



Welcome to HOLY FAMILY PARISH

5TH SUNDAY IN ORDINARY TIME – YR. B, SUNDAY FEBRUARY 4, 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.**

Tax receipts are in the Foyer!

Jesus Heals

5th Sunday in Ordinary Time ~ Year B

† Masses & Mass Intentions †



Saturday, February 3

Blessing of the Throats - 8:00am~ Philip Bachmier †

5:00pm ~ Lucia & Gualberto Pimentel †

Sunday, February 4

8:30am ~ Olga Sidorak †

10:30am ~ Rejeanne Taylor †

6:00pm ~ Holy Family Parish

Monday, February 5

9:00am ~ Melvin Martin Family

Tuesday, February 6

9:30am ~ Dave Liboiron †

NO Healing Mass Today~ Canceled

Wednesday, February 7

9:00am ~ Nathan Fleckenstein †

Thursday, February 8

9:00am ~ Louise Stanley †

Friday, February 9

9:00am ~ Lena Gresman †

5TH SUNDAY IN ORDINARY TIME - YEAR B, SUNDAY FEBRUARY 4, 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

December 31, 2024 - Goal \$70,938

total to date \$3925.60

Together IN ACTION



Annual Bishop's Appeal

which is at 6%

Let's try not to leave

it to the last minute this year.

Please Give Generously ~ Thank You!

Fifth Sunday in Ordinary Time - Year B

Job 7:1-4, 6-7.

Psalms 147:1-2, 3-4, 5-6.

1 Corinthians 9:16-19, 22-23.

Mark 1:29-39.

Pursuing Jesus.

After curing Simon's mother-in-law, Jesus, standing at the door, is teaching, healing, and casting out demons. Then, leaving at dawn, he goes off alone. Simon and the boys, pursuing him, find him praying and plead: "Everyone is looking for you."

- ✠ Since I am looking, where will I find Jesus this week?
- ✠ What teaching of his do I need to hear? What healing?
- ✠ Where and when will I make time for praying?

HAPPENINGS IN HOLY FAMILY PARISH

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 - Benidicton Group - Hope Room

3:30-4:45pm - Reconciliation - Chapel

Monday, February 5

7:00pm - Knights of Columbus Officers Mtg. - Faith Room

Tuesday, February 6

9:30am - Gr. 3 Retreat - 3 Schools - Hall & Sanctuary

6:30pm - 1st Communion Parents meeting - Faith Room

NO Healing Mass - Canceled

7:00pm - Catholic Women's League Executive Mtg - Hope Rm

Wednesday, February 7

9:30am - Gr 6 Retreat for Notre Dame Academy - HFP Hall

9:30am - Bible Study - Faith Room

7:00pm - RCIA - Faith Room

Thursday, February 8

9:30 - Gr 6 Retreat for Mother Teresa School - HFP Hall

6:00pm - Confirmation Class - Faith Room

Friday, February 9

9:30am - Grade 6 Retreat - HFP Hall

9:30am-10:30pm - Adoration & Reconciliation - HFP Chapel

Saturday, February 10

7:30am - TMIY - HFP Hall

9 am - 2pm - Renew Team Orientation - Faith Rm.

10:00am - Benidicton Group - Hope Room

VOCATIONS February 4th, 2024
5th Sunday in Ordinary Time

Jesus created much excitement in His day through His preaching, teaching, and healing. Today, the Church communicates that same wonder and grace by those active in priesthood, religious life, and lay ministries. 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



Feast of
*The Presentation
of the Lord*

Mass at 6:00pm

February 2nd



Mass at 8:00am

ST. BLAISE


FEBRUARY 3

Sacramental Preparation 2024


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

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


1st Communion Class
Sunday, February 11 at 10:15am in Faith Room



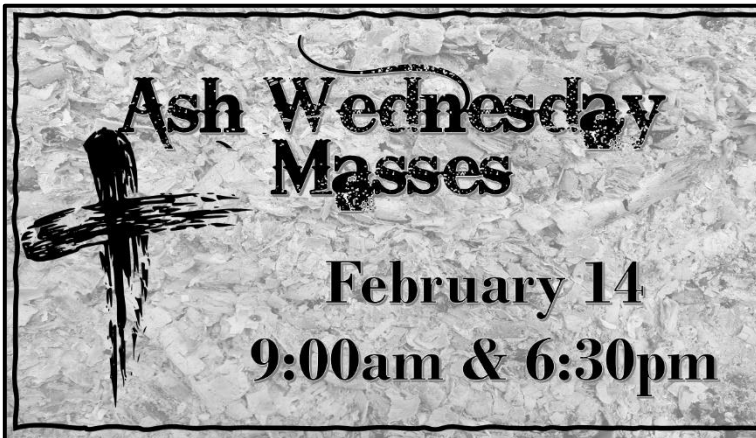
**THE FIRST WEDNESDAY OF
THE MONTH THE LEGION OF
MARY HOSTS THE MOTHER
OF PERPETUAL HELP
NOVENA
BEFORE MASS AT 8:00AM
FEBRUARY 7, 2024**



TMWY
THAT MAN IS YOU!
WORTHY OF THE CALL



Holy Family
Parish Hall
Breakfast 7:30am
Presentation
8:30 – 9:30 am
February 10, 2024
Theme
Infallible and
Indispensable
Presenter
Jason Angelette




**Ash Wednesday
Masses**

February 14

9:00am & 6:30pm

**Knights of Columbus
Officer's Meeting
February 5 at 7:00pm
Faith Room**




**Catholic Women's League (CWL)
Executive Meeting
February 6 at 7:00pm
Hope Room**

*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

Stations of the Cross 2024

Friday, February 16 – Parish Pastoral Council ☕

Friday, February 23 – Knights of Columbus ☕

Friday, March 1 – Finance Council

Friday, March 8 – R.C.I.A.

Friday, March 15 – Catholic Women's League ☕

Friday, March 22 - Filipino Community ☕

Monday, March 25 – St. Louis School

Tuesday, March 26 – St. Pat's School – Shadow Play

☕-Groups providing Meatless Soup & Buns after.




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



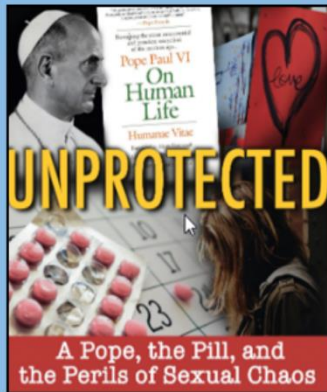
Holy Family Life Ministry

You are invited to join us for free pizza and a documentary called **Unprotected**.

Monday, Feb. 26, 6:00, in the Faith Room



Please RSVP:
Valerie 587-588-5788 or Sonia 403-528-0028



Healing Your Family Tree Workshop
Saturday, February 10th, 2024, 9 a.m. to Noon
St Basil's Hall, Lethbridge

The 3-part video series by Fr. John Hampsch, C.M.F. will guide us through a healing process to clean the effects of generational damage in our Families.

REGISTRATION:
Email: kfabbi@gmail.com
Ken's Cell: 403-331-8923




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
for more details contact:
katie.lindsay51@gmail.com
or petervanu@outlook.com



World Day of Prayer 2024
"I Beg You... Bear With One Another in Love" Ephesians 4:1-3
Artwork by Halima Aziz
Friday, March 1st at 7:00pm
St. John's Presbyterian Church

Celebrate with us as we gather in prayer & share in the stories created by the Women of Palestine.
For Information (403) 526-4542 or office@stjohnsmedicinehat.ca



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. 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.



Pastoral Care
Holy Family Parish

Please give your time and your witness of love to parishioners in the Senior Care Homes.

We have 13 Senior Care Homes in Medicine Hat where our parishioners reside and who wish to receive Holy Communion. Fr. Iqbal and Fr. Vincent celebrate Mass twice a month at these homes. In order for the Catholic residents to receive Holy Communion every week we need volunteers who can assist the leader (coordinator) in Proclaiming the Word or giving Holy Communion. It only requires one or two hours twice a month to assist. Please pray to our Lord, and ask Him what He is asking of you, in this Ministry. You may contact Bernice at 403-580-2905 or 403-866-0925. Training and support will be provided.

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.



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

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!**

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*



***** Attention All *****
*** Tax Receipt Holders ***

There was a glitch in the accounting system and a good majority of tax receipts had to be reprinted.

Please check receipts in the foyer to see if there is a new one for you.

Please check as soon as possible.

If there is no new receipt there for you, your earlier printed receipt is fine.

Thank You for Your Understanding



5th Sunday in Ordinary Time Year B

February 4, 2024

THE CHARISM OF CHRIST

Let me share a story by an unknown author to help us understand the Charism of Christ and his purpose of becoming flesh and dwelt among us to share our humanity.

The parking lot filled rapidly on Sunday morning as members of the large church congregation filed into church. As usually happens in a church that size, each member had developed a certain comfort zone - a block of space within those four church walls that became theirs after the second or third sitting. It was as much a part of their church experience as the recliner was to the television at home. Some of the older members had been sitting in the same row on the same side for several decades. A team of oxen could not have moved them to the opposite side of the church.

One morning a stranger stood at the edge of the parking lot near a dumpster. As families parked cars and piled out, they noticed him rummaging through the trash. "Oh no! I don't believe it," whispered a lady to her husband. "That's all we need -- a bunch of homeless people milling around here." One worried little girl tugged on her dad's sleeve. "But Daddy..." Daddy was busy sizing up the bearded stranger, whose baggy, outdated trousers, and faded flannel shirt had dusted too many park benches. "Don't stare at him, honey," he whispered, and hurried her inside. Soft music filled the high-ceiling sanctuary as churchgoers settled into their usual spots. The choir sang an opening chorus, "In His presence there is comfort ... in His presence there is peace...".

Sunlight suddenly flooded the center aisle. The double doors swung open and the homeless man, sloppy and stooped, headed toward the front. "Oh no, it's him!" somebody muttered. "What does he think he's doing, anyway?" snapped an incredulous usher. The stranger set his bagful of dumpster treasures on the very first pew which had been upholstered in an expensive soft teal fabric just three months ago. The music stopped.

And before anyone had a chance to react, he ambled up the stairs and stood behind the fine, handcrafted oak podium, where he faced a wide-eyed congregation.

The disheveled stranger spoke haltingly at first, in a low, clear voice. Unbuttoning and removing his top layer of clothing, he described Jesus, and the love He has for all people. "Jesus possesses a sensitivity and love that far surpasses what any of us deserves." Stepping out of the baggy old trousers, the stranger went on to describe a forgiveness that is available to each one of us...without strings attached. "Unconditionally He loves us. Unconditionally He gave His very life for us. Unconditionally and forever, we can have the peace and assurance that no matter who we are, where we've come from, or how badly we may have mistreated others or ourselves, there is hope." "In Jesus, there is always hope." "You see, my friends, it is never too late to change," the man continued. "He is the Author of change, and the Provider of forgiveness. He came to bring new meaning to 'life'."

Men and women squirmed as reality hit them like an electrical current. The stranger tugged at his knotted gray beard and removed it. "I'm here to tell you that we are loved with a love far beyond human understanding, a love that enables us to accept and love others in return." Then tenderly he added, "Let's pray together." That wise pastor - under the guise of a homeless "nobody" - did not preach a sermon that day, but every person left with plenty to think about.

Everyone in their life have something very important to live on or to achieve and we call it Charism. According to the Catechism of the Catholic Church "Charisms, spiritual gifts, are special abilities, a special empowerment, given to a Christian by the Holy Spirit to enable them to be powerful channels of God's love and redeeming presence in the World. Whether extraordinary or ordinary, charisms are to be used in charity or service to build up the Church". A charism is always deeply connected with our faith and is an expression of our relationship with God. In this way it differs from a natural or learned ability. A charism, exercised correctly, draws other people to God. Do the same. A charism must be exercised in the context of the Christian's overall discipleship in submission to Jesus Christ and His Church.

In the Gospel today we can see the charism of Jesus that is, Protecting, Preaching, Praying, Praising and Proclaiming. All these aspects of Jesus's life are very important for us all to understand.

In the First Reading when Job is talking with his friends and reminding them about the shortness of life and the suffering he is having "remember that my life is a breath; my eye will never again see good". How painful to see the misery of Job but the end of the book teaches that those who remain faithful to the Lord, God will bless them every blessing they need in their lives.

In the Second reading St. Paul is inviting everyone of us to consider and undertake our responsibilities seriously and without boasting. Do we take our responsibilities seriously? We need to the spirit of St. Paul to make Jesus the center of our life and say, "I do it all for the sake of the Gospel, so that I may share in its blessings".

In the Gospel today we see Jesus' life or public life: he went throughout all Galilee, preaching in their synagogues and casting out demons". Jesus who preaches and Jesus who heals. The whole day was like this: preaching to the people, teaching the Law, teaching the Gospel. And the people looked for Him to listen to Him, because He heals the sick and then went in a deserted place to pray. The Charism of Jesus Christ mentioned in the Gospel today, shows purely of his love and mercy towards human beings.

Jesus always had compassion for other people and that's why he says "Come to me all that are weary and carrying heavy burdens and I will give you rest. For I am humble and meek of heart". All four Gospels are full of Jesus' compassion and protection however St. Mark's Gospel today shows this aspect of Jesus's life in depth as continued to heal and protect people from evil spirits. We all have wounds, everyone: spiritual wounds, sins, hostility, jealousy; perhaps we don't say hello to someone: "Ah, he did this to me, I won't acknowledge him anymore". But this needs to be healed! Jesus protects us from every evil or human force which can destroy our lives because loves and have carried all our sins onto himself as Prophet Isaiah says. He is at work to protect from every physical sickness and weakness. Do we come to Jesus to ask for healing and protection? After sunset, since the Sabbath is over the people can go out and bring the sick to Him; He heals a multitude of people afflicted with maladies of every kind: physical, psychological, and spiritual. Having come to earth to proclaim and to realize the salvation of the whole man and of all people, Jesus shows a particular predilection for those who are wounded in body and in spirit: the poor, the sinners, the possessed, the sick, the marginalized. Thus, He reveals Himself as a doctor both of souls and of bodies, the Good Samaritan of man. He is the true Saviour: Jesus saves, Jesus cures, Jesus heals. The reality of Christ's healing of the sick invites us to reflect on the meaning and virtue of illness.

In the Sacred Scripture we can read a lot about the protection of the Lord. He even wept over the Jerusalem to foresee the destruction of it and wanted to protect it under his wings, but Jerusalem refused to come under his protecting wings and later in the 70AD Jerusalem was destroyed by the romans. We can read in the Psalm 34 how God protects his people by this angel "The angel of the Lord encamps around those who fear him and delivers them. O taste and see that the Lord is good; happy are those who take refuge in him. O fear the Lord, you his holy ones, for those who fear him have no want. The young lions suffer want and hunger, but those who seek the Lord lack no good thing" (7-9). In the 2nd Letter to the Thessalonians, St. Paul invites everyone to

believe in the healing and protecting power of the Lord “But the Lord is faithful; he will strengthen you and guard you from the evil one. And we have confidence in the Lord concerning you, that you are doing and will go on doing the things that we command. May the Lord direct your hearts to the love of God and to the steadfastness of Christ” (3:3-5). Prophet Isaiah being the prophet of Good News keeping calling people to trust in the Lord and never doubt about his protect “do not fear, for I am with you, do not be afraid, for I am your God; I will strengthen you, I will help you, I will uphold you with my victorious right hand. Yes, all who are incensed against you shall be ashamed and disgraced; those who strive against you shall be as nothing and shall perish. You shall seek those who contend with you, but you shall not find them; those who war against you shall be as nothing at all” (41:10-12).

Last Sunday we reflected on the Gospel of Mark where Jesus went to his town of Capernaum and preached in the synagogue and people were astounded at his authoritative teaching because he was not teaching like the scribes. After the Baptism in the River Jordan, when Jesus started his public ministry, he preached “Repent and believe because the Kingdom of God has come near”. With his preaching he proclaims the Kingdom of God, and with his healing he shows that it is near, that the Kingdom of God is in our midst. Through Gospel Jesus preaches to us, He says with the Gospel what He wants to tell us. We know people who always carry it and when they have a little time, they open it, and this way they always find the right word for the moment they are living in. Let the Lord preach to us. Listen to the Lord.

Jesus’ preaching is not based on the words alone but actions as well. He preached what he did and did what he preached. Is it easy? I guess not because sometimes to practice what we preach to others because very hard to carry on. He preaches love, sacrifice, forgiveness and sharing. Even he preached from the Cross the biggest lesson of forgiveness to everyone who mistreated him. “Jesus did not come to bring salvation in a laboratory; he does not preach from a laboratory, detached from people. He is amid the crowd! Amid the people! Just think that most of Jesus’ public ministry took place on the streets, among the people; to preach the Gospel, to heal physical and spiritual wounds. This crowd of which the Gospel often speaks is a humanity marked by suffering. It is a humanity marked by suffering, toil, and problems. It is to this poor humanity that Jesus’ powerful, liberating, and renewing action is directed. That Saturday ends in this way, amid the crowd until late in the evening” as Pope Francis explains the Gospel. What are we preaching to others?

What is prayer and why it is important to pray, we can read the following story.

A voyaging ship was wrecked during a storm at sea and only two of the men on it were able to swim to a small, desert like island. The two survivors, not knowing what else to do, agree that they had no other recourse but to pray to God. However, to find out

whose prayer was more powerful, they agreed to divide the territory between them and stay on opposite sides of the island.

The first thing they prayed for was food. The next morning, the first man saw a fruit-bearing tree on his side of the land, and he was able to eat its fruit. The other man's parcel of land remained barren. After a week, the first man was lonely, and he decided to pray for a wife. The next day, another ship was wrecked, and the only survivor was a woman who swam to his side of the land. On the other side of the island, there was nothing. Soon the first man prayed for a house, clothes, more food. The next day, like magic, all of these were given to him. However, the second man still had nothing.

Finally, the first man prayed for a ship, so that he and his wife could leave the island. In the morning, he found a ship docked at his side of the island. The first man boarded the ship with his wife and decided to leave the second man on the island. He considered the other man unworthy to receive God's blessings, since none of his prayers had been answered. As the ship was about to leave, the first man heard a booming voice from heaven, "Why are you leaving your companion on the island?"

"My blessings are mine alone, since I was the one who prayed for them," the first man answered. "His prayers were all unanswered and so he does not deserve anything." "You are mistaken!" the Voice rebuked him. "He had only one prayer, which I answered. If not for that, you would not have received any of my blessings."

"Tell me," the first man asked the voice, "What did he pray for that I should owe him anything?" "He prayed that all your prayers be answered."

We can raise the questions: Did he need to pray being Son of God? Why did Jesus pray? What did he pray in the deserted place? Why was he alone when he prayed? These and many more questions we can ask. Holy Father Pope Francis explains the element of prayer in the life of Jesus this way "Before dawn the next day, he goes out of the town's gates unseen and withdraws to a secluded place to pray. Jesus prays. In this way, he removes even himself and his mission from a "triumphalist" view which misunderstands the meaning of miracles and of his charismatic power. Miracles, in fact, are "signs" which encourage faith as a response; signs which are always accompanied by words that enlighten; and, taken together, the signs and words arouse faith and conversion through the divine power of Christ's grace.

Jesus prayed because God infused in him a spirit of prayer. In Psalm 22 we catch some glimpses of the various details of Christ's life, not just his crucifixion that is so prominently featured in this Psalm. Christ's life of prayer began at birth. Psalm 22 finds its ultimate fulfillment in Christ, The Father prepared a body for Christ, which was formed by the Spirit in the womb of the Virgin Mary. According to the natural limits of his humanity, Christ's early prayer life was clearly developed in his childhood as the Gospel Luke explains to us "every year they will go to the Temple as it was their

custom". We can also understand that in the Jewish culture children were introduced to read the Bible and learn how to pray.

Did Jesus really need to pray? Maybe not, one can easily answer but then what made Jesus to pray? He possessed the habit of faith from the womb, which would then bring forth acts of faith at the appropriate time in response to God and his Word. God took Christ "from the womb" and "made" him trust at his mother's breasts Christ trusted God, but not as though he alone was responsible for his acts of faith toward God. Rather, the Father sustained him so that Christ's religious life was faithful from the womb to the tomb. In another psalm the reality of spiritual life from the very beginning of our existence comes into focus: "For you, O Lord, are my hope, my trust, O Lord, from my youth. Upon you I have leaned from before my birth; you are he who took me from my mother's womb. My praise is continually of you" (Ps. 71:5-6).

If these words are true of the psalmist, how much more are they true of the Son of God? Christ not only trusted from his youth but also leaned on God from before birth. How very different is this Hebrew idea of spirituality, which allows for and celebrates the faith of children from the womb, compared with our rationalistic views today. Prayer became a deeply intimate conversation between God the Father and his people because of Christ's person and work in bringing us to such a place.

We read in the Book of Prophet Isaiah (9:6) that the Son was given, and the Child was born. Jesus was always part of the tri-unity, along with the Holy Spirit. The tri-unity always existed, the Father God, the Son God, and the Spirit God, not three gods, but one God existing as three persons. Jesus taught that He and His Father are one (John 10:30), meaning that He and His Father are of the same substance and the same essence. The Father, Son and Spirit are three co-equal persons existing as God. These three had, and continue to have, an eternal relationship.

To strengthen that relationship, Jesus prayed to his Father for his strength and power to do the works of God's mercy and bring many people closer to the Father. There is no problem with God the Son praying or talking to God the Father. As mentioned, they had an eternal relationship before Christ became a man. This relationship is depicted in the Gospels so we can see how the Son of God in His humanity carried out His Father's will, and in doing so, purchased redemption for His children (John 6:38). Christ's continual submission to His heavenly Father was empowered and kept focused through His prayer life. Christ's example of prayer is ours to follow.

Jesus Christ was no less God on earth when praying to His Father in heaven. He was depicting how even in sinless humanity it is necessary to have a vital prayer life to do His Father's will. Jesus' praying to the Father was a demonstration of His relationship within the Trinity and an example for us that we must rely on God through prayer for the

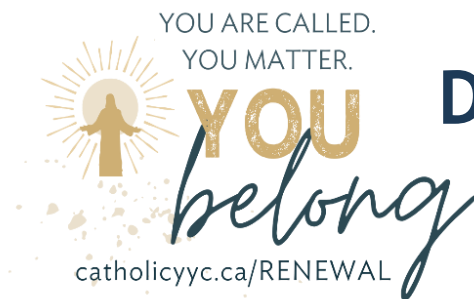
strength and wisdom we need. Since Christ, as the Son of God, needed to have a vibrant prayer life, so should the follower of Christ today.

What is our prayer life?

The last aspect of Jesus's Charism is found in the conclusion of today's Gospel passage that indicates Jesus' proclamation of the Kingdom of God finds its most rightful place on the streets. To the disciples who look for him in order to bring him back to the town, the disciples went to find him where he was praying, and they wanted to bring him back to the town — what did Jesus answer? "Let us go on to the next towns, that I may preach there also" This was the journey of the Son of God, and this will be the journey of his disciples. And it must be the journey of each Christian. Remember the words of Jesus before his ascension into heaven "Go therefore, into the world and proclaim the Good News..." and that's mission Jesus has handed over to us to continue the work of the proclamation. Do we need, temple or church to preach? I guess no because we need to proclaim Jesus everywhere, we go, in our homes, streets, communities and to our society. How can we do it? One of the answers we can find in the Gospel of John that is "by your works people will know that you are my disciples" Sometimes we don't need to proclaim in words, but our actions are enough to encourage people to follow Jesus. One of the examples we can follow is St. Joseph who didn't say a single word but proclaimed Jesus to other by walking with him.



Do we follow the Charism of Christ?
5th Sunday in Ordinary Time Year B



DIOCESAN SUNDAY UPDATES

5th Sunday in Ordinary Time

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

Pray the Novena to the Holy Trinity - #PastoralRenewal

We invite you to join us in praying the Novena to the Holy Trinity during the Pastoral Renewal, especially from **Feb 1 - 9, 2024**. Let us seek the gifts of the Holy Spirit, surrender to God's divine plan, and pray for our special intentions in supporting our pastors and parish renewal leaders in their mission, ultimately contributing to the spiritual renewal of our entire community. Visit catholiccycc.ca/renewal or contact communications@calgarydiocese.ca to receive the Novena daily in your inbox.

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 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

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 or call/text 403-850-5859

Career Opportunities

The Catholic Pastoral Centre has opportunities to join our dynamic team

- [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.

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

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

The Kids' Bulletin

Fifth Sunday in Ordinary Time

February 4th, 2024



*At the end of today's Gospel reading, Jesus tells Simon that they will go to the nearby villages to preach.
Can you find your way through the maze to the nearby village?*

Saint Jerome Emiliani

February 8

JEROME EMILIANI WAS BORN TO A FAIRLY WEALTHY ITALIAN FAMILY IN 1481. HE BECAME A SOLDIER AND DIDN'T THINK MUCH ABOUT GOD AT ALL.



BUT WHEN HE WAS CAPTURED AND THROWN IN A DUNGEON HE TURNED TO GOD.



HE ESCAPED AND PUT HIS CHAINS IN A CHURCH TO SHOW HIS THANKS FOR BEING FREED.



A good soldier is a saint.



THEN HE STARTED TEACHING HIS NEPHEWS THE FAITH AND STUDYING FOR THE PRIESTHOOD.

WHEN A PLAGUE CAME JEROME CARED FOR THE SICK AND DYING.



HE BEGAN A RELIGIOUS ORDER THAT HELPED THE ORPHANS, AND HE STARTED HOSPITALS AS WELL.



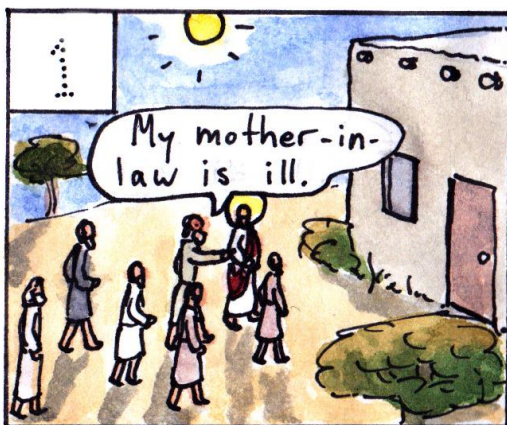
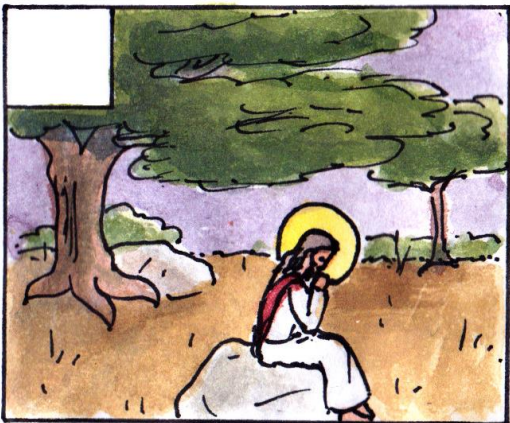
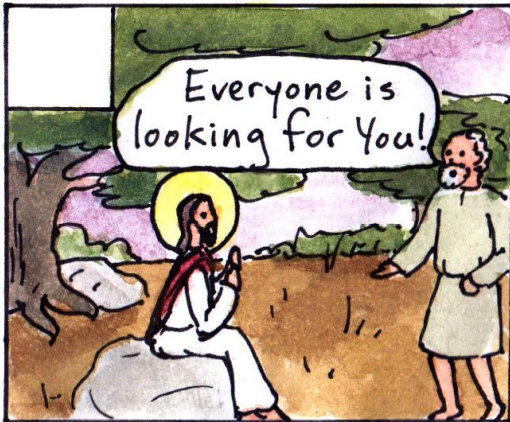
WHEN HE WAS 56, JEROME CAUGHT AN ILLNESS FROM THE PEOPLE HE WAS CARING FOR, AND DIED.

AT FIRST SAINT JEROME ONLY FOUGHT FOR HIS OWN GLORY. THEN HE CAME TO SEE THAT THERE WAS ANOTHER, BIGGER FIGHT: TO CONQUER HIS OWN WILL AND TO LOVE OTHERS. WE CAN LEARN FROM HIS EXAMPLE TO OVERCOME OUR SELFISHNESS AND CARE FOR THE PEOPLE AROUND US WHO ARE SUFFERING.

Sort-out-the-Pictures:

An Evening and Morning with Jesus

*What happened in today's Gospel reading?
See if you can sort out the order of these pictures
by putting the numbers 1 to 6 in the boxes.*



Spending Time with God



In today's Gospel reading, Our Lord went to Simon and Andrew's house, where He spent the evening healing the sick and casting out demons. But early the next morning before the sun came up He went away into the wilderness to pray.

At first we wonder why Jesus would have to pray- He is God, after all! But He was also human so He needed to take some time to be with His Heavenly Father.



And that is what real praying is- it's being with God and talking to Him and listening to Him.



Like Jesus, we also need to spend time with God. Even if we are always doing His work, like helping people or studying His truths, we still need to take some time to talk with Our Father in Heaven. Starting today, take a few minutes every day to go to a quiet place and talk with God.

Answers to picture puzzle: top:5, 2, middle: 4, 6, bottom:1, 3.



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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.

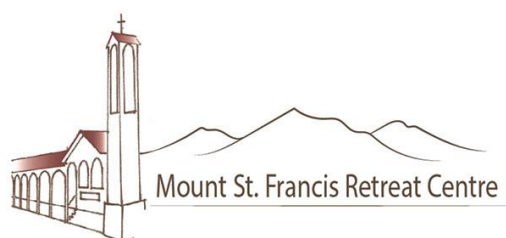
Mass follows at 11:15 am

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.





THE
KING'S
UNIVERSITY

Parents Night

February 7, 2024

6:30 p.m. – 9:00 p.m.

Refreshments provided. Parents will receive a free application voucher for their student.

Learn how King's supports students in their faith development, achieving their academic and career goals, and funding their education through scholarships and financial aid.



Find more info at:
kingsu.ca/parents-night



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 @holymfamilymh.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@holymfamilymh.ca so it can be sent to the diocese.