



*Welcome to*

# HOLY FAMILY PARISH

**JUNE 11, 2023 – BODY & BLOOD OF CHRIST SUNDAY – 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

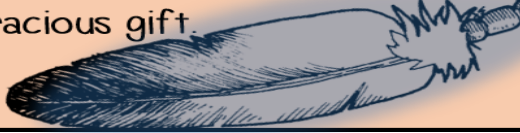
Knights of Columbus - Kirby Peterson

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.



## *Bread and Wine; Flesh and Blood*

For a while – too long, it seems – most of us could  
not share in Holy Communion. Perhaps it is still so.  
We long to eat and drink because Jesus pledges that he  
will remain in those who do. But we believe that same  
Christ is present to us in other ways. When Scripture  
is read aloud, he speaks in our midst today. When two  
or three gather in his name, he is there, too. He is  
not distant from us.

† Let me make time each day to read and ponder one  
of the Sunday readings.

† Even if I cannot go to church, how will I still  
continue to pray?

† How will my longing for Eucharist and Communion  
urge me to help feed those needing daily bread?

## † Masses & Mass Intentions †



Saturday, June 10

5:00pm ~ John Bosch †

Sunday, June 11

8:30am ~ Byron Martin †

10:30am ~ Joseph Bosch †

6:00pm ~ Holy Family Parish

Monday, June 12

9:00am ~ Anton Bosch †

Tuesday, June 13

9:00am ~ Ku Thankachan †

6:00pm ~ CWC Wind-up Mass

Wednesday, June 14

9:30am ~ Brent Desroisiers † with JPii School

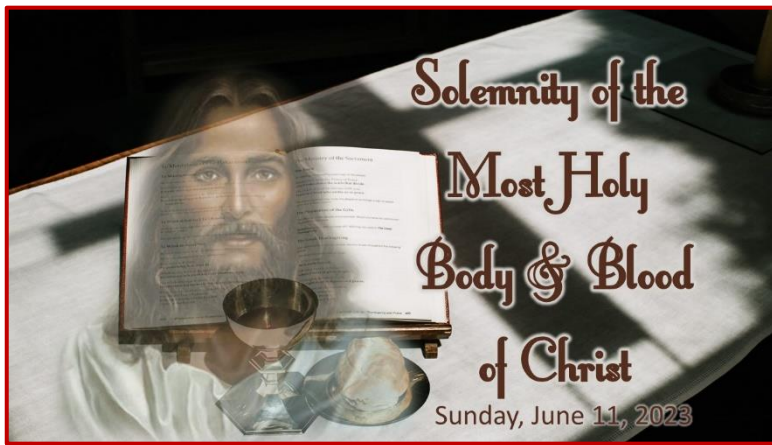
Thursday, June 15

9:00am ~ Joseph Kallampallil †

Friday, June 16

9:00am ~ Kuntannanma Thankachan

# JUNE 11, 2023 – BODY & BLOOD OF CHRIST SUNDAY – YEAR A



*St. Anthony  
of Padua*  
June 13

"Be just as he made  
you to be. Do not go  
seeking another you."



## OPERATING FINANCES

MAY 1-31, 2023

Operating Budget 2022	\$ 63,984
General Envelope Collection	\$ 45,976
Loose Collections	\$ 3,216
Future Development	\$ 4,023
Sale of Church Supplies & Other	\$ 3,408
<b>\$ 52,931 - Budget Vs Actual</b>	<b>\$ 11,053</b>

## SPECIAL COLLECTIONS

Together in Action (TIA)	\$ 4,730
St Vincent de Paul	\$ 3,692
World Mission	\$ 25
Clergy Retirement	\$ 150
Mission Mexico	\$ 175
CARO	\$ 60
Seminary Fund	\$ 410

*Thank You for your Generous Contributions*

Average Weekly Attendance 975

## Mark your Calendars!

June 5 - June 13 - HFP Chapel (TIMES VARY)  
Novena for Rain & Favorable Weather  
June 11 - 10:00am - Hope Room  
Benedictine Group Meeting  
June 11 - 3:00-4:30pm - Kin Coulee  
Faith & Family Gathering  
June 12 - 7:00pm - Faith Room  
Knights of Columbus General Meeting  
June 13 - 1:00pm - Faith Room  
SSVP Meeting  
June 13 - 6:00pm - Church & HFP Hall  
Catholic Women's League Wind-Up  
June 14 - 9:30am - Faith Room  
Bible Study  
June 15 - 7:00am - Faith Room  
Men's Prayer Group  
June 17 - 10:00am - Hope Room  
Benedictine Group Meeting  
June 20 - 10:00am - HFP Church  
Altar Servers Practice

*The  
Solemnity  
of the  
Sacred Heart  
of Jesus*

June 16



*Together IN  
ACTION*  
Annual Bishop's Appeal

Year to Date: \$22,940  
only 32% of total needed!  
\$47,998 to go!

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: 777!



**Faith & Family**



# Kin Coulee Gathering

SUNDAY, JUNE 11, 2023 - 5:00-7:00PM  
**KIN COULEE TOBOGGAN HILL (WEATHER DEPENDENT)**  
**CAMP FIRE - SLIP AND SLIDE**  
PLEASE BRING A SNACK TO BE SHARED, WEINERS,  
 (CONDIMENTS PROVIDED), BUNS, ROASTING STICKS,  
 CHAIRS, WATER GUNS & BATHING SUITS

Novena for Rain & Favorable Weather  
 June 5 to 13, 2023  
 Holy Family Chapel



Mon, June 5 at 9:30am  
 Tue, June 6 at 9:30am  
 Wed, June 7 at 9:30am  
 Thu, June 8 at 3:00pm  
 Fri, June 9 at 3:00pm  
 Sat, June 10 at 3:00pm  
 Sun, June 11 at 3:00pm  
 Mon, June 12 at 9:30am  
 Tue, June 13 at 9:30am

**Holy Family Parish**

# Annual Parish Picnic

**SUNDAY JUNE 25**

Enjoy food, drink, & fellowship with our Faith Community.




Lots of fun for kids.  
Free to all, young, old and in between!  
**After 10:30 Mass**

## ALTAR SERVERS PRACTICE

Tuesday June 20<sup>th</sup>  
 7:00pm  
 Holy Family Parish Sanctuary

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



**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](mailto:MJ.RATH@YAHOO.COM)



**THE CATHOLIC WOMEN'S LEAGUE OF CANADA**

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!



The Knights of Columbus raised \$12,317 in the 40 Loonies For Lent Campaign This Year  
 Gary Heinbecker and Patrick Ries had the pleasure to present cheques to the following...

The Mustard Seed Program	St. Barnabas Meal	Society of St. Vincent de Paul	The Root Cellar (Food Bank)	Salvation Army Meal Program
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PHOTO IS COMING

**God Bless your continued generosity!**

## St. Patrick's Parish Picnic & Fr. Francis Appreciation Day!

June 25, 2023 ~ after 11am Mass!

Melody & Song by Eileen Wotschell  
 Win BBQ @ 1pm  
 Donated by CO-OP  
 Bring a Lawn Chair if you like to sit outside... weather permitting!



**ALL welcome!**



 **MHCBE International Program**  
**is in need of Host Families...**  
 Make a difference in an International Students life.  
 Become a Homestay today!



**\*\*DEADLINE FOR BULLETIN SUBMISSIONS IS WEDNESDAY MORNINGS BY EMAIL\*\***

**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)



*Faithfully*  
 FAITH. LIVED. FULLY.

[catholiccyc.ca/Faithfully](http://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](mailto:accounting@holyfamilymh.ca)

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





Solemnity of Corpus Christi Year A

June 11, 2023

### SACRIFICIAL LOVE

Today we celebrate the Solemnity of the Precious Body and Blood of Our Lord Jesus Christ (Corpus Christi): a heavenly banquet which is a priceless gift of our Lord Jesus to us. In the words of Prophet Nehemiah his gift is beyond comparison and explanation: "For their hunger you gave them bread from heaven, and for their thirst you brought water for them out of the rock, and you told them to go in to possess the land that you swore to give them" (Nehemiah 9:15). In the Book of Wisdom, we read: "Instead of these things you gave your people food of angels, and without their toil you supplied them from heaven with bread ready to eat, providing every pleasure and suited to every taste. For your sustenance manifested your sweetness toward your children; and the bread, ministering to the desire of the one who took it, was changed to suit everyone's liking. Snow and ice withstood fire without melting, so that they might know that the crops of their enemies were being destroyed by the fire that blazed in the hail and flashed in the showers of rain; whereas the fire, in order that the righteous might be fed, even forgot its native power. Therefore, at that time also, changed into all forms, it served your all-nourishing bounty, according to the desire of those who had need, so that your children, whom you loved, O Lord, might learn that it is not the production of crops that feeds humankind but that your word sustains those who trust in you" (16:20-26).

Pope Francis explains this feast "Only the Body and Blood of Jesus Christ, the food of life, can satisfy the hunger of hearts for love, a universal experience. "In life, we constantly need to be fed: nourished not only with food, but also with plans and affection, hopes and desires. We hunger to be loved. But the most pleasing compliments, the finest gifts and the most advanced technologies are not enough; they never completely satisfy us". "The Eucharist is simple food, like bread, yet it is the only food that satisfies, for there is no greater love," he added. "There we encounter Jesus really; we share his life and we feel his love."



He feeds us everyday with his abundant blessings. Pope Francis in explaining the mystery of the Holy Eucharist said, "Jesus prepares a place for us here below, because the Eucharist is the beating heart of the Church. It gives her birth and rebirth; it gathers her together and gives her strength. But the Eucharist also prepares for us a place on high, in eternity, for it is the Bread of heaven. The Eucharist is our 'reservation for the heavenly banquet'. 'It is Jesus himself, as food for our journey towards eternal life and happiness.'" When Catholics worship Jesus in the Eucharist, they receive the Holy Spirit and find peace and joy, he said. "Jesus became bread broken for our sake; in turn, he asks us to give ourselves to others, to live no longer for ourselves but for one another. In this way, we live "eucharistically," pouring out upon the world the love we draw from the Lord's flesh."

During my pilgrimage to Europe, I got the honour to celebrate Holy Mass in the chapel of "Holy Grail" where the chalice used by Jesus during Last Supper is kept. I could imagine Jesus holding the Chalice and saying, "this is my blood, do this in my memory" and giving it to his disciples to share. Today's Gospel does help us to understand that the sacrificial love of Christ is being manifested in the Holy Eucharist to remind us to understand without him we have no life. Isn't amazing to see how our Lord everyday breaks himself and shares with us without any difference. In the words of Psalmist, we are eating the bread of angels; "Yet he commanded the skies above and opened the doors of heaven; he rained down on them manna to eat, and gave them the grain of heaven. Mortals ate of the bread of angels; he sent them food in abundance" (Psalm 78:23-25).

Pope Francis explains this feast this way: "Only the Body and Blood of Jesus Christ, the food of life, can satisfy the hunger of hearts for love, a universal experience. In life, we constantly need to be fed: nourished not only with food, but also with plans and affection, hopes and desires. We hunger to be loved. But the most pleasing compliments, the finest gifts and the most advanced technologies are not enough; they never completely satisfy us". "The Eucharist is simple food, like bread, yet it is the only food that satisfies, for there is no greater love," he added. "There we encounter Jesus really; we share his life and we feel his love."

St. Thomas Aquinas had a personal encounter with Jesus in the Blessed Sacrament of Holy Eucharist, and he wrote some classical hymns to adore the Lord in the Blessed Sacrament. "Since it was the will of God's Only Begotten Son that men should share in his divinity, he assumed our nature in order that by becoming man he might make men gods. Moreover, when he took our flesh, he dedicated the whole of its substance to our salvation. He offered his body to God the Father on the altar of the cross as a sacrifice for our reconciliation. He shed his blood for our ransom and purification, so that we might be redeemed from our wretched state of bondage and cleansed from all sin. But to ensure that the memory of so great a gift would abide with us for ever, he left his body as food and his blood as drink for the faithful to consume in the form of bread and wine. O precious and wonderful banquet that brings us salvation and contains all sweetness! Could anything be of more intrinsic value? Under the old law it was the flesh of calves and goats that was offered, but here Christ himself, the true God, is set before us as our food.

What could be more wonderful than this? No other sacrament has greater healing power; through it sins are purged away, virtues are increased, and the soul is enriched with an abundance of every spiritual gift. It is offered in the Church for the living and the dead, so that what was instituted for the salvation of all may be for the benefit of all. Yet, in the end, no one can fully express the sweetness of this sacrament, in which spiritual delight is tasted at its very source, and in which we renew the memory of that surpassing love for us which Christ revealed in his passion. It was to impress the vastness of this love more firmly upon the hearts of the faithful that our Lord instituted this sacrament at the Last Supper. As he was on the point of leaving the world to go to the Father, after celebrating the Passover with his disciples, he left it as a perpetual memorial of his passion. It was the fulfillment of ancient figures and the greatest of all his miracles, while for those who were to experience the sorrow of his departure, it was destined to be a unique and abiding consolation”.

A Jew was amusing himself in a public square when there passed a priest, who, accompanied by a crowd, carried the most holy Viaticum to a sick person. All the people on bended knees rendered due homage of adoration to the most Holy Sacrament; the Jew alone made no movement, nor gave any token of reverence. This being seen by a poor woman, she exclaimed, “O miserable man, why do you not show reverence to the true God present in this Divine Sacrament?” “What true God?” said the Jew sharply. “If this was so, would not there be many gods, since on each of your altars there is one during Mass?” The woman instantly took a sieve, and holding it up to the sun, told the Jew to look at the rays which passed through it, and then added, “Tell me, Jew, are there many suns which pass through the openings of this sieve, or only one?” And the Jew answering that there was but one sun, “Then,” replied the woman, “why do you wonder that an incarnate God, veiled in the Sacrament, though one, indivisible, and unchangeable, should, through excess of love, place Himself in His true and Real Presence on different altars?” By means of this illustration, he was led to confess the truth of the Real Presence.

There is always protection and healing in the Holy Eucharist because even if he will say the word our souls will be saved. There are too many miracles of the Eucharist has taken place in the world that everyone admires and believes. One of them is the following:

Frederick II was attacking the town of Assisi, with an army composed of the lowest ranks of society, and many were infidels. Near the gate of the city stood a convent of nuns, governed by the holy abbess St. Clare. This was the first place these ruffians attacked. They placed ladders against the walls and prepared to ascend, and it seemed as if in a few moments the spouses of Christ would fall into the hands of those wicked men. But Jesus was there to help His servants. In this extremity St. Clare called together her nuns, and going into the chapel, she, by an inspiration from Heaven, caused the ciborium containing the Sacred Body of Our Lord to be carried to the place where the men were already beginning to ascend; then with her eyes raised up towards it, she said: “O my beloved Jesus, save Thy servants whom Thou hast brought hither to serve Thee, and whom Thou dost so often nourish with Thy precious Body.” Her prayer ended; she was interiorly

admonished that the protection of Heaven was over her. The soldiers were struck blind, and a panic arose amongst them; they all took to flight as though pursued by an immense army.

Holy Father Pope Francis says “On the Feast of Corpus Christi we celebrate Jesus “the living bread which came down from heaven”, food for our hunger for eternal life, strength for our journey. Today is the feast in which the Church praises the Lord for the gift of the Eucharist. While on Holy Thursday we commemorate its institution at the Last Supper, today is for giving thanks and adoration. These are the two inseparable aspects of today’s feast, two aspects that characterize the entire life of the Christian people: a people who adore God and a people who walk: who do not stand still, who journey!

First, we are a people who adore God. We adore God who is love, who in Jesus Christ gave himself for us, offered himself on the Cross to atone for our sins, and by the power of this love rose from the dead and lives in his Church. We have no other God but He! We Christians don’t want to worship anything and anyone in this world except for Jesus Christ, who is present in the Holy Eucharist. Perhaps we don’t always understand the full meaning of our profession of faith, what consequences it has or should have.

This our faith in the true presence of Jesus Christ, true God and true Man, in the consecrated Bread and Wine, is authentic if we commit ourselves to walk behind Him and with Him. To adore and to walk: a people who adore are a people who walk! Walk with Him and behind Him, as we seek to practice His Commandment, the one he gave the disciples precisely at the Last Supper: “Even as I have loved you, that you also love one another” (Jn 13:34). People who adore God in the Eucharist are people who walk in charity. To adore God in the Eucharist, to walk with God in fraternal charity.

The Body of the Lord makes us a single thing, a single family, the People of God reunited around Jesus, the Bread of life. Following are some quotes on Holy Eucharist for us to reflect and to understand the true meaning of the today’s Feast Day.

According to Catechism of the Catholic Church says, “The fact that the Church celebrates the solemnity of the Most Holy Body and Blood of Christ makes good sense, given the Eucharist’s centrality in the life of the Church, neatly described by the Catechism of the Catholic Church as the “sum and summary of our faith” (No. 1327).

“For not as common bread and common drink do we receive these; but in like manner as Jesus Christ our Saviour, having been made flesh by the Word of God, had both flesh and blood for our salvation, so likewise have we been taught that the food which is blessed by the prayer of His word, and from which our blood and flesh by transmutation are nourished, is the flesh and blood of that Jesus who was made flesh.” St. Justin Martyr

“Then, again, how can they say that the flesh, which is nourished with the body of the Lord and with His blood, goes to corruption, and does not partake of life? ... For as the bread, which is produced from the earth, when it receives the invocation of God, is no



longer common bread, but the Eucharist, consisting of two realities, earthly and heavenly; so also, our bodies, when they receive the Eucharist, are no longer corruptible, having the hope of the resurrection to eternity.” St. Irenaeus

“Consider therefore the Bread and the Wine not as bare elements, for they are, according to the Lord's declaration, the Body and Blood of Christ; for even though sense suggests this to you, yet let faith establish you. Judge not the matter from the taste, but from faith be fully assured without misgiving, that the Body and Blood of Christ have been vouchsafed to you.” St. Cyril of Jerusalem

“How many now say, I would wish to see His form, the mark, His clothes, His shoes. Lo! You see Him, Thou touchest Him, you eat Him. And thou indeed desirest to see His clothes, but He gives Himself to you not to see only, but also to touch and eat and receive within you. Let then no one approach it with indifference, no one faint-hearted, but all with burning hearts, all fervent, all aroused. For if Jews standing and having on their shoes and their staves in their hands, ate with haste, much more ought thou to be watchful. For they indeed were to go forth to Palestine, wherefore also they had the garb of pilgrims, but you are about to remove unto Heaven.” St. John Chrysostom

“There is nothing so great as the Eucharist. If God had something more precious, He would have given it to us”. St. John Marie Vianney

“Holy Communion is the shortest and safest way to heaven”. Pope Pius X

Do we believe in the Sacrificial Love of Christ?

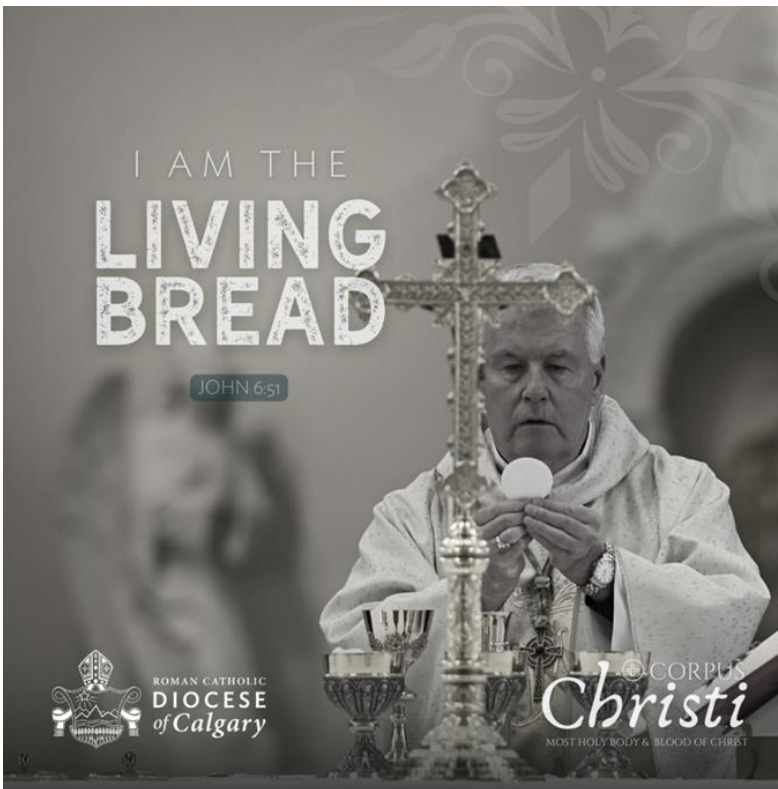


# DIOCESAN SUNDAY UPDATES

## Corpus Christi Sunday

### 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. You are invited to attend the Ordination to the Holy Priesthood Mass on **Friday, June 16 at 7 pm at St. Mary's Cathedral.**



Reception will follow at the Parish Hall. All are welcome!

### Apply to receive spiritual direction

Would you like to receive eight months of spiritual direction free of charge? The current participants in the Spiritual Direction Training Program (SDTP), having completed one year of training, will enter into their practicum in the fall. They will provide individual spiritual direction to volunteers **beginning in October 2023 and concluding in May 2024.** It is a wonderful spiritual growth opportunity for people desiring to deepen their relationship with God. Space is limited so please apply soon. To apply, email Sr. Ann Marie at [samwfcj@aol.com](mailto:samwfcj@aol.com) by July 15.

### Faith Building - June 25

Half-day retreat for grand/parent and grand/child ages 7+ to spend some quality and fun time. Expect to combine a simple wood project with Lectio Divina! Building materials are provided but bring your own hammer and drill. When: **Sunday, June 25 at 1 pm to 4 pm**, FCJ Centre. Registration: [www.fjccentre.ca](http://www.fjccentre.ca) or call 403-228-4215

### His Building - Golf Tournament - July 8 in Strathmore

Support the construction of the new Sacred Heart Catholic Church in Strathmore and enjoy a round of golf! When: **Sat, July 8 at 12:30 to 9 pm, Strathmore Golf Club.** [More info or register](#) - or call 403-361-4214.

### Live your life to the fullest - July 28

Divine Mercy Sisters invite you to a day of outdoor conference! There will be Mass, talks, opportunity for confessions, and candlelight Adoration with inspirational hymns led by the Sisters of Divine Mercy. When: **Sat, July 8 from 10:30 am to 4 pm, Divine Mercy Centre.** Register by emailing [mercy@sistersofdivinemeracy.org](mailto:mercy@sistersofdivinemeracy.org) or call 587-755-1019.



## Career opportunities

- Parish Engagement & Volunteer Coordinator (Full time) - St. Peter's, Calgary Parish Engagement & Volunteer Coordinator (Full time) - St. Peter's, Calgary
- Admin. Assistant (Part-time) - Our Lady of the Rockies, Canmore
- Cook (Part-time) - St. Mary's Cathedral, Calgary
- Family Faith Coordinator - All Saints, Lethbridge
- Maintenance Worker (Part-time) - Sacred Heart, Calgary
- Assistant Coordinator (Casual) - Feed the Hungry, Calgary
- High School Math Teacher/Tutor - St. John Choir Schola, Calgary
- Retreat Leaders - FacetoFace Ministries
- Housekeeper (temporary Full-time) - Dorchester House, Calgary

Please visit [catholiccyyc.ca/careers](http://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. Faithfully gives a snapshot of faith at work in the lives of everyday people in our Diocese and provide us with opportunities to spread the Good News of Christ beyond the walls of our churches. New release is coming up this Monday! [catholiccyyc.ca/faithfully](http://catholiccyyc.ca/faithfully)

**Kid's challenge this week:** How many different types of bread can you name? Bread is very important in the lives of many people around the world today. In fact, it can be life-changing. As we get ready to go to Mass and share in Communion, remember how very special the bread at Mass is, because it becomes Jesus' body. We look forward to taking part in this special meal with the whole parish community. Perhaps you could do one thing in the coming week to help those who are hungry either in their local community or around the world. (CAFOD)

- [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](#) (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: [CCCCB 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

*Feast of the Body and Blood of Christ  
June 11th, 2023*



*What did Jesus say  
in today's Gospel  
reading?  
Put the letters in  
order to fill in the  
blanks at the bottom.*

6 G

3 V

5 N

11 D

1 L

7 B

10 A

4 I

9 E

2 I

8 R

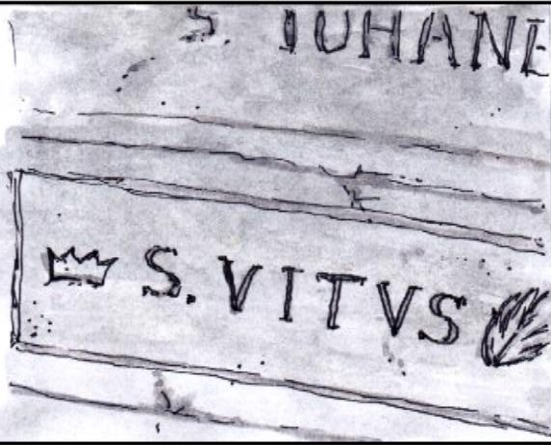
"I am the \_\_\_\_\_  
which came down from Heaven."



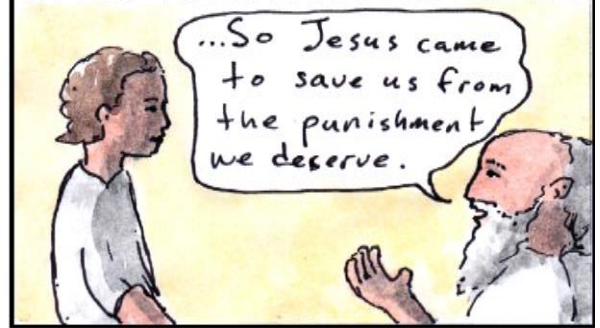
# Saint Vitus

## June 15

NOT MUCH IS KNOWN OF THE LIFE OF SAINT VITUS, EXCEPT THAT HE WAS A MARTYR OF THE EARLY CHURCH IN ITALY.



ACCORDING TO LEGEND, HE WAS CONVERTED AT AGE 12 BY HIS TUTOR AND HIS NURSE.



VITUS' FATHER WAS STILL A PAGAN, AND HAD THE THREE OF THEM SCOURGED.



THEY ESCAPED FROM PRISON AND FLED TO ROME, WHERE VITUS CURED DIOCLETIAN'S SON OF AN EVIL SPIRIT.

BUT WHEN HE WOULD NOT SACRIFICE TO THE IDOLS, THEY THOUGHT HE WAS A SORCERER.



THE THREE WERE THROWN TO THE LIONS, BUT THE LIONS WOULD NOT TOUCH THEM.



NEXT, VITUS WAS PUT INTO BOILING OIL. THE MOMENT HE DIED, THERE WAS A GREAT STORM THAT DESTROYED SEVERAL PAGAN TEMPLES.

ALTHOUGH WE DON'T KNOW MUCH ABOUT SAINT VITUS, WE DO KNOW THAT HE WAS A HERO WHO GAVE UP HIS LIFE FOR GOD. HE IS THE PATRON SAINT OF DANCERS, ACTORS, AND AGAINST STORMS. HIS NURSE AND HIS TUTOR ARE GOOD EXAMPLES TO US BECAUSE THEY TAUGHT THE FAITH AT THE COST OF THEIR LIVES.



# Gospel Match-up

*How well do you know  
today's Gospel story?*

*See if you can match up the first parts  
with the second parts of what  
Jesus told the people.*



I am the living  
bread **A**

**1** food indeed,

if any one eats of  
this bread, **B**

**2** which came  
down from  
heaven;

the bread which I  
shall give for the **C**  
life of the world

**3** abides in me,  
and I in him.

Unless you eat the  
flesh of the Son  
of man and drink **D**  
his blood,

**4** you have no life  
in you

For my flesh is **E**

**5** is drink indeed.

and my blood **F**

**6** he will live for  
ever;

He who eats my  
flesh and drinks **G**  
my blood

**7** is my flesh.



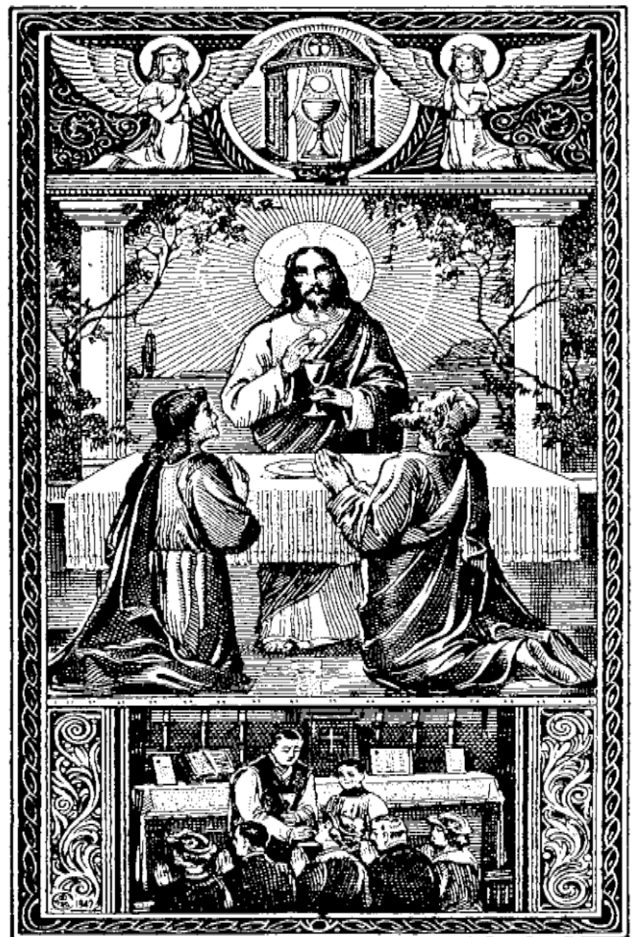
# *The Body and Blood of Christ*

Today we celebrate the feast day of the Body and Blood of Jesus in the Blessed Sacrament. At the Last Supper, Jesus knew that He was going to leave His friends. So He turned the bread into His Body and the wine into His Blood - even though they still looked like bread and wine - and told the Apostles to do the same.

Jesus gave the Apostles, who were the first priests, the power to change bread and wine into His Body and Blood in the Mass. Now at every Mass Jesus comes to us on the altar, Body and Blood, Soul and Divinity!

Of course we can't see any change happen when the priest consecrates the bread and wine, but we know that God can do things without us understanding them. He loves us so much that He wants to come to us hidden in Holy Communion. Now it is up to us to love Him back with our whole hearts!

Answer to puzzle on front: Living Bread.  
Answers to match-up puzzle:  
A-2, B-6, C-7, D-4, E-1, F-5, G-3.



# 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.**