Welcome to HOLY FAMILY PARISH 6TH SUNDAY IN ORDINARY TIME – YR. B, SUNDAY FEBRUARY 11, 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. Igbal 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!



† Masses & Mass Intentions †



Saturday, February 10

5:00pm ~ Coretta Miller

Sunday, February 11

8:30am - Holy Family Parish

10:30am - Joyce Risling + 6:00pm ~ Roberta Rae †

Monday, February 12

9:00am - Eduardo Mercado +

Tuesday, February 13

9:00am - Gabriel Zavala +

6:30pm - Mary Patrick +

Wednesday, February 14

9:00am - Dorothy Dillman +

Thursday, February 15

9:00am - Anne Keck +

Friday, February 16

9:00am - Dennis Wirachowsky +

6TH SUNDAY IN ORDINARY TIME - YEAR B, SUNDAY FEBRUARY 11, 2024

OPERATING FINANCES		
JANUARY 1-31, 2024		
Operating Budget 2022	\$ 60,990	
General Envelope Collection	\$ 49,426	
Loose Collections	\$ 2,545	
Future Development	\$ 1,510	
Sale of Church Supplies & Other	\$ 9,724	
\$ 63,205 - Budget Vs Actual	\$ 2,215	
SPECIAL COLLECTIONS		
Together in Action (TIA)	\$ 3,951	
St Vincent de Paul	\$ 2,557	
World Mission	\$ 75	
Clergy Retirement	\$ 150	
Mission Mexico	\$ 155	
CARO	\$ 60	
Seminary Fund	\$ 80	
Thank You for your Generous Contributions		
Average Weekly Attendance	752	

Together IN

ACTION

Annual Bishop's Appeal

Together IN

Action

Cet's try not to leave

it to the last minute this year.

Please Give Generously ~ Thank You!

Fifth Sunday in Ordinary Time - Year B

Ceviticus 13:1-2, 44-46.

Psalm 32:1-2.

5, 11.

1 Corinthians 10:31-11:1.

Mark

1:40-45.

Making Clean

Jesus was not afraid to touch the untouchable leper today. Jesus was unafraid to be cleaning and healing and teaching – right and good behaviors. Saint Paul makes a clear implication for all of us. Our task: imitating Christ. Our task: doing all things for the glory of God.

- T What mercy works of cleaning and healing can I do this week?
- T What will I do, seeking not my own benefit but that of another?
- + How will I be like Christ today? Tomorrow? Next Week?

HAPPENINGS IN HOLY FAMILY PARISH

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

10:00am - Benedictine Group - Hope Room

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

Sunday, February II

I:00pm — 4:30pm — Baptism Class — Hope Room 4:00pm — Faith & Family Meeting — Faith Room

Monday, February 12

7:00pm — Knights of Columbus General Mtg. — Faith
Room

Tuesday, February 13

7:00pm — Catholic Women's League General Mtg—HFP Hall

7:00pm - Life Ministry-HFP Chapel

Wednesday, February 14 - Ash Wednesday

9:00 – Ash Wednesday Mass 9:30am – Bible Study – Faith Room 6:30pm – Ash Wednesday Mass 7:00pm – RCIA – Faith Room

Thursday, February 15

9:30 — 2:30pm • Gr 6 Retreat for Mother Teresa School - HFP Hall

6:30pm — Confirmation Service Project — Faith Room Friday, February 16

6:00pm — Stations of the Cross — with meatless soup and buns — Presented by the Parish Pastoral Council Saturday, February 10

> 7:30am - TMIY — HFP Hall 8:00 — Lenten Mass

10:00am — Benedictine Group — Hope Room 3:30 - 4:45pm — Reconciliation — Chapel

V+CATE + NS 6th Sunday in Ordinary Time

Today's Gospel says that "Jesus was moved with pity when He saw a leper". Are you moved with love and compassion when you see the outcasts of today's society? Today, Jesus continues to call forward men and women to minister as he did. 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.catholicyyc.ca/vocations.html



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

Confirmation Class

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

1st Communion Class

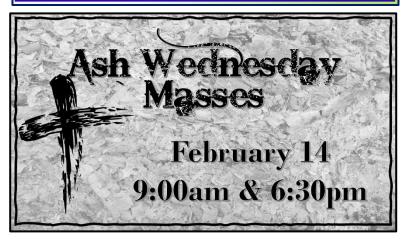
Sunday, February 11 at 10:15am in Faith Room

Knights of Columbus General Meeting February 12 at 7:00pm Faith Room

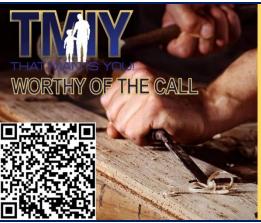




Catholic Women's League (CWL)
General Meeting
February 13 at 7:00pm
Holy Family Parish Hall



Stations of the Cross 2024
Friday, February 16 — Parish Pastoral Council M
Friday, February 23 — Knights of Columbus M
Friday, March 1 — Finance Council
Friday, March 8 — R.C.I.A.
Friday, March 15 — Catholic Women's League M
Friday, March 22 — Filipino Community M
Monday, March 25 — St. Louis School
Tuesday, March 26 — St. Pat's School — Shadow Play
M-Groups providing Meatless Soup & Buns after.

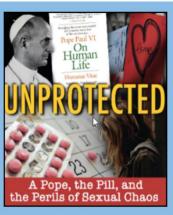


Holy Family
Parish Hall
Breakfast 7:30am
Presentation
8:30 – 9:30 am
February 17, 2024
Theme
To the Roots
Presenter
Fr. John Burns



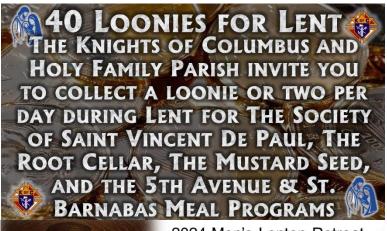


Holy Family





"Remember that you are dust, and to dust you shall return."
"Remember that you are dust, and to dust you shall return."





2024 Men's Lenten Retreat
"Prayer, Basic Training"
Learn how to pray without ceasing by
developing your own prayer rule.

Fri, Mar. 8 - 7:30pm Social Follows & Sat, Mar 9 - 8:00am - 3:00pm Lunch is provided

Preregistration Encouraged
Contact Greg Martin
gmartin7@telus.net

Sponsored by: Knights of Columbus

Joe McKenna Council #9502

Holy Family Parish, 1451Strachan Rd SE, Medicine Hat



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 as we gather in prayer & share in the stories created by the Women of Palestine.

For Information (403) 526-4542 or office@stjohnsmedicinehat.ca

Past ral 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.

If you are thirsting for a deeper relationship with Jesus, come to our next

Live-In Weekend Retreat.
February 23-25th
Friday 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

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

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.



2024 marks the seventh year that Holy Family Parish Knights of Columbus Council 9502 is sponsoring the 40 Loonies for Lent program.

This year's program theme is, *Love the Lord, Love your neighbour*. As it is written in the book of Sirach, chapter 35, verses 6 to 8, "The just man's sacrifice is most pleasing, nor will it ever be forgotten. In generous spirit pay homage to the Lord, be not sparing of freewill gifts. With each contribution show a cheerful countenance."

Your donations stay here in Medicine Hat going to the Root Cellar, Mustard Seed, Saint Vincent De Paul Society, 5th Avenue and Saint Barnabas Meal Programs.

It should be noted that Holy Family Parish volunteers serve every Thursday at 5th Avenue, and Holy Family also serves every 4th and 5th Saturday at St. Barnabas Meal Program. I would personally like to thank the many volunteers who sacrifice their time to assist the people who may be struggling.

Through the generous support of Holy Family Parish parishioners, you helped raise twelve thousand dollars in 2023. Our goal this year is to raise ten thousand dollars.

There are a few ways to make donations. Simply write "40 LOONIES FOR LENT" and the dollar amount on your weekly parish donation envelope. You may donate your full Lenten gift of \$40.00 one time or contribute an amount of \$7.00 or more each week. If sacrificial giving means you can give more, please do so. For those who are not using weekly envelopes you may make your cheque payable to Holy Family Parish or donate cash in a separate envelope marked with your name, address and "40 LOONIES FOR LENT" and place it in the weekly collection basket or drop it off at the Parish office. Alternatively, you may authorize the parish to process your donation on your credit card and most recently Holy Family Parish has added e-transfer but if using e-transfer please note it is to go to: **40 Loonies for Lent.**

Look for updates on funds collected in the parish bulletin.

We thank you in advance for your generosity, "what ever you do to the least of my brothers you do unto me."

Thank you and may the Lord bless you and keep you.



The Silver Rose History and Information

The rose was chosen to commemorate Juan Diego and the miracle of roses, an important part of the story of Our Lady of Guadalupe. The first rose was a natural rose, blessed in New York and shepherded from there to the Basilica in Monterrey,

Mexico on December 12, 1960. Today a silver is used because it is a precious metal of Mexico. Eight roses run along different North American routes that include Canada, every U.S. State, Puerto Rico, the District of Columbia, and Mexico. The tradition spreads devotion to Our Lady of Guadalupe and embodies international brotherhood as jointly nurtured across the continent.

Through the Silver Rose we honour not only Our Lady of Guadalupe and express the unity of the Knights of Columbus Order, but we also reaffirm the Order's dedication to the sanctity of human life. It is to the Blessed mother that we turn in prayer as we work to end the Culture of Death that grips our society.

The Silver Rose will travel to Medicine Hat from Edmonton. Our Silver Rose Service will be on Friday, February 23, at 5:30pm, at Holy Family Parish. The service will be about 30 minutes and be followed by the Stations of the Cross. The Knight are offering a soup and bun meal following Stations in the Hall.

***** 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 <u>no new receipt</u> there for you, your earlier printed receipt is fine.

Thank You for Your Understanding



<u>Catholicyyc.ca/Faithfully keeps you updated</u> 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!





accounting@holyfamilymh.ca

Listen to Mass on your phone...

Download the "Audio Fetch" app.

Our Network is: HFP_LIVE

The Password is: Liv3HFP*



This Lenten video series will radically transform your love for the Blessed Sacrament.

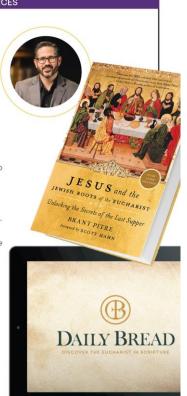
Don't miss our video series **Daily Bread: Discover the Eucharist in Scripture**, coming to FORMED this Lent! Based on Dr. Brant Pitre's acclaimed book *Jesus and the Jewish Roots of the Eucharist*, this video series will radically transform your love for the Blessed Sacrament.

Daily Bread: Discover the Eucharist in Scripture demonstrates that our understanding of the Eucharist dates back to the earliest Jewish Christians. Far from being a later invention of the Catholic Church, the Eucharist is the fulfillment of many Old Testament promises.



FORMED.org

Scan the QR code to learn more and be notified when the series is released!





Scan the QR code to learn more and access the show!

of each image they create.



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6th Sunday in Ordinary Time Year B

February II, 2024

COMPASSIONATE GOD

God's love, mercy and compassion is beyond our human understanding. He is everywhere looking for the lost ones because his happiness is not in the death of sinners but in repentance. The Holy Bible is full of stories about God's compassion which keep reminding us that we need to struggle to find him.

There was a man who was always told about God; God is this, God is that. So, one day he decided to find God and see for himself what he really looked like.

He went for miles. Days became weeks and weeks became years, but he didn't find God. Everyone he met on the way; he asked the same question. "Have you seen God, what does he look like." Each one he met told a different story. Some said they had seen and some just ignored him calling him mad.

When years passed by and he didn't find anything, he remembered Buddha. He remembered that Buddha met God in the Jungle. So, he decided to move towards the jungle. For weeks, he was in the forest, and one day, he found something, NO, not God, but animals.

One day, he was near a river. He met a saint. "Have you seen God, what does it look like". The saint said, "yes, I have seen him". "He is in the water, in the tree. wherever you look he is there."

The man said," what nonsense, I have heard this nonsense millions of times". "Just tell me, have you seen him or not".

The saint told him "Yes, I have. If you want to see him just cross the desert and on the other side, you will find him."

The man didn't believe him, maybe he is lying and maybe he is telling the truth. But crossing the desert is the only option left.

He started his journey. Walking for days, thirsty and hungry, he was completely exhausted. And then he found a pot under a tree. He didn't know if it had water or not but ran to it with all his energy. He looked inside and there was the water.

Just that moment, a bolt of lightning hit the ground and there stood a bright light in front of him. The Voice said, "You have found me, look I'm here. I am God."

The man mad with thirst, replied, "Just a moment, please. Just a moment". He drank the water and said, "Here is God."

The Voice, "you made me wait for you, and then said water is your God."

The man found God.

The man, "Yes, here is God, This water." "You are fake, but this is true."

The Voice said, "See, I told you at the Riverbank through the words of that saint but you didn't agree."

The man with tears in his eyes and smile on his face said, "This is the truth, God is in everything which gives me life. Everything that made me, everything that is helping me in my survival is God." The man found God.

This is the last Sunday in Ordinary time before our Ash Wednesday. As we continue to meditate and reflect on the Word of God given to us everyday. Sunday, we see in the first reading the misery of the lepers. They are excluded from the community and must live outside the camp. They have to call out "unclean, unclean" while wearing torn clothes. How painful it would be for a person who is married and had young children to leave them alone and have no way to come close to them, to their other family and community members.

When the world was hit by the pandemic, people witnessed similar situations with their own family members and friends who suffered with Covid-I9 and couldn't go close to them, neither they could not come close to anyone. We saw the misery of the people. And we tried our level best to help them to stay stronger and healthy. During this time, we did experience that without God, we are nothing but when God is on our side, nothing can separate us from his love and compassion. Our human choices are different than God's as says Prophet Isaiah (55: 5-II).

We must remember that there is difference between our choices and Divine. We humanly choose things, people, and careers based on qualification or maybe outer appearance. As we see in the First Book of Samuel, when Samuel went to anoint the new king of Israel and he was impressed by the out appearance of one of the sons of Jesse, but God reminded by saying "he sees the inside of the person but not the outer appearance. We chose to help when we have power or money in our pockets and if we are lacking both or one of them, we decline the idea of helping other people.

One rainy afternoon a mother was driving along one of the main streets of town, taking the extra precautions necessary when the roads are wet and slick. Suddenly, her son, spoke up from his relaxed position in his seat. "Mom, I'm thinking of something."

This announcement usually meant he had been pondering some fact for a while and was now ready to expound all that his six-year-old mind had discovered. She was eager to hear

"What are you thinking?" she asked.

"The rain!;" he began, "is like sin, and the windshield wipers are like God wiping our sins away."

After the chill bumps raced up her arms, I was able to respond. "That's really good, son." Then her curiosity broke in. How far would this little boy take this revelation? So, she asked... "Do you notice how the rain keeps on coming? What does that tell you?"

The son didn't hesitate one moment with his answer: "We keep on sinning, and God just keeps on forgiving us."

Today's Sacred Scripture Readings are showing us the same message. In the First Reading we come to know about the instructions regarding the lepers and what they were supposed to do. How painful it would be for those people to leave everyone in the family and live outside in a deserted place. Not only that but also, they must cry out to everyone "Unclean, Unclean" which would bring more pain to them.

In the Gospel we could see and feel the pain, depression, and stress of the leper as he begs Jesus by saying "if you choose, you can make me clean". These words of the leper are open invitation to all of us to invite Jesus in our lives for healing and strength. Jesus is our healer and Saviour who has carried all our infirmities and iniquities on to him and died for us on the cross to save us. The choice of the leper was to come to Jesus rather than going somewhere else. What is ours?

Amid the leper's pain and distress, comes the divine compassion as Jesus says "I do choose. Be made clean!" Wow that's amazing divine compassion for all of us. Throughout the history of our salvation, God has chosen right and best things for us. First, he created us on his own image then gave authority over everything he created. Secondly, he chose people to be his and he be the God for them. To strengthen and affirm this bound of love he kept sending holy people to keep bringing people back to him. He kept forgiving people's sin and transgressions, slow to anger and bounding in steadfast love. He does not count our sins because he can not deny himself as St. Paul says. Thirdly God loved the world so much that he gave his only Begotten Son that any who believes in him, may have life and life in abundance. There is endless list of God's choices for us because God is so loving and caring because "it is not we who have chosen him, but it is he who has chosen us to be his loving children."

So, as we prepare ourselves to begin the new liturgical season of Lent, what are the choices we are going to make? Are we going to allow Jesus to choose for us what is best or are we going to choose what is good for us based on our human wisdom, understanding, knowledge and qualification?

Once upon a time there was a wealthy and rich king. He was known for his flawless administration and ruled the hearts of his subjects. People would come to him carrying their problems, with high hopes and he would never send them back disheartened.

Time passed, years flew by, and the king started to become old and frail. He began to worry about who would take care of his kingdom after his death. The question of who would be the heir for his chair started to loom his mind.

The king was blessed with three sons, who were loyal obedient and respectful towards the king. But he wanted all three of them to go through a test to prove themselves and to see who had the real caliber and who was fit to be a king.

He called his three sons and gave them 100 gold coins each. Time of one year would be given to all of them to use these 100 gold coins. Then he said," whoever brings a golden dog for me shall be my successor". The three sons set out with their own set of gold coins.

The eldest of three brothers went to the city and took a palace on rent for himself. Then he hired some men, and sent them in all four directions, with the order to find the golden dog. After a few weeks, these men returned empty handed. In all of this process, his 100 gold coins got used. The eldest son lost the fight for the throne then and there. The second son became a broker in the town and started lending money to people on lower interests. He earned multiple profits through this business and with the money he had of profits, he gave the local goldsmith the order to make a Golden dog.

The youngest of all three was the wisest. He bought a small house for himself and started staying in a colony of poor and needy people. He invested his money in a business and reaped heavy profits from it and thereby employed a few poor people under him. He not only provided employment to the poor but also built hospitals and schools for the poor from that money, to help them lead a better life. Seeing his contribution for them, the poor people around him were very happy and started treating him God-like. Satisfied with his work he went back to his father.

A year passed by and the three sons stood in front of the king. The eldest gave nothing; the second son gave a golden dog. The turn of the third son came. He said, "His Highness please accept this dog made of cotton. I ask you in all humility, not to underestimate the special appeal of this dog. I have crafted it with my own hands. The hard work, toil under the hot sun to grow this cotton and the labor put in by my fellow companions is nothing less of gold." The King chose him to his heir after him.

says "Compassion Pope Francis leads esus action: he reinstates the marginalized! These are the three key concepts that the Church proposes in today's liturgy of the word: the compassion of Jesus in the face of marginalization and his desire to reinstate Jesus revolutionizes and upsets that fearful, narrow and prejudiced mentality. He does not abolish the law of Moses, but rather brings it to fulfilment. He does so by stating, for example, that the law of retaliation is counterproductive, that God is not pleased by a Sabbath observance which demeans or condemns a man. He does so by refusing to condemn the sinful woman but saves her from the blind zeal of those prepared to stone her ruthlessly in the belief that they were applying the law of Moses. Jesus also revolutionizes consciences in the Sermon on the Mount, opening new horizons for humanity and fully revealing God's love. The logic of love, based not on fear but on freedom and charity, on healthy zeal and the saving will of God. For "God our Saviour desires everyone to be saved and to come to the knowledge of the truth". "I desire mercy and not sacrifice".

Jesus, the new Moses, wanted to heal the leper. He wanted to touch him and restore him to the community without being "hemmed in" by prejudice, conformity to the prevailing mindset or worry about becoming infected. Jesus responds immediately to the leper's plea, without waiting to study the situation and all its possible consequences! For Jesus, what matters above all is reaching out to save those far off, healing the wounds of the sick, restoring everyone to God's family!

The Church's way, from the time of the Council of Jerusalem, has always been the way of Jesus, the way of mercy and reinstatement. The way of the Church is not to condemn anyone for eternity; to pour out the balm of God's mercy on all those who ask for it with a sincere heart. The way of the Church is precisely to leave her four walls behind and to go out in search of those who are distant, those essentially on the "outskirts" of life. It is to adopt fully God's own approach, to follow the Master who said: "Those who are well have no need of the physician, but those who are sick; I have come to call, not the righteous but sinners" (Lk 5:31-32).

St. Francis de Sales says "Do not fear what may happen tomorrow. The same loving Father who cares for you today will care for you tomorrow and every day. Either He will shield you from suffering, or He will give you unfailing strength to bear it. Be at peace, then, and put aside all anxious thoughts and imaginings."

How do we experience God's compassion in our life?



DIOCESAN SUNDAY UPDATES

5th Sunday in Ordinary Time



YOU ARE CALLED.
YOU MATTER.

Ash Wednesday - Feb 14

Ash Wednesday and Good Friday are universal days of fasting and abstinence from meat. Anyone over the age of 18 and under the age of 59 are obliged to fast and abstain. Fasting, in the Latin Church, is the limitation of food and drink – typically to one main meal and two smaller meals (that together do not equal the regular meal in size), with no solid foods in between. Abstinence is the refraining from certain kinds of food or drink, typically meat. ~ Ordo, note 29b and 29d. Check Mass times for Ash Wednesday in parishes throughout the Diocese of Calgary.

World Day of the Sick - Feb 11

The Holy Father says to the sick in his pastoral letter this year, "Do not be ashamed of your longing for closeness and tenderness! Do not conceal it, and never think that you are a burden on others. The condition of the sick urges all of us to step back from the hectic pace of our lives in order to rediscover ourselves." Please join us in praying for the sick on Feb 11, Feast of Our Lady of Lourdes & World Day of the Sick. The theme this year: "It is not good for man to be alone!" (Gen 2:18) Pray the Pope's prayer intention for February 2024: For the sick who are in the final stages of life, and their families, receive the necessary medical and human care and accompaniment, let us pray to the Lord...

Pastoral Message from the Bishop

re: Lent & Social Media

As we approach Lent, Bishop McGrattan reminds us to take a step back, pause, and reflect on our use of social media. Using insights from the latest CCCB pastoral letter, "Let Your Speech Always be Gracious," and the Holy Father's Lenten message, the Bishop highlights the seven commitments we should make to witness to core Christian values and

help build a healthy online environment that serves the common good. Read at catholicyyc.ca/blog

For more news/events, visit atholicyyc.ca/news

Pray the Diocesan Pastoral Renewal Prayer

We invite you to join us in praying the Novena to the Diocesan Prayer of Renewal below and to incorporate it into your prayers at home and within the parish communities. May the grace of God transform us and our communities in faith, charity and hope. Visit catholicyyc.ca/renewal

Priestly Vocations Night

Have you ever thought God might be calling you to be a priest? Come to the Priestly Vocations Night with Fr. Derek Remus. Mass at 5 pm, followed by Evening Prayer, supper, presentation on discerning a vocation, and prayer before the Blessed Sacrament.

When: Saturdays, Feb. 24 and Mar 16, from 5 pm to 9 pm at St. Luke's, Calgary.

Ablaze Youth Ministry

Grades 9-12 from throughout the Diocese are invited to Ablaze Youth Ministry event with Face to Face Ministries and Fr. Troy Nguyen on Friday, Feb. 16 from 7 to 9 pm at St. Bonaventure, Calgary.

Men's Night: Brotherhood

Men in the Diocese of Calgary are invited to join "Into the Breach" Men's Formation Program on "Brotherhood" with Regnum Christi and Clear Water Academy.

When: Thu, Feb 22 at 6:30 pm to 8:30 pm, at Clear Water Academy, Calgary.

See catholicyyc.ca/news for more information.

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 stmarthsparish.ca

Lenten #Renewal Mission with Dr. Peter Baltutis

St. Luke's Parish invites you to attend their Renewal Parish Lenten Mission with Dr. Peter Baltutis, which ends with penitential service on Thursday. When: Monday to Thursday, Feb 26-29 at 7 pm. Peter teaches history & religious studies at St. Mary's University and is a lay member of the Order of Preachers (Dominicans). He also serves as CWL Endowed Chair for Catholic Studies.

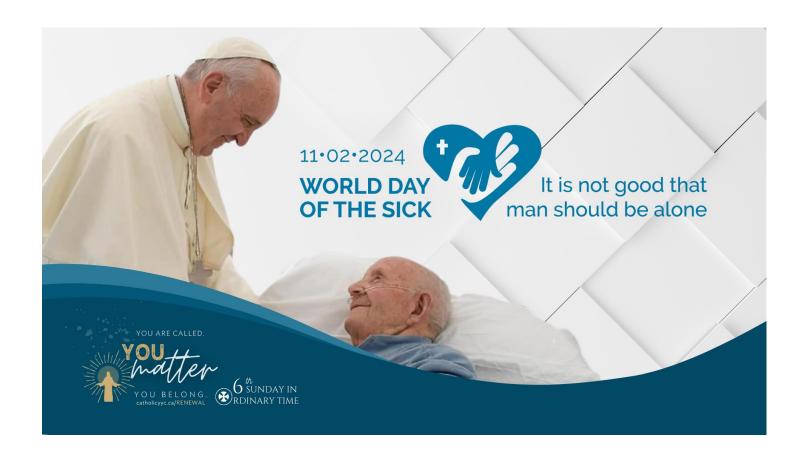
Indigenous Christians: An Authentic Faith

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

- Bookkeeper (Full-time) Catholic Pastoral Centre
- Assistant Coordinator (Casual) Feed the Hungry
- Administrative Assistant (Part-time) - St. Anthony's, Calgary For additional information on the job requirements and details, visit catholicyyc.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	

The Kids' Bulletin

Sixth Sunday in Ordinary Time February 11th, 2024

Man with leprosy:

If you wish you can make me clean!

Jesus:

I do will it. Be made clean!
See that you tell no one anything,
but go, show yourself to the
priest and offer for your
cleansing what Moses
prescribed; that

will be proof for them.

What did the leper in today's Gospel reading say to Jesus?

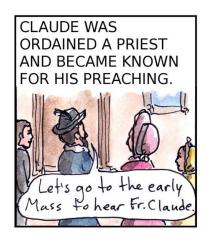
What did Jesus reply to him?
Look at this page in the mirror to find out!

Don't forget this Wednesday is Ash Wednesday!

Saint Claude de la Colombiere February 15

CLAUDE LA
COLOMBIERE
WAS BORN IN
FRANCE IN
1641. HE
RECEIVED A
GOOD
EDUCATION
AND BECAME
A JESUIT
NOVICE AT
AGE 17.









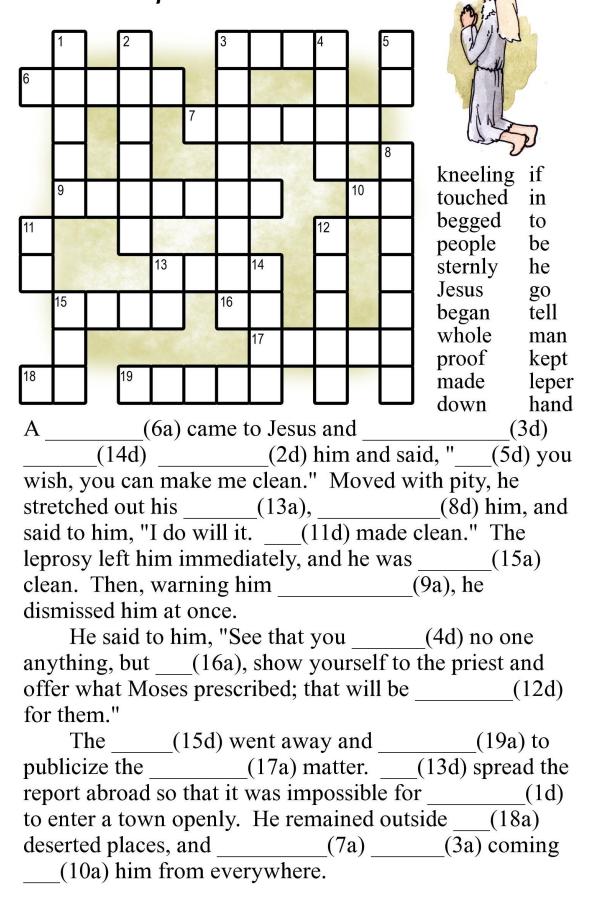




MANY PEOPLE TURNED BACK TO GOD, BUT THEN SAINT CLAUDE WAS ACCUSED OF INVOLVEMENT IN A PLOT TO KILL THE KING AND WAS IMPRISONED AND EXILED.

ST. CLAUDE DIED SHORTLY AFTER RETURNING TO FRANCE DUE TO HIS POOR HEALTH. HE HAD TRIED HARD TO LOVE GOD AS PERFECTLY AS HE COULD SO GOD CHOSE HIM TO HELP SPREAD DEVOTION TO HIS SACRED HEART. LIKE SAINT CLAUDE, WE SHOULD ALL LEARN TO APPRECIATE GOD'S LOVE FOR US.

The Leper Cross-Word



Keeping a Secret

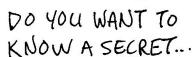
In today's Gospel reading, a poor man with leprosy asked Jesus to heal him. Our Lord was sorry for the leper and healed him. But then He told him not to tell anyone. Do you know what the man did?



Well, he didn't keep the secret.

He started to tell everyone what had happened. Soon Jesus couldn't walk into towns because there were such big crowds. He had to stay out in the deserted places so that there wouldn't be mobs in the towns.

Has anyone ever told you a secret? Do you find it hard to keep secrets? Once in a while somebody might tell you something that you will need to tell your parents, but usually you shouldn't tell anyone somebody else's secret. Before you tell something to your friends, always





ask yourself if it's okay to share it with them. Will it make things hard for somebody else? Might you hurt someone's feelings? Think about how you would feel if someone told one of your secrets to their friends. And finally, always remember that the

way you treat others is how you treat Jesus.

Answers to Cross-Word: across: 3.kept 6.leper 7.people 9.sternly 10.to 13.hand 15.made 16.go 17.whole 18.in 19.began down: 1.Jesus 2.begged 3.kneeling 4.tell 5.if 8.touched 16.go 17.whole 18.in 19.be 12.proof 13.he 14.down 15.man



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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

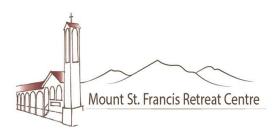
Retreat Centers in Southern Alberta

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.





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.