



Welcome to HOLY FAMILY PARISH

DECEMBER 17, 2023 – 3RD SUNDAY OF ADVENT

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 &
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

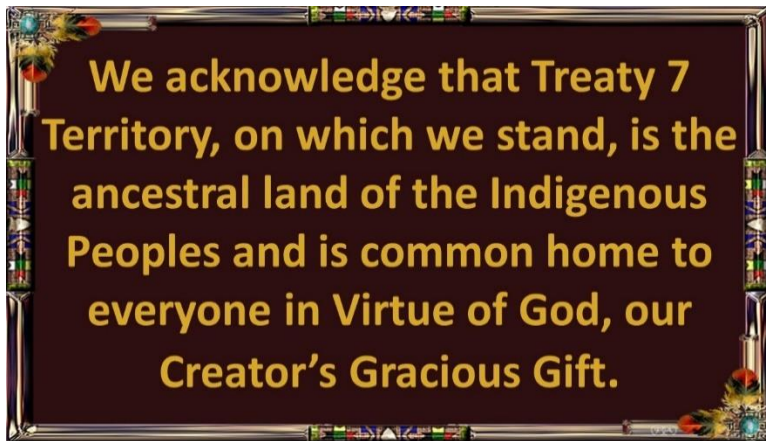
FIRST SATURDAY OF MONTH at 8:30AM, SATURDAY at 5:00PM
SUNDAY at 8:30AM, 10:30AM & 6:00PM

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



Third Sunday of Advent

Isaiah 61:1-2a, 10-11.

Luke 1:46-48, 49-50, 53-54.

1 Thessalonians 5:16-24.

John 1:6-8, 19-28.

Who Am I?

As we long for the Second Coming of Jesus Christ, let our Advent be perfectly holy. To help us, Saint Paul reminds us of these basic Christian attitudes: (1) rejoice always, (2) pray without ceasing, and (3) always give thanks.

✦ In whom or in what will I rejoice this week?

✦ How will I pray every day this week?

✦ For whom and for what am I thankful? What will I do because of this thanksgiving?



DECEMBER 17, 2023 – 3RD SUNDAY OF ADVENT



OPERATING FINANCES

NOVEMBER 1-30, 2023

Operating Budget 2022	\$ 63,984
General Envelope Collection	\$ 44,777
Loose Collections	\$ 3,533
Future Development	\$ 3,259
Sale of Church Supplies & Other	\$ 9,102
\$ 60,671- Budget Vs Actual	- \$ 3,313

SPECIAL COLLECTIONS

Together in Action (TIA)	\$ 2,718
St Vincent de Paul	\$ 3,366
World Mission	\$ 65
Clergy Retirement	\$ 1,190
Mission Mexico	\$ 195
CARO	\$ 70
Seminary Fund	\$ 50
Needs of the Canadian Church	\$ 10

Thank You for your Generous Contributions

Average Weekly Attendance	956
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† Masses & Mass Intentions †

Saturday, December 16

5:30am ~ Simbang Gabi

5:00pm ~ Nick & Rosina Mucciarone †

Sunday, December 17

5:30am ~ Simbang Gabi

8:30am ~ Holy Family Parish

10:30am ~ Lambert Streifel †

6:00pm ~ Cindy Anhorn †

Monday, December 18

5:30am ~ Simbang Gabi

9:00am ~ Chris Sehn & Family

Tuesday, December 19

5:30am ~ Simbang Gabi

9:00am ~ Jennifer Wrzosek †

Wednesday, December 20

5:30am ~ Simbang Gabi

9:00am ~ Mike & Jackie Moser †

Thursday, December 21

5:30am ~ Simbang Gabi

9:00am ~ Simonne Flynn

Friday, December 22

5:30am ~ Simbang Gabi

9:00am ~ Nathan Sehn

Together IN ACTION
Annual Bishop's Appeal

Year to Date: \$57,064
only 80% of total needed!
\$13,874 to go!

The 2023 goal is \$70,938.

The end of the year is fast approaching.

**We only have 2 more weeks
to raise \$13,874... YIKES!!!**

May God bless your generosity!!!

The New 2023-24 Year B Missals are For Sale in the Foyer \$5.00 each or \$7.00 for the Youth Missal.

AND Christian Christmas Cards for Sale at the Office for \$2.00 each

**The 30th Annual
GIFT SHARING
SUNDAY**
December 2nd and 3rd, 2023

We Collected
**ROOT 558 pounds of food,
CELLAR plus \$1360 cash**



We Collected
\$4331.00

*Thank
YOU*

We Collected Toys & Stocking
Stuffers Valued at \$3000.00



**A Filipino
Christmas Tradition**

*Simbang Gabi is a novena of
Masses celebrated at dawn,
when the roosters crow.*

**December 15th
to the 23rd at 5:30am**

Christmas Eve
5:00pm Mass
Children & Youth
Choir
Grade 2 & Older



Practices will be
Friday Dec. 22
6:00pm to 8:00pm &
Saturday Dec. 23
1:00pm to 3:00pm.

For Info. Call...
Sally at 403-527-6933 Ext 105
sac.prep@holyfamilymh.ca

Attention Young Dancers

If you are 12yrs. old or older and are taking Dance, we would like you to join in a Liturgical Dance to perform before the 5:00 PM Mass on Christmas Eve.

Rehearsals are:

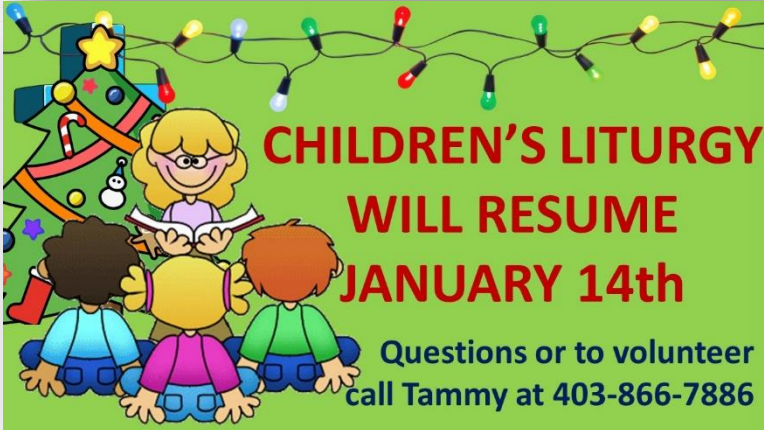
Thursday Dec. 22 from 6:00pm to 8:00pm &

Friday Dec. 23 from 1:00pm to 3:00pm

If you are interested, please contact Sally as soon as possible at 403-527-6933 ext. 105 or email sac.prep@holyfamilymh.ca

CHILDREN'S LITURGY WILL RESUME JANUARY 14th

Questions or to volunteer
call Tammy at 403-866-7886



The Catholic Women's League

A huge Thank you to all CWL members for your tremendous support of the raffle & bake sale!

Raffle Winners

Italian Basket – Lisa Bozec-Cox
Coffee Basket – Sylvia Niedermayer
Tea Basket – Jacqueline Stanley

Missing
8inch Round
Corning Lid...
Please Return!

Christmas Mass Schedule 2023

Sunday Dec. 24

9:30am – Sunday Mass

The Nativity of the Lord

Sunday Dec. 24

5:00pm, 8:00pm & 10:30pm

Monday Dec. 25 – 10:30am

Tuesday Dec 26 – No Mass

Simbang Gabi

is a Filipino
Christmas
tradition.

It will be
celebrated

December 15th to
23rd at 5:30am

Sunday Dec. 31

Sunday Mass

8:30 & 10:30am

Solemnity of Mary

5:00pm

Monday Jan. 1 – 9:00am





Mary & Joseph on the road to Bethlehem



Holy Family Parish, Medicine Hat, AB

WEDNESDAYS

7:00PM

FAITH ROOM

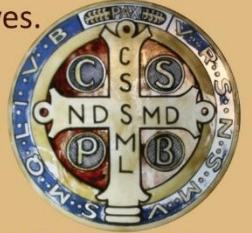
RITE OF CHRISTIAN INITIATION OF ADULTS (RCIA)

DO YOU HAVE A DESIRE TO LEARN ABOUT THE TRADITIONS AND TEACHINGS OF THE CATHOLIC FAITH? DO YOU FEEL A NEED FOR A DEEPER UNDERSTANDING OF OUR FAITH BELIEFS IN ORDER TO KEEP UP WITH THE RELIGIOUS EDUCATION OF YOUR CHILDREN?

IF SO, PERHAPS YOU WOULD BE INTERESTED IN THE RCIA PROGRAM.

Listen...with the ear of your heart.

This is the opening line of the rule of St. Benedict. Come join us (Benedictine Oblates) in prayer as we listen to the voice of God in our lives.



We meet every Saturday morning at 10:00 in the Hope Room at Holy Family Parish.

For more information call Carol at 403-526-0415.

HOLY FAMILY PARISH **MEN'S PRAYER GROUP**

Thursday Mornings - 7:00 to 7:30 – Faith Room
Open to all men seeking to nurture their relationship with God and each other through prayer, song and reflection on the daily scripture readings.

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

Pamphlets available at the Greeting Desk

REAL MEN PRAY

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

Faithfully
FAITH. LIVED. FULLY.

Holy Communion to the Hospital

Volunteers are needed to bring Holy Communion to parishioners, in hospital, who desire to receive Jesus in the Eucharist. Training will be provided.

If you have a family member or friend who is in hospital and is requesting Holy Communion, please phone the Parish Secretary with the name and room number of the parishioner. The information will be forwarded to Pastoral Care. Thank you!

**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!

FORMED

THE CATHOLIC FAITH.
ON DEMAND.



USE
WITH

Roku

Apple TV

Fire TV

Chromecast

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*





**Medicine Hat Catholic
Board of Education**

NOTICE OF ANNUAL GENERAL MEETING

Medicine Hat Catholic Schools'
Education Foundation AGM



January 16, 2024 at 7:00 p.m.
at Medicine Hat Catholic Board Office

All public welcome to attend!

St. Francis Xavier School

St. Francis Xavier School is proud to be part of the Medicine Hat Catholic Board of Education. We are a kindergarten to grade 6 elementary school that prides itself as being a small school that works closely with our families, community supports and our wonderful parishes and pastors. Located at the top of the hill in Crescent Heights, we are a short walk down the hill to St. Patrick's Church where we engage in retreats, school masses and holiday events. This December we are very much looking forward to celebrating our Christmas Mass followed by our annual Christmas Dinner. Both Holy Family Parish and St. Patrick's Church open their doors each day to evangelize those in our community, just as St. Francis himself did in his missionary work. We are proud to be part of the Catholic community here in Medicine Hat and a special thank you goes to you parishioners for your continued prayers and support for Catholic education.

As a school community here at St. Francis, we treat all of our children with the dignity and respect they deserve. We engage in conversation about our faith lives and work together to strengthen the bond we have with God the Father. During this season of Advent, let us remember to keep the birth of Jesus at the center of all that we do. Let us remember that God gave us his only son as the path to live a life filled with love and joy, and it is up to us to follow it.

God bless and Merry Christmas!
Ryan Irving - Principal

HOMESTAY FAMILIES NEEDED

Are you interested in hosting an international student? Desire to help a student learn about our Canadian culture? The international program with MHCBE is currently recruiting homestay families for our February intake. We have students joining us from all over the world to attend our highly rated junior high and high schools. If you have a spare room and the ability to make a student feel like part of the family, please reach out to... lori.frelick@mhcbe.ab.ca



3rd Sunday of Advent Year B

December 17, 2023

REJOICING IN THE LORD

Today we begin the second phase or part of Advent to reflect and meditate deeply on the First coming of our Saviour “who became flesh and dwell among us” as St. John says. To be happy and joyful is the desire and wish of everyone to live a peaceful life. Today Holy Mother Church invites her children to rejoice in their Saviour who is going take human form to be with us because his is Emmanuel. The third Advent Sunday is called “Gaudete Sunday” because on this day the Mass begins with the opening antiphon: “Gaudete in Domino semper” “Rejoice in the Lord always”. In the first week of Advent, we prayed for the restoration of hope. In the second week we prayed for the gift of peace which comes from the Lord to make us stronger and stronger in our day-to-day. Today also we start second phase of Advent season which will make us to reflect on the first coming of Jesus through the prophecies of the old. This coming two weeks will have us reflect on the “O Antiphons” making us to meditate on the titles of Jesus. Let’s reflect why this Sunday is called “Gaudete Sunday”? Why do we have to rejoice early when Christmas is two weeks away? What does rejoicing mean to us amid war, violence, and divisions?

Someone described the Gaudete Sunday as follows: "Nature's annual cycle is characterized by two phenomena, light and life. Out of the darkness of night comes light; out of death comes life. The transition from night to light characterizes the winter season; the transition from death to life is proper to summertime. The holy year of the Church is likewise divided into two phases which have similar characteristics." Similarly, we are reminded by the Sacred Scriptures that you must rejoice in the Lord because our Salvation has come near. Someone asked St. Mother Teresa what the secret of her joy was in serving the poor and marginalized people and her answer stunned the world “Joy is a prayer -- joy is a strength -- joy is a love -- joy is a net of love. . . . A joyful heart is the normal result of a heart burning with love . . . loving as He loves, helping as He helps, giving as He gives, serving as He serves, rescuing as He rescues, being with Him twenty-four hours, touching Him in His distressing disguise.”

A speaker at a conference wanted to make a point about happiness through a group activity. So, the speaker handed out identical balloons to every attendee present. Everyone

was asked to write their names on their balloon using a marker pen. All the balloons were then collected and placed in the adjacent room.

Before the conference ended, the participants were asked to head over to the room where all the balloons were. They saw the balloons scattered all over at random. The speaker then asked everyone to find their balloon. However, nobody was allowed to communicate with one another. Everyone did as was instructed but struggled to find their own balloon. People ended up bumping against each other, with some growing more frustrated by the minute. It was utter chaos.

After some time had passed, the speaker stopped everyone from searching for their balloon. They were then asked to pick up a random balloon and look for the owner of the balloon instead. The task still took a couple of minutes but eventually, everyone had their balloon in their hands. After the activity, the speaker explained the significance of the exercise.

He explained that their balloon represented happiness. And like what happened during the activity, it'll be hard to find happiness if they look for it aimlessly. But if they allow other people to help, they stand a chance. The lesson, then is that their happiness lies in other people. And just as others can help them find their happiness, they too can help others find theirs.

The key to finding happiness is helping others find theirs and letting them find yours.

The above-mentioned story provides us the exact message which we find in the Sacred Scripture today. The first reading tells us that we should rejoice because the promised Messiah is coming as our Savior and liberator, saving us by liberating us from our bondages. The Responsorial Canticle of the day is taken from Mary's *Magnificat*, in which she exclaims: "My soul glorifies the Lord, my spirit finds joy in God my Savior."

St. John of the Cross has very deep meditation for us to have and understand the presence of God in our life. "Though holy doctors have uncovered many mysteries and wonders, and devout souls have understood them in this earthly condition of ours, yet the greater part remains to be unfolded by them, and even to be understood by them. We must then dig deeply in Christ. He is like a rich mine with many pockets containing treasures: however deep we dig we will never find their end or their limit. Indeed, in every pocket, new seams of fresh riches are discovered on all sides. For this reason, the apostle Paul said of Christ: In him are hidden all the treasures of the wisdom and knowledge of God. The soul cannot enter these treasures, nor attain them, unless it first crosses into and enters the thicket of suffering, enduring interior and exterior labors, and unless it first receives from God very many blessings in the intellect and in the senses and has undergone long spiritual training. All these are lesser things, disposing the soul for the lofty sanctuary of the knowledge of the mysteries of Christ: this is the highest wisdom attainable in this life. Might men come at last to see that it is quite impossible to reach the thicket of the riches and wisdom of God except by first entering the thicket of much suffering, in such a way that the soul finds there its consolation and desire. The soul that longs for divine wisdom chooses first, and in truth, to enter the thicket of the cross. Saint Paul therefore urges the Ephesians not to grow weary during tribulations, but to be steadfast and rooted and grounded in love, so that they may know with all the saints the breadth, the length, the height, and the depth—to know what is beyond knowledge, the love of Christ, to be filled

with all the fullness of God. The gate that gives entry into these riches of his wisdom is the cross; because it is a narrow gate, while many seek the joys that can be gained through it, it is given to few with desire to pass through it”.

St. Paul, in the second reading, advises us to “*rejoice always*” by leading blameless, holy, and thankful lives guided by the Holy Spirit, because Christ is faithful to his promise that he will come again to reward us. In the Gospel the questions and the message of St. John the Baptist is a beautiful reminder to see the reason of the season. We need to ignore the secularism and worldly approach to this beautiful and salvific season, and we must rejoice in the Lord that “He became man and dwelt among us”.

St. Augustine reflecting on the Gospel today says “John is the voice, but the Lord is the Word who was in the beginning. John is the voice that lasts for a time; from the beginning Christ is the Word who lives for ever. Take away the word, the meaning, and what is the voice? Where there is no understanding, there is only a meaningless sound. The voice without the word strikes the ear but does not build up the heart.

However, let us observe what happens when we first seek to build up our hearts. When I think about what I am going to say, the word or message is already in my heart. When I want to speak to you, I look for a way to share with your heart what is already in mine. In my search for a way to let this message reach you, so that the word already in my heart may find a place also in yours, I use my voice to speak to you. The sound of my voice brings the meaning of the word to you and then passes away. The word which the sound has brought to you is now in your heart, and yet it is still also in mine.

When the word has been conveyed to you, does not the sound seem to say: The word ought to grow, and I should diminish? The sound of the voice has made itself heard in the service of the word, and has gone away, as though it were saying: My joy is complete. Let us hold on to the word; we must not lose the word conceived inwardly in our hearts. Do you need proof that the voice passes away, but the divine Word remains? Where is John's baptism today? It served its purpose, and it went away. Now it is Christ's baptism that we celebrate. It is in Christ that we all believe; we hope for salvation in him. This is the message the voice cried out.

Because it is hard to distinguish word from voice, even John himself was thought to be the Christ. The voice was thought to be the word. But the voice acknowledged what it was, anxious not to give offense to the word. I am not the Christ, he said, nor Elijah, nor the prophet. And the question came: Who are you, then? He replied: I am the voice of one crying in the wilderness: Prepare the way for the Lord.

The voice of one crying in the wilderness is the voice of one breaking the silence. Prepare the way for the Lord, he says, as though he were saying: “I speak out in order to lead him into your hearts, but he does not choose to come where I lead him unless you prepare the way for him.” To prepare the way means to pray well; it means thinking humbly of oneself. We should take our lesson from John the Baptist. He is thought to be the Christ; he declares he is not what they think. He does not take advantage of their mistake to further his own glory.

If he had said, “I am the Christ,” you can imagine how readily he would have been believed, since they believed he was the Christ even before he spoke. But he did not say it; he acknowledged what he was. He pointed out clearly who he was; he humbled himself. He

saw where his salvation lay. He understood that he was a lamp, and his fear was that it might be blown out by the wind of pride.

The question of John the Baptist should be our question to examine ourselves that when we have Jesus our Reason for the Season then should we wait for someone else or ...? Now let's reflect on the second question "Why we must rejoice so early when Christmas is two weeks away? As we celebrate this Gaudete Sunday, the reply of Jesus to St. John the Baptist sums everything "what do you see...? That's the exact purpose of rejoicing in the Lord that he has taken all our pain and suffering on to him and died on the Cross so that we may have life and life in abundance. Christmas is two weeks away, but we need to rejoice every day in the Lord as St. Paul says "rejoice, rejoice and again I say rejoice in the Lord".

Pope Francis reflects on this Sunday in this way "Rejoice in the Lord, means always being joyful, even when things do not go according to our wishes; but there is that profound joy, which is peace: that too is joy; it is within. And peace is a joy "at the ground level", but it is a joy. Distress, difficulties, and suffering pass through each person's life, we are all familiar with them; and so often the reality that surrounds us seems to be inhospitable and barren, like the desert in which the voice of John the Baptist resonated, as today's Gospel passage recalls. But the very words of the Baptist reveal that our joy rests on a certainty, that this desert is inhabited: "among you" — he says — "stands one whom you do not know". It refers to Jesus, the Father's envoy who comes, as Isaiah stresses, "to bring good tidings to the afflicted; he has sent me to bind up the broken-hearted, proclaim liberty to the captives, and the opening of the prison to those who are bound; to proclaim the year of the Lord's favour". These words, which Jesus will speak in his discourse at the synagogue of Nazareth (Lk 4:16-19), clarify that his mission in the world consists in the liberation from sin and from the personal and social slavery that it produces. He has come to the earth to restore to mankind the dignity and freedom of the Children of God — which only he can communicate — and thereby to give joy.

A Christian's joy is not bought; it cannot be bought. It comes from faith and from the encounter with Jesus Christ, the reason for our happiness. And when we are rooted in Christ, the closer we are to Jesus, the more we find inner peace, even among everyday contradictions. For this reason, a Christian, having encountered Jesus, cannot be a prophet of misfortune, but a witness and herald of joy. A joy to share with others; an infectious joy that renders the journey of life less toilsome.

Today as the world wrapped by the darkness of war, violence, division, and hatred as everyone is struggling to take life easy or to manage it properly the question today "why do we need to rejoice in the Lord?" becomes very important for us as Christians. We not only need ourselves to rejoice but we must create the circle of joy to help other people to believe and rejoice in the "Reason of the Season".

Let's reflect on this story as I conclude my reflection with one question for all of us to reflect and meditate during this week: What is my reason to rejoice?

A wealthy old man wanted to make his little boy understand the difference between being rich and being poor. So, one day, the dad took a trip with his son to the countryside where the less fortunate live and stayed there for a few days. The goal was to show his son what a poor family must endure to survive. As soon as they arrived, the kid immediately

felt the difference. Nonetheless, he had no problems interacting with the locals. He played with other children and made new friends. He'd talk with the old lady who'd give him snacks. He'd walk around town and have a great time even without money in his pocket. The kid found the whole experience fascinating, to say the least. Before long, it was time to pack up and head back to the city where they lived. On the journey back, the father asked his son if he understood the difference between being rich and poor. The child began to recall everything he's experienced and told his dad what he's realized.

In the countryside, he could run free across fields without care. But at home, he's confined to their backyard. In the city, you can barely see the stars at night, but that's not a problem in the countryside. Being in the city, they must buy food every day. But the farmers he met can grow their food. But the most striking difference, he thought, was how everyone in the community cared for each other. They lived a more leisurely life compared to them. And because of that, they experience happiness daily.

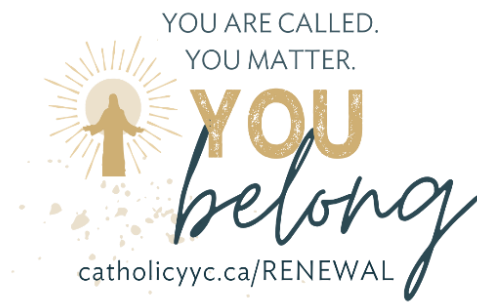
The father, proud of his son, asked if he would like to be a poor man like the people he met. To his surprise, his kid shook his head and said: "No, I want to be rich like them." Happiness is not about material wealth. It's about the experiences that you share with others.

Do we rejoice in the Lord in the midst of uncertainties of the world?



Rejoicing in
the Lord

Third Sunday Of Advent
December 17, 2023



DIOCESAN SUNDAY UPDATES

Third Sunday of Advent

Advent Mission: Called to be Missionary Disciples

Each year, Advent invites us to prepare for the greatest event in human history - The Word became flesh and dwelt among us. You are invited to St. Michael's Advent Mission with speaker Peter Thompson.

- **Mon, Dec. 18 at 7 pm** | Theme: God's love affair with humanity
- **Tue, Dec. 19 at 6 pm** (Mass followed by Mission) | Theme: Who do you say that I AM? Matthew 16:15
- **Wed, Dec. 20 at 7 pm** | Theme: His mercies never come to an end. Lamentation 3:22

Location: St. Michael's Parish (800 85 St. SW, Calgary).

Parish Christmas Masses

Parish Christmas Mass schedules are now available on our Advent Page - visit catholicyyc.ca/advent

Apply to St. Mary's University

Applications are now open for Fall 2024 in all BA/BSc programs and the helpful admissions team at St. Mary's is ready to guide you through the process. Get a head start on building the foundation of your future by applying to St. Mary's University today at stmu.ca.

Theology of the Body Conference

Theology of the Body Conference
Join experts Dr. Christopher West, Sister Helena Burns FSP, Fr. Cristino Bouvette, and internationally acclaimed songwriter, Mike Mangione, as they introduce and reflect St. John Paul II's Theology of the Body. When/Where: **Friday, Feb. 9, 2024 from 6 pm to 10 pm** at Holy Spirit Catholic Church (10827 24 St SW Calgary). Register online. For any questions, please contact theologyofthebodyconference@gmail.com



Joe McKenna Council #9502 Knights of Columbus



Position	Name
Grand Knight	Greg Martin
Deputy Grand Knight	Jimmy Tablan
Financial Secretary	Pat Ries
Treasurer	Ron Pisoni
Chancellor	
Recorder	Pat Brigham
Advocate	Andy Hamel
Warden	Walter Pratt
Inside Guard	Dale Maddaford
Outside Guard	Michael Camphor
Year 1 Trustee	Herb Durda
Year 2 Trustee	Gary Heinbecker
Year 3 Trustee	Kent Friedt
Lecturer	Rick Brown
Membership Director	Garry Lux
Faith in Action Program Director	Greg Martin
Faith in Action Life Director	Allan Lawson
Faith in Action Family Director	Jimmy Tablan
Faith in Action Faith Director	Darrell Bonagofsky
Faith in Action Community Director	Ron Pisoni
Pastoral Parish Council Representative	Garry Mastel

2023-24 Knights Events

Date & Activity

Sunday, September 10
Corn Roast

Sunday, September 24
Knights Mass

Sunday, October 15
Breakfast

Sunday, November 19
Breakfast

Saturday, December 9
Knights Mass

Sunday, December 17
Christmas Breakfast

Sunday, January 21
Breakfast

Sunday, February 25
Breakfast

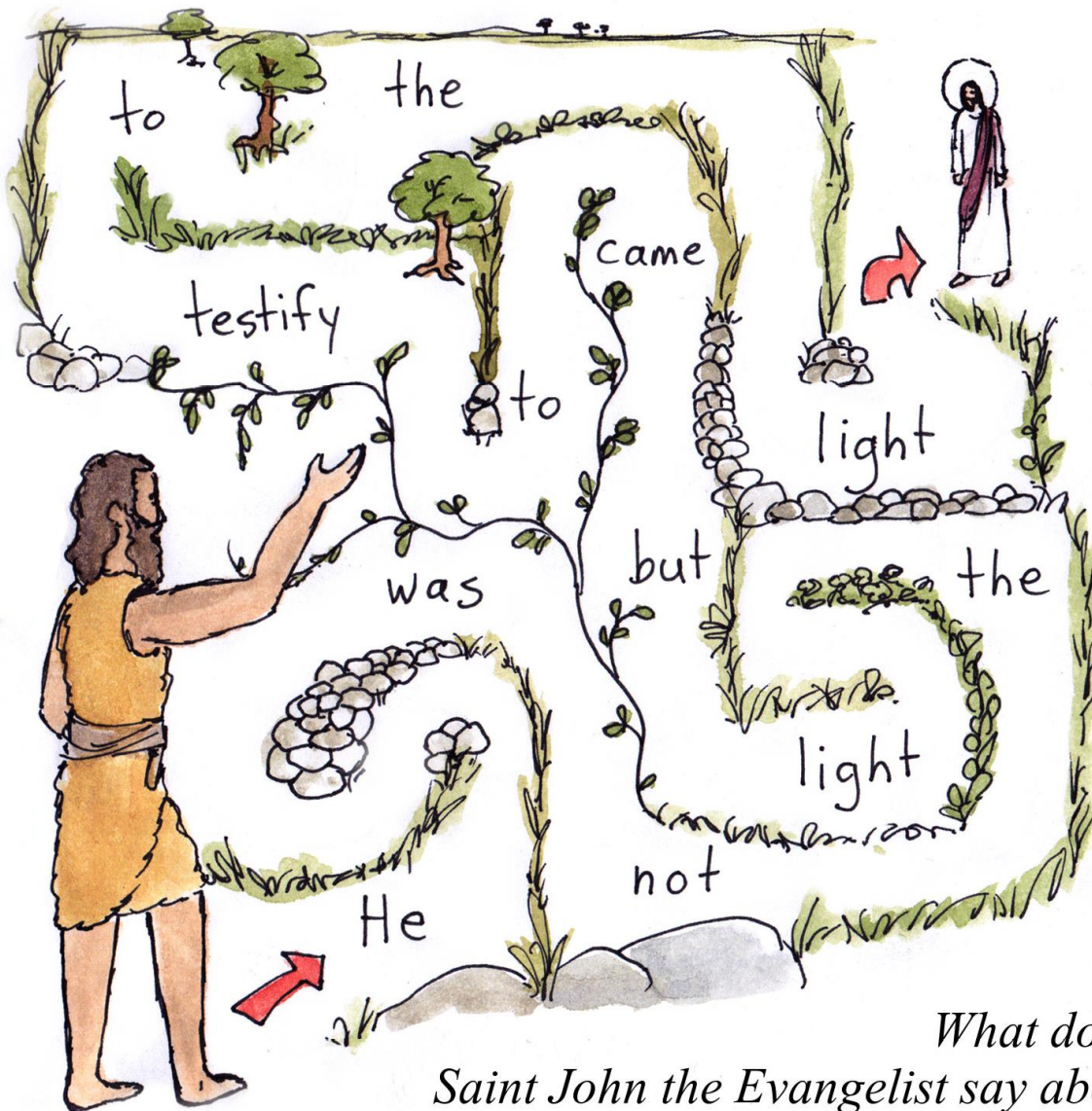
Sunday, April 7
Breakfast

Sunday, May 5
Breakfast

Sunday, June 23
Parish Picnic

The Kids' Bulletin

Third Sunday of Advent
December 17th, 2023



*What does
Saint John the Evangelist say about
Saint John the Baptist at the beginning of the Gospel?
Read the words you pass as you go through the maze.*


Was the priest who offered Mass today wearing pink vestments? The colour pink, or rose, is a sign of joy. We use it for the third Sunday of Advent because we are happy that we're half-way to Christmas! If you have an Advent wreath, it's time to light the pink candle!



SAINT HILDEGARD OF BINGEN

DECEMBER 17

ST. HILDEGARD OF BINGEN WAS BORN IN THE LATE 1000'S TO A WEALTHY FAMILY. AS A CHILD SHE WAS SICKLY BUT SHE WAS TAUGHT TO READ THE PSALMS IN LATIN.



Sicut cervus desiderat ad fontes...


AT THE AGE OF 18 HILDEGARD ENTERED A BENEDICTINE CONVENT, AND SOON BECAME SUPERIOR.



HER CONFESSOR TOLD HER TO WRITE DOWN THE VISIONS SHE HAD SEEN.




I want you to write down what you saw.



SHE ALSO WROTE POETRY AND MUSIC AND BOOKS ON THE BODY AND MEDICINE.

WHEN THE EMPEROR WAS SUPPORTING MEN WHO WERE NOT THE REAL POPE HILDEGARD CORRECTED HIM.



PEOPLE NEARBY AND FROM OTHER COUNTRIES SOUGHT HER ADVICE.

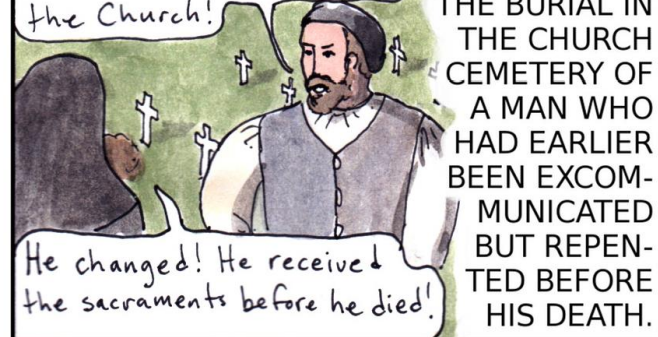


There are seven letters for you today, mother!

You can't keep him buried here! He was an enemy of the Church!

He changed! He received the sacraments before he died!

HILDEGARD DEFENDED THE BURIAL IN THE CHURCH CEMETERY OF A MAN WHO HAD EARLIER BEEN EXCOMMUNICATED BUT REPENTED BEFORE HIS DEATH.



SAINT HILDEGARD KNEW A LOT ABOUT GOD FROM HER VISIONS BUT SHE WASN'T PROUD. INSTEAD SHE USED HER KNOWLEDGE AND GIFTS TO BRING PEOPLE CLOSER TO GOD THROUGH MUSIC AND SCIENCE. DID YOU KNOW THAT LEARNING ABOUT GOD'S CREATION CAN HELP YOU TO KNOW HIM BETTER TOO?

The Messenger of Peace

Word-find

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

See if you can find the words in CAPITALS from today's first reading in the puzzle. Use the left-over letters to fill in the blanks in the reading.

The SPIRIT of the Lord God is upon me,
because the LORD has ANOINTED me;
he has SENT me to bring GLAD TIDINGS to
the POOR, to heal
the _____,
to PROCLAIM LIBERTY to CAPTIVES



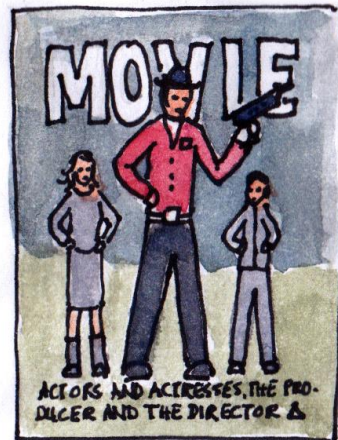
and RELEASE to the
PRISONERS,
to ANNOUNCE a YEAR
of FAVOUR from the Lord
and a day of
VINDICATION
by our GOD.

Who Will Lead You to God?



Today's Gospel reading tells us about Saint John the Baptist, who prepared the people for the coming of Jesus. At first people thought that he might be the saviour they were all waiting for, but he was very clear when he told them that he wasn't- there was one coming after him Who would be the truly great One.

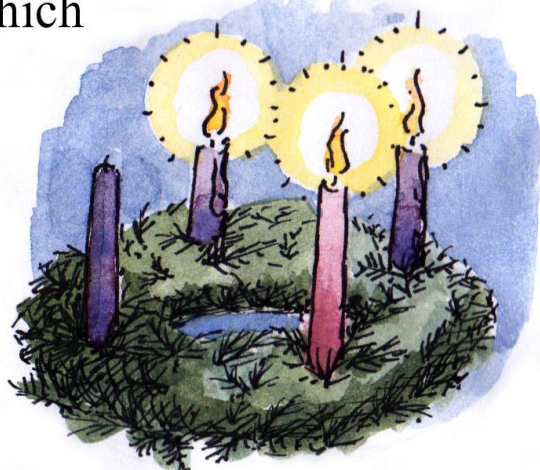
Sometimes we hear about great or important people. We know about movie stars and singers and government leaders. Who are some important people you know of?



Do those people that you've thought about help to bring you closer to God? Do they teach you well and give good example? Or do they lead people away from God by doing wrong things or making fun of God's truth?



We can know which people are really great by thinking about whether they lead us closer to God, like Saint John the Baptist did, or further away from Him. Which sort of people do you want to follow?



Answer to Word-Find: brokenhearted.



Back for a second series, Fr. Tim Boyle will speak on The Art of Accompaniment, picking up on the theme from the Synod preparation document "Enlarge the Tent."

St. Martha's Parish, Lethbridge

Monday, January 22, 2024

"Zacchaeus... the first of Many Seekers... and why they don't want to join"

Monday, February 19, 2024

"Finding the Real Presence of God outside the church"

Monday, March 18, 2024

"Mother Maria of Russia... on uniting the Cross and the Sword"

Monday, April 15, 2024

"Flourishing... not just maintaining the Faith".

Gatherings begin at 10:15 am with 15 minutes of checking in with participants.

Mass follows at 11:15 am

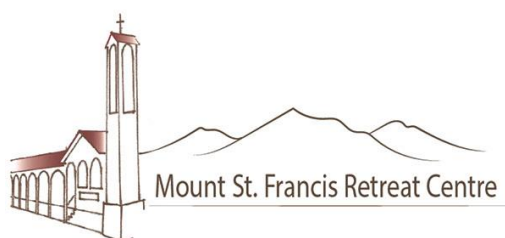
St. Martha's parish, 355 Columbia Blvd W., Lethbridge – 403 381 8891

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.