



Welcome to HOLY FAMILY PARISH

3RD SUNDAY IN ORDINARY TIME - YEAR B, SUNDAY JANUARY 21, 2024

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.

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.**

**Jesus Calls the First Disciples
Mark 1:14-20**

3rd Sunday in Ordinary time – Year B

Third Sunday in Ordinary Time ~ Year B

Jonah 3:1-5, 10.

Psalms 25:4-5, 6-7, 8-9.

1 Corinthians 7:29-31.

Mark 1:14-20.

Proclaiming the Gospel of God

Jesus is very busy in the beginning of Mark's gospel – proclaiming, teaching, healing. And calling others to come and follow. The responses of Simon and Andrew, of James and John were immediate: stopping what they were doing, leaving it all behind without hesitation – they followed him. Stay tuned to this whole liturgical year to see where that leads.

- ✦ What of the good news of God is Jesus proclaiming to me today?
- ✦ How am I hesitating in giving Jesus Christ my immediate attention and response?
- ✦ What am I leaving behind, stopping doing in order to follow Jesus in more faithful ways?

**Parish Breakfast ~ January 21st
After 8:30 & 10:30 Masses**

BREAKFAST SANDWICHES

(Bacon, Sausage or Ham)

\$5.00/SANDWICH

WITH

HASHBROWNS & FRUIT

THE BEST FELLOWSHIP EVER!



3RD SUNDAY IN ORDINARY TIME - YEAR B, SUNDAY JANUARY 21, 2024

OPERATING FINANCES

DECEMBER 1-30, 2023

Operating Budget 2022	\$ 63,984
General Envelope Collection	\$ 96,288
Loose Collections	\$ 7,982
Future Development	\$ 7,083
Sale of Church Supplies & Other	\$ -6,346
\$105,007- Budget Vs Actual	\$ 41,023

SPECIAL COLLECTIONS

Together in Action (TIA)	\$ 14,049
St Vincent de Paul	\$ 6,246
World Mission	\$ 25
Clergy Retirement	\$ 170
Mission Mexico	\$ 3,547
CARO	\$ 65
Seminary Fund	\$ 60
Needs of the Canadian Church	\$ 40

Thank You for your Generous Contributions

Average Weekly Attendance 1,023

Together in Action \$7,377 short of our goal for 2023

† Masses & Mass Intentions †

Saturday, January 20

5:00pm ~ Olga Sidorik †

Sunday, January 21

8:30am ~ Holy Family Parish

10:30am ~ John & Gertrude Ries Family †

6:00pm ~ Amara Welford †

Monday, January 22

9:00am ~ Chester Dumanowski †

Tuesday, January 23

9:00am ~ Ed Friedt †

Wednesday, January 24

9:00am ~ Phyllis MacWhirter †

Thursday, January 25

9:30am ~ Deborah Winsor †

Friday, January 26

9:00am ~ Mary-Ann Flug

Happenings in Holy Family Parish

Thursday, January 18

6:00pm – Confirmation Class – Faith Room

Saturday, January 20

7:30am ~ TMIY – HFP Hall

10:00am – Benediction Group – Hope Room

Sunday, January 21

Following 8:30 & 10:30 am Masses – Parish Breakfast – Hall

10:15am – 1st Communion Class – Faith Room

Monday, January 22

7:00pm – Life Ministry – Faith Room

Wednesday, January 24

9:30am – Bible Study – Faith Room

7:00pm – RCIA – Faith Room

Thursday, January 25

9:30am – Gr. 3 Retreat – St. Patrick's School – Hall

Saturday, January 27

7:30am ~ TMIY – HFP Hall

10:00am – Benediction Group – Hope Room

Sunday, January 28

3:00pm – 4th Degree Knights of Columbus – HFP Hall

**The
Conversion
of St. Paul**

January 25th

VOCATIONS

January 21, 2024

3rd Sunday in
Ordinary Time

The call of the disciples is so familiar to us that we tend to miss the wonder of the disciples' response, which was immediate and complete; they leave everything and follow Jesus. Can we do less if we feel that God is calling us to the priesthood, religious life or diaconate? If you think God is calling you to a Church vocation, please contact the Office of Vocations at 403-218-5500 or email Fr. Cristino Bouvette.

vocations@calgarydiocese.ca www.catholicyc.ca/vocations.html

Sacramental Preparation 2024

1st Communion Parents Meeting
Tuesday, January 16 at 6:30pm in Faith Room

Confirmation Class
Thursday, January 18 at 6:00pm in Faith Room

1st Communion Class
Sunday, January 21 at 10:15am in Faith Room



CHILDREN'S LITURGY 10:30am Mass

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

12 Hour Adoration

Friday, February 2, 2024

9:30am - 9:30pm

Reconciliation

9:30 - 10:30am

& 8:00 - 9:30pm

All parishioners welcome and encouraged to attend

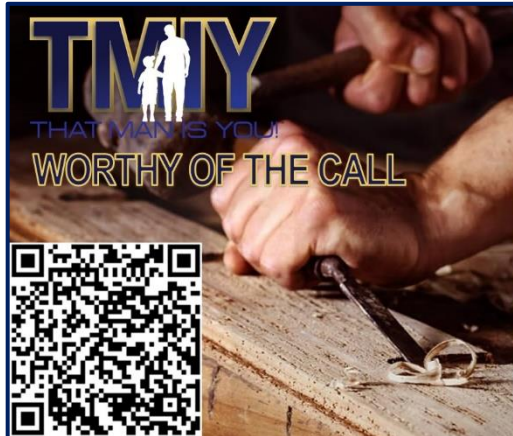


"From the Eucharist
comes strength to live
the Christian life and
zeal to share that life
with others"
Pope John Paul

Please help by signing up
for a half hour time slot
if you're able.



Mass
Saturday, February 3
8:00am
the Presentation of the Lord



Holy Family
Parish Hall
Breakfast 7:30am
Presentation
8:30 - 9:30 am
January 27, 2024
Theme
The Real Presence
of Christ
Presenter
Deacon Harold
Burke Sivers

Are you in grade 11-12 or between 18-30 and trying to figure out what's next in your life? Come see if a year on mission is for you! NET Canada invites you to our Mission Discernment Night in Calgary on Saturday, January 27th from 7-9pm at St. Bonaventure Parish! Join us for a night of fellowship, food, and praise and get a glimpse into what a year on mission with NET Canada would look like! Interested or know someone who would be? Register at netcanada.ca/apply! Have questions? Email recruit@netcanada.ca or call/text 613-292-9991!



FELLOWSHIP
FOOD
PRAYER +
LEARN ABOUT A
YEAR OF MISSION

**MISSION
DISCERNMENT
NIGHT**
CALGARY, AB

JANUARY 27TH
ST. BONAVENTURE
PARISH, 7-9PM
REGISTER AT
[NETCANADA.CA/APPLY](https://netcanada.ca/apply)



**Blessing
of Throats
Friday,
February 2
6:00 pm**

Ash Wednesday Masses



February 14
9:00am & 6:30pm

St. Patrick's & Holy Family Parishes
Lenten Mission 2024 - Fr. Jerome Lavigne

February 19th - "Father forgive them, for they know not what they do."

February 20th - "Today, you will be with me in paradise."

February 21st (Only at St. Pat's) - "Woman, behold thy Son - Son, Behold Thy Mother..."

St. Patrick's - Mass @ 8:30 am followed by Mission & Reception
Holy Family - Mass @ 6:00 pm followed by Mission

WEEK OF PRAYER FOR CHRISTIAN UNITY – 2024

**“You shall love the Lord your God
...and your neighbor as yourself”**

(Luke 10:27)



Unity Octave (January 18-25)

The Week of Prayer for Christian Unity traces its history back to 1908 when there was the first observance of the “Church Unity Octave” initiated by the Rev. Paul Wattson. Commemorated worldwide from 18 to 25 January each year, between the feasts of St. Peter and St. Paul, the octave brings together Christians of various traditions to pray for visible Christian unity, united by our love for God in Christ and the experience of knowing God’s love for us. It is Jesus who prayed ardently to God the Father: *that they all may be one* ([John 17:21](#)). It is therefore also a heartfelt appeal to each and every Christian to respond to this cause.

The theme chosen for 2024 is: *You Shall Love the Lord Your God...and Your Neighbour As Yourself* ([Luke 10:27](#)).

Vincentian Corner

Thank you for your prayers and continued support. We are very grateful to be able to assist people in need right here in our community. One comment worth noting was made by a young father who moved here from Ontario several months ago:

‘Thank you so much. I just love this community!’ He went on to say that when he and his wife have needed food or diapers for their young son, people gladly dropped off what they had to help out. He mentioned that they do the same thing when they have extra supplies/groceries that others might need. St. Vincent de Paul was able to help with part of this family’s utility bill. I have to agree with him – Medicine Hat is a small city full of caring and giving individuals who are happy to help others around them even if they do not have much themselves. We are indeed blessed!

Currently our group has about 12 active volunteers. Most weeks, we have anywhere from 7 – 12 calls that require us to meet with people and advocate for them, advise them where to go for community assistance and/or help them with their pressing need. We would love to welcome more volunteers to our group. We know how valuable people’s time is, and you are not required to give any more time than you have to spare.

Please call either St. Patrick’s or Holy Family to get more information.

A volunteer will get back to you as soon as they are able.

If you enjoy helping others, you will certainly, love being a Vincentian!

God bless you all – and thank you.



Faithfully
FAITH. LIVED. FULLY.

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

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, 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?

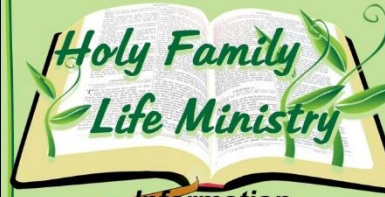
IF SO, PERHAPS YOU WOULD BE INTERESTED IN THE RCIA PROGRAM.

Bible Study



Wednesday Mornings after the 9:00 Mass

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.

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

**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!**

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accounting@holyfamilymh.ca

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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!



École St. John Paul II School

At École St. John Paul II School, we offer quality programming in Early Learning Program (ELP), Kindergarten to Grade 6. The school was opened 5 years ago and is the newest school in the district. Likewise, we are the only dual-track elementary school in the whole city, and proudly part of the Medicine Hat Catholic Board of Education. We offer faith-based programming in both English and French immersion streams. Our Mission is to live in partnership with family, Church, and community, while providing Catholic Education of the highest quality to our students. We firmly believe that Catholic Education is a ministry that is at the heart of the Church. Our school prides itself on the relationships we build with our students and parents. It is our common desire that all who enter our school will experience a year of exemplary academic, personal, and spiritual growth. At École St. John Paul II School, we are all committed to working to promote the Gospel values through the quality of our relationships – evident in our everyday interactions. Christ is truly the reason for this school. Therefore– acceptance, faith, respect, responsibility, caring, trust, and family are the basis upon which our classroom lessons and activities are taught, embedded in the teachings of the Gospel. École St. John Paul II School is so blessed to have such talented students and supportive parents. Our teachers and support staff seek to work hand-in-hand with all our valued stakeholders. We desire nothing less than to continue to serve a top-tier school community that has a strong Catholic school culture with an instructional focus that emphasizes the fundamental core values. At École St. John Paul II School, you are part of the *family*.

HOMESTAY FAMILIES NEEDED - Are you interested in hosting an international student? Do you have the 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 join 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 in Ordinary Time Year B

January 21, 2024

REPENTING AND BELIEVING

This Sunday we are introduced to Jesus' public ministry to follow him in repenting for our sins and believing in him. This poem by Carol S. Wimmer (1998) really does justice to the Readings:

When I say ... "I am a Christian"
I'm not shouting, "I'm saved"
I'm whispering, "I get lost!"
"That is why I chose this way.

When I say ... "I am a Christian"
I don't speak of this with pride
I'm confessing that I stumble,
and need someone to be my guide.

When I say ... "I am a Christian"
I'm not trying to be strong,
I'm professing that I'm weak,
and pray for strength to carry on.

When I say ... "I am a Christian"
I'm not bragging of success,
I'm admitting that I've failed,
and cannot ever pay the debt.

When I say ... "I am a Christian"
I'm not claiming to be perfect,

my flaws are way too visible
but God believes I'm worth it.

When I say ... "I am a Christian"
I still feel the sting of pain
I have my share of heartaches
which is why I seek His Name.

When I say ... "I am a Christian"
I do not wish to judge
I have no authority,
I only know I'm loved!

The announcement by the Lord to repent and believe is practically invitation to surrender ourselves to the Lord completely. Last Sunday we reflected that God calls us to come and see where he lives and how we ought to respond to his call. This invitation to repent and believe also takes us right into the heart of God who does not find any joy or happiness in the death of a sinner rather rejoices to find the lost souls. (Please read Ezekiel 33:1-12). God's love and forgiveness recognize that human beings, created in God's image, are always greater than the sins they commit. Remember the question of St. Peter "Lord, how often shall my brother sin against me, and I forgive him? As many as seven times?". To Peter, forgiving the same person seven times already seemed the maximum possible. And perhaps to us it may already seem too much to do so twice. But Jesus answers, "I do not say to you seven times, but seventy times seven."

This reminded me about the following story, where God, who does not remember our shortcomings, failures, and sins, always shows his steadfast love and everlasting mercy because He cannot deny himself as St. Paul says. (Please read Psalm 67 & 2 Timothy 2:12-13)

Wishing to encourage her young son's progress on the piano, a mother took her boy to a Paderewski concert. After they were seated, the mother spotted an old friend in the audience and walked down the aisle to greet her. Seizing the opportunity to explore the wonders of the concert hall, the little boy rose and eventually explored his way through a door marked "NO ADMITTANCE." When the house lights dimmed and the concert was about to begin, the mother returned to her seat and discovered that the child was missing.

Suddenly, the curtains parted, and spotlights focused on the impressive Steinway on stage. In horror, the mother saw her little boy sitting at the keyboard, innocently picking out "Twinkle, Twinkle Little Star." At that moment, the great piano master made his entrance, quickly moved to the piano, and whispered in the boy's ear, "Don't quit." Keep playing." Then, leaning over, Paderewski reached down with his left hand and began filling in a bass part. Soon his right arm reached around to the other side of the child, and he added a running obbligato. Together, the old master and the young novice transformed what could have been a frightening situation into a wonderfully creative experience. The

audience was so mesmerized that they couldn't recall what else the great master played. Only the classic, "Twinkle, Twinkle Little Star."

Perhaps that's the way it is with God. What we can accomplish on our own is hardly noteworthy. We try our best, but the results aren't always graceful flowing music. However, with the hand of the Master, our life's work can truly be beautiful. The next time we set out to accomplish great feats, listen carefully. we may hear the voice of the Master, whispering in your ear, "Don't quit." "Keep playing." May we feel His arms around us and know that His hands are there, helping us turn our feeble attempts into true masterpieces. Remember, God doesn't seem to call the equipped, rather, He equips the 'called.' Life is more accurately measured by the lives we touch than by the things we acquire.

An amazing story to help us see why God sent Prophet Jonah to the people of Nineveh; "Arise, go to Nineveh, that great city, and proclaim to it the message that I tell you". Prophet Jonah went with an invitation from God to make those people repent and believe in the love, forgiveness, and mercy of the Lord. Did Jonah forced them to accept invitation? Absolutely no because God does not take our free will away from us but leaves on us to accept or decline. Amazingly, all the people of Nineveh—even the king—carefully heeded Jonah's warnings and began to repent, fast and improve their lives. So, God then gave the citizens of Nineveh another chance and did not destroy their city. Jonah was a bit miffed over this, feeling that a punishment was still deserved. God decided to explain his forgiveness through a gourd plant. Jonah sought refuge from the heat under the leaves of this gourd plant when later a worm came along and ruined it. The loss of the shady plant greatly upset the prophet. God expressively pointed out how his care for the citizens of Nineveh, people he created and loved, should clearly outweigh Jonah's care for a mere plant—a plant that Jonah had neither grown nor tended.

The Gospel today presents to us the beginning of Jesus' preaching/public ministry in Galilee. St Mark stresses that Jesus began to preach "after John the Baptist was arrested". Precisely at the moment in which the prophetic voice of the Baptist, who proclaimed the coming of the Kingdom of God, was silenced by Herod, Jesus begins to travel the roads of his land to bring to all, especially the poor, "the gospel of God's love and forgiveness." He began to sow the seeds of a great hope: that the Kingdom of God is at hand, that God is among us. The Gospel itself shows us the joy and the rippling effect that this brought about: it started with Simon and Andrew, then James and John. The proclamation of Jesus is like that of John, with the essential difference that Jesus no longer points to another who must come: Jesus is Himself the fulfilment of those promises; He Himself is the "good news" to believe in, to receive and to communicate to all men and women of every time that they too may entrust their life to Him. Jesus Christ in his person is the Word living and working in history: whoever hears and follows Him may enter the Kingdom of God. Jesus is the fulfilment of divine promises for He is the One who gives to man the Holy Spirit, the "living water" that quenches our restless heart, thirsting for life, love, freedom and peace: thirsting for God. How

often do we feel, or have we felt that thirst in our hearts! He Himself revealed it to the Samaritan woman, whom he met at Jacob's well to whom he says: "Give me a drink" which reminds us that God wants us to share our lives with him.

Holy Father Pope Francis believes that God, in becoming man, made our thirst his own, a thirst not only for water itself, but especially for a full life, a life free from the slavery of evil and death. At the same time by his Incarnation God placed his own thirst — because God too thirsts — in the heart of a man: Jesus of Nazareth. God thirsts for us, for our hearts, for our love, and placed this thirst in the heart of Jesus. Therefore, human, and divine thirst meet in Christ's heart". Even we could hear his cry from the Cross "I am thirsty" as well.

The other interesting point we see in the Gospel today is that Jesus not only calls the people to follow him but also to St. Peter he makes him the fisher of men. Jesus invites his disciples to experience in the present a taste of eternity: the love of God and neighbour. He does this the only way he can, God's way, by awakening tenderness and love of mercy, by awakening compassion and opening their eyes to see reality as God does. He invites them to generate new bonds, new covenants rich in eternal life.

Pope Francis reflecting on the Gospel says "Jesus walks through the city with his disciples and begins to see, to hear, to notice those who have given up in the face of indifference, laid low by the grave sin of corruption. He begins to bring to light many situations that had killed the hope of his people and to awaken a new hope. He calls his disciples and invites them to set out with him. He calls them to walk through to the city, but at a different pace; he teaches them to notice what they had previously overlooked, and he points out new and pressing needs. Repent, he tells them. The Kingdom of Heaven means finding in Jesus a God who gets involved with the lives of his people. He gets involved and involves others not to be afraid to make our history, a history of salvation". What is our response to his invitation to repent and believe? Are we still under the evil forces who could thwart our hearts not to meet and follow Jesus? Let me conclude my reflection with inspirational story.

There was once a bunch of tiny frogs, who arranged a running competition. The goal was to reach the top of a very high tower. A big crowd gathered around the tower to see the race and cheer on the contestants.

The race began...

No one in the crowd really believed that the tiny frogs would reach the top of the tower. They shouted, "Oh, way too difficult!!! They will NEVER make it to the top" and "Not a chance. The tower is too high".

The tiny frogs began collapsing, one by one except for those who, in a fresh tempo, were climbing higher and higher....

The crowd continued to yell, "It's too difficult! No one will make it!"

More tiny frogs got tired and gave up... But one continued higher and higher. This one wouldn't give up! And he reached the top.

Everyone wanted to know how this one frog managed such a great feat. "I felt you are encouraging me although I am deaf".

To follow Jesus, we need to focus our eyes on the Lord rather listening to the world which goes against the faith.

"O LORD, you have searched me, and you know me. You know when I sit and when I rise; you perceive my thoughts from afar. You discern my going out and my lying down; you are familiar with all my ways" (Psalm 139:1-3).

"And I will forgive their wickedness, and I will never again remember their sins." (Hebrews 8:12)

Jesus answered them, "Truly, truly, I say to you, everyone who commits sin is the slave of sin. "The slave does not remain in the house forever; the son does remain forever.

"So, if the Son makes you free, you will be free indeed." (John 8:34-36)

"But if we confess our sins to him, he is faithful and just to forgive us our sins and to cleanse us from all wickedness." (1 John 1:9)

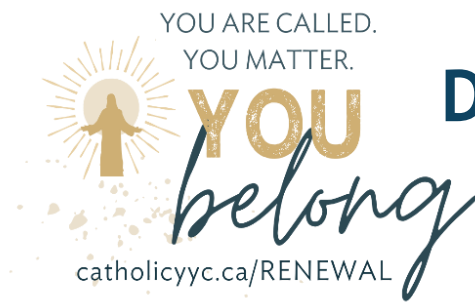
Do we believe in repentance to live a life worthy of his love?



REPENTING & BELIEVING

3RD SUNDAY IN ORDINARY TIME YEAR B

SUNDAY, JANUARY 21, 2024



DIOCESAN SUNDAY UPDATES

3rd Sunday in Ordinary Time

Ablaze Youth Ministry

Join Father Troy Nguyen as he launches the Ablaze Youth Ministry at St. Bonaventure, Calgary, which is also open to youth in the Diocese. Please share this information with parents, teachers, and guardians with youth in their care! Friday evenings: Jan 26 (Gr. 7-12) at 7 to 9 pm - Impact Night with Tony Melendez and Access52 - at St. Michael's, Calgary.

Preparing for a Happy Death... and the Life to Come Workshop

The Archdiocese of Edmonton invites compassionate Catholics, healthcare ministers, caregivers, and parishioners to participate in a 6-module course to engage Catholics in the ancient practice of preparing for a happy death and the life to come. Learn how to facilitate this course in your community. When: Tuesdays, Jan 23 - Mar 5 at 7 pm - Online via Zoom. To participate, contact Alana at alaperle@telus.net or call 780-446-9009

Wanted: Used/Unused Christmas Cards

With your generous support, the Mission Council raised over \$7,200 to aid our brothers and sisters in both our local and international missions. Please consider setting aside your used and unused greeting cards for donation to the Mission Council card-making program. Send cards to the Catholic Pastoral Centre or call 403-218-5500.

Airdrie Dream Vacation Raffle

The Knights of Columbus in Airdrie invites you to participate in their Airdrie Dream Vacation Raffle. Proceeds go back into the community through the Knights of Columbus (Council 8045) in Airdrie. For more information and to purchase tickets, go to airdriedreamvacation.ca

Theology of the Body Conference

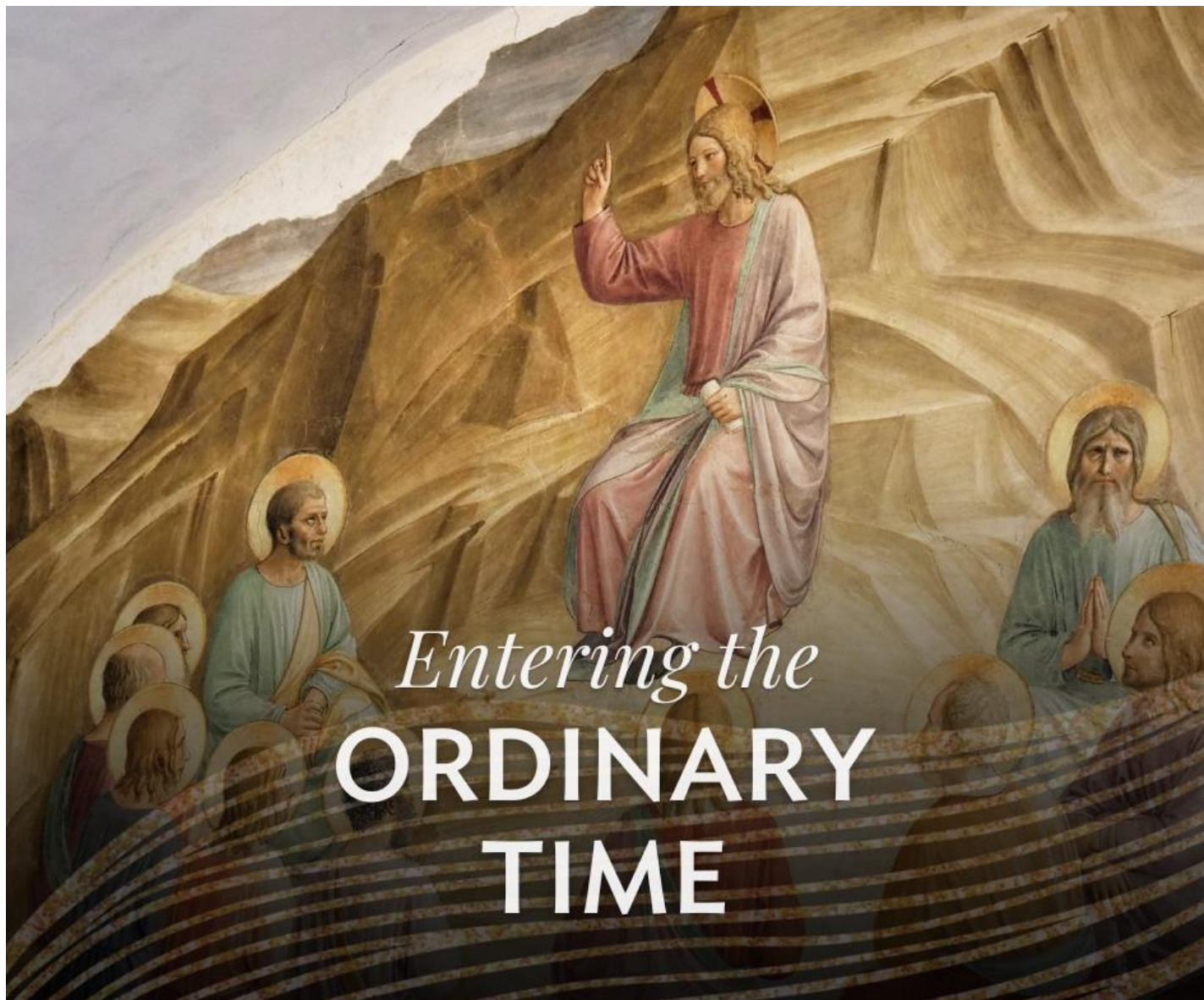
Join experts Dr. Christopher West, Sister Helena Burns FSP, Fr. Cristino Bouvette, and internationally acclaimed songwriter, Mike Mangione, as they introduce and reflect St. John Paul II's Theology of the Body. When/Where: Friday, Feb. 9, 2024 from 6 pm to 10 pm at Holy Spirit Catholic Church (10827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

Career Opportunities

The Catholic Pastoral Centre has opportunities to join our dynamic team

- Executive Director - Business and Operations (Full-time) - Catholic Pastoral Centre
- Bookkeeper (Full-time) - Catholic Pastoral Centre
- Assistant Coordinator (Casual) - Feed the Hungry

For additional information on the job requirements and details, visit catholiccycc.ca/careers.



During the [Ordinary Time](#), the Church celebrates the fullness of the mystery of the Lord Jesus. The people of God offer praise by celebrating the Paschal Mystery of the Death and Resurrection of Jesus. Sunday is the original Christian Feast Day, following the tradition handed down from Apostolic times, for this is the day of the Lord's Resurrection. Today's Christian communities continue this tradition by celebrating every Sunday as the day of the risen Lord. (Source: ORDO)

Here are some resources that might help the faithful in learning more about this liturgical season, as well as practical advices to get the most out of the [Ordinary Time](#).

- Need an Ordinary Time resolution this year? [Check out the Diocesan Pastoral Renewal action items](#)
- Read: [Ultimate Guide to Ordinary Time](#) (Catholic Telegraph)
- Read: [Why Ordinary Time can also be called the "season of saints"](#) (Aleteia)
- Read: [7 ways to make Sunday holy for the whole family](#) (Aleteia)
- Bonus: [Watch 4 ways to reuse your old Christmas Tree](#) (Aleteia)
- Bonus: [Watch Why do we need to rest from work on Sundays?](#) (Fr. Mike Smith, Ascension Press)

More resources are available at <https://www.catholiccyc.ca/blog/entering-the-ordinary-time>

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

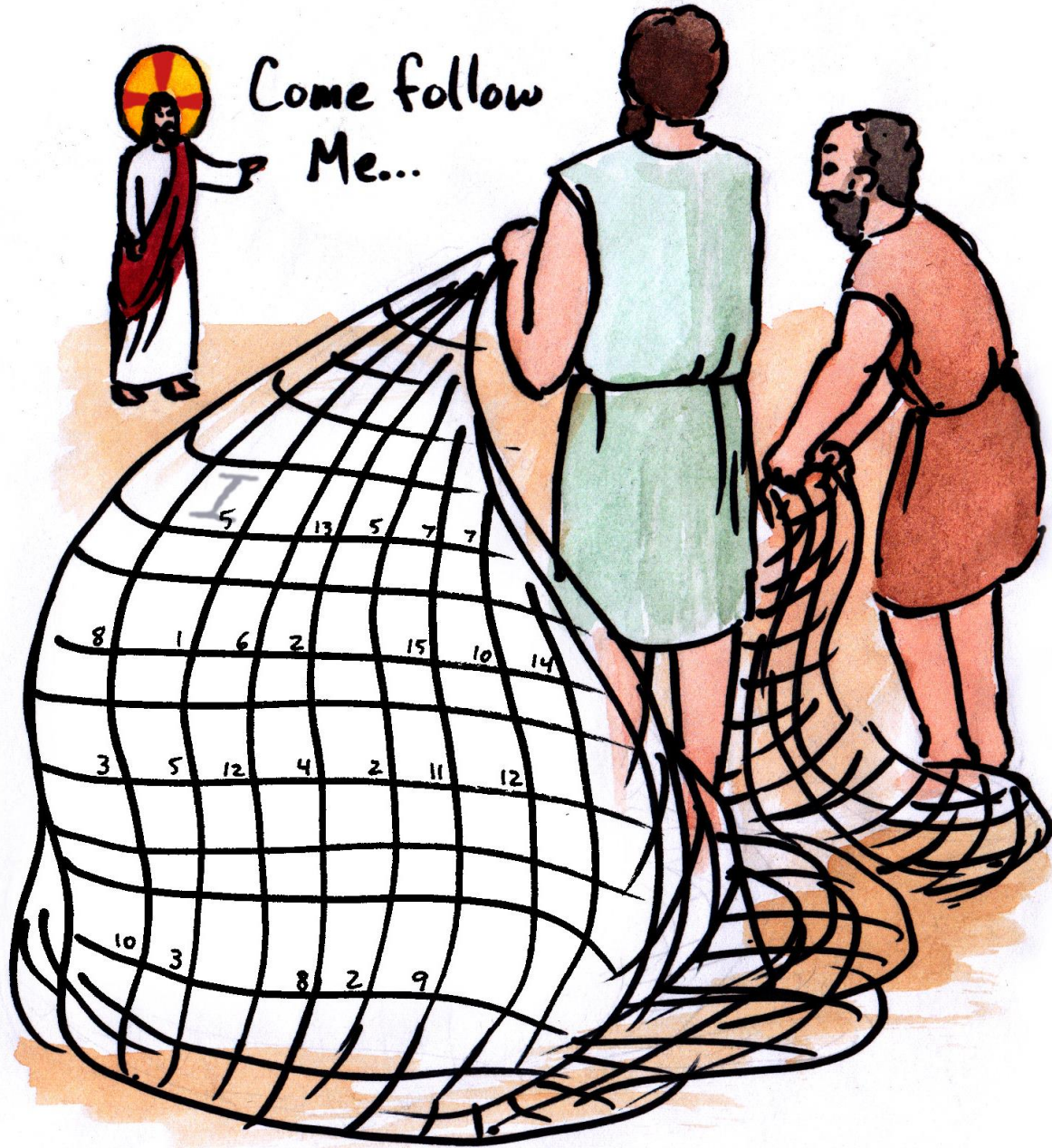
The Kids' Bulletin

Third Sunday in Ordinary Time

January 21st, 2024

What else did Jesus say when He called the fishermen?

*Find the letters that match the numbers in the net
to fill in the spaces in the net and find out!*

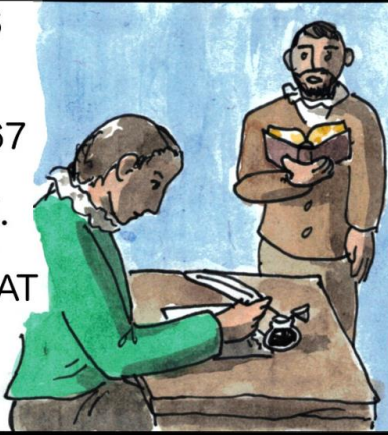


A E F H I K L M N O R S W U Y
1 2 3 4 5 6 7 8 9 10 11 12 13 14 15

Saint Francis de Sales

January 24

FRANCIS WAS BORN TO AN IMPORTANT FAMILY IN 1567 IN WHAT IS NOW FRANCE. HE WAS EDUCATED SO THAT HE COULD BECOME A MAGISTRATE.

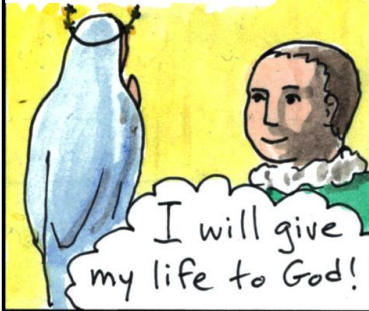


IN SCHOOL HE HEARD SO MUCH ABOUT PRE-DESTINATION THAT HE BECAME AFRAID.

What if God decided that I would go to Hell?



BUT HIS FEAR LEFT WHEN HE PRAYED TO OUR LADY.



Don't be ridiculous!

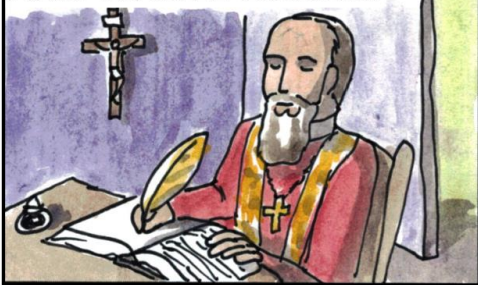


FRANCIS DECIDED TO BECOME A PRIEST.

AT LAST HIS FATHER AGREED. FR. FRANCIS PREACHED TO THE HERETICS.



SOON HE WAS MADE BISHOP. HE TRAVELLED TO TEACH THE FAITH AND WROTE BOOKS.



ST. FRANCIS HELPED ST. JANE FRANCES DE CHANTAL START A CONVENT FOR WOMEN WHO COULDN'T JOIN OTHERS.

BEFORE HE BECAME A PRIEST, ST. FRANCIS WORKED AT TRYING TO BE HOLY IN ORDINARY LIFE. HE TRIED TO SHOW PEOPLE THAT HOLINESS IS NOT JUST FOR RELIGIOUS MEN AND WOMEN BUT FOR EVERYONE. YOU CAN PRAY TO ST. FRANCIS TO HELP YOU BE HOLY IN EVERY DAY LIFE.

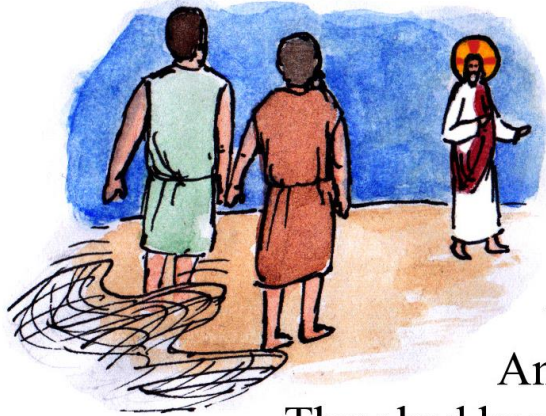
JONAH GOES TO NINEVEH: TRUE OR FALSE?

*How well do you know the second part of Jonah's story?
Which of these are true and which are false?*

1. After Jonah's incident with being inside a whale for three days, God asked him to go to Nineveh again. True or false?
2. Jonah refused to do what God asked this time too. True or false?
3. Nineveh was only a small city, so Jonah walked across it in a couple hours. True or false?
4. Jonah cried out that in forty days the city would be overthrown. True or false?
5. The people ignored Jonah and went on with their lives. True or false?
6. All the people believed in God, proclaimed a fast and put on sackcloth. True or false?
7. God saw what the people were doing and decided that the city would not be overthrown. True or false?



Come, follow Me...



If God asked you to come and follow Him right now would you be ready to drop everything and follow? In today's Gospel reading that's exactly what happened to Simon and Andrew and James and John.

They had been working at their fishing nets when Jesus walked past and called them to follow Him.

We are all called to follow Jesus in some way. God wants some people to give up their lives for others like Jesus did, and some people He wants to look after the poor and sick. Some people are called to care for children and some to build things. Some people are called to be special followers of Our Lord as priests and religious.



Do you know how you can best follow Jesus? When you're young the best way to be like Him is to be kind to everyone and honour and obey your parents like the

Child Jesus did. Also, you can already start praying that when the time comes you will be know how to follow Our Lord in the way that you can serve Him best.



Answer to front page puzzle: I will make you fishers of men.
Answer to True or False puzzle: 1. True.
2. false. 3. false. 4. true. 5. false. 6. true. 7. true.



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.



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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.

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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.