



Welcome to HOLY FAMILY PARISH

4TH SUNDAY OF LENT – YR. B SUNDAY MARCH 10, 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

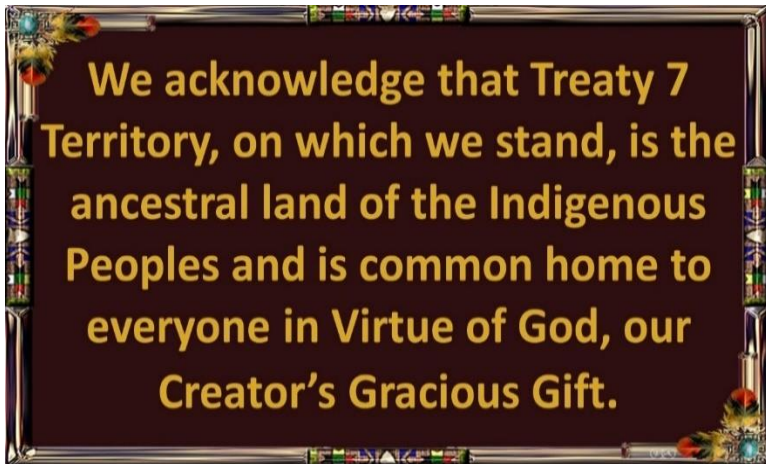
MONDAY - FRIDAY 9:30am - 4:00pm
ADORATION FRIDAY 9:30 – 10:30am

Knights of Columbus – Greg Martin

Catholic Women's League – Cathy Koch

Parish Pastoral Council Chair - Gary Heinbecker

Parish Finance Council Chair - Cheryl Pocsik



† Masses & Mass Intentions †



Saturday, March 9

8:00am ~ Efren Ramos

5:00pm ~ Emilie Zentner †

Sunday, March 10

8:30am ~ Holy Family Parish

10:30am ~ John & Barbara Hertz Family †

6:00pm ~ Derrick Risling †

Monday, March 11

9:00am ~ Marcel Giroux †

Tuesday, March 12

9:00am ~ Weisgerber Family

Wednesday, March 13

9:00am ~ Delaine Lux †

Thursday, March 14

9:00am ~ Kim McLeod †

Friday, March 15

9:00am ~ Delores Hellman †

4TH SUNDAY OF LENT – YR. B SUNDAY MARCH 10, 2024

OPERATING FINANCES

FEBRUARY 1-29, 2024

Operating Budget 2022	\$ 60,990
General Envelope Collection	\$ 41,721
Loose Collections	\$ 3,729
Future Development	\$ 3,424
Sale of Church Supplies & Other	\$ 12,044
\$ 60,918 - Budget Vs Actual	-\$ 72

SPECIAL COLLECTIONS

Together in Action (TIA)	\$ 3,443
St Vincent de Paul	\$ 3,395
World Mission	\$ 25
Clergy Retirement	\$ 170
Mission Mexico	\$ 140
CARO	\$ 65
Seminary Fund	\$ 40
Needs of the Canadian Church	\$ 10
Pope's Pastoral Works	\$ 40

Thank You for your Generous Contributions

Average Weekly Attendance 920

THIS WEEK IN HOLY FAMILY PARISH

Friday, March 8

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

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

7:30pm – Men's Retreat Begins – HFP Hall

Saturday, March 9

7:30am - TMIY – HFP Hall

8:00am – Lenten Mass

9:00am – Men's Retreat – Hall

10:00am – Benedictine Group – Hope Room

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

Sunday, March 10

2:00am – Daylight Saving Time Begins ☀

Monday, March 11

8:30am – Grade 5 Retreat – JP II – HFP Hall

7:00pm – K of C General Meeting – Faith Room

Tuesday, March 12

7:00pm – CWL General Meeting – HFP Hall

7:00pm – Life Ministry - Chapel

Wednesday, March 13

9:30am – Bible Study – Faith Room

7:00pm – RCIA – Faith Room

Thursday, March 14

10:00am – Mass with St. Louis & St. Michael's Schools

Friday, March 15

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

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

TOGETHER
in ACTION | 2024

2024 Goal - \$70,938

Donations to date -

\$10,777.00

We are 15% of the way there!

YOU ARE



YOU MATTER.
YOU BELONG.

Special Collection Days in March

March - Future Development Fund

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



*God Bless You,
Thank You for
your donations!*

J O U R N E Y



Fourth Sunday of Lent

2 Chronicles 36:14-16, 19-23.

Psalms 137:1-2, 3, 4-5, 6.

Ephesians 2:4-10.

John 3:14-21.

This Is the Verdict

The gospel declares the Light of Christ came into the world. The choice is either to prefer darkness or live by the truth revealed by that Light.

The Letter to the Ephesians declares that we are saved not by our own works (though good works we still need do), but by God's gift and grace.

† What darkness will I move out of so I may stand in the Light?

† What good works will I continue doing to acknowledge God's gift and grace to me and to all?

† How can I live this truth: we are saved as a people by God's grace?

VOCATIONS

March 10, 2024
4th Sunday
of Lent

St. Paul reminds us that we are "created in Christ Jesus for good works". If you think God's plan for you could be a vocation in His Church, please contact the Office of Vocations at 403-218-5500 or email Fr. Cristino Bouvette vocations@calgarydiocese.ca
www.catholiccy.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.

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, 1451 Strachan Rd SE, Medicine Hat

Faith & Family St. Patrick's Day Celebration

Sunday, March 17 at 2:00pm HFP Hall

Crafts, snacks, activities, games!

Join us and learn a wee bit about St. Patrick in this fun-filled family event.

Kids, teens, parents, grandparents welcome!

40 LOONIES FOR LENT

THE KNIGHTS OF COLUMBUS & HOLY FAMILY PARISH

RAISED TO DATE \$3,316.00

FUNDS GO TO SAINT VINCENT DE PAUL, THE ROOT CELLAR, THE MUSTARD SEED, AND THE 5TH AVENUE & ST. BARNABAS MEAL PROGRAMS

Medicine Hat Pro-Life Association Notice of Meeting

Monday, March 11, 2024

7:30 pm

St. Patrick's Church Hall

For more information: George Ibach, 403-527-7434

Knights of Columbus
General Meeting
March 11 at 7:00pm
Faith Room



Catholic Women's League (CWL)
General Meeting
March 12 at 7:00pm
Holy Family Parish Hall

Penitential Service

St. Patrick's Parish
Wednesday, March 20
4:00pm - 6:00pm
Mass at 7:00pm

Holy Family Parish
Thursday, March 21
6:00pm - 8:00pm



J O U R N E Y

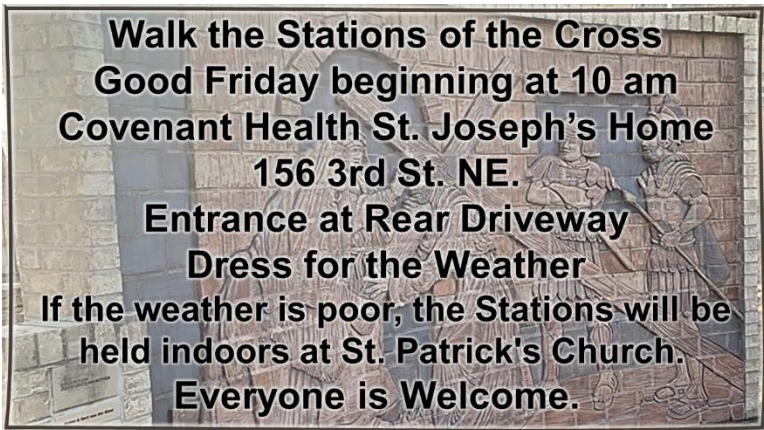




**St. Patrick's Parish
Irish Stew Dinner**
HOSTED BY
KNIGHTS OF COLUMBUS
MARCH 16 @ 6PM
AFTER MASS \$5.00
ALL ARE WELCOME



Holy Family Parish
**Blessing of the
Easter Food Baskets**
Saturday, March 30 at 11:00am



**Walk the Stations of the Cross
Good Friday beginning at 10 am
Covenant Health St. Joseph's Home
156 3rd St. NE.
Entrance at Rear Driveway
Dress for the Weather
If the weather is poor, the Stations will be
held indoors at St. Patrick's Church.
Everyone is Welcome.**



**Call the Office to book
your Private
House Blessing
during this
Easter Season.
403-527-6933 ext. 101**

HOLY THURSDAY, MARCH 28th

MORNING PRAYER, 8:30 AM

**MASS OF THE LORD'S SUPPER, 7:00 PM FOLLOWED BY ADORATION
UNTIL MIDNIGHT IN THE FAITH ROOM, & RECONCILIATION**

FRIDAY, MARCH 29th

GOOD FRIDAY SERVICES, 12:00 NOON & 3:00 PM

SATURDAY, MARCH 30th

MORNING PRAYER, 8:30 AM

BLESSING OF EASTER FOOD, 11:00 AM

EASTER VIGIL, 8:00 PM

SUNDAY, MARCH 31st

EASTER SUNDAY MASS, 10:00 AM

MONDAY, APRIL 1st – NO MASS

Holy Week 2024




**REAP NG
OUR RIGHTS**
Share
Lent 2024
Development
and Peace
CANADA

Training next-generation farmers in Indonesia

In rural Indonesia, young people are abandoning agriculture to work in cities. Over time, this could threaten food sovereignty. Our partner PAYOPAYO empowers village communities to work together to find solutions to common challenges related to agriculture, food, energy, natural resource management and the engagement of youths, especially women.

This Lent, meet our solidarity visitor Karno Batiran, the executive director of PAYOPAYO. Learn more at devp.org/lent.

Sacramental Preparation 2024

1st Communion Parents Meeting

Tuesday, April 16 at 6:30pm in Faith Room

Confirmation Class

Thursday, April 18 at 6:00pm in Faith Room

1st Communion Class

Sunday, April 21 at 10:15am in Faith Room

MEDICINE HAT CATHOLIC SCHOOLS' EDUCATION FOUNDATION **50/50 RAFFLE**

Draw: April 9, 2024!

- 1 entry for \$10
- 4 entries for \$20
- 20 entries for \$50
- 100 entries for \$100
- Draw ends: April 5th @ 11:59pm

SCAN QR CODE
TO PURCHASE
YOUR TICKETS!



rafflebox.ca/raffle/MHCSEF

License #676131



Knights of Columbus

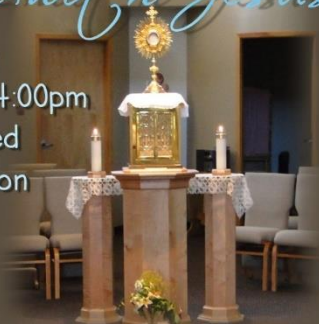
Charity Appeal Tickets

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.koc5050.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.

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



HOLY FAMILY PARISH

MEN'S PRAYER GROUP

Thursday Mornings - 7:00 to 7:30 – Faith Room

Open to all men seeking to nurture their relationship with God and each other through prayer, song and reflection on the daily scripture readings.

More Information - Gord 527-7423 or Alan 527-4169

Pamphlets available at the Greeting Desk

REAL MEN PRAY

Faithfully
FAITH. LIVED. FULLY.

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

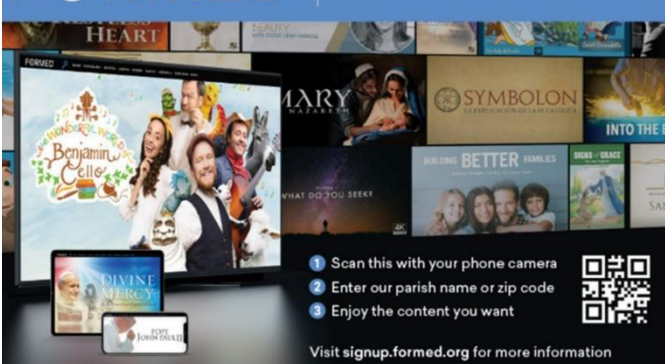
E-transfer
ONLINE GIVING



accounting@holyfamilymh.ca

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- 2 Enter our parish name or zip code
- 3 Enjoy the content you want



Visit signup.formed.org for more information

USE
WITH



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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*





**Call the Office to book
your Private
House Blessing
during this
Easter Season.
403-527-6933 ext. 101**

Tradition of House Blessing dates back to early Christianity. We read in the Gospel of St. Matthew "'On coming to the house, they saw the child with his mother Mary, and they bowed

down and worshiped him. Then they opened their treasures and presented him with gifts of gold and of incense and of myrrh." It means we open the doors to Jesus to come in and stay with us. As it is written in the Book of Revelation 3:20 *"Listen! I am standing at the door, knocking; if you hear my voice and open the door, I will come in to you and eat with you, and you with me"*

According to the Catechism of the Catholic Church "Among the sacramentals blessings occupy an important place. They include both praise of God for his works and gifts, and the Church's intercession for men that they may be able to use God's gifts according to the spirit of the Gospel.

at the Easter Vigil, all is restored: The fonts are filled again and the baptismal water is blessed. In this blessing, we hear how God has given water the "power to sanctify" throughout salvation history — the great flood cleansed the earth of sin, the Israelites passed through the Red Sea to freedom, Jesus was baptized in the Jordan River. For the remainder of the Easter season, the congregation is sprinkled liberally with this holy water in place of the penitential rite at the beginning of Mass. We are reminded of our baptism and our baptismal vow. During Easter time, when houses are blessed with the water blessed at Easter Vigil, reminds us about the life-giving water which flowed from the side of Jesus when his heart of pierced. During the blessing, we remember the words of the Psalmist, "**Blessed** art thou, and it shall be well with thee".



St. Patrick's School

This year has been an amazing school year with so many new initiatives from students, staff, and our school community. Similar to every year, we review provincial data collected from students, teachers, and parents and collaborate as a community to create our school education plan. As a school community we take time to meet with all stakeholders to celebrate successes, focus on challenges, and implement new opportunities that continue to promote our Catholic identity and a culture of serving one another.

As a growing school community, we continue to increase in enrollment from year to year because of the incredible support and compassion from students, staff, parents, and grandparents. Each year we strive to involve new opportunities with our community to be part of our classrooms that help to promote serving others

and the building of relationships that contribute to the learning and success for our students, such as: school wide community classrooms with Science in Motion, picnic days with family and friends, design, and installation of a natural outdoor classroom, and so many more community events and opportunities.

Recently, our students raised almost \$9000.00 for our annual Kinsmen skate-a-thon in support of free community skating and swimming for all families within our city. Also, our parent council is currently applying for government grants and organizing community fundraisers to help raise money (approximately \$100 000.00) in support of creating a safe and natural outdoor classroom. This initiative is intended to foster the love of learning through play and nature which support many areas of wellness for all students and staff (mentally, physically, and spiritually). If you wish to learn more or donate to our natural outdoor classroom, please contact our school office, or parent council for more information.

As we continue in the month of March, we prepare our students for the season of Lent and reflect on the blessings that God has given us. The Lenten season is a great time for all of us to reflect and forgive, to pray with God, and to live according to the teachings of Jesus, whose life and teachings are the center of our faith. We invite and encourage all of you, our community parishioners, to join us in any future Monday morning school assembly (9:15 - 9:45 am) where we meet as a school community to celebrate our faith and recognize the wonderful moments and people of St. Patrick school. We hope to see you soon!

Dwayne Unreiner, Principal of St. Patrick School



**Medicine Hat Catholic
Board of Education**



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.



**WOMEN'S CONFERENCE
HOSTED BY BELOVED DAUGHTERS**

WORTHY *and* MADE NEW

Revelation 21:5

MAY 3, 2024

7 PM - 9:30 PM

MAY 4, 2024

8:30 AM - 6 PM

**ST. MICHAEL'S PARISH
CALGARY, AB**

**CRYSTALINA
EVERT**



**FR. ANTHONY
SORTINO, LC**



SCAN FOR MORE INFO



@beloveddaughtersyc

www.beloveddaughtersyc.com



4th Sunday (Laetare) of Lent Year B

March 10, 2024

OUR OPENNESS TO BELIEVE

Once upon a time there was a woman who had been lost in the desert for three whole days without water. Just as she was about to collapse, she saw what appeared to be a lake just a few hundred yards in front of her. “Could it be? Or is it just a mirage?” she thought to herself.

With the last bit of strength she could muster, she staggered toward the lake and quickly learned that her prayers had been answered: it was no mirage—it was indeed a large, spring-fed lake full of fresh water—more fresh water than she could ever drink in her lifetime. Yet while she was literally dying of thirst, she couldn’t bring herself to drink the water. She simply stood by the water’s edge and stared down at it. There was a passerby riding on a camel from a nearby desert town who was watching the woman’s bizarre behavior. He got off his camel, walked up to the thirsty woman and asked, “Why don’t you have a drink, ma’am?”

She looked up at the man with an exhausted, distraught expression across her face and tears welling up in her eyes. “I am dying of thirst,” she said, “But there is way too much water here in this lake to drink. No matter what I do, I can’t possibly finish it all.” The passerby smiled, bent down, scooped some water up with his hands, lifted it to the woman’s mouth and said, “Ma’am, your opportunity right now, and as you move forward throughout the rest of your life, is to understand that you don’t have to drink the whole lake to quench your thirst. You can simply take one sip. Just one small sip... and then another if you choose. Focus only on the mouthful in front of you, and all your anxiety, and fear about the rest will gradually fade.”

We started our Lenten Journey by receiving the ashes on our heads to remind us “repent and believe in the Gospel”. This journey is strengthened by the Sacred Scripture Readings which are helping us to deepen our faith. On First Sunday we reflected on the Temptations of Jesus and beginning of public ministry which was filled with hope, repentance, and mercy. The following Sunday brought us to the point to reflect on the great mystery of

Jesus' Transfiguration and his encounter with two of the greatest prophets of the Old Testament: Moses and Elijah. These two prophets are very much reflection of Jesus's life because Israel was led out of Egyptian slavery to the promised land by Moses and Elijah was the prophet of fire and taken up to heaven to live. Last Sunday our hearts and minds were opened to understand the Ten Commandments of the Lord, to believe that God loves us and wants us to protect our bodies and be respectful to his commandments. In the Gospel there is a very interesting encounter of Jesus and the people who do business in the Holy Temple. Jesus is upset to see the disrespect of people and he cleansed the Temple of these people. Furthermore, he uses the image of Temple to his own life and prophesied that he will rise on the third day. Of course that made everyone upset. There are two mysteries hidden behind the image of Temple: first is the respect for the physical Temple or the house of God and secondly respect for the human body which St. Paul calls "the Temple of the Holy Spirit".

As we continue our Lenten journey, this Sunday's Sacred Scripture Readings are helping us to "Rejoice" as 4th Sunday of Lent is called "Laetare" Sunday. Today's liturgy opens with these words "Rejoice, Jerusalem, and all who love her. Be joyful, and who were in mourning; exult and be satisfied at her consoling breast". Why to rejoice? How can one rejoice at the suffering or death of someone who is very dear and near? "The reason, as Pope Francis says, is God's great love for mankind, as today's Gospel passage tells us: "For God so loved the world that he gave his only Son, that whoever believes in him should not perish but have eternal life". These words, spoken by Jesus during the encounter with Nicodemus, summarize a theme that lies at the centre of the Christian message: even when the situation seems desperate, God intervenes, offering man salvation and joy. Indeed, God does not remain apart from us, but enters the history of mankind; he "meddles" in our life; he enters, to animate it with his grace and save it".

A penguin was standing on the water's edge when he looked up at an eagle soaring high above his head. He watched him with great admiration for a few moments and then looked down at his own flippers with frustration.

The penguin shuffled up to the tallest rock on the beach and flapped his wings vigorously. "That looks so cool, I wish I could fly in the air like an eagle," he thought to himself before accepting reality, sliding into the sea and swimming away.

The eagle looked down and saw the penguin swimming gracefully in the water.

He watched him with similar admiration for a few moments and looked across at his own wings, wondering if they would work under water. "That looks so cool, I wish I could fly in the water like a penguin," he thought to himself, before accepting reality, catching another updraft, and effortlessly soaring away into the distance.

Every now and then, I look at the talents and capabilities of others and wish that I was like them. And my suspicion is that many of those I admire have others in their lives whom they envy. And so, it goes on, the endless loop of comparison and inevitable disappointment. A penguin is a penguin for a reason, and it is remarkably good at what it was created for. An eagle is an eagle for a reason, and it is remarkably good at what it was created for. And you are you for a reason and have the capacity to become remarkably good at what

you were created for. The sooner we accept this, the happier and more successful we will be! To believe in the realities our life, always brings strong trust in the Lord to rejoice who died on the Cross for our iniquities and infirmities.

In the words of St. Paul, we are called to believe in the great message of salvation brought by the love of God who gave his only Begotten Son; “So I ask, have they stumbled so as to fall? By no means! But through their stumbling salvation has come to the Gentiles, so as to make Israel jealous. Now if their stumbling means riches for the world, and if their defeat means riches for Gentiles, how much more will their full inclusion mean! Now I am speaking to you Gentiles. Inasmuch then as I am an apostle to the Gentiles, I glorify my ministry in order to make my own people jealous, and thus save some of them. For if their rejection is the reconciliation of the world, what will their acceptance be but life from the dead! If the part of the dough offered as first fruits is holy, then the whole batch is holy; and if the root is holy, then the branches also are holy. But if some of the branches were broken off, and you, a wild olive shoot, were grafted in their place to share the rich root of the olive tree, do not boast over the branches. If you do boast, remember that it is not you that support the root, but the root that supports you. You will say, “Branches were broken off so that I might be grafted in.” That is true. They were broken off because of their unbelief, but you stand only through faith. So do not become proud but stand in awe. For if God did not spare the natural branches, perhaps he will not spare you” (Romans 11:11-17).

From the Mirror of Love by Saint Aelred, abbot “The perfection of brotherly love lies in the love of one’s enemies. We can find no greater inspiration for this than grateful remembrance of the wonderful patience of Christ. He who is more fair than all the sons of men offered his fair face to be spat upon by sinful men; he allowed those eyes that rule the universe to be blindfolded by wicked men; he bared his back to the scourges; he submitted that head which strikes terror in principalities and powers to the sharpness of the thorns; he gave himself up to be mocked and reviled, and at the end endured the cross, the nails, the lance, the gall, the vinegar, remaining always gentle, meek and full of peace. In short, he was led like a sheep to the slaughter, and like a lamb before the shearers he kept silent and did not open his mouth.

Who could listen to that wonderful prayer, so full of warmth, of love, of unshakeable serenity—Father, forgive them—and hesitate to embrace his enemies with overflowing love? Father, he says, forgive them. Is any gentleness, any love, lacking in this prayer?

Yet he put into it something more. It was not enough to pray for them: he wanted also to make excuses for them. Father, forgive them, for they do not know what they do. They are great sinners, yes, but they have little judgment; therefore, Father, forgive them. They are nailing me to the cross, but they do not know who it is that they are nailing to the cross: if they had known, they would never have crucified the Lord of glory; therefore, Father, forgive them. They think it is a lawbreaker, an impostor claiming to be God, a seducer of the people. I have hidden my face from them, and they do not recognize my glory; therefore, Father, forgive them, for they do not know what they are doing. If someone wishes to love himself he must not allow himself to be corrupted by indulging

his sinful nature. If he wishes to resist the promptings of his sinful nature, he must enlarge the whole horizon of his love to contemplate the loving gentleness of the humanity of the Lord. Further, if he wishes to savor the joy of brotherly love with greater perfection and delight, he must extend even to his enemies the embrace of true love. But if he wishes to prevent this fire of divine love from growing cold because of injuries received, let him keep the eyes of his soul always fixed on the serene patience of his beloved Lord and Savior”.

St. Paul once again encourages to believe in the sacrifice of Jesus on the Holy Cross to remind ourselves to work every day to deepen our relationship with the Lord, as he says “I am grateful to Christ Jesus our Lord, who has strengthened me, because he judged me faithful and appointed me to his service, even though I was formerly a blasphemer, a persecutor, and a man of violence. But I received mercy because I had acted ignorantly in unbelief, and the grace of our Lord overflowed for me with the faith and love that are in Christ Jesus. The saying is sure and worthy of full acceptance, that Christ Jesus came into the world to save sinners—of whom I am the foremost. But for that very reason I received mercy, so that in me, as the foremost, Jesus Christ might display the utmost patience, making me an example to those who would come to believe in him for eternal life. To the King of the ages, immortal, invisible, the only God, be honor and glory forever and ever. Amen”. (1 Timothy 1:13-17)

St. Leo the Great says “In the preaching of the holy Gospel all should receive a strengthening of their faith. No one should be ashamed of the cross of Christ, through which the world has been redeemed. No one should fear to suffer for the sake of justice; no one should lose confidence in the reward that has been promised. The way to rest is through toil, the way to life is through death. Christ has taken on himself the whole weakness of our lowly human nature. If then we are steadfast in our faith in him and in our love for him, we win the victory that he has won, we receive what he has promised. When it comes to obeying the commandments or enduring adversity, the words uttered by the Father should always echo in our ears: This is my Son, the beloved, in whom I am well pleased; listen to him”.

In the words of St. Paul, we are encouraged to remember that our hope is set on the living God for those who believe in him. “The saying is sure and worthy of full acceptance. For to this end, we toil and struggle, because we have our hope set on the living God, who is the Savior of all people, especially of those who believe”. (1 Timothy 4:9-10).

Holy Father Pope Francis reflecting on the Gospel says “Brothers and sisters, this is the path, the path to our salvation, our rebirth, and our resurrection: to behold the crucified Jesus. From the heights of the cross, we can view our life and the history of our peoples in a new way. For from the cross of Christ we learn love, not hatred; compassion, not indifference; forgiveness, not vengeance. The outstretched arms of Jesus are the embrace of tender love with which God wishes to embrace us. They show us the fraternal love that we are called to have for one another and for everyone. They show us the way, the Christian way. It is not the way of imposition and force, of power and status; it never brandishes the cross of Christ against our brothers and sisters for whom he gave his

life! Jesus' way, the way of salvation is different: it is the way of a humble gratuitous and universal love, with no "ifs", "ands" or "buts".

Yes, for on the wood of the cross Christ removed the venom from the serpent of evil. Being a Christian, then, means living without venom: not biting one another, not complaining, blaming and backbiting, not disseminating evil, not polluting the earth with the sin and distrust that comes from the evil one. Brothers and sisters, we have been reborn from the pierced side of the crucified Jesus. May we be free of the poison of death (cf. Wis 1:14), and pray that by God's grace we can become ever more fully Christian: joyful witnesses of new life, love and peace. The Lord does not save us with a letter, with a decree, but has already saved us and continues to save us with "his love"; he restores to human beings their "dignity and hope". For love of us, God through his only begotten Son "became one of us, walked among us".

At Easter, man is restored to his lost dignity and is consequently "given hope". This is salvation. The Lord gives us the dignity we have lost. This is the road of salvation, and it is beautiful: love alone makes it so. We are worthy, we are men and women of hope.

It happens, however, that at times "we want to save ourselves and we believe that we can. Maybe we don't exactly say it, but that's how we live". For example, when we think: "I can save myself with money. I am secure, I have some money, there is no problem... I have dignity: the dignity of being rich". But all that is not enough. Think of the Gospel parable, of that man who had the full granary and said: 'I will make another, to have more and more, and then I will sleep peacefully'. And the Lord responds: 'You fool! You will die tonight'. That kind of salvation is wrong, it is temporary, apparent. Lord, I believe. I believe in your love. I believe that your love has saved me. I believe that your love has given me a dignity that I did not have. I believe that your love gives me hope. It is beautiful to believe in love, because it is the truth. It is the truth of our life.

This is a story shared by an unknown author to rejoice and believe in the Lord who always remembers us in our struggles and sufferings.

Wishing to encourage her young son's progress on the piano, a mother took her boy to a Paderewski concert. After they were seated, the mother spotted a friend in the audience and walked down the aisle to greet her. Seizing the opportunity to explore the wonders of the concert hall, the little boy rose and eventually explored his way through a door marked "NO ADMITTANCE."

When the house lights dimmed and the concert was about to begin, the mother returned to her seat and discovered that the child was missing. Suddenly, the curtains parted, and spotlights focused on the impressive Steinway on stage. In horror, the mother saw her little boy was sitting at the keyboard, innocently picking out "Twinkle, Twinkle Little Star." At that moment, the great piano master made his entrance, quickly moved to the piano, and whispered in the boy's ear, "Don't quit. Keep playing."

Then, leaning over, Paderewski reached down with his left hand and began filling in a bass part. Soon, his right arm reached around to the other side of the child, and he added a running obligato. Together, the old master and the young novice transformed a frightening situation into a wonderfully creative experience. The audience was so mesmerized that

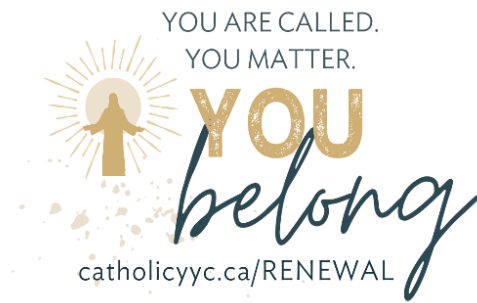
they couldn't recall what else the great master played - only the classic "Twinkle, Twinkle Little Star."

That's the way it is with God. What we can accomplish on our own is hardly noteworthy. We try our best, but the results aren't exactly graceful flowing music. However, with the hand of the Master, our life's work truly can be beautiful. Next time you set out to accomplish great feats, listen carefully. You can hear the voice of the Master, whispering in your ear, "Don't quit. Keep playing."

Feel His loving arms around you. Know that His strong hands are there helping you turn your feeble attempts into true masterpieces. God doesn't call the equipped; He equips the called, and He'll always be there to love and guide you on to great things.

Do we believe in his unconditional love to rejoice?





DIOCESAN SUNDAY UPDATES

4th Sunday of Lent

Lenten

Penitential Services

In preparing us as the faithful for the celebration of the Paschal Mystery of Christ's Passion, Death, and Resurrection, Join our parish's penitential service and rejoice in God's Mercy! See schedule at:

catholiccyc.ca/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. 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
- **Mary, Mother of the Redeemer, Calgary** - Tue, Mar 20 at 7 am to Wed, Mar 21 at midnight
- **Holy Spirit, Calgary** - Sat morning, Apr 6 to Sun evening, Apr 7
- **St. Anthony's, Calgary** - Fri, Apr 5 at 3 pm to Sun, Apr 7 at 7 am

Solidarity Sunday - Mar 17

The Fifth Sunday of Lent, March 17, is celebrated throughout most of Canada as Solidarity Sunday, where parishes hold a **special collection** for Development and Peace - Caritas Canada and pray for greater fellowship and understanding amongst people worldwide. To donate online go to

www.devp.org

Mother Maria of Russia, on Uniting the Cross and the Sword

Fr. Tim Boyle will speak on The Art of Accompaniment, picking up on the theme from the Synod preparation document "Enlarge the Tent." When: **Mon, Mar 18 at 10:30 am at St. Martha's, Lethbridge** or via [live stream at stmarthasparish.ca](http://livestream.atstmarthasparish.ca).

Solemnity of St. Joseph Mass with Bishop McGrattan

All are welcome to celebrate the Solemnity of St. Joseph's Mass with Bishop McGrattan, and celebrate 400 years of St. Joseph as Patron of Canada. Refreshments will follow at the Parish Hall. More: **Tue, Mar 19 at 7 pm - St. Joseph's Church, Calgary.**

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

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 various 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. Register at rccalgary.com

St. Joseph's Pilgrim Icon Prayer Service

A blessed copy of the beautiful icon of St Joseph, fashioned after the original icon housed at St Joseph's Oratory in Montreal, will be on display at St Bonaventure church for this special evening service. When: **Tue, Mar 19 at 7 pm - St. Bonaventure, Calgary.**

Ablaze Youth Ministry

Set your hearts on Fire - ablaze with love for God and His Catholic Church! The following events are available for all youth in the Diocese:

- **Sat, Mar 9 from 10 am to 5 pm - for Gr. 6-8** | Elevate: FacetoFace at St. Bonaventure's, Calgary
- **Sat, Mar 16 (7 to 9 pm) - for Gr. 7-12** | Impact Nights with Access52 at St. Michael's, Calgary
- **Mar 22-23 - for Gr. 9-12 (Boys only)** | God Squad Conference at Ascension, Calgary

Lenten Resources

Visit our Diocesan Lenten Resources at catholiccy.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.

Live-In Retreat in Okotoks, AB

A Live-In is a weekend retreat to grow in faith with Jesus. Organized by the Calgary Live-In Retreat Society, the upcoming Live-In will be hosted on **March 22-24** (Friday evening and ends Sunday afternoon) in Okotoks. Please contact us by e-mail calgarylivein@telus.net or phone Don at 403-510-1208 for more information or to register.

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

Together in Action 2024

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 catholiccy.ca/tia - your contribution will be included as part of your parish contribution for TIA.

Other Resources & Events

1. **Sunday Bulletin shorts, free to use:** The image of a serpent raised up on a pole has become a cultural symbol of healing. The Gospel of John is an invitation to look upon Jesus crucified and to see in this image the healing of the world. It is an invitation to bring our darkness into the healing light of the cross. In the glory of the cross we see our sinfulness for what it really is – the bearer of death. In today's Gospel we are extended the invitation to step into the light and become bearers of life.
- Nicodemus resisted stepping into the light. What makes bringing our darkness into the light so difficult?

- It is difficult to see in the dark. Where in your life do you need the light of Christ to help you see more clearly?
- Recall a time when you experience illumination or insight that brought you to see things in a new way. How did this change you?
- Darkness can be social as well as personal. In what ways is our culture the bearer of darkness and death?

(Reflection: Diocese of Saskatoon)

2. **ABLAZE Youth Ministry in March 2023 (with corrections)**

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For more info, call 403-278-7556 or email troy.nguyen@calgarydiocese.ca

3. **40 Hours Devotion 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 | catholiccy.ca/40hours](http://catholiccy.ca/40hours)

4. **Lenten Penitential Services**

In preparing us as the faithful for the celebration of the Paschal Mystery of Christ's Passion, Death, and Resurrection, Join our parish's penitential service and rejoice in God's Mercy! See schedule at: catholiccy.ca/lent

5. **Priestly Vocations Night**

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11. 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](#)

12. March Calendar Highlights

- **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](#)
- **Fri, Mar 8** | [Clear Water Academy](#) Open House
- **Sat, Mar 9** | [ABLAZE Youth Ministry](#) - St. Bonaventure
- **Sun, Mar 10** | [Knights Breakfast Sunday](#) - St. Mary's Brooks
- **Mon, Mar 11** | [Lenten Evening Reflection](#) - FCJ Centre
- **Tue, Mar 12** | [Lenten Retreat](#) - St. Paul's, Airdrie
 - **Mar 13-14** | [40 Hours Devotion for Vocations at St. Bonaventure's, Calgary](#)
 - **Tue, Mar 13** | [Paper Prayers: Collage as prayer](#) - FCJ Centre
 - **Thu, Mar 14** | [Men's Night: What does it mean to build your life on Christ?](#) - Clear Water Academy, Calgary
 - **Mar 15-17** | [Lenten Retreat](#) - St. Mark's, Calgary
 - **Sat, Mar 16** | [Priestly Vocations Night](#) - St. Luke's, Calgary
 - **Sat, Mar 16** | [ABLAZE Youth Ministry](#) - St. Michael's, Calgary
 - **Sun, Mar 17** | [Solidarity Sunday in Parishes in the Diocese](#)
 - **Tue, Mar 19** | [Solemnity of St. Joseph Mass with Bishop McGrattan](#) - St. Joseph's, Calgary
 - **Tues, Mar 19** | [Feast Day of St. Joseph Pilgrim Icon Program](#) - St. Bonaventure, Calgary
 - **Thu, Mar 21** | [Walking with Women in the New Testament](#) - FCJ Centre
 - **Mar 22-23** | [ABLAZE Youth Ministry](#) - Ascension, Calgary
 - **Mar 22-23** | [God Squad Men's Conference](#) - Ascension, Calgary
 - **Mar 22-24** | [Live-In Retreat](#) - St. John Paul II collegiate School, Okotoks
 - **Sun, Mar 24** | Palm Sunday - Holy Week Begins - [Mass Finder](#)
 - **Mar 24-30** | [Holy Week Mission for Youth Gr. 7-12](#) - St. James', Okotoks
 - **Mon, Mar 25** | Chrism Mass at 7 pm - St. Mary's Cathedral, Calgary
 - **Mon Mar 25** | [Lenten Evening Reflection](#) - FCJ Centre
 - **Wed Mar 27** | [Charity of the Cross Retreat](#) - Mt. St. Francis Retreat Centre
 - **Thu, Mar 28** | Paschal Triduum - Holy Thursday - [Parish Triduum Schedule](#)
 - **Fri, Mar 29** | Paschal Triduum - Good Friday - [Parish Triduum Schedule](#)
 - **Sat, Mar 30** | Paschal Triduum - Easter Vigil - [Parish Triduum Schedule](#)

- **Sun, Mar 31 | Easter Sunday - Parish Easter Schedule**

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

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.](#)

National Synodal Report

We invite everyone to read the Synod on Synodality reports. To read the Diocesan, Western Region and National reports, visit catholicycyc.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 catholicycyc.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:

[Vatican News](#) | [The Sunday Website](#) | [Sunday Connection](#)

Daily and Sunday Mass Prayers & Readings: [CCCB Daily Readings](#) (pick the desired date)

Livestreams

Full schedule of Parish Livestream Masses in the Diocese of Calgary is available at: <https://www.catholicycyc.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 pre-authorized 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 catholicycyc.ca/donatetoparish [or contact your Parish to set up a direct debit deposit].

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

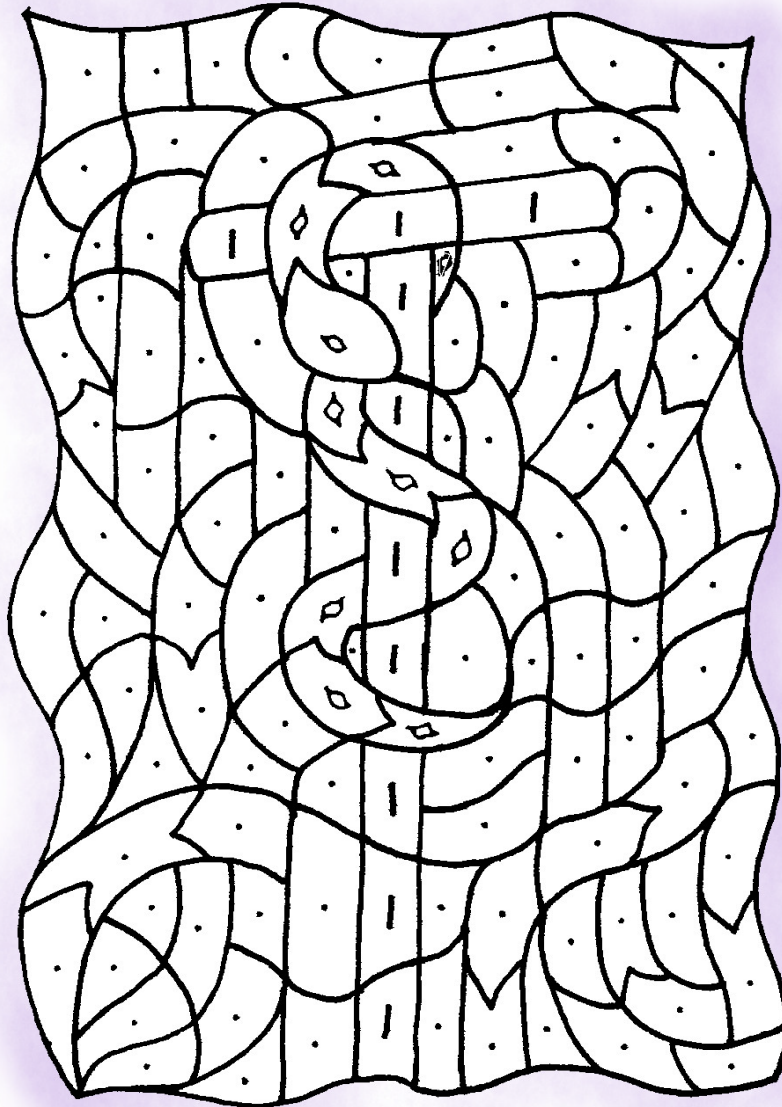
Sunday, May 5
Breakfast

Sunday, June 23
Parish Picnic

The Kids' Bulletin

Fourth Sunday of Lent

March 10th, 2024



Jesus died on the cross so that our sins could be forgiven and we could go to Heaven.

When God's people in the desert were bitten by snakes, Moses held up something he made from bronze that the people could look at and live. What was it? Use the colour code to find out!

• blue

| brown

◊ green

Saint Patrick

March 17

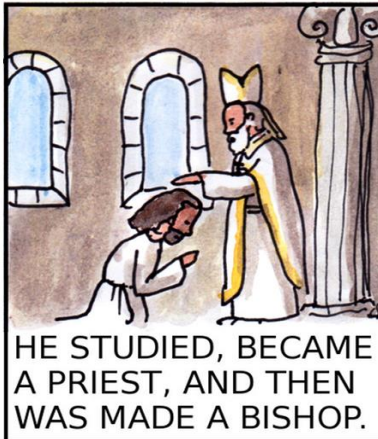
PATRICK WAS BORN TO A ROMAN FAMILY IN BRITAIN. WHEN HE WAS STILL YOUNG HE WAS KIDNAPPED AND TAKEN TO IRELAND.



HE WAS SOLD AS A SLAVE. WHILE LOOKING AFTER ANIMALS IN THE FIELDS HE HAD PLENTY OF TIME TO PRAY.



AFTER SEVERAL YEARS HE ESCAPED AND WENT BACK TO ENGLAND.

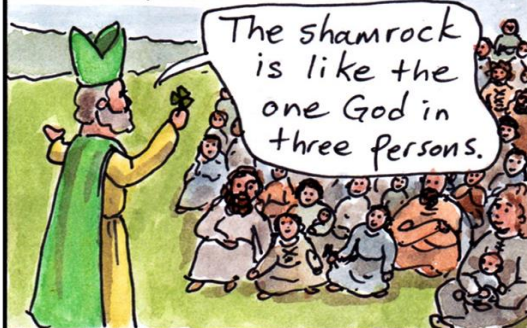


HE STUDIED, BECAME A PRIEST, AND THEN WAS MADE A BISHOP.

THEN HE RETURNED TO IRELAND.



HE TAUGHT THE PEOPLE OF IRELAND, WHO WERE ALL PAGANS, ABOUT GOD.



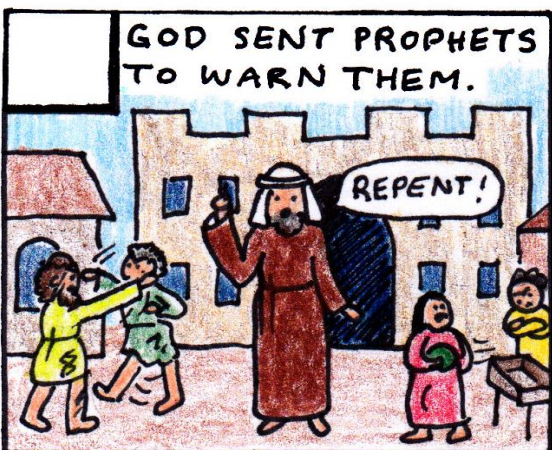
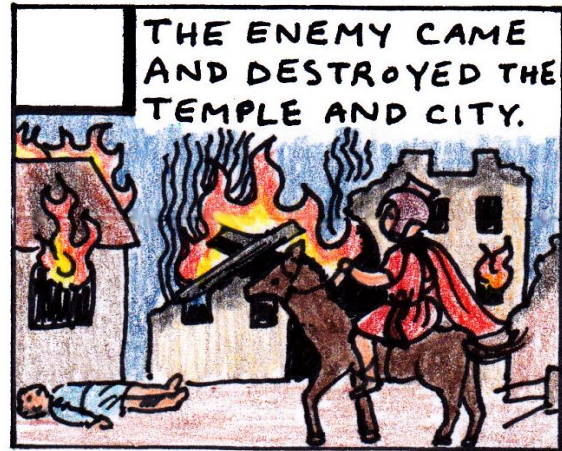
THE PAGAN LEADERS WHO DID NOT WANT PATRICK TO TEACH ABOUT GOD TRIED TO GET RID OF HIM BUT HE STAYED.

SAINT PATRICK DIED IN IRELAND IN 461. BY THE TIME HE DIED ALMOST ALL OF IRELAND HAD CONVERTED TO CHRISTIANITY. SOON MISSIONARIES WERE GOING OUT FROM IRELAND TO BRING THE FAITH TO PEOPLE ALL OVER THE WORLD! PRAY THAT YOU WILL LOVE GOD AND BE ZEALOUS LIKE SAINT PATRICK!

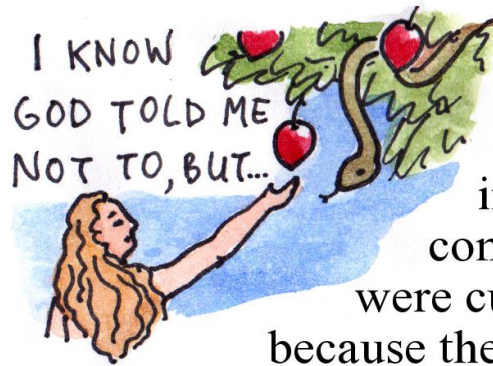
The Deportation to Babylon

Do you know what happened to the people of Jerusalem when they sinned against God?

These pictures are in the wrong order. Put the numbers from 1 to 6 in the boxes to sort them out!

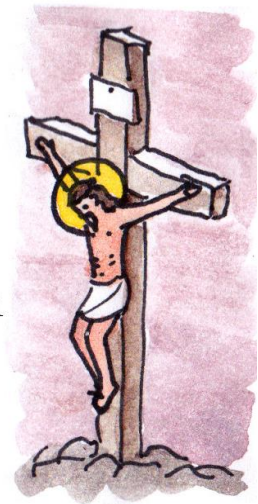


For God so Loved the World



When God made the world He wanted the people to be His friends and always live in happiness. But instead of choosing to love God completely, the people sinned. They were cut off from the happiness of God because they chose to love themselves more than they loved God.

But God still loved the people so much that He sent His Son, Jesus, to save the people from their sins. Now we just need to choose to believe in Jesus, and to love Him. As today's Gospel reading says, "...so must the Son of man be lifted up, that whoever believes in Him may have eternal life."



How can we turn to Jesus so that we can be saved from our sins?

Here are a few things that can help you a lot:

- 1. When you wake up in the morning, tell Jesus that you are offering everything that happens today to Him.**
- 2. Every day look at a crucifix (a cross with Jesus on it.) Think about how much Jesus loves us. How much do we love Him back?**
- 3. Each night before you go to sleep, think about your day. Did you show your love for God today? If you did something bad, be sorry and think about how can you do better tomorrow.**



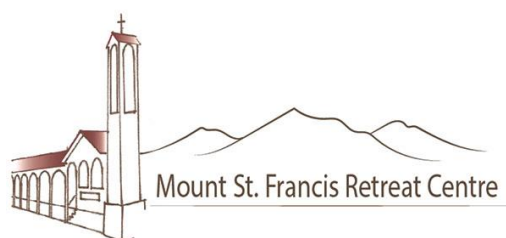
Answers to sort-out-the-picture puzzle: top- 6, 3. middle- 4, 1. bottom- 2, 5.

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.