



Welcome to HOLY FAMILY PARISH

HOLY TRINITY SUNDAY – YR. B SUNDAY MAY 26, 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 8:00AM, SATURDAY at 5:00PM

SUNDAY at 8:30AM, 10:30AM & 6:00PM

THE CHAPEL IS OPEN

MONDAY - FRIDAY 9:30am - 4:00pm

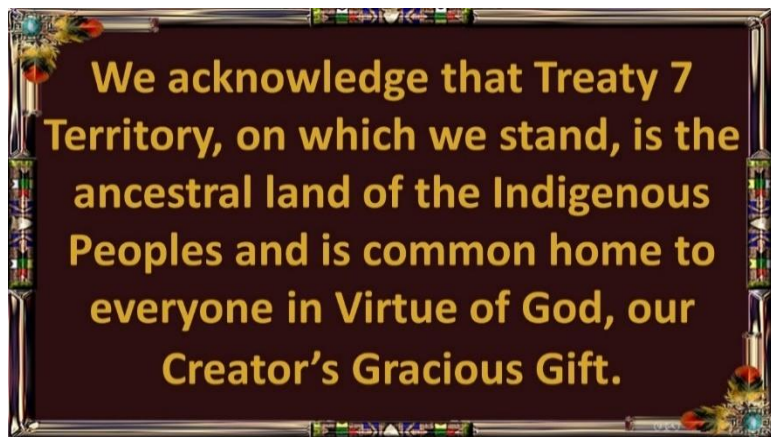
ADORATION FRIDAY 9:30 – 10:30am

Knights of Columbus – Greg Martin

Catholic Women's League – Cathy Koch

Parish Pastoral Council Chair - Gary Heinbecker

Parish Finance Council Chair - Cheryl Pocsik



Alleluia. Alleluia. Glory to the Father, the Son and the Holy Spirit: to God who is, who was, and who is to come. **Alleluia.** Revelation 8:14-17



Solemnity
Of the
Most Holy
Trinity

† Masses & Mass Intentions †

Saturday, May 25

5:00pm - Victoria Wagner & Family

Sunday, May 26

8:30am - Holy Family Parish

10:30am - Merlin Schafer †

6:00pm - Georgina Hecker †

Monday, May 27

9:00am - Tammy Gaetz †

Tuesday, May 28

9:00am - Ray Wirachowsky †

Wednesday, May 29

9:00am - Orlando & Virginia Cabral †

Thursday, May 30

9:00am - John Vaselenak †

Friday, May 31

9:00am - Emanuel & Katherine Weisgerber †

OPERATING FINANCES

APRIL 1-30, 2024

Operating Budget 2022	\$ 60,990
General Envelope Collection	\$ 45,694
Loose Collections	\$ 3,116
Future Development	\$ 4,608
Sale of Church Supplies & Other	-\$ 7,972
\$ 45,446 - Budget Vs Actual	-\$ 15,544

SPECIAL COLLECTIONS

Together in Action (TIA)	\$ 4,179
St Vincent de Paul	\$ 3,282
World Mission	\$ 25
Clergy Retirement	\$ 190
Mission Mexico	\$ 115
CARO	\$ 55
Seminary Fund	\$ 1,770
Holy Land	\$ 65

Thank You for your Generous Contributions

Average Weekly Attendance	1,261
---------------------------	-------

HAPPENINGS IN HOLY FAMILY PARISH

Saturday, May 25

10:00am – Benedictine Group – Hope Room

Wednesday, May 29

9:30am – Bible Study – Faith Room

7:00pm – RCIA Wind-Up – HFP Hall

Saturday, June 1

8:00am – 1st Saturday Mass – HFP Sanctuary

10:00am – Benedictine Group – Hope Room

Monday, June 3

7:00pm – K of C General Mtg – Hope Room

Tuesday, June 4

6:00pm – Healing Mass – HFP Sanctuary

7:00pm – CWL Executive Mtg – Hope Room

Saturday, June 8

10:00pm – Benedictine Group – Hope Room

VOCATIONS

May 26, 2024

Most Holy Trinity
Sunday

God the Father, Creator; God the Son, Redeemer; God the Holy Spirit, Sanctifier. When we go out to "make disciples of all nations", we have a lot to tell! God is present everywhere. Would you be willing to proclaim the truth of God's love and presence in your life as a priest, religious or deacon? If so, please contact the Office of Vocations at 403-218-5500 or email Fr. Cristino Bouvette.

vocations@calgarydiocese.ca www.catholicyc.ca/vocations.html

TOGETHER
in ACTION

2024

2024 Goal - \$70,938

Donations to date -
\$24,065

We are 34% of the
way there!



**Through baptism we receive our identity
as children of God with Christ.**

Special Collection
Days
May 2024

May 5 - Together in Action
May 5 – Pope's Pastoral
Works
Future Development
Fund



Go!

In Matthew's gospel, the last words of Jesus to the disciples before ascending have three key elements: go, baptize, I'm with you. Therefore, living after the resurrection of Jesus means three things. (1) Do not stay where it is safe; shed your doubt; go everywhere to everyone. (2) Baptizing into and teaching about resurrected life go together. That is why the baptismal catechumenate (RCIA) always spends so much time and effort in formation before an Easter Vigil. Time with parents and their babies, too. (3) We are not alone. Matthew ends with Jesus declaring, "I am with you always" just as this gospel began with the Virgin's birth of Emmanuel (God is with us).

- † What doubt do I have about God, about belief, about Church, about living in this world? Where can I turn?
- † What ongoing formation in baptismal living do I need now?
- † To whom am I called to "go" – someone to be with, to do for?



4th Degree
Knights of
Columbus
Members
Meeting
May 26, 2024
2:00 PM
St. Patrick's
Church
Meeting Room

May 31
the Feast of the
Visitation of the
Blessed Virgin Mary

Mary, pregnant with
Jesus, visits her
cousin Elizabeth, who
is pregnant with
John the Baptist



 CWL will be collecting for
Nurture Pregnancy Support
for 4 weeks, starting
weekend of May 11/12 until
weekend June 1/2.



nurture
pregnancy centre

First Saturday Mass

*The 1st Saturday of
each month
at 8:00am*

June 1, 2024



**NERF
WARS**

FREE Sunday, June 2nd, 3:30-6:00pm **FREE**

Big Marble Go Centre - Fieldhouse #2

Limited to 50 participants, ages 6+ to Adult
Information and to Pre-Register, contact Derek
Ballinger at ballingd@gmail.com

Knights of Columbus
General Meeting
June 3 at 7:00pm
Faith Room



Catholic Women's League (CWL)
Executive Meeting
June 4 at 7:00pm
Hope Room

HEALING MASS

"COME TO ME, ALL YOU WHO ARE WEARY
AND BURDENED..."

1ST TUESDAY EACH MONTH AT 6:00PM

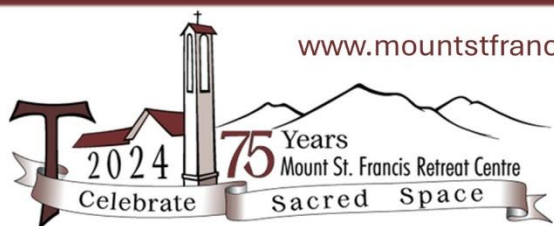
JUNE 4, 2024



**THE FIRST WEDNESDAY OF
THE MONTH THE LEGION OF
MARY HOSTS THE MOTHER
OF PERPETUAL HELP**

NOVENA

**BEFORE MASS AT 8:00AM
JUNE 5, 2024**



www.mountstfrancis.ca

Men's Silent Retreat
June 7-9th

For registration information contact Ken Moen
403-866-1270 or kmoen@telus.net

The Catholic Woman's League are collecting for this great cause.



16th Annual Formula for

RETURN BOTTLES TO CWL NEXT WEEKEND JULY 1st & 2nd



Knights of Columbus Council #9502

What: A **BBQ** celebrating a successful fraternal year.

When: **Monday, June 10, 2024 at 6:00pm**

Where: **Holy Family Parish Hall**

Who: **Open to all KofC members and their families.**

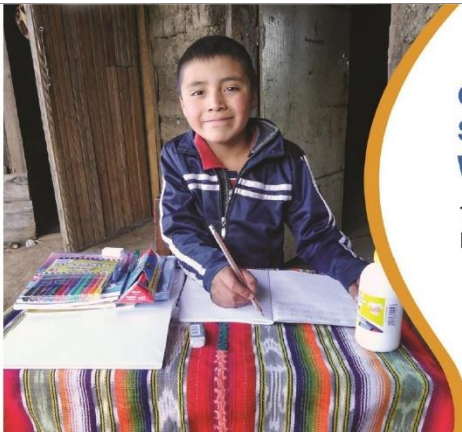
Menu: Beef on a bun, salads, cake, and ice cream.

Cost: **FREE**

How: **Contact Pat Ries before June 7...**

403-458-0442 or pjries@memlane.com,

to confirm how many people will be attending.



chalice.ca

Chalice Sponsorship Weekend

This June 15 & 16, open your heart to sponsor a child
Holy Family Parish



Children's Liturgy Sunday 10:30am

Information or to
Volunteer call
Tammy 403-866-7886

Blumenfeld Pilgrimage

Sunday, June 9th, 2024

Bishop Mark Hagemoen
Supper following Mass

Rosary & Mass @ 3:00

Reconciliation 2:00-2:45

Bring lawn chairs, bug
spray & umbrellas

Blumenfeld & District Heritage Site, Leader, SK.

16km south of Leader & 6.5km east (Blumenfeld Rd)

"Cemetery Project- to refresh and landscape the final resting place of our ancestors."

Facebook - Blumenfeld & District Heritage Site

Listen...with the ear of your heart.

This is the opening line of the rule of St. Benedict.
Come join us (Benedictine Oblates) in prayer as we listen to the voice of God in our lives.



We meet every Saturday morning
at 10:00 in the Hope Room
at Holy Family Parish.

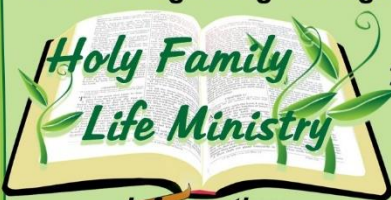
For more information call Carol at 403-526-0415.

Bible Study



Wednesday Mornings after the 9:00 Mass

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.



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

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 Room.

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

PASTORAL RENEWAL SURVEY

Following all weekend Masses on June 1 and 2 (Corpus Christi Sunday) parishioners aged 18 and older are invited to participate in the Pastoral Renewal Survey.

The survey is designed as a tool for us to reflect on our discipleship journey. It will also help our parish leadership with insights to make informed decisions, and to foster the growth of our faith and community.

The survey can be completed either online or on paper. We recommend the followings:

- Please bring a portable electronic device (phone, iPad) if you plan to complete the survey online.
- Don't forget to bring a pen or pencil if you choose the paper option.
- If you are unable to attend next weekend, the survey will remain accessible online via our parish website, or posters in our Parish - from June 1 to June 14.

Your voice matters! Help shape the future of our parish community and our journey of discipleship.

Faithfully
FAITH. LIVED. FULLY.

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

FORMED® THE CATHOLIC FAITH. ON DEMAND.



1 Scan this with your phone camera
2 Enter our parish name or zip code
3 Enjoy the content you want

Visit signup.formed.org for more information

USE WITH

Roku

Apple TV

Fire TV

Chromecast

E-transfer
ONLINE GIVING



accounting@holyfamilymh.ca

**EMAIL SCAMS AGAIN FROM
PRIESTS, 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*



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



St. Mary's School Bulletin Write up for May 2024



St. Mary's School is a Junior High School offering grades 7-9 and a wide variety of programming. Students choose from four programming streams: General Programming, French Immersion, Fine Arts Academy, and Alternative Programming.

We pride ourselves on a wide and varied list of option programming which includes: Art, Musical Theatre, Guitar, Foods, Shop, World Languages, Visual Communications, Drama, Band, Choir, Dance, Fitness, Cosmetology, Robotics, Criminology, Games, Circus/Clown/Magic, Community Outreach, Movement, Mythology, Media & Yearbook, Outdoor Recreation, Driver's Education, Biology, Psychology, Geography, Sculpture, Mechanical Science, Archery, Tourism, First Aid, Theatre Makeup, Songwriting, Coding, Advanced Science, and Academic Support.

Furthermore, our students participate in many extracurricular activities such as our annual Musical Theatre Production, Faith Leadership, Art Club, Games Club, Jazz Band, Football, Cross Country Running, Volleyball, Basketball, Badminton, Track & Field, Soccer, Rugby, Golf, and Archery.

Our Homeroom Religion classes complete annual service projects such as snow shoveling, visiting seniors, writing letters to Veterans, picking garbage, etc. and work on typing skills, healthy habits, and interpersonal relationship skills.

The best part of St. Mary's School is the staff who make a deliberate and sustained effort to bring our faith alive and make connections with students and build trusted relationships. We work hard every day to be a place of love and acceptance for our student body.



**Medicine Hat Catholic
Board of Education**



Solemnity of Holy Trinity Year B

MAY 26, 2024

THE DIVINE RELATIONSHIP

Last Sunday we celebrated the Solemnity of Pentecost and reflected on the role of the Holy Spirit, the third person of the Holy Trinity who not only takes the fear away from our lives but also encourages us to stand for the faith and to proclaim it. Let me share a very inspiring "Memo from God" by an unknown author to really understand the mystery of the Divine Relationship of Three Persons in One substance and then examine our own relationship with them.

From: God

To: All His Children

I am God.

Today, I will be handling all your problems. Please remember that I do not need your help.

If life happens to deliver a situation to you that you cannot handle, do not attempt to resolve it. Kindly put it in the SFGTD (something for God to do) box. All situations will be resolved in My time, not yours.

Once the matter is placed into the box, do not hold onto it by worrying about it. Instead, focus on all the wonderful things that are present in your life now.

If you find yourself stuck in traffic, don't despair. There are people in this world for whom driving is an unheard-of privilege.

Should you have a bad day at work, think of the man who has been out of work for years.

Should you despair over a relationship gone bad, think of the person who has never known what it's like to love and be loved in return.

Should you grieve the passing of another weekend, think of the woman in dire straits, working twelve hours a day, seven days a week to feed her children.

Should your car break down, leaving you miles away from assistance; think of the paraplegic who would love the opportunity to take that walk.

Should you notice a new gray hair in the mirror, think of the cancer patient in chemo who wishes she had hair to examine.

Should you find yourself at a loss and pondering what is life all about, asking what is my purpose? Be thankful. There are those who didn't live long enough to get the opportunity.

Should you find yourself the victim of other people's bitterness, ignorance, smallness, or insecurities; remember, things could be worse. You could be one of them!

Should you decide to send this to a friend, thank you. You may have touched a life in ways you will never know!

Today as we celebrate the Solemnity of the Holy Trinity, we could feel the love and protection of Three Persons in the Holy Trinity. The Preface of the Holy Mass is so powerful to reflect on the role of the three persons in the Holy Trinity: "For with your Only Begotten Son and the Holy Spirit you are one God one Lord: not in the unity of a single person, but in a Trinity of one substance. For what you have revealed to us of your glory we believe equally of your Son and the Holy Spirit, so that, in the confessing of the true and eternal Godhead, you might be adored in what is proper to each Person, their unity in substance, and their equality in majesty".

The Holy Trinity makes us realize who we are and how we need to be united in them as three Persons are One in substance. We should understand this little guy in the story about our relationship and unity with the Holy Trinity.

There was a boy, whose family was very wealthy. One day his father took him on a trip to the country, where he aimed to show his son, how poor people live. So, they arrived at a farm of a very poor family, as he considered. They spent there several days. On their return, the father asked his son, did he like the trip.

"Oh, it was great, dad" – the boy replied. "Did you notice how poor people live?" "Yeah, I did" – said the boy. The father asked his son to tell in more details about his impressions from their trip.

"Well, we have only one dog, and they have four of them. In our garden there is a pool, while they have a river that has no end. We've got expensive lanterns, but they have stars above their heads at night. We have the patio, and they have the whole horizon. We have only a small piece of land, while they have the endless fields. We buy food, but they grow it. We have high fence for protection of our property, and they don't need it, as their friends protect them."

The father was stunned. He could not say a word. Then the boy added: "Thank you, dad, for letting me see how poor we are."

Let us see the mystery of Holy Trinity through the wisdom and understanding of some saints:

In dozens of places in her *Diary* Sister Faustina wrote about the Holy Trinity, but let's survey just a few of the principal ones here. First, she says that as she advanced in her journey with Jesus Christ and came to appreciate more deeply the compassion of His Heart, "His Trinitarian Being enveloped me entirely" (*Diary*, 1056). In other words, the more she grew closer to Jesus, the more she felt enveloped in the Holy Trinity. For example, on the Feast of the Ascension, 1937, she wrote: After Holy Communion I communed for a while with the heavenly Father. My soul was drawn into the glowing center of love. I understood that no exterior works could stand comparison with the pure love of God. ... I saw the joy of the Incarnate Word, and I was immersed in the Divine Trinity. When I came to myself, longing filled my soul, and I yearned to be united with God (*Diary*, 1121).

Notice in the last quote how she connects a deeper appreciation for the Trinitarian mystery of God with an appreciation of the "glowing center of love" in God.

I understand the spiritual espousal of a soul with God, which has no exterior manifestation. It is a purely interior act between the soul and God. This grace has drawn me into the very burning center of God's love. I have come to understand His Trinitarian quality and the absolute Oneness of His Being.

Often, she received a deeper understanding of the Blessed Trinity during the celebration of the Holy Eucharist. She tells how one time she heard an angel singing "Holy, Holy, Holy" at the moment when the elevation of the Host, and then she received new light into the mystery of the Trinity:

I knew more distinctly than ever before the Three Divine Persons, the Father, the Son, and the Holy Spirit. But their being, their equality, and their majesty are one. My soul is in communion with these Three; but I do not know how to express this in words; yet my soul understands this well. Whoever is united to One of the Three Persons is thereby united to the whole Blessed Trinity, for this Oneness is indivisible.

One time, after receiving Holy Communion, she began to understand that the entire Holy Trinity came to dwell within her soul: Once after Holy Communion, I heard these words: You are our dwelling place. At that moment I felt in my soul the presence of the Holy Trinity, the Father, the Son, and the Holy Spirit. I felt that I was the Temple of God. I felt that I was a child of the Father. I cannot explain all this, but the Spirit understands this well (451).

Sister Faustina even tells us that in heaven the souls of the saints forever contemplate the wonder of the Holy Trinity:

Today I was in heaven, in spirit, and I saw its inconceivable beauties and the happiness that awaits us after death. I saw how all creatures give ceaseless praise and glory to God. I saw how great happiness in God is, which spreads to all creatures making them happy; and then all the glory and praise which springs from this happiness returns to its source; and they enter the depths of God, contemplating the inner life of God, the Father, the Son, and the Holy Spirit, whom they will never comprehend nor fathom. This source of happiness is unchanging in its essence, but it is always new, gushing forth happiness for all creatures. Now I understand St. Paul who said, "Eye has not seen, nor has ear heard, nor has it entered into the heart of man what God has prepared for those who love Him" (777).

What does the Trinity really mean? How can God be One in being and essence, but Three Persons at the same time? And what difference does it really make if we believe all this or not?" Well, St. Faustina wanted to know more, too! Listen to what she wrote near the very start of her *Diary*.

On one occasion I was reflecting on the Holy Trinity, on the essence of God. I absolutely wanted to know and fathom who God is. ... In an instant my spirit was caught up into what seemed to be the next world. I saw an inaccessible light, and in this light, what appeared like three sources of light that I could not understand. And out of this light came words in the form of lightning which encircled heaven and earth. Not understanding anything, I was very sad. Suddenly, from this sea of inaccessible light came our dearly beloved Savior, unutterably beautiful with His shining Wounds. And from this light there came a voice which said, Who God is in His Essence, no one will fathom, neither the mind of angels nor of man. Jesus said to me, get to know God by contemplating His attributes. A moment later, He traced the sign of the cross with His hand and vanished (30).

"For with God were always present the Word and Wisdom, the Son, and the Spirit, by Whom and in Whom, freely and spontaneously, He made all things, to Whom also He speaks, saying, 'Let Us make man after Our image and likeness'." St. Irenaeus

"There is one God, the Father of the living Word, who is His subsistent Wisdom and Power and Eternal Image: perfect Begetter of the perfect Begotten, Father of the only Begotten Son. There is one Lord, Only of the Only, God of God, Image and Likeness of Deity, Efficient Word, Wisdom comprehensive of the constitution of all things, and Power formative of the whole creation, true Son of true Father, Invisible of Invisible, and Incorruptible of Incorruptible, and Immortal of Immortal, and Eternal of Eternal. And there is One Holy Spirit, having His subsistence from God, and being made manifest by the Son to men: Image of the Son, Perfect Image of the Perfect; Life, the Cause of the living; Holy Fount; Sanctity, the Supplier, or Leader, of Sanctification; in Whom is manifested God the Father, Who is above all and in all, and God the Son, Who is through all. There is a perfect Trinity, in glory and eternity and sovereignty, neither divided nor estranged." St. Gregory

"To us there is One God, for the Godhead is One, and all that proceeds from Him is referred to One, though we believe in Three Persons. For one is not more and another less God; nor is One before and another after; nor are They divided in will or parted in power; nor can you find here any of the qualities of divisible things; but the Godhead is, to speak concisely, undivided in separate Persons; and there is one mingling of Light, as it were of three suns joined to each other." St. Gregory of Nazianzen

“They ought to confess that the Father is God, the Son God, and the Holy Spirit God, as they have been taught by the divine words, and by those who have understood them in their highest sense.” St. Basil the Great

“He who has the Spirit not only is called Christ’s, but even has Christ Himself. For it cannot but be that where the Spirit is, there Christ is also. For wheresoever one Person of the Trinity is, there the whole Trinity is present. For It is undivided and has a most entire Oneness.” St. John Chrysostom

“And it is by thought that He creates, and thought is the basis of the work, the Word filling it and the Spirit perfecting it.” St. John of Damascus

“The Holy Spirit as Love and Gift *comes down, in a certain sense, into the very heart of the sacrifice* which is offered on the Cross. Referring here to the biblical tradition we can say: *He consumes this sacrifice with the fire of the love* which unites the Son with the Father in the Trinitarian communion. And since the sacrifice of the Cross is an act proper to Christ, also in this sacrifice He *‘receives’ the Holy Spirit*. He receives the Holy Spirit in such a way that afterwards – and He alone with God the Father – can *‘give Him’ to the Apostles, to the Church, to humanity.*” Pope St. John Paul II

Even today’s liturgy opens with these words “Blest be God the Father, and the Only Begotten Son of God, and also the Holy Spirit, for he has shown us his merciful love”.

For the Apostle Paul, as we have heard in the second reading, holiness is a gift which the Father communicates to us through Jesus Christ. Faith in him is the principle of sanctification. By faith man enters the order of grace; by faith he hopes to take part in the glory of God. This hope is not a vain illusion, but the sure fruit of an ascetic path through many trials, that are faced with patience and proven virtue.

Pope Francis beautifully has explained the mystery of the Holy Trinity in these words: it leads us to contemplate and worship the divine life of the Father, the Son and the Holy Spirit: a life of communion and perfect love, origin and aim of all the universe and of every creature: God. We also recognize in the Trinity the model for the Church, in which we are called to love each other as Jesus loved us. And love is the concrete sign that demonstrates faith in God the Father, Son and Holy Spirit. And love is the badge of the Christian, as Jesus told us: “By this all men will know that you are my disciples, if you have love for one another” (Jn 13:35). It’s a contradiction to think of Christians who hate. It’s a contradiction. And the devil always seeks this: to make us hate, because he’s always a troublemaker; he doesn’t know love; God is love!

Living in an Islamic country I have notice this dogma of our faith is always challenged by our non-Christian brethren that “How is it possible to worship three gods at the same time”? Are we (Christian) not committing blaspheming by making Jesus and Holy Spirit equal to God whereas God is only One? Do we worship three God(s) or only One? My answer to the above questions is we believe and worship only One God and in him there are three Persons: God the Father, God the Son, and God the Holy Spirit. Their unity and love are beyond comparison. Holy Father Pope Francis explains this oneness in an amazing way “The Father is the beginning, the Father who created all things, who created us. What did Jesus do on earth? He saved us! And Jesus came to give his life for us. The Father creates the world; Jesus saves us. And what does the Holy Spirit do? He loves us! The Father creates all, he creates the world; Jesus saves us; and the Holy Spirit? He loves us! And this is Christian life: talking to the Father, talking to the Son, and talking to the Holy Spirit. Jesus has saved us, but he also walks beside us in life”.

Saint Athanasius explains the mystery of Holy Trinity in these words:

It will not be out of place to consider the ancient tradition, teaching, and faith of the Catholic Church, which was revealed by the Lord, proclaimed by the apostles, and guarded by the fathers. For upon this faith the Church is built, and if anyone were to lapse from it, he would no longer be a Christian either

in fact or in name. We acknowledge the Trinity, holy and perfect, to consist of the Father, the Son, and the Holy Spirit. In this Trinity there is no intrusion of any alien element or of anything from outside, nor is the Trinity a blend of creative and created being. It is a wholly creative and energizing reality, self-consistent and undivided in its active power, for the Father makes all things through the Word and in the Holy Spirit, and in this way the unity of the holy Trinity is preserved. Accordingly, in the Church, one God is preached, one God who is above all things and through all things and in all things. God is above all things as Father, for he is principle and source; he is through all things through the Word; and he is in all things in the Holy Spirit. Writing to the Corinthians about spiritual matters, Paul traces all reality back to one God, the Father, saying: Now there are varieties of gifts, but the same Spirit; and varieties of service, but the same Lord; and there are varieties of working, but it is the same God who inspires them all in everyone.

Let me end my reflection with the words of M.S Lowndes “Who I am in God” to help us to have strong relationship with Holy Trinity.

I am an overcomer—because You have overcome.

I am victorious—because of Your resurrection victory.

I am Your child—because You have adopted me.

I am free from sin—because Your blood has redeemed me.

I am forgiven—because You have washed me clean.

I am healed—because of Your wounds.

I am justified—through faith in You.

I am revived—through the water of Your Word.

I am wonderfully made—because Your works are wonderful.

I am Your workmanship—designed with a purpose and destiny.

I am at peace—because I look to You, not my circumstances.

I am contented—because my satisfaction is in You.

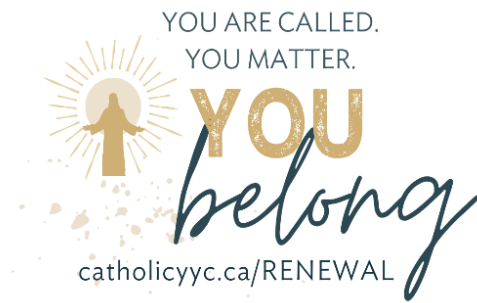
I am a new creation—because You make all things new.

I am FREE—because Your truth sets me FREE!

Today as we celebrate the Solemnity of the Holy Trinity, let us work on our relationship with them so that we gain the crown of eternal glory and be one with them. May the Holy Trinity continue to bless, heal, and protect us. Amen

How do we see our relationship with Holy Trinity?





DIOCESAN SUNDAY UPDATES

The Most Holy Trinity Sunday

Pastoral Renewal Survey |

June 1 & 2, 2024

Following all weekend Masses on June 1 and 2 (Corpus Christi Sunday) parishioners aged 18 and older are invited to participate in the Pastoral Renewal Survey. The survey is designed as a tool for us to reflect on our discipleship journey. It will also equip our parish leadership with insights to make informed decisions, fostering the growth of our faith and community. The survey can be completed either online or on paper:

- **Please bring a portable electronic device** (phone, iPad) if you plan to complete the survey online.
- **Don't forget to bring a pen or pencil** if you choose the paper option.
- If you are unable to attend that weekend, **the survey will remain accessible online via the parish website (or QR code from the poster) from June 1 to June 14.**

Your voice matters! Help shape the future of our parish community and our journey of discipleship. .

Eucharistic Miracles Exhibition

May 24 to June 2 at St. Michael's, Calgary. Visit the Eucharistic Miracles Exhibition, with exhibits designed by Blessed Carlo Acutis, before his death from Leukemia at the age of 15. His intention was to bring a greater awareness of the Real Presence of Christ in the Eucharist. The exhibition consists of 169 panels with historical descriptions and an extensive assortment of photographs and artwork of Eucharistic Miracles that took place throughout the ages in various countries of the world and which have been recognized by the Vatican. Visiting hours vary; please check saintmichael.ca or call 403-249-0423.

Career Opportunities

Join the Catholic Pastoral Centre and be part of a dedicated team committed to making a difference in our community! We are currently seeking passionate individuals for the following positions:

- **Archivist** (Full-time)
- **Bookkeeper** (Full-time)

- **Support Staff, Elizabeth House** (Part-time)

St. Mary's University

Consecration Mass

St. Mary's University invites all friends, members, and visitors of the university to join the Consecration Mass with Bishop McGrattan on the Feast Day of the Visitation of Mary on **Friday, May 31, at 7 pm, McGivney Hall** - St. Mary's University. Reception to follow.

40 Hours Devotion for Vocations

"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 - visit: catholicyyca.ca/40hours. The next devotions:

- **Sacred Heart, Calgary** - Fri, June 7 at 7 am to Sun, June 9 at 7 am
- **St. Michael's, Calgary** - Fri, Jun 7 at 3 pm to Sun, Jun 9 at 8 am
- **St. James Parish, Calgary** - Fri, June 21 at 4 pm to Sun, June 23 at 6 am.

Frassati Hike

Calling all hikers! Frassati hike is a gathering of hikers drawn together

by faith, hosted by Lay Dominicans. Hiking trail will be revealed soon. When: **Sat, June 15, from 9 am to 6 pm** - meet at Our Lady of the Rockies, Canmore. To register, call 403-254-3136.

Captivenia and Archateos

Catholic Camps

Dive deeply into the beautiful mysteries of our Catholic faith through the following summer camps!

- **July 17-27** - [Captivenia Girls' Camp](http://captivenia.com) - with [Regnum Christi](http://regnumchristi.com) in Foothills County - More info: captivenia.com
- **July 29-Aug 10** - | [Arcatheos Boys' Camp](http://arcatheos.com) - with [Regnum Christi](http://regnumchristi.com) in Foothills County - More info: arcatheos.com

Summer camps at Our Lady of Victory Camp

Our Lady of Victory Camp is a week-long, overnight summer camp, owned and operated by the Catholic Archdiocese of Edmonton. Our mission is to support families and youth ministry initiatives in the Archdiocese and beyond by creating a place for young people to Encounter Christ, Encounter Community, and Encounter Creation. When: **July - August 2024** - various camps for Gr. 4-12 - [Registration is open](http://ourladyofvictorycamp.com)

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

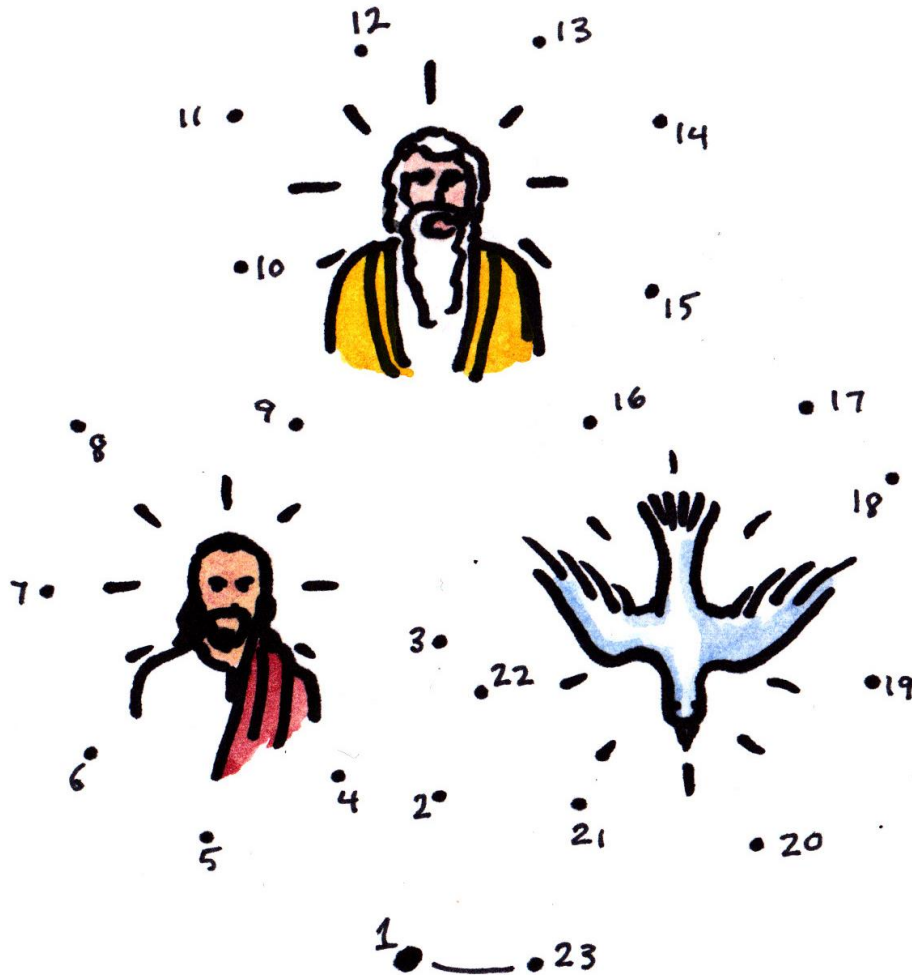


2023-24 Knights Events

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

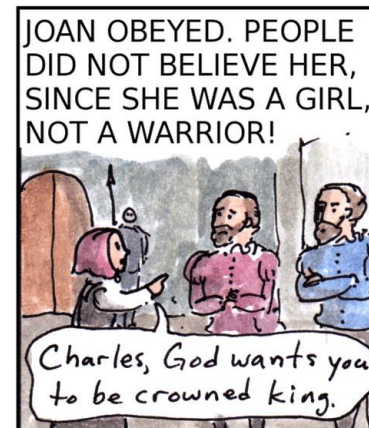
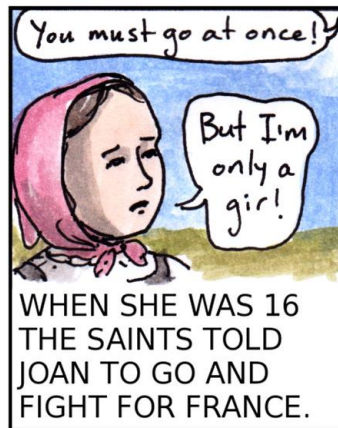
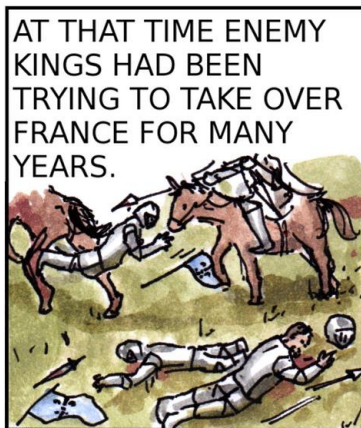
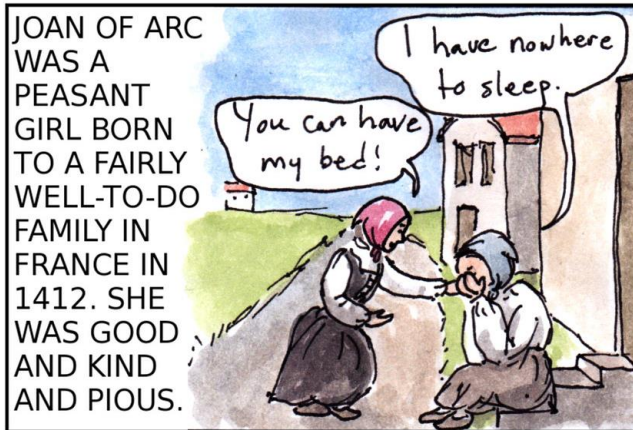
Feast of the Most Holy Trinity
Sunday May 26th, 2024



There are three Persons in God:
The Father, the Son, and the Holy Spirit.
But there is still only one God!
Saint Patrick taught the Irish people about
the BLESSED TRINITY by showing the
people something else that is three-in-one.
What is it? Connect the dots to find out!

Saint Joan of Arc

May 30



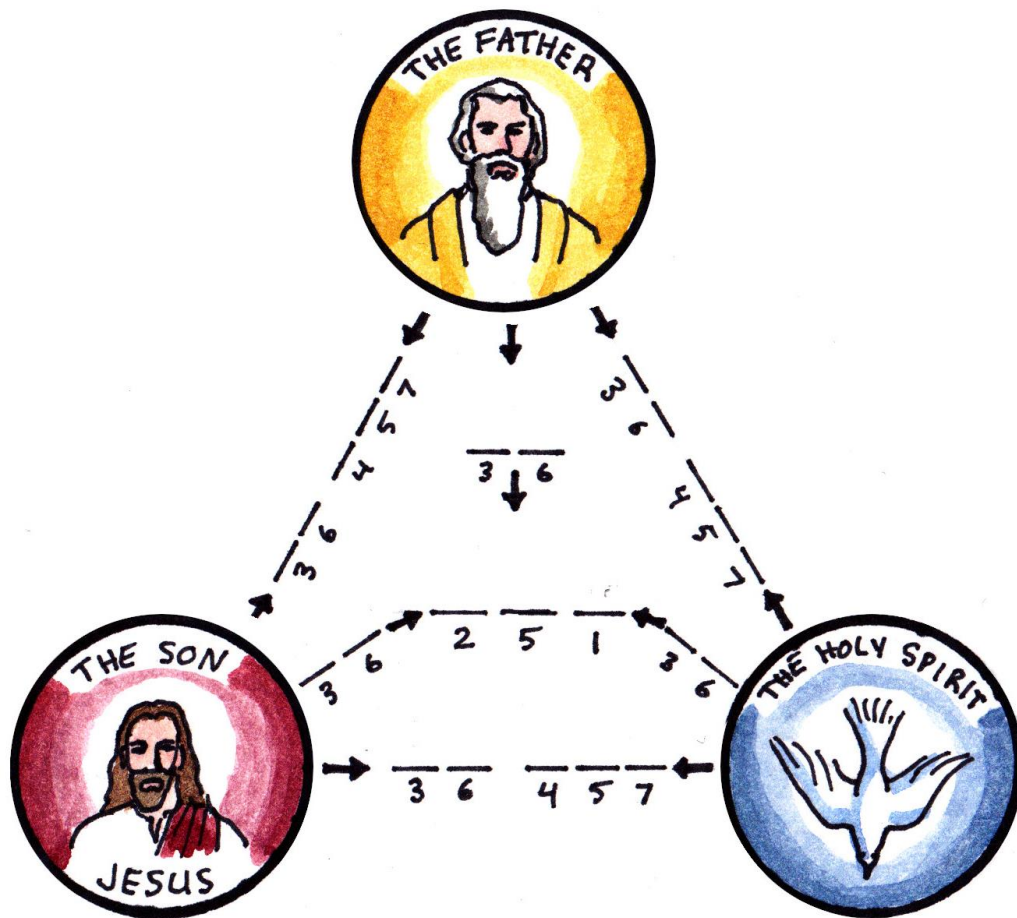
ST. JOAN OF ARC IS A GREAT EXAMPLE TO US OF BEING BRAVE AND DOING THE RIGHT THING EVEN WHEN PEOPLE THINK YOU ARE BEING WEIRD. GOD WANTED HER TO HELP SAVE FRANCE, BUT MANY FRENCH PEOPLE DID NOT TRUST HER. ALWAYS DO WHAT GOD WANTS YOU TO, NO MATTER WHAT PEOPLE THINK.

What is the Blessed Trinity?

The Blessed Trinity is God! There are three Persons in God, but there is only one God. "Trinity" comes from the Latin word for three.

Only God the Son, Who is Jesus, has a body. But we show God the Father as an old man, and the Holy Spirit as a dove.

Here is a puzzle that might help you understand the Holy Trinity a little better. Use the letter code at the bottom to fill in the blanks.



1	2	3	4	5	6	7
D	G	I	N	O	S	T

GOD, THE HOLY TRINITY



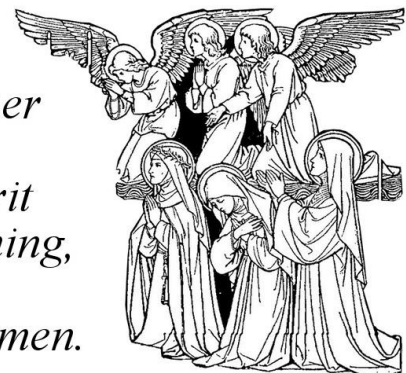
Jesus taught us that God is not just one Person, but three Persons in one God. The three Persons in God are God the Father, God the Son Who is Jesus, and God the Holy Spirit.

The three Persons in God know each other perfectly and all want the exact same thing. The Blessed Trinity is a mystery that we can't really understand. It is the three Persons of God loving each other so much we could never even measure or understand it! And God, the Blessed Trinity, decided to create us so that we could adore them and join in their love! That's what Heaven is: being with the Blessed Trinity in total happiness forever!

We pray that the Blessed Trinity will be glorified by all creatures when we say this prayer:



*Glory be to the Father
and to the Son
and to the Holy Spirit
as it was in the beginning,
is now,
and will be forever. Amen.*



Answers: Dot to dot on front: a shamrock represents the Holy Trinity.
Trinity puzzle: Each Person IS NOT any other Person, but each Person IS GOD.

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 @holymfamilymh.ca never a @gmail account.

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