



Welcome to

HOLY FAMILY PARISH

AUGUST 20, 2023 – 20TH 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

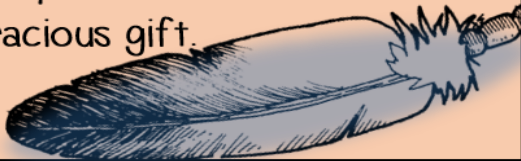
Knights of Columbus – Greg Martin

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.



Kyrie, Eleison

Isaiah reminds us today, in our time of trouble: Observe what is right, do what is just. Even with outsiders. Jesus, today, is in lands foreign to the People of Israel. Although he first ignores her, he helps the foreign woman calling to him in her need. Kyrie, eleison. He hears and acts. The Lord does have mercy.

† Who are on the outs with me; how can I show them kindness?

† How will I act in right and just ways this week?

† Because God constantly shows mercy to me, how will I be merciful?

† Masses & Mass Intentions †

Saturday, August 19

5:00pm ~ Con Miller †

Sunday, August 20

8:30am ~ Holy Family Parish

10:30am ~ Phil Klotz †

6:00pm ~ Derrick Risling †

Monday, August 21

9:00am ~ Scott Krooshoop

Tuesday, August 22

9:00am ~ Florence Faichuk †

Wednesday, August 23

9:00am ~ Emily Schmaltz

Thursday, August 24

9:00am ~ Italo & Rose Pisoni †

Friday, August 25

9:00am ~ Gladys Gaetz †



AUGUST 20, 2023 – 20TH SUNDAY IN ORDINARY TIME – YEAR A

"Woman,
great is
your faith!
Let it be
done for
you as you
wish."

Matthew
15:21-28



The 20th
Sunday
In
Ordinary
Time

The Feast of
St. Bartholomew
August 24th

Patron Saint of
Butchers &
Book Binders



12 Hour
Adoration

Friday,
September 1, 2023

9:30am - 9:30pm

Reconciliation

9:30 - 10:30am

& 8:00 - 9:30pm

All parishioners welcome and encouraged to attend



Jesus has made
himself the
Bread of Life to
give us life.

If you can help out
for a half hour time
slot, there is a sign-
up sheet by the
Parish office.

First Saturday Mass

*The 1st Saturday of
each month
at 8:30am*

September 2nd, 2023



December 31, 2023 - Goal \$70,938

total to date \$32,577

which is 46%

\$38,361 to go.

**Together IN
ACTION**



Annual Bishop's Appeal

Please Give Generously ~ Thank You!

HOLY FAMILY PARISH ANNUAL BLESSING OF PETS

SUNDAY, SEPTEMBER 17, 2023 AT 2:00PM

Pets of all religious backgrounds and their owners are welcome!

Pets must be leashed
or in a crate.

1451 Strachan Rd SE

403-527-6933



Holy Family Parish

Welcomes

Fr. Greg Coupal

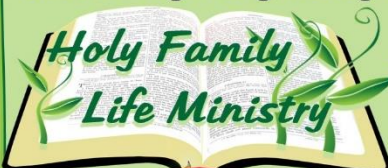
*To Celebrate Mass in
Honor of his 50th
Ordination Anniversary
September 17, 2023*

10:30 am Mass

Followed by Fellowship in the Hall



If you are passionate about the dignity of life & would like to know more about what the Catholic Church teaches regarding the dignity of life, please join us.



Information

Valerie at 587-588-5788

Sonia at 403-528-0028

Prayer and Adoration

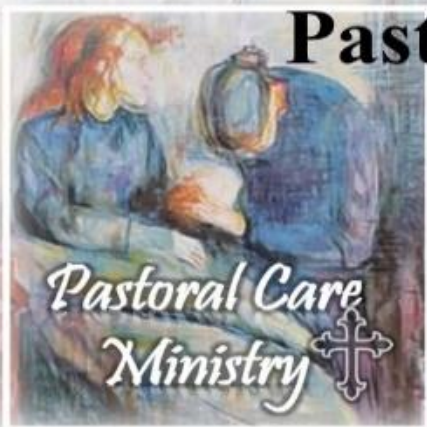
2nd Tuesday of the month
at 7:00pm in the Chapel.

Education Evening

4th Monday of the month
at 7:00pm in the Faith
Room.

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



Pastoral Care Ministry Training

Holy Family Parish

September 22nd-24th

†Friday evening (6:30pm to 8:30pm)

†Saturday (9:30am to 12:00noon,

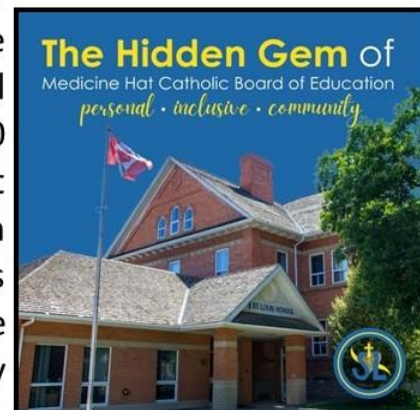
lunch break, resume 12:30pm to 3:30pm)

†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



Retrovaille Retreat

Retrovaille 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

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

Holy Family Parish Annual Corn Roast



Sunday, September 10, 2023
Following the 10:30 Mass



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

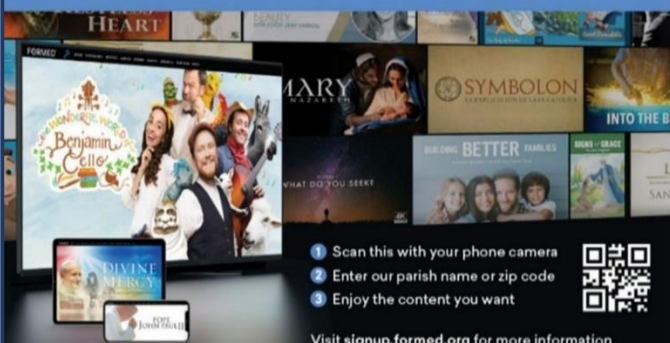
**EMAIL SCAMS AGAIN FROM
PREISTS, CHURCH, STAFF, ETC.
NOBODY** is going to ask you for gift
cards, or bit coins! **NOBODY!!!**
If you get an email or a text, **PLEASE**
DO NOT RESPOND to it,
JUST DELETE IT!

Faithfully
FAITH. LIVED. FULLY.

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

FORMED®

THE CATHOLIC FAITH.
ON DEMAND.



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WITH

Roku

Apple TV

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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*





20th Sunday in Ordinary Time- Year A

August 20, 2023

HE LOOKS AT OUR FAITH

Each one of us has our own story and it is not always a story “for export”, it is not always a clean story. Many times, it is a difficult story, with a lot of pain, many misfortunes, and many sins. What do I do with my story? Do I hide it? No! We must bring it before the Lord. “Lord, if You will it, you can heal me!” There are always ugly things in a story, always! Let us go to Jesus, knock on Jesus’s heart, and say to Him: “Lord, if You will it, you can heal me!” And we can do this if we always have the face of Jesus before us, if we understand what Christ’s heart is like, what Jesus’s heart is like: a heart that feels compassion, that bears our pains, that bears our sins, our mistakes, our failures. But it is a heart that loves us like that, as we are, without make-up: He loves us like that. “Lord, if You will it, you can heal me!”

St. John Chrysostom helps us to understand the mystery of our story; “Do not think, he says, that you are destined for easy struggles or unimportant tasks. You are the salt of the earth. What do these words imply? Did the disciples restore what had already turned rotten? Not at all. Salt cannot help what is already corrupted. That is not what they did. But what had first been renewed and freed from corruption and then turned over to them, they salted and preserved in the newness the Lord had bestowed. It took the power of Christ to free men from the corruption caused by sin; it was the task of the apostles through strenuous labor to keep that corruption from returning. Have you noticed how, bit by bit, Christ shows them to be superior to the prophets? He says they are to be teachers not simply for Palestine but for the whole world. Do not be surprised, then, he says, that I address you apart from the others and involve you in such a dangerous enterprise. Consider the numerous and extensive cities, peoples, and nations I will be sending you to govern. For this reason, I would have you make others prudent, as well as being prudent yourselves. For unless you can do that, you will not be able to sustain even yourselves.

We live in a social world where we all need help from each other. Our help and support are more important and valuable when we receive it during difficult times and hardships

in life. St. Mother Teresa said, “Do small things with great Love”. Our little acts of kindness and help can change the world and the lives of other people. Let me share this story to remind all of us to give a helping hand to anyone who is in need.

A man was driving his car, when he saw an old lady, stranded on the side of the road, he saw that she needed help. So, he stopped his Pontiac near her Mercedes and got out. He smiled, while he was approaching her, still she was worried, as nobody had stopped for hours. Moreover, he did not look safe, as his appearance was so poor and shabby. He could see, how frightened she was, so he tried to calm her: “I’m here to help you, don’t worry. My name is Jim”. The tire was flat, so he had to crawl under the car. While changing the tire, he got dirty, and his hands were hurt. When the job was done, she asked how much she owed him for his help. Bryan smiled. He said: “If you really want to pay me, the next time you see someone who needs help, give that person the needed assistance. And think of me”.

That same evening, the lady stopped by a small cafe. That place looked dingy. Then she saw a waitress, nearly eight months pregnant, wiping her wet hair with a towel. The waitress had a sweet friendly smile, although she had been on her feet the whole day. The lady wondered how someone, who has so little, can be so kind and giving to a stranger. Then she remembered Bryan. The lady had finished her meal and paid with a hundred-dollar bill. The waitress went to get change and when she came back, the lady was gone. She left a note on the napkin: “You do not owe me anything. Somebody once helped me, just like I am helping you now. If you really want to pay me back, do not let this chain of love and help end with you”. The waitress found four more one hundred bills under the napkin.

That night the waitress came home earlier. She was thinking about the lady and the money she left. She was wondering, how the lady could know, how much she and her husband needed it, especially now, when the baby will soon arrive. She knew that her husband worried about that, so she was glad to tell him the good news. After listening to her story, her husband mentioned what he did for an old lady a few days earlier. She kissed him and whispered “Now everything will be all right. I love you, Jim”.

Today in the Scripture Readings we find the same message: Open our hearts to help and support others. The Prophet Isaiah in the First Reading delivered the message of God to the House of Israel. It reminds us to understand the demand of God we need to carry; “Maintain justice, and do what is right, for soon my salvation will come, and my deliverance be revealed”. God fills everyone with his joy and happiness to those who love his name and hold fast to his covenant: “These I will bring to my holy mountain and make them joyful in my house of prayer; their burnt offerings and their sacrifices will be accepted on my altar; for my house shall be called a house of prayer for all peoples”.

Today’s Gospel presents us with a very unique and shocking example of faith in Jesus’ encounter with a Canaanite woman, a foreigner to the Jews. The scene unfolds as he is walking toward the cities of Tyre and Sidon, northwest of Galilee: it is here that the woman begs Jesus to heal her daughter, who — the Gospel says — “is severely possessed by a demon”. The Lord, at first, seems not to hear this cry of pain, such that it causes the

intervention of the disciples who intercede for her. Jesus' seeming indifference does not discourage this mother, who persists in her invocation.

Why does St. Matthew bring this story of this Canaanite woman? I believe through this story; St. Matthew shares his own pain with the congregation because we all know that St. Matthew was an outsider. He was a tax collector. He was forbidden to go into the temple. He was forbidden to pray close to the Holy of Holies because of the kind of work he did, people thought he had joined Rome to oppress his own nation. We can read various accounts in the Gospels where people did not like Jesus sitting and eating with tax collectors as they were considered the biggest sinners in society. In a simple word they were "untouchable", and the tax collectors were hated. And so, the first thing we need to understand is that this woman is also an outcast. She was someone who was not welcome among the Jewish people, like the Samaritan woman at the well.

Now the Canaanites, as we know, were the people who were the predominant people for many centuries in what we now call Palestine and Israel. They were Semites who believed in all kinds of gods. The Canaanite people were, in a sense, hated by the Jews, because the Canaanites also hated the Jews. When Joshua fought the Battle of Jericho, it was against the Canaanites, who were trying to drive him and the Jewish people into the Jordan. So, the first thing we must know is the Canaanite woman was someone who was an outcast as far as the Jewish people were concerned at that time.

The Holy Father, Pope Francis, reflects on the Gospel in the following way: This woman's inner strength, which enables her to overcome every obstacle, is found in her maternal love and in the faith that Jesus can grant her request. This makes me think of the strength of women. With their strength they can obtain great things. We could say that it is love that stirs faith, and faith, for its part, becomes love's reward. Heartrending love for her daughter causes this woman to cry: "Have mercy on me, O Lord, Son of David". And her untiring faith in Jesus allows her not to become discouraged even in the face of his initial rejection; thus, the woman "knelt before him, saying, 'Lord, help me'". Was Jesus really ignoring her? Was he not interested in helping her? Why did Jesus hear her when she cried out to him about her daughter being possessed by the demon? Jesus also left everyone to deal with Jairus' daughter who was dead. There were many more questions we may have to raise.

This is the first time we feel that he is failing someone. He remains silent. And the silence is almost as if he did not want to say anything at all. And his disciples came, and they started urging him, saying, "Send her away, because she keeps shouting at us and following us." And they wanted to heal her, because that's what you do when someone troubles you: you kind of treat them nice for a minute so that they'll get out of there and go someplace else. But Jesus is still quiet. *Is he really ignoring her?* I believe he is not ignoring her at all but giving her the chance to examine her inner self. He knows her heart and mind and even her life. Jesus' question to her, clarifies my stand that he did not ignore her at all: "*It is not fair to take the children's food and throw it to the dogs.*" What does he mean by this? Jesus wanted her to understand that if she wants a healing then she must turn away from her ways and believe in the real presence of God.

In the end, before such persistence, Jesus was in awe, nearly astonished, by the faith of the pagan woman. Therefore, he acquiesces, saying: "O woman, great is your faith! Be it done for you as you desire." And her daughter was healed instantly. Jesus points to this humble woman as a model of unwavering faith. Her persistence in beseeching Christ's intervention is an incentive for us not to become discouraged, not to despair when we are burdened by life's difficult trials. The Lord does not turn away his face to our needs even if at times he seems insensitive to our requests for help, it is to put us to the test and to strengthen our faith. We must continue to cry out like this woman: "Lord, help me! Lord, help me!", with perseverance and courage.

The Holy Father continues to say "This Gospel episode helps us to understand that we all need to grow in faith and fortify our trust in Jesus. He can help us to find our way, when we have lost the compass of our journey; when the road no longer seems flat but rough and arduous, when it is hard to be faithful to our commitments. It is important to nourish our faith every day, by carefully listening to the Word of God, with the celebration of the Sacraments, with personal prayer as a "cry" to him — "Lord, help me!" — and with concrete acts of charity toward our neighbour."

Let me conclude my reflection with the following story: Once upon a time an Angel of God went for a short stroll around the city. He saw a poor man begging. He felt pity for him, and he gave him a bag full of 100 gold coins. The man was very happy and thanked him. He left for his home. On the way, he saw another person who needed help. The man could have spared a coin or two to help that person; however, he chose to ignore it. Then on his way home, a thief robbed him of his bag of coins and ran away.

The man became dejected and went back again to beg. The next day, when the Angel saw the same man begging, he was surprised that after getting a bag full of coins which can last a lifetime, the man was still begging! He called the man and asked him the reason for this. The man told him about the whole incident. The Angel again felt sorry for him. So, this time he gave him a diamond.

The man again was very happy and left for home and again he saw someone who needed help, but he chose to ignore him again. Upon reaching home, he safely put the diamond in an empty pot of water with a plan to cash it in later and live a wealthy life. His wife was not at home. He was very tired, so he decided to take a nap. At this time, his wife came home and picked up that empty pot of water, walked towards the river close by to fill it with water. She had not noticed the diamond in the pot. Upon arriving at the river, she put the whole pot into the running river water to fill it. She filled up the pot, but the diamond was gone with the flowing water!

When the man woke up, he went to look for the pot and asked his wife about the diamond. She told him, she had not noticed it and it must have been lost in the river. The man could not believe his bad luck and again started begging. Again, the Angel felt bad and started thinking whether this man will ever be able to live a happy life. This time he decided to give him only one coin which was not even enough to buy a lunch or dinner for one person. On the way, the man was thinking that one coin cannot even buy a lunch for one person. Why would the Angel give so little? He saw a fisherman who was getting a fish out of his

net. The fish was struggling. The man felt pity for the fish. He thought this single coin won't be able to solve his problem, so why not to save the fish. So, the man paid the fisherman and bought the fish. He put the fish in his small pot of water which he always carried with him.

The fish was struggling in the small pot of water and ended up throwing a diamond from its mouth! The man screamed with joy, "I got it, I got it". At that same point, the thief who had robbed the man's bag of 100 gold coins, was passing through. He thought that the priest recognized him and may punish him. He got nervous and ran to the priest. He apologized to the man and returned his bag full of 100 gold coins. The man could not believe that by helping others, he was being helped.

Let us entrust ourselves to the Holy Spirit, so that he may help us to persevere in faith. The Spirit instills courage in the heart of believers; he gives our life and our Christian witness the power of conviction and persuasion; he helps us to overcome scepticism toward God and indifference toward our brothers and sisters. Let's never give up our hope and trust in the Lord, like this woman but continue to pray for each other's strength and encouragement so that our strong faith may win the favour of the Lord, and everything should be done according to his Word.



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.catholicyc.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

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

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. 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 for more information and application details.

Retrouvaille Weekend in September

Retrovaille 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

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

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 or email Rita at 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

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



@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>

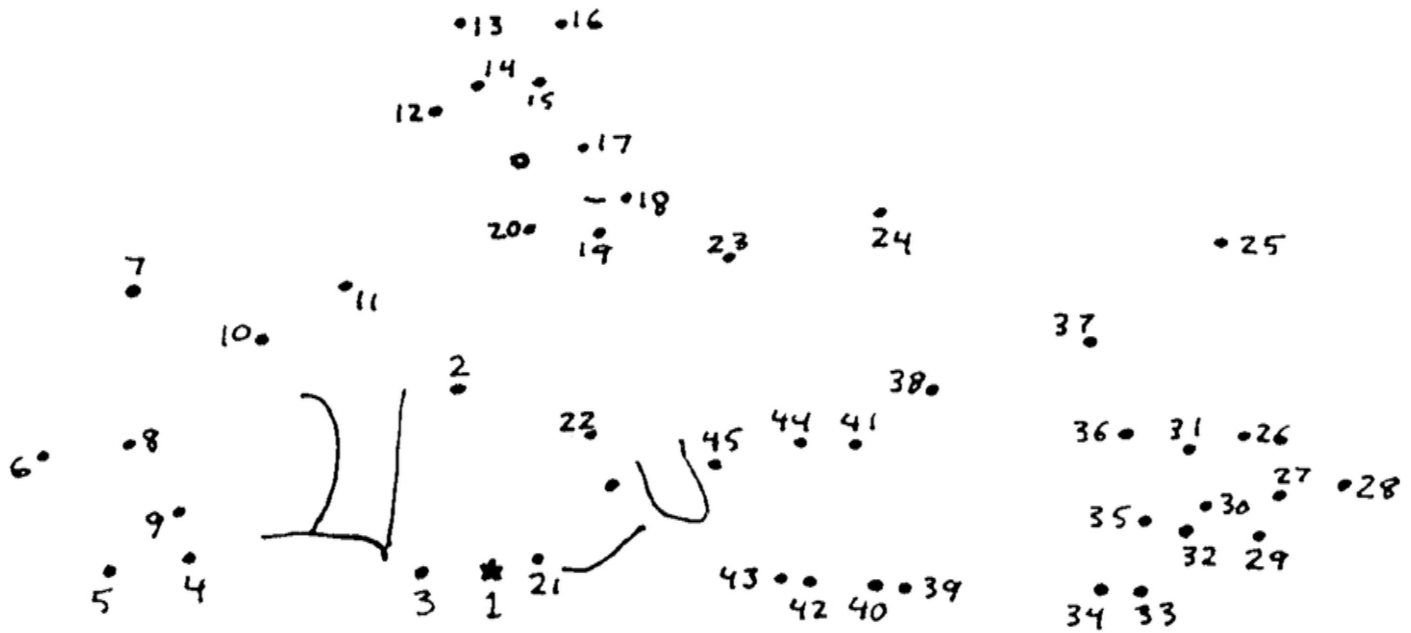
SOUL CARE® – spaces and songs for the soul
Inspiration, Hope, Restoration, Grace

www.cathyajhardy.com

| www.soulcare.ca

The Kids' Bulletin

20th Sunday in Ordinary Time
August 20th, 2023



*In today's Gospel reading, a foreign woman
was asking Jesus to cure her daughter.
But Jesus said that He was sent to care for
the children of Israel, not foreigners.*

*The woman replied to Jesus,
"But even the _____ eat the scraps
that fall from their master's table!"*

*What did she say she was like?
Connect the dots to find out!*

Saint Louis of France

August 25

KING LOUIS IX OF FRANCE WAS BORN IN 1214. HIS WISE MOTHER REIGNED FOR HIM AFTER HIS FATHER DIED UNTIL HE WAS OLD ENOUGH TO RULE ALONE.



LOUIS MARRIED WHEN HE WAS 20. HE AND HIS WIFE HAD 11 CHILDREN.



HE WAS VERY KIND TO THE POOR AND BUILT MONASTERIES AND A HOSPITAL.

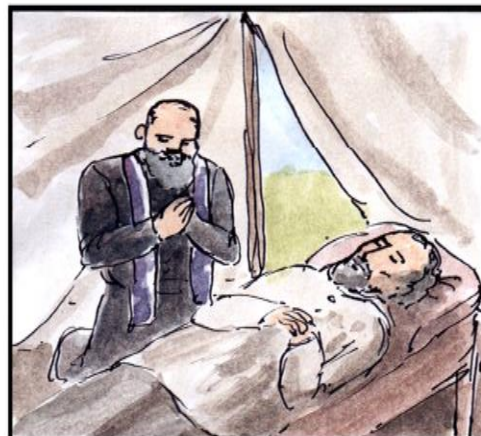


HE WAS ALSO FAIR AND USED COURTS TO MAKE DECISIONS RATHER THAN WARS.

KING LOUIS MADE PEACE WITH THE KING OF ENGLAND, WHO HAD BEEN HIS ENEMY.



HE LED TWO CRUSADES TO PROTECT THE HOLY LAND. HE COMMANDED HIS SOLDIERS TO TREAT THE ENEMY WELL.

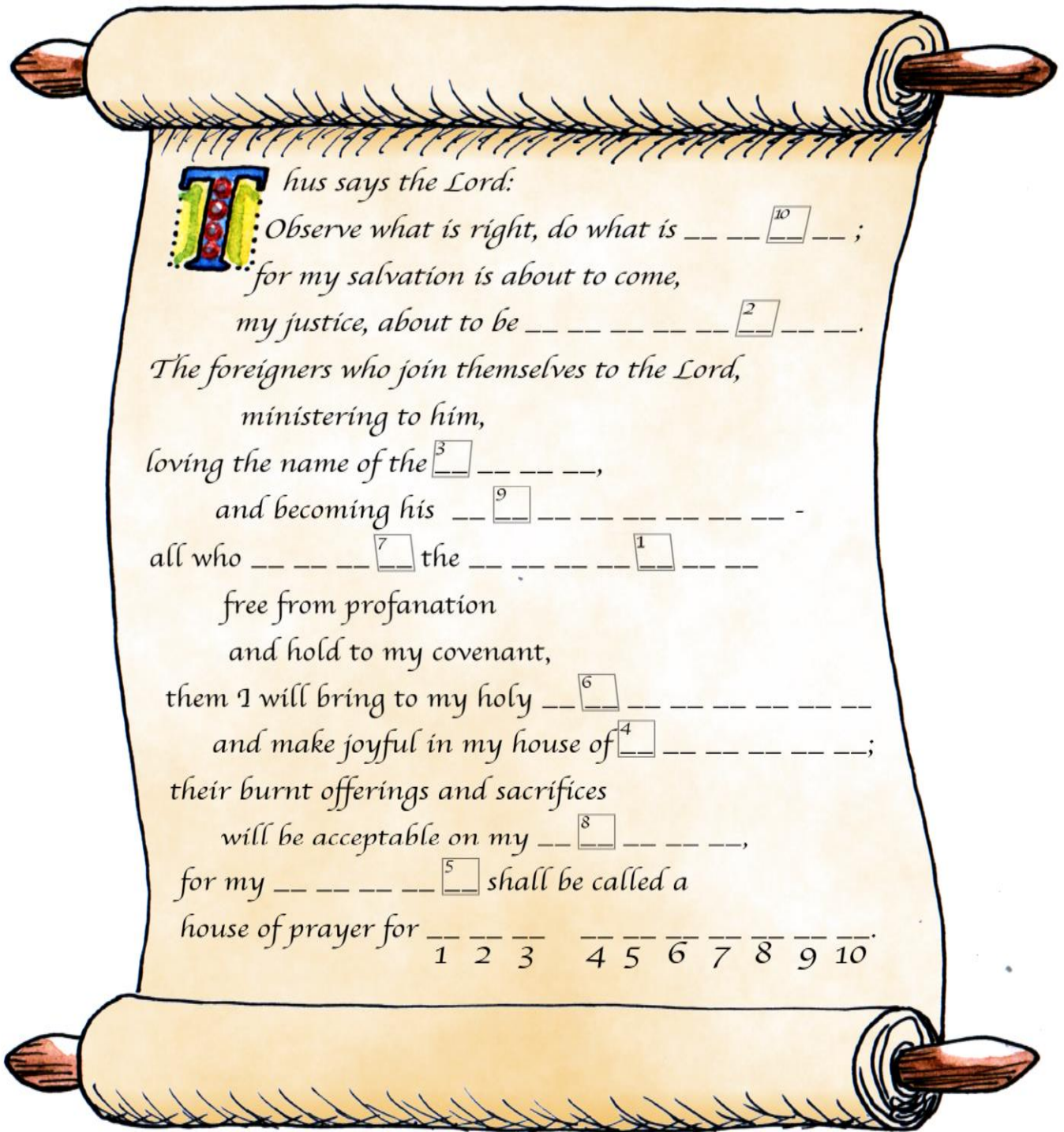


BUT SOON HE AND HIS SOLDIERS GOT SICK AND WERE CAPTURED. THE FIRST TIME HE GOT THEM FREE, BUT THE SECOND TIME HE AND HIS SON DIED.

KING SAINT LOUIS SAID THAT LOVING GOD WAS THE MOST IMPORTANT THING IN LIFE. IT WAS EVEN MORE IMPORTANT THAN RULING WELL! BECAUSE HE PRAYED AND ATTENDED MASS SO OFTEN AND SO WELL HE WAS GIVEN THE GRACE TO RULE HIS PEOPLE JUSTLY. PRAY FOR YOUR COUNTRY'S LEADERS!

Isaiah 56 Fill-in-the-Blanks

Use the words below to fill in the blanks.
Then use the marked letters to fill in the appropriate spaces at the end.

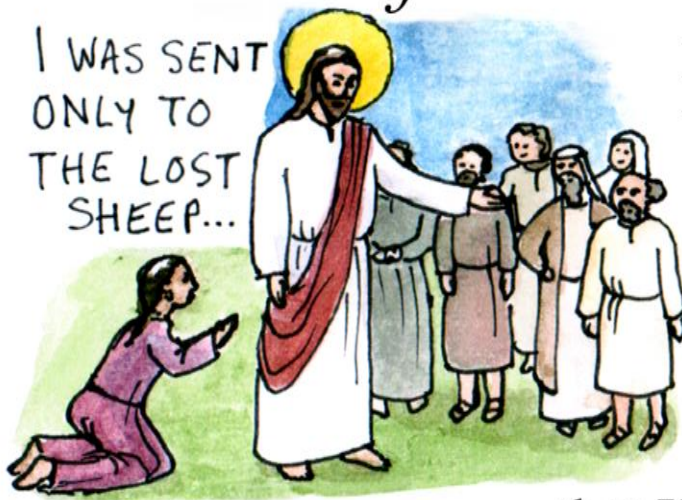


ALTAR
HOUSE
PRAYER

REVEALED
MOUNTAIN
SERVANTS
SABBATH

KEEP
JUST
LORD

Does God Only Care for the Chosen People?



Long ago God had set aside the Israelites as His chosen people. He gave them laws and prophets and set up a covenant with them, that they would be His people and He would be their God. He promised them that He would send them a Savior.

When Jesus the Savior came, His first mission was to care for God's chosen people. In today's Gospel reading, however, a woman who was not an Israelite came to ask Jesus for help. At first Jesus refused- He had been sent to God's children, and "it is not right to take the food of the children and throw it to the dogs." But the woman said, "even the dogs eat the crumbs that fall from the master's table." She knew that Jesus could help her. When He saw how much faith she had, He did what she asked and cured her daughter.

Jesus wasn't trying to make the woman give up. He was giving her a chance to show how much humility and faith she had. Jesus used this to show the people that God will let anyone who believes, like this woman, become part of His chosen people.



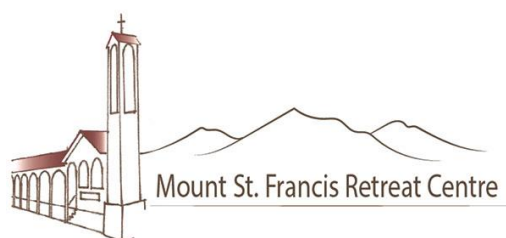
Dot to dot: dogs. Fill-in-the-Blanks: just, revealed, Lord, servants, keep, sabbath, mountain, prayer, altar, house. ALL PEOPLES.

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 so it can be sent to the diocese.