



Welcome to HOLY FAMILY PARISH

2ND SUNDAY IN ORDINARY TIME – YR. C SUNDAY, JANUARY 19, 2025

Email: contact@holyfamilymh.ca ~ Website: 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 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 ~ John 2:1-11
Jesus performs his first sign at a wedding feast in Cana.

The Wedding at Cana
2 On the third day there was a wedding in Cana of Galilee, and the mother of Jesus was there. 3 When the wine gave out, Jesus said to her, "They have no wine now, and you are here for the wedding." 4 She said to him, "Dear lady, I don't know what you want from me. My hour has not yet come." 5 But when she said this to the servants, she told them, "Do whatever he tells you." 6 Now standing there were the Jewish rites of purification, and the jars were full. 7 When Jesus said to them, "Fill the jars with water." He said to them, "Now draw some out, and take it to the steward." 8 They did not know where it came from, but the steward who was at the wedding called the bridegroom and said to him, "The good wine is gone, and now only inferior wine remains, and you have kept the good wine until now." 11 Jesus answered and revealed his glory; and his disciples believed in him.

The Wedding at Cana
John 2:1-11
The 2nd Sunday in Ordinary Time

✠ Masses & Mass Intentions ✠ 

Saturday, January 18
5:00pm – Pat & Denise Ries

Sunday, January 19
8:30am – Holy Family Parish
10:30am – Personal Intention
6:00pm – Les & Cecile Aadland

Monday, January 20
9:00am – Ted Seifert †

Tuesday, January 21
9:00am – Pat Sauer †

Wednesday, January 22
7:00am – Edith Sehn

Thursday, January 23
9:00am – Mike Bachmier

Friday, January 24
9:00am – Klela Giesinger †

OPERATING FINANCES	
DECEMBER 1-31, 2024	
Operating Budget 2024	\$ 60,990
General Envelope Collection	\$ 101,013
Loose Collections	\$ 8,355
Future Development	\$ 4,32
Sale of Church Supplies & Other	\$ 12,880
\$ 126,280 - Budget Vs Actual	\$ 65,260
SPECIAL COLLECTIONS	
Together in Action (TIA)	\$ 14,946
St Vincent de Paul	\$ 7,048
Clergy Retirement	\$ 221
Mission Mexico	\$ 3,175
CARO	\$ 65
Seminary Fund	\$ 176
<i>Thank You for your Generous Contributions</i>	
Average Weekly Attendance	1,161

Second Sunday in Ordinary Time

Isaiah 62:1-5.

Psalm 96:1-2, 2-3, 7-8, 9-10.

I Corinthians 12:4-11.

John 2:1-11.

Believing Signs

At first glance, these readings lead us to bride and groom, gifts, and marriage. But there are important things underneath, important truths at the heart of these proclamations. God has not and will not abandon us (Isaiah). Charisms, that is, gifts of the Spirit, are given to everyone to use for the common good, not just one's own good (Corinthians). The miracle of water to wine is the first of many signs of the Messiah, the Christ (John). God's signs and good activity are everywhere.

- † What evidence do I have that God is with us still?
- † What gifts that I have, given by the Spirit, will I put to use for the good of another?
- † Christ is active all the time. What little and big signs of this goodness can I be part of? What signs will I rejoice in?



Special Collections
JANUARY 2025
 January 1
Solemnity of Mary
Future Development
Together in Action
Society of
St. Vincent de Paul

Sacramental Preparation 2024-25

Confirmation

Thursday Jan 9th at St. Patrick's Church Hall
 6:00pm to 7:30pm

1st Holy Communion

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

Parish Breakfast
January 19, 2025
After 8:30 & 10:30 Masses
 Ham, Omelets, Pancakes,
 Hash Brown Patties, Toast,
 Fruit, etc. &
THE BEST FELLOWSHIP EVER!
 \$10. - Adults
 \$5.- Under 12 & Free - Under 6

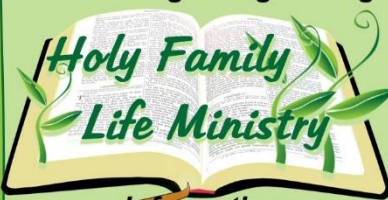
DONATE TODAY...

accounting@holymfamilymh.ca

e-transfer
 ONLINE GIVING



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

RITE OF CHRISTIAN INITIATION OF ADULTS



Holy Family Parish, Medicine Hat, AB

JANUARY 22ND

**TOPICS...
THE EUCHARIST
& THE MASS**

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



January 23, 2025
Holy Family Parish Hall
6:15pm Gathering
6:45 pm Presentation
7:15 pm Group Discussion
7:45 pm Dismissal
Theme:
Divine Wisdom
Presenter:
Sr. Alexia Zalvidar

Faith & Family

SKATING, SLEDDING & WINTER FUN
Sunday, January 26, 2:00-4:00pm
LOCATION TO BE ANNOUNCED
Hot Chocolate Provided
Bring your own Skates and/or Sleds
Information, contact Derek Ballinger at
ballingd@gmail.com

FREE **FREE**



**4th Degree
Knights of Columbus
Meeting**

**January 26th, 2025
2:00 PM**

**Holy Family Parish
Faith Room**

February 1, 2025 ~ Holy Family Parish Hall
Breakfast 7:30 am
Presentation 8:30 am
Theme: The Resurrection and Call to Evangelize
Presenter: Ned Juneau

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



BLUMENFELD CEMETERY

The Blumenfeld Heritage Committee has hired Medicine Hat Monumental to restore the cemetery. If you or someone you know has a loved one buried there, please contact us pertaining to a donation to or upgrades that could be made to this sacred place. This will be a difficult task to find relatives spanning such a large timeline so please spread the word. We would like to have everything in place by spring.

Kendra Volk; avolk@sasktel.net; 1-306-662-8593

Karri Wagman; karriwagman.kw@gmail.com ; 1-306-628-8083 Facebook; Blumenfeld & District Heritage Site

Faithfully
FAITH. LIVED. FULLY.

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



LIFE IN THE SPIRIT SEMINAR

Finding New Life in the Spirit Seminar

Journey with us for 7 weeks as we explore growing in faith through the power of the Holy Spirit. The Life in the Spirit Seminar is designed as an introduction to a life lived in the power of the Holy Spirit. The sessions provide an opportunity for people to find out more about that life and to be helped in taking the first steps into a fresh yet deeper relationship with the Lord.

For more information or to register please contact
Sally at 403-527-6933 Ext 105 or email sac.prep@holymfamilymh.ca
Or contact Cecile Aadland at 403-878-5980.

First session

Tuesday January 28 at Holy Family Church hall starting at 6:30pm and will continue every Tuesday until March 17th with the exception of a Healing Mass with Fr. Julien Monday March 3rd at 6:00pm

“To the thirsty I will give water without price from the fountain of the water of life...Let him who is thirsty come, let him who desires take the water of life without price.” (Rev. 21:6, 22:17)



ALBERTA/NORTHWEST TERRITORIES KNIGHTS OF COLUMBUS STATE SCHOLARSHIP

General Information for Applicants and their Sponsor

This scholarship is open to Knights, their children, grandchildren, wives or widows of Alberta Knights of Columbus who are in good standing in their Councils. The scholarships having a value of \$500.00 will be awarded based on all-round achievement, rather than for strictly academic performance. Achievement in the areas of academics, athletics, the arts, school, community and church involvement will be considered as well as the question of financial need in determining the successful candidates.

Fifteen scholarships will be awarded annually, in the Alberta/Northwest Territories jurisdiction. The decisions of the selection committee will be final. Successful candidates must provide written verification of their acceptance into their accredited program before the cheques will be written. The cheques will be sent to the sponsoring Council Grand Knight, who will schedule an event or activity with the family to present the cheque.

For more information about the scholarship, please contact Greg Martin at gmartin7@telus.net.



As we enter 2025, Monsignor McCoy High School looks back proudly at the many accomplishments of our school community. Our school continues to offer a wonderful faith-filled environment for students to learn and grow. Our safe and caring culture helps define our school. We are committed to fostering an environment where every student feels valued, respected, and supported. This positive atmosphere enables our students to thrive emotionally, socially, and academically.

Our focus on academic excellence, also, continues to shine through. Our dedicated teachers and staff work tirelessly to inspire and challenge students, ensuring they achieve their full potential. Through innovative teaching methods and personalized support, our students consistently achieve great success.

Finally, we celebrate the wide variety of quality programming available to our students. From specialized academic courses, to a range of fine arts programs, to our academies, and extracurricular activities, Monsignor McCoy offers something for everyone. Our students have the opportunity to explore their passions, develop new skills, and become well-rounded individuals ready to face the future.



DIOCESAN SUNDAY UPDATES

Second Sunday in Ordinary Time



Week of Prayer for Christian Unity

Join us during the Week of Prayer for Christian Unity, an annual global ecumenical celebration from January 18 to 25, where Christians worldwide unite in prayer and reflection for the unity of all Christians.

- **Wed, Jan 22, 7 pm** - FCJ Centre Chapel
- **Thu, Jan 23, 10 am** - SAIT - Stan Grad Centre MB 315 Interfaith Confluence
- **Thu, Jan 23, 12 pm** - University of Calgary, Vitruvian Space (Firmitas B) DC 14
- **Thu, Jan 23, 3 pm** - Mount Royal University, U111
- **Thu, Jan 23, 6 pm** - Soirée de prière oecuménique - Paroisse Sainte-Famille, Calgary
- **Thu, Jan 23, 7 pm** - St. Mary's University, McGivney Hall - for Adoration and Prayer Service
- **Thu, Jan 23, 7 pm** - Ascension Catholic Parish, Calgary

How can I participate in the Jubilee Year of Hope?

The 2025 Jubilee invites everyone on a pilgrimage of hope—locally in our diocese or cathedral, at Canada's shrines, or in Rome. Renew your faith, seek grace, and unite with God and one another. Visit our diocesan Jubilee page at catholicyc.ca/jubilee find ways to [participate in the Jubilee Year of Hope](#).

Fun Night with the Sisters

Inviting young women: Join us on **Fri, Jan 24, 2025, from 6–9 pm** at the FCJ Centre (219-19th Ave SW, Calgary) for an evening of pizza, games, conversations, and night prayer. Register by Jan 22 by email to sisterdianne.turner@calgarydiocese.ca.

Movie Night with the Sisters

Everyone is welcome! Join Serra Calgary for an inspiring evening featuring the movie "Cabrini", the story of Mother Cabrini's faith, courage, and missionary spirit. When: **Sat, Feb 15 at 5:30 pm**. Enjoy a meal, meet the sisters, and engage in meaningful fellowship. Register by emailing: serrayyc.secretary@gmail.com

NFP Workshop

The Diocese of Calgary invites you and your partner to a [Marriage Enrichment Workshops](#) on **Tue, Jan 30 at 7 pm** - at the Catholic Pastoral Centre. Join Chanèle and Dr. Thomas Bouchard as they explore how Natural Family Planning (NFP) enhances marital unity. NFP is a natural, ethical approach to

achieving or avoiding pregnancy that strengthens spousal relationships. Dr. Bouchard will share insights on the Marquette Method, hormone monitoring, and NFP technology, while Chanèle highlights its role in building strong, healthy marriages. For more information or to register, please contact Mara at mara.capili@calgarydiocese.ca or call 403-218-5521.

Transitions

Transitions is a 16-week peer-led, God-centred support group that is designed to foster healing in its participants. It is facilitated within a confidential, safe, and respectful environment of community and belonging for individuals working through the pain of separation and divorce. The group meets every Tuesday, beginning **February 18, 2024 (7 to 9 pm)** at the Catholic Pastoral Centre. No fee to register – limited spots are available. Register now at catholicyc.ca/transitions or contact Mara at 403-218-5521.

Inspiration Unplugged: Truth and Friendship

Join Fr. David Bellusci, OP for a thought-provoking lecture on **Thu, Jan 23, 2025, from 7–9 pm** at McGivney Hall, St. Mary's University (14550 Bannister Rd SE, Calgary). Discover the teachings of Pier Giorgio Frassati on friendship, sacrifice, and faith, inspired by Fr. Bellusci's book, Pier Giorgio Frassati: Truth, Love, and Sacrifice. Admission is free, and light refreshments will be provided. Parking on campus is \$7 for the evening. For details, visit stmu.ca

Missionary Discipleship through Dominican Spirituality

Join the Dominican Laity for a full-day retreat: *Missionary Discipleship through Dominican Spirituality*. When: **Sat, Jan 25, 9 am to 5 pm - Holy Spirit Parish, Calgary**. Featuring spiritual talks by Fr. David Bellusci, OP, Mass, Adoration, the Rosary, and group reflections. Free-will offering.

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:

- [Mary, Mother of the Redeemer, Calgary](#) - Thu, Jan. 23 at 9:30 am to Fri, Jan. 24 at 11:30 pm.
- [St. Anthony's, Calgary](#) - Fri, Feb 7 at 3 pm to Sun, Feb 9 at 7 am (Chapel)
- [Sacred Heart, Strathmore](#) - Fri, Mar 14 at 7:45 am to Sat, Mar 15 at 11:45 pm
- [St. Martha's, Lethbridge](#) - Thu, Mar 20 at 6 pm to Sat, Mar 22 at 10 am
- [St. Vincent Liem, Calgary](#) - Fri, Mar 28 at 7 pm to Sun, Mar 30 at 11 am

Men's Conference

Join us for God Squad Canada's 28th Annual Men's Conference, *Pilgrims of Hope*. When: **Fri-Sat, Mar 14-15 | St Michael's Catholic Church, Calgary**. Be inspired by keynote speakers, foster spiritual growth, and build connections with other men of faith. Register now at godsquad.ca.

Litany of St. Joseph - Live Concert

Join us for the *Litany of St. Joseph*—a powerful musical event honouring the Patron Saint of Canada. When: **Mon, Mar 17 at 7 pm at Jack Singer Concert Hall, Calgary**. Tickets are required—reserve your seats today at godsquad.ca.

Youth Ministry Opportunities for Grades 6–8


Immerse Youth Nights (Gr 6-8): Join St. Michael Catholic Community on **Sat, Feb 8, 2025, 5:30–7:30 pm** for faith, fun, and pizza!

Ablaze Youth Ministry (Gr 9-12): Gather at St. Bonaventure Parish on **Fri, Feb 7, 2025, 7–9 pm** for fellowship and prayer.

FORMED[®]

THE CATHOLIC FAITH.
ON DEMAND.

1 Scan this with your phone camera
2 Enter **medicine Hat**
3 Enjoy the content you want



Visit signup.formed.org for more information

An offering from the  AUGUSTINE INSTITUTE and  ignatius press

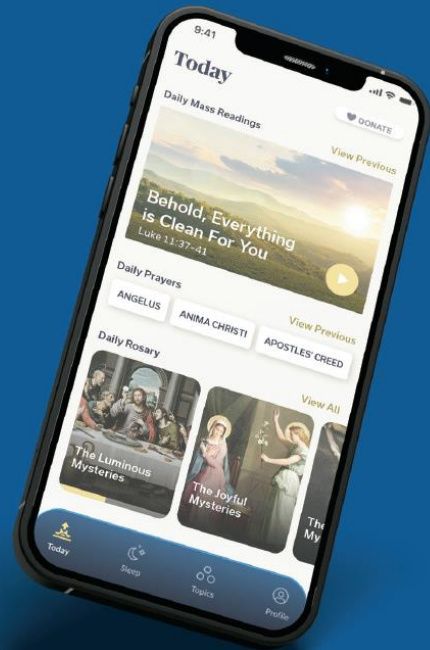
Amen[™]

The *Free* Catholic Prayer,
Meditation, and Scripture App

- 1 Scan this with your phone camera
- 2 Download the app
- 3 Enjoy the content you want



Visit amenapp.org for more information



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

Monday, January 6	KofC Officers' Meeting
Monday, January 6 to 14	Novena for Life before Weekday and Weekend Masses
Tuesday, January 7	Blessing of Chalk
Monday, January 13	Holy Hour Adoration
Monday, January 13	KofC General Meeting
Sunday, January 19	Parish Breakfast
Monday, February 3	KofC Officers' Meeting
Monday, February 10	KofC General Meeting
Tuesday, February 11	Mass for World Day of the Sick
Sunday, February 23	Parish Breakfast
Wednesday, March 5	Begin 40 Loonies for Lent
Friday, March 7	KofC Lead Stations of the Cross
Monday, March 10	KofC General Meeting
Sunday, March 16	Parish Breakfast
Friday, March 21 – Saturday, March 22	Men's Lenten Retreat
Sunday, March 23	KofC Sponsored Mass – 10:30am
Monday, April 7	KofC Officers' Meeting
Monday, April 14	Holy Hour Adoration
Monday, April 14	KofC General Meeting
Sunday, May 4	Parish Breakfast
Monday, May 5	KofC Officers' Meeting
Monday, May 12	KofC General Meeting
Monday, June 2	KofC General Meeting
Monday, June 9	KofC Year End BBQ
Sunday, June 22	Parish Picnic




The Kids' Bulletin

Second Sunday in Ordinary Time

January 19th, 2025

W³ E¹⁴ V⁸ O² A⁵ U²⁰
T¹³ L¹⁵ O¹⁹ E¹² D¹ E⁷
E⁹ L¹⁶ R¹⁰
Y¹⁸ H⁴
H¹¹ T⁶ S¹⁷



John 2.1-12

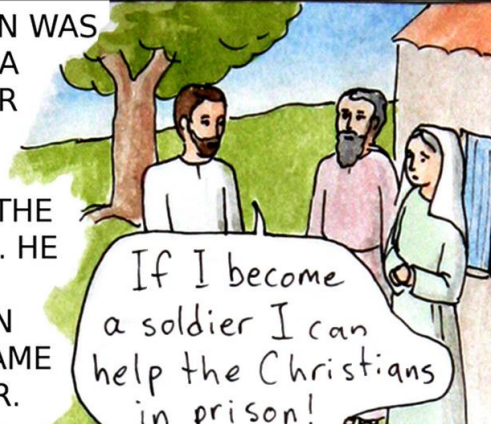
*Do you know what Mary said to the servants
at the wedding feast at Cana?
Sort out the letters by their numbers to find out!*

- | | | | | | | | | | | | |
|----|----|----|----|----|----|----|----|---|----|----|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | | | | |

SAINT SEBASTIAN

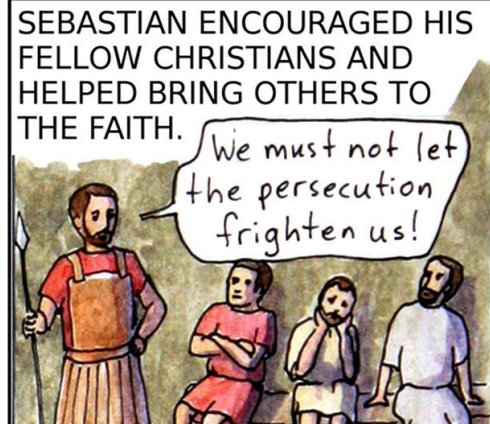
January 20

SEBASTIAN WAS BORN TO A ROMAN OR GAULISH FAMILY AROUND THE YEAR 260. HE WAS A CHRISTIAN AND BECAME A SOLDIER.



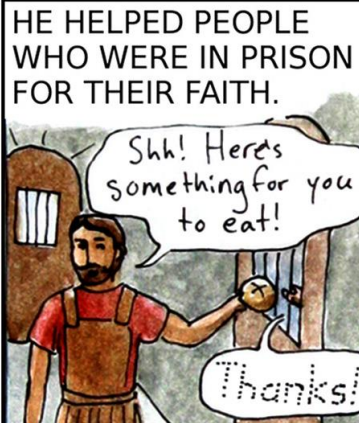
If I become a soldier I can help the Christians in prison!

SEBASTIAN ENCOURAGED HIS FELLOW CHRISTIANS AND HELPED BRING OTHERS TO THE FAITH.



We must not let the persecution frighten us!

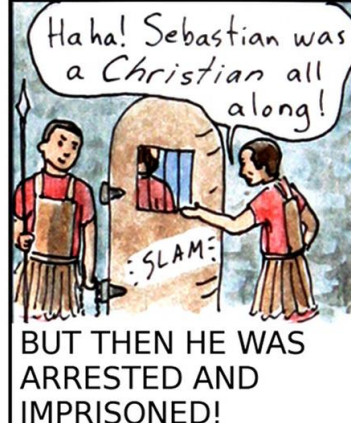
HE HELPED PEOPLE WHO WERE IN PRISON FOR THEIR FAITH.



Shh! Here's something for you to eat!

Thanks!

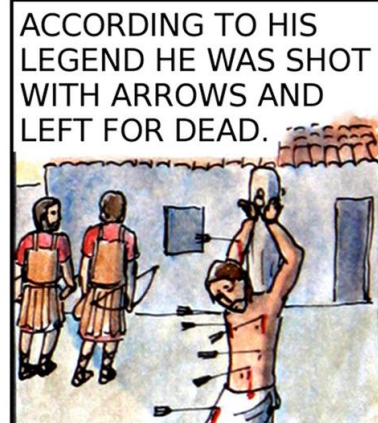
Haha! Sebastian was a Christian all along!



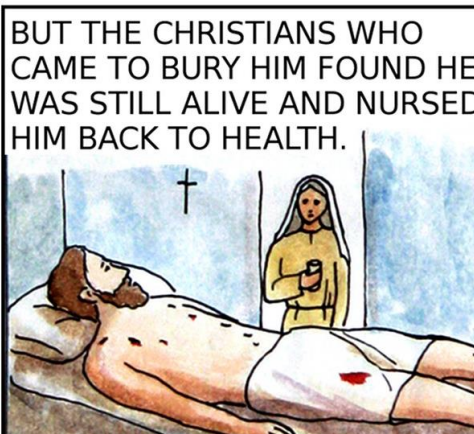
SLAM!

BUT THEN HE WAS ARRESTED AND IMPRISONED!

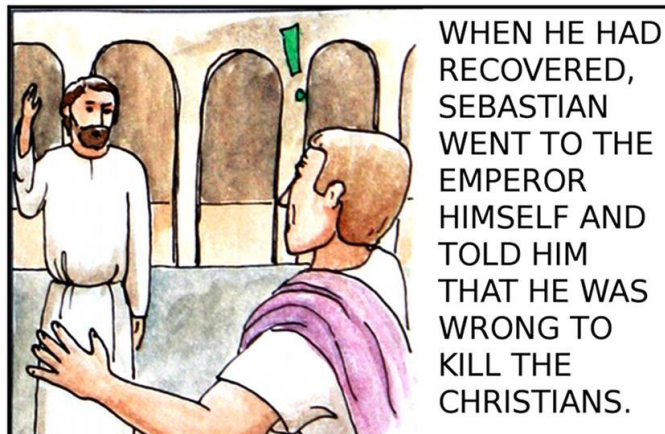
ACCORDING TO HIS LEGEND HE WAS SHOT WITH ARROWS AND LEFT FOR DEAD.



BUT THE CHRISTIANS WHO CAME TO BURY HIM FOUND HE WAS STILL ALIVE AND NURSED HIM BACK TO HEALTH.

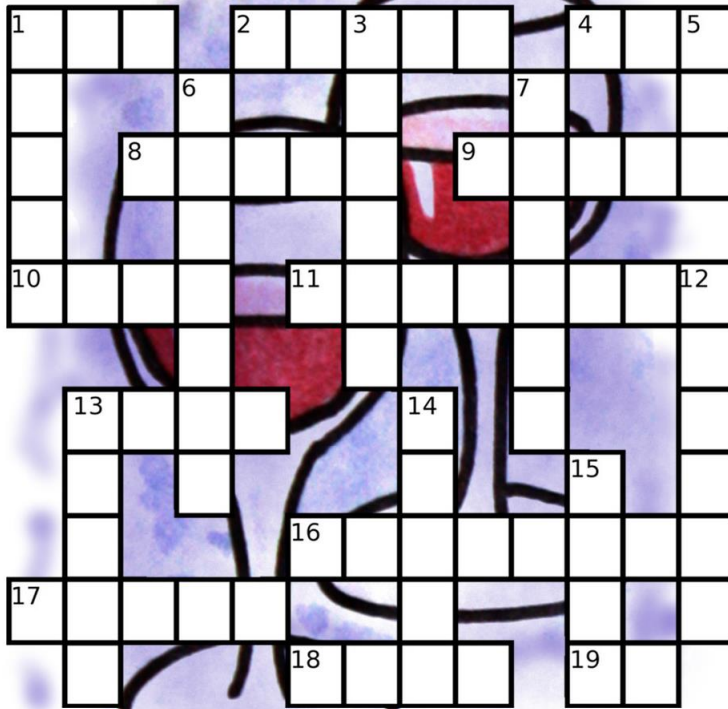


WHEN HE HAD RECOVERED, SEBASTIAN WENT TO THE EMPEROR HIMSELF AND TOLD HIM THAT HE WAS WRONG TO KILL THE CHRISTIANS.



AT FIRST THE EMPEROR THOUGHT SEBASTIAN WAS A GHOST, BUT WHEN HE REALIZED HE WAS REALLY ALIVE HE HAD HIM BEATEN TO DEATH WITH CLUBS. THIS STORY REMINDS US NOT TO GIVE UP ON OUR FAITH EVEN WHEN THINGS ARE VERY HARD. IF YOU FEEL LIKE GIVING UP, JUST THINK OF SEBASTIAN!

The Miracle at Cana Crossword



ACROSS:

1. How many water jars were at the wedding at Cana?
2. " _____, what has this to do with us?" (Jesus' words)
4. What had been water was _____ wine.
8. Mary and Jesus were invited to the wedding _____.
9. "Do whatever He _____ you." (Mary's words)
10. Jesus _____ "Fill the jars with water."

11. Who filled the jars with water?
13. They had run out of _____ at the wedding.
16. " _____ else serves the good wine first, but you have saved it till now."
17. _____ and His disciples were also at the wedding.
18. Mary turned to Jesus _____ she saw there was no more wine.
19. " _____ whatever He tells you."

DOWN:

1. Jesus did this first of His _____ in Cana in Galilee.
3. The _____ of Jesus was at a wedding in Cana.
5. Jesus _____ also there.
6. They were guests at the _____.
7. The water _____ wine.
12. "Everyone else _____ the good wine first, but you have saved it until now."
13. They filled the jars with _____.
14. Cana in Galilee was _____ Jesus did His first public miracle.
15. "You have saved the _____ wine until now."

Mary asks Jesus for a Miracle



In today's Gospel we hear the story of Jesus' first miracle. Wine was an important part of a wedding, and Our Lady felt bad for the people when they ran out.

When Mary hinted to Jesus to do something, Jesus said that the time wasn't ready yet. But do you know what? He did what His mother wanted anyway! He told the servants to fill six big jars with water, and when they did it turned into wine! And not just ordinary wine, but the very best.

We can learn from this story that we should listen to our parents. Jesus is God and even He obeys His mother!

Here's another thing: if you need Jesus to help you with anything, pray to His Blessed Mother to ask Him for it. You know He will listen to His Mother!



Answer to front page: Do whatever He tells you.
Answers to Crossword: Across: 1.six 2.woman 4.now 8.feast 9.tells 10.said 11.servants 13.wine 16.everyone 17.Jesus 18.when 19.do Down: 1.signs 3.mother 5.was 6.wedding 7.became 12.serves 13.water 14.where 15.good



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 so it can be sent to the diocese.