



# Welcome to HOLY FAMILY PARISH

22<sup>ND</sup> SUNDAY IN ORDINARY TIME – YR. B SUNDAY, SEPT 1, 2024

Email: [contact@holyfamilymh.ca](mailto:contact@holyfamilymh.ca) ~ Website: [www.holyfamilymh.ca](http://www.holyfamilymh.ca) ~ Phone 403-527-6933

Facebook: [Medicine Hat Holy Family Parish](https://www.facebook.com/MedicineHatHolyFamilyParish) ~ YouTube: [Medicine Hat Holy Family Church](https://www.youtube.com/MedicineHatHolyFamilyChurch)

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

**We acknowledge that Treaty 7 Territory, on which we stand, is the ancestral land of the Indigenous Peoples and is common home to everyone in Virtue of God, our Creator's Gracious Gift.**

**In fulfillment of his own purpose, he gave us birth by the word of truth, so that we would become a kind of first fruits of his creatures.**

*"Listen to me, all of you, and understand there is nothing outside a person that by going in can defile, but the things that come out are what defile."*

*Mark 7.1-8, 14-15, 21-23*

*Sunday, September 1, 2024*

✠ Masses & Mass Intentions ✠



Saturday, August 31

5:00pm – Lucia & Gualberto Pimentel ✠

Sunday, September 1

8:30am – Wilbert Zinger ✠

10:30am – Joe & Elizabeth Wandler ✠

6:00pm – Holy Family Parish

Monday, September 2

NO MASS TODAY – OFFICE CLOSED

Tuesday, September 3

9:00am – Frank & Elizabeth Fewer

6:00pm – Martha Neigum

Wednesday, September 4

9:00am – Tony & Tina Koch

Thursday, September 5

9:00am – Austin & Gladys Whittler ✠

Friday, September 6

9:00am – Jean Paul Blanchette

22<sup>nd</sup> Sunday in Ordinary Time

Deuteronomy 4:1-2, 6-8.

Psalms 15:2-3, 3-4, 4-5.

James 1:17-18, 21b-22, 27.

Mark 7:1-8, 14-15, 21-23.

CALL TO HOLINESS.

Sometimes law and custom can be so onerous, so heavy that we can lose focus on right behavior. That is part of the conversation today as we return to the Gospel of Mark. Observing traditions is good and right. But avoiding oppressing thoughts, words, and deeds is better. In the Second Reading, Saint James says: "Be doers of the word and not hearers only." In short, be holy.

- ✝ What unholy words and deeds can I avoid?
- ✝ What holy words and deeds shall I do this week?
- ✝ Whom can I invite to holy behavior with me?

# VOCATIONS

Sept 1, 2024  
22<sup>nd</sup> Sunday in Ordinary Time

Our second Scripture reading reminds us that "Every generous act of giving, with every perfect gift, is from above, coming down from the Father ...". God's gifts should prompt a response of gratitude, which should be the basis of our daily lives. If you feel God is offering you the gift of priesthood, religious life or diaconate, and you wish to respond generously, trusting in God, please contact the Office of Vocations at 403-218-5500 or email Fr. Cristino Bouvette

[vocations@calgarydiocese.ca](mailto:vocations@calgarydiocese.ca) [www.catholicyc.ca/vocations.html](http://www.catholicyc.ca/vocations.html)

## HEALING MASS

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

1<sup>ST</sup> TUESDAY EACH MONTH AT 6:00PM

SEPTEMBER 3, 2024

### Knights of Columbus

#### Officer's Meeting

September 9 at 7:00pm

HFP Faith Room



### Catholic Women's League (CWL)

#### Executive Meeting

September 3 at 7:00pm

HFP Faith Room



### Special Collections

SEPTEMBER 2024

Future Development Fund

Together in Action

September 29, 2024

Needs of the Canadian Church



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

NOVENA

BEFORE MASS AT 8:00AM

SEPTEMBER 4, 2024

*Faithfully*  
FAITH. LIVED. FULLY.

[catholicyc.ca/Faithfully](http://catholicyc.ca/Faithfully) keeps you updated with what's happening in and around our Diocese!



**HOLY FAMILY PARISH ANNUAL BLESSING OF PETS**

**SUNDAY, SEPTEMBER 15, 2024 AT 2:00PM**

**CALL FOR VOLUNTEERS, WE NEED YOU!**

**Meeting**

**September 4<sup>th</sup>**

**at 2:00pm**

**INFO: Call Lawrence 403-548-5903**



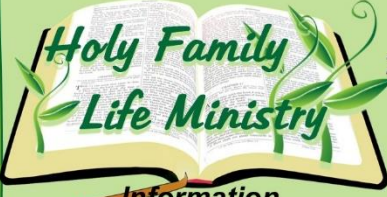
*First Saturday Mass*

*The 1<sup>st</sup> Saturday of  
each month  
at 8:00am*

*September 7, 2024*



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



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

Education Evening  
4th Tuesday of the month  
at 7:00pm in the Faith  
Room.

Information

Rob at 403-529-0985  
Sonia at 403-528-0028

*Holy Family Parish Annual  
Corn Roast*

*Sunday, September 8,  
Following the  
10:30 Mass*



*Funeral Mass Ministry  
Information Meeting  
Tuesday, September 10 at  
2:00pm  
In the Faith Room  
All those involved in the  
Funeral Mass Ministry  
Please Attend*



*Thirsting  
for God?*



Do you know someone not baptized or baptized in a non-Catholic Christian tradition, who is thirsting for what it means to become Catholic?... Do you know someone already Catholic wanting to receive Communion & Confirmation? They may be thirsting too! The Rite of Christian Initiation of Adults (RCIA) is a place to ask questions and seek understanding.

**Open House - September 11 at 7:00pm  
or call 403-527-6933 to learn more.**



**Sacramental Preparation 2024-25**

**1<sup>st</sup> Reconciliation, 1<sup>st</sup> Holy Communion &  
Confirmation**

**Parent Meeting & Registration**

**Thursday Sept. 12 at Holy Family Church Hall  
6:30pm**

**OR**

**Saturday Sept 14 at St. Patrick's Church Hall  
10:00am**

**Children's Liturgy**

**Beginning Sunday, Sept 15**

**Meet at 10:15am in the Foyer**

**4 years and up,**

**plus support if needed.**

**For Information or to**

**Volunteer Call**

**Tammy @ 403-866-7886**



*e-transfer*  
ONLINE GIVING



**DONATE TODAY...**

**accounting@holymfamilymh.ca**





## Knights of Columbus #9502

### Instillation of Officers

Knights of Columbus Council #9502 will have their Instillation of Officers on Monday, September 16, 2024, at 6:30pm in the sanctuary at Holy Family Parish. All officers need to attend this instillation ceremony. Family members are invited to attend. Following the ceremony, we will convene for our general meeting in the Faith Room. Please contact GK, Greg Martin, if you are unable to attend.

## 30-minute Church Walk & Pray All Denominations Welcome

August 30 - Life Church - 2366 Southview Dr SE  
Sept. 1 - 1st Assembly Church of God - 476 4 Street SE  
Sept. 6 - Crossroads Church - 1340 22 Street SE  
Sept. 8 - Westminster United Church - 101 6 Street SE  
Sept. 13 - Heights Baptist Church - 1250 Division Ave S  
Sept. 15 - Crestwood Church - 2348 Dunmore Rd SE  
Info: Shelley - 403-504-7612 - scbs38@gmail.com  
**Sundays - 2:00pm & Fridays - 6:30pm**

*St. Patrick's Parish  
Catholic Women's League  
will be holding their  
Annual Used Clothing Sale  
September 19th to the 21st  
Thank You For your support!*

Save all your good used clothing to donate!  
Drop off clothes Wednesday Sept 18 in the Hall.

### Learning from Seniors - A New Ministry

As St. James says, "if any of you are lacking in wisdom, ask God, who gives to all generously and ungrudgingly, and it will be given to you" (1:5).

This is the new ministry our Parish is hoping to start. Once a week seniors will be coming together to share their fellowship by having coffee and playing games and sharing their lives with one another (this is just a brief description of the ministry). If you are interested in coordinating this ministry, please contact Fr. Iqbal. Hoping to start in October.

## COMING TO OUR PARISH THIS FALL!

WE ARE EXCITED TO OFFER OPPORTUNITIES FOR BOTH THE MEN AND WOMEN OF OUR PARISH TO GROW IN THEIR FAITH

FOR MEN  
**TMIY**  
THAT MAN IS YOU!

**Dates to be  
Announced**

## Women's Ministry Coming Soon

### Are you looking for Sacramental Marriage?

Were you married by J&P, in another Denomination or living in a Common Law relationship? We can help you to marry in the Church by completing your marriage paperwork or filing for annulment (in case you were previously married).

Contact St. Patricks' or Holy Family Parishes for assistance.

According to Canon Law "The matrimonial covenant, has been raised by Christ the Lord to the dignity of a sacrament between the baptized. §2. For this reason, a valid matrimonial contract cannot exist between the baptized without it being by that fact a sacrament (1055: 1&2).

And according to Catechism of the Catholic Church "Sacred Scripture begins with the creation of man and woman in the image and likeness of God and concludes with a vision of "the wedding-feast of the Lamb (1602).





Legion of Mary  
Praesidium Function  
September 8th:

All Legion of Mary Members, both Active and Auxiliary or Praying members, as well as those interested in learning more about the Legion of Mary, are invited to

our Annual Praesidium Function on September 8th from 5 pm to 6:30 pm at Holy Family Parish in the Hall. In addition to praying the Legion of Mary prayers and learning more about the Legion, we will have a chance to visit and celebrate Mary's Nativity with birthday cake and refreshments. Everyone is welcome.

Brown Scapular Enrollment September 8th:

The Legion of Mary invites you to attend the Brown Scapular Enrollment that Fr. Roque will conduct on Sunday, September 8th, immediately following the 9 am Mass at St. Patrick's Church. For more information on the Brown Scapular, please pick up a pamphlet available on the stand of materials facilitated by the Legion of Mary at either church. If you have been enrolled before, you don't need to be re-enrolled when you need a new scapular; just help yourself to a blessed brown scapular at either St. Pat's or Holy Family.

Enthronement of the Sacred Heart in the Home:

The Legion of Mary is pleased to help Fr. Roque facilitate the Enthronement of the Sacred Heart in your home. Fr. Roque has set aside Friday evenings at 7 pm, beginning September 2024, to preside at the Ceremony. Contact Sister Lina with the Legion of Mary to book a time. She may be reached at (403) 977-8103. She is now taking bookings for 2025. If you do not have a statue or image of the Sacred Heart of Jesus, the Legion of Mary will try providing you one for Fr. Roque to bless at the ceremony. You may also contact Sister Karen-Anne at (403) 952-8991 if you have any questions. There is also a binder at the back of the church at St. Patrick's that notes what is required as well as the copy of the prayers for the enthronement.

## Knights of Columbus Receives Top Reward



Holy Family Parish Knights of Columbus Council #9502 has received the distinction of Star Council, the international organization's top award for local councils.

The Star Council Award recognizes overall excellence in the areas of membership, promotion of fraternal insurance benefits, sponsorship of faith formation programs and service-oriented activities.

The award was made possible by Membership Director, Garry Lux. Garry works tirelessly recruiting members to our order. Our membership grew by 20 brothers in 2023/2024.

We thank all our Knights of Columbus members for their dedication to serving our parish, families, schools and local community. Through your efforts we served parish corn roast, year end picnic and parish breakfasts. Recognition goes to Henk Hof for his leadership as Volunteer Coordinator. Thank you, Henk, for leading these initiatives.

Faith in Action Committee offered several programs in Faith, Life, Family and Community. Program examples include Coats for Kids, Novena for Life to Our Lady of Guadalupe, Silver Rose, Rosary Program, Men's Lenten Retreat and leadership for Eucharistic Adoration.

The work we have accomplished requires accurate and timely record keeping, submitting the required forms to Supreme Council. Special recognition goes to our council's Financial Secretary, Pat Ries, for the excellent job you do to keep our forms submitted. Without this work the effort would be unnoticed by Supreme.

Our Knights of Columbus council is active and vital to the growth of our parish. Please get involved by volunteering or attending our programs. Contact Membership Director Garry Lux at 403-580-9168 for more information on joining our KofC council at Holy Family Parish.



# **PILGRIMAGE TOUR TO ITALY, MONACO, AND FRANCE**

**CELEBRATING THE JUBILEE OF 2025**

**UNDER SPIRITUAL GUIDANCE OF FR. IOBAL KHURSHID**

**MAY 12- 25, 2025 - 14 DAYS – \$ 5950 INCLUDING  
TAXES AND TIPS (CALGARY DEPARTURE)**

**VISITING: ROME, VATICAN, PISA, MONTE CARLO,  
NICE, AVIGNON, CLERMONT-FERRAND, TOURS,  
MOUNT SAINT-MICHEL, NORMANDIE, ROUEN, PARIS**



**INCLUDED:**

- AIR & LAND TRANSPORTATION
- HOTEL ACCOMMODATION FIRST CLASS BASED ON DOUBLE OCCUPANCY
- 2 MEALS BREAKFAST AND DINNER DAILY
- ALL SIGHTSEEING AS PER ITINERARY WITH ENGLISH SPEAKING GUIDE
- AIRPORT TAXES
- TIPS TO BUS DRIVER AND GUIDES

**NOT INCLUDED:**

- LUNCHES
- TRAVEL INSURANCE



**TRAVEL ARRANGEMENTS BY CONNAISSANCE TRAVEL & TOURS  
3852 FINCH AVENUE EAST, #306 TORONTO, ON M1T 3T9  
AGNES TEL. 416.418.3599 OR MARIA TEL. 905.334.0559  
WWW.CONNAISSANCETRAVEL.COM**

**TICO ONT. REG: #2976741**



22<sup>nd</sup> SUNDAY IN ORDINARY TIME YEAR B

SEPTEMBER 1, 2024

## KEEPING OUR LIVES PURE

The Gospel of John, chapter 6 was the center of our focus for the last 5 weeks. That chapter opened our eyes to see Jesus's discourse on Bread of eternal life which leads us to have a strong relationship with the Lord. This weekend things are changing. Laws or rules either in the society or religion are there to help people, to discipline them and become good citizen or followers of a particular religion. These rules and regulations help people to enhance their relationship with one another and God as well. However sometimes people take these laws over the limits and then there is no respect left for humans. Of course, God's people through the ages have always looked for ways of maintaining their purity of life by external structures and rules. The Jews developed a whole range of rules and regulations to govern everyday life, to help people be sure they were being faithful to God in every circumstance. But it didn't stop with the Jews. The monastic movement in the Medieval Church developed various rules of life to help Christians structure their lives around the worship of God. So, in one version, the day was broken up into periods of work or rest separated by times of prayer.

What do we need today as we reflect on the Word of God this Sunday? Do we need external purification or internal? Being followers, we do need inner purification to have a better relationship with the Lord.

One day, a disciple and his teacher were walking through the forest. The disciple was disturbed by the fact that his mind was in constant unrest.

He asked his teacher: "Why are most people's minds restless, and only a few possess a calm mind? What can one do to still the mind?"

The teacher looked at the disciple, smiled and said, "I will tell you a story."



“On one beautiful day, an elephant was standing by the shade of a tree, eating its leaves. Suddenly, a small fly came buzzing and landed on the elephant’s ear. The elephant stayed calm and continued to eat, not heeding the fly.”

“The fly flew around the elephant’s ear, buzzing noisily, yet the elephant seemed to be unaffected. This bewildered the fly, and it asked, ‘Are you deaf?’

“No!” The elephant answered.

“Why aren’t you bothered by my buzz?” The fly asked.

“Why are you so restless and noisy? Why can’t you stay still just for a few moments?”

Asked the elephant, and peacefully continued eating the leaves.

The fly answered, “Everything I see, hear and feel attracts my attention, and all noises and movements around me affect my behavior.”

“What is your secret? How can you stay so calm and still?”

The elephant stopped eating and said, “My five senses do not disturb my peace, because they do not rule my attention.”

“I am in control of my mind and my thoughts, and therefore, I can direct my attention where I want, and ignore any disturbances, including your buzz.”

“Now that I am eating, I am completely immersed in the act of eating. In this way, I can enjoy my food and chew it better. I am in control of my attention, and therefore, I can stay peaceful.”

Upon hearing these words, the disciple’s eyes opened wide, and a smile appeared on his face. He looked at his teacher and said:

“I now understand! My mind will always be in constant unrest, if my five senses, and whatever is happening in the world around me, are in control of it. On the other hand, if I am in command of my five senses, able to disregard sense impressions, and able to control my thoughts, my mind will become calm, and I will be able to disregard its restlessness.”

“Yes, that’s right,” the teacher answered, “The mind is restless and goes wherever the attention goes. Control your attention, and you control your mind.”

I strongly believe that once our eyes are focused on the Lord, there is no reason that we won’t have inner purification. In the First Reading we read that the Israelites are given laws to follow them so that they be people of God “You must observe them diligently, for this will show your wisdom and discernment to the peoples, who, when they hear all these statutes, will say, ‘Surely this great nation is a wise and discerning people!’” The first five Books of the Bible are full of rules and regulations for people to follow and live a very holy life and become chosen people of God.

In the Second Reading St. James is encouraging everyone to follow the value of “generous act of giving” which is greatest gift of our faith. Through giving we receive and by receiving we give because God keeps blessing us with his abundant blessings.



In the Gospel we have an interesting situation where Pharisees and scribes are arguing with Jesus regarding his disciples who are eating without washing their hands, thus defiling the traditions of the elders. Has our mother taught us to wash our hands before you eat? Now we can tell her that Jesus is against her rule, right? Wrong! The Pharisees washed their hands before eating, but not to cleanse themselves of germs, because they didn't know about germs two thousand years ago. They washed their hands to obey their tradition, believing that if they ate with unwashed hands, they would become defiled and unacceptable to God. That small error in their thinking wouldn't have been so bad, except that their misconception about what made them acceptable or unacceptable to God extended much farther. Some of the traditions they kept, violated God's Word. Thus, as Jesus said, they rejected God's specific laws and substituted their own traditions. Obeying man-made rules, they disobeyed God's rules. One example of this was their breaking of the fifth commandment: "Honor your father and mother." The Pharisees taught that a person didn't have to help his needy parents if he vowed to give his money to God. Because they were lovers of money (Luke 16:14), this tradition was probably designed to increase their own personal wealth. The Pharisees wouldn't have to spend their money supporting their elderly parents, plus, other people vowed to give their money to the Pharisees to support "God's work" rather than help their parents. This was just one of many examples of how the Pharisees broke God's law to protect their own traditions. Here comes Jesus to correct them and make sure they need inner purification as well.

Holy Father Pope Francis reflecting on the Gospel, explains the issue in this way "The discussion is about the value of the "tradition of the elders" (Mk 7:3) which Jesus, quoting the Prophet Isaiah, defines as the "precepts of men" which must never take precedence over the "commandment of God". The ancient rules in question consisted not only in the precepts God revealed to Moses, but in a series of norms that the Mosaic Law indicated. The interlocutors observed these norms in an extremely scrupulous manner and presented them as the expression of authentic religiosity. Therefore, they rebuked Jesus and his disciples for transgressing them, specifically the norms regarding the external purification of the body. Jesus' response has the force of a prophetic pronouncement: "You leave the commandment of God", he says, "and hold fast the tradition of men". These are words which fill us with admiration for our Teacher: we sense that in him there is truth and that his wisdom frees us from prejudice.

He continues to say, "After his exhortation, Jesus focuses attention on a deeper aspect and states: "there is nothing outside a man which by going into him can defile him; but the things which come out of a man are what defile him" (v. 15). In this way he emphasizes the primacy of interiority, that is, the primacy of the "heart": it is not the external things that make us holy or unholy, but the heart which expresses our



intentions, our choices, and the will to do all for the love of God. External behaviour is the result of what we decide in the heart, and not the contrary: with a change in external behaviour, but not a change of heart, we are not true Christians. The boundary between good and evil does not pass outside of us, but rather within us. We could ask ourselves: where is my heart? Jesus said: "Where your treasure is, there will your heart be also". What is my treasure? Is it Jesus, is it his teaching? If so, then the heart is good. Or is my treasure something else? Thus, it is a heart which needs purification and conversion. Without a purified heart, one cannot have truly clean hands and lips which speak sincere words of love — it is all duplicitous, a double life — lips which speak words of mercy, of forgiveness: only a sincere and purified heart can do this.

What do we learn from the Sacred Scripture today? Pay heed! With these words, Jesus wants to caution us too, today, against the belief that outward observance of the law is enough to make us good Christians. Dangerous as it was then for the Pharisees, so too is it for us to consider ourselves acceptable or, even worse, better than others simply for observing the rules, customs, even though we do not love our neighbour, we are hard of heart, we are arrogant and proud. Literal observance of the precepts is a fruitless exercise which does not change the heart and turn into practical behaviour: opening oneself to meet God and his Word in prayer, seeking justice and peace, taking care of the poor, the weak, the downtrodden. We all know, in our communities, in our parishes, in our neighbourhoods, how much harm and scandal is done to the Church by those people who say they are deeply Catholic and often go to Church, but who then neglect their family in daily life, speak badly of others and so on. This is what Jesus condemns because this is a counter-witness to Christianity. We attend church every week, say the right things at the right times during the service, receive communion, and think that makes us acceptable to God. But the rest of the week, we lie, steal, judge, criticize, use foil language, and take God's name in vain.

Let us focus our hearts and minds on the inner purification and let Jesus rest in our lives so that we can have peace of mind from disturbance and obstacles. I hope the following story will help us to focus.

Holy Monk, and his disciple, were strolling on the beach by the ocean. It was a cold day and the wind was blowing strongly over the ocean, raising very high waves.

After walking for some time, Holy Monk stopped, looked at his disciple and asked: "What does the choppy ocean remind you of?"

"It reminds me of my mind and my rushing and restless thoughts." Answered Disciple.

"Yes, the stormy ocean is like the mind, and the waves are the thoughts." Holy Monk explained. "The mind is neutral like the water. It is neither good, nor bad. The wind is creating the waves, as desires and fears produce thoughts."



“I wouldn’t want to be on a boat in the middle of the ocean, in a storm like this.” Said Disciple.

“You are there all the time within this storm.” Responded Holy Monk and continued, “Most people are on a rudderless boat in the middle of a choppy ocean, even if they do not realize it. The mind of most people is very restless. Thoughts of all kinds come and go incessantly, agitating the mind like the ocean’s waves.”

“Yes,” Disciple interrupted him, “You don’t need to tell me this, I know that. This is the reason I want to learn from you. I want to calm down the waves of my mind.”

Holy Monk looked at Disciple for a while, smiled, and said: “You don’t calm the ocean by holding the water and not letting it move. What is necessary is to stop the wind.”

“Your thoughts, desires and fears are like the wind, and you need to calm them down, and not let them rule your life. You learn to control them by controlling your attention and focus, and then the ocean of your mind would become calm.”

“And how do I do that?”

“Suppose it is possible for the ocean to disregard the wind, what would happen then?” asked Holy Monk.

“The waves would cease. However, no one can stop the wind.”

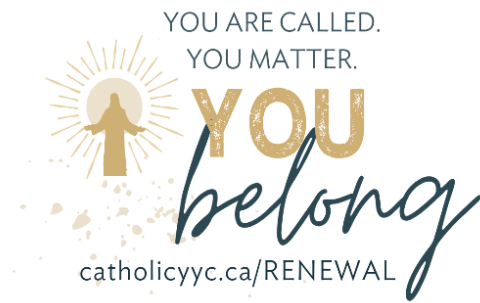
Holy Monk looked at Disciple with a mysterious smile and said:

“You can calm down the winds in your mind, which make the ocean of your mind restless. The winds are your thoughts, and the ocean is your mind.”

“Yes master”, said Disciple, “this is what I am trying to do. If I can succeed to calm the windows of my mind, would I also be able to bring more peace and calmness into the world around me?”

Are we keeping our lives pure?





# DIOCESAN SUNDAY UPDATES

September 1, 2024

## 40 Hours Devotion for Vocations

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: [catholicyc.ca/40hours](http://catholicyc.ca/40hours). The next devotions:

- **Our Lady of Peace, Tsuut'ina Nation:**, Four first Wednesdays, from noon to 10 pm: **Wed, Sep 4** (Mass at noon with Bishop McGrattan), Oct 2, Nov 6 and Dec 4.

## Career Opportunities in the Diocese of Calgary

Employment opportunities currently available in the Diocese of Calgary:

- [Assistant Coordinator \(Casual\) - Feed the Hungry](#)
- [Discipleship and Lay Ministry Coordinator \(Full-time\), Catholic Pastoral Centre](#)
- [Hospitality/Security \(Full-time\) - Sacred Heart, Calgary](#)
- [Administrative Assistant \(Casual\) - St. Michael Catholic Community, Calgary](#)
- [Administrative Assistant \(Full-time\) - Ascension Catholic Parish, Calgary](#)

For more info, visit [catholicyc.ca/careers](http://catholicyc.ca/careers)

## Educating for Eternity: Making Every Class Catholic with Dr. Brett Salkeld

Authentic Catholic education involves teaching every subject from a Catholic perspective, known as curriculum permeation. It goes beyond a secular education with a religion elective. Dr. Brett Salkeld will discuss how Catholic anthropology can guide teachers in integrating the faith into every aspect of the curriculum. When: **Thu, Sep 12, 7 pm** at St. Mary's University. [More info](#)

## St. Mark's Parish Jubilee Year Celebration

Join St. Mark's Parish for the closing of their 50th Jubilee Year. All founding members, parishioners, and visitors are invited to celebrate. Enjoy a meal, reconnect, and recognize those who have shaped the parish since 1973. When: **Fri, Sep 13 from 5:30 pm** at Marlborough Park Community Centre. Contact [stmark.50years@gmail.com](mailto:stmark.50years@gmail.com) for tickets.

## To Hope and Act with Creation: A Morning Retreat in the Season of Creation at Mount St. Francis

Join a Eucharistic celebration, outdoor stations of prayer, reflections on creation, and a hardy lunch to celebrate the Season of Creation. When: **Thu, Sep 5 from 9 am to 1 pm at Mount St. Francis Retreat Centre**. Please dress for the weather. To register, call Mount St. Francis at 403-932-2012

## Priestly Vocations Night

Have you considered becoming a priest? You are invited to the Roman Catholic Diocese of Calgary's Priestly Vocations Night with Fr. Derek Remus. Each evening will begin with Mass at 5 pm, followed by Evening Prayer, supper, a presentation on discerning a vocation to the priesthood, and time for silent prayer before the Blessed Sacrament. When: **Sat, Sep 14; Oct 26; and Dec 7 from 6:30 pm to 9 pm** at St. Luke's Church, Calgary. To attend, please register by emailing Fr. Derek at [derek.remus@calgarydiocese.ca](mailto:derek.remus@calgarydiocese.ca)

## Garden Harvest Celebration

Join Martha's Retreat Centre in Lethbridge on **Tue, Sep 17, 5:30 to 8:30 pm** for a special evening with a garden-fresh meal, music by Bridge Brass Quintet, reflections by Sr. Theresa Parker, and blessings from Fr. Tim Boyle, all in support of our sustainability—tickets \$75 (Tax Receiptable), limited availability; call 403-328-3422 or visit [martharetreatcentre.ca](http://martharetreatcentre.ca) to register.



## FCJ Tea Party

The FCJ Christian Life Centre in Calgary is hosting a Tea Party Fundraiser on **Sun, Sep 15, 2024, at 2 pm at FCJ Centre** to support washroom upgrades at the Centre. This event offers a chance to enjoy a delightful afternoon while contributing to a meaningful cause. All are welcome to attend. Get tickets at [fcjcentre.ca/teaparty](https://fcjcentre.ca/teaparty)

## Elevated Conference for Youth in Grade 6-8

Come encounter the Lord, have fun with Face to Face Ministries, and be empowered to become a modern-day saint! When: **Wed, Sep 28 from 10 am to 4:45 pm** at St. Peter's Church (541 Silvergrove Dr. NW, Calgary). To register, visit <https://st-peters.ca>

## Fiat - Young Women Retreat for Religious Life Discernment

Join Fr. Derek Remus, Sr. Dianne Turner, and Sr. Azenette Trongco for a day of discernment and prayer for young, single women 16+. **When: Sep. 28 from 9 am to 4 pm.** Start with 9 am Mass, followed by prayer, adoration, and scripture reflections. If you have any questions, contact Sr. Dianne [sisterdianne.turner@calgarydiocese.ca](mailto:sisterdianne.turner@calgarydiocese.ca) or call 403-218-5504.

## Transitions

Transitions is a 15-week, peer-led, God-centered support group designed to foster healing for individuals navigating the pain of separation and divorce. It is facilitated within a confidential, safe, and respectful environment of the community. The group meets every **Tuesday from 7 pm to 9 pm, starting Oct 1** at the Catholic Pastoral Centre. There is no fee to register, but spots are limited. Register now at [catholiccycc.ca/transitions](https://catholiccycc.ca/transitions).



FOR IT IS FROM  
*within,*  
FROM THE HUMAN  
HEART, THAT EVIL  
INTENTIONS COME

MARK 7:21

**YOU ARE called**  
YOU MATTER.  
YOU BELONG.


[catholiccycc.ca/RENEWAL](https://catholiccycc.ca/RENEWAL)

22<sup>nd</sup> SUNDAY IN ORDINARY TIME

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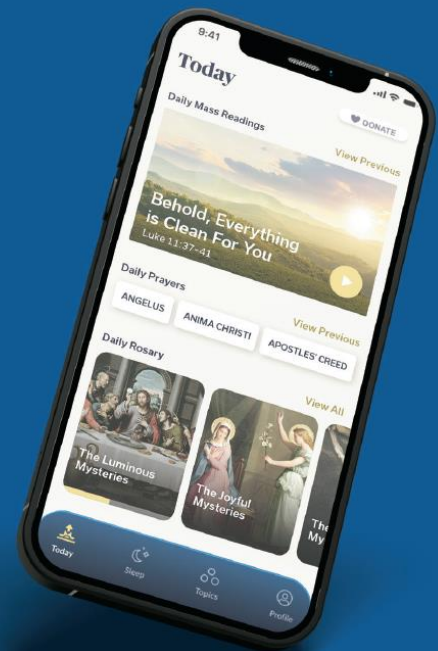
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An offering from the  AUGUSTINE INSTITUTE



## Joe McKinnon Council #9502

### Knights of Columbus 2024 2025 Officers

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

# The Kids' Bulletin

22nd Sunday in Ordinary Time  
September 1st, 2024

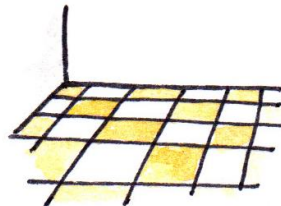


Mark 7:1-8,  
14-15, 21-23

*The Jews knew that it was important to keep their bodies and their dishes clean. But Jesus told them that something else was more important. What was it?*

Match the letters from the top pictures with the things they clean at the bottom of the page to find out what is the most important thing to keep clean!

Your \_\_\_\_\_ !






# Saint Teresa of Calcutta

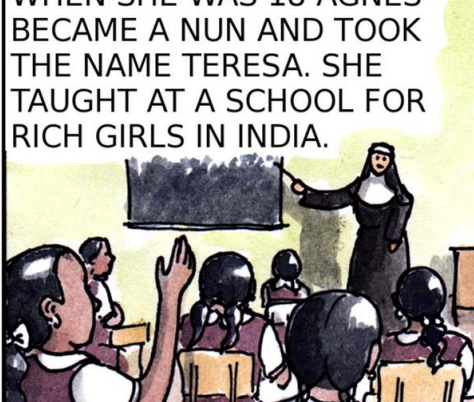
## September 5

AGNES GONXHA BOJAXHIU WAS BORN IN YUGOSLAVIA IN 1910. HER FATHER DIED WHEN SHE WAS 8. AT AGE 12 SHE KNEW GOD WANTED HER TO BE A MISSIONARY.



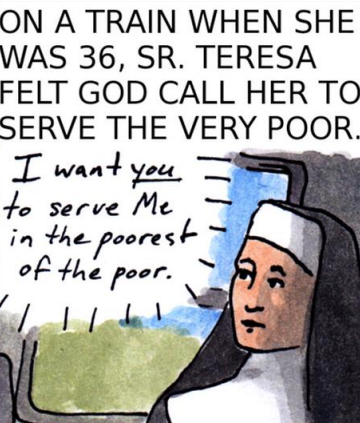
Lord, You want me to work for You, don't You?

WHEN SHE WAS 18 AGNES BECAME A NUN AND TOOK THE NAME TERESA. SHE TAUGHT AT A SCHOOL FOR RICH GIRLS IN INDIA.

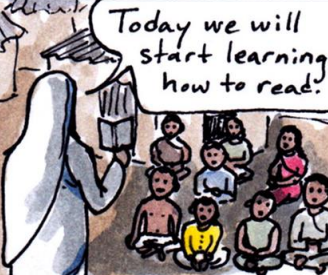


ON A TRAIN WHEN SHE WAS 36, SR. TERESA FELT GOD CALL HER TO SERVE THE VERY POOR.

I want you to serve Me in the poorest of the poor.



Today we will start learning how to read.

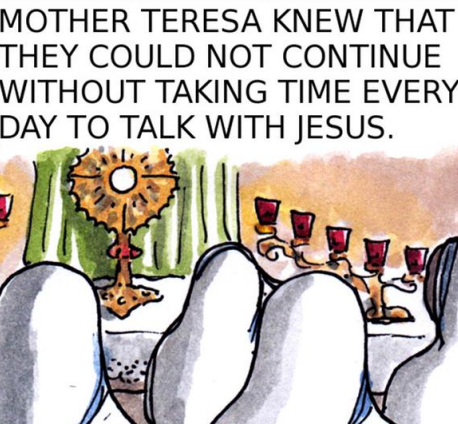


SHE GOT PERMISSION TO TAKE A NEW HABIT AND START A SCHOOL FOR POOR CHILDREN.

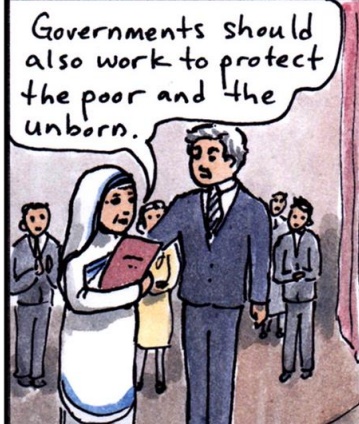
SOON OTHER WOMEN JOINED MOTHER TERESA TO HELP THE POOR AND DYING.



MOTHER TERESA KNEW THAT THEY COULD NOT CONTINUE WITHOUT TAKING TIME EVERY DAY TO TALK WITH JESUS.



Governments should also work to protect the poor and the unborn.

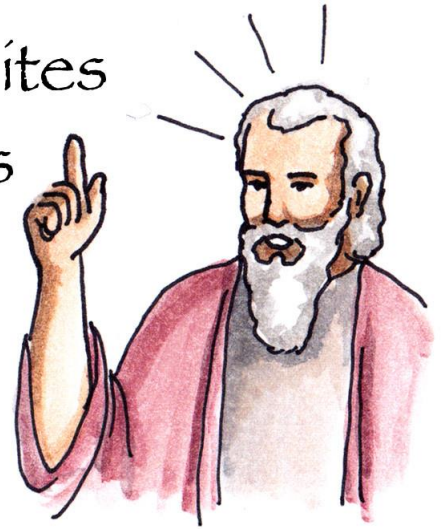


IN 1979 MOTHER TERESA WON THE NOBEL PEACE PRIZE, BUT SHE STAYED HUMBLE AND USED EVERY CHANCE TO TELL THE RICH AND POWERFUL PEOPLE TO PROTECT THE POOR AND WEAK.

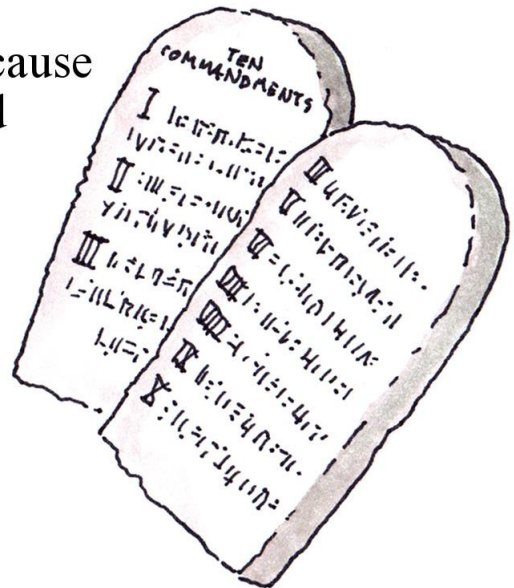
SAINT TERESA OF CALCUTTA DIED ON SEPTEMBER 5TH, 1997. WE CAN LEARN FROM HER TO DEFEND AND HELP THOSE WHO CAN'T HELP THEMSELVES, ESPECIALLY THE POOR AND UNBORN CHILDREN. WE ALSO LEARN FROM HER EXAMPLE THAT WE NEED TO SPEND TIME IN PRAYER WITH JESUS EVERY DAY.

# Moses Tells the Israelites to Follow God's Laws True or False

*How much do you know about God's  
commandments for the Israelites?  
See if you know which of these are true  
and which are false:*

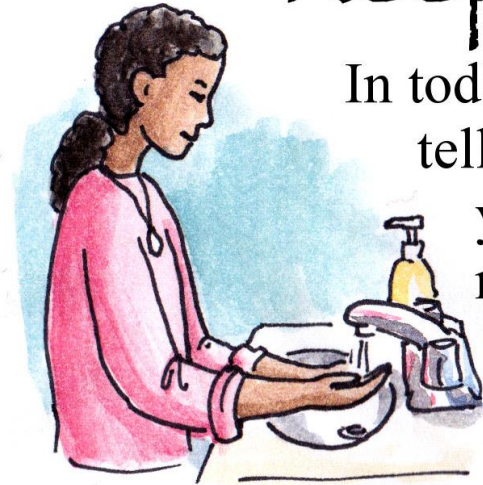


1. Moses only taught some of the people of Israel that they had to obey the commandments that God gave them. True or false?
2. The people had to obey God's laws if they wanted to live in the land that He was giving them. True or false?
3. Moses said that they were not allowed to add to God's law, nor take away from it. True or false?
4. If the people obeyed God's commandments then all the other nations would see that they were wise. True or false?
5. The laws that God gave the people of Israel were unfair. True or false?
6. God gave His people laws because He cared for them and wanted what was best for them. True or false?
7. We should obey God's commandments because they tell us how to live well. True or false?





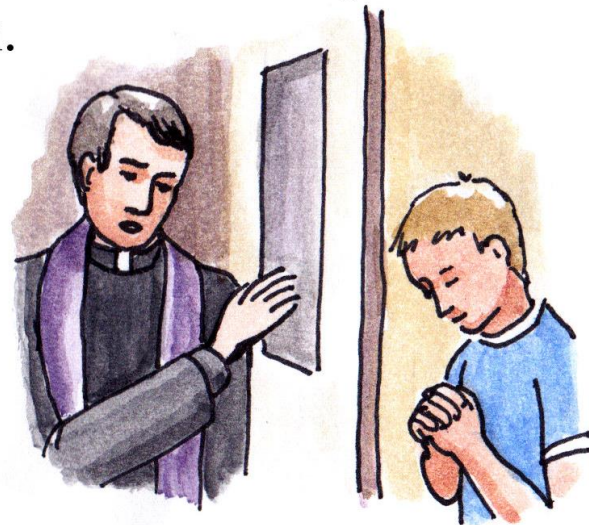
# Keeping Clean



In today's Gospel reading Jesus tells the Pharisees that having your soul clean from sins is more important than keeping your body clean!

But that doesn't mean that we should be dirty! God wants us to keep our bodies and our souls clean.

We keep our bodies clean when we wash our hands or take a bath. Do you know how we keep our souls clean?



When someone does a big sin he or she needs to go to confession to get cleaned up. Confession cleans away our little sins too. Other things that take away

small sins are going to Holy Communion, praying, and blessing ourselves with holy water.



Answers to True or False:  
1. false 2. true 3. true 4. true  
5. false 6. true 7. true



Who is Jesus? Do I need a church?

Why do I exist?

Teens in your parish are actively looking for answers to these questions. Unfortunately, the world is not providing the proper guidance to point them in the right direction.

But you can help change this. Equip your teens with the tools to help them discover the best answers to these questions with The Search Begins.

**[CLICK HERE TO WATCH THIS TRAILER](#)**

The Search Begins is a seven-episode video series adapted from the Augustine Institute's award-winning series The Search. It invites teens in your parish to find meaning in their everyday lives. This program shares the answers to the fundamental questions of life so they can live more for God. A life of purpose!

Guide your teens to real, satisfying answers about their life and the person of Jesus Christ now with The Search Begins.

THE  
SEARCH  
BEGINS

Order the [Leader's Kit](#) or [Deluxe Leader's Kit](#) on Catholic Market.



# 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 we 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](mailto:contact@holymfamilymh.ca) so it can be sent to the diocese.**