



Welcome to HOLY FAMILY PARISH

3RD SUNDAY IN ORDINARY TIME – YR. C SUNDAY, JANUARY 26, 2025

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 1:1-4; 4:14-21
In the synagogue at Nazareth, Jesus reads aloud from the scroll of the prophet Isaiah and announces that this Scripture is now fulfilled.

Luke 1:1-4; 4:14-21
The Spirit of the Lord is upon me, because he has anointed me to bring good news to the poor. He has sent me to proclaim release to the captives and recovery of sight to the blind, to let the oppressed go free, to proclaim the year of the Lord's favor.
The 3rd Sunday in Ordinary Time – Year C

✠ Masses & Mass Intentions ✠ 

Saturday, January 25
5:00pm – Christian Doll ✠

Sunday, January 26
8:30am – Lisa & Kris Clemis-Love
10:30am – Isabelle Basset ✠
6:00pm – Dennis Weisgerber

Monday, January 27
9:00am – John Smith ✠

Tuesday, January 28
9:00am – Simon Schmaltz ✠

Wednesday, January 29
7:00am – Mel Sehn

Thursday, January 30
9:00am – Gary Kramer ✠

Friday, January 31
9:00am – Gaudencia Nolasco ✠

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

Third Sunday in Ordinary Time

Nehemiah 8:2-4a, 5-6, 8-10.
Psalm 19:8, 9, 10, 15.
1 Corinthians 12:12-30.
Luke 1:1-4; 4:14-21.

Believing the Word of God.

We are the Body of Christ (Corinthians) assembling as the graced community of believers (Nehemiah) each week to give thanks and praise, to share in Communion, and then sent to serve. We are part of the great Communion of Saints to whom is handed down the living Word of God – both the Scriptures and the Tradition as well as the very person of Christ who is the spoken Word of God (Luke). During the first Mass in a brand-new church building, the bishop shows the Lectionary to the assembly and says:

“May the word of God resound always in this building, to open for you the mystery of Christ and to bring about your salvation in the Church.”

The Order of the Dedication of a Church and an Altar, Chapter II, no. 53, © 2018, ICEL. All rights reserved.

The Word of God is central to faith.

- † How will I set aside a few minutes each day to read/reread Scripture? What is a good time?
- † How will I look for the unfolding mystery of Christ in little and big ways today?
- † How will I be “good news” this week by what I say and do?



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

**The 2024
Tax Receipts are
available for
pickup in the
Church Foyer**



DONATE TODAY...

accounting@holymfamilymh.ca



Sacramental Preparation 2024-25

Confirmation

Thursday Jan 23rd at St. Patrick's Church Hall
6:00pm to 7:30pm

1st Holy Communion

Saturday Jan 25th at St. Patrick's Church Hall
10:00am to 11:30am OR Drop in at Holy Family
Faith Room 1:30pm to 3:00pm

Faith & Family



SKATING, SLEDDING & WINTER FUN

Sunday, January 26, 2:00-4:00pm

CELEBRATION PARK, 5311 Southlands Dr SE

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

Santo Nino (Binulog)

Feast Day Potluck

Sunday, Jan. 26, 2025, at 3:PM
St. Patrick's Church.

Wear costumes
if you have one

Everyone Welcome!!!

Please, Bring your Santo Nino

Finding New Life in the Spirit Seminar

First session Starting
Tuesday January 28 at 6:30pm
Holy Family Church Hall
Every Tuesday to March 17th
with the exception of a
Healing Mass with Fr. Julien
Monday March 3rd at 6:00pm

More information in the online bulletin or contact
Sally at 403-527-6933 ext 105 or Cecile at 403-878-5980

RITE OF CHRISTIAN INITIATION OF ADULTS



Holy Family Parish, Medicine Hat, AB

JANUARY 29TH

**MARRIAGE &
HOLY ORDERS**

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

She
Shall Be
Called
Woman

A PROGRAM FOR ALL WOMEN BY
PARADISUS DEI

January 30, 2025
Holy Family Parish Hall
6:15pm Gathering
6:45 pm Presentation
7:15 pm Group Discussion
7:45 pm Dismissal
Theme
Ardent Charity
Presenter
Sarah Swafford

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

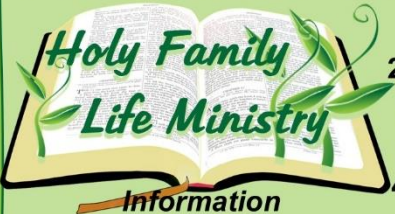
THAT MAN IS YOU!
BECOMING A MAN AFTER GOD'S OWN HEART



Faithfully
FAITH. LIVED. FULLY.

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

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



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

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.



2025 has been a busy year so far for us at Society of St. Vincent de Paul. Our calls for assistance from our neighbours in need have increased by 100%. This is not all that surprising, considering that all community support organizations have experienced a sharp increase in requests for help. We are very mindful of being prudent with the money we are entrusted with: currently, we are operating as a 'one-time help' organization.

We currently have a wonderful group of 'Vincentians' who meet once a week and then help as we are able. Our volunteers are dedicated, kind and caring and work together so well – we are like a family. We would love to welcome new members at any time. If you feel like God is calling you to make a difference, this would be a fulfilling role for you.

Join us for a meeting any Tuesday at 1:00 pm. January's meetings are at St. Patrick's Church, February's at Holy Family and we alternate each month.

We have been blessed with ongoing generous donations from our parishioners at both Catholic churches: God bless you and thank you for making it possible for us to help families in our community. We also sincerely appreciate your prayers.

Our e-mail address is: ssvpmehat@gmail.com (We accept e-transfers and will send you a receipt at tax time provided you supply your name and address.)

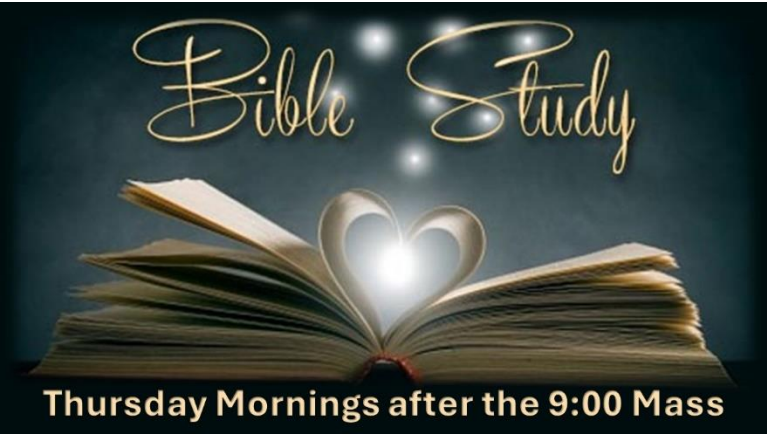
Listen...with the ear of your heart.

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



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

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




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

BULLETIN SUBMISSIONS

EMAIL SUBMISSIONS ONLY
CONTACT@HOLYFAMILYMH.CA
NO VERBAL MESSAGES or PAPER MESSAGES PLEASE.
NO LATER THAN WEDNESDAY MORNINGS
THANK YOU!!!!



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)



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

Third Sunday in Ordinary Time



Sunday of the Word of God

As part of the [Jubilee of Hope](#), this Sixth Annual Sunday of the Word of God (January 26 2025) invites us to reflect on the theme: “I hope in your Word” (Ps 119:74). God’s presence is inseparable from His Word, offering an unfailing source of hope and renewal. In this year of hopeful Jubilee, open the Scriptures and rediscover the life-changing power of God’s promise!

Let us pray: *For the Church throughout the world: for Pope Francis, Church leaders, and Christians everywhere. May they communicate the Good News of Jesus Christ with courage and conviction, let us pray to the Lord...*

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

catholiccyc.ca/jubilee find events and ways to participate in the Jubilee Year of Hope.

Sacred Grace: Church Wedding for Civilly Married Couples

We are excited to introduce the *Sacred Grace* initiative, inviting all civilly married couples in our Diocese to celebrate the Sacrament of Matrimony in the Catholic Church. As part of the Diocesan Pastoral Renewal during the 2025 Jubilee Year of Hope, this special celebration will be presided over by Bishop William T. McGrattan on Saturday, Sep 13, 2025, at 1:30 pm at St. Mary’s Cathedral.

Info sessions on how to participate will be available on the following dates/at the following locations:

- **Sunday, February 9** at 6 pm at St. Albert the Great Parish, Calgary
- **Thursday, March 6** at 6 pm at St. Michael’s Parish, Calgary
- **Sunday, March 9** at 6 pm at St. Thomas More Parish, Calgary

- **Sunday, March 16**, at 6 pm St. Patrick's Parish, Calgary
- Two more locations (Lethbridge & Medicine Hat) will be available soon

World Day of Prayer for Consecrated Life

Join us in celebrating the World Day for Consecrated Life with Bishop McGrattan. When: **Sun, Feb 2, 5 pm | St. Albert the Great, Calgary.** Pray for and thank those who have committed to consecrated life, that they may continue to be inspired by Christ and respond generously to their vocation.

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

Transitions

Transitions is a 16-week, God-centred support group for those healing from separation or divorce. Sessions start Tue, Feb 18, 2024, from 7–9 pm at the Catholic Pastoral Centre. Free registration, limited spots. Register at catholicyc.ca/transitions or call Mara at 403-218-5521.

Retrouvaille Weekend

Retrouvaille Calgary invites couples to a Weekend Program, **Feb 28–Mar 2**, for those facing marriage challenges. This peer-led ministry helps couples improve communication, build intimacy, and heal. Contact Ken & Isabelle at 403-276-4547 or visit www.HelpOurMarriageCalgary.com

Reason for Your Hope

Join us this winter for a transformative retreat weekend to rediscover your hope. In partnership with Catholic Christian Outreach, 3 Jubilee Parish Missions will be held in our Diocese, running Friday night to Saturday afternoon.

- **Fri, Feb 21 - Sat, Feb 22** at St. Martha's Parish, Lethbridge
- **Fri, Feb 28 - Sat, Mar 1** at St. Peter's Parish, Calgary
- **Fri, Mar 7 - Sat, Mar 8** at St. Bonaventure's Parish, Calgary

Information & registration at catholicyc.ca/reasonforyourhope
Natural Family Planning

The Diocese of Calgary invites you to a Marriage Enrichment Workshop on **Thu, Jan 30 at 7 pm** at the Catholic Pastoral Centre. Join Chanèle and Dr. Thomas Bouchard to explore how Natural Family Planning (NFP) strengthens marriages. Contact Mara at mara.capili@calgarydiocese.ca or 403-218-5521 to register.

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 great fellowship. Register to:

serrayyc.secretary@gmail.com

Youth Ministry Opportunities

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.

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 - Concert

Join us for the Litany of St. Joseph, a live concert featuring local choirs and an original score by Carlos Foggin. When: **Mon, Mar 17, 7 pm | Jack Singer Concert Hall, Calgary.** Tickets required—reserve at godsquad.ca

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An offering from the  AUGUSTINE INSTITUTE and  ignatius press

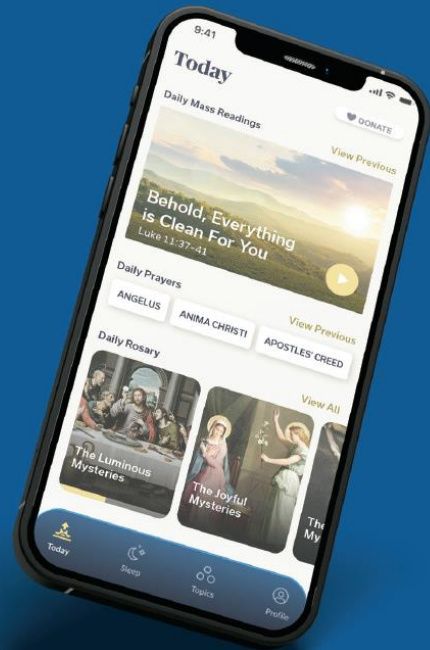
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Meditation, and Scripture App

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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

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

Third Sunday in Ordinary Time
January 26th, 2025



Luke 1.1-4; 4.14-21

*In today's Gospel reading, Jesus stood in the
synagogue and read from the book of
the prophet Isaiah.*

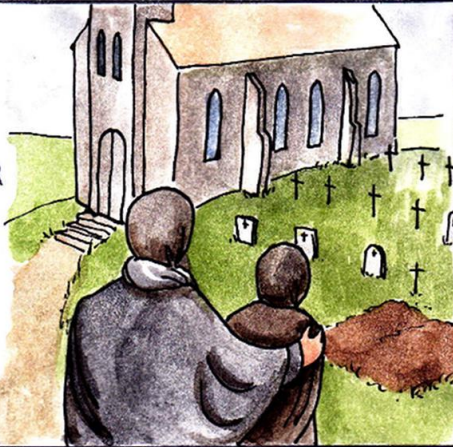
What did it say?

Look at this page in the mirror to find out!

Saint Angela Merici

January 27

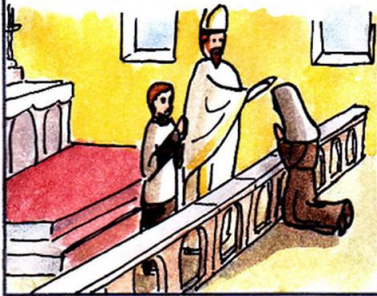
ANGELA MERICI WAS BORN IN LOMBARDY IN 1474. HER MOTHER AND FATHER DIED WHEN SHE WAS TEN YEARS OLD.



ANGELA WAS VERY SAD WHEN HER SISTER DIED, BUT GOD SHOWED HER IN A VISION THAT SHE WAS IN HEAVEN.



ANGELA BECAME A FRANCISCAN TERTIARY, WHICH IS LIKE A NUN BUT NOT IN A CONVENT.



Today we will talk about Mary.



ANGELA BEGAN TO TEACH THE POOR GIRLS WHO COULD NOT GO TO SCHOOL.

SOON OTHER YOUNG WOMEN JOINED ANGELA TO HELP TEACH THE GIRLS.



ONCE ANGELA MADE A PILGRIMAGE TO THE HOLY LAND, BUT SHE WENT BLIND FOR MOST OF THE TRIP!



THE GROUP OF WOMEN THAT HAD JOINED ANGELA GREW AND SPREAD, EVENTUALLY BECOMING A RELIGIOUS ORDER CALLED THE URSULINES.

IN ANGELA'S TIME POOR PEOPLE, ESPECIALLY GIRLS, COULDN'T GO TO SCHOOL AND THERE WERE NO WOMEN TEACHERS. IT TOOK A LONG TIME FOR PEOPLE TO ACCEPT WHAT ANGELA WAS DOING, BUT SHE NEVER QUIT. WHEN YOU HAVE A HARD TIME WITH SCHOOL YOU CAN PRAY TO SAINT ANGELA FOR HELP!

'ONE BODY' WORD-FIND

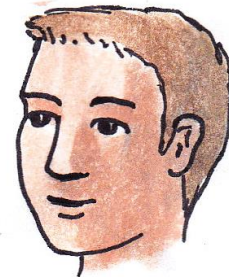
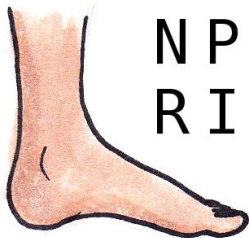


TWCHRISTAEB C
OARACPAULEAH
GONNABIELBPU
EOMDRONEGHTR
TFEYEDTAIEIC
HOMANYDRFAZH
EOBYAPOSTLES
RTEACHERSIDI
NPROPHETS NCH
RISMELLSTGOD



*Find the words
that are written
in CAPITALS.*

*Use the left
over letters to
fill in the
blanks
at the end.*

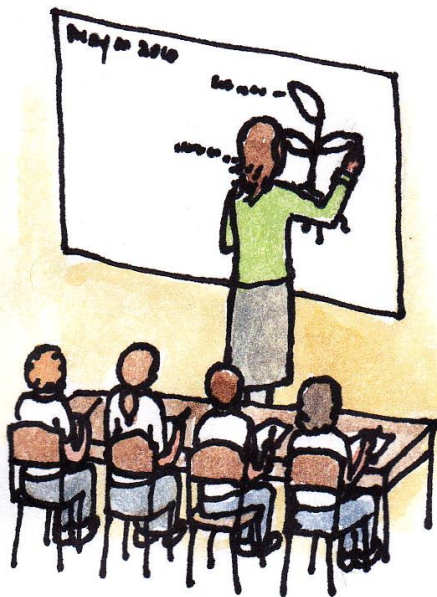
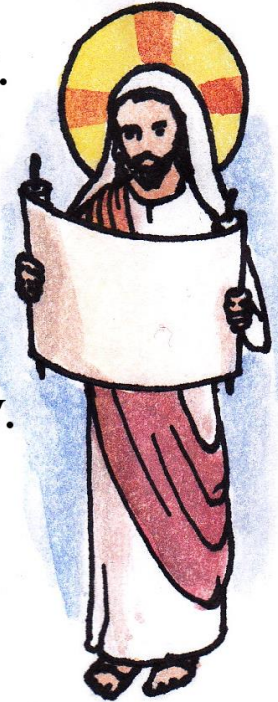


SAINT PAUL tells us that we have been BAPTIZED into the ONE body of CHRIST which is the CHURCH. There are MANY MEMBERS, but they all work TOGETHER and CARE for each other. But the parts of a BODY are not ALL the same as each other! An EYE is different from an ear, and a HAND is not the same as a FOOT. If all your body was an EAR, then how could you SMELL?

In the Church there are many different GIFTS. Some people are APOSTLES, some are PROPHETS, some are TEACHERS. Some people have the gift of HEALING. GOD has made all these different sorts of people to work together in the Church.

The Church is a Body

The Catholic Church isn't a building. Did you know that? The Church is actually the group of people who have been baptized into the Faith. All the different kinds of people in the Church work together, just like a person's body.



Think about the different parts of your body. What do your eyes do? What about your ears? Hands? Feet? Brain?

Now think about the Church. It has a pope, bishops and priests, teachers, doctors, musicians, mothers and fathers, and even children. What do each of these people do for the Church?

What is your job in the Church right now? What do you think it will be when you are grown up?



We are one body in Christ.
Answer to Word-Find:



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.