic Bishops in Canada

Please read the appeal from the Ukrainian Catholic Bishops in Canada, on the occasion of the one-year commemoration of the Russian invasion of Ukraine (24 February). [Read letter here](#) and find tangible ways to help Ukrainian refugees in our Diocese.

## 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
- Hospitality/Security (Part-time) - Sacred Heart, Calgary

Please visit [catholiccyyc.ca/careers](https://catholiccyyc.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 [catholiccyyc.ca/faithfully](https://catholiccyyc.ca/faithfully)

## Pope's Prayer Intention - March, 2023

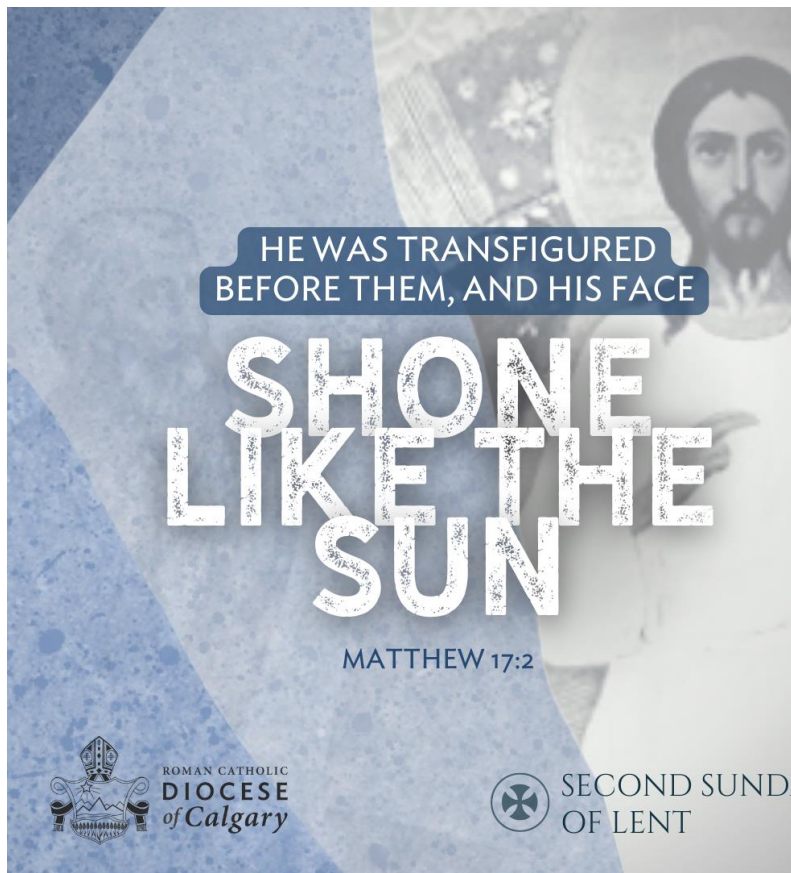
Let us pray for victims of abuse. *We pray for those who have suffered harm from members of the Church; may they find within the Church herself a concrete response to their pain and suffering.*

## 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](https://godsquad.ca/register) or call 587-888-5482. Order today and get a [Terror of Demons- Disc Golf set](#) (supplies are limited)

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## Second Sunday of Lent



**Kid's challenge this week:** We hear about something very special that happened to Jesus while he was on a mountain with three of his friends. His appearance changed as his face and clothes shone like the sun. This also changed the lives of his friends as they realized that Jesus was the Son of God. We can change people's lives through our actions and our love, let's think about how today.

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

### Resources

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



# The Kids' Bulletin

Second Sunday of Lent

March 5th, 2023

no2 bevoled ym zi zihT -  
;bezaslg llaw ma I modw ntiw  
.mid ot netzil



*What did Peter, James and John hear from the  
bright cloud when Jesus was transfigured on  
the mountain?*

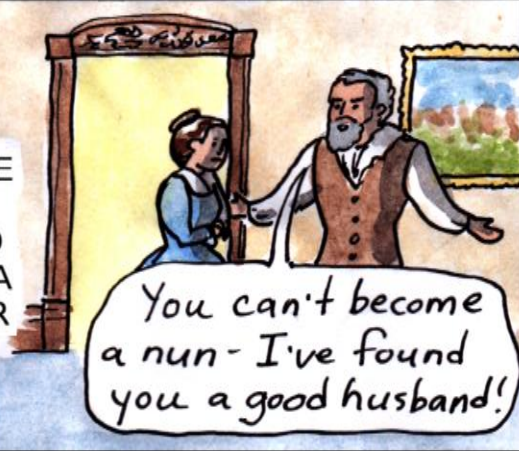
*Look in the mirror to find out!*



# *Saint Frances of Rome*

## *March 9*

FRANCES WAS BORN TO A RICH ROMAN FAMILY IN THE LATE 1300'S. SHE WANTED TO BECOME A NUN BUT HER FATHER WOULDN'T LET HER.



INSTEAD SHE HAD TO MARRY A RICH YOUNG MAN, BUT SHE STILL WANTED TO PRAY AND DO GOOD WORKS.



HER BROTHER IN LAW'S WIFE FELT THE SAME WAY, SO THEY PRAYED AND WORKED TOGETHER.



FRANCES HAD THREE CHILDREN, BUT TWO OF THEM DIED.

WHEN A PLAGUE STRUCK ROME, FRANCES WENT OUT TO HELP THE SICK.



WHEN HER HUSBAND WAS AWAY BECAUSE OF A BATTLE, HER HOUSE WAS PLUNDERED. AFTERWARD SHE USED IT FOR A HOSPITAL.



FRANCES HAD THE SPECIAL GRACE OF SEEING HER GUARDIAN ANGEL. WHEN HER HUSBAND DIED SHE FINALLY JOINED A CONVENT.

SAINT FRANCES OF ROME WANTED TO PRAY AND HELP THE POOR AS A NUN, BUT GOD WANTED HER TO DO WHAT HER FATHER TOLD HER. BECAUSE SHE WAS RICH SHE WAS ABLE TO HELP MANY POOR PEOPLE. GOD WANTS US TO USE OUR TALENTS AND THE GOOD THINGS WE HAVE TO HELP OTHERS.



# Word Find

JESUS took Peter, JAMES, and JOHN his brother, and led them up a high MOUNTAIN by THEMSELVES. And he was TRANSFIGURED before them; his FACE SHONE like the SUN and his CLOTHES became WHITE as LIGHT. And behold, Moses and ELIJAH appeared to them, conversing with him. Then PETER said to Jesus in reply, "LORD, it is GOOD that we are here. If you wish, I will make THREE tents here, one for you, one for MOSES and one for Elijah." While he was still speaking, behold, a bright CLOUD cast a SHADOW OVER them, then from the cloud came a VOICE that said, "This is my beloved SON, with whom I am well PLEASED; listen to him." When the disciples heard this, they FELL prostrate and were very much afraid. But Jesus came and touched them, saying, "RISE, and do not be AFRAID." And when the disciples raised their eyes, they saw no one else but Jesus ALONE.

*Find all the words in CAPITALS above in the puzzle. Use the left-over letters to fill in the blanks below.*

After all this happened, Jesus told the disciples not to tell anyone

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 — — — — —  
 — — — — —

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

# Jesus Shows His Glory

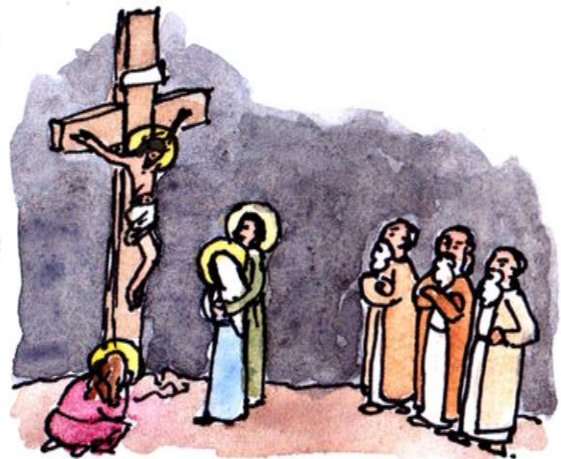


In today's Gospel reading Jesus took three of His apostles up a mountain and gave them a vision of His true glory. He shone as bright as the sun- so bright they could hardly look at Him. But did you know that what they saw was only a tiny bit of the true glory of God?

It was so beautiful that Peter wanted Him to stay that way. He offered to build tents for Jesus and Moses and Elijah, who appeared with Him. But the joy of this moment wasn't meant to last forever. It was just a little taste of Heaven.

Jesus gave this experience to the three apostles just a little while before He went to Jerusalem to suffer and die on the cross. He knew that they would be terrified and very sad when He died so He gave them a preview of the glory He would go back to after He rose from the dead. That way they knew they had a reason to hope even when He was killed.

Sometimes we have awful things to suffer through too. Maybe a friend will move away or one of our grandparents will die. But we never have to give up hope because we know that eventually everyone who loves Jesus will live in total happiness in Heaven.



Answer to Word Find: until He had risen.

[www.thekidsbulletin.com](http://www.thekidsbulletin.com)



# 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



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*





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](http://CovenantHealth.ca)**

**Move in March, April or May and get your 1<sup>st</sup> month free.**

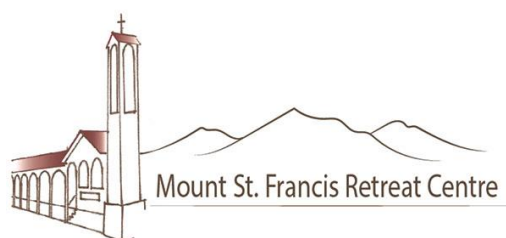


# Retreat Centers in Southern Alberta

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