



Welcome to HOLY FAMILY PARISH

MARCH 26, 2023 – 5TH SUNDAY OF LENT - YEAR A

Email: contact@holymfamilymh.ca ~ Website: www.holymfamilymh.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

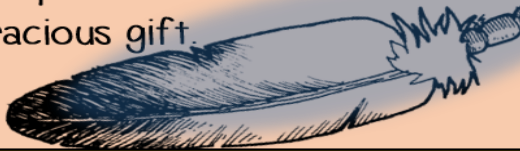
Knights of Columbus - Kirby Peterson

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.



Dying with Christ; Dying to Self

Even when his friends are disappointed with him and his disciples misunderstand him, Jesus is clear and resolute. No one's death is everlasting. We believe that just as Baptism graces us with new life in Christ, physical death transmits us to newer life with God for ever.

† What "death" is sucking the life out of me? What will I do about it?

† What will I do, as one loved by Christ beyond all measure, for those in need of mercy works?

† How will I be a sign of Christ-filled life for the elect preparing for Easter Baptism?

† Masses & Mass Intentions †

Saturday, March 25

8:30am - Christina Resch †

5:00pm ~ Paul Polisky †

Sunday, March 26

8:30am - Holy Family Parish

10:30am - Jacob Bischoff †

6:00pm - Maria Sehn

Monday, March 27

9:00am - Ben Schafer

Tuesday, March 28

9:00am - Bill Grudecki †

Wednesday, March 29

9:30am - Ron Reed

Thursday, March 30

9:00am - Nick & Rosina Mucciarone †

Friday, March 31

9:00am - Annette Nelson †



MARCH 26, 2023 – 5TH SUNDAY OF LENT - YEAR A

OPERATING FINANCES	
FEBRUARY 1-28, 2023	
Operating Budget 2022	\$ 63,984
General Envelope Collection	\$ 44,155
Loose Collections	\$ 3,207
Future Development	\$ 3,233
Sale of Church Supplies & Other	\$ 7,523
\$ 58,118 - Budget Vs Actual	\$ 5,866
SPECIAL COLLECTIONS	
Together in Action (TIA)	\$ 4,720
St Vincent de Paul	\$ 4,085
World Mission	\$ 25
Clergy Retirement	\$ 95
Mission Mexico	\$ 210
Seminary Fund	\$ 35
Ukrainian Relief	\$ 110
CARO	\$ 80
<i>Thank You for your Generous Contributions</i>	
Average Weekly Attendance	912

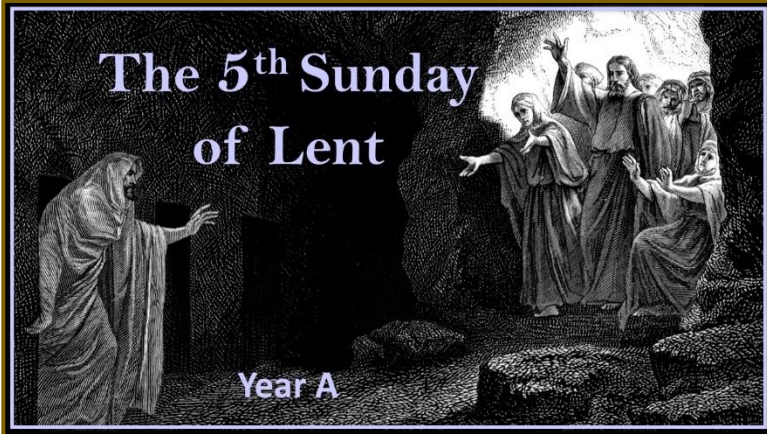
Together IN ACTION
Annual Bishop's Appeal

Year to Date: \$12,140.
 only 17% of total needed!

The amount needed before end 2023 is \$70,938.

If each family would give \$27 this year, we would easily make the total amount for 2023! We have 2700 families; however, only a portion of these donate to our church. If you can give more than the \$27 this year, we would greatly appreciate it. May God bless your generosity!!!

Total parishioners at last weekend's masses: 859!



Mark your Calendars!

March 23 - 10:00am - Hope Room
 Grief Share Meeting

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

March 25 - 8:30am - HFP Hall
 That Man is You!

March 25 - 8:30am - HFP Church
 Lenten Mass

March 25 - 10:00am - Hope Room
 Benedictine Group Meeting

March 25 - 6:30pm - HFP Hall
 Faith in Reconciliation Supper

March 29 - 9:00am - Faith Room
 Bible Study

March 29 - 6:00pm - HFP Hall
 RCIA Supper

March 30 - 2:00pm - Hope Room
 Grief Share

March 30 - 6:00pm - Faith Room
 Confirmation Class

March 30 - 6:30pm - HFP Hall
 1st Communion Parent's Meeting

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

April 1 - 8:30am - HFP Hall
 That Man is You!

April 1 - 8:30am - HFP Church
 Lenten Mass

April 1 - 10:00am - Hope Room
 Benedictine Group Meeting

April 2 - 10:15am - Faith Room
 1st Communion Class

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



GriefShare



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

Grief Share meets at Holy Family Parish, Thursdays at 2:00pm in the Hope Room...

Call Karen at 403-487-4893

Holy Communion to the Hospital
 Volunteers are needed to bring Holy Communion to parishioners, in hospital, who desire to receive Jesus in the Eucharist. Training will be provided.
 If you have a family member or friend who is in hospital and is requesting Holy Communion, please phone the Parish Secretary with the name and room number of the parishioner. The information will be forwarded to Pastoral Care. Thank you!

Sacramental Preparation

Confirmation Class - HFP Faith Rm

Thursday, March 30th at 6:00pm

1st Communion Parent Meeting

Holy Family Parish Hall

Thursday, March 30th at 6:30pm

1st Communion Class

Holy Family Parish Faith Room

Sunday, April 2nd at 10:15am



PARISH BREAKFAST
 MARCH 26th @ 9:30am & 11:30am

Cost is \$10 per adult

\$5 for youth

under 6 free.



THAT MAN IS YOU!

Holy Family Parish Hall

Breakfast 7:30am

Presentation

8:30 – 9:30 am

March 25, 2023

Theme:

The Carrying Of The Cross

Presenter:

Mark Hartfiel

TMIY
 THAT MAN IS YOU!



ANCHORED
 "DEEPENING OUR FAITH IN GOD"
 BIBLE CAMP JULY 10 – 14, 2023
 8:00 AM – 12:15 PM DAILY – \$25.00 INCLUDES A T-SHIRT TO KEEP AND A "BIG" HEALTHY SNACKS!
 BIBLE THEMES, ANCHORED HABITS, DAILY CRAFT CONFIDENCE / SELF ESTEEM, EXERCISE ETC.
 MASS EVERY DAY AT 11:30 AM ~ THE COMMUNITY IS WELCOMED!
 REGISTRATION FORMS IN THE FOYER @ HOLY FAMILY PARISH
 CONTACT MJ 403-581-8004 OR MJ.RATH@YAHOO.COM

Walk the Stations of the Cross
 Good Friday beginning at 10 am
 Covenant Health St. Joseph's Home
 156 3rd St. NE.

Entrance at Rear Driveway

Dress for the Weather

If the weather is poor, the Stations will be held indoors at St. Patrick's Church.

Everyone is Welcome.



The Catholic Women's League

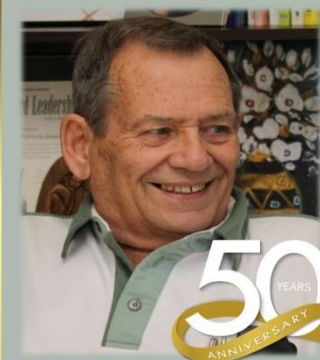
CWL Annual Spring Bottle Drive
 Saturday April 22 & Sunday April 23

Thank you SO VERY MUCH
 for all you support

FUNDRAISING



Questions? Call MJ at 403-581-8004



Save the Date Saturday,
 April 29th, 2023

A Celebration in Honor of
 Father Greg Coupal's
 50 years in the Priesthood
 St. Gerard's Parish in Calgary

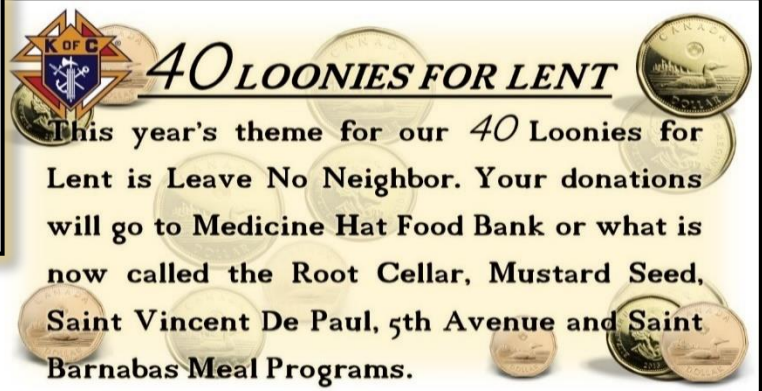


More details as we get
 them!

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. The Come and Go Tea will be held at Holy Family Parish (enter through the hall doors) on Monday, April 10 from 1-4 pm. Please call Sandra Seitz (Schafer) to get more information at 403-529-5187 or email csseitz58@gmail.com



**Loonies
to date
\$7,525.**



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.

**PALM SUNDAY
APRIL 2nd, 2023**

STARTS 5 MINUTES EARLY



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

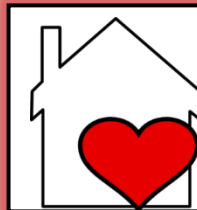


Stations of the
CROSS
6:00PM
Friday, March 24 – FINANCE COUNCIL
Friday, March 31 – ST. PAT'S SCHOOL
GRADE 4 SHADOW PLAY IN HFP HALL

*Lenten Masses
Saturdays
8:30am*



**Baptismal Fountain will be emptied
during Holy Week**



**House Blessings can
be booked during
Easter Season.**

**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*

Incense will be used on Holy Thursday & Easter Vigil

Holy Week 2023



***LIVESTREAM@ Youtube – Medicine Hat Holy Family Church**

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.

Our parish would not be able to operate without volunteers. HFP requires your assistance. We have snow shovels located at our four church entrances. (West, Main, Admin and North) If you're coming to Mass and would be able to pick up a shovel and clear snow it would be providing a big service to our parishioners and adding to their safety. We are only referring to the main entrance sidewalks. If you have any suggestions kindly contact me and thank you again. Patrick Ries, Planning and Maintenance Chair HFP

Sunday 10:30am Mass on YOUTUBE
Medicine Hat Holy Family Church Live Stream
https://www.youtube.com/channel/UCG6zK-XzuXdDHj79rV6ut_Q



FORMED® THE CATHOLIC FAITH. ON DEMAND.

USE WITH Roku, Apple TV, firetv, chromecast

1 Scan this with your phone camera
 2 Enter our parish name or zip code
 3 Enjoy the content you want

Visit signup.formed.org for more information

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!

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



E-transfer
ONLINE GIVING



accounting@holyfamilymh.ca

Faithfully
FAITH. LIVED. FULLY.

catholicyc.ca/Faithfully
Faithfully keeps you updated with what's happening in and around our Diocese!

Child Development Check-Ups

Coming soon!

Friday, April 28, 2023
10:00 a.m. - 5:00 p.m.



Our child development check-up event provides parents with the opportunity to discuss their child's development with members of our early learning team.

**For littles ones
ages 3-5**

**We can help answer your questions
about your child's development in:**

- Areas of speech and language skills
- Social and emotional development
- Fine and gross motor skill development

Contact our Early Learning Department by
April 26, 2023 to book your appointment
403-502-8365 or earlylearning@mhcbe.ab.ca

**Explore our
programs**



Medicine Hat Catholic
Board of Education



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!



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.

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



5th Sunday of Lent Year A

March 26, 2023

We share in his Death & Resurrection

Once upon a time there was a woman who had been lost in the desert for three whole days without water. Just as she was about to collapse, she saw what appeared to be a lake just a few hundred yards in front of her. “Could it be? Or is it just a mirage?” she thought to herself. With the last bit of strength, she could muster, she staggered toward the lake and quickly learned that her prayers had been answered: it was no mirage—it was indeed a large, spring-fed lake full of fresh water—more fresh water than she could ever drink in her lifetime. Yet while she was literally dying of thirst, she couldn’t bring herself to drink the water. She simply stood by the water’s edge and stared down at it. There was a passerby riding on a camel from a nearby desert town who was watching the woman’s bizarre behavior. He got off his camel, walked up to the thirsty woman and asked, “Why don’t you have a drink, ma’am?” She looked up at the man with an exhausted, distraught expression across her face and tears welling up in her eyes. “I am dying of thirst,” she said, “But there is way too much water here in this lake to drink. No matter what I do, I can’t possibly finish it all.”

The passerby smiled, bent down, scooped some water up with his hands, lifted it to the woman’s mouth and said, “Ma’am, your opportunity right now, and as you move forward throughout the rest of your life, is to understand that you don’t have to drink the whole lake to quench your thirst. You can simply take one sip. Just one small sip... and then another if you choose. Focus only on the mouthful in front of you, and all your anxiety, fear and overwhelm about the rest will gradually fade.”

As we continue our Lenten journey by praying, fasting and almsgiving, Sacred Scripture keeps inviting us to meditate on the love and mercy of God. In the Book of the Song of Songs, it is written “Death is as strong as love is” which means no one can deny the reality of death. Through the Sacred Scripture we are reminded that our life is too short, and we must remember that we are dust and unto dust shall we return. Our life is being compared with the flowers of the grass which grows in the morning and withers in the evening. Most of the time, like the woman in the story above, we find it hard to grasp everything about the mystery of life and death. We are created in the image of God and

he himself has created us wonderfully in our mother's womb (Please read Psalm 139). We all have gone through the experience of losing someone from our families which lead us to hurt and pain. Sometimes that hurt and pain leads us to doubt our faith and we lose trust in the Lord. However, in the Book of Revelation, the Lord invites us to remember "He has set his tent among and will wipe away tears from our eyes" (21:1-5). And also the Lord consoles us by saying "Come to me all that are weary and carrying heavy burdens....(Matthew 11:27-30).

For the last three Sundays we have been reading from the Gospel of St. John which has the beauty of opening our minds to understand the true meaning of those miracles done by the Lord. On the third Sunday we all reflected on the dialogue of Jesus with the Samaritan woman which ended up with the conversion of the woman which led her to become a missionary to witness his name to her people in the town. And on the fourth Sunday we focus our eyes on the healing of a born blind man whom the Lord healed, and his healing led to a controversy among the Jewish because he was cured on the Sabbath Day. No one appreciated the Lord but came to attack the Lord and the blind man. However, once the blind man was driven out, the Lord found him. Now here comes the true meaning of gain sight "Lord I believe in you". I believe in death though physically we are lost but spiritually we are found in the Lord "if we die in him, we will also rise with him" as St. Paul says. Through death we share the company of the saints and see the Lord as he really is.

Faced with death, life might seem absurd and meaningless. But our Christian faith tells us that despite death, life is not absurd and meaningless. Life for each of us took on a completely different meaning when our parents decided to have us baptized into the Catholic Church. When we were baptized, we became adopted sons and daughters of God. When we were baptized, this planet was no longer our home, and then heaven became our true homeland. When we were baptized, we were no longer on our own. When we were baptized, we were joined with Jesus in leaving behind an old life and beginning a new life. When Jesus died, he left his old life behind him. He rose from the dead, having left behind life in a human body like ours. When we were baptized, we joined Jesus in his dying, leaving behind our old self, and we joined Jesus in his resurrection, becoming new persons (Please read Romans 6). When we were baptized in Christ Jesus we were baptized in his death. In other words, when we were baptized, we went into the tomb with him and joined him in death, so that as Christ was raised from the dead by the Father's glory, we too might live a new life. In every Mass we remember that we share in Jesus' death and resurrection, for example "We proclaim your Death, O Lord, and profess your Resurrection until you come again." "When we eat this bread and drink this Cup, we proclaim your Death, O Lord, until you come again." The whole chapter of I Corinthians 15 speaks about the resurrection of the dead and makes us to believe that Jesus is the author of eternal life "I came to give life and life in abundance" as St. John proclaims in his Gospel. Our understanding of death is different than of other people of faith (Please read Wisdom 3:1-9) because we believe that God has created everything for eternity (Wisdom 1:12-14 & Ezekiel 18:28-32). St. Paul says that our homeland is in heaven (Phil 3:20). We build houses for ourselves. We decorate them. We become settled in life. Very few people like moving around from one place to another. And yet even though we are so

settled where we are, we might think we are at home here, but if we have faith we can see beyond the surface of life and we know that we have been created to know, love and serve God.

In the First Reading we see how God is trying to revive the dead by saying “I am going to open your graves, and bring you up from your graves, O my people; and I will bring you back to the land of Israel”. Here we must remember that God is not speaking about physical death of Israelites but death of faith, conscience and morality. They just became like people who don’t listen and neither act. God has been experiencing disobedience from the Israelites, but he kept forgiving them as the Responsorial Psalm is reminding us “if you, O Lord, should mark iniquities, Lord, who could stand? But there is forgiveness with you, so that you may be revered”. God wants to have life so that we could hear him and obey his commandments because “God loved the world so much that he gave us his only Begotten Son that we may not be condemned but may have eternal life” as St. John says.

The Gospel of this fifth Sunday of Lent is that of the resurrection of Lazarus. This Gospel once again opens a great conversation of the Lord with Martha. However, before the death of the Lazarus, the Lord receives the message that “to whom he loves, is sick” and response of the Lord is eye opener for us “his sickness is to show the glory of God”. Do we see the joy and glory of God in our sickness. Recently we have attended four sessions of “Horizons of Hope” which really help us to see the joy in our life and death and always to cherish the beautiful gift of life which the Lord has given us. However sometimes we become like the following story:

A penguin was standing on the water’s edge when he looked up at an eagle soaring high above his head.

He watched him with great admiration for a few moments and then looked down at his own flippers with frustration.

The penguin shuffled up to the tallest rock on the beach and flapped his wings vigorously. “That looks so cool, I wish I could fly in the air like an eagle,” he thought to himself before accepting reality, sliding into the sea, and swimming away.

The eagle looked down and saw the penguin swimming gracefully in the water.

He watched him with similar admiration for a few moments and looked across at his own wings, wondering if they would work under water.

“That looks so cool, I wish I could fly in the water like a penguin,” he thought to himself, before accepting reality, catching another updraft, and effortlessly soaring away into the distance.

Every now and then, I look at the talents and capabilities of others and wish that I was like them.

And my suspicion is that many of those I admire have others in their lives whom they envy. And so, it goes on, the endless loop of comparison and inevitable disappointment.

A penguin is a penguin for a reason, and it is remarkably good at what it was created for.

An eagle is an eagle for a reason, and it is remarkably good at what it was created for.

And you are you for a reason and have the capacity to become remarkably good at what you were created for.

The sooner we accept this, the happier and more successful we will be!

Let us continue to explore the Gospel Reading today. We all know through the Gospels that Lazarus was the brother of Martha and Mary; they were very close to Jesus. There are only two places in the Gospels where Jesus literally have wept (Please read for the second time Jesus wept Luke 20). When He arrived in Bethany, Lazarus had already been dead for four days; Martha runs to meet the Master and says to Him, "If you had been here, my brother would not have died!". Jesus answers her: "Your brother will rise again"; and adds: "I am the resurrection and the life; those who believe in me, even if they die, will live". Jesus shows himself as the Lord of life, the One who can give life to the dead too. Then Mary and others arrive, all in tears, and Jesus, the Gospel says, "was deeply moved and troubled and wept". With this turmoil in His heart, He goes to the grave, thanks the Father who always listens to Him, opens the tomb, and shouts loudly: "Lazarus, come out!" (v. 43). And Lazarus comes out with "his feet and hands wrapped with burial bands, and his face wrapped in a cloth" (Please read Sirach 38:16-32).

Here we touch with our hands that God is life and gives life, but he takes charge of the tragedy of death. Jesus could have prevented the death of his friend Lazarus, but he wanted to share in our pain for the death of loved ones, and above all he wanted to show God's dominion over death.

Holy Father Pope Francis says "In this passage of the Gospel we see that the faith of man and the omnipotence of God, of God's love seek each other and finally meet. It is like a double path: the faith of man and the omnipotence of God's love that one seeks and eventually meets. We see it in the cry of Martha and Mary and of all of us with them: "If you had been here!" And God's answer is not a speech, no, God's answer to the problem of death is Jesus: "I am the resurrection and life... Have faith! During grief, we continue to have faith, even if death seems to have won. Remove the stone from your heart! Let the Word of God restore life where there is death. Even today Jesus repeats to us: "Take away the stone." God did not create us for the tomb, he created us for life, beautiful, good, joyful. But "death has entered the world through the devil's envy"(Wis 2:24), says the Book of Wisdom, and Jesus Christ has come to free us from its bonds".

The resurrection of Lazarus is also a sign of the regeneration that takes place in the believer through Baptism, with the full integration into the Pascal Mystery of Christ. For the action and power of the Holy Spirit, the Christian is a person who journeys in life as a new creature: a creature for life and who goes towards life.

There was an old man who was sharing his own story about grief and despair. He was talking about how he is still alive despite losing his loved ones and other people he knew. He couldn't keep count of those who he had lost from years ago, his father, mother, sister, friends, best friend, co-workers, relatives, teachers, students, neighbors, and other acquaintances. The old man had no children and couldn't imagine the pain of losing a child, but he continued to share his two cents about death. Despite experiencing and witnessing death around him, he could never get used to people dying. Not that he can't but he doesn't want to.

Every death tears a hole through his heart and no matter what the circumstance is, he doesn't want the death of the people he cared about to not matter. The scars he had are proof of the love and relationship he had with the person who died. The deeper the scar is, the deeper the love he has for that person. The old man continued about how grief

comes in waves. When in a shipwreck, you will drown at first with all the wreckage around you. The debris floating around will remind you of the beauty the ship once possessed. For a while, you hang on it to float and stay alive which could be the happy memories you had with the person that died. At first, the waves will be around 100 feet tall and will crash over you endlessly. They will come 10 seconds apart and won't give you enough time to catch your breath. All you can do is hang on for dear life and float.

It will take maybe weeks or months before the moment the waves start to calm. It may still reach 100 feet tall, but the waves will now come further apart. You are afraid that the wave may crash and wipe you out but this time, you can gasp for more air and function more. You may never know what could suddenly trigger your misery. Who knows? It could be a distant memory from a song, a picture, an intersection from across the street, the smell of coffee, the night breeze, and more other things! Anything could remind you of someone you love deeply and once lost – and again the waves keep crashing your body if this happened. However, this time, in between waves, there is life. Eventually, you will find the once tall and scary waves to be only 80, 50, or 30 feet tall. While they still come from time to time, they will continue to come further apart. You can now anticipate it when it's coming like an anniversary, Christmas, birthday, or seeing their room.

You will be surprised to know that when it is coming, you are more prepared for it for the most part. And when the fear of the waves washes over you, you will somehow know that you will come out the other side again. Although you are soaking wet and holding on to some tiny piece of wreckage, you will continue to breathe and come out. "Take it from me." said the old guy. "The waves will never stop coming but you will learn how to survive it as times went on."?

Let us ask the Lord to strengthen us always with his love and mercy so that we may believe that death is not the end but beginning of our new life in the Lord. Let us pray

for those who have gone before us to the Lord, that the Good Lord may grant eternal rest unto them and peace and consolation to their grieving families.



We have a new beginning in the Lord!

DIOCESAN SUNDAY UPDATES

The Fifth Sunday of Lent

A Message from Bishop McGrattan

Since 1967, the Canadian Conference of Catholic Bishops has set aside the Fifth Sunday of Lent as Solidarity Sunday, which this year falls on March 26, 2023. [Read Bishop McGrattan's pastoral letter](#) inviting all the faithful to make a life-changing impact this season.

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.*

Holy Week & Triduum with Bishop McGrattan

All are welcome! Bishop McGrattan will celebrate the following liturgy at St. Mary's Cathedral:

- Chrism Mass, Monday, April 3 at 7 pm
- Holy Thursday, April 6 at 7 pm
- Good Friday, April 7 at Noon and 3 pm
- Easter Vigil, April 8 at 8pm
- Easter Sunday, April 9 at Noon

Pastoral Centre hours during Easter break

- Holy Thursday, Apr 6, 8:30 am to Noon
- Good Friday, Apr 7- Closed
- Easter Monday, Apr 10- Closed
- Tuesday, Apr 11 open as usual

Braiding Together: Bishop McGrattan's reflections on Pope Francis' pilgrimage to Canada

On His pilgrimage to Canada in July of 2022, the Holy Father engaged with the First Nations, Métis and Inuit Peoples in a very direct and intimate manner, offering his apology and learning from each encounter. Bishop McGrattan was instrumental in the preparations for the visit and accompanied the Holy Father during his time in our country. He has distilled his own reflections into ten key messages which he will present and discuss with us. Please join us at St. Peter's Parish, 541 Silvergrove Drive NW, Calgary on **Saturday, April 15th** as we walk together on the journey of healing, truth-telling and reconciliation. Bishop McGrattan will celebrate the 8:30 am Mass, followed by his presentation.

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**

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
- Administrative Assistant (Part-time) - St. Elizabeth of Hungary, Calgary
- Children's Liturgy Coordinator (Casual) - St. Michael Catholic Community, Calgary
- Please visit catholicyc.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 catholicyc.ca/faithfully

Fourth Sunday of Lent



We hear how Jesus helped a blind man to see again. God has given us the gift of sight to see all the wonderful things that he has made in our world. But we also need to open our eyes to see things that are damaging the world, and our planet. Let's think of one way you can try to make a difference, to care for our earth and to help people who are poor to change their lives for the better.

- [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.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](#)

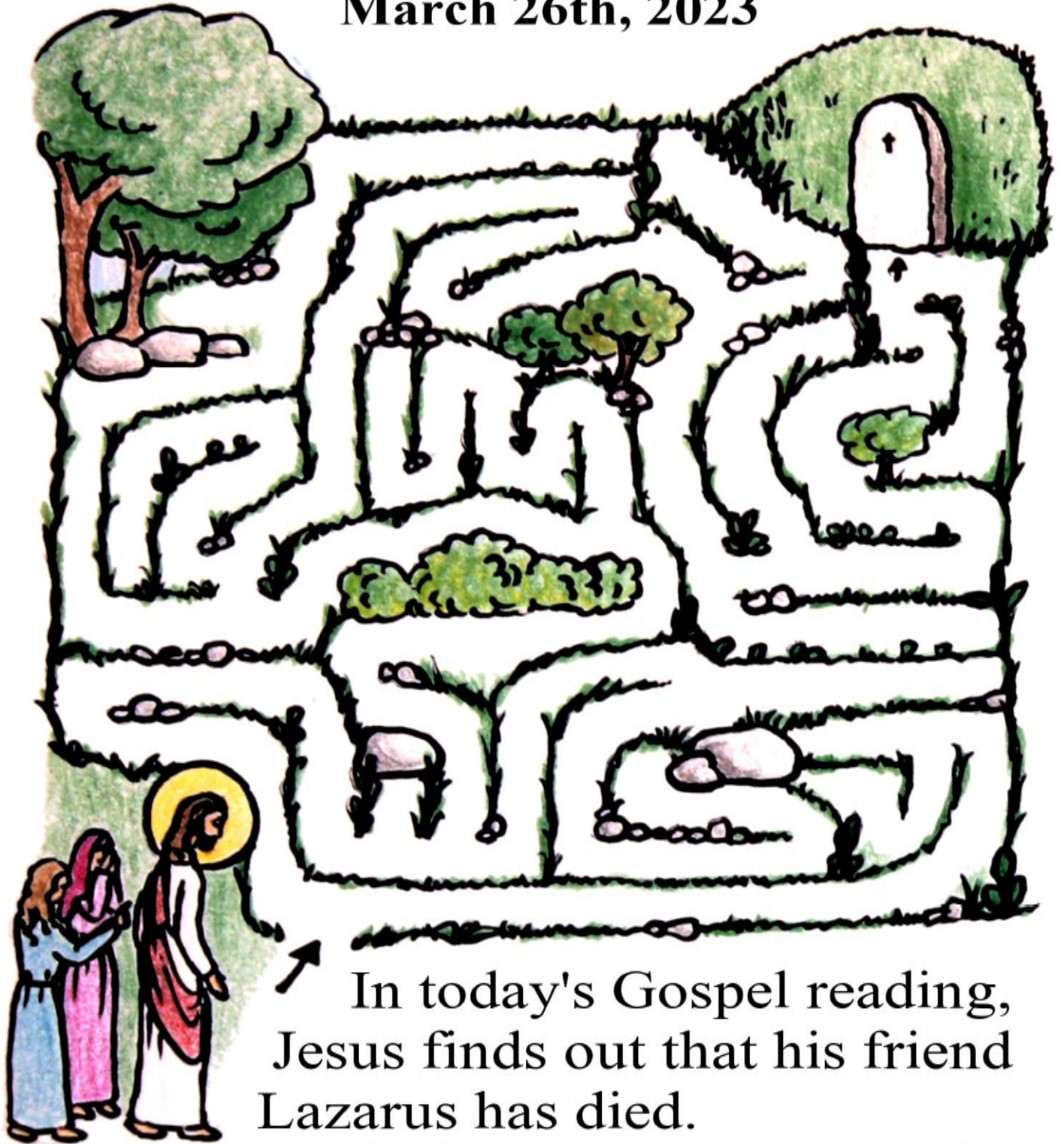
Resources

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

The Kids' Bulletin

Fifth Sunday of Lent

March 26th, 2023



In today's Gospel reading, Jesus finds out that his friend Lazarus has died.

Can you find your way through the maze to the tomb where Jesus will raise him from the dead?

Saint Peter de Regalado

March 30

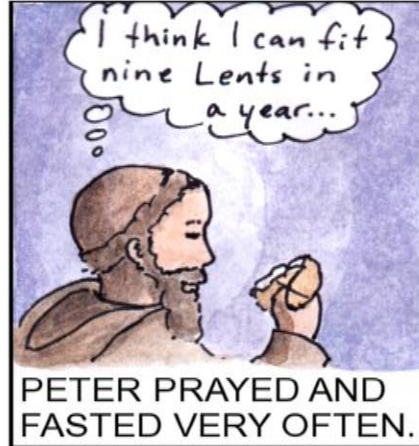
PETER REGALADO WAS BORN TO A WEALTHY FAMILY IN SPAIN IN 1390. FROM THE AGE OF TEN HE BEGGED TO JOIN A MONASTERY.



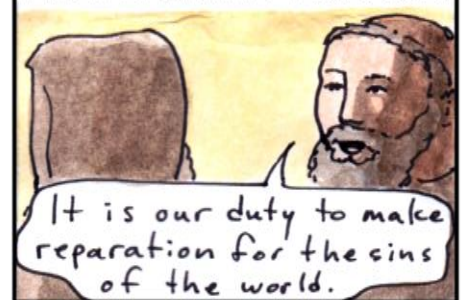
HE WAS FINALLY ALLOWED TO ENTER WHEN HE WAS THIRTEEN.



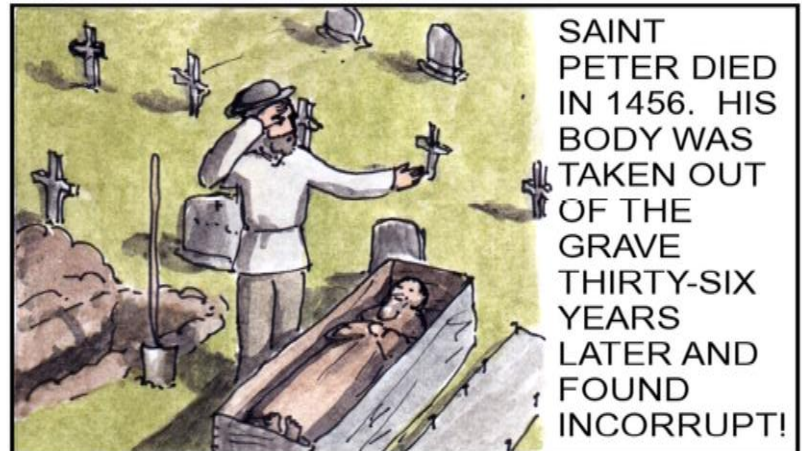
WHEN HE WAS ORDAINED A PRIEST, HE WAS MADE ABBOT OF ANOTHER MONASTERY.



HE REFORMED THE MONASTERIES TO FOCUS MORE ON PRAYER AND PENANCE.



BECAUSE OF HIS HOLINESS, GOD USED HIM TO PROPHECY AND DO MIRACLES.

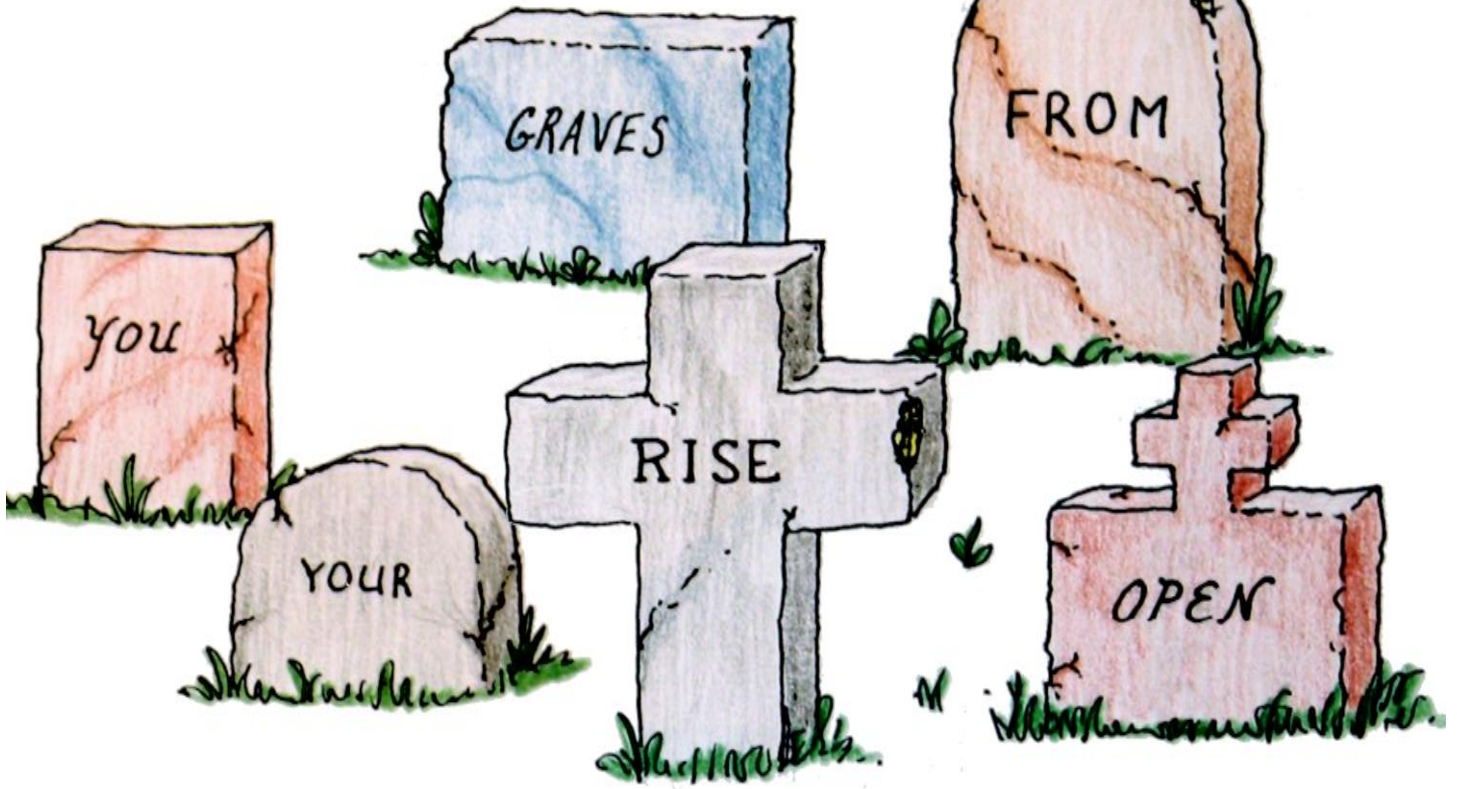





GOD DOES NOT CALL EVERYONE TO A LIFE LIKE SAINT PETER REGALADO, BUT HE DOES WANT EVERYONE TO DO SOME PENANCE. IN LENT ESPECIALLY, WE SHOULD TRY TO GIVE UP SOME FOOD WE LIKE AND PRAY A LITTLE BIT MORE. GOD USES OUR SACRIFICES TO DO GOOD IN THE WORLD.






An Ezekiel Puzzle

In today's first reading
God tells His people
what He is going to do.

Match the tombstones
with the shapes to fill in
the blanks at the bottom.



I will _____
   

and _____
     

God Raises People from the Dead!



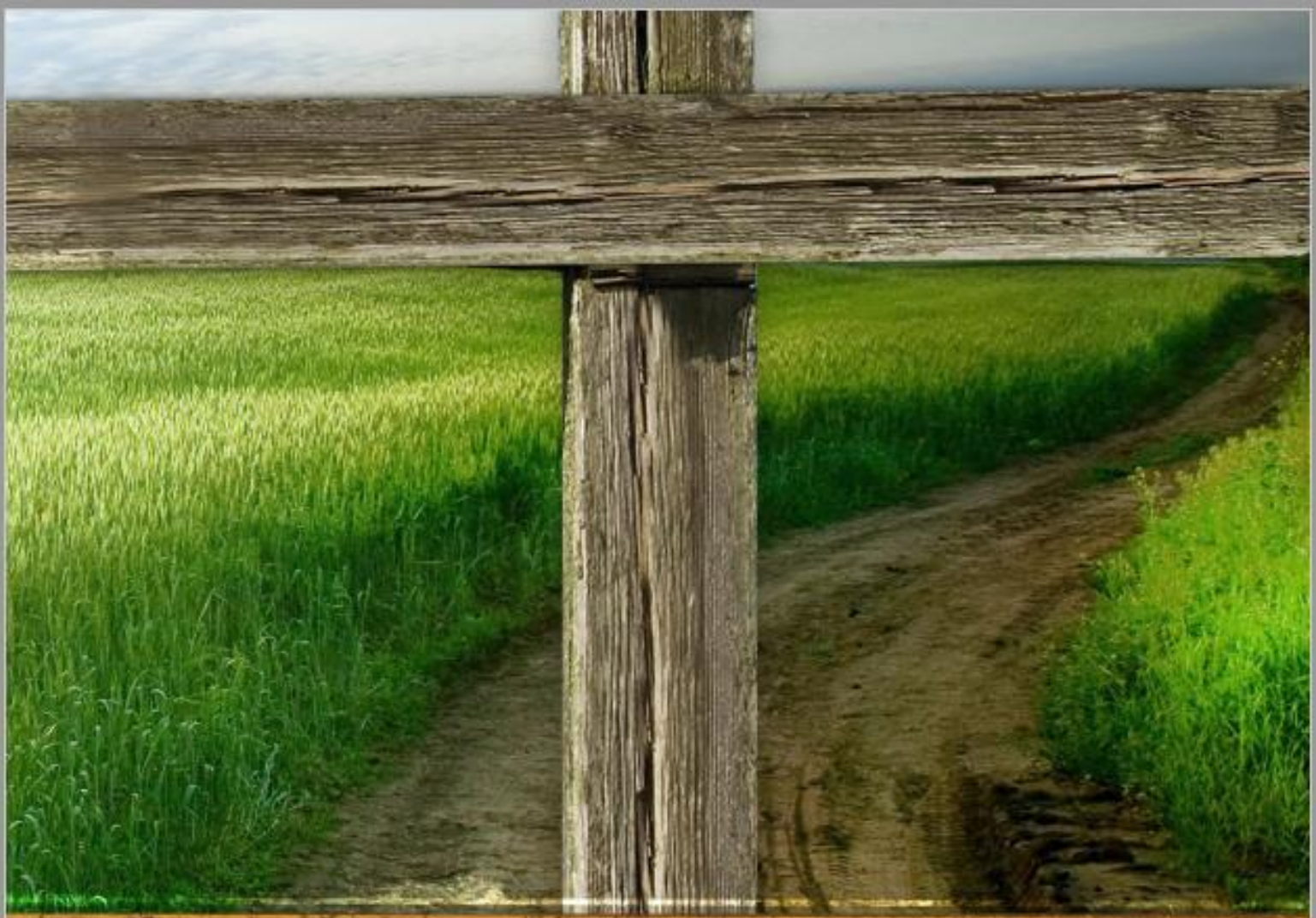
In today's Old Testament reading God promised His people that He would raise them from their graves. In the Gospel story Jesus raised His friend Lazarus from the dead. At the end of time God will raise everyone from the dead.

God does not like death. We all have to die because we are sinful, but God wants to raise us from the dead, like Lazarus.

Did you know that there is something worse than dying? Sinning is worse than dying, because when you commit a mortal sin you kill God's life in your soul. When you die you know that your body will rise again, but if you are not sorry for any serious sins then your soul will go to Hell because it doesn't have God's life in it. In Lent we should try to get rid of all the sin in our souls by going to Confession so that our souls will have God's life in them and be ready to celebrate Jesus' resurrection at Easter!



Answer to Ezekiel Puzzle: I will
OPEN YOUR GRAVES and HAVE
YOU RISE FROM THEM.



Crossroads

Charity of the Cross - A Retreat During Holy Week

April 5 | 9am - 3 pm or 5:30 - 9 pm

Mount St. Francis Retreat Centre

41160 Retreat Road

To Register: 403-932-2012 ~ mtfrancis@shaw.ca

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

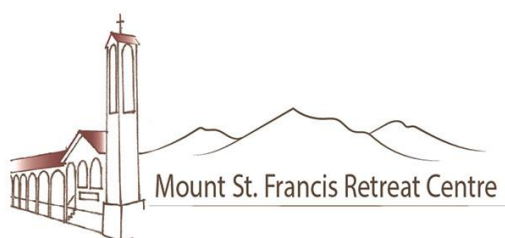
\$30

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 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 so it can be sent to the diocese.