



Welcome to

HOLY FAMILY PARISH

JUNE 25, 2023 – 12TH SUNDAY IN ORDINARY TIME – 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

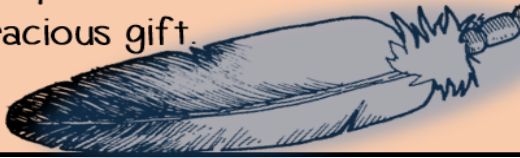
THE CHAPEL IS OPEN

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.



“Do Not Be Afraid.”

Who would count every single hair on our heads?
God, who knows us better than we know ourselves.
And loves us, too. Though we may be afraid of
some things in life, afraid of the shape of the world,
even afraid of some persons, we need never fear
God – who is with us like a mighty champion.

- † Of what and of whom am I afraid?
- † How will I trust that divine power is superior
to earthly power?
- † How can I, like God, tend to at least one
who is poorer than me?

† Masses & Mass Intentions †



Saturday, June 24

5:00pm ~ Marie Niwa †

Sunday, June 25

8:30am ~ Holy Family Parish

10:30am ~ Gary Podesta †

6:00pm ~ Derrick Risling †

Monday, June 26

9:00am ~ Ed Bachmeier †

Tuesday, June 27

9:00am ~ Lilian Debler †

Wednesday, June 28

9:00am ~ Gabrielle & Cameron Midgette

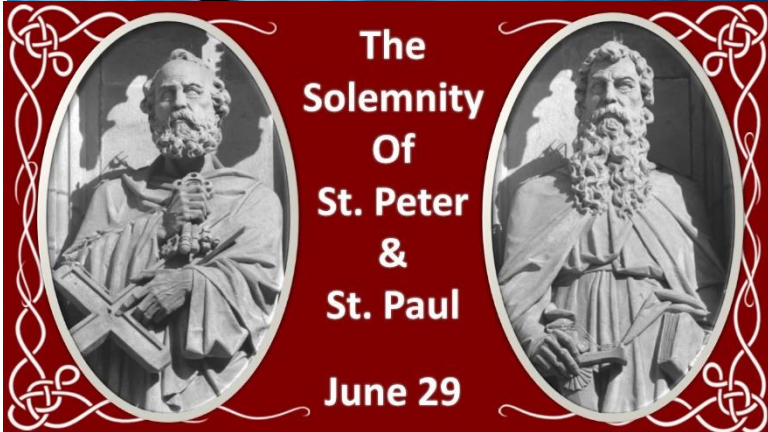
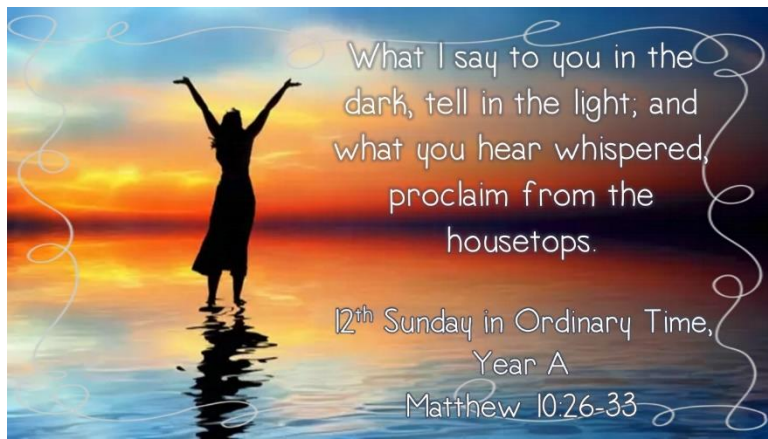
Thursday, June 29

9:00am ~ Jessica & Jake Albright

Friday, June 30

9:00am ~ Elise Krooshoop †

JUNE 25, 2023 – 12TH SUNDAY IN ORDINARY TIME – YEAR A



December 31, 2023 - Goal \$70,938
total to date \$24,870
which is 35%
\$46,068 to go.

Together IN ACTION
Annual Bishop's Appeal

Please Give Generously ~ Thank You!

**HOLY FAMILY PARISH
ANNUAL GENERAL MEETING
TUESDAY, JULY 4, 2023
7:00 PM FAITH ROOM**

**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

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
\$ 52,931 - Budget Vs Actual	\$ 11,053
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
<i>Thank You for your Generous Contributions</i>	
Average Weekly Attendance	975

Mark your Calendars!

June 25 - 10:00am - HFP Hall
Annual Parish Picnic

June 27 - 1:00pm - Faith Room
SSVP Meeting

June 29 - 7:00am - Faith Room
Men's Prayer Group

July 10-14 - 10:00am - HFP Hall
Deepening our Faith in God Bible Camp

McCOY HIGH SCHOOL CLASS OF 1976

We are having a class social on Saturday, September 23, 2023

Thank You for helping us get the word out!

Please contact any "Class of 1976" member or e-mail:

Christine Deydey at Christinedeydey@gmail.com OR

Loesha Newmeyer at Loesha999@gmail.com





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!

Sunday 10:30am Mass on

YOUTUBE

Medicine Hat Holy Family Church
Live Stream

https://www.youtube.com/channel/UCG6zK-XzuXdDHj79rV6ut_Q

You Tube

St. Catherine Labourer Catholic Church

**WHAT DO YOU CALL A
SLEEPWALKING NUN?
A ROAM'N CATHOLIC**

MASS SCHEDULE

SUNDAYS: 7:30 AM, 9:00 AM, 10:30 AM, 12:00 PM
SAT EVE: 5:00 PM

WEEKDAYS: MON through FRI 6:30AM, 8:15AM

HOLY DAYS: 7:00 PM
6:30 AM, 8:15 AM
12:10 PM, 5:30 PM

**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!

Faithfully
FAITH. LIVED. FULLY.

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

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

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*





12th Sunday in Ordinary Time Year A

June 25, 2023

HE PROTECTS US

During World War II, a US Marine was separated from his unit on a Pacific Island. The fighting had been intense, and in the smoke and the crossfire, he had lost touch with his comrades. Alone in the jungle, he could hear enemy soldiers coming in his direction. Scrambling for cover, he found his way up a high ridge to several small caves in the rock. Quickly he crawled inside one of the caves. Although safe for the moment, he realized that once the enemy soldiers looking for him swept up the ridge, they would quickly search all the caves and he would be killed. As he waited, he prayed, "Lord, if it be your will, please protect me. Whatever your will though, I love you and trust you. Amen."

After praying, he lay quietly listening to the enemy begin to draw close. He thought, "Well, I guess the Lord isn't going to help me out of this one." Just then he saw a spider begin to build a web over the front of his cave. As he watched, listening to the enemy searching for him all the while, the spider layered strand after strand of web across the opening of the cave. "Hah" he thought, "what I need is a brick wall and what the Lord has sent me is a spider web. God does have a sense of humor." As the enemy drew closer, he watched from the darkness of his hideout and could see them searching one cave after another. As they came to his, he got ready to make his last stand. To his amazement, however, after glancing in the direction of his cave, they moved on. Suddenly, he realized that with the spider web over the entrance, his cave looked as if no one had entered it for quite a while. "Lord, forgive me," prayed the young man, "I had forgotten that in you a spider's web is stronger than a brick wall."

There are three people in the whole Bible who have wished death over their lives due to severe suffering they faced. First is Job who was righteous but wealthy man and he lost everything. Even his own family members scolded him and forced him to blaspheme God and died and his pain so crucial that he wished that he would die rather than to live. Second person is Prophet Jeremiah who was called to be the prophet and messenger from his mother's womb. However, he suffered a lot for standing for the truth that he wished to be dead and cursed the day he was born. Third person we see is Prophet Jonah who was

trying to escape from God, but he was saved by the whale, but then the time came when he wished to die rather than to live. I believe many times we have similar circumstances where we wish to discontinue living because our suffering and pain is beyond our strength (please read 1 Corinthians 10:13 to find the answer to our suffering).

Is suffering everything in our life? Why do we are fearful of everything happening in our life? I know no one wants to suffer or have difficult times because we all desired an easy and peaceful life but most of the time, we forget that "life is not a bed of roses" but a struggle. Then is what should be our attitude towards the above mentioned two questions? To reflect on the four possible attitudes with which one may deal with difficult situations would do us good. The first attitude is illustrated by the "slowness" of Lot's reaction when the angel tells him to leave the city, before the destruction of Sodom and Gomorrah. He was determined to leave, but when the time came, he was cautious and "lingered", even when the angel had urged him to flee. It is very hard to cut ties with a sinful situation. It is hard!... But the voice of God tells us this word: Flee! You cannot fight here, because the fire, the sulphur will kill you. Flee! The angel told him: Flee for your life, do not look back, go forward.

Secondly, we must let things go and trust in the Lord. The Exodus of the People of God in the desert had everything, promises of the Lord, everything, and yet they continued to have nostalgia for the "onions of Egypt", forgetting that they had eaten them on "the table of slavery". The angel's advice is wise: Do not look back! Keep going! We must leave behind all nostalgia because there is also the temptation of curiosity.... We must flee and not look back, for we are all weak and must protect ourselves. But sometimes as some one said "Moses brought Israelites from Egypt but couldn't get Egypt out of them" we have the same problem that we do trust in the Lord but can not let fear vanish from our lives because we love to hang on to it.

Thirdly we must look at Jesus who is standing up for us. When there is a storm at sea, waves swamp the boat. "Save us, Lord, we are perishing!" they say. Fear is also a temptation of the devil: to be afraid to continue the Lord's path. Fear, however, is not a good counsellor. Jesus said so many times: "Do not be afraid".

The fourth attitude "is the grace of the Holy Spirit". When Jesus calms the sea, the disciples on the boat are filled with awe. When faced with sin, nostalgia, fear we must always "look at the Lord" and "contemplate the Lord". We must say: "Save us Lord, we are perishing". Yes, we are weak, but we must be courageous in our weakness.

I think we can walk with Prophet Jeremiah who is not only mentioning about people who are around him to destroy his life but also his trust in the Lord who has the power to save him; "But the Lord is with me like a dread warrior, therefore my persecutors will stumble, for they will not succeed. Their eternal dishonour will never be forgotten". In this scripture, we find Jeremiah in deep weeds. He is being persecuted because of his message. Seems not everybody wanted to hear it, wanted to change their ways. In the gospel, Jesus is giving instructions to his disciples on their mission going forward. Interesting words: "Don't be afraid of those who can kill the body..." Not what you want to hear

when you set out on a mission! That doesn't seem to promise well. Again, it seems like sharing the message might be dangerous...especially if the message asks hearers to change their ways. Jeremiah and the disciples were entrusted with a message: The Lord hears the cry of the poor. God considers each and every life valuable, even a sparrow. It is the message I am entrusted to live, to share, to facilitate, not only in my personal life but in society, with all that implies for health care, housing, employment, education...every facet of public life.

God protects in our difficult times and provides us we need through his people. I was inspired by this story, and I love to share it with you which is by an unknown author, it's worth the read and to believe that God does not leave us alone in our suffering and fear. I was driving home from work when my car started to choke and sputter and died.

I barely managed to coast, cruising, into a gas station, glad only that I would not be blocking traffic on the highway and would have a somewhat warm spot to wait for the tow truck. It wouldn't even turn over. Before I could make the call, I saw a woman walking out of the "quickie mart" building, and it looked like she slipped on some ice and fell into a gas pump! So, I got out to see if she was okay. When I got there, it looked more like she had been overcome by sobs than that she had fallen. She was a young woman who looked haggard with dark circles under her eyes. She dropped something as I helped her up, and I picked it up to give it to her. It was a nickel.

At that moment, everything came into focus for me: the crying woman, the ancient Suburban crammed full of stuff with 3 kids in the back (1 in a car seat), and the gas pump reading \$4.95. I asked her if she was okay and if she needed help, and she just kept saying "I don't want my kids to see me crying," so we stood on the other side of the pump from her car. She said she was driving to California and that things were very hard for her right now.

So, I asked, "And you were praying?" That made her back away from me a little, but I assured her I was not a crazy person and said, "He heard you, and He sent me."

I took out my card and swiped it through the card reader on the pump so she could fill up her car completely, and while it was fueling, walked next door to McDonald's and bought 2 big bags of food, some gift certificates for more, and a big cup of coffee. She gave the food to the kids in the car who attacked it like wolves, and we stood by the pump eating fries and talking a little.

She told me her name and that she lived nearby. Her boyfriend left 2 months ago, and she had not been able to make ends meet. She knew she wouldn't have money to pay the rent January 1st, and finally, in desperation, had called her parents, with whom she had not spoken in about 5 years. They lived in California and said she could come live with them and try to get on her feet there.

So, she packed up everything she owned in the car. She told the kids they were going to California for Christmas but not that they were going to live there.

I gave her my gloves and a little hug and said a quick prayer with her for safety on the road. As I was walking over to my car, she said, "So, are you like an angel or something?"

This made me cry. I said, "Sweetie, at this time of year, angels are really busy, so sometimes God uses regular people."

It was so incredible to be a part of someone else's miracle. And of course, when I got in my car, it started right away and got me home with no problem. I'll put it in the shop tomorrow for a check, but I suspect the mechanic won't find anything wrong.

In this Sunday's Gospel, the invitation Jesus addresses to His disciples resonates: to have no fear, to be strong and confident in the face of life's challenges, as He forewarns them of the adversities that await them. Today's passage is part of the missionary discourse, with which the Teacher prepares the Apostles for their first experience of proclaiming the Kingdom of God. Jesus persistently exhorts them "not to be afraid", "do not be afraid", and Jesus describes three tangible situations that they will find themselves facing.

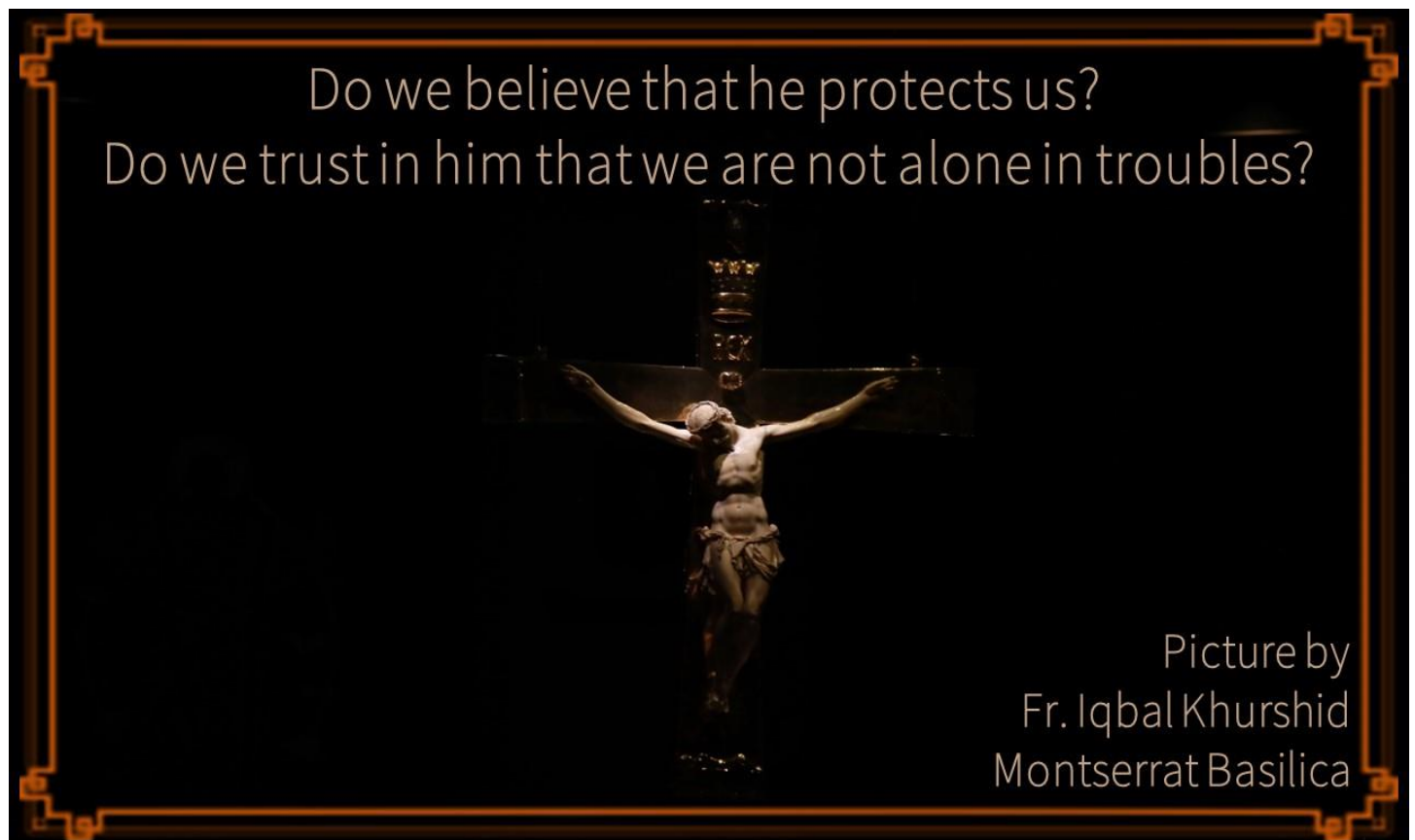
First and foremost, the first, the hostility of those who would like to suppress the Word of God by sugar-coating it, by watering it down or by silencing those who proclaim it. In this case, Jesus encourages the Apostles to spread the message of salvation that He has entrusted to them. For the moment, He has transmitted it cautiously, somewhat covertly within the small group of the disciples. But they are to utter His Gospel "in the light", that is, openly; and are to proclaim it "from the housetops" - as Jesus says - that is, publicly.

The second difficulty that Christ's missionaries will encounter is the physical threat against them, that is, direct persecution against them personally, to the point of being killed. Jesus's prophesy is fulfilled in every age: it is a painful reality, but it attests to the faithfulness of the witnesses. How many Christians are persecuted even today throughout the world! They suffer for the Gospel with love, they are the martyrs of our day. And we can say with certainty that there are more of them than the martyrs of the early times: so many martyrs, merely for the fact of being Christians. Jesus advises these disciples of yesterday and today who suffer persecution: "do not fear those who kill the body but cannot kill the soul". There is no need to be frightened of those who seek to extinguish the evangelizing force with arrogance and violence. Indeed, they can do nothing against the soul, that is, against their union with God: no one can take this away from the disciples, because it is a gift from God. The only fear that a disciple should have is, to lose this divine gift, this closeness to and friendship with God, to stop living according to the Gospel, thereby experiencing moral death, which is the effect of sin.

The third type of trial that Jesus indicates the Apostles will find themselves facing is the sensation, which some may feel, that God Himself has abandoned them, remaining distant and silent. Here too, Jesus exhorts them not to fear, because even while experiencing these and other pitfalls, the lives of the disciples' rest firmly in the hands of God, who loves us and looks after us. They are like the three temptations: to sugar-coat the Gospel, to water it down; second, persecution; and third, the sensation that God has abandoned us. Even Jesus suffered this trial in the garden of olives and on the cross: "Father, why have you forsaken me?", says Jesus. At times one feels this spiritual dryness. We must not be afraid of it. The Father takes care of us because we are greatly valued in His eyes. What is important is the frankness, the courage of our witness, of our witness of faith: "recognizing Jesus before others" and continuing to do good. (Please read Rev. 21:1-5)

She hired a plumber to help her restore an old farmhouse, and he had just finished a rough first day on the job: a flat tire made him lose an hour of work, his electric drill quit, and his ancient one-ton truck refused to start. While she drove him home, he sat in stony silence. On arriving, he invited her in to meet his family. As they walked toward the front door, he paused briefly at a small tree, touching the tips of the branches with both hands. When opening the door, he underwent an amazing transformation. His tanned face was wreathed in smiles, and he hugged his two small children and gave his wife a kiss. Afterward, he walked back to the car. They passed the tree, and her curiosity got the better of her. She asked him about what she had seen him do earlier. "Oh, that's my trouble tree," he replied. "I know I can't help having troubles on the job, but one thing's for sure; those troubles don't belong in the house with my wife and the children. So, I just hang them up on the tree every night when I come home and ask God to take care of them. Then in the morning, I pick them up again. Funny thing is," he smiled, "when I come out in the morning to pick 'em up, there aren't nearly as many as I remember hanging up the night before."

Do we believe that he protects us? Do we trust in him that we are not alone in troubles?





DIOCESAN SUNDAY UPDATES

12th Sunday in Ordinary Time

Congratulations to our newly ordained priest, Fr. Santiago Torres!

Bishop McGrattan ordained Fr. Santiago Torres to the Sacred Priesthood of Jesus Christ on Friday, June 16, on the Solemnity of Most Sacred Heart of Jesus. Read about Fr. Santiago Torres at catholiccyyc.ca/blog

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**. Space is limited so please apply soon. To apply, email Sr. Ann Marie at samwfcj@aol.com by July 15.

Always Our Children

The Courage & Encourage Apostolate of the Diocese will be hosting a camping retreat entitled: "Always Our Children" for parents, friends or anyone journeying with children or someone they know, experiencing their sexuality as same gender attraction. This weekend retreat is meant to provide a safe space for prayer, reflection, mediation and dialogue surrounded by the natural beauty and tranquillity of the eastern slopes of the Rockies, just over an hour north of Calgary. When: **Fri, Aug. 18 to 20** - at Aspen Ranch Outdoor Education Centre. Register by July 15 to info@aspenranchcanada.com or call +1 403-772-4041

Wanted: Treasurer position for St. Vincent de Paul

St. Vincent de Paul is currently seeking a dedicated individual to fill a volunteer position as Treasurer for their organization in Calgary. This role is essential in assisting with the governance of St. Vincent de Paul and ensuring its continued success. Email evanjstrong@shaw.ca for more information.

Wanted: Part-time Admin. Assistant for Our Lady of the Rockies Parish in Canmore

The ideal candidate will possess strong people skills, exceptional organizational abilities, excellent verbal and written communication skills, and great attention to detail. The position offers a competitive benefits package and opportunities for employee development. If you or someone you know might be interested in this opportunity, please visit catholicyc.ca/careers

Career opportunities

- Administrative Assistant (Part-time) - Our Lady of the Rockies, Canmore
- Family Faith Coordinator (Full-time) - All Saints, Lethbridge
- Maintenance Worker (Part-time) - Sacred Heart, Calgary
- Parish Engagement & Volunteer Coordinator (Full-time) - St. Peter's, Calgary
- Administrative Assistant/Bookkeeper (Part-time) - St. Anthony's, Drumheller
- Sacrament Preparation Coordinator (Full-time) - St. Mary's Cathedral, Calgary
- Volunteer Screening Coordinator/Office Assistant (Part-time) - St. James, Calgary
- Assistant Coordinator (Casual) - Feed the Hungry
- Housekeeper (Temporary Full-time) - Dorchester House, Calgary
- High School Math Teacher - St. John Choir Schola, Calgary
- Retreat Leaders - FacetoFace Ministries
- Bookkeeper/Accountant (1 Year Term) - FCJ Centre, Calgary
- Campus Ministry Coordinator (Full-time) - St. Mary's University, Calgary

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

Live Your Life to the Fullest - July 8

Divine Mercy Sisters invite you to a day of conference outdoors! There will be Mass, talks, opportunity for confession, and candlelight Adoration with inspirational hymns. When: **Sat, July 8 from 10:30 am to 4 pm**, Divine Mercy Centre | [Register now](#)

Kid's challenge this week: Try count the number of hairs on your head, and you can quit when you reach 100. How much of your head do the 100 strands cover? Jesus tells us that the Father knows the number of hairs on our heads. What does that mean to you? Jesus tells us to not be afraid to proclaim the kingdom of heaven. Write in a paper what make you afraid, or for other things you need God's help with. After each need is read, pray together, "God, we trust you because you know us so well." Conclude by praying the [Glory Be to the Father](#). (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](#) (CAFOD) | [Illustration](#)
 - [Children's Liturgy of the Word with Miss Heidi](#) (Catholic TV)

Visit the [Diocesan Event Calendar](#)

Follow us on Social Media

[Facebook](#) | [Instagram](#) | [Twitter](#)

Weekly reflections can be found here:

[Vatican News](#) | [The Sunday Website](#)
[Sunday Connection](#)

Daily and Sunday Mass Prayers & Readings: [CCCB Daily Readings](#) (pick the desired date)

Full schedule of Parish Livestream Masses:

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

Resources

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

The Kids' Bulletin

12th Sunday in Ordinary Time

June 25th, 2023



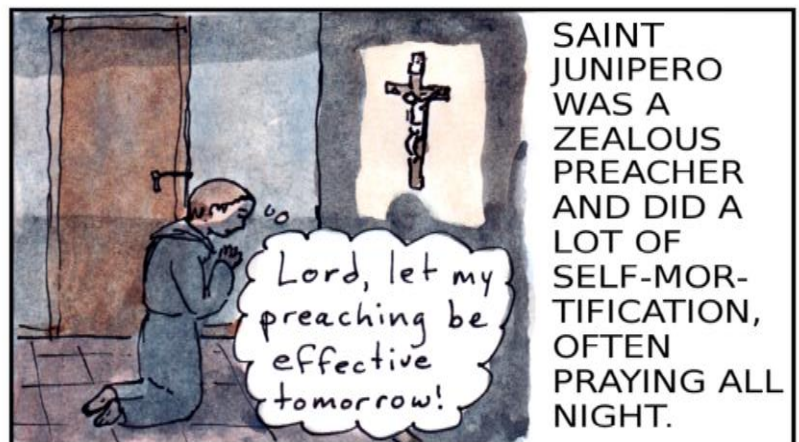
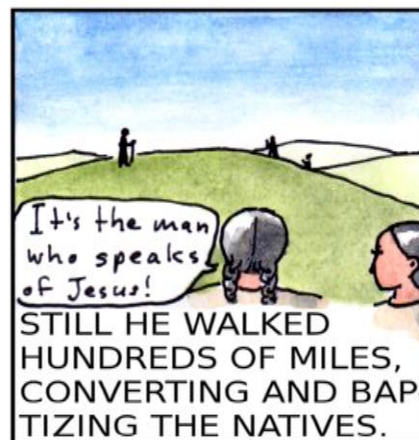
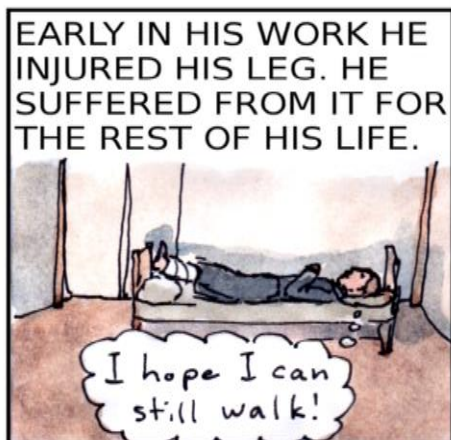
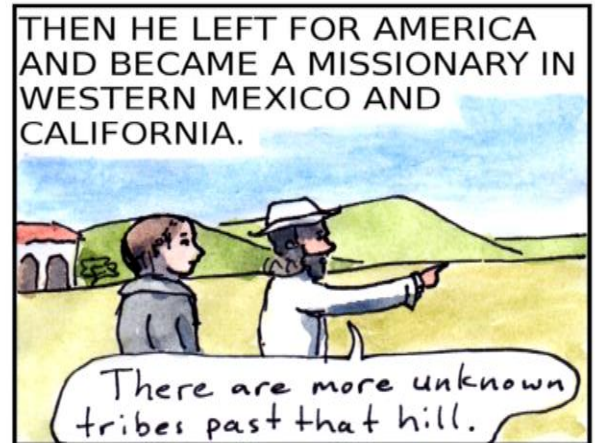
*In today's Gospel reading Jesus says that
God sees even little things.*

What little things did He mention?

Connect the dots to find out!

Saint Junipero Serra

July 1



SAINT JUNIPERO WORKED FOR MANY YEARS TO BRING THE NATIVE AMERICANS TO CHRIST, IN SPITE OF HIS BAD LEG AND THE DANGER OF BEING KILLED BY THE ENEMIES OF THE FAITH. WE CAN LEARN FROM HIM THAT GOD CAN DO GREAT THINGS THROUGH US WHEN WE DON'T GIVE UP EVEN WHEN IT HURTS.

Fill-in-the-Blanks

Fill in the blank spaces with the words from the list. Use the letters in boxes to fill in the blanks at the end!

What I tell you in the dark,
utter in the __ _ __ _;
and what you hear whispered,
__ _ __ _ __ _ upon the
housetops. And do not fear those
who kill the __ _ __ _
but __ _ __ _ __ _ kill the soul;
rather __ _ __ _ him who can kill
both body and soul in Hell.

Are not two __ _ __ _ __ _ __ _
sold for a __ __ _ __ _?

And not one of them will fall to the ground
without your __ _ __ _ __ _ ' will.
But even the hairs __ your head
are numbered.

Fear __ __ , therefore;
you are of __ _ __ value than many sparrows.

So __ _ __ _ __ _ __ _
who acknowledges me before men,
I also will acknowledge

__ _ __ _ __ _ my Father who is in heaven;
__ __ whoever denies me before men, I also
will deny before my Father who is in heaven.

SPARROWS
EVERYONE
PROCLAIM
FATHER'S
CANNOT
BEFORE
PENNY
LIGHT
MORE
BODY
FEAR
NOT
BUT
OF

__ _ __ _ __ _ __ _ __ _ __ _ __ _ !

Don't Worry!

God Cares About You!

In today's Gospel reading Jesus tells us not to fear those who can kill us. He tells us that God pays attention to the sparrows, which are just little birds. How much more He cares about us, His people!



What Jesus says reminds us that we should always remember that God loves and cares for us. We don't need to live in fear, because God always wants what is best for us.

Sometimes bad things happen to us - we can become poor, we can lose friends, we can get hurt or sick. But God is still caring for us through those times. These things can help remind us of how much we need God. Just food and possessions and other people and even our health are not enough

. Every time you see a picture of Jesus remember that God is caring about you right now! Thank Him for His love and try to share His love and care with those around you!



Answers to Fill-In-the-Blanks: LIGHT, PROCLAIM,
BODY, CANNOT, FEAR, SPARROWS, PENNY,
FATHER'S, OF, NOT, MORE, EVERYONE,
BEFORE, BUT, God cares for you!

Brother Sun Sister Moon Heralds of Good News

Outdoor Family-Friendly
Pilgrimage Retreat

Saturday, July 22, 2023

Mount St. Francis Retreat Centre
41160 Retreat Road – Cochrane

*With St. Francis of Assisi and Mary Magdalene
as our guides we will celebrate God's creation.*

Personal and Group Reflection

Pilgrimage Walk

Prayer Moments

Outdoor Mass

Picnic Lunch

BBQ Supper

This is an outdoor event.

Please dress and prepare for the weather and terrain
(good hiking shoes, walking poles).

Bring a water bottle and small day pack.

\$40 (14+)

\$20 (ages 6-13)

9:00 am – 7:00 pm

403-932-2012

mtfrancis@shaw.ca

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.