



Welcome to HOLY FAMILY PARISH

1ST SUNDAY OF ADVENT – YR. B SUNDAY, DECEMBER 1, 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 TUESDAY THURSDAY FRIDAY 9:00AM

WEDNESDAY 7:00AM

SATURDAY 5:00PM - SUNDAY 8:30AM, 10:30AM & 6:00PM

MONTHLY - 1ST TUESDAY 6:00PM & 1ST SATURDAY 8:00AM

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.**

Gospel Reading ~ Luke 21:25-28,34-36

***Jesus teaches his disciples to be vigilant so that
they will be ready when the Son of Man comes
in glory.***

✠ Masses & Mass Intentions

Saturday, November 30

5:00pm – Ken Klettke ✠

Sunday, December 1

8:30am – Holy Family Parish

10:30am – Ada Luz Zavala

6:00pm – Delores Hellman ✠

Monday, December 2

9:00am – Frank Schafer ✠

Tuesday, December 3

9:00am – Ray Darr ✠

Wednesday, December 4

7:00am – Pamela Kelly ✠

Thursday, December 5

9:00am – Jack Risling

Friday, December 6

9:00am – Laura Snoep & Family



OPERATING FINANCES

OCTOBER 1-31, 2024

Operating Budget 2024	\$ 60,990
General Envelope Collection	\$ 40,286
Loose Collections	\$ 4,099
Future Development	\$ 2,499
Sale of Church Supplies & Other	\$ 8,860
\$ 55,744 - Budget Vs Actual	-\$ 5,246

SPECIAL COLLECTIONS

Together in Action (TIA)	\$ 16,699
St Vincent de Paul	\$ 4,389
World Mission	\$ 1,430
Clergy Retirement	\$ 110
Mission Mexico	\$ 120
CARO	\$ 20
Seminary Fund	\$ 60
Needs of CDN Church	\$ 75

*Thank You
for your Generous Contributions*

Average Weekly Attendance	993
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**Together IN
ACTION**
Annual Bishop's Appeal

Year to Date: \$60,067.
only 85% of total needed!
The 2024 Goal is \$70,938.

Only 4 weeks to raise \$10,871.

That is \$2,717.75 each week!

**Please give what you can
to meet our goal this year!**

Your Generosity is Appreciated!

First Sunday of Advent – Year C

Jeremiah 33:14-16.

Psalms 25:4-5, 8-9, 10, 14.

Thessalonians 3:12-4:2.

Luke 21:25-28, 34-36.

Fulfilling the Promise.

This is the thrust of Advent. We know Jesus came once; we believe, because of that, he comes again to bring the Reign and Kingdom of God to completion. We, now, are in between those two comings. How are we to live? Not dismayed or anxious. No, we are to be vigilant and strong, ever hopeful, full of right action, justice, and mercy. We stand erect because God does not abandon us.

- ✝ What dismays me about life today?
- ✝ What will I do to please God, trusting I am and we are not abandoned?
- ✝ What right actions, what works of justice and mercy will I do?

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

**Special Collections
DECEMBER**

Future Development
Together in Action
Society of
St. Vincent de Paul
December 12, 2024
Mission Mexico
December 25, 2024
Christmas Offering



Responsorial Psalm - Psalm 25:4-5,8-9,10,14 - The Lord will teach us his paths.



4th Degree
Knights of Columbus
Members
Meeting & Supper
Dec 1st, 2024
5:00 PM
St. Patrick's Church
Dress Code:
New Uniform,
Tux And Baldric or Suit

December 2nd, 2024
Holy Family Parish Hall
6:15pm Gathering
6:45 pm Presentation
7:15 pm Group Discussion
7:45 pm Dismissal
Theme:
The Paradise of God
Presenter:
Mark Hartfiel

She Shall Be Called Woman

A PROGRAM FOR ALL WOMEN BY
PARADISUS DEI



HEALING MASS

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

THIS MONTH AT 5:00PM DECEMBER 3RD, 2024

Holy Family
Parish Hall
Renewed
IN HOPE

DIOCESAN ADVENT
RENEWAL MISSION

GATHER IN YOUR
PARISH, AND JOIN
THE PRESENTERS
ONLINE

DEC 3 TUE DEC 4 WED DEC 5 THU

Speaker
Brett
Powell

Speaker
Bishop Scott
McCaig

Speaker
Mary Rose
Bacani Valenti

FORM
MISSIONARY
DISCIPLES IN
CHRIST

BE A CHURCH
OF ENCOUNTER
AND WITNESS

STRENGTHEN
FAMILY LIFE

7 PM TO 8:30 PM

YOU
ARE
called



THE FIRST WEDNESDAY OF
THE MONTH THE LEGION OF
MARY HOSTS THE MOTHER
OF PERPETUAL HELP
NOVENA
FOLLOWING 7:00AM MASS
DECEMBER 4TH, 2024

RITE OF CHRISTIAN INITIATION OF ADULTS

DECEMBER 4TH TOPICS

THE RCIA
& RITES

Holy Family Parish, Medicine Hat, AB

WEDNESDAY AT 7:00 PM IN THE FAITH ROOM
IF INTERESTED CALL PAT AT 403-527-1097

Sacramental Preparation 2024-25
Confirmation
Thursday Dec 5th at St. Patrick's Church Hall
6:00pm to 7:30pm

1st Reconciliation
Saturday Dec. 7th at St. Patrick's Church Hall
10:00am to 11:30am OR Saturday Dec. 7th at
Holy Family Faith Room 1:30pm to 3:00pm


First Saturday Mass

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

December 7th, 2024



E-transfer
ONLINE GIVING



DONATE TODAY...



accounting@holymfamilymh.ca

December 7th, 2024 ~ Holy Family Parish Hall
Breakfast 7:30 am
Presentation 8:30 am
Theme: The Faith of the Apostolic Fathers
Presenter: Dr. Andrew Swafford

TMIY
THAT MAN IS YOU!
BECOMING A MAN AFTER GOD'S OWN HEART



20 Year Ordination Anniversary
December 8, 2024
Pot-Luck Lunch
Following the 10:30 am Mass
Everyone is invited



Legion of Mary Annual General Reunion

All Legion of Mary members are invited to the Annual General Reunion on December 8th in the hall at Holy Family Parish from 3:30 pm to 5:00 pm. In addition to praying our Legion prayers, visiting, refreshments and singing some Christmas Carols, there will also be short talk on the Immaculate Conception.

Please feel free to bring some light refreshments to share.
Thank you.



Blessing of the Bambinelli
December 14 & 15 Masses
Holy Family Parish
On the Third Sunday of Advent children bring Baby Jesus (Bambinelli) from your family Nativity scene to Mass for a blessing.



Christmas Breakfast ~ Dec 15 After 8:30 & 10:30 Masses

OMELETS, PANCAKES, & SAUSAGES,
STRAWBERRIES & WHIPPED CREAM,
COFFEE & JUICE

\$10. – ADULTS

\$5. – UNDER 12, FREE – UNDER 6

& THE BEST FELLOWSHIP EVER!



CWL Christmas Bake Sale December 14th & 15th, Before & After Mass

Baking Donations

may be dropped
off in the Hall

Saturday

December 14th

Noon-2:00pm

Come out and get your Christmas Goodies!



#9502 Knights of Columbus Family Christmas Party

Monday, December 16, 2024, 6:00pm

Holy Family Parish Hall

Knights of Columbus & Families

Menu – Spaghetti Supper

Join us for a fun evening of holiday celebration and fellowship

RSVP – December 9, 2024,

Pat Ries call or text – 403-458-0442

or email – pjries@memlane.com

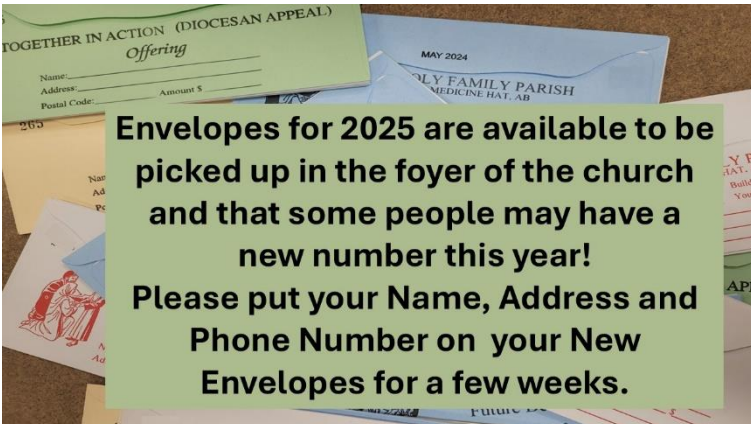


TOGETHER IN ACTION (DIOCESAN APPEAL)
Offering

Name _____
Address _____
Postal Code _____ Amount \$ _____

MAY 2024
HOLY FAMILY PARISH
MEDICINE HAT, AB

Envelopes for 2025 are available to be picked up in the foyer of the church and that some people may have a new number this year!
Please put your Name, Address and Phone Number on your New Envelopes for a few weeks.



Faithfully
FAITH. LIVED. FULLY.

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

Hey Kids... get involved in the

HOLY FAMILY PARISH

5:00 CHRISTMAS EVE MASS



THE YOUTH CHOIR

looking for kids – Gr. 2 – Young Adults

Practices are Dec. 15th & 23rd at 1:00 PM

& new this year before the 5:00 Mass...

NATIVITY PAGEANT

Looking for kids – 5 to 10 years old

Practices are Dec. 8th & 14th at 1:00 PM



Email SALLY - sac.prep@holyfamilymh.ca

Advent Penitential Services

**St. Patrick's
Parish
Wednesday
December 11
4:00-6:00 PM**

**Holy Family
Parish
Thursday
December 12
6:00-8:00 PM**

Please save this page for reference to these
important dates & times!

Christmas Mass Schedule 2024-25

SIMBANG GABI

A Filipino Christmas tradition.
December 15th to 23rd at 5:30am

THE NATIVITY OF THE LORD

Tuesday, Dec. 24 - 5:00pm, & 9:30pm

Wednesday, Dec. 25 - 10:00am

Thursday, Dec 26 - No Mass

SOLEMNITY OF MARY

Tuesday, Dec. 31 - 5:00pm
Wednesday, Jan. 1 - 10:00am





St. Francis Xavier School

Update by Ryan Irving- Principal

St. Francis Xavier School is proud to be part of the Medicine Hat Catholic Board of Education. We are a kindergarten to grade 6 elementary school that prides itself as being a school that works closely with our families, community supports and our wonderful parishes and pastors. Located at the top of the hill in Crescent Heights, we are a short walk down the hill to St. Patrick's Church where we engage in retreats, school masses and holiday events. This December we are very much looking forward to celebrating, St. Francis Xavier's Feast Day, our Christmas Mass, annual Christmas dinner, Christmas Concert, and Christmas Market with McCoy High School.



**Medicine Hat Catholic
Board of Education**





Did you know that Hillcrest Church has a Furniture Ministry?

They will pick-up gently used furniture and other household items to be given to people in their time of need. If you have any of the following that you would like to donate, please **call Hillcrest at 403-526-4010 to arrange for a pickup**. Items most needed are marked with an asterisk*.

*Toasters	*Coffee Pots	*Vacuum Cleaners
*Twin & Double Sheets	Electric Kettles	Blankets
Bathroom Towels	Kitchen Towels	Microwaves
Mops	Lamps	Dishes
Glasses	Pots & Pans	Cutlery
Cooking Utensils	Coffee Tables	Side Tables
Couches	Chairs	Ottomans
Kitchen Tables	Dining Chairs	Dressers

What they cannot accept: Reclining Furniture, Televisions, Ripped and Damaged Items, China, Mirrors, China Cabinets & Desks.

We work closely with Hillcrest when we encounter our neighbours in need of furniture and household items.

God bless these hard-working volunteers for the work they do in their Furniture Ministry!

If you would like to donate to the Society of St. Vincent de Paul, the most direct way to do this would be to:

- 1) send an e-transfer to ssvpmedhat@gmail.com
- 2) make a cheque out to Society of St. Vincent de Paul (or SSVP) or put cash into an envelope that is clearly marked: SSVP donation.

These may be left at the church office or put into the collection basket at mass.

You will receive a tax receipt if your name and address is given.

Thank you so much for your continued support in both prayers and donations.
God bless you.



1ST SUNDAY OF ADVENT YEAR C

DECEMBER 1, 2024

FULFILLMENT OF THE PROMISE

As we begin our new liturgical year and season of Advent, the First Reading is right on spot “the days are surely coming, says the Lord, when I will fulfill the promise, I made to the house of Israel and the house of Judah”. Advent is the period of four Sundays and weeks before Christmas. Advent means 'Coming' in Latin (advenio) means “the coming.” Not “he came” but “the coming.” It has an idea of a constancy in it and not just arrival at one time and not at another. If we look at the whole Old Testament and we look at the readings, we can understand what this means.

During Advent we do not just live in anticipation of Christmas; we are also called to rekindle the anticipation of the glorious return of Christ, when he will return at the end of time, preparing ourselves, with consistent and courageous choices, for the final encounter with him. We remember Christmas, we await the glorious return of Christ, and our personal encounter: the day in which the Lord will call. During these four weeks we are called to leave behind a resigned and routine way of life and to go forth, nourishing hope, nourishing dreams for a new future.

St. Marcarius, Bishop, during one of his homilies said “When God was displeased with the Jews, he delivered Jerusalem to the enemy, and they were conquered by those who hated them; there were no more sacrifices or feasts. Likewise angered at a soul who had broken his commands, God handed him over to his enemies, who corrupted and totally dishonored it. When a house has no master living in it, it becomes dark, vile and contemptible, choked with filth and disgusting refuse. So too is a soul which has lost its master, who once rejoiced there with his angels. This soul is darkened with sin, its desires are degraded, and it knows nothing but shame.

Woe to the path that is not walked on, or along which the voices of men are not heard, for then it becomes the haunt of wild animals. Woe to the soul if the Lord does not walk within it to banish with his voice the spiritual beasts of sin. Woe to the house where no master dwells, to the field where no farmer works, to the pilotless ship, storm-tossed and sinking. Woe to the soul without Christ as its true pilot; drifting in the darkness, buffeted

by the waves of passion, storm-tossed at the mercy of evil spirits, its end is destruction. Woe to the soul that does not have Christ to cultivate it with care to produce the good fruit of the Holy Spirit. Left to itself, it is choked with thorns and thistles; instead of fruit it produces only what is fit for burning. Woe to the soul that does not have Christ dwelling in it; deserted and foul with the filth of its passions, it becomes a haven for all the vices. When a farmer prepares to till the soil, he must put on clothing and use tools that are suitable for the job. So, Christ, our heavenly king, came to till the soil of mankind devastated by sin. He assumed a body and, using the cross as his ploughshare, cultivated the barren soul of man. He removed the thorns and thistles which are the evil spirits and pulled up the weeds of sin. Into the fire he cast the straw of wickedness. And when he had ploughed the soul with the wood of the cross, he planted in it a most lovely garden of the Spirit, that could produce for its Lord and God the sweetest and most pleasant fruit of every kind."

"Keep Christ in Christmas" is a beautiful reminder to keep our relationship strong and pure with the Lord. God is true to his promise, and he will fulfill everything in its time. The First Coming, of course, is the coming of the child, the coming of the Saviour, the coming of Emmanuel, God with us, and he comes in Bethlehem, and this is an historical coming. But what makes this so much more important is the longing and the hope that the children of Israel brought down through the centuries, two thousand years ago, beginning with Abraham and all the way to when Joseph and Mary went to the little village, the little town of Bethlehem, the seat of King David of olden days, and there was born the child. The First Coming is God comes in weakness, God comes in the quiet of the night, God comes like a helpless child, in need of men and women to take care of him, to watch over him, to feed him, to do all these unbelievable things when you think that the Blessed Mother and Joseph are raising a child who is God Himself. And so, this coming is well worth all the effort we put in to celebrate.

It is the custom to kind of downplay the commercial side of Christmas, but everybody knows that seeing through the commercial side of Christmas is the gift of God, His Son, the gift of God who comes himself, weak, helpless and needy, that we might know that in the mystery of God there is a great yearning to experience the way that we experience, to feel the things that a human being feels and to become one with us. It is as if he comes all the way down from the highest of heaven and from now on, he has come and he has come to stay and he continues to be with us.

The Second Coming is more dramatic. The Second Coming is the end of the world.

This is the coming of Jesus into the world. These four Sundays of Advent speak about four Gospel values: Hope, Peace, Joy and Love. Each Sunday one candle is lit which symbolizes the light of Christ because Jesus is our Light and we need to walk in the light of Christ. The liturgical color during Advent is Purple which is the symbol of hope in the second coming of Christ and Repentance. The season of Advent has two main parts: First two week will focus on the 2nd coming of Jesus and the other two weeks will remind us about his first coming how he was prophesied in the Bible and how his birth took place. Many years ago, an old man stood on a Virginia riverbank. He was waiting to cross the river and, since it was bitterly cold and there were no bridges, he was hoping to get a ride across on horseback. After a lengthy wait he spotted a group of horsemen

approaching. He let the first one pass, then the second, third, fourth and fifth. One rider remained. As he drew abreast, the old man looked him in the eye and said, 'Sir, would you give me a ride across the river?'

The rider immediately replied, 'Certainly.' Once across the river, the old man slid to the ground. 'Sir,' the rider said before leaving. 'I could not help but notice that you permitted all the other men to pass without asking for a ride. Then, when I drew abreast, you immediately asked me to carry you across. I am curious as to why you didn't ask them, and you did ask me.'

The old man quietly responded, 'I looked into their eyes and could see no love and knew in my own heart it would be useless to ask for a ride. But when I looked into your eyes, I saw compassion, love and the willingness to help. I knew you would be glad to give me a ride across the river.'

The rider was touched. 'I'm grateful for what you are saying,' he said. 'I appreciate it very much.'

It is often said that our eyes are the windows to our souls. If that is true, what is it that our eyes show about us? A good question. For it is said that others will know us by our love. Some will see it in the things we do and some in the things we say. And a few perceptive souls, like the old man in the story, may catch a glimmer of a loving and generous spirit in the expression of kind eyes.

Advent marks that time when darkness begins to grow weaker, and the sun becomes stronger. Advent is an invitation to break through the darkness into the light. It offers a challenge that comes to us very forcefully with a question: what darkness do we need to overcome? What darkness in our life and in our world would we like to see reversed?

The Readings of this First Sunday of Advent bring us together to prepare ourselves to welcome the light which illumines our inner darkness and help others to enjoy the presence of the Lord. In the First Reading the Prophet Jeremiah exclaims "The days are surely coming, says the Lord, when I will fulfill the promise, I made to the house of Israel and the house of Judah". Isn't this an amazing promise from God to prepare ourselves to welcome the Saviour of the World? God is going to walk with us to help us understand that we are being and loved and protected. On our part we need to show the warmth of that same love to others and not to become cold.

Once there was a very old couple who enjoyed their married life for almost 70 years with beautiful children, grandchildren, and great grandchildren. One fine night the husband decided to tell her one thing. So late at night, just before she fell asleep, he whispered it in her ear. She smiled – the kind of smile that makes him smile back – and she said, "Now I'm ninety-five and I think about my life and what it was like to be young, I hope that I can remember this very moment." A few seconds later she closed her eyes and fell asleep.

The room was peaceful – almost silent. All he could hear was the soft purr of her breathing. He stayed awake thinking about the time they had spent together and all the choices in their lives that made this moment possible. And at some point, he realized that it didn't matter what they had done or where they had gone. Nor did the future hold any significance. All that mattered was the serenity of the moment.

The Second Reading of St. Paul is awaking us to avoid becoming cold but "May the Lord make you increase and abound in love for one another and for all...". I believe the season

of Advent is not only a season of hope and waiting but also season of warm greetings and welcome. The Author of the Letter to the Hebrews keeps reminding us with these words: "Let mutual love continue. Do not neglect to show hospitality to strangers, for by doing that some have entertained angels without knowing it. Remember those who are in prison, as though you were in prison with them; those who are being tortured, as though you yourselves were being tortured. Let marriage be held in honor by all and let the marriage bed be kept undefiled; for God will judge fornicators and adulterers. Keep your lives free from the love of money and be content with what you have; for he has said, "I will never leave you or forsake you." So, we can say with confidence, "The Lord is my helper; I will not be afraid. What can anyone do to me?"

In the Gospel of this Sunday, Jesus not only speaks about the end times (Eschatology) but also warns us all with these words "Be on guard...". What does it mean to be on guard? The Gospel reading goes in this very direction and puts us on guard against allowing ourselves to be oppressed by an egocentric lifestyle or by the crazy pace of our days. I believe the words of Jesus are hitting the nail on the right point as we could see how the world is turning up and down. People are leaving the faith and following what the world is offering them without realizing the harm or damage. St. Paul helps us all to be aware of the situation and protect ourselves; "Finally, be strong in the Lord and in the strength of his power. Put on the whole armor of God, so that you may be able to stand against the wiles of the devil. For our struggle is not against enemies of blood and flesh, but against the rulers, against the authorities, against the cosmic powers of this present darkness, against the spiritual forces of evil in the heavenly places. Therefore, take up the whole armor of God, so that you may be able to withstand on that evil day, and having done everything, to stand firm. Stand therefore, and fasten the belt of truth around your waist, and put on the breastplate of righteousness. As shoes for your feet put on whatever will make you ready to proclaim the gospel of peace. With all of these, take the shield of faith, with which you will be able to quench all the flaming arrows of the evil one. Take the helmet of salvation, and the sword of the Spirit, which is the word of God. Always pray in the Spirit in every prayer and supplication. To that end keep alert and always persevere in supplication for all the saints. Pray also for me, so that when I speak, a message may be given to me to make known with boldness the mystery of the gospel, for which I am an ambassador in chains. Pray that I may declare it boldly, as I must speak". The word "be on guard" is almost found in the Bible over 67 times and whenever we read these words, they prepare us from the coming trouble or storm. In the Book of Genesis Adam and Eve were told to "be on guard" but they didn't listen, and the consequences weren't good. However, Jesus keeps encouraging us to be on guard and never let our hearts be down with the worries and cares of the world. One of the tools to boost our spirit is to pray as Jesus says in the Gospel "Be alert at all times, praying that you may have strength to escape all these things that will take place, and to stand before the Son of God". Our Holy Father Pope Francis reflecting on the Gospel says "To be mindful and to pray, this is how to live the time between now and Christmas. To be mindful and to pray. Inner listlessness comes from always turning around ourselves and being blocked by our own life, with its problems, its joy, and suffering, but always turning ourselves around. And this is wearying; this is dull, this closes us off to hope. Here lies

the root of lethargy and laziness that the Gospel speaks about. Advent invites us to a commitment to vigilance, looking beyond ourselves, expanding our mind and heart in order to open ourselves up to the needs of people, of our brothers and sisters, and to the desire for a new world. It is the desire of many people tormented by hunger, by injustice and by war. It is the desire of the poor, the weak, the abandoned. This is a favourable time to open our hearts, to ask ourselves concrete questions about how and for whom we expend our lives”.

The second attitude to best experience the time of awaiting the Lord is “Arise, “look up and raise your heads, because your redemption is drawing near”. It is about standing up and praying, turning our thoughts and our hearts to Jesus who is about to come. One stands when awaiting something or someone. We await Jesus and we wish to await him in prayer which is closely linked to vigilance. Praying, awaiting Jesus, opening oneself to others, being mindful, not withdrawn in ourselves. But if we think of Christmas in the light of consumerism, of seeing what I can buy to do this and that, of a worldly celebration, Jesus will pass by, and we will not find him. We await Jesus and we wish to await him in prayer which is closely linked to vigilance.

Let us “be on guard” against all the forces which are preventing us to keep Christ in our lives so that we may continue to experience his presence and love in our lives. Come Lord Jesus and dwell in our hearts. Amen

Someone shared this thought-provoking story to remind us that this Advent season is all about knowing the heart of God the Father through his Son Jesus Christ.

I recently heard someone say, 'What you do for others you do also for yourself.' I was confused at first, because it almost made me feel selfish. I mean, I love doing things for other people, but my wife told me recently that I always put others first. She was saying that was one of my faults. I needed a little more 'me' in my efforts to change the world. I visit people in nursing homes, retirement and senior centres. I love to spend time with older folks. It's like mining for gold. They have been down the road ahead of me and I want to know what they have learned so that I make the right choices. A speaker at a conference I attended many years ago asked, 'Where do you think the most valued real estate is in the world?'

Hands went up and offered big city names, resorts in development and exotic locations around the world. 'Nice try,' he said. 'The most valuable real estate are the cemeteries. Buried there are dreams that might have changed the world, perhaps cures for major diseases that were never developed and people who could have made a difference in your life but never took the chance. What happened? No one listened.' I listen, I encourage, but I don't realize the value of what I do or understand the impact. It was during a recent visit to a new facility that I realized that my efforts made a difference in the lives of those I met. 'How are you today?' I heard someone ask. I turned around and scanned the room to see who was speaking. 'I heard the voice of an angel!' I said smiling. 'Where are you?'

Then I heard a faint laugh in the corner. 'Oh, there you are. I am so lucky to find you today,' I said. She was seated on an old Victorian looking couch. It reminded me of the furniture in my mother's living room. We could only sit on it when company came. So, I jumped at the opportunity to sit next to this wonderful woman. Her hair was white and

neatly brushed with an occasional wave gently reflecting the light from the nearby window. Her hands crossed on her lap resting on top of a knitted pink blanket that covered her legs. Two practical looking walking shoes peeked out at the bottom and a wooden cane was placed within her reach nearby. 'It's good to see you,' she said. 'I love when you come to visit.' I was a bit surprised to hear her say that. I had never been here before. Maybe she was transferred here from another place, and she remembered me. 'It's good to see you, too,' I said.

'You always brighten my day,' she added. I sat quietly for a moment trying desperately to remember if we had met before. I really love to remember names. It makes people feel good when you remember. Then I asked, 'When was the last time I saw you?' She turned her head away for a moment and then looking back at me, she said, 'Oh, we've never met, you and I. But I know you by heart.' How curious. We never met, but she knows me by heart. It must have been the look on my face that caused her to explain further. 'There is something about people like you. You are the ones who carry the world on your back. When you walk in a room you make us smile. When you touch my hand, I can feel the warmth in your heart. People like you bring flowers, music and sunshine. Even when you bring nothing at all, you leave so much behind.'

I was humbled and at a loss for words. 'My, I thank you for saying that' I said. 'When you said, I know you by heart, I naturally felt like I must have met you before.' 'I know you by heart, because I always did the same thing. I always put others first,' she said. There it was again. 'Putting others first.' Then I shared, 'I heard someone say - what you do for others you do also for yourself.' 'I am living proof of that,' she said. 'You see, after all that time, after all that caring, it all came back to me. People like you now visit me, and I know you by heart.'

Do we believe in the fulfillment of God's promise?



DIOCESAN SUNDAY UPDATES

First Sunday of Advent



*Be alert
at all times*



PRAYING THAT YOU
MAY HAVE THE
STRENGTH TO ESCAPE
ALL THESE THINGS
THAT WILL TAKE PLACE,
AND TO STAND BEFORE
THE SON OF MAN.

Luke 21:36

Advent: Joy & Anticipation - catholiccycc.ca/Advent

The Diocesan Advent resources page is now online! Find Advent events (retreats, missions, events, penitential services) in our Diocese, prayers and traditions, inspiring books, music and movies, and activities for children. Visit catholiccycc.ca/advent

Renewed in Hope: Diocesan Renewal Advent Mission

Gather with your community **in your parish** and join our presenter live via Zoom. **Dec 3-5 from 7 to 8:30 pm**. Speakers/sessions:

- **Tue, Dec 3:** Brett Powell - Form Missionary Disciples
- **Wed, Dec 4:** Bishop Scott McCaig - Be a Church of Encounter and Witness
- **Thu, Dec 5:** Mary Rose Bacani Valenti - Strengthen Family Life

Winter Gifts for Feed the Hungry

We're collecting new mittens, gloves, socks, toques, and \$10 fast food gift cards to share warmth and kindness this Christmas season with Feed the Hungry guests. Drop off at **St. Mary's Cathedral Parish Office**

(Monday to Friday, 8:30 am–3:30 pm, closed from 12–1 pm) **until Dec 12.**

Christmas Wish List for Elizabeth House

This Christmas, bring joy to young moms and children at Elizabeth House! Donations are accepted from the [Wish List](#) on **December 2-6, between 9 am to 12 pm and 1-3 pm** at the Catholic Pastoral Centre (120 17 Ave SW, Calgary). To get the wish list, email suzanne.lehbauer@calgarydiocese.ca

SJCS Nine Lessons & Carols

The tradition continues! Join the four beautiful choirs of St. John Choir Schola for Nine Lessons and Carols. When: Sun, Dec 15, 7:30 pm, St. Mary's Cathedral. A beautiful evening of readings, choral music, and hymns.

Christmas Concerts & Carols

- **Hear the Angels Sing - Mon, Dec 2, 7:00 pm, St. Michael's, Calgary** - featuring sacred Advent music by Calgary Catholic high school choirs.
- **Festival of Songs and Christmas Carols - Sun, Dec 8, 5:00 pm, Canadian Martyrs, Calgary** - Join Canadian Martyrs Parish for a Festival of Songs

and Christmas Carols.

- **Carols & Cocoa at St. Joseph's - Fri, Dec 13, at 6:30 pm, St. Joseph's, Calgary** - Join us for a cozy, festive evening! Enjoy carols, fellowship, and cheers over some cookies & cocoa!
- **Christmas Concert with Deborah Nyack, Harpist - Sun, Dec 22 at 7:30 pm, Shrine Church of Our Lady of the Rockies** - Enjoy a night of timeless Christmas carols and festive melodies.

Advent Family Workshop: Our Family Advent Journey

Join us on **Wed, Dec 11 at 6:30 pm**, for a Zoom workshop to make Advent a joyful, faith-filled journey closer to Christ through prayer, scripture, and hands-on activities. Space is limited. Call Mara at 403-218-5521 to get the Zoom link.

Advent Taizé Prayers

Enter Advent through meditative Taizé prayer and chants:

- **Wed, Dec 6, 7 to 8 pm:** Advent Taize Prayer Evening at FCJ Centre, Calgary
- **Fri, Dec 13, 7:45 pm to 9 pm:** St. Luke's Advent Taize Prayer Service, Calgary

The Living Nativity

- **St. James, Okotoks - Sat, Dec. 7 from 4 to 8 pm.** Experience Bethlehem at "The Living Nativity" with live actors, music, and animals!
- **Holy Name, Calgary - Sat, Dec 7 from 4 pm to 7 pm.** Visit the Holy Family in Bethlehem! Enjoy shepherds, animals, fire pits, hot chocolate, and cookies. Fun for all!

Become a Catechist in the Catechesis of the Good Shepherd Program (3–6 years)

Become a catechist in the Catechesis of the Good Shepherd Program for children aged 3–6 and help nurture their relationship with God through hands-on, retreat-style faith formation. Training Course will be offered at **Ascension Catholic Parish, Calgary, on February 13–18 (Part A) and July 14–19 (Part B), 2025. Register by January 10, 2025, at cgsac.ca/courses-1.** For more info, contact Katy - 403-370-9487.

40 Hours Devotion for Vocations

Pray with us as for an increase of vocations to the priesthood and consecrated life in our Diocese. The next devotions:

- **[St. Anthony's, Calgary](#) - Fri, Dec 6 at 3 pm to Sun, Dec 8 at 7 am (Chapel)**
- **[St. Mary's Cathedral](#) - Thu, Jan 2 at 5 pm (Mass) to Sat, Jan 4 at 9 am (Mass)**

Christmas at Greccio

Experience *Christmas at Greccio* with wagon rides, hot chocolate, and snacks. When: **Sun, Dec 8, 2:30 pm**, Mount St. Francis Retreat, Cochrane. Outdoor pageant with carols at 3:45 pm—dress warmly! For more information, call 403-932-2012.

Airdrie Dream Vacation Raffle

Back for the 8th year is the Airdrie Dream Vacation raffle sponsored by the Knights of Columbus. Your chance to win many amazing prizes!. Tickets at airdriedreamvacation.ca.

Need the Anointing of the Sick while in a Calgary Hospital?

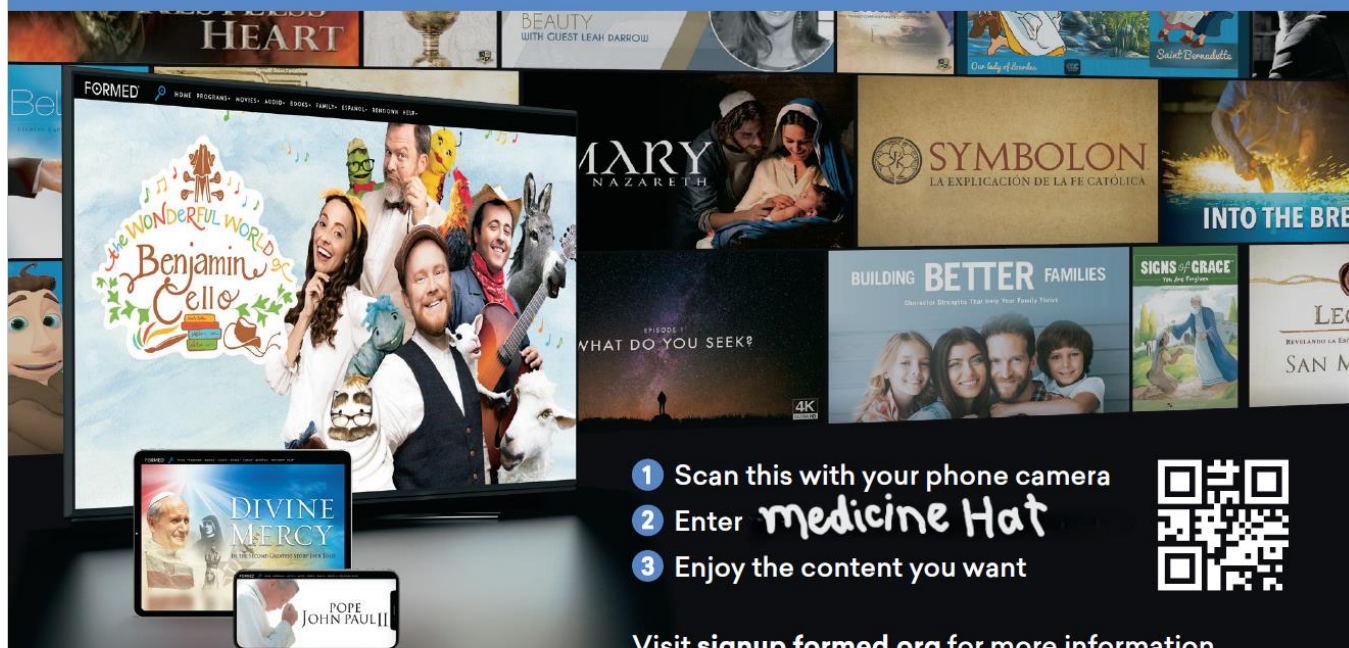
If you have been admitted to any of Calgary's hospitals and would like the Sacrament of Anointing of the Sick, you can contact your parish priest or call the Diocese of Calgary Call Centre at **403-231-9505**.

Prison Ministry

We are urgently seeking volunteers to lead the Liturgy of the Word and Rosary prayers at correctional facilities in the diocese. Contact receptionist@calgarydiocese.ca or call 403-218-5500.

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An offering from the  AUGUSTINE INSTITUTE and  Ignatius press

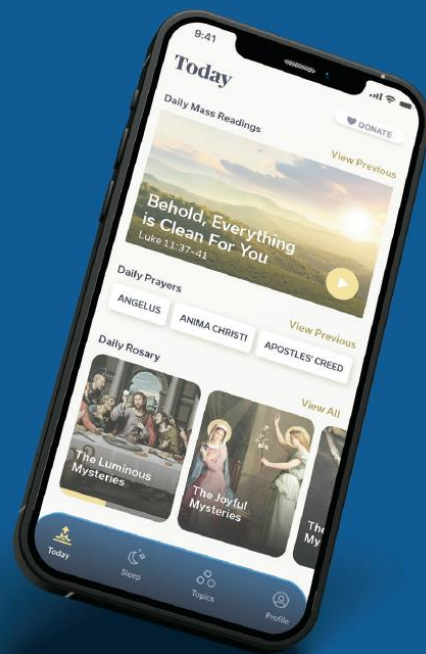
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An offering from the  AUGUSTINE INSTITUTE

Joe McKinnon Council #9502

Knights of Columbus 2024 2025 Officers

Position	Name
Grand Knight	Greg Martin
Deputy Grand Knight	Jimmy Tablan
Financial Secretary	Pat Ries
Treasurer	Ron Pisoni
Chancellor	Jason Iverson
Recorder	Brad Irvine
Advocate	Herb Durda
Warden	Walter Pratt
Inside Guard	Dale Maddaford
Outside Guard	Michael Camphor
Year 1 Trustee	Gary Heinbecker
Year 2 Trustee	Kent Friedt
Year 3 Trustee	Garry Mastel
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

2024 2025 Knights Events

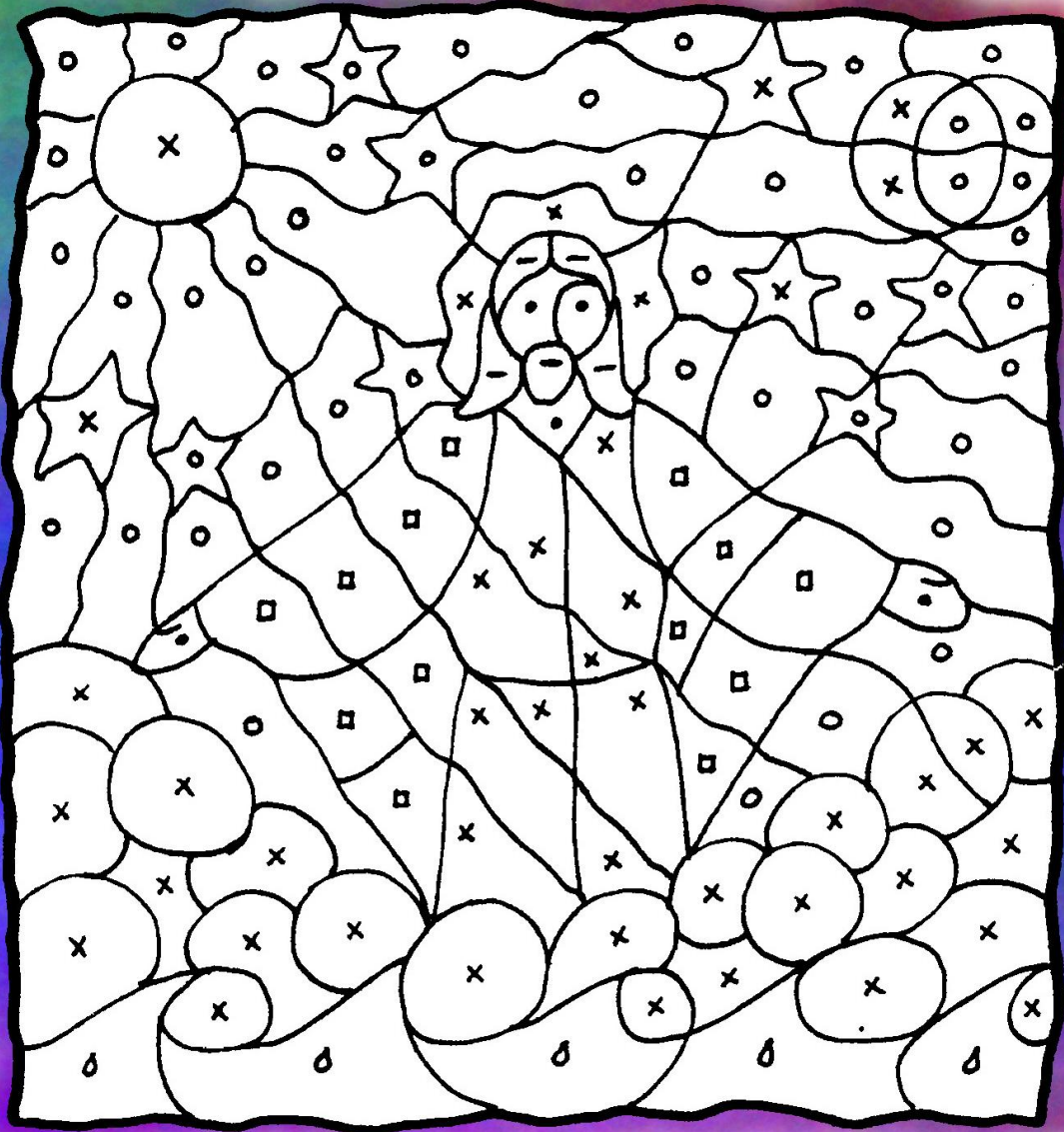
Date	Activity
Sunday, September 8	Corn Roast
Monday, September 16	Officers Instillation
Sunday, September 29	Knights Mass
Sat, Sept 28 Sun., Sept 29	Rosary Program and Recruitment
Thursday, October 3	Pilgrim Icon
Thurs., Oct 3 to Sat., Oct 5	40 Hour Adoration
Sat., Oct 5 to Sun., Oct 6	Ministry Fair
Saturday, Oct. 19	Highway Clean Up
Sat., Oct. 12 at Noon	Canada Needs Our Lady
Sunday, October 20	Breakfast
Sat., Oct. 26 to Sun., Nov. 3	Student Art Show
Fri., Nov. 1	All Souls Mass
Sunday, November 17	Breakfast
Saturday, December 7	Knights Mass
Monday, December 16	Family Supper
Sunday, December 29	Consecration to the Holy Family



The Kids' Bulletin

First Sunday of Advent

December 1st, 2024



Luke 21:25-28, 34-36

In today's Gospel reading Jesus talks about what is going to happen when He comes back at the end of the world.

Use the code to colour in the picture!

x white

o blue

• skin colour

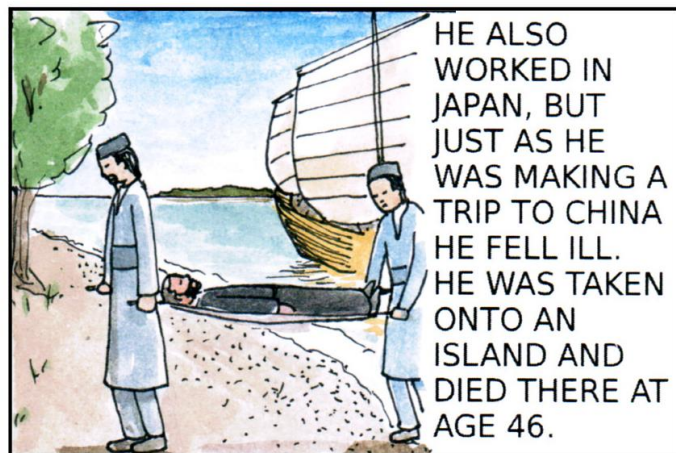
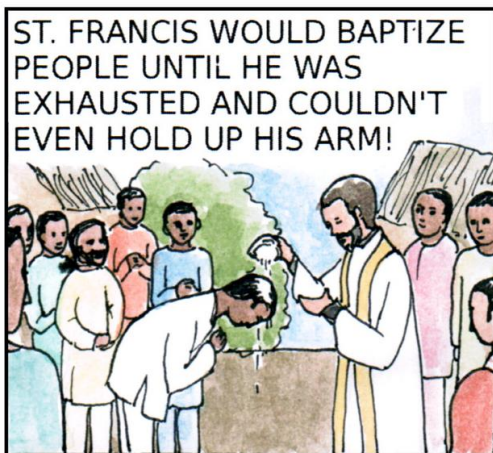
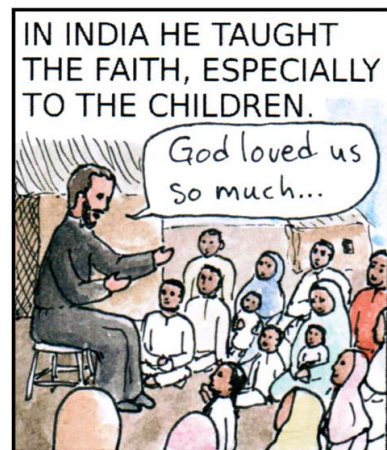
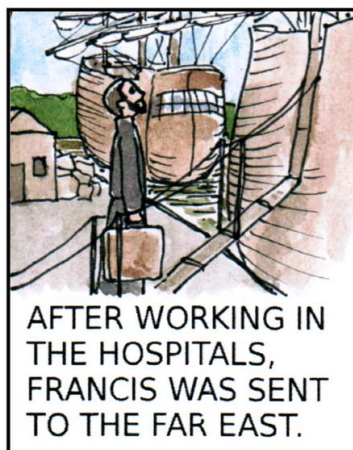
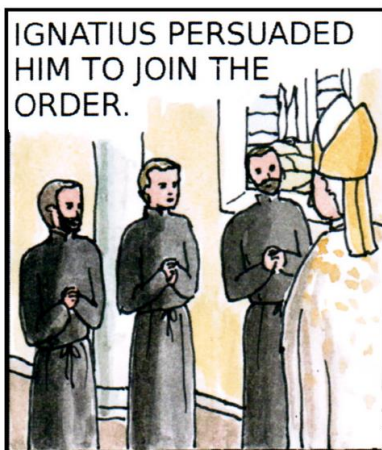
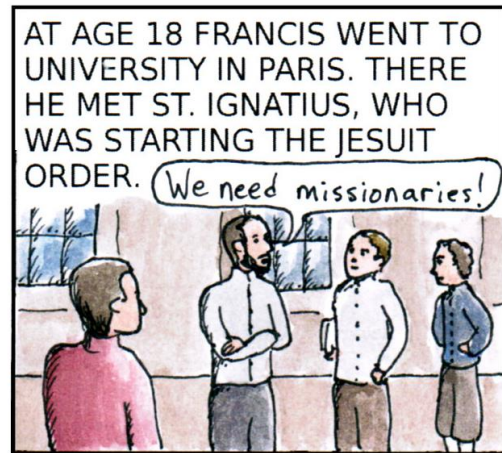
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■ red

- dark brown

Saint Francis Xavier

December 3



SAINT FRANCIS XAVIER ONLY WORKED AS A MISSIONARY FOR TEN YEARS, BUT HE BROUGHT THOUSANDS OF PEOPLE TO THE FAITH! HE IS THE PATRON SAINT OF MISSIONARIES. YOU CAN PRAY TO SAINT FRANCIS THAT GOD WILL HELP BRING MANY PEOPLE TO THE CHURCH WITH YOUR HELP TOO!

The Second Coming Word Puzzle

Jeremiah 33:14-16

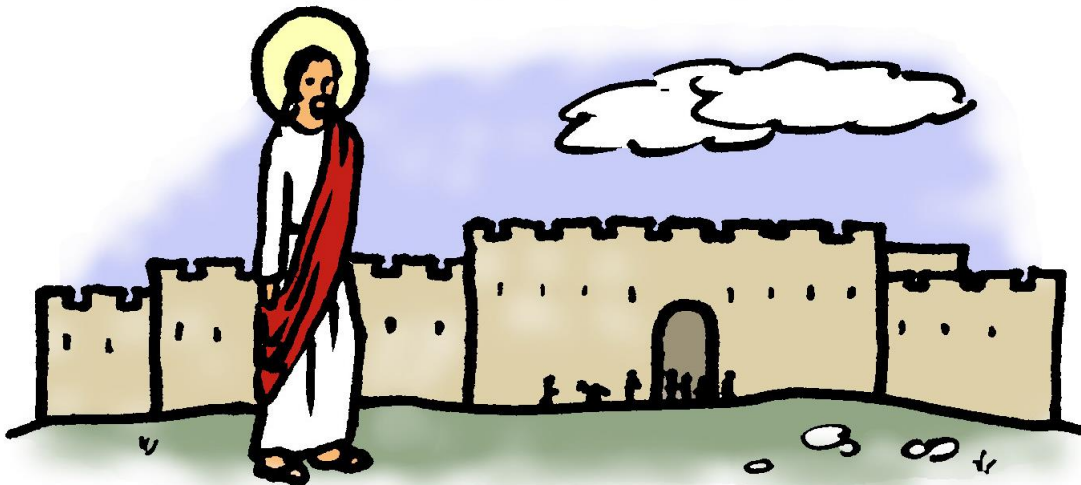
Fill in the missing letters from today's first reading and copy them to finish the last line.

The days are c__ming (5), says __he (14)

Lo__d, (10) when I will f__lfill (9) the
p__omise (6) I made to the __ouse (2) of Israel
and Judah. In tho__e (13) days, in that tim__,
(3) I will raise up for __avid (7) a just shoot; he
shall d__ (8) what is right and jus__ (1) in the
__and.(4) In those days __udah (11) shall be safe
and Jer__salem (12) shall dw__ll (17) secure;
th__s (15) is what they shall __all (16) her:

1 2 3 4 5 6 7 8 9 10

11 12 13 14 15 16 17



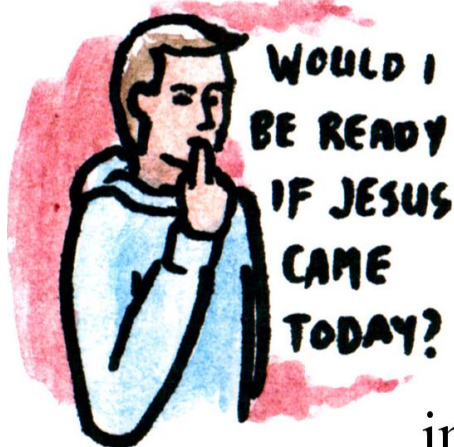
Advent is Here!

Today is the beginning of Advent, the time when we prepare for Christmas.



The word "advent" comes from the Latin word that means "coming". In Advent we are preparing for Jesus' coming. We look forward

to Christmas, which is the celebration of His first coming and we also look forward to His second coming.



Did you know that the most important thing to have ready for Christmas is a clean soul?

During Advent you can try extra hard to be good. It is also a very good idea to go to confession before Christmas so that your soul will be good and clean when Jesus comes!



Answer to the Second Coming Word Puzzle: THE LORD OUR JUSTICE



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 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.