



Welcome to

# HOLY FAMILY PARISH

AUGUST 13, 2023 – 19<sup>TH</sup> SUNDAY IN ORDINARY TIME – 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

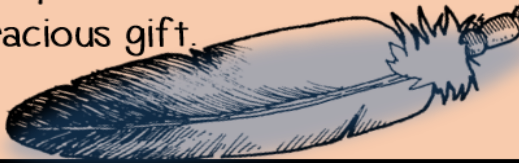
Knights of Columbus – Greg Martin

Catholic Women's League – Cathy Koch

Parish Pastoral Council Chair - Gary Heinbecker

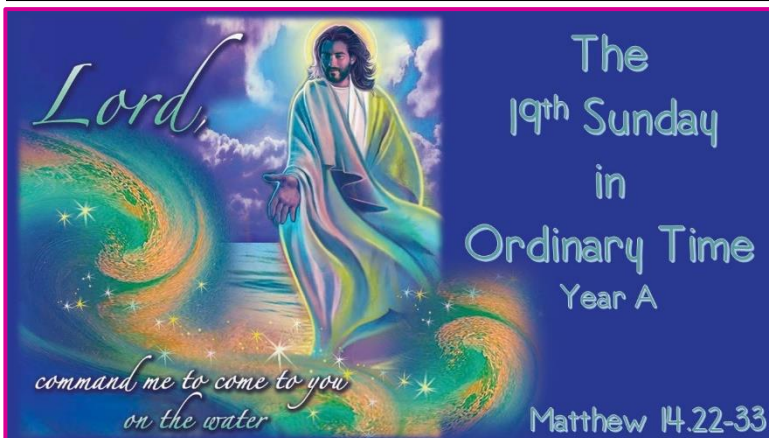
Parish Finance Council Chair - Cheryl Pocsik

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.



## Nineteenth Sunday in Ordinary Time

1 Kings 19:9a, 11-13a. Psalm 85:9, 10, 11-12,  
13-14. Romans 9:1-5. Matthew 14:22-33.



## † Masses & Mass Intentions †

Saturday, August 12

5:00pm ~ Douglas Steinkey †

Sunday, August 13

8:30am ~ Holy Family Parish

10:30am ~ Lambert Streifel †

6:00pm ~ Darren Sehn †

Monday, August 14

9:00am ~ Mary Brink & Family

Tuesday, August 15

9:00am ~ Johanna Van Ham

Wednesday, August 16

9:00am ~ Kay Lesmeister †

Thursday, August 17

9:00am ~ Rick Machala †

Friday, August 18

9:00am ~ Randy Drescher †





# AUGUST 13, 2023 – 19<sup>TH</sup> SUNDAY IN ORDINARY TIME – YEAR A



## Jesus Shows Us God

In his time of trial, Elijah is looking for the Lord to save him. The psalmist pleads for God's salvation. Paul recounts the covenantal bond between God and all the People of God. And Jesus. Jesus feeds those who hunger. Jesus tries (again!) to go off and pray. But he sees his disciples in peril and walks on troubled water to offer courage and safety.

- † How will I keep looking for God in this troubled time?
- † How will I act because God choose me - and us?
- † How will I take courage and not be afraid trusting in Jesus' power to save?

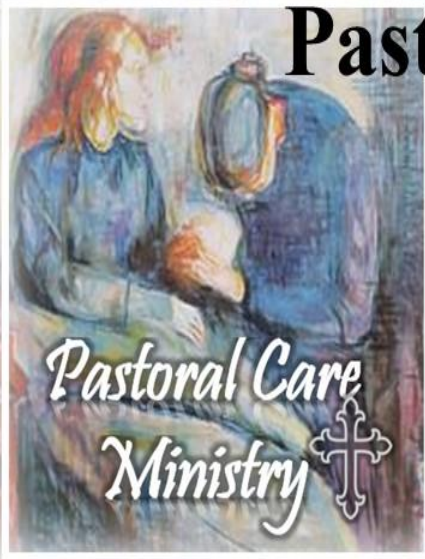


I am back in the office, just a reminder that submissions for the bulletin must be in by Wednesday mornings for the weekend Bulletin. Also PLEASE, PLEASE, PLEASE email me and let me know when programs will be starting up again so I can get your rooms booked.

Thanks... Teresa... [contact@holyfamilymh.ca](mailto:contact@holyfamilymh.ca)







# Pastoral Care Ministry Training

## Holy Family Parish

### September 22<sup>nd</sup>-24<sup>th</sup>

†Friday evening (6:30pm to 8:30pm)

†Saturday (9:30am to 12:00noon,

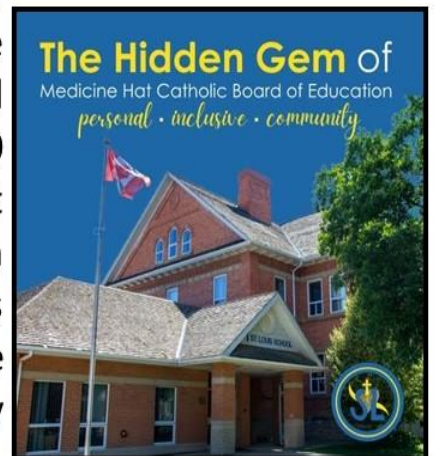
lunch break, resume 12:30pm to 3:30pm)

†Sunday (1:30pm to 4:00pm)

**Please let your ministry people know and other if interested to attend this training.**

**St. Louis School is proud to be supported by both St. Patrick's Parish and Holy Family Parish!**

Although we are the smallest school within the Medicine Hat Catholic Board of Education, we are certainly very significant! The original St. Louis School was founded in 1912, the first Catholic School in the city. It was named in honour of the Sisters of Charity of St. Louis, who came from Quebec to teach here. One year later, it had over 200 students! Our school is now housed in the former Montreal Street School. Our school is the oldest school building in Medicine Hat. We currently have just over 100 students, from preschool to grade six. Although we accept students from anywhere in the city, most of our families live in the SE and SW Hill and the North Flats areas. Our school has been called the "Hidden Gem" of Medicine Hat Catholic! We are proud of our heritage and our unique school with a true "Family Feel".



Mr. R. Blackmer, Principal





## Retroville Retreat



Retroville is a retreat designed to infuse hope and facilitate healing for married couples in need.

When: Sep 8 - 10, Calgary Area retreat

- When: Weekend of Sep. 8-10 in Calgary
- Weekly bulletin blurbs - download now
- To find more information or to register, contact 403-901-9582 or visit [helpourmarriage.org](http://helpourmarriage.org)

Includes: mocktails or sparkling cocktails upon arrival  
music and entertainment, sumptuous treats & tea



## Autumn Tea Party and Silent Auction 2023

A DELIGHTFUL AFTERNOON OF TEA, MUSIC, AND COMPANY

**SEPTEMBER 17 | 2-4:30PM**

**FCJ CENTRE | 219 19 AVE SW**



**BEFORE AUG 18: \$35/PERSON; \$275/TABLE OF 8**  
**AFTER AUG 18: \$40/PERSON; \$315 /TABLE OF 8**

## Sunday 10:30am Mass on YOUTUBE

### Medicine Hat Holy Family Church Live Stream

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

**You Tube**

## **EMAIL SCAMS AGAIN FROM PREISTS, CHURCH, STAFF, ETC.**

**NOBODY** is going to ask you for gift  
cards, or bit coins! **NOBODY!!!**

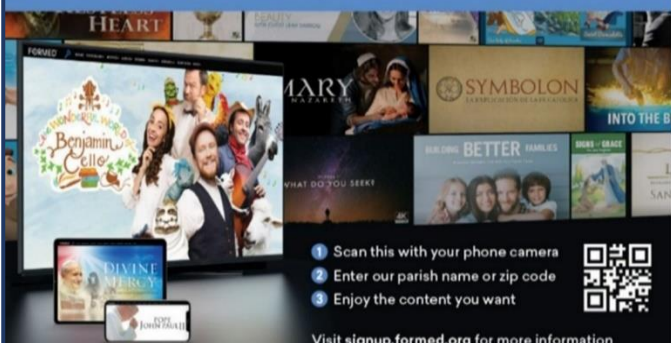
If you get an email or a text, **PLEASE**  
**DO NOT RESPOND** to it,  
**JUST DELETE IT!**



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

*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\*





**EMBRACING  
the POWER AND THE  
PRESENCE OF THE HOLY  
SPIRIT WORKSHOP**

**DATES:** Friday, August 25, 2023, 7:00pm Mass  
Saturday, August 26, 2023, 9:00am Mass to  
4:00pm

**St. Luke's Catholic Church**

1566 Northmount Dr. N.W., Calgary, Alberta, T2L 0G6

**Friday's Workshop:** *Receiving the infusion of the Holy Spirit.*

**Saturday's Workshops:** *Tongues, Prophecy, Wisdom, Knowledge, Resting in the Spirit & Intro to Healing.*

**Registration: Sonia: 587-707-7089 Email:  
shalomarchitect@gmail.com**

Cost: Love Offering

Saturday Lunch: Pizza & Salad \$15.00 per person.

If you have food allergies, please bring a bag lunch.

Presented by: Our Lady of Assumption Prayer Community (Lethbridge)

Hosted by: St. Luke's Charismatic Prayer Group

***God Gives His Spirit Without Measure***

**John 3:34**

# DIOCESAN SUNDAY UPDATES

## Pray for our diocesan Young Adults in World Youth Day in Lisbon, Portugal

*Let us pray for the young Catholics participating in World Youth Day in Lisbon. Like the disciples who journeyed up the mountain to witness the Transfiguration, may this experience be an encounter that strengthens them for their vocations and ministries in the world. We pray to the Lord...*

## Parish Adoration Schedule

*"Our Lord is hidden there, waiting for us to come and visit Him, and make our requests to Him. See how good He is! He accommodates Himself to our weakness... He is present in the Sacrament of His love, sighing and interceding unceasingly with His Father for sinners." ~ St. John Vianney*

- View schedule of Parish Adoration Hours at our blog, [www.catholiccyyc.ca/blog](http://www.catholiccyyc.ca/blog) "Let the children come to me"

## Celebration of the Feast of Assumption of Mary

The Divine Mercy Sisters invite you to celebrate the Feast of Assumption of Mary with Eucharistic Adoration (5 pm) and Holy Mass (6 pm), followed by Marian Rosary and BBQ hot dogs! When: **Tue, Aug 15, from 5 pm to 6 pm** - **Divine Mercy Centre**. All are welcome!

## Family Healing Retreats

Come for a day of healing, renewal, and spiritual growth, led by Fr. Joseph Edattu, VC (Divine Retreat Center, UK). **Participating parishes:** Mary Mother of the Redeemer (Aug 15-17, 18-19), St. Mary's Cathedral (Aug

15), St. Luke's (Aug 17), and St. James' in Okotoks (Aug 16). [See schedule here](#)

## Jesus Heals

You are invited to celebrate the Holy Mass and healing adoration service with Fr. Jilito George CMI. When: **Aug 15, 16, 17, 22 & 23 from 6 pm to 9 pm, in participating parishes in the Diocese:** Holy Spirit, Calgary (Aug 15), St. Cecilia, Calgary (Aug 16), St. Albert the Great, Calgary (Aug 17), Canadian Martyrs, Calgary (Aug 22), and St. Thomas More, Calgary (Aug 23).

## Many opportunities to help Elizabeth House

Elizabeth House is a life skills program and family-oriented home which welcomes at-risk pregnant and parenting women who need a safe place to live. Help Elizabeth House as volunteers in the following positions: Child care team; Facility Maintenance (carpentry, handyfolks, renovation), and volunteer cleanup crew.. More information at [elizabethhousecalgary.ca](http://elizabethhousecalgary.ca)

## Elizabeth House Needs a Second Kitchen

Elizabeth House is currently functioning with one kitchen for seven families. As the home reaches its capacity, a second kitchen becomes crucial for residents' convenience. Your contribution will help us build a second kitchen, making mealtimes easier and more enjoyable for our current and future residents. Thank you for your generosity! To donate, visit:



[elizabethhousecalgary.ca/donation-form](http://elizabethhousecalgary.ca/donation-form)

## Cemetery Masses with Bishop McGrattan

Bishop McGrattan will celebrate Masses for the souls of the deceased buried at our Catholic cemeteries in Calgary and area. All are welcome!

- **Wednesday, August 23, 2023, 7pm** at Mountain View Funeral Chapel (indoor)
- **Wednesday, August 30, 2023, 7pm** at Queen's Park Cemetery (outdoor)
- **Thursday, August 31, 2023, 7pm** at St. Mary's Cemetery (outdoor)

## Angels on High - Boom Trail Hike, Banff

Join St. Gabriel's Parish (Chestermere) for a refreshing hike at Boom Trail on **Saturday, August 26**. Meeting point: Parking lot of Boom Trail at 9:30 am. The destination point is the lake. No group camping this year. Registrations for the hike are coming up soon at [saintgabrielparish.ca](http://saintgabrielparish.ca). Donations are welcome in support of St. Gabriel's Church building fund. To register, contact the Parish Office at 403-455-0196.

## Career opportunities

- [Family Faith Coordinator \(Full-time\) - All Saints, Lethbridge](#)
- [Administrative Assistant/Bookkeeper \(Part-time\) - St. Anthony's, Drumheller](#)
- [Bookkeeper \(Casual\) - St. Ambrose/St. Catherine's, Coaldale](#)

- [Sacramental & Youth Coordinator \(Full-time/Term\) - St. James, Okotoks \(extended\)](#)
- [Various Teaching Positions - Clear Water Academy, Calgary](#)
- [\(Full-time/Term\) - St. James, Okotoks](#)

Please visit [catholiccyyc.ca/careers](http://catholiccyyc.ca/careers) for more information and application details.

## Retrouvaille Weekend in September

Retrouvaille is a retreat designed to infuse hope and facilitate healing for married couples in need. When: **Sep 8 - 10, Calgary Area retreat** | Contact 403-901-9582 or visit [helpourmarriage.org](http://helpourmarriage.org)

## St. Mark's 50th Anniversary

You are invited to join a thanksgiving Mass with Bishop William T. McGrattan in celebration of St. Mark's 50 years anniversary! Mass will be celebrated at 4 pm, followed by reception and entertainment at 5:30 pm. When: **Sunday, Sep 10 at 4 pm**, St. Mark's, Calgary. To register, call the Parish Office at 403-273-2266 or email [secretary@stmarkrcchurch.ca](mailto:secretary@stmarkrcchurch.ca)

## FCJ Autumn Tea Party

You are invited to the annual fundraiser event at the FCJ Centre. FCJ Autumn Tea Party will be a delightful afternoon of tea, music, and company. Make great connections, and enjoy the most amazing desserts and delectables! When: **Sunday, Sep 17, from 2 to 4:30 pm**. Reserve your at [fjccentre.ca](http://fjccentre.ca) or email Rita at [rita.khanchat@fcicentre.ca](mailto:rita.khanchat@fcicentre.ca)



## SERRA CALGARY CHARTERING CELEBRATION!

 **16TH**  
**SEPTEMBER, 2023**

 **9AM-1PM**  
 **ST. MARY'S CATHEDRAL  
CALGARY, AB**

Google Meet Link: [meet.google.com/uvu-xobm-xdo](https://meet.google.com/uvu-xobm-xdo)

JOIN US WITH BISHOP MCGRATTAN AND SPECIAL  
GUESTS FROM SERRA INTERNATIONAL AND SERRA  
CANADA IN CHARTERING SERRA CALGARY!

EVERYONE IS WELCOME.  
LUNCH WILL BE PROVIDED.

FOR MORE INFORMATION,  
PLEASE EMAIL [SERRACALGARY@GMAIL.COM](mailto:SERRACALGARY@GMAIL.COM)



@SERRACALGARY



WITH  
**BISHOP MCGRATTAN**



# soul care® tour

***Igniting Souls for LOVE!***

**September 21, 2023**

## **Retreat & Concert**

Soul Care Retreats are times of oasis for the heart, body & soul. A time set apart to be replenished, restored and renewed.

The Concert will be a rich evening of music for the soul. Come, open your heart to a profound experience of sound.



Cathy AJ Hardy, Band and  
Soul Care® Team

## **The Retreat:**

Thursday, 1:30pm to 4:30pm, 21st

Located at the warm and inviting Mount St. Francis Retreat Centre

Our theme will be *"Ignited to Love: Inspiration through Psalm 23"*

## **The Concert:** Thursday, 7:30pm, 21st

With the view of the hills looking out to the Rocky Mountains

Come join us for an evening of inspirational, soulful, wild, deep, and life-changing music.

**Both events will be held at Mount St. Francis Retreat Centre**

Buy your ticket to the retreat, the concert or both by visiting **Eventbrite:**

<https://CathyAJHardy-Cochrane.eventbrite.ca>

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**SOUL CARE® – spaces and songs for the soul**  
**Inspiration, Hope, Restoration, Grace**

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

| [www.soulcare.ca](http://www.soulcare.ca)



# The Kids' Bulletin

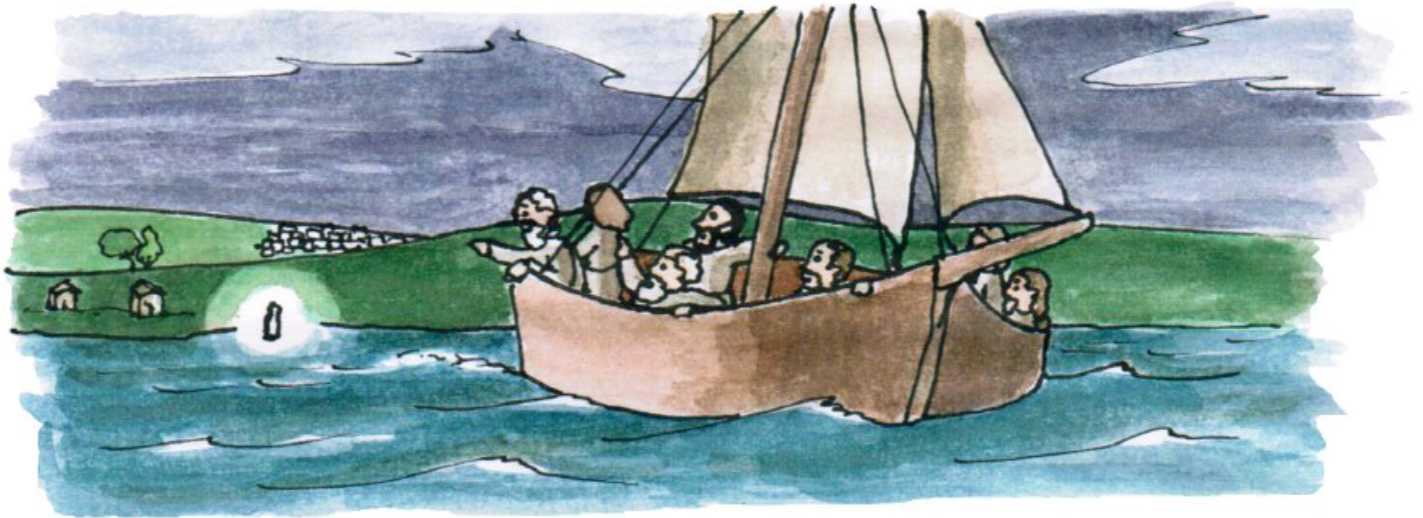
19th Sunday in Ordinary Time  
August 13th, 2023

*In today's Gospel reading, the disciples  
were out at sea in a boat when they saw  
something that surprised them.*

*What was it?*

*Use the code to find out!*

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A E H I G J K L N O R S T U W



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# Saint Jeanne Delanoue

## August 17

JEANNE DELANOUE WAS BORN IN ANJOU, FRANCE IN 1666. WHEN SHE WAS 25 HER MOTHER DIED, SO SHE TOOK OVER THE FAMILY BUSINESS.



JEANNE RAN THEIR RELIGIOUS GOODS STORE SELFISHLY, THOUGH. SHE JUST WANTED TO EARN MONEY.



AN OLD WIDOW CAME AND TOLD JEANNE THAT ONE DAY SHE WOULD LOOK AFTER THE POOR.



Here- I have a spare room for you!



AT FIRST JEANNE DIDN'T BELIEVE HER, BUT SOON SHE WAS HELPING THE POOR.

EVENTUALLY SHE CLOSED THE STORE AND JUST HELPED THE POOR, SICK AND OLD.



She just wants people to think she's holy!

SOME PEOPLE THOUGHT THAT JEANNE WAS JUST PRETENDING TO BE GENEROUS, BUT SHE DIDN'T CARE.



We need to start another orphanage.



MORE WOMEN STARTED HELPING HER CARE FOR THE NEEDY, SO SHE STARTED THE SISTERS OF SAINT ANNE OF PROVIDENCE. SHE DIED IN 1736.

FOR A LONG TIME JEANNE THOUGHT ONLY OF HERSELF EVEN THOUGH SHE WAS WORKING WITH HOLY THINGS. JUST BECAUSE WE GO TO CHURCH OR HAVE HOLY THINGS DOESN'T MEAN THAT WE REALLY LOVE GOD. SAINT JEANNE SHOWED HER LOVE FOR GOD BY CARING FOR THE NEEDY. HOW CAN YOU?

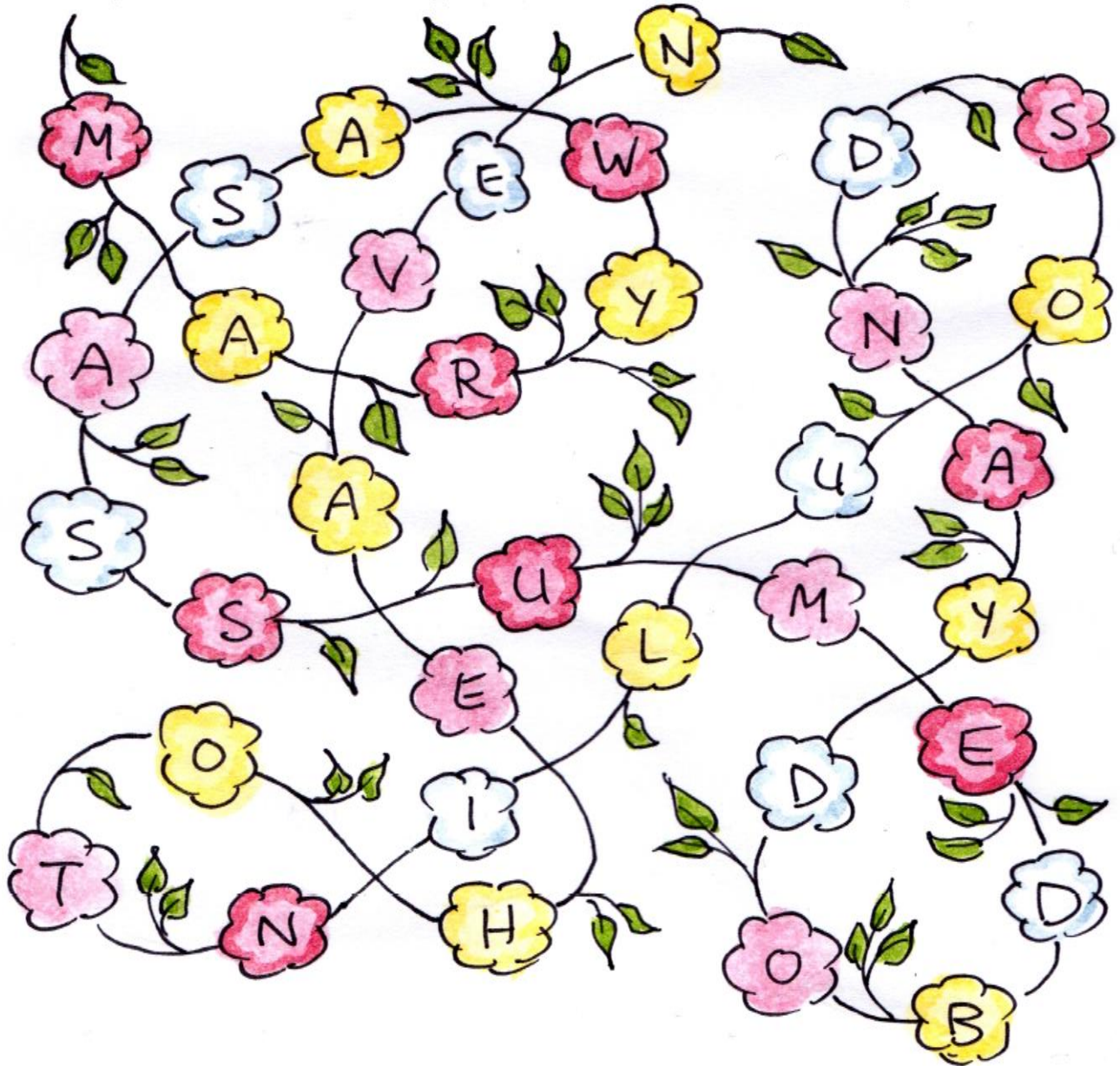


# Flowers for Our Lady

*This Tuesday, August 15th, is a feast day of Our Lady.*

*What are we celebrating?*

*Follow the line, starting at M, and put the letters from the flowers in the spaces at the bottom to find out.*



\_\_\_\_\_  
\_\_\_\_\_,  
\_\_\_\_\_  
\_\_\_\_\_!



# Walking on Water!



In today's Gospel reading Jesus did an amazing miracle- He walked across the sea! This was a sign that He was more powerful than nature.

Peter knew that he was supposed to follow in Our Lord's footsteps, so he asked Jesus to call him to come and walk on the water too. When Jesus called him, Peter got out of the boat and started walking on the water too! But soon he noticed how windy it was and got scared. As soon as he got distracted from Jesus, he started to sink, until Jesus took him and helped him up.

We are supposed to follow in Our Lord's footsteps too. When Jesus wants you to do something, He will give you the grace you need to do it, just like He gave Peter the power to walk on the water. If you lose sight of Jesus and only think about how hard it is, you won't be able to do what God asks, just like Peter when he started to sink. If you realize that you're having a hard time doing the right thing, it's time to turn back to Jesus!



Answer to puzzle on front: Jesus walking on the water. Answer to Flowers for Our Lady: Mary was assumed, body and soul, into Heaven!

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