



# Welcome to HOLY FAMILY PARISH

4<sup>TH</sup> SUNDAY IN ORDINARY TIME - YEAR B, SUNDAY JANUARY 28, 2024

Email: [contact@holyfamilymh.ca](mailto:contact@holyfamilymh.ca) ~ Website: [www.holyfamilymh.ca](http://www.holyfamilymh.ca) ~ Phone 403-527-6933

Facebook: Medicine Hat Holy Family Parish ~ YouTube: Medicine Hat Holy Family Church

**Office Hrs.** Monday to Friday - 8:30am – 12:00pm & 1:00pm to 4:30pm. Closed on Holidays.

## CLERGY AT HOLY FAMILY PARISH

Fr. Iqbal Khurshid &  
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.**

**Tax receipts are in the Foyer!**

"He commands  
even the unclean  
spirits, and they  
obey him."

4<sup>th</sup> Sunday in  
Ordinary Time  
Year B



## † Masses & Mass Intentions †



Saturday, January 27

5:00pm ~ Ron Hittel †

Sunday, January 28

8:30am ~ Holy Family Parish

10:30am ~ Simon Schmaltz †

6:00pm ~ Derrick Risling †

Monday, January 29

9:00am ~ Betty Scherger †

Tuesday, January 30

9:00am ~ Anne Harnack

Wednesday, January 31

9:00am ~ Dwight Luscombe †

Thursday, February 1

9:00am ~ Scott Krooshoop

Friday, February 2

9:00am ~ Tillie Krassman †

6:00pm ~ Holy Family Parish

# 3<sup>RD</sup> 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**

## Happenings in Holy Family Parish

Saturday, January 27

7:30am ~ TMIY - HFP Hall

10:00am - Benediction Group - Hope Room

Sunday, January 28

3:00pm - 4<sup>th</sup> Degree Knights of Columbus - HFP Hall

Wednesday, January 31

9:00am - Notre Dame Academy Gr. 6 Retreat - Hall

9:30am - Bible Study - Faith Room

7:00pm - RCIA - Faith Room

Friday, February 2

9:00am - Ecole St John Paul II School Gr. 6 Retreat - Hall

9:30am - 9:30pm - Adoration - HFP Chapel

6:00pm - Presentation of the Lord Mass

Saturday, February 3

7:30am ~ TMIY - HFP Hall

8:00am - Blessing of the Throats - Sanctuary

10:00am - Benediction Group - Hope Room

December 31, 2024 - Goal \$70,938



total to date \$3011.60  
which is at 4%

Let's try not to leave  
it to the last minute this year.

Please Give Generously ~ Thank You!

**Tax receipts are in the Foyer!**

## Fourth Sunday in Ordinary Time - Year B

Deuteronomy 18:15-20.  
1 Corinthians 7:32-35.

Psalms 95:1-2, 6-7, 7-9.  
Mark 1:21-28.

### Teaching with Authority.

Jesus begins his ministry with us this liturgical year doing two things. He is teaching with authority - like no other. And his teaching spills into action for the benefit of another - mercy at work.

✠ How is Jesus astonishing me by what he teaches?

✠ How am I listening for his words, his call, his teaching?

✠ How is my listening spilling out into mercy thoughts, mercy action, mercy works?

Feast of  
*The Presentation  
of the Lord*

Mass at 6:00pm

February 2<sup>nd</sup>

Mass at 8:00am



**ST. BLAISE  
FEBRUARY 3**



## Sacramental Preparation 2024

1<sup>st</sup> Communion Parents Meeting

Tuesday, February 6 at 6:30pm in Faith Room

Confirmation Class

Thursday, February 8 at 6:00pm in Faith Room

1<sup>st</sup> Communion Class

Sunday, February 11 at 10:15am in Faith Room

VOCATIONS January 28, 2024  
4<sup>th</sup> Sunday in Ordinary Time

Pray to know how God wants to use your talents and abilities. Could it be He is calling you to consider priesthood, religious life or diaconate? If 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](mailto:vocations@calgarydiocese.ca) [www.catholicyc.ca/vocations.html](http://www.catholicyc.ca/vocations.html)

## 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.

**TMIY**  
THAT MAN IS YOU!  
WORTHY OF THE CALL



Holy Family Parish Hall  
Breakfast 7:30am  
Presentation 8:30 - 9:30 am  
February 3, 2024  
Theme  
Fr. Augustus Tolton  
Presenter  
Deacon Harold Burke Sivers



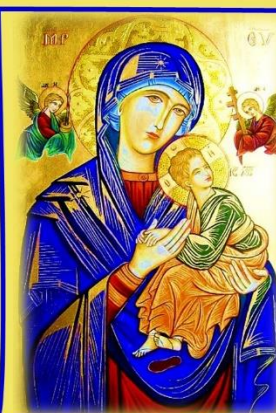
## Knights of Columbus

### Charity Appeal Tickets

The Annual Knights of Columbus Alberta fundraiser for the Charitable Foundation & the State Board. Ticket proceeds from our local Council go to Project Rachel & Elizabeth House. Holy Family Parish Knights needs your support!

Tickets can be purchased by scanning the QR code on the Bulletin Board at Holy Family or go to [www.kofc5050.com](http://www.kofc5050.com). When purchasing tickets under **Select** option PLEASE look for **09502, Joe McKenna, Medicine Hat**, or we will not get credit for tickets purchased. Sales end April 27, 2024. Ticket prices are 200 tickets for \$100, 50 tickets for \$50, 10 tickets for \$20 and one ticket for \$5

Thank you for your support.



THE FIRST WEDNESDAY OF  
THE MONTH THE LEGION OF  
MARY HOSTS THE MOTHER  
OF PERPETUAL HELP  
NOVENA  
BEFORE MASS AT 8:00AM  
FEBRUARY 7, 2024

*Faithfully*  
FAITH. LIVED. FULLY.

[catholicyc.ca/Faithfully](http://catholicyc.ca/Faithfully) keeps you updated  
with what's happening in and around our Diocese!

**Tax receipts are in the Foyer!**

## Ash Wednesday Masses



February 14  
9:00am & 6:30pm

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

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

February 20<sup>th</sup> - "Today, you will be with me in paradise."

February 21<sup>st</sup> (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






KNIGHTS OF COLUMBUS  
**SILVER ROSE**  
**PRAYER SERVICE**  
Holy Family Parish  
February 23 at 5:30pm




If you are thirsting for a deeper relationship with Jesus, come to our next  
**Live-In Weekend Retreat.**  
February 23-25th  
Friday at 4:30pm to Sunday at 4:30 pm  
St. Joseph's School 1413 23rd Ave, Coaldale  
register online: [www.lethbridgelivein.ca](http://www.lethbridgelivein.ca)  
for more details contact:  
[katie.lindsay51@gmail.com](mailto:katie.lindsay51@gmail.com)  
or [petervanu@outlook.com](mailto:petervanu@outlook.com)

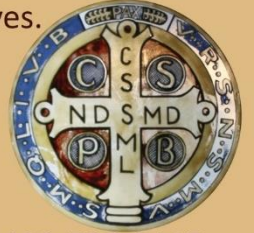


**RITE OF CHRISTIAN INITIATION OF  
ADULTS (RCIA)**  
DO YOU HAVE A DESIRE TO LEARN ABOUT  
THE TRADITIONS AND TEACHINGS OF THE  
CATHOLIC FAITH? DO YOU FEEL A NEED  
FOR A DEEPER UNDERSTANDING OF OUR  
FAITH BELIEFS IN ORDER TO KEEP UP WITH  
THE RELIGIOUS EDUCATION OF YOUR  
CHILDREN?  
IF SO, PERHAPS YOU WOULD BE  
INTERESTED IN THE RCIA PROGRAM.

Holy Family Parish, Medicine Hat, AB  
**WEDNESDAYS**  
**7:00PM**  
**FAITH ROOM**

### Listen...with the ear of your heart.

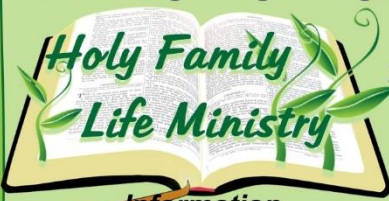
This is the opening line of the rule of St. Benedict.  
Come join us (Benedictine Oblates) in prayer as we  
listen to the voice of God in our lives.



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.

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.

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**Bible Study**



**Wednesday Mornings after the 9:00 Mass**

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**



## 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.



# Tax receipts are in the Foyer!

**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!**



[accounting@holyfamilymh.ca](mailto:accounting@holyfamilymh.ca)

Listen to Mass on your phone...  
Download the "Audio Fetch" app.  
Our Network is: HFP\_LIVE  
The Password is: Liv3HFP\*





4<sup>th</sup> Sunday in Ordinary Time Year B

January 28, 2024

## DO WE KNOW HIM?

St. Francis de Sales was a wonderful bishop who used ordinary images to help us learn and become extraordinary people who are rooted deep in the love of Christ. He wrote a wonderful introduction to *Devout Life* requesting everyone to believe in Jesus Christ who calls everyone to follow him. He said: When God the Creator made all things, he commanded the plants to bring forth fruit each according to its own kind; he likewise commanded Christians, who are the living plants of his Church, to bring forth the fruits of devotion, each one in accord with his character, his station, and his calling. I say that devotion must be practiced in different ways by the nobleman and by the working man, by the servant and by the prince, by the widow, by the unmarried girl and by the married woman. But even this distinction is not sufficient; for the practice of devotion must be adapted to the strength, to the occupation and to the duties of each one. The bee collects honey from flowers in such a way as to do the least damage or destruction to them, and he leaves them whole, undamaged, and fresh, just as he found them. True devotion does still better. Not only does it not injure any sort of calling or occupation, but it also even embellishes and enhances it. Moreover, just as every sort of gem, cast in honey, becomes brighter and more sparkling, each according to its color, so each person becomes more acceptable and fitting in his own vocation when he sets his vocation in the context of devotion. Through devotion your family cares become more peaceful, mutual love between husband and wife becomes more sincere, the service we owe to the prince becomes more faithful, and our work, no matter what it is, becomes more pleasant and agreeable. Therefore, in whatever situations we happen to be, we can, and we must aspire to the life of perfection.

This is only if you can know him who took flesh and dwelt among us so that we can be drawn closer to the font of eternal life. Here I would like to share “God’s cover Letter” by unknown author to highlight the desire to know about God and to know that God knows us even before we were born.



To Whom It May Concern....

I heard you were considering a new manager for your life. I would like to apply for the job.

I believe I am the most qualified candidate applying. I am the only one that has ever done this job successfully. I was the first manager of life. In fact, I made all lives, so naturally I know how humanity works, and what is best to get people back into proper working condition. Hiring me will be exactly like having the manufacturer as your personal mechanic.

If this is your first time considering me, I would just like to point out that my salary has already been paid by my son, Jesus on the cross of Calvary. This salary covers the time prior to my hiring as well as my present and future employment.

If you decide to hire me, I will need to receive from you an acknowledgment that you erred in not hiring me sooner. I understand this is a strange requirement, but since you violated the manufacturer's warrantee by placing your being under inferior management, this is a necessary prerequisite to my engagement.

Lastly, I will require a carte blanche (a blank check) to reorganizing and managing your life. I intend to make some major changes and revisions. They are not for you to worry about. I need your permission to execute these changes, My way and in My time. I will establish new goals and objectives and restructure your life to meet these requirements. Please keep your hands out of the way. Don't try to help me and don't resist me and we will get along fine. I really do need your full commitment and cooperation in this. If you give me those, the process of getting your life back to manufacturer's intentions can go smoothly, without delays. I assure you: you will be pleased with the outcome.

I will require a verbal contract to all these stipulations in the presence of witnesses.

Yours Sincerely, GOD

P.S. I created the heavens and the earth. I AM.

BELOW IS MY RESUME...

GOD: Everywhere All over, Every Place ~ Phone: (123) 456-PRAY

EXPERIENCE: From the beginning of time. Before the beginning of time. From everlasting to everlasting. I made time.

ABILITY: All Powerful

PRIOR EMPLOYMENT: Created the universe, put the galaxies in place, formed man. Established heaven and earth by My spoken Word and am currently holding up the world by My power.

EDUCATION AND TRAINING: I AM and I have all knowledge.

CHARACTER REFERENCE: Love, light, and life (1 John 4:16, 1 John 1:5, John 14:6). A representative, but by no means conclusive list of other character traits follows: Wisdom (James 1:5), Comfort (2 Corinthians 1:3), Truth (John 8:32), Healer (1 Peter 2:24), Strength (Phil. 4:13), Forgiveness (1 John 1:9), Provider (Phil. 4:19), Mercy (Ephesians 2:24), Good (Matthew 19:17), Peace (Romans 14:17).

AVAILABILITY: Willing and ready to take over your life. Able to put your life together again. Will bring all of who I AM into your life. Can start now.

**SALARY REQUIREMENT:** Work in your life has already been paid for through the blood of My Son, Jesus. Your only responsibility is to commit initially and on a daily basis. To trust and obey what Jesus has done and wants to do in your life.

Other references available upon request.

Isn't it a wonderful letter to remind ourselves that God loves us and walks with us because he is Good Shepherd and there is nothing we shall want.

We have the priceless treasure Jesus Christ our Saviour in whom we trust because he loves us so much that he died for us on the Cross. In the First reading Moses is addressing the congregation and inviting them to wait for the one coming after him. We reflect on the similarities (typology) between Moses and Jesus, we will be amazed. Some of the similarities are both survived from death as a child in Egypt, both lead Israelites out of slavery to promised land; one from Egyptian slavery and other from the slavery of sin etc. As a homework for all of you who are reading this reflection, write a typology between Moses and Jesus and see the amazing facts of these two great Prophets.

This Sunday's Gospel passage presents Jesus who, with his small community of disciples, enters Capernaum, the city where Peter lived, and which was the largest city in Galilee at that time. Jesus goes to that city. I got to the chance to visit Jesus and Peter's homes and synagogue where Jesus lived and preached. As I sat in the Chapel built upon the house of St. Peter to pray, whole scene of Jesus's presence just ran in front of me like a film and just imagined how people are staring at Jesus and appreciating him for the work he was doing and his wonderful eloquence in preaching the Word of God.

His Holiness Pope Francis reflects on the Gospel this way "The Evangelist Mark, recounts that, since it was the Sabbath, Jesus went straight to the Synagogue and began to teach. This reminds us of the primacy of the Word of God, the Word to be listened to, the Word to be received, the Word to be proclaimed. Arriving in Capernaum, Jesus does not delay proclaiming the Gospel, does not think first about the necessary logistics of his small community, does not tarry over the organization. His primary concern is to communicate the Word of God with the power of the Holy Spirit.

As Jesus is preaching, people present in the synagogue, notice something totally different and surprising that he is "preaching with authority". What does "with authority" mean? It means that in the human words of Jesus, the power of the Word of God could be felt, the authority of God, who is the inspiration of the Sacred Scriptures. And one of the characteristics of the Word of God is that He does what He says. For the Word of God corresponds to his will. We, on the other hand, often speak empty, shallow words, or superfluous words, words that do not coincide with the truth. Instead, the Word of God corresponds to the truth, it is united to his will and fulfils what He says. St. Jerome once said "ignorance of the Scripture is the ignorance of Christ" because Jesus is the Word became flesh and dwelt among us. Indeed, Jesus, after preaching, immediately demonstrates his authority by freeing a man, in the Synagogue, who was possessed by a demon. The very divine authority of Christ provoked the reaction of Satan, hidden in that man; Jesus, in his turn, immediately recognized the voice of the evil one and



“rebuked him... ‘Be silent and come out of him’”. With the power of his word alone, Jesus frees the person from the evil one. And once again those present were amazed: “He commands even the unclean spirits, and they obey him”. The Word of God arouses amazement in us. It has the power to astonish us. In the Letter to Hebrews, we read “Indeed, the word of God is living and active, sharper than any two-edged sword, piercing until it divides soul from spirit, joints from marrow; it can judge the thoughts and intentions of the heart. On the other hand, Moses before dying, gave instructions to Joshua, son of Nun and reminded him “This book of the law shall not depart out of your mouth; you shall meditate on it day and night, so that you may be careful to act in accordance with all that is written in it. For then you shall make your way prosperous, and then you shall be successful. I hereby command you: Be strong and courageous; do not be frightened or dismayed, for the Lord your God is with you wherever you go” (Joshua 1:8-9). The Gospel is the word of life: it does not oppress people, on the contrary, it frees those who are slaves to the many evil spirits of this world: the spirit of vanity, attachment to money, pride, sensuality.... The Gospel changes the heart, changes life, transforms evil inclinations into good intentions.

The new doctrine, taught by Jesus with authority, is what the Church takes to the world, along with the effective signs of His presence: the authoritative teaching and the liberating action of the Son of God become words of salvation and gestures expressing the love of the missionary Church. Always remember that the Gospel has the power to change lives! Do not forget this. It is the Good News, which transforms us only when we allow ourselves to be transformed by it. St. Paul reminds everyone of us to allow the Word of God to dwell richly in us “Let the word of Christ dwell in you richly; teach and admonish one another in all wisdom; and with gratitude in your hearts sing psalms, hymns, and spiritual songs to God”.

Let me conclude my reflection with the following poem by M. S. Lowndes which will remind us that when we allow Jesus to work in lives, he gives us greater gifts filled with his everlasting love and we are able to know him personally and deeply.

Who I Am In God?

I am an overcomer—because You have overcome.

I am victorious—because of Your resurrection victory.

I am Your child—because You have adopted me.

I am free from sin—because Your blood has redeemed me.

I am forgiven—because You have washed me clean.

I am healed—because of Your wounds.

I am justified—through faith in You.

I am revived—through the water of Your Word.

I am wonderfully made—because Your works are wonderful.

I am Your workmanship—designed with a purpose and destiny.

I am at peace—because I look to You, not my circumstances.

I am contented—because my satisfaction is in You.

I am a new creation—because You make all things new.

I am FREE—because Your truth sets me FREE!

St. Paul says in his Letter to Philipians 3:7-11); “Yet whatever gains I had; these I have come to regard as loss because of Christ. More than that, I regard everything as loss because of the surpassing value of knowing Christ Jesus my Lord. For his sake I have suffered the loss of all things, and I regard them as rubbish, in order that I may gain Christ and be found in him, not having a righteousness of my own that comes from the law, but one that comes through faith in Christ, the righteousness from God based on faith. I want to know Christ and the power of his resurrection and the sharing of his sufferings by becoming like him in his death, if somehow, I may attain the resurrection from the dead.

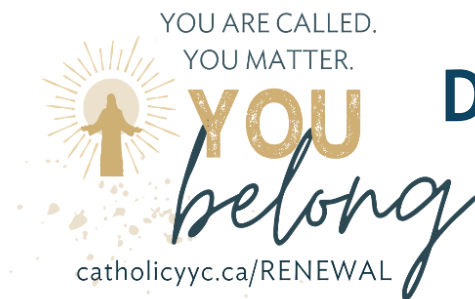
How good do we know him?



The LORD make his face to shine upon  
you and be gracious to you!

January 28, 2024  
4<sup>th</sup> Sunday in Ordinary Time Year B





# DIOCESAN SUNDAY UPDATES

## 4<sup>th</sup> Sunday in Ordinary Time

Catholic Pastoral Centre during office hours, call 403-218-5500.

### Finding the Real Presence of God outside the church

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." His next talk is scheduled for **Mon, Feb 19 at 10:30 am** with theme: "Finding the Real Presence of God outside the church" at St. Martha's Parish in Lethbridge, or watch via [livestream at stmarthasparish.ca](https://stmarthasparish.ca)

### Pray for Consecrated Life

World Day for Consecrated Life will be celebrated in the Church on **Friday, February 2, 2024**, and in parishes over the weekend of **February 3-4, 2024**. Please pray for all those who have made commitments to consecrated life, and be sure to thank them on their special day. May they continue to be inspired by Jesus Christ and respond generously to God's gift of their vocation.

### 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

### Tony Melendez "A Gift of Hope" Live Concert

An inspiring night with Tony Melendez, a world renowned musician who has overcome incredible challenges to share his gift of music. Despita being born without arms, Tony plays the guitar beautifully with his feet, offering a testament to the power of faith and perseverance. When: **Sunday, Jan 28 at 6:30 pm at St. Mary's Cathedral**. Free will offering.

### Transitions

Transitions is an 18-week, peer-led support group for individuals who are working through the pain of separation and divorce toward growth and new life. The group meets every Tuesday, beginning **February 13, 2024** (7 to 9 pm) and will run until June 18, 2024. No fee to register - limited spots are available. Register now at [catholiccycc.ca/transitions](https://catholiccycc.ca/transitions) or call 403-218-5521.

### 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. **To drop off cards** at the

[airdriedreamvacation.ca](http://airdriedreamvacation.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). Contact [theologyofthebodyconference@gmail.com](mailto:theologyofthebodyconference@gmail.com)

### Religious/Icon Art Tour in Calgary

Tour the world of religious art right here in Calgary, where we will visit Eastern churches from Greece, Romania, Ethiopia, Egypt and Ukraine. No fees, and all are welcome. When: **Saturdays, Feb. 3 & 10, from 8:45 am to Noon - Calgary.** More information: [kc4life@telus.net](mailto:kc4life@telus.net) or call/text 403-850-5859

### Indigenous Christians: An Authentic Faith

Indigenous Voices of Faith is a series of interviews conducted by Cardus in the fall of 2022 by Father Deacon Andrew, in which Indigenous people across Canada were asked to share their faith and life experiences. St. Mary's is excited to host Father Deacon Andrew, where he

will discuss with a panel of Indigenous peoples from Treaty Seven, their faith experiences. It is an opportunity to hear from Elders and an alumnus of St. Mary's about how Indigenous culture and Christian faith co-exist. When: **Wed, Feb 21 at 7 pm to 9 pm at the McGivney Hall.**

### 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 [catholiccyyc.ca/careers](http://catholiccyyc.ca/careers).

### Subscribe to *Faithfully*

If you haven't already, please subscribe to the [Diocesan publication Faithfully](#) - to keep you updated with what's happening in our Diocese. Faithfully gives a snapshot of faith at work in the lives of everyday people in our Diocese and provide us with opportunities to spread the Good News of Christ beyond the walls of our churches. New release is coming up this Monday! To subscribe, [click here](#).



# Joe McKenna Council #9502 Knights of Columbus



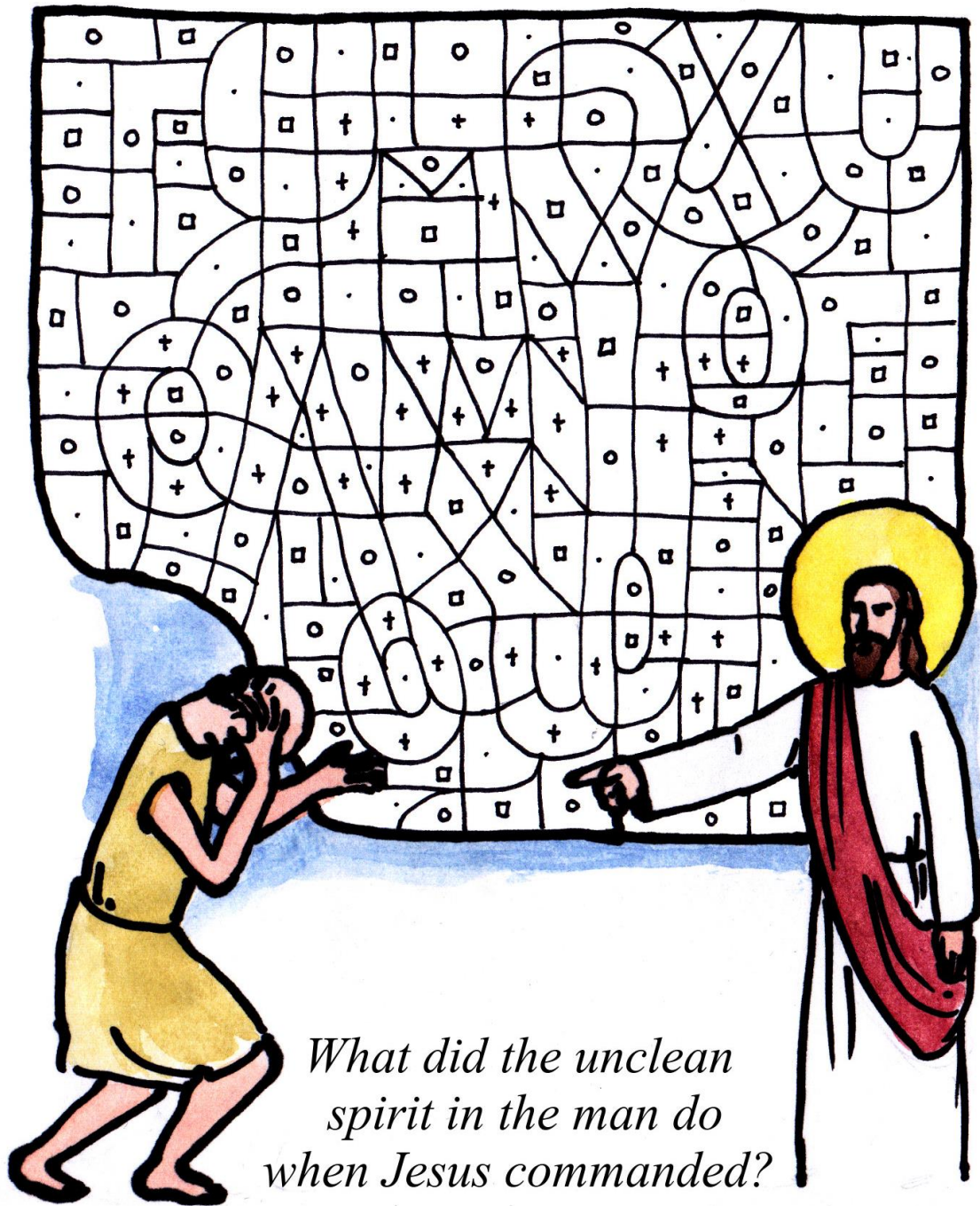
Position	Name
Grand Knight	Greg Martin
Deputy Grand Knight	Jimmy Tablan
Financial Secretary	Pat Ries
Treasurer	Ron Pisoni
Chancellor	
Recorder	Pat Brigham
Advocate	Andy Hamel
Warden	Walter Pratt
Inside Guard	Dale Maddaford
Outside Guard	Michael Camphor
Year 1 Trustee	Herb Durda
Year 2 Trustee	Gary Heinbecker
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

4th Sunday in Ordinary Time  
January 28th, 2024



*What did the unclean  
spirit in the man do  
when Jesus commanded?*

*Colour in only the spaces that have crosses  
to find out what it did.*



# SAINT BRIGID OF KILDARE

## FEBRUARY 1

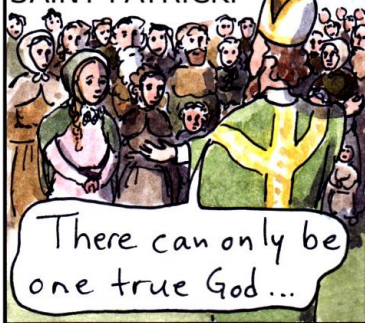
SAINT BRIGID WAS BORN AROUND THE YEAR 450 IN IRELAND. HER MOTHER WAS A CHRISTIAN SLAVE AND HER FATHER WAS A PAGAN CHIEFTAIN.



BRIGID WAS GENEROUS TO THE POOR AND GAVE AWAY HER FATHER'S FOOD.

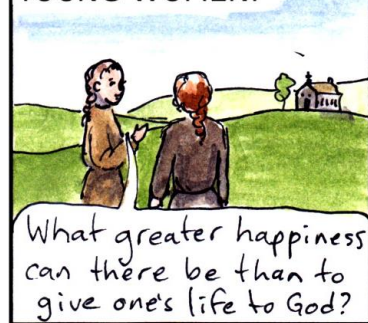


SHE WAS INSPIRED BY THE TEACHING OF SAINT PATRICK.

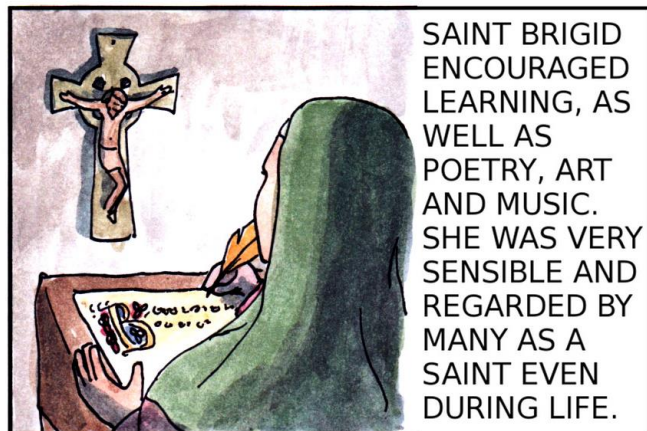


BRIGID DEDICATED HER LIFE TO GOD AND RECEIVED THE VEIL FROM SAINT MEL.

SHE WAS SOON JOINED BY MANY OTHER YOUNG WOMEN.



SOON SHE WAS THE ABBESS OF TWIN MONASTERIES: ONE FOR MEN AND ONE FOR WOMEN.



SAINT BRIGID IS HELD IN GREAT HONOUR, ESPECIALLY IN IRELAND, WHERE SHE HELPED SO MANY PEOPLE COME TO GOD. AND YET ALL SHE DID WAS WHAT SHE OUGHT TO HAVE DONE- SHE SHARED FOOD, TAUGHT PEOPLE ABOUT THE TRUTH AND BEAUTY AND MOST OF ALL LOVED GOD. CAN YOU DO THE SAME?

# Unscramble: Jesus Casts out a Demon

*Sort out the letters to fill in the blanks.*

*Use the letters in the boxes to fill in the last row of boxes.*

And immediately there was in their synagogue a  
\_\_  \_\_ (NMA) with an unclean spirit; and he cried  
out, "What have you to do with us,  
\_\_ \_\_ \_\_  \_\_ (ESSJU) of Nazareth? Have you come  
to \_\_ \_\_ \_\_  \_\_ \_\_ \_\_ (YDSETRO) us? I know who  
you are, the  \_\_ \_\_ \_\_ (OYLH) One of God."

But Jesus rebuked him, saying, "Be silent, and  
\_\_  \_\_ \_\_ (MEOC) out of him!"  
And the unclean \_\_ \_\_ \_\_  \_\_ \_\_ (TRSIPI),  
convulsing him and crying with a loud  
\_\_ \_\_  \_\_ \_\_ (IOCEV), came out of him.

And  \_\_ \_\_ \_\_ (YEHT) were all amazed, so that  
they questioned among themselves,  
\_\_ \_\_  \_\_ \_\_ \_\_ (YSNIAG), "What is this? A new  
teaching!

With  he commands  
even the unclean spirits, and they obey him."





# Baby Jesus is Presented in the Temple

On February second we celebrate the feast of the Presentation of Jesus in the Temple. That is the day that Saint Joseph and Our Lady took the baby Jesus to the Temple in Jerusalem to consecrate Him to God. The Jews were supposed to dedicate their first-born sons to God, so Mary and Joseph were obedient to the law even though their Baby was God Himself!

This was a most amazing moment, even though almost nobody noticed it: here was the great Temple where the people came to worship God, and now God had actually come into it- as a little Baby! But only Mary and Joseph and the prophets Simeon and Anna knew what had happened.

Saint Paul tells us that our bodies are temples of the Holy Spirit. Every time you receive Holy Communion, it's like baby Jesus entering the Temple. When you go to Communion, remember that you know that amazing secret- that even though the rest of the world might not know, you have just received Jesus! What a special moment!



Answer to front page: it came out  
Answers to Unscramble: man, Jesus,  
destroy, holy, come, spirit, voice, they,  
saying. AUTHORITY



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](mailto:contact@holyfamilymh.ca) so it can be sent to the diocese.**