

2ND SUNDAY OF LENT – YR. B, SUNDAY FEBRUARY 25, 2024

Email: <u>contact@holyfamilymh.ca</u> ~ Website: <u>www.holyfamilymh.ca</u> ~ Phone <u>403-527-6933</u> <u>Facebook: Medicine Hat Holy Family Parish</u> ~ <u>YouTube: Medicine Hat Holy Family Church</u>

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.





† Masses & Mass Intentions †

Saturday, February 24

8:00am - John Holton

5:00pm ~ Ross & Cois Duke +

Sunday, February 25

8:30am - Ester Porfoun †

10:30am - Holy Family Parish

6:00pm ~ Derrick Risling +

Monday, February 26

9:00am - Bruce Niwa +

Tuesday, February 27

9:00am - Jim & Bernice Tennant †

Wednesday, February 28

9:00am - Tom Weisgerber †

Thursday, February 29

9:00am - Emanuel & Katherine Weisgerber +

Friday, March 1

9:00am - George & Julia Mastel +

2ND SUNDAY OF LENT - YEAR B, SUNDAY FEBRUARY 25, 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 2024

2024 Goal - \$70,938

Donations to date \$6,892.50

We are 10% of the way there!

Special Collection Days in March

March - Fut
God Bless You, Ma
Thank You for
Your donations!

YOU BELONG.

YOU

March - Future Development Fund

Ss You, March - Together in Action

March 17 – Easter Flowers

March 28 – Holy Thursday

Needs for the local Poor

March 29 - Church in the Holy Land March 30 – Easter Offering

HAPPENINGS IN HOLY FAMILY PARISH

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

Monday, February 26

6:00pm — Life Ministry — Faith Room

Tuesday, February 27

6:30pm — Ist Communion Parents Meeting — Faith Room

Wednesday, February 28

9:30am — Bible Study — Faith Room 7:00pm — RCIA — Faith Room

Thursday, February 29

6:00pm — Confirmation Class — Faith Room Friday, March I

9:30am-10:30am—Reconciliation—HFP Chapel 9:30am — 12 Hour Adoration — HFP Chapel 6:00pm - Stations of the Cross — followed by meatless soup & buns — Presented by the HFP Finance Council

8:00pm-9:30pm-Reconciliation-HFP Chapel

Cisten to Him.

One week into Cent, we are simply told by the voice from the cloud: Cisten to Jesus. He told us last Sunday to "believe in the gospel." What does belief in this Good News look and sound like this Cent, this year?

- **†** Since we are descendants of Abraham, how am I to behave with my cousins (that is, everyone)?
- **†** Since we are sisters and brothers in the Cord Jesus Christ, to whom do I listen? What am I told?
- **†** Since I am also "beloved", what will I do?



V+CATI+NSFebruary 25, 2024 2nd Sunday Of Lent

If you need examples of persons responding to God's call, look at Abraham and Sarah - called in old age to leave their country and have a child. Then Abraham was asked to sacrifice that child. What faith! Answering God's call to be a priest, brother, sister or deacon is also taking a great risk. If you are willing, and 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

Stations of the Cross 2024
Friday, February 16 — Parish Pastoral Council W

Friday, February 23 — Knights of Columbus 🎉

Friday, March I — Finance Council 💘

Friday, March 8 - R.C.I.A.

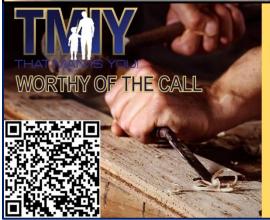
Friday, March 15 - Catholic Women's League W

Friday, March 22 - Filipino Community 90

Monday, March 25 — St. Louis School

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

W-Groups providing Meatless Soup & Buns after.



Holy Family
Parish Hall
Breakfast 7:30am
Presentation
8:30 – 9:30 am
March 2, 2024
Theme
The Choice for
Heaven
Presenter

Fr. John Burns

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



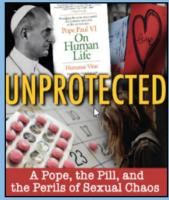
Holy Family Life Ministry

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



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

4TH DEGREE SIR KNIGHTS
Sunday February 25, 2024
2:00 PM
St. Patrick's Church
Meeting Room





Friday, March 1, 2024 9:30am - 9:30pm Reconciliation 9:30 - 10:30am

& 8:00 - 9:30pm

alone can give you true peace..." St Padre Pio Please help by signing

"Always remain close

to the Catholic

Church, because it

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

All parishioners welcome and encouraged to attend



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



REAPING **OUR RIGHTS** Join the movement!

Share Development and Peace

Development and Peace - Caritas Canada: a movement of solidarity.

Established in 1967, Development and Peace -Caritas Canada is the official international solidarity organization of the Catholic Church in Canada.

We address the root causes of poverty, oppression, and inequality by working with partners in the Global South and by mobilizing Canadians in the common struggle for justice and dignity. We champion women and social movements as key agents of lasting change. Our transformative work is possible thanks to the generosity and support of our members and Canadians who stand by us.

Join the movement of over 12,000 members and help us bring our campaigns to life in your community. Visit devp.org/membership.



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

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

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. Igbal 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.

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 Thank you for your support. and one ticket for \$5

If you are passionate about the dignity of life & would like to know more about what the Catholic Church teaches regarding the dignity of life, please join us.

Prayer and Adoration 2nd Tuesday of the month at 7:00pm in the Chapel.

Education Evening 4th Monday of the month at 7:00pm in the Faith

Information Valerie at 587-588-5788 Room. Sonia at 403-528-0028





accounting@holyfamilymh.ca







<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!

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



LENTEN RESOURCES

Now Available on FORMED:

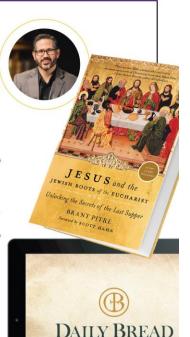
This Lenten video series will radically transform vour love for the Blessed Sacrament.

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.



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



FORMED THE CATHOLIC FAITH. 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





www.mhcbe.ab.ca

NEXT CATHOLIC SCHOOL BOARD MEETING

Tuesday, March 12, 2024 @ 2:45 pm (agenda)
Click here to access the YouTube live stream.
February Board Meeting Highlights

MEDICINE HAT CATHOLIC BOARD OF EDUCATION

BOARD BULLETIN

DIRECTOR OF CURRICULUM

After a thorough search and selection process, The Medicine Hat Catholic Board of Education would like to congratulate our newly appointed Director of Curriculum, Mr. Colin Desnoyers!



As our division Director of Curriculum, Mr. Desnoyers will collaborate with teachers to

identify new curriculum resources, assist in planning and executing units and lessons, and lead the development of report card outcomes. This position will work to identify professional learning opportunities that staff can access to support curriculum implementation and organize working groups with grade-level partners across the division.

Colin brings a wealth of experience and expertise to this new role in our division and is committed to ensuring that staff have access to the necessary resources and training required to deliver highquality instruction as the new curriculum continues to be implemented.

Please join us in congratulating Mr. Desnoyers!

THE FACE OF CHRIST AWARD

Nominations for the The Face of Christ Award are now open! Submission deadline: March 29, 2024.

This award was created by the Medicine Hat Catholic Board of Education to acknowledge a support staff member who deserves to be recognized for providing outstanding support to their school communities.

These individuals go beyond their job descriptions to make a difference in our Medicine Hat Catholic family. The recipient of the award will be recognized at one of our Board meetings.

Who can nominate? Teachers, parents, administrators, members of the parish community.



Please note: All underlined text/headlines in the Board Bulletin are linked to websites where more information on the subject can be found.

BOARD MEETING CHANGES

At the Public Board Meeting on February 13, the Board of Trustees voted to change the structure of their monthly meetings. Effective immediately, Committee of the Whole meetings will be held on a separate day approximately two weeks before the Public Board Meeting. This change will allow more discussion time for board gatherings.

Public Board Meetings will continue to be held on the second Tuesday of the month, with the time now changed to 2:45 p.m. As always, Public Board Meetings will be livestreamed on our YouTube channel.

BOARD LETTER OF COMMITMENT

As part of the construction of Holy Trinity Academy (new K-9 school), the board wishes to expand the gym space of the school by 460 m2. The allocated gym space was 940m2 bringing the gym space to 1400 m2 divided into two gym spaces. The cost as determined for this gym space is \$2,738,955. The board voted in favour to proceed with a letter to commit to payment of these funds.

Floor plans and renderings of Holy Trinity Academy will be available to share with the public within the next 4-6 weeks.

ST. MARY'S SCHOOL PRESENTS: FINDING NEMO JR

St. Mary's School is proud to bring Disney's Finding Nemo JR. to life on the Esplanade stage!

March 8 7:00 PM March 9 11:00 AM

Get your tickets here!



SUBSTITUTE TEACHERS' APPRECIATION WEEK MARCH 11-15

They are the unsung heroes in our hallways, filling gaps and stepping into diverse roles to keep our schools running every day.

The Medicine Hat Catholic Board of Education recognizes the many ways in which substitute teachers contribute to the success of all students across our school division!





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 chosen was rose to commemorate Juan Diego and miracle of the roses, 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

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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.



Visit King

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



2nd Sunday of Lent - Year B

February 25, 2024

IT'S GOOD TO BE WITH THE LORD

Last Sunday we reflected on the covenant of God which he made with Noah and promised him that he will never destroy the earth again. In the Gospel we saw Jesus tempted by the devil, but he remained faithful and steadfast against the cunningness. After emptying himself in the wilderness and strengthened by his Father, he started his public ministry by these words "Time is fulfilled, repent and believe, for the kingdom of heaven is near". What time is fulfilled? The time of God's covenant made with Noah is fulfilled because through Jesus his Son, God is going to save the world and the Prophet Isaiah confirms it with these encouraging words: "Surely, he has borne our infirmities and carried our diseases; yet we accounted him stricken, struck down by God, and afflicted. 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. We like sheep have gone astray; we have all turned to our own way, and the Lord has laid on him 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" (53:4-7).

Today as we participate in the liturgy of 2nd Sunday of Lent, we are introduced to the most beautiful and powerful story of Transfiguration of the Lord. The scenario, companionship of disciples along with Moses & Elijah, setting up of the tents and above all the voice of the Father coming down from heaven proclaiming, "He is my beloved Son" makes us feel "IT'S GOOD TO BE WITH THE LORD". Jesus brings three of His disciples up onto a mountain where Christ is transfigured before them: they saw the glory of God, the Divinity of Christ, which was hidden behind the humble appearance of a persecuted man. We say in the Nicene Creed that Jesus, is "God from God, light from light, true God from true God", and that He is "…consubstantial with the Father," but

why do we say this? The main reason behind this, is to believe that Jesus "became flesh" but still he comes from God the Father.

Jesus is Lamb of God who takes away of the sins of the world. Though he suffered he was obedient even to the death and death on the cross as St. Paul writes to the Philippians. In obedience he gave himself up for us because he knew that his Father loves the world so much and wants to save it from the poison of sin and the slavery of the devil. A chaplain was ministering to a soldier in the hospital and said, "You have lost an arm in the great cause." The soldier replied, "I didn't lose it—I gave it." Jesus did not lose His life either. He willingly gave it for us so we could be reconciled to God.

We are all aware of the meaning and definition of obedience and we read a lot about it. We teach about obedience to others and even ourselves learn to obey, although the word "OBEDIENCE" in our secular world is almost becoming extinct. People have drawn wrong conclusion of obedience; for example, for some people obeying means losing one's self esteem or dignity and becoming subject to other. However today through the Sacred Scripture Reading we find another form of obedience and that is Sacrificial Obedience. What does it mean? It means to feel good to be with the Lord and listening to his voice who keep calling us "come, follow me".

Let us walk with Abraham, Isaac, Moses, Elijah, Jesus and the disciples. In the First Reading we see the story of a father and son. Father receives his son in a very old age when there was no chance for him to have children and then a miracle takes place, and he receives a son. We can image the joy and happiness of the parents who are having their first child or a child after long years of their marriage. We can see the emotional attachment of the parents. Is it easy for the parents to let a child go away from the home or die? I would say absolutely no. I met a couple a few days ago who have two sons and started chatting with them. During the chat I asked the kids if they are attending any school, the oldest son said yes but for the younger one, the reply came from the mother "she would love to keep him closer to her as much as she could". Is there anything wrong, absolutely not, because that's the love of the parents and the mother in particular. In my own case, my parents had similar feelings because they wanted me to stay closer to them but my life as priest didn't go with their wishes.

Despite emotional attachment, a serious and the toughest test is placed before Abraham "take your son and sacrifice him on the mountain". Serious goosebumps. How in the world is it possible for a father to let his son who is the only son and who will continue his offspring. What would our reaction be in this kind of situation? But the reaction of Abraham is of pure obedience. He is ready to sacrifice his son because for him obedience is more important than the sacrifice. Even the son is part of his father's obedience and wanted his father to carry out what he had decided to do. The outcome of the obedience in the Reading today; God promises to make the father of the multitude of nations and their offspring numerous as the stars of heaven and as the sand that is on the seashore. "What then are we to say was gained by Abraham, our

ancestor according to the flesh? For if Abraham was justified by works, he has something to boast about, but not before God. For what does the scripture say? "Abraham believed God, and it was reckoned to him as righteousness." (Romans 4:1-3). The author to the Letter to Hebrews explains the reward of Abraham in this way "When God made a promise to Abraham, because he had no one greater by whom to swear, he swore by himself, saying, "I will surely bless you and multiply you." And thus Abraham, having patiently endured, obtained the promise" (6:13-15).

In the Second Reading St. Paul while writing to Romans, explains the purpose of Jesus' sacrifice who died for us all and who is at the right hand of God, who indeed intercedes for us. If he died for us to unite with his Father then who can separate us from his love; "in all these things we are more than conquerors through him who loved us". There is one requirement to remain united with him is obedience then we will have the crown of eternal glory "Be faithful unto death and I will give you the crown of eternal life/glory" St. John says in the Book of Revelation.

Six-year-old Dan decided one Saturday morning to fix his parents pancakes. He found a big bowl and spoon, pulled a chair to the counter, opened the cupboard, and pulled out the heavy flour canister, spilling it on the floor.

He scooped some of the flour into the bowl with his hands, mixed in most of a cup of milk and added some sugar, leaving a floury trail on the floor which by now had a few tracks left by his kitten.

Dan was covered with flour and getting frustrated. He wanted this to be something very good for Mom and Dad, but it was getting very bad.

He didn't know what to do next, whether to put it all into the oven or on the stove, and he didn't know how the stove worked! Suddenly, he saw his kitten licking from the bowl of mix and reached to push her away, knocking the egg carton to the floor. Frantically, he tried to clean up this monumental mess but slipped on the eggs, getting his pajamas wet and sticky.

Just then he saw Dad standing at the door. Big crocodile tears welled up in Dan's eyes. All he'd wanted to do was something good, but he'd made a terrible mess. He was sure a scolding was coming, maybe even a spanking. But his father just watched him.

Then, walking through the mess, he picked up his crying son, hugged him and loved him, getting his own pajamas wet and sticky in the process and he said, "I love you son".

That's how God deals with us. We try to do something good in life, but it turns into a mess. Our marriage gets all sticky, we insult a friend, we can't stand our job, or our health goes sour. Sometimes, we just stand there in tears because we can't think of anything else to do. That's when God picks us up and loves us and forgives us, even though some of our mess gets all over Him. Just because we might mess up, we can't stop trying, for God, or for others. God always carries us in his arms and keep repeating "I love you."

The Gospel Reading invites us to contemplate the Transfiguration of the Lord. Jesus just finished talking with his disciples about his suffering, death and resurrection and off course St. Peter didn't like the idea of Jesus's suffering and dying and he almost fights with the Lord. "This message led to crisis for Peter and the entire group of disciples, who rejected the idea that Jesus would be scorned by the leaders of the people and then put to death. Indeed, they were waiting for a powerful, strong, dominating Messiah, whereas Jesus presented himself as a humble and gentle servant of God, and servant of mankind, who would offer his life in sacrifice, passing by way of persecution, suffering and death. But how could one follow a Master and Messiah whose earthly existence was to end in that way? That is what they were thinking. And the answer came precisely from the Transfiguration" as Pope Francis reflects on the Gospel. Is Peter wrong to stop Jesus talking about his death? I think none of us like to hear from someone who is very near to us that he/she is going to death. What would be our first reaction? "Shut up" and stop talking about the death. I remember while to talking to my sisters about my dad, they told me that dad said he does not have much time to live and he will be soon gone to the Lord. And the reaction of my sisters was "no, don't talk, you will be fine". Soon after the confrontation with St. Peter, Jesus takes Peter, James, and John, "and led them up a high mountain; and showed them his glory, the glory of the Son of God'. This may have made his disciples change their perspective of his suffering, death, and resurrection. "They saw him, as the Holy Father's reflection, as he would be after the Passion: glorious". The story does not end there but continues with very important personalities of the Old Testament: Prophet Moses & Prophet Elijah. These two prophets are persona Christi in many ways (please read about them). These two went to the mountain of the Lord to meet with God. Moses represents the Law and Prophet Elijah represents the Prophets. They are there to confirm what is written in the Law and Prophets about Jesus' suffering, death, and resurrection. The event of Jesus transfiguring himself on the mountain enables us to better understand his Resurrection. In order to understand the Mystery of the Cross, it is necessary to know ahead of time that the One who suffers and who is glorified is not only a man, but is the Son of God who, with his love faithful to the end, saves us. In this way the Father renews his messianic declaration about the Son, which he had made previously on the bank of the River Jordan after his Baptism, exhorting: "listen to him". The disciples are called to follow the Master with trust, with hope, notwithstanding his death; the divinity of Jesus must be made manifest precisely on the Cross, precisely in his dying "in that way", so that here Mark the Evangelist places in the mouth of the centurion the profession of faith: "Truly this man was the Son of God!".

These two prophets have prepared Jesus for the Sacrificial Obedience to the Father who loves him so much "this is my beloved Son with whom I am well pleased, listen to him". This is the message the Father gives to the Apostles. Jesus' message is preparing them by showing them his glory; the Father's message is: "Listen to him". There is no

moment in life that cannot be fully lived by listening to Jesus. In beautiful moments, let us stop and listen to Jesus; in difficult moments, let us stop and listen to Jesus. This is the way. He will tell us what we have to do. Always. The apostles are taken up so much what they witness that they want to stay there even ready to prepare tents for them. St. Gregory Palamas (1296-1359) concludes his reflection with these words "Let us,

St. Gregory Palamas (1296-1359) concludes his reflection with these words "Let us, considering the Mystery of the Transfiguration of the Lord in accord with their teaching, strive to be illumined by this Light ourselves and encourage in ourselves love and striving towards the Unfading Glory and Beauty, purifying our spiritual eyes of worldly thoughts and refraining from perishable and quickly passing delights and beauty which darken the garb of the soul and lead to the fire of Gehenna and everlasting darkness".

Who thinks and talks about their death, especially when they are young? I guess no one but Jesus does because he knows the purpose of his coming to the world because he wants to gather everyone as hens gather the chicks under their wings. In his obedience, after his transfiguration, he doesn't go anywhere else but to Jerusalem where the events of human salvation are going to take place. His own people will betray him, arrest him, torture him, crucify him, and will deny him as well. However, his obedience will bring him to the point where he will say "if possible, let this cup pass away but not my will but your will be done".

At the end I would like to leave all of you with these questions to contemplate while you read the story below. What are the times when I disobeyed the Lord? When did I really feel that I have obeyed the Lord and listened to him?

There was once a bridge which spanned a large river. During most of the day, the bridge sat with its length running up and down the river paralleled with the banks, allowing ships to pass through freely on both sides of the bridge. But at certain times each day, a train would come along, and the bridge would be turned sideways across the river, allowing a train to cross it. A switchman sat in a small shack on one side of the river where he operated the controls to turn the bridge and lock it into place as the train crossed. One evening as the switchman was waiting for the last train of the day to come, he looked off into the distance through the dimming twilight and caught sight of the train lights. He stepped to the control and waited until the train was within a prescribed distance when he was to turn the bridge. He turned the bridge into position, but, to his horror, he found the locking control did not work. If the bridge was not securely in position, it would wobble back and forth at the ends when the train came on to it, causing the train to jump the track and go crashing into the river. This would be a passenger train with many people aboard.

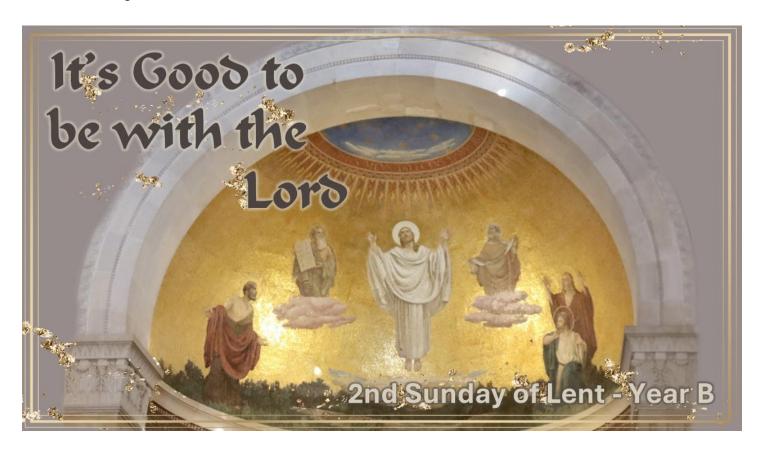
He left the bridge turned across the river, and hurried across the bridge to the other side of the river where there was a lever switch, he could hold to operate the lock manually. He would have to hold the lever back firmly as the train crossed. He could hear the rumble of the train now, and he took hold of the lever and leaned backward

to apply his weight to it, locking the bridge. He kept applying the pressure to keep the mechanism locked. Many lives depended on this man's strength.

Then, coming across the bridge from the direction of his control shack, he heard a sound that made his blood run cold. "Daddy, where are you?" His four-year-old son was crossing the bridge to look for him. His first impulse was to cry out to the child, "Run! Run!" But the train was too close; the tiny legs would never make it across the bridge in time. The man almost left his lever to run and snatch up his son and carry him to safety. But he realized that he could not get back to the lever. Either the people on the train or his little son must die. He took a moment to make his decision. The train sped safely and swiftly on its way, and no one aboard was even aware of the tiny broken body thrown mercilessly into the river by the onrushing train. Nor were they aware of the pitiful figure of the sobbing man, still clinging tightly to the locking lever long after the train had passed.

They did not see him walking home more slowly than he had ever walked: to tell his wife how their son had brutally died. Now if you comprehend the emotions which went through this man's heart, you can begin to understand the feelings of our Father in Heaven when He sacrificed His Son to bridge the gap between us and eternal life. Can there be any wonder that He caused the earth to tremble and the skies to darken when His Son died? How does He feel when we speed along through life without giving a thought to what was done for us through Jesus Christ?

Do we feel good to be with Lord?



DIOCESAN SUNDAY UPDATES

2nd Sunday of Lent



YOU ARE CALLED.

1. 40HoursDevotion in the Diocese of Calgary

"The harvest is plentiful, but the labourers are few; therefore ask the Lord of the harvest to send out labourers into his harvest" (Matt. 9:37-38). Pray with us as for an increase of vocations to the priesthood and consecrated life in our Diocese. Come and pray before the Lord | catholicyyca.ca/40hours

2. 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: Saturday, Mar 16, from 5 pm to 9 pm at St. Luke's, Calgary.

3. Last chance to sign the Stand for the Land petition

Today is the <u>deadline</u> for signing a letter to Honduran ambassador to Canada asking her government to protect those who are fighting to defend forests and rivers in a Honduran national park against pollution from a mine. The letter is part of Development and Peace — Caritas Canada's last fall campaign.

Over 20,000 Canadians have signed it in solidarity with these struggling communities of Guapinol and the San Pedro sector. Join the effort and add weight to our demands. Sign now at devp.org/act. Thank you for your solidarity!

4. 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. More info.

5. Profession of Religious Vows - Seeds of the Word

You are invited to the Seeds of the Word Profession of Religious Vows - Sun, Mar 3 at 4 pm at St. Mary's Cathedral, presided over by Bishop William McGrattan. Bishop Alberto Taveira from Brazil will be joining Bishop McGrattan. More info

6. 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, an author, Catholic
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 here

7. Youth & Holy Week Missions

Regnum Christi Calgary is inviting young people to a week-long event during Holy Week 2024. This event is designed to help young people develop a deeper relationship with Christ and will include a range of activities such as Mass, Adoration, Confession, games, food, live Stations of the Cross, and a Marian procession. The event will be held from Mar 24 - 30 at St. James' Parish in Okotoks. More info & registration

8. February & March Calendar Highlights

- Thu, Feb 22 | Feast of The Chair of St.
 Peter the Apostle Mass Finder
- Thu, Feb 22 | <u>Benedictine Spirituality</u> Online
- Thu, Feb 22 | Sound of Freedom movie screening - IWIN, St. Michael's, Calgary
- Thu, Feb 22 | Walking with Women in the New Testament - FCJ Centre

- Thu, Feb 22 | Men's Night: Brotherhood -Clearwater Academy
- Fri, Feb 23 | Racism! It Stops with Me Panel
 cSPACE Marda Loop, Calgary
- Fri, Feb 23 | St. Peter's Young Adults Group Board Game Night
- Feb 24 25 Weekend | Ablaze Youth Ministry Weekend with FacetoFace Ministry for Gr. 9-12: The Depths -Ascension, Calgary
- Sat, Feb 24 | Mercy from Age to Age From Loneliness Toward a Culture of Encounter -St. Bonaventure, Calgary
- Sat, Feb 24 | Priestly Vocations Night St. Luke's
- Sat, Feb 24 | Married Love Course with Family Enrichment Calgary
- NEW! Sat, Feb 24 | D&P Caritas Canada
 Share Lent Workshops Online
- NEW! Sat, Feb 24 | Retraite du carême, Paroisse Sainte-Famille, Calgary
- Sat, Feb 24 | Mercy from Age to Age: From Loneliness toward a Culture of Encounter -St. Bonaventure, Calgary
- Sat, Feb 24 | Single Catholic Women: What does God want? - Online via Zoom
- NEW! Sun, Feb 25 | Open House at Sacred Heart Church, Strathmore
- Feb 26 29 | Lenten Renewal Mission with <u>Dr. Peter Baltutis</u> - St. Luke's Calgary
- Fri, Mar 1 | <u>Taize Lenten Prayer Service</u> -Canadian Martyrs, Calgary
- Tue, Mar 5 | World Day of Prayer St. Mark's, Calgary
- Tue, Mar 5 | <u>Taize Lenten Prayer Service</u> -St. Luke's, Calgary
- Mar 1-2 | 40 Hours Devotion for Vocations at St. Mary's Cathedral
- Mar 1-3 | 40 Hours Devotion for Vocations at St. Anthony's Calgary
- Mar 1-3 | <u>Retrouvaille Retreat A lifeline for</u> <u>Married Couples - Calgary</u>
- Mar 1-3 | Single Women (18-35) Come & See Dominican Sisters of Immaculate Conception - Our Lady Queen of Peace, Calgary
- Mar 1-3 | <u>Billings Ovulation Method</u> <u>Workshop</u>
- Sun, Mar 3 | Profession of Religious Vows, Seeds of the Word - St. Mary's Cathedral
- NEW! Sun, Mar 3 | Lenten Mission "The Saints' Guide to Happiness: Practical Lessons from the Spiritual Masters" - St. Gerard's Church
- Mon, Mar 4 25 | Follow the light of Christ anew - Zoom

- Tue, Mar 5 | <u>Taize Lenten Prayer Service</u> -St. Luke's Church, Calgary
- Tue, Mar 5 | Lenten Twilight Retreat Tree
 of Life Mt. St. Francis, Cochrane
- Wed, Mar 6 | <u>Lenten Day Away Retreat</u> Mt.
 St. Francis, Cochrane
- Fri, Mar 8 | Way of the Cross: Liliana's Story: A reflection on the Trafficking of Human Person - FCJ Centre
- Mar 8-10 | 40 Hours Devotion for Vocations at St. Luke's Calgary
- Sun, Mar 10 | Knights Breakfast Sunday -St. Mary's Brooks
- Tue, Mar 12 | <u>Lenten Retreat</u> St. Paul's, Airdrie
- Mar 13-14 | 40 Hours Devotion for Vocations at St. Bonaventure's, Calgary
- Sat, Mar 16 | <u>Priestly Vocations Night</u> St. Luke's, Calgary
- NEW! Tue, Mar 19 | Solemnity of St.
 Joseph Mass with Bishop McGrattan St.
 Joseph's, Calgary
- Mar 22-23 | God Squad Men's Conference -Ascension, Calgary
- Mar 22-24 | <u>Live-In Retreat</u> St. John Paul II collegiate School, Okotoks
- Mar 24-30 | Holy Week Mission for Youth Gr. 7-12 - St. James', Okotok

To submit your parish/lay association events - go to <u>catholicyyc.ca/news</u> and click "Add Event" (please submit description + poster/graphic in JPEG/PNG)

Worth sharing

Together in Action

Together in Action supports diocesan ministries and programs in the 68 parishes across southern Alberta. It helps us to carry out the mission of Christ through His Church. More info here.

Feed the Hungry - Volunteer, Donate, or Sponsor a Sunday

Take part in the spirit of generosity and giving. Let's feed the hungry in Calgary, one Sunday at a time. We invite you to volunteer, donate, or sponsor one Sunday dinner. More info here.

National Synodal Report

We invite everyone to read the Synod on Synodality reports. To read the Diocesan, Western Region and National reports, visit catholicyyc.ca/synod

Break the cycle. Talk about it.

Perhaps you are a sexual abuse survivor, a relative or a friend of someone who was abused. Talk to someone or call our toll-free number to help you break the cycle of silence. Visit catholicyyc.ca/talkaboutit

Emergency Relief for Turkey and Syria

Funds are still urgently needed to provide food, medical supplies, shelter, and other essentials in the aftermath of a devastating earthquake in Turkey and Syria. Find ways to give.

Bishops of Canada deepen commitments for healing and reconciliation

Recently, the Canadian Conference of Catholic Bishops (CCCB), gathered in the Plenary Assembly and agreed upon a series of next steps related to the painful legacy of residential schools. This work builds on previous commitments to promote access to records, educate clergy on Indigenous cultures and spirituality, and contribute \$30 million to healing and reconciliation initiatives across Canada. Read more at cccb.ca

Faith Formation Courses

These formation opportunities will help you with your faith journey and to help you grow closer to Christ. Find a list of webinars and courses on our diocesan website here.

Catechesis webinar recordings from CCCB

The webinar recordings, PowerPoint presentations and guides for reflections are available here on the CCCB website. They represent a rich collection of resources that can be used in diocesan/eparchial and parish settings for the formation of catechists and leaders in evangelization. Past Webinars:

- Directory for Catechesis
- Nurturing Friendship: The Directory for Catechesis in Dialogue with the Encyclical Letter Fratelli Tutti
- Encounters of Hope: The Process Of Evangelization In Our Daily Lives

 For a Synodal Church: Communion, Participation and Mission

Follow us on Social Media

Facebook | Instagram | Twitter

Weekly reflections can be found here:

<u>Vatican News | The Sunday Website | Sunday</u> Connection

Daily and Sunday Mass Prayers & Readings: <u>CCCB</u> <u>Daily Readings</u> (pick the desired date)

Livestreams

Full schedule of Parish Livestream Masses in the Diocese of Calgary is available at: https://www.catholicyyc.ca.

You can also watch parish Sunday Masses via TELUS Optik TV Ch. 876 and 877 (choose Diocese of Calgary tile logo). For other online Masses, visit Salt+Light TV, Shalom World TV, EWTN and Vision TV.

Sunday Offering

Our parish relies on your Sunday offerings for maintenance and growth. By making your preauthorized offertory gift, you are providing crucial support to care for your parish. You can also use the online giving page on the diocesan website to set up a one-time or recurring donation to your parish via credit-card. Funds donated will be transferred to the selected parish. Give now at catholicyyc.ca/donatetoparish

[or contact your Parish to set up a direct debit deposit].

Subscribe to Faithfully

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

Joe McKenna Council #9502 Knights of Columbus

Position	Name
Grand Knight	Greg Martin
Deputy Grand Knight	Jimmy Tablan
Financial Secretary	Pat Ries
Treasurer	Ron Pisoni
Chancellor	
Recorder	Pat Brigham
Advocate	Andy Hamel
Warden	Walter Pratt
Inside Guard	Dale Maddaford
Outside Guard	Michael Camphor
Year 1 Trustee	Herb Durda
Year 2 Trustee	Gary Heinbecker
Year 3 Trustee	Kent Friedt
Lecturer	Rick Brown
Membership Director	Garry Lux
Faith in Action Program Director	Greg Martin
Faith in Action Life Director	Allan Lawson
Faith in Action Family Director	Jimmy Tablan
Faith in Action Faith Director	Darrell Bonagofsky
Faith in Action Community Director	Ron Pisoni
Pastoral Parish Council Representative	Garry Mastel



2023-24 Knights Events		
Date & Activity		
Sunday, September 10		
Corn Roast		
Sunday, September 24		
Knights Mass		
Sunday, October 15		
Breakfast		
Sunday, November 19		
Breakfast		
Saturday, December 9		
Knights Mass		
Sunday, December 17		
Christmas Breakfast		
Sunday, January 21		
Breakfast		
Sunday, February 25		
Breakfast		
Sunday, April 7		
Breakfast		
Sunday, May 5		
Breakfast		
Sunday, June 23		
Parish Picnic		

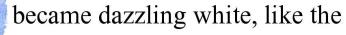
The Kids' Bulletin

Second Sunday of Lent February 25th, 2024

took Peter, James and John up a



Suddenly His



began to speak with Moses and Elijah,

who appeared beside Him.

were terrified.

Peter said, "Lord, it is good for us to be here. Shall we



: one for You, one for Moses and

one for Elijah?" Then a came over them, and a



voice came out of it and said, "This is my beloved Son.

Listen to Him." Then only



was there with them.

Coming down the



, He told



not to tell

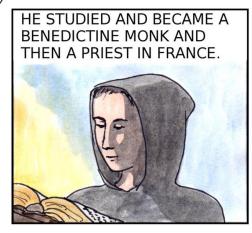
anyone what happened until after He rose from the dead.

Use the pictures to help read the story from today's Gospel reading!

Saint Oswald February 28

OSWALD WAS BORN IN THE 900'S. HE WAS FROM A DANISH FAMILY, BUT WAS RAISED BY HIS UNCLE IN ENGLAND, THE ARCH-BISHOP OF CANTERBURY.

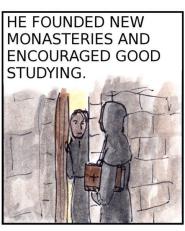


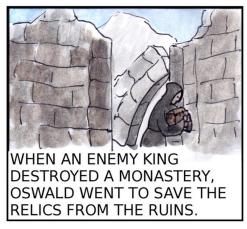






OSWALD WORKED TO CORRECT ABUSES, SINCE SOME MONASTERIES HAD BECOME TOO RICH.







KNOWN FOR HIS KINDNESS AND GENEROSITY, EVERY DAY IN LENT HE WOULD WASH THE FEET OF TWELVE POOR MEN. HE DIED ONE DAY JUST AS HE FINISHED WASHING THEM!

SAINT OSWALD WAS ONE OF THE HEROES OF THE MONKS IN ENGLAND. HE KNEW THAT IT IS VERY IMPORTANT TO HAVE HOLY MEN PRAYING, WORKING AND STUDYING TO STAY CLOSE TO GOD AND TO KEEP THE PEOPLE OF THE CHURCH CLOSE TO GOD. HAVE YOU EVER THOUGHT ABOUT BECOMING A MONK OR A NUN?

ABRAHAM'S SACRIFICE PUZZLE

Do the math! Answer the math problems to find the right words to fit in the spaces to answer the questions!

God wanted to test Abraham's faith. He told him to sacrifice his only son, Isaac.

Did Abraham trust in God? _____

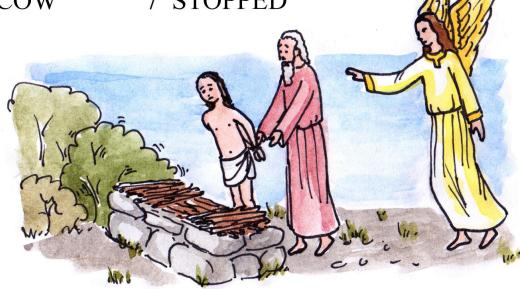
Did God let Abraham sacrifice his son, or did he stop him?

He _____ and ____ $\overline{6+4=}$ $\overline{5-1=}$

5-3= 1+5=

- 1 NO
- 3 COW
- 0 YES 4 SENT
 - 5 KILLED 9 SWORD
- 2 SHEEP 6 INSTEAD
 - 7 STOPPED
- 8 BURNED





Jesus Shows His Glory



Jesus knew He was going to die, and He knew the apostles were going to be afraid. So He decided to show some of them something that they would not be able to forget. He took Peter, James and John up a mountain and

suddenly He became dazzlingly bright, like the sun! The apostles were terrified. Then Jesus began to talk with Moses and Elijah, who stood beside Him.

Afterwards, Jesus told Peter, James and John not to tell anyone what had happened until after He rose from the dead. They were confused because they didn't understand that Jesus had to die. But now they knew that Jesus was not just a normal man. They had seen some of the awesomeness of God.



Later on, when Jesus was taken away and killed, the

apostles were very sad. But some of them

knew something amazing about Jesus. Like those apostles, when we are having a hard time we just need to think about Jesus. He is awesome and amazing, and waiting for us to come to Him in Heaven. The bad times will come, but

Jesus is always there- we just need to remember Him!

sent a sheep instead. Answers to Abraham Puzzle: Yes; He stopped him and

www.thekidsbulletin.com



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

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.