



Welcome to HOLY FAMILY PARISH

1ST SUNDAY OF LENT – YR. B, SUNDAY FEBRUARY 18, 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

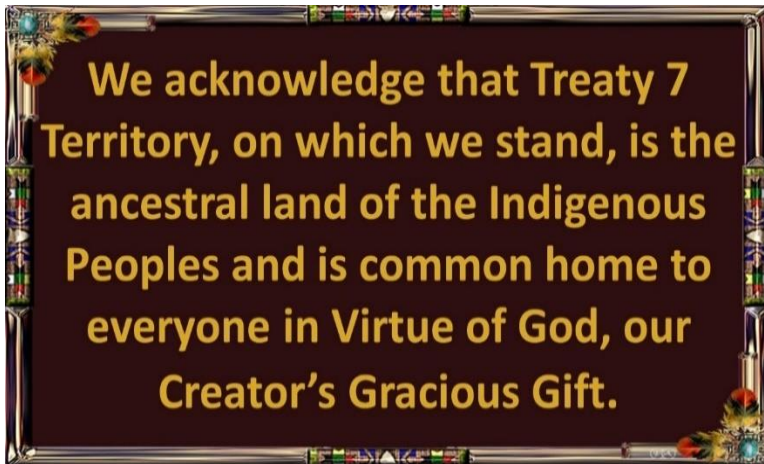
ADORATION FRIDAY 9:30 – 10:30am

Knights of Columbus – Greg Martin

Catholic Women's League – Cathy Koch

Parish Pastoral Council Chair - Gary Heinbecker

Parish Finance Council Chair - Cheryl Pocsik



Tax receipts are in the Foyer!



† Masses & Mass Intentions †



Saturday, February 17

8:00am - Gerald & Michael Ballman †

5:00pm ~ Chester Dumanowski †

Sunday, February 18

8:30am - Holy Family Parish

10:30am - John & Katherine Antoni & Family †

6:00pm ~ Kallampallil Family

Monday, February 19

6:00pm - Pam Dietrich †

Tuesday, February 20

6:00pm - Marilyn Holmes

Wednesday, February 21

9:00am - Jack Risling

Thursday, February 22

9:00am - Lambert Risling †

Friday, February 23

9:00am - Tony Unreiner †

1ST SUNDAY OF LENT - YEAR B, SUNDAY FEBRUARY 18, 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

HAPPENINGS IN HOLY FAMILY PARISH

Friday, February 16

6:00pm – Stations of the Cross – with meatless soup and buns – Presented by the Parish Pastoral Council

Saturday, February 17

7:30am - TMIY – HFP Hall

8:00 – Lenten Mass

10:00am – Benedictine Group – Hope Room

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

Monday, February 19 – **Family Day – Office Closed**

6:00pm – Mass followed by Lenten Mission – HFP Sanctuary

Tuesday, February 20

6:00pm – Mass followed by Lenten Mission – HFP Sanctuary

Wednesday, February 21

9:30am – Bible Study – Faith Room

7:00pm – RCIA – Faith Room

Friday, February 23

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

6:00pm – Stations of the Cross – followed by meatless soup & buns – Presented by the Knights of Columbus

Saturday, February 24

7:30am - TMIY – HFP Hall

8:00 – Lenten Mass

10:00am – Benedictine Group – Hope Room

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

Fifth Sunday in Ordinary Time - Year B

Genesis 9:8-15.

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

1 Peter 3:18-22.

Mark 1:12-15.

It's Okay to Be Tempted

True. But it is not okay to give in. Just as Jesus spent his forty days in the desert protected by the Spirit, let us have the same trust that God guides us on this Lenten retreat to right Kingdom thinking, speaking, and behaving. Let us sing with the Psalmist that God's ways are love and truth, guiding the humble to justice.

- ✝ Since the Kingdom of God is at hand, how will I repent?
- ✝ What must I stop saying and doing to embrace more fully this Kingdom?
- ✝ How can I work for justice?

TOGETHER
in ACTION

2024

2024 Goal - \$70,938

Donations to date -

\$6,449.70

We are 9% of the way there!



VOCATIONS

February 18th, 2024

1st Sunday
Of Lent

Lent: the springtime of the soul...is a time to make a new covenant with God, develop new signs of our relationship with our Creator. Go into your own desert and discover what God is asking of you. If you think God could be 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



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.

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

40 LOONIES FOR LENT
THE KNIGHTS OF COLUMBUS AND HOLY FAMILY PARISH INVITE YOU TO COLLECT A LOONIE OR TWO PER DAY DURING LENT FOR THE SOCIETY OF SAINT VINCENT DE PAUL, THE ROOT CELLAR, THE MUSTARD SEED, AND THE 5TH AVENUE & ST. BARNABAS MEAL PROGRAMS



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

TMW
 THAT MAN IS YOU!
 WORTHY OF THE CALL



Holy Family Parish Hall
 Breakfast 7:30am
 Presentation
 8:30 – 9:30 am
 February 24, 2024
 Theme
 The Four Last Things
 Presenter
 Fr. John Burns

Parish Breakfast ~ February 25th
After 8:30 & 10:30 Masses
OMELETS, HASHBROWNS, FRUIT & TOAST
\$10. – ADULTS
\$5. – UNDER 12
FREE – UNDER 6
& THE BEST FELLOWSHIP EVER!



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

UNPROTECTED
 A Pope, the Pill, and the Perils of Sexual Chaos

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

Holy Family Parish, 1451 Strachan Rd SE, Medicine Hat



Sponsored by: Knights of Columbus

Joe McKenna Council #9502

E-transfer
 ONLINE GIVING



accounting@holymfamilymh.ca

Sacramental Preparation 2024

1st Communion Parents Meeting

Tuesday, February 27 at 6:30pm in Faith Room

Confirmation Class

Thursday, February 29 at 6:00pm in Faith Room

1st Communion Class

Sunday, March 3 at 10:15am in Faith Room

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.

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



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

Embracing The Presence & the Power of the Holy Spirit
Friday, March 8th 6:30pm & Saturday, March 9th 8:30am -
3:30pm St Basil's Church Hall, Lethbridge

Friday Workshop: Receiving the infusion of the Holy
Spirit. Saturday Workshops: Tongues, Prophecy, Wisdom
& Knowledge, Resting in the Spirit and Intro to Healing.
Presented by Our Lady of Assumption Prayer Community.

REGISTRATION: Email: kfabbi@gmail.com

Ken's Cell: 403-331-8923



Holy Family Parish Lenten Penitential Service

March 21

6:00pm to 8:00pm



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.

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ON DEMAND.



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USE
WITH



Spending time with Jesus

The Chapel is Open
Monday – Friday 9:30am – 4:00pm
Adoration of the Blessed
Sacrament & Reconciliation
Friday 9:30-10:30am
Reconciliation
Saturday 3:30-4:30pm



***** 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**

Faithfully
FAITH. LIVED. FULLY.

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!**

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



FORMED® | THE CATHOLIC FAITH.
ON DEMAND.

LENTEN RESOURCES

Now Available on FORMED:

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

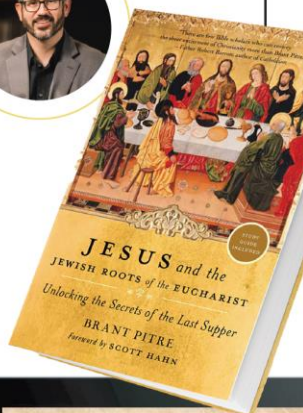
Don't miss our video series **Daily Bread: Discover the Eucharist in Scripture**, coming to FORMED this Lent! Based on Dr. Brant Pitre's acclaimed book *Jesus and the Jewish Roots of the Eucharist*, this video series will radically transform your love for the Blessed Sacrament.

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!



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LENTEN RESOURCES

Now Available on FORMED:

A Catholic Art Show for Kids

Looking for a new family activity this Lent? Help your children's faith and artistic gifts grow through this series from the Augustine Institute: *Drawing Closer to God: A Catholic Art Show for Kids*.

Join art teacher Ms. Kim as she teaches your family how to draw different scenes from the gospel story. Your children will also gain insights into Scripture as she shares the rich biblical background of each image they create.

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



FORMED.org

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





KNIGHTS OF COLUMBUS

IN SERVICE TO ONE. IN SERVICE TO ALL.

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.





THE
KING'S
UNIVERSITY

Visit King's!

Take one of these great opportunities to discover what The King's University is all about.

Campus Visit Day

January 26, 2024 | 9:00 a.m. – 3:00 p.m.

Parents Night

February 7, 2024 | 6:30 p.m. – 9:00 p.m.

Spring Open House

March 16, 2024 | 10:00 a.m. – 2:00 p.m.

All prospective students will receive a FREE King's sweater for attending Open House!



Campus Visit Day

April 5, 2024 | 9:00 a.m. – 3:00 p.m.

Online Info Session

April 10, 2024 | 4:00 p.m. – 5:00 p.m.

Looking for a personalized visit?

Email admissions@kingsu.ca to schedule a one-on-one appointment with one of our admission advisors.



For more information or to register for an event go to:

kingsu.ca/visit



1st Sunday of Lent - Year B

February 18, 2024

Eternal Covenant of Love

Two men, both seriously ill, occupied the same hospital room. One man was allowed to sit up in his bed for an hour each afternoon to help drain the fluid from his lungs. His bed was next to the room's only window. The other man had to spend all his time flat on his back. The men talked for hours on end. They spoke of their wives and families, their homes, their jobs, their military service, where they had been on holidays. Every afternoon when the man in the bed by the window could sit up, he would pass the time by describing to his roommate all the things he could see outside the window. The man in the other bed began to live for those one-hour periods where his world would be broadened and enlivened by all the activity and colour of the world outside.

The window overlooked a park with a lovely lake. Ducks and swans played on the water while children sailed their model boats. Young lovers walked arm in arm amidst flowers of every color and a fine view of the city skyline could be seen in the distance. As the man by the window described all this in exquisite detail, the man on the other side of the room would close his eyes and imagine the picturesque scene.

One warm afternoon the man by the window described a parade passing by. Although the other man couldn't hear the band - he could see it. In his mind's eye as the gentleman by the window portrayed it with descriptive words. Days and weeks passed.

One morning, the day nurse arrived to bring water for their baths only to find the lifeless body of the man by the window, who had died peacefully in his sleep. She was saddened and called the hospital attendants to take the body away.

As soon as it seemed appropriate, the other man asked if he could be moved next to the window. The nurse was happy to make the switch, and after making sure he was

comfortable, she left him alone. Slowly, painfully, he propped himself up on one elbow to take his first look at the real world outside.

He strained to slowly turn to look out the window beside the bed. It faced a blank wall. The man asked the nurse what could have compelled his deceased roommate who had described such wonderful things outside this window. The nurse responded that the man was blind and could not even see the wall. She said, "Perhaps he just wanted to encourage you."

God cheers every hearth who comes to him through his Son who gave to give eternal life.

As we begin our Lenten Season, we are invited to reflect on the Covenant which God made with Noah and fulfilled in Jesus. It is a covenant where God promises that He will never forget us, nor any of the creatures that he made. It is a covenant that promises that God will never again destroy the earth because of the sinfulness of man, and as a sign of this covenant this promise God creates the rainbow so that whenever it is raining God and all of us here who see it will remember that promise.

The beautiful thing about this covenant, this agreement that God made is that it has no conditions upon it. It is a covenant without any "if" clauses, such as "if you love me" or "if you obey me" or "if you worship me" or if you brush your teeth or help old ladies across the street - then I will be good to you! No - the covenant God made Noah is an unconditional covenant. It is a covenant of love wherein God promises to remember us even if we forget him.

That is what God's love is like. He remembers us even when we forget him. St. Paul writing to Timothy says "Therefore I endure everything for the sake of the elect, so that they may also obtain the salvation that is in Christ Jesus, with eternal glory. The saying is sure: If we have died with him, we will also live with him; if we endure, we will also reign with him; if we deny him, he will also deny us; if we are faithless, he remains faithful—for he cannot deny himself".

St. Leo the Great says "Dear friends, at every moment the earth is full of the mercy of God, and nature itself is a lesson for all the faithful in the worship of God. The heavens, the sea and all that is in them bear witness to the goodness and omnipotence of their Creator, and the marvelous beauty of the elements as they obey him demands from the intelligent creation a fitting expression of its gratitude. But with the return of that season marked out in a special way by the mystery of our redemption, and of the days that lead up to the paschal feast, we are summoned more urgently to prepare ourselves by a purification of spirit. The special note of the paschal feast is this: the whole Church rejoices in the forgiveness of sins. It rejoices in the forgiveness not only of those who are then reborn in holy baptism but also of those who are already numbered among God's adopted children.

Initially, men are made new by the rebirth of baptism. Yet there still is a required daily renewal to repair the shortcomings of our mortal nature, and whatever degree of progress has been made there is no one who should not be more advanced. All must therefore strive to ensure that on the day of redemption no one may be found in the sins of his former life. Dear friends, what the Christian should be doing at all times should be done now with greater care and devotion, so that the Lenten fast enjoined by the apostles may be fulfilled, not simply by abstinence from food but above all by the renunciation of sin”.

There is no more profitable practice as a companion to holy and spiritual fasting than that of almsgiving. This embraces under the single name of mercy many excellent works of devotion, so that the good intentions of all the faithful may be of equal value, even where their means are not. The love that we owe both God and man is always free from any obstacle that would prevent us from having a good intention. The angels sang: Glory to God in the highest, and peace to his people on earth. The person who shows love and compassion to those in any kind of affliction is blessed, not only with the virtue of good will but also with the gift of peace.

The works of mercy are innumerable. Their very variety brings this advantage to those who are true Christians, that in the matter of almsgiving not only the rich and affluent but also those of average means and the poor are able to play their part. Those who are unequal in their capacity to give can be equal in the love within their hearts.

Prophet Isaiah does confirm the unconditional covenant of God with his people that he will never forget them; “But Zion said, “The Lord has forsaken me, my Lord has forgotten me.” Can a woman forget her nursing child, or show no compassion for the child of her womb? Even these may forget, yet I will not forget you. See, I have inscribed you on the palms of my hands; your walls are continually before me. No matter what we have done -when we stand at the door and knock, God won't ask "who's there" he will instead open the door and welcome us in. Despite our sinfulness, despite all that we do to hurt each other and to hurt ourselves, God has promised not to abandon us, to not forget us and seek our destruction, but rather to remember us and his love for us. This is the meaning of the covenant sealed with a rainbow, and this is the meaning of all God's covenants with us.

Abraham was chosen by God to raise up a great nation, so that the world would be blessed by a Holy People. David's children were chosen by God to be Kings over Israel, so that one day the world might be saved by a Messiah. And Jeremiah was chosen to announce a new covenant, where God would place the Law in each person's heart and where each person might personally come to know God and his salvation.

That last covenant, the once announcement by Jeremiah, has been fulfilled, and each of us here is now privileged, if we so choose, to be a part of that covenant, a covenant

that is signed by the cross of Jesus and sealed by our baptism into his death and resurrection. God sent his Son instead of a flood to deal with our sin, and he died for our sin - the righteous for the unrighteous, to bring us to God and to allow us to live well both now and forever.

Holy Father Pope Francis reflecting on the Gospel says "St Mark writes in today's Gospel: "The Spirit immediately drove him out into the wilderness. And he was in the wilderness forty days, tempted by Satan; and he was with the wild beasts; and the angels ministered to him". With these simple words the Evangelist describes the trials willingly faced by Jesus before he began his messianic mission. It is a trial from which the Lord leaves victorious and which prepares him to proclaim the Gospel of the Kingdom of God. In these 40 days of solitude, he confronts Satan "body to body", He unmasks his temptations and conquers him. And through Him, we have all conquered, but we must protect this victory in our daily lives".

However, most of the times we fail and give ourselves to temptations, but the Lord shows his mercy and redemption everyday in our lives. The following story will help us to understand that Jesus being our covenant how he saves us.

There once was a man named Soul who was walking in a garden. He was whistling a real sweet tune for he was saved and had the joy of the Lord, but he was a baby Christian. As Soul was walking, a beautiful and seductive woman came out from behind a tree. Soul was very startled. He said, "Hello, I'm Soul, what is your name?"

She replied, "I am Temptation, I have what you want." "What do I want?" replied Soul. "You want to do all things which are of the flesh," said Temptation. Soul replied, "O.K., lead me." He and Temptation went off and fulfilled the desires of the flesh. When Soul returned to the garden, he met a man named Condemnation. Condemnation said, "Hey, I see you have met my friend, Temptation." Soul said, "Yes, who are you?" "I am Condemnation, I come after Temptation. We work hand-in-hand." Then Condemnation jumped on Soul's back and began to beat him. He hit him in the face and kicked him when he was down. This went on for several days. On about the third day, a man named Mercy came running and said, "I command you, Condemnation, to stop beating Soul." Condemnation snickered, "Make me." Mercy unsheathed his sword and cut Condemnation in two. As Soul watched in astonished pain, he was overtaken by the power of Mercy. Mercy walked up to Soul and said, "I have dealt with Condemnation before. He should not show up around you anymore." Soul replied, "How can I ever thank you?" "Well," replied Mercy, "I was sent here by God and He told me to introduce you to a dear friend of mine. His name is Redemption." Redemption walked up and said, "Hello Soul, I see that you are not doing well." Soul replied, "Not until Mercy came along. It is a pleasure to meet you Redemption." "Well", said Redemption, "I am glad to meet you. Are you ready to accept me?" "What do you mean?" asked Soul. Redemption said, "Well, when

you accepted Jesus and decided to walk with Him, then you chose to accept the things of Him and His love. I am a part of Jesus' love. I help you feel forgiven. You will never have to deal with Condemnation again. Temptation may come around, but I have someone I would like for you to meet who can help you with that. His name is Grace." Grace walked up to Soul and said, "Hello Soul, I have been waiting for you. As a matter of fact, all three of us have been waiting to meet you. I will help you take the way out of Temptation that God gives you as it comes up. The last person we want you to meet is Faith." "Hi Soul, I am Faith, and I will help you stay strong and keep your beliefs strong," said Faith. Soul began to cry. When he began to cry Redemption said, "This is what we are here for. Jesus redeemed you, saved you by Grace through Faith and gives you his Mercy. Jesus loves you Soul." Soul said, "I love you, Jesus."

What a great message this story contains for us as we begin our Lenten journey to grow deeper in our faith. We could see the price of our redemption through the eyes of Prophet Isaiah (53:4-7) "Surely he has borne our infirmities and carried our diseases; yet we accounted him stricken, struck down by God, and afflicted. But he was wounded for our transgressions, crushed for our iniquities; upon him was the punishment that made us whole, and by his bruises we are healed. Are we like sheep gone astray; we have all turned our own way, and the Lord has laid down the iniquity of us all. He was oppressed, and he was afflicted, yet he did not open his mouth; like a lamb that is led to the slaughter, and like a sheep that before its shearers is silent, so he did not open his mouth."

Jesus being our covenant, immediately following the temptations in the desert, he begins to preach the Gospel: The time is fulfilled, and the kingdom of God has come near; repent and believe in the good news. The time is fulfilled because in Jesus God has completed the covenant made with Noah that is not to destroy the world again due to sin. Jesus being our covenant invites everyone to repent and believe. What does it mean? In fact, we are never sufficiently orientated towards God, and we must continually direct our minds and our hearts towards him. To do this, we need to have the courage to reject all that takes us off course, the false values which deceive us, by subtly flattering our ego. Rather, we must entrust ourselves to the Lord, to his goodness and to his project of love for each of us. Lent is a time of repentance, yes, but it is not a time of sorrow! It is a time of penance, but it is not a time of sorrow, of mourning. It is a joyous and serious commitment to strip ourselves of our selfishness, of our "old person", and to renew ourselves according to the grace of our Baptism.

This Gospel highlights for us one of the central themes of the Season of Lent. We are dependent upon God for all that we have and all that we are. Anything that leads us to reject this dependency or to distrust its sufficiency, is a temptation from the devil. Jesus knows that he will be tempted again in the Garden of Gethsemane. The depth of Jesus'

trust in God is shown most fully when Jesus rejects the temptation to turn away from the task God has given to him.

Jesus' response to the temptations of the devil teaches us how we can respond to temptation. As we start our journey through Lent, this Sunday's Gospel calls us to adopt the same confidence that Jesus had in the face of temptation: God's word alone will suffice, God's promise of protection can be trusted, and God alone is God. St. Peter encourages everyone to stand against the temptations and the power of the devil: "Humble yourselves therefore under the mighty hand of God, so that he may exalt you in due time. Cast all your anxiety on him because he cares for you. Discipline yourselves, keep alert. Like a roaring lion your adversary the devil prowls around, looking for someone to devour. Resist him, steadfast in your faith, for you know that your brothers and sisters in all the world are undergoing the same kinds of suffering. And after you have suffered for a little while, the God of all grace, who has called you to his eternal glory in Christ, will himself restore, support, strengthen, and establish you. To him be the power forever and ever. Amen".

Jesus shows us the way out of our temptations and trials of daily life, how to be strong and make sure to preach the Good News to everyone but especially to those who feel rejected. God does not make the covenant with the powerful but with the repentant who trust in him as Noah did. God does not forget his covenant though we may.

One Easter Sunday morning, a pastor came to the Church carrying a rusty, bent, old bird cage, and set it by the pulpit. Several eyebrows were raised and, as if in response, the pastor began to speak.

"I was walking through town yesterday when I saw a young boy coming toward me, swinging this bird cage. On the bottom of the cage were three little wild birds, shivering with cold and fright. I stopped the lad and asked, "What you got there, son?"

"Just some old birds," came the reply.

"What are you gonna do with them?" I asked.

"Take 'em home and have fun with 'em. I'm gonna tease 'em and pull out their feathers to make 'em fight. I'm gonna have a real good time."

"But you'll get tired of those birds sooner or later. What will you do then?"

"Oh, I got some cats. They like birds. I'll feed 'em to them."

The pastor was silent for a moment. "How much do you want for those birds, son?"

"Huh??!! Why, you don't want them birds, mister. They're just plain old field birds. They don't sing - they ain't even pretty!"

"How much?"

The boy sized up the pastor as if he were crazy and said, "\$10?"

The pastor reached in his pocket and took out a ten-dollar bill. He placed it in the boy's hand. In a flash, the boy was gone.

The pastor picked up the cage and gently carried it to the end of the alley where there was a tree and a grassy spot. Setting the cage down, he opened the door, and by softly tapping the bars persuaded the birds out, setting them free.

Well, that explained the empty bird cage on the pulpit, and then the pastor began to tell this story.

One day Satan and Jesus were having a conversation. Satan had just come from the Garden of Eden, and he was gloating and boasting.

"Yes, sir, I just caught the world full of people down there. Set me a trap, used bait I knew they couldn't resist. Got 'em all!"

"What are you going to do with them?" Jesus asked.

"Oh, I'm gonna have fun! I'm gonna teach them how to marry and divorce each other. How to hate and abuse each other. How to drink and smoke and curse. How to invent guns and bombs and kill each other. I'm really gonna have fun!"

"And what will you do when you get done with them?", Jesus asked.

"Oh, I'll kill 'em."

"How much do you want for them?"

"Oh, you don't want those people. They ain't no good. Why, you take them and they'll just hate you. They'll spit on you, curse you and kill you!! You don't want those people!!"

"How much?"

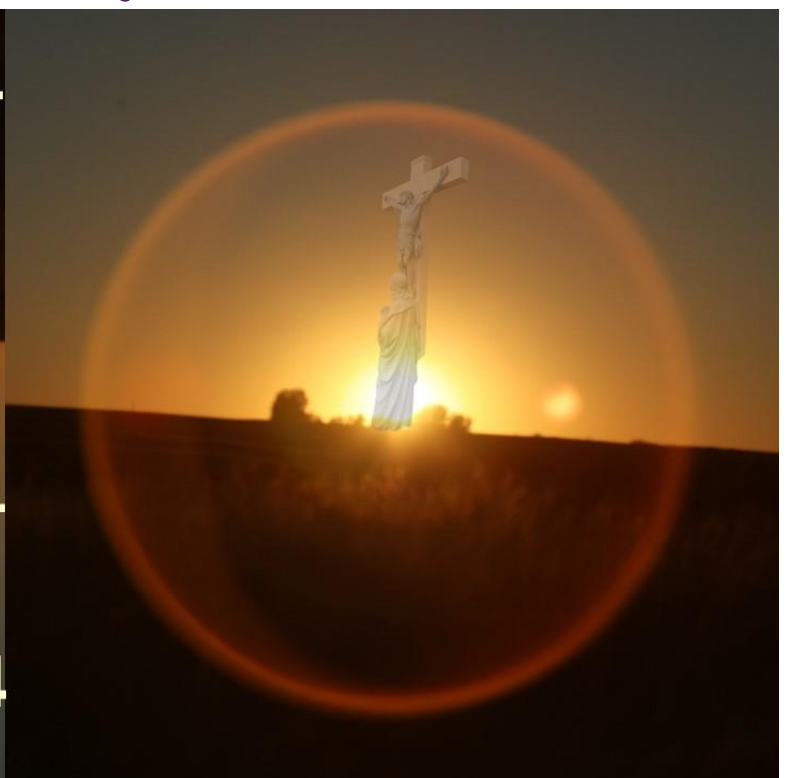
Satan looked at Jesus and sneered, "All your tears, and all your blood." Jesus paid the price.

The pastor picked up the cage he opened the door and he walked from the pulpit.

God's covenant is fulfilled on the Cross through his Jesus who died upon it to save us and to grant eternal life and he will never forget it. What is our stand?

Eternal Covenant of Love

1st Sunday of Lent
Year B
February 18, 2024





DIOCESAN SUNDAY UPDATES

1st Sunday of Lent



40 Hours Devotion for Vocations

As part of the Diocesan Renewal, the Office of Vocations is excited to launch the 40 Hours Devotion for Vocations in our diocese. This initiative invites us to pray continuously for forty hours before the Exposition of the Blessed Sacrament, with a focus on increasing vocations to the priesthood and consecrated life. Please read the letter from the Bishop inviting you to this initiative at catholiccyc.ca/40hours March dates for 40 hours devotion:

- St. Mary's Cathedral, Fri, Mar 1 at 7 am to Sat, Mar 2 at 11 pm
- St. Anthony's, Calgary, Fri, Mar 1 at 3 pm to Sun, March 3 at 7 am
- St. Luke's, Calgary, Fri, Mar 8 at 8:30 am to Sun, Mar 10 at 8 am

● St. Bonaventure's, Calgary, Wed, Mar 13 at 7 am - Thu, Mar 14 at midnight

Mercy from Age to Age: From Loneliness Toward a Culture of Encounter

You've probably heard of St. John Paul II's Theology of the Body, but have you heard of Pope Francis's theology of aging?

Recently, Pope Francis delivered a series of Wednesday audiences on the meaning and value of the alliance between generations. Join a workshop with expert panels on Sat, Feb 24 at 10 am to 2 pm at St. Bonaventure, Calgary. Lunch included.

More info at agetoageseries.ca

Together in Action 2024

Ash Wednesday, February 14, 2024, marks the beginning of our 2024 Together in Action campaign. This year, we draw upon Philippians 4:19: "God will fully satisfy every need of yours according to His riches in glory in Christ Jesus." This scripture passage encourages us to trust in God's abundant provision and to share this abundance with others through service and love. Our diocesan goal of \$2 million will make a broad impact through our commitments to service and outreach. It will provide care for our

retired priests, support hospital chaplaincy and pastoral care ministries, and aid local healing and reconciliation initiatives for residential school survivors. You can participate by donating at your parish, or online at catholicyyca.ca/tia - your contribution will be included as part of your parish contribution for TIA.

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

Lenten Resources

Visit our Diocesan Lenten Resources at catholicyyc.ca/Lent to find a listing of Lenten missions/retreats in parishes throughout the Diocese, daily Lenten reflections, Stations of the Cross, and Lenten activities and inspiration for individuals, children, and families.

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.

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.

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.

27th Annual God Squad Men's Conference

God Squad Canada is hosting its annual

Men's Conference called "The Way to the Father" on March 22-23, 2024 at Ascension Catholic Parish in Calgary with keynote speaker: Jon Leonetti (author, speaker, radio host, but most importantly a husband and a father); as well as Brother Simon of the Seeds of the Word Community in Calgary. Get tickets at godsquad.ca

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, visit catholiccyyc.ca/careers.

The Holy Season of

LENT



PRAYER FASTING ALMSGIVING



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

First Sunday of Lent
February 18th, 2024



*What was the story mentioned in today's first reading
that talks about God washing away the sins of the
world and making a covenant with His people?*

Connect the dots to find out what the story was about!

Saints Francisco and Jacinta

February 20

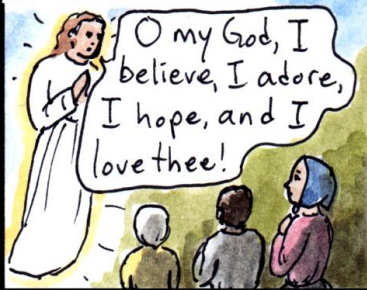
FRANCISCO AND JACINTA MARTO WERE THE YOUNGEST OF SEVEN CHILDREN OF A CATHOLIC FAMILY IN A SMALL VILLAGE IN PORTUGAL.



WHILE WATCHING THE SHEEP WITH THEIR COUSIN LUCIA, THEY WOULD PLAY GAMES AND SAY THEIR PRAYERS.



BUT ONE DAY AN ANGEL APPEARED AND TAUGHT THEM A SPECIAL PRAYER.



SOON OUR LADY APPEARED TO THEM AND ASKED THEM TO PRAY AND SACRIFICE.

SHE SHOWED THEM HOW MANY PEOPLE DID NOT REPENT OF THEIR SINS AND WENT TO HELL.



LUCIA, FRANCISCO AND JACINTA BEGAN TO PRAY AND OFFER MANY SACRIFICES FOR THE POOR SINNERS.



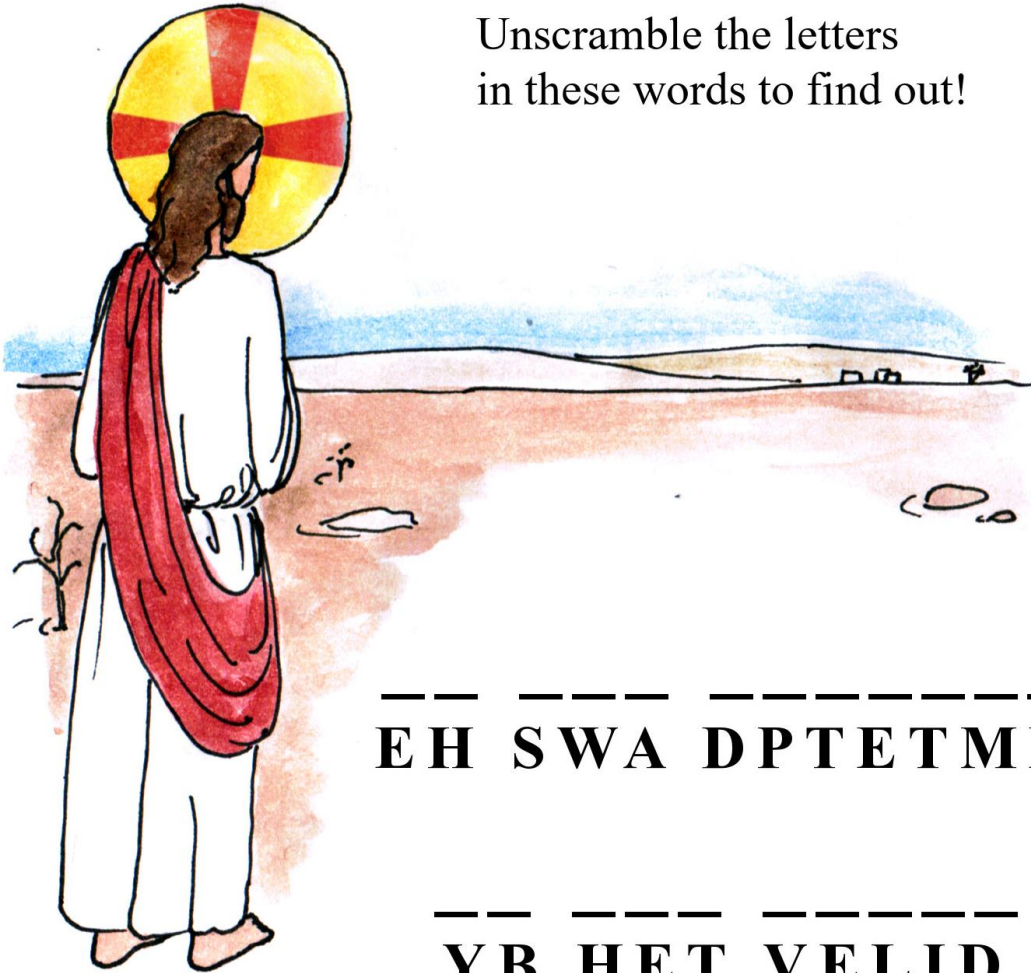
AT AGE 10, FRANCISCO FELL ILL. HE OFFERED HIS SICKNESS AND HIS LIFE FOR SINNERS. IN TWO YEARS JACINTA ALSO FELL SICK AND GAVE HER LIFE FOR SINNERS.

SAINT FRANCISCO AND SAINT JACINTA KNEW HOW IMPORTANT IT IS TO PRAY AND DO SACRIFICES TO SAVE PEOPLE FROM HELL. THEY WOULD GIVE UP THEIR LUNCHES AND WEAR KNOTTED ROPE AROUND THEIR WAISTS TO SUFFER FOR SINNERS. WHAT IS A LITTLE SACRIFICE THAT YOU CAN DO TO HELP SINNERS?

JESUS IN THE DESERT

Today's Gospel reading tells us that Jesus was fasting in the desert for forty days. He was preparing Himself for His special work.

We know that Jesus was a real person. He was like us except that He never sinned. There was something that happened when He was in the desert that shows us that He had to decide between right and wrong just like we do. What was it?



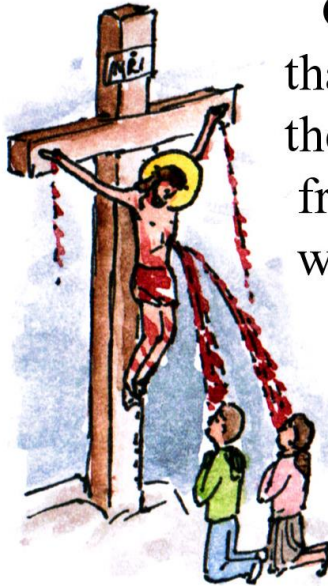
Unscramble the letters
in these words to find out!

— — — — —
EH SWA DPTETME

— — — — —
YB HET VELID

God Washes Away our Sins

In the time of Noah, the people had forgotten about God. They only cared about themselves. They didn't care if they sinned against God or against each other. Only Noah and his family still remembered God and tried to do what was right.



God let a flood destroy all the people other than Noah's family. He wanted to wipe out the sins of the world and give people a fresh start at living in peace with Him. He washed the sins away with the great flood.

But the people still sinned, just like we do even after we have been baptized. So Jesus did something that would have the power to take away all the sins that are ever committed. He died on the cross, letting His blood wash away our sins. Now all we have to do is be sorry and turn to God and accept the forgiveness that He is waiting to give us in Confession.



Answers: Front page: Noah's ark
Inside: He was tempted by the devil.



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

St. Martha's Parish, Lethbridge

Monday, January 22, 2024

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

Monday, February 19, 2024

"Finding the Real Presence of God outside the church"

Monday, March 18, 2024

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

Monday, April 15, 2024

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

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

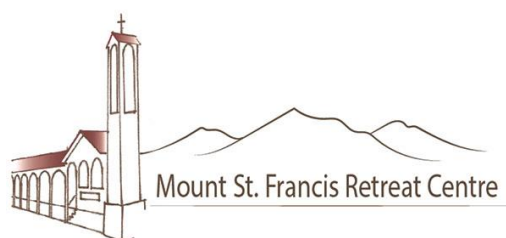
Mass follows at 11:15 am

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

Retreat Centers in Southern Alberta

AN "OASIS" IN THE HEART OF CALGARY

FCJ Retreat & Conference Centre is seen by many as a spiritual home where God feels very present both in the building and the surrounding landscape, and every year welcomes thousands of visitors to a unique experience of warm hospitality and deep spirituality. Our hope is that those who come to the FCJ Centre will encounter God, whether in prayer, in the Word, in the silence and the beauty; and that this encounter will touch many other lives too.



Mount St. Francis Retreat Centre is nestled in the foothills of the Rocky Mountains where are all welcome in the name of Christ. The Franciscan Friars of Canada, inspired by the vision and example of St. Francis and St. Clare of Assisi, have served here since 1949.

We offer silent retreats and spiritual direction. We also serve those in the 12 Step Program through weekend and evening Serenity

retreats. We listen to 5th steps. We host groups and individuals seeking a place of quiet and stillness in an often-hectic world. We can accommodate up to 50 people (46 rooms/50 beds). We have one large and one small meeting room, a library and chapel. We can accommodate most dietary restrictions. There are approximately 500 acres to explore.

Our retreats are organized through a group of dedicated volunteer Captains that oversee the registration. Please see our retreats page for more information.

We have strong ties with the Roman Catholic Diocese of Calgary; other Christian Churches, schools, and organizations; as well as others not affiliated with any particular faith but who are in accord with our mission of peace, healing and prayer. We value the many loyal friends and benefactors that have supported us in our ministry for over 70 years.

Martha Retreat Centre, situated on the edge of the beautiful Lethbridge coulees, is a ministry of the Martha Retreat Centre Society, which was established in 2018. Originally founded by the Congregation of the Sisters of St. Martha of Antigonish, Nova Scotia in 1968, the Centre continues to be supported by and aligned with the mission of the Sisters of St. Martha: inspired by God's graciousness, we strive to hear, embrace and respond to the cry for gospel hospitality.





Scams Alert

There are many scams going around masquerading as your clergy (priests, deacons or lately, the bishop).

Please exercise caution when responding to email messages. If you receive unusual emails, check the sender's email address to see whether it is the person's genuine address. Even if the sender's address looks correct, always verify suspicious emails by phoning the sender. There have been many similar scams reported by several parishes in our diocese and across Canada.

Note that these scams do not stop at emails. Those in social media should stay vigilant when responding to friend requests or to other compelling posts requiring a response. There are many fake Twitter, Facebook and other social media accounts trying to impersonate people you know and our church leaders. Some scammers may take the time to build a relationship with you to gain your trust, before trying to extort money or other things like gift cards.

Please exercise vigilance when you are being charitable. Use the channels you are most familiar with and avoid becoming victims of a scam.

NOBODY is going to ask you for gift cards, or bit coins from the church! NOBODY!!!

All our email addresses only end in @holyfamilymh.ca never a @gmail account.

If you get an email or a text, PLEASE DO NOT RESPOND to it, you can forward it to contact@holyfamilymh.ca so it can be sent to the diocese.