



Welcome to

HOLY FAMILY PARISH

MAY 21, 2023 – THE ASCENSION OF THE LORD 2023 - 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

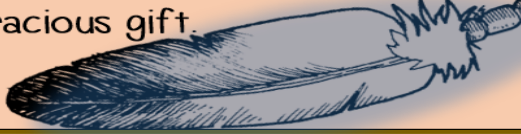
THE CHAPEL IS OPEN

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.



Doubt No Longer

On the last mountain encounter with his disciples
before his ascending, Jesus uses the "I AM"
language reserved to God. This Son of God will
be with them always. After Christ is lifted up,
the angel has to remind them: Stop standing
around. Stop looking up. The implication: get to
work! Make more disciples!

- † How do I know Christ is with me always?
What does my experience tell me?
- † Because of the strength of his presence, what
mercy works will I do?
- † What will I do to bring even one more person
to Christ?

† Masses & Mass Intentions †



Saturday, May 20

5:00pm ~ Irene Bachmier †

Sunday, May 21

8:30am ~ Holy Family Parish

10:30am ~ Leonard & Loretta Oddan

6:00pm ~ Dwayne & Angela Zarichny & Family

Monday, May 22

NO MASS TODAY - VICTORY DAY

Tuesday, May 23

9:00am ~ Johanne Gaetz †

Wednesday, May 24

9:00am ~ Simon Schmaltz †

Thursday, May 25

9:00am ~ Jean Unger †

Friday, May 26

9:00am ~ Christina Josephine Resch †

MAY 21, 2023 – THE ASCENSION OF THE LORD 2023 - YEAR A



OPERATING FINANCES

APRIL 1-30, 2023

Operating Budget 2022	\$ 63,984
General Envelope Collection	\$ 55,402
Loose Collections	\$ 5,668
Future Development	\$ 3,693
Sale of Church Supplies & Other	\$ 10,539
\$ 75,302 - Budget Vs Actual	\$ 11,318

SPECIAL COLLECTIONS

Together in Action (TIA)	\$ 5,457
St Vincent de Paul	\$ 3,716
Holy Land	\$ 4,021
World Mission	\$ 25
Clergy Retirement	\$ 65
Mission Mexico	\$ 60
CARO	\$ 50
Seminary Fund	\$ 945
Loonies for Lent	\$ 3,415

Thank You for your Generous Contributions

Average Weekly Attendance	958
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Mark your Calendars!

May 20 - 10:00am - Hope Room

Benedictine Group Meeting

May 22 - Victoria Day - Holy Family Parish
NO MASS & OFFICE CLOSED

May 23 - 1:00pm - Faith Room

Society of St. Vincent de Paul Meeting

May 24 - 9:30am - Faith Room

Bible Study

May 24 - 5:30pm - HFP Church & Hall

Monsignor McCoy Grad Mass Practice

May 25 - 3:30pm - Faith Room

Monsignor McCoy Grad Mass

June 10 - 5:00pm - HFP Church & Hall

Taste of the World Mass & Pot Luck Supper

July 10-14 - 10:00am - HFP Hall

Deepening our Faith in God Bible Camp

Together IN ACTION
Annual Bishop's Appeal

Year to Date: \$21,257.36
only 30% of total needed!

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

The more we can get into this year, the less we will have to beg at the end of the year.
Sorry No Change while Ria is away,
Please give what you can to meet our goal!

Your Generosity is Appreciated!

ALTAR SERVERS PRACTICE

Tuesday June 20th

7:00pm

Holy Family Parish Sanctuary

This practice is for all current altar servers & any children or adults who wish to become altar servers.



HOLY FAMILY PARISH

MEN'S PRAYER GROUP

Thursday Mornings - 7:00 to 7:30 - Faith Room

Open to all men seeking to nurture their relationship with God and each other through prayer, song and reflection on the daily scripture readings.

More Information - Gord 527-7423 or Alan 527-4169

Pamphlets available at the Greeting Desk

REAL MEN PRAY



An Encounter with Jesus

Coffee and Conversation for Adults
Teens ages 13+ | Jr. Teens ages 9-12 | Kids ages 5-8
Under 5 are welcome to hang out with their
parents and play!

MAY 28 3-4:30PM

PLEASE BRING A SNACK TO BE SHARED



"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



TASTE OF THE WORLD FOOD & CULTURE SOCIAL

What? A food and social event celebrating our cultural diversity.

When? Saturday June 10th, 2023, after the 5:00pm mass... At the mass we ask 1 person from your group to present a Prayer of the Faithful in your native language.

Where? Holy Family Parish

Who? Everybody is encouraged to attend. If you are not fortunate enough to be part of an above group, you are still invited to join in the sampling of the foods and festivities.

Tickets for food will be sold at \$2 each. Each ticket will purchase a single serving from the table of your choice. (Sample from each culture as you wish at one ticket per serving.)

Why? To celebrate that each of us has a history; European, Asian, African, Americas, South Pacific, Indigenous etc. And we are proud.

How? Seek out others in your cultural community and together decorate a table in the Hall with flags and other items, wear your traditional clothing and prepare a traditional dishes to be served by you at your table. Refreshments will be provided by the Parish.

Please contact PPC Chair Gary Heinbecker at

tasteoftheworld2023@gmail.com to register your group and/or to get more information.



The Catholic Women's League

FUNDRAISING



Shamrock Bottle Depot has an open account for Holy Family CWL. Please donate your recyclable bottles, pop cans, hard liquor bottles, wine bottles, milk jugs & juice boxes. Money raised help local charities.

Thank you for your support!



MHCBE International Program
is in need of Host Families...

Make a difference in an International Students life.

Become a Homestay today!



Lori Frelick at 403-502-9563 or lori.frelick@mhcbe.ab.ca

The Legion of Mary invites you to join them

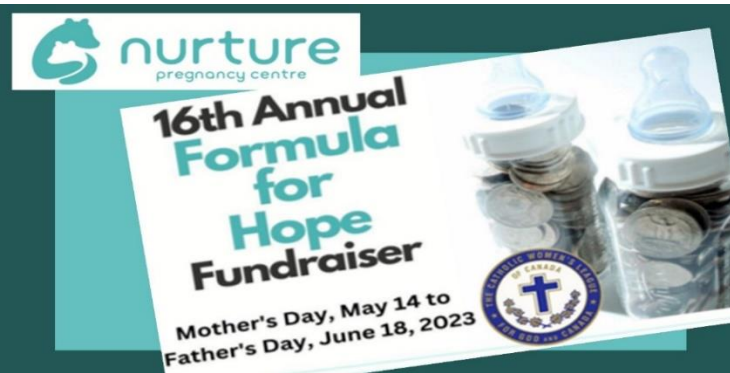
Rosary Procession

Sunday, May 28th, 2023, at 10:30am

On the grass, west side of St. Pat's Church.

Following the Rosary, we will proceed into the
11:00am Mass singing Immaculate Mary.

Outdoors (Weather Permitting)



Simply place an empty baby bottle in your home, work place, or church to collect change, cash, and cheques. Funds raised will purchase infant formula, clothing, and diapers to help local families.

Nurture is also in need of... Baby Towels – Lanolin (Nipple Cream) – Wipes – Diapers, size 3,4,5&6 – Boys & Girls Outfits, Sleepers & Sweaters, Size Newborn to 12 months - Small Baby Toys – Baby Nail Clippers – Baby Brushes & Combs – Baby Bottles – Baby Washcloths – Bibs. These items may be dropped off at Nurture 321 6th Ave SE - (403) 504-8560

Blumenfeld & District Heritage Site Pilgrimage
Sunday, June 11th, 2023
 Bishop Mark Hagemoen
 Supper following Mass
Rosary & Mass @ 3:00
 Reconciliation 2:00-2:45
 Bring lawn chairs, bug spray & umbrellas

Work Bee – May 31 @ 6pm, alternate date June 7th.
 Please bring pails, mops, rags, lawnmowers.
 Many hands are needed to clean the church.
 Open for viewing on Sundays, July 2 until Sept 3rd, 2-4.
 Facebook - Blumenfeld & District Heritage Site

FORMED® THE CATHOLIC FAITH. ON DEMAND.

USE WITH
 Roku
 Apple TV
 Fire TV
 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

Faithfully
 FAITH. LIVED. FULLY.

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


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!**

E-transfer
 ONLINE GIVING



accounting@holyfamilymh.ca

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


 audiofetch

Sunday 10:30am Mass on YOUTUBE

Medicine Hat Holy Family Church Live Stream

<https://www.youtube.com/channel/UCG6zK-XzuXdDHj79rV6ut> Q



MEDICINE HAT CATHOLIC SCHOOLS'
EDUCATION FOUNDATION

21st ANNUAL GOLF TOURNAMENT

FRIDAY JUNE 9th, 2023

Registration Fee: \$150 per golfer

1:00 p.m - Shotgun Start
Cottonwood Coulee Golf Course
Medicine Hat, Alberta

Register by calling 403-502-8351

Registration closes June 1, 2023

Register Early! Only 120 spots!
Entries will be accepted on a first come, first paid basis



**Please join us for a relaxing
afternoon of golf with other
business and community
participants!**

Cost is \$150/person.

Info. Call (403) 502-8351

**This is a wonderful opportunity to
support Catholic Christian education
in your community.**



**Prayers for Safe Travels to
Fr. Iqbal, Ria and the rest of the
group going on their Pilgrimage.**

Vincentian Corner

Did you know that Hillcrest Church has a furniture ministry? They pick up items available and in turn later deliver them to people who are in need of furniture and various other home items?

Please consider donating items you no longer use or need to this valuable ministry. The list below shows the wide variety of things you could donate:

Towels (Kitchen and Bath)
Bedding (Single and Double)
Toasters
Tea Kettles
Coffee Makers
Pots and Pans
Baking Pans

Dishes and Glasses (No China or Wine Glasses)
Coffee Mugs
Cutlery and other Utensils
Nightstands
Dressers
End Tables

Coffee Tables
Tables and Chairs
Couches (No Recliners)
Lovesats (No Recliners)
Armchairs (No Recliners)
Lamps



The Society of St. Vincent de Paul and Hillcrest Church often work together to assist people in need throughout our community. If you have items to donate to the Furniture Ministry, please call them at 403-526-4010 for more information. God bless all of you for your prayers and donations.



Notre Dame Academy is very proud to be one of the nine Catholic Schools within the Medicine Hat Catholic Board of Education (MHCBE). Notre Dame Academy has a student population of approximately 440 **students in Grade 6 to 9**. We are also extremely proud that we are one of only a very few successful sports academy schools in Alberta and Western Canada. As a sports

academy school, we offer specialized training in baseball, golf, hockey, and soccer. In addition, we continue to offer innovative and unique exploratory programs like Lego-robotics, Rocketry, Carpentry, Plumbing, Gaming Concepts, Drama, Food Studies, Art, Outdoor Education, etc. to keep our students engaged in their learning. We consider ourselves a community school with many great partnerships. Notre Dame Academy has a very well-developed partnership with Medicine Hat College. Because of this partnership, we can offer an amazing Industrial Arts program in Carpentry, Electrical and Plumbing. Our leadership in this program has been the envy of other schools as they are now seeking to develop a partnership with the MHC. Too, our sports academy programming has been so successful over the past 18 years and now we are seeing other districts wanting to also build sports academy programming into their schools and districts. Notre Dame also has an ongoing partnership with the company Under Armour and Source for Sports.

Our school focus and missions are:

- Build Effective Relationships with Each Other and Our Students.
- Living Our Faith Through Service
- Helping All Students Learn

We would like to thank all the parishioners and staff of Holy Family Parish and St. Patrick's Parish for allowing us to be part of such loving parish communities.



Feast of the Ascension of the Lord Year A

May 21, 2023

TILL THE END OF AGE

For the last six weeks during the Easter Season we have been reflecting on the mystery of the resurrection of the Lord, how he died and suffered for us and rose again from the dead. St. Augustine says that it was impossible for the author of life to stay in the ground. St. Paul rightly says in his First letter to Corinthians that if we don't rise with him, then he didn't rise.... For the last two Sundays we have been reflecting on the consoling words of the Lord. He knows what is going on in the mind of the disciples after listening to his prophecy. He doesn't want them to be broken or left alone in their devastation. He sits with them at the table and teaches them about the time to come and how to deal with the things to come on their way. This weekend as we celebrate the Feast of the Ascension of the Lord, we are invited to look again at our relationship with the Lord who before ascending back to his Father, is promising everyone that "till the end of age" he is going to be with us. Why did he only ascend back to his Father after forty days on earth after his resurrection? Why is the number 40 important in the life of Jesus and in our life as well? What does it mean when Jesus says I will be with you "till the end of age"?

St. Cyril of Alexandria says "All who receive the sacred flesh of Christ are united with him as members of his body. This is the teaching of Saint Paul when he speaks of the mystery of our religion that was hidden from former generations but has now been revealed to the holy apostles and prophets by the Spirit; namely, that the Gentiles are joint-heirs with the Jews, that they are members of the same body, and that they have a share in the promise made by God in Christ Jesus. If, in Christ, all of us, both ourselves and he who is within us by his own flesh, are members of the same body, is it not clear that we are one, both with one another and with Christ? He is the bond that unites us because he is at once both God and man.

Regarding our unity in the Spirit, we may say, following the same line of thought, that all of us who have received one and the same Spirit, the Holy Spirit, are united intimately, both with one another and with God. Taken separately, we are many, and Christ sends the Spirit, who is both the Father's Spirit and his own, to dwell in each of us. Yet that Spirit, being one and indivisible, gathers those who are distinct from each other as individuals, and causes them all to be seen as a unity in himself. Just as Christ's sacred flesh has the power to make those in whom it is present into one body, so the one, indivisible Spirit of God,

dwelling in all, causes all to become one in spirit. Therefore, Saint Paul appeals to us to bear with one another charitably, and to spare no effort in securing, by the bonds of peace, the unity that comes from the Spirit. There is but one body and one Spirit, just as there is but one hope held out to us by God's call. There is one Lord, one faith, one baptism, one God and Father of all, who is above all, and works through all, and is in all. If the one Spirit dwells in us, the one God and Father of all will be in us, and he, through his Son, will gather in unity with one another and with himself, all who share in the Spirit. There is also another way of showing that we are made one by sharing in the Holy Spirit. If we have given up our worldly way of life and submitted once for all to the laws of the Spirit, it must surely be obvious to everyone that by repudiating, in a sense, our own life, and taking on the supernatural likeness of the Holy Spirit, who is united to us, our nature is transformed so that we are no longer merely men, but also sons of God, spiritual men, by reason of the share we have received in the divine nature. We are all one, therefore, in the Father and the Son and the Holy Spirit. We are one in mind and holiness, we are one through our communion in the sacred flesh of Christ, and through our sharing in the one Holy Spirit”.

On one beautiful night, a devotee after worshiping God went to his cozy bed to sleep. It was a cold night of the winter season and in his quilt, he was having a deep sleep. He had a very stunning dream; he dreamed that he was walking along the beautiful beach in the company of his loving God. While he was walking along the seashore, the scenes of different incidents and situations from his life flashed one by one across the dark sky. He kept moving and watching the different stages of his life, the good times as well as bad ones.

After the last scene of his life flashed before him, he looked back and noticed the footprints in the sand. For each scene, he noticed two sets of footprints in the sand. One belonged to his own and the other one to his Lord. Suddenly he noticed that many times along the path of his life; especially at the very lowest and saddest times, there was only one set of footprints.

This really disturbed him, so he asked the God about it. He asked, “God, you said once I decided to follow you, you’d walk with me all the way. But I noticed that during the saddest and most troublesome times of my life, there was only one set of footprints. I don’t understand why, when I needed you the most, you were not there for me.”

God laughed and after some silence whispered, “My precious child, I love you and never left you. When you were fine & healthy, I walked beside you. So, the extra pair of footprints were visible. When you saw only one set of footprints, it was then that I carried you during your tough times. Whenever you were in difficulties and problems, I was still protecting you.”

The devotee was looking silently with a smiling face towards the Lord. He had no words to express his enhanced faith in the Almighty.

He is always with us and never leaves us alone. Let us reflect on the first question as I believe it is very important for us who haven’t seen the Lord but still believe in him. Why did he only ascend back to his Father after 40 days of his resurrection from the dead? Answer to this question is found in the 40 days of Jesus in the desert where he spent time in prayer and meditation and was tempted by the tempter. Those 40 days for Jesus were very important as he prepared himself for the mission he was about to take and the sacrifice he was about to offer to his Father for our sake. After his resurrection Jesus

stayed on earth for 40 days to prepare his disciples for the mission they were about to take on. He had appeared to them and had shown himself in different places and many ways not to confirm about his resurrection but to help them understand that he is divine. While he was appearing to them, he was strengthening them so that they should not be afraid. If we take notice, the promises Jesus made with them while he was with them are not different than what he promises them after his resurrection. His last promise is that “till the end of age” he is always with us. I think 40 days of preparation for his disciples were very important to understand about their following of Jesus is bearing fruit which is going to last forever.

Why number 40 is important in the life of Jesus and in our life as well? These 40 days not only prepare Jesus but also his disciples as well to understand that he is the master of everything. For us these 40 days are meant:

- ✦ To believe that he is the way, the truth and life.
- ✦ Life comes from him, and he is the author of eternal life.
- ✦ We must work to promote the culture of life.
- ✦ We are Easter people and Alleluia is our song and suffering cannot separate us from him.
- ✦ Our hope is found in him who died on the Cross to give us eternal life.
- ✦ God has set his tent among us and will make everything new.

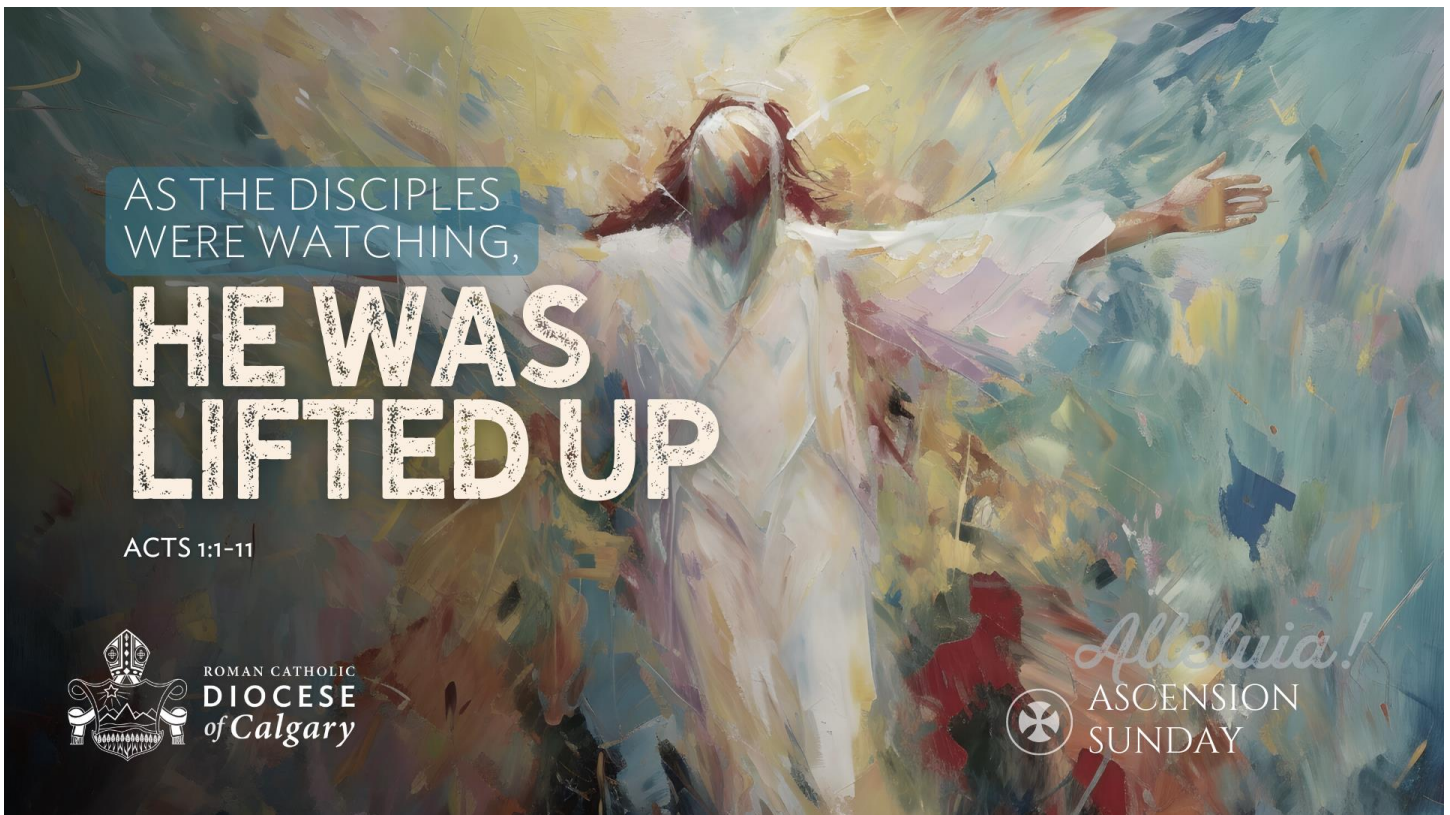
What does it mean when Jesus says I will be with you “till the end of age”? He is Emmanuel which means God is with us. This last promise of Jesus before he ascended back to his Father, has twofold meaning: First he never leaves us alone but holds our hand to walk with us because he cares about us. Secondly it means Jesus will always be with us in our mission through Holy Spirit which only gives us what he hears from the Lord. He knocks at our doors and waits for us to open the door to invite him inside. He calls us “come to me all that are weary and carrying heavy burden and I will give you rest.”

If he is with us till the end of the age, then are we with him?



The Ascension, Fatima Cathedral, May 16, 2023, Fr. Iqbal Khurshid

DIOCESAN SUNDAY UPDATES



Ascension of the Lord

Making an Informed, Moral Choice - A message from the Alberta Bishops

In preparation for the upcoming provincial election (May 29), the Catholic Bishops of Alberta wish to encourage all members of the Church to engage in the electoral process with a pastoral letter. With this letter, the Alberta Bishops offer to our Catholic faithful a reminder of important principles and concerns, which stem from the social doctrine of the Church, to guide the discernment of choices that accord with the Gospel's vision for the right ordering of society. Read *the Alberta Bishops'* message on catholiccyyc.ca/blog

Pope's Pastoral Works Sunday

This **Sunday, May 21**, there will be a second collection for the Pope's Pastoral Works. This National Collection was established by the Bishops of Canada in 1970. The funds collected help the Pope contribute to charitable causes around the world, particularly toward aiding victims of war, famine and natural disasters. You can donate in your parish, or visit catholiccyyc.ca/give and click "[Pope's Pastoral Works](#)".

Visitation of Mary Feast Day at the Shrine Church, Canmore - Wednesday, May 31

Save the date: **Wed, May 31 from 11 am to 2 pm** at the **Shrine Church of Our Lady of the Rockies, Canmore** | Bishop McGrattan invites you to join him on the Visitation of Mary Feast Day, to pray and gather, and entrust the work of the Synod of Bishops to Mary, Mother of the Church. We will be celebrating the Feast Day Mass with Bishop McGrattan, followed by a reception and an outdoor rosary. All are welcome!

Permanent Diaconate - Open House dates

If you are interested or feel that you are being called to a vocation as a Permanent Deacon, and you meet the qualifications listed in the website, please join us at one of the following in person open houses: **Saturday June 3, 2023, at 1 pm** at St. Martha's Parish (355 Columbia Blvd W, Lethbridge) or **Saturday June 10, 2023, 10 am** at St. Mary's Cathedral Hall (219 - 18 Ave SW, Calgary). For more information, visit catholiccyyc.ca/permanentdiaconate

Ordination of Santiago Torres to Priesthood - June 16

Rev. Mr. Santiago Torres, a transitional deacon currently completing studies at St. Joseph Seminary in Edmonton, has been called to ordination to the Holy Priesthood on the Solemnity of the Most Sacred Heart of Jesus. When: **Friday, June 16 at 7 pm** - St. Mary's Cathedral. All are welcome!

How can I pray better? - May 27

Sat, May 27 at 9 to 4 pm - FCJ Centre | A day retreat to help you rediscover the gift of prayer and to provide you with a variety of resources to deepen your prayer life. It will focus on five prayer forms and provide time to reflect, practice, share, and discern which form brings you closer to God. [Register here](#) or call 403-228-4215.

Restoring the Feminine Heart Conference - May 26/27

Fri-Sat, May 26-27 at St. Luke's, Calgary | Beloved Daughters Ministry invites you to their women's conference, offering a time of rest and renewal, with speakers Heather and Jake Khym from Restoration Ministries. [Register now](#) or visit beloveddaughtersyyc.com

Career opportunities

- Assistant Coordinator (Casual) - Feed the Hungry, Calgary
- Housekeeper (temp. full-time) - Dorchester House, Calgary
- Admin. Assistant (Part-time) - Our Lady of the Rockies, Canmore
- Cook (Part-time) - St. Mary's Cathedral

- Family Faith Coordinator - Lethbridge
- Maintenance Worker (Part-time) - Sacred Heart, Calgary
- Admin Assistant (Part-time) - St. Albert the Great, Calgary

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

Pray to the Holy Spirit

To celebrate the Pentecost, the CCCRS and Divine Mercy Centre would like to invite you to pray the Holy Spirit Novena:

- **Pentecost Novena with the CCCRS (18-26)** - See [Schedule for the 9 Day Novena](#) or visit cccrs.com | **Pentecost Vigil Mass** on **May 27 at 6:30 pm** at St. Mary's Cathedral with Fr. Nilo Macapinlac.
- **Pentecost Novena with the Sisters of Divine Mercy (May 19-27)** - [See schedule here](#) or visit sistersofdivinemercy.org

Pope's May prayer intention

Let us pray that ecclesial movements and groups may daily rediscover their mission, an evangelizing mission, and that they place their own charisms at the service of the world's needs.

Pro-Life “Love life” Conference

Sat, May 27 from 9:30 am to 12:30 pm at the Shrine Church of Our Lady of the Rockies, Canmore | The conference (free) starts with Mass, followed by two, life-affirming, educational presentations from Calgary Pro-Life by Monique Achtman.

TrAID for MaID at St. Michael's

Tuesday, May 30 at 7:30 pm at St. Michael's, Calgary | True Assistance in Dying: why is MAiD (Medical Assistance in Dying) embedding itself in our country? St. Michael's CWL will be hosting Dr. Peggy Thomson-Gibson as she presents on how to “Defend the Faith without Raising our Voice” to shed the light of faith through prayer, action and sacrifice.

Benedictine Spirituality for Everyday Life - June 10

Sat, June 10 at 1:30 pm to 4:30 pm | The Oblates of St. Benedict invites you to join guest speaker Fr. John Paul Le, O.S.B., Director of Oblates from Mount Angel Abbey, Oregon, who will give two informative talks and answer questions on how to live out Benedictine Spirituality in everyday life. No registration required and there is no cost to attend. For more information, contact Patricia at (403) 630-1312.

Ascension Sunday

Kid's challenge this week: In today's Gospel, Jesus tells his disciples to go and make disciples of all nations. All of us who are baptized are sent by Jesus to make disciples of all nations. This week, ask Jesus to help us to remain faithful to the commission that Jesus gave us to go and make disciples through our lives and actions. (Loyola Press)

- [Colouring page this Sunday](#)
- [Kid's Bulletin this Sunday](#)
- [Sunday Connection this Sunday](#) (Gr. 1-8)
- Children's Liturgy of the Word this Sunday
 - [Children's Liturgy sheet for leaders/parents](#) (Catholic Children's Liturgy) | [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

Feast of the Ascension
May 18th or May 21st, 2023

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



What does today's Psalm say about the Ascension?
Use every other letter from the box of letters above
to fill in the blanks below.

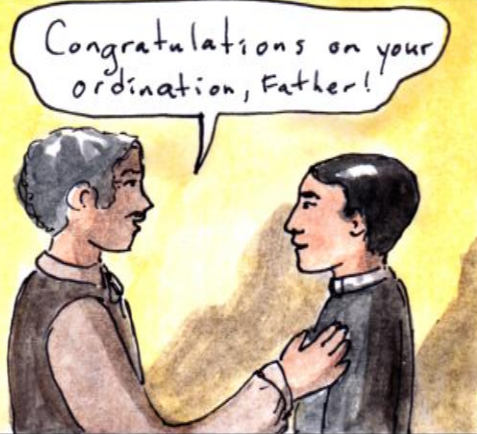
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Saint Cristobal

May 21

CRISTOBAL WAS BORN IN MEXICO IN 1896. HE ENTERED THE LOCAL SEMINARY AT THE AGE OF 19 AND WAS ORDAINED AT AGE 30.



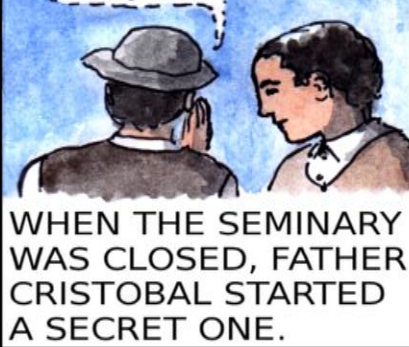
HE BECAME A PARISH PRIEST. HE STARTED MISSIONS AND SCHOOLS FOR TRADES.



BUT SOON THE GOVERNMENT OUTLAWED THE CHURCH!



We'll start classes at 8 PM.



WHEN THE SEMINARY WAS CLOSED, FATHER CRISTOBAL STARTED A SECRET ONE.

HE AND THE OTHER PRIESTS WORKED SECRETLY SO THEY WOULDN'T BE CAUGHT



BUT HE WAS ARRESTED ON HIS WAY TO SAY MASS ON A FARM.



I die innocent and I ask God that my blood may serve to unite my Mexican brethren!



CRISTOBAL WAS KILLED FOUR DAYS LATER. BEFORE HE DIED HE FORGAVE THE MEN WHO WERE ABOUT TO KILL HIM.

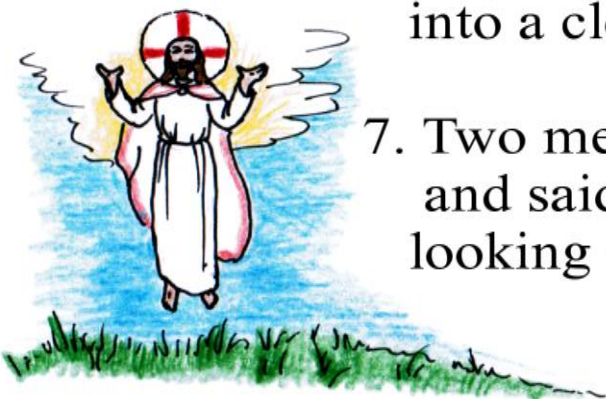
SAINT CRISTOBAL WORKED TO HELP HIS FELLOW MEXICANS TO LIVE A BETTER LIFE. WHEN THE GOVERNMENT TRIED TO STOP THE CHURCH, HE KEPT WORKING ANYWAY. WE CAN LEARN FROM HIM THAT HELPING PEOPLE, ESPECIALLY IN THEIR FAITH, IS MORE IMPORTANT THAN HAVING A NICE SAFE LIFE.

True or False about...

The Ascension

*How well do you know the story of the Ascension?
See if you know which of these are true
and which are false:*

1. Jesus appeared to His disciples for forty days after He rose from the dead. True or false?
2. When Jesus was with His disciples after He rose from the dead, they could only see Him but they couldn't touch Him. True or false?
3. Jesus didn't tell His friends that He was going to leave them. True or false?
4. Jesus promised that He would send the Holy Spirit. True or false?
5. The disciples had gathered together and asked Jesus if He was going to restore the earthly kingdom. True or false?
6. Nobody saw Jesus rise into the sky and disappear into a cloud. True or false?



7. Two men appeared to the disciples and said, "Men of Galilee, why are you looking at the sky?" True or false?

Jesus Ascended into Heaven



The Ascension is one of the great feasts of the Church. Jesus went up, Body and Soul, into Heaven to be with His Father where He is waiting for all of us. Can you imagine what it was like for the apostles to see their leader and best friend going up to Heaven? It would be pretty amazing, don't you think?



At the same time, doesn't it seem a bit sad that Jesus left? Well, He knew it was time for His disciples to start working on their own. It was kind of like having someone there to help you learn to ride a bike and then they let you go so you can learn to bike on your own.

But Jesus didn't go away and leave us without any help. Nine days after He went into Heaven

He sent the Holy Spirit, who would help and guide His followers.



WOW! DID YOU
SEE THAT?

YES... WHAT ARE WE
GOING TO DO NOW?

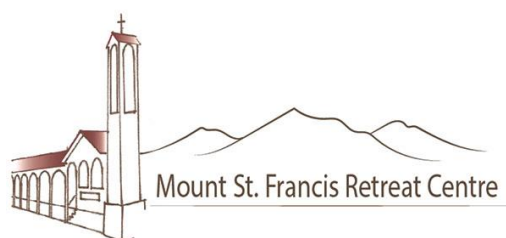
Answer to puzzle on front page: God
mounts His throne to shouts of joy!
Answers to True or False:
1. True 2. False 3. False 4. True
5. True 6. False 7. True

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.