



# Welcome to HOLY FAMILY PARISH

8<sup>TH</sup> SUNDAY IN ORDINARY TIME – YR. C SUNDAY, MARCH 2, 2025

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

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

**Office Hrs. Monday to Friday - 8:30am – 12:00pm & 1:00pm to 4:30pm. Closed on Holidays.**

### CLERGY AT HOLY FAMILY PARISH

Fr. Iqbal Khurshid & Deacon Robert Risling

### RECONCILIATION...

Friday 9:30am–10:30am & Saturday 3:30–4:45pm

**MASS TIMES - MONDAY TUESDAY THURSDAY FRIDAY 9:00AM**

**WEDNESDAY 7:00AM**

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

**MONTHLY - 1<sup>ST</sup> TUESDAY 6:00PM & 1<sup>ST</sup> 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 – Dianne Durda**

**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.**

*The good person  
out of the good  
treasure of the  
heart produces  
good...*

Luke 6:39-45

8<sup>th</sup> Sunday in Ordinary Time – Year C

### ✠ Masses & Mass Intentions ✠



Saturday, March 1

8:00am – Deceased Mudri Family ✠

5:00pm – Sofron, Nikola & Feysa

Deceased Family ✠

Sunday, March 2

8:30am – Ben Schafer ✠

10:30am – Klela Geisinger ✠

6:00pm – Kay Brittner ✠

Monday, March 3

9:00am – Mary Ann Kollman ✠

Tuesday, March 4

9:00am – Marcel Blanchette ✠

6:00pm – Marjorie Hintz ✠

Wednesday, March 5 – **Ash Wednesday**

7:00am – Sr. Carmelita Ramos ✠

9:00am – Don Zahn ✠

6:00pm – Holy Family Parish

Thursday, March 6

9:00am – Florencio Lozada ✠

Friday, March 7

9:00am – Peter Christiansen ✠

# 8<sup>TH</sup> SUNDAY IN ORDINARY TIME – YR. C SUNDAY, MARCH 2, 2025

Financial Report	
<i>Monthly Operating Budget</i>	<b>\$ 70,156</b>
MONTH TO DATE	
General Envelope Collection	\$ 45,108
Loose Collections	\$ 1,639
Future Development	\$ 2,169
Misc. Income	\$ 5,519
<b>Total Month Income</b>	<b>\$ 54,435</b>
<b>Budget Vs Actual</b>	<b>-\$ 15,720</b>
Special Collections	
YEAR TO DATE	
<b>Together in Action (TIA) 25%</b>	<b>\$ 17,847</b>
<b>St Vincent de Paul</b>	<b>\$ 5,925</b>
<b>World Mission</b>	<b>\$ 50</b>
<b>Clergy Retirement</b>	<b>\$ 310</b>
<b>Mission Mexico</b>	<b>\$ 310</b>
<b>CARO</b>	<b>\$ 180</b>
<b>Loonies 4 Lent</b>	<b>\$ 1,170</b>
<b>Seminary Fund</b>	<b>\$ 190</b>
<b>Holy Land &amp; Pope's Pastoral</b>	<b>\$20</b>
<i>Thank You for your Generous Contributions</i>	

## Eighth Sunday in Ordinary Time, March 2<sup>nd</sup>, 2025

Sirach 27:4-7.

Psalm 92:2-3, 13-14, 15-16.

Corinthians 15:54-58.

Luke 6:39-45.

### Believing in the Resurrection of the Dead.

We have been reading and hearing Saint Paul to the Corinthians since the middle of January. He proclaims the resurrection of Jesus as victory over death. This belief, this word from the creed – “he...rose again on the third day” – is central to faith. It lays the foundation for our own being raised one day because death is not the end of us. We say in faith each Sunday: “I look forward to the resurrection of the dead.”

- † Even though November is past, how can I still remember the dead? For whom will I pray? Whom among them will I ask to pray for me?
- † How am I preparing now for my own resurrection from the dead at some later time?
- † How will I act and speak in this life knowing that there is life to come after death?

### Ash Wednesday – March 5<sup>th</sup>, 2025

Joel 2:12-18.

Psalm 51:3-4, 5-6ab, 12-13, 14 and 17.

2 Corinthians 5:20–6:2.

Matthew 6:1-6, 16-18.

### Reflecting on Ashes.

Ashes are a visible sign, an outward one of grace, reflecting inner realities. In the words of the Bible readings, they show a “return to the Lord” (Joel), they plead “not to receive the grace of God in vain” (2 Corinthians), and they instruct “when you pray, go to your inner room” and when out and about “do not look gloomy” (Matthew). This Lent (an Old English word meaning “springtime”), let us bear our ashes one day and spend the rest of these days praying and doing without fanfare.

- † How will this Lent keep me humble?

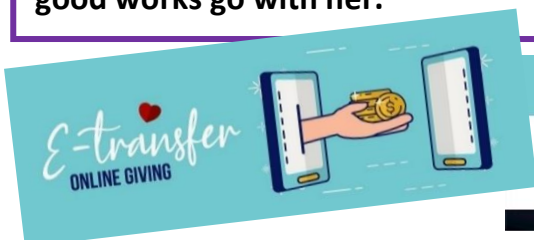


*God Bless You,  
Thank You for  
your donations!*

**Special Collections  
March 2025**

**Together in Action  
Ash Wednesday  
Future  
Development  
Easter Flowers**

**Sr. Mary Rita McTague of the Carmelite Sisters passed away on February 22 in St. Catharines, Ontario. Many in Medicine Hat remember her for her many years of loving service at St. Joseph Home. May she rest in God's peace and may her good works go with her.**



**DONATE TODAY...**

**accounting@holymfamilymh.ca**

*First Saturday Mass*

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

*March 1, 2024*




**THE FIRST WEDNESDAY OF THE MONTH THE LEGION OF MARY HOSTS THE MOTHER OF PERPETUAL HELP NOVENA FOLLOWING 7:00AM MASS MARCH 5, 2024**

**ASH WEDNESDAY**

**March 5, 2025**

**7:00 am**

**9:00 am                      6:00 pm**

“Remember that you are dust, and to dust you shall return.”



**Stations of the Cross 2025**

- Friday, Mar. 7, 6:00pm – Knights of Columbus
- Friday, Mar. 14, 6:00pm – Parish Pastoral Council
- Friday, Mar. 21, 6:00pm – Catholic Women’s League
- Friday, Mar. 28, 6:00pm – Parish Finance Council
- Friday, Apr. 4, 6:00pm – RCIA
- Friday, Apr. 11, 6:00pm – St. Louis School
- Monday, Apr. 14, 7:00pm – St. Patrick’s School

Followed by Meatless Soup & Buns on Fridays!

*Finding New Life in the Spirit Seminar*

Healing Mass with Fr. Julian  
Tuesday, March 4th at 6:00pm

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Tuesday, March 11 at 6:30pm  
Topic – “Growth”

Holy Family Parish Faith Room

More information contact  
Sally at 403-527-6933 ext 105 or Cecile at 403-878-5980


**RITE OF CHRISTIAN INITIATION OF ADULTS**

**MARCH 5**

**Ash Wednesday**

**&**

**Saying Yes to Jesus**



**RCIA**

Holy Family Parish, Medicine Hat, AB

**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

March 6, 2025  
Holy Family Parish Hall

- 6:15pm Gathering
- 6:45 pm Presentation
- 7:15 pm Group Discussion
- 7:45 pm Dismissal

Theme  
Unceasing Prayer  
Presenter  
Katie Hartfiel


March 8, 2025 ~ Holy Family Parish Hall

- Breakfast 7:30 am
- Presentation 8:30 am

Theme: The Paradise of God  
Presenter: Mark Hartfiel

**TMIY**

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



*Faithfully*

FAITH. LIVED. FULLY.

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

## Sacramental Preparation 2024-25

### CONFIRMATION

**CLASS - Thursday March 13<sup>th</sup> - 6:00pm to 7:30pm**  
St. Patrick's Church Hall

**RETREAT - Saturday, March 15<sup>th</sup> - 9:30am-2:30pm**  
Holy Family Parish Hall

### 1st HOLY COMMUNION

**CLASS - Saturday March 8<sup>th</sup> & 15<sup>th</sup>**

**10:00am to 11:30am at St. Patrick's Church Hall**

**OR Drop in at Holy Family Faith Room 1:30 to 3:00pm**

## 40 Loonies for Lent

2025 marks the eighth year that Holy Family Parish Knights of Columbus Council 9502 is sponsoring the 40 Loonies for Lent program.

Your donations stay here in Medicine Hat going to the Root Cellar, Mustard Seed, Saint Vincent De Paul Society, 5<sup>th</sup> Ave. & Saint Barnabas Meal Programs.

Through the generous support of Holy Family Parish parishioners, you helped raise twelve thousand dollars in 2024. Our goal this year is to raise \$10,000.00.



Knights of Columbus®  
Alberta/NWT State Council

Early Bird  
Draws x2

**\$1000<sup>ea</sup>**

Draw Dates at 4PM:  
February 24, 2025  
March 24, 2025

**50-50**  
CHARITIES APPEAL RAFFLE

In support of:

Educational Institutions, Community Charities, Churches,  
Youth and Seniors Activities across Alberta

Please accept my heartfelt thanks to all of you, my friends and fellow parishioners for all the wonderful gifts and best wishes for my retirement!!! May God reward your kindnesses abundantly 🥰 🙏

Ria Welbourne

**While in the Medicine Hat Regional Hospital**  
If you have a family member or friend who is in hospital and is requesting Holy Communion or a visitor from the church, please phone the Parish Secretary with the name and room number of the parishioner. The information will be forwarded to Pastoral Care. Thank you!

## YOU SAID IT, AND....

### THE RESULTS ARE IN!!

Your Parish Renewal Team invites you to please join us for a summary presentation of the Parish Renewal Survey results. These results will inform our next steps, this Spring, to further revitalize our parish and faith community.

Please attend one of the following sessions:

Sunday, March 2 after the 10:30 Mass

OR

Tuesday, March 4 in HFP Hall at 7:00 pm.



### 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

If you would like to receive the Weekly Bulletin by email, please email the office at [contact@holyfamilymh.ca](mailto:contact@holyfamilymh.ca) Or you can view it on the website at [www.holyfamilymh.ca](http://www.holyfamilymh.ca) or on Facebook at [Medicine Hat, Holy Family Parish](https://www.facebook.com/Medicine-Hat,-Holy-Family-Parish) Thank you to everyone that already gets the bulletin online. It truly does save the church money that can be used in other areas.



# 40 Loonies for Lent

2025 marks the eighth year that Holy Family Parish Knights of Columbus Council 9502 is sponsoring the 40 Loonies for Lent program.

This year's program theme is, ***Love the Lord, Love your neighbour***. As it is written in the book of Sirach, chapter 35, verses 6 to 8, "The just man's sacrifice is most pleasing, nor will it ever be forgotten. In generous spirit pay homage to the Lord, be not sparing of freewill gifts. With each contribution show a cheerful countenance."

Your donations stay here in Medicine Hat going to the Root Cellar, Mustard Seed, Saint Vincent De Paul Society, 5<sup>th</sup> Avenue and Saint Barnabas Meal Programs.

It should be noted that Holy Family Parish volunteers serve every Thursday at 5<sup>th</sup> Avenue, and Holy Family also serves every 4<sup>th</sup> and 5<sup>th</sup> Saturday at St. Barnabas Meal Program. I would personally like to thank the many volunteers who sacrifice their time to assist the people who may be struggling.

Through the generous support of Holy Family Parish parishioners, you helped raise **twelve thousand dollars in 2024. Our goal this year is to raise ten thousand dollars.**

There are a few ways to make donations. Simply write "40 LOONIES FOR LENT" and the dollar amount on your weekly parish donation envelope. You may donate your full Lenten gift of \$40.00 one time or contribute an amount of \$7.00 or more each week. If sacrificial giving means you can give more, please do so. For those who are not using weekly envelopes you may make your cheque payable to Holy Family Parish or donate cash in a separate envelope marked with your name, address and "40 LOONIES FOR LENT" and place it in the weekly collection basket or drop it off at the Parish office. Alternatively, you may authorize the parish to process your donation on your credit card and most recently Holy Family Parish has added e-transfer but if using e-transfer please note it is to go to: **40 Loonies for Lent.**

Look for updates on funds collected in the parish bulletin.

We thank you in advance for your generosity, **"what ever you do to the least of my brothers you do unto me."**

Thank you and may the Lord bless you and keep you.



**Knights of Columbus®**  
Alberta/NWT State Council

**50-50**  
CHARITIES APPEAL RAFFLE

Early Bird  
Draws x2  
**\$1000<sup>ea</sup>**

Draw Dates at 4PM:  
February 24, 2025  
March 24, 2025

In support of:  
Educational Institutions, Community Charities, Churches,  
Youth and Seniors Activities across Alberta



The Alberta/Northwest Territories Knights of Columbus 2025 Spring 50-50 Charities Appeal Raffle is underway. This Charity Appeal supports educational institutions, community charities, churches and youth and seniors' activities across Alberta.

Our Holy Family Parish Knights of Columbus thank our parishioners for their past

generous support of this charity appeal. Our council support two community charities, Project Rachel and Elizabeth House. Each charity supports pregnant women and mothers. There are two early bird draws, each for \$1000, on February 24 and March 24, with the ticket purchase ending April 26.

50/50 tickets can be purchased using [www.koc5050.com](http://www.koc5050.com) and please remember to search for our council, **9502**, so our council will receive your donation.

If you have any questions about the Charity Appeal, contact Greg Martin, 403-878-0639 or Pat Ries, 403-458-0442. Our 9502 KofC Council thanks you for your support.

**Medicine Hat Catholic Schools' Education Foundation**

**50/50 Cash Raffle**

»» **Draw Date: April 11**

Draw opens: Feb 10th @ 6:00am  
Draw ends: April 10th @ 11:59pm

- »» 1 entry for \$10
- »» 4 entries for \$20
- »» 20 entries for \$50
- »» 100 entries for \$100

SCAN QR CODE TO PURCHASE YOUR TICKETS!



Together in the support of  
Medicine Hat Catholic  
community children & the  
education process!



[rafflebox.ca/raffle/mhcsef-spring25](http://rafflebox.ca/raffle/mhcsef-spring25)



# École St. John Paul II School

**Robert Dumanowski- Principal**

**Vice Principal - Edlyn Murphy**

Prayer and service are integral parts of our École St. John Paul II School community. So far this year, students have had the opportunity to explore our Catholic faith through experiences such as praying an outdoor Living Rosary and joining together for Rosary Club. In addition, our Student Faith Leadership students recently volunteered at the Prairie Gleaners. We strive to live our faith in both our words and our actions.



**Medicine Hat Catholic  
Board of Education**



A JOURNEY OF CONVERSION

ASH WEDNESDAY- YEAR C

We begin our Season of Lent by having ashes on our forehead with the words “Remember you are dust and unto dust you shall return”. This is the time in which we seek to be more united with the Lord, to share the mystery of his Passion and His Resurrection. As Pope Francis said “The season of Lent is a favourable time to remedy the dissonant chords of our Christian life and to receive the ever new, joyful and hope-filled proclamation of the Lord’s Passover. The Church in her maternal wisdom invites us to pay special attention to anything that could dampen or even corrode our believing heart. We are subject to numerous temptations. Each of us knows the difficulties we have to face. And it is sad to note that, when faced with the ever-varying circumstances of our daily lives, there are voices raised that take advantage of pain and uncertainty; the only thing they aim to do is sow distrust. If the fruit of faith is charity – as Mother Teresa often used to say – then the fruit of distrust is apathy and resignation. Distrust, apathy and resignation: these are demons that deaden and paralyze the soul of a believing people. Lent is the ideal time to unmask these and other temptations, to allow our hearts to beat once more in tune with the vibrant heart of Jesus. The whole of the Lenten season is imbued with this conviction, which we could say is echoed by three words offered to us in order to rekindle the heart of the believer: pause, see and return which strengthens our journey of conversion.



A monk used to give discourses on the riverbank. Many people used to come to listen to him. Everyone listened to him very attentively and among them was a young man. One day after discourse ended, he went to the monk and said, "I listen to your teachings everyday but still there is no change in me". The monk smiled and asked, "which village are you from?" He replied, "There is a village 10 miles away from here. I live there". "How do you come from your village?" asked the monk and man replied, "I walk all the way here". "Can you reach your village without walking" monk asked the next question. The man replied, "No, that's not possible". The monk smiled and said, "Similarly, if you do not implement my teachings in your life then there will be no effect on you, nor can you see any change in you. You yourself must start following those teaching in your life consistently according to situations, only then you can bring change or conversion in your life".

Pope St. Clement I opens our minds to understand the real meaning of Lent with these words "If we review the various ages of history, we will see that in every generation the Lord has offered the opportunity of repentance to any who were willing to turn to him. When Noah preached God's message of repentance, all who listened to him were saved. Jonah told the Ninevites they were going to be destroyed, but when they repented, their prayers gained God's forgiveness for their sins, and they were saved, even though they were not of God's people. In other words, God wanted all his beloved ones to have the opportunity to repent and he confirmed this desire by his own almighty will. That is why we should obey his sovereign and glorious will and prayerfully entreat his mercy and kindness. We should be suppliant before him and turn to his compassion, rejecting empty works and quarrelling and jealousy which only lead to death. The Season of Lent is to pause a little to see who we are and where we heading are to and return to the Lord "As I live", says the Lord, "I do not wish the death of the sinner but his repentance". He added this evidence of his goodness: House of Israel, repent of your wickedness. Tell the sons of my people: If their sins should reach from earth to heaven, if they are brighter than scarlet and blacker than sackcloth, you need only turn to me with your whole heart and say, "Father," and I will listen to you as a holy people". Once again St. Pope Clement I says "we

should be humble in mind, putting aside all arrogance, pride and foolish anger. Rather, we should act in accordance with the Scriptures, as the Holy Spirit says: The wise man must not glory in his wisdom nor the strong man in his strength nor the rich man in his riches. Rather, let him who glories glory in the Lord by seeking him and doing what is right and just. Let this season provide us little time to pause, see and return and our lives may become pleasing to the Lord who suffered, died and rose again for us to grant eternal life.

The following story should help us to understand the true meaning of Lent and how to grow deeper in our faith despite all temptations and shortcomings of our human flesh.

Once upon a time a wealthy nobleman enters a monastery under questionable motives, but ended up genuinely striving for holiness and virtue, and even finding that the battle for sanctity was worth it! Despite his progress, he constantly felt weak in his faith, and unceasingly begged God to grant more. He was humble. After seven years living as a hermit, an attractive woman visited who was bent on seducing him (he was well known as a very handsome hermit). What she didn't know was that just before she arrived, he had been nearly overcome with thoughts of lust, so she had come at just the "right" time.

She banged and begged at his door as if stranded and alone, tricking him into letting her in on a cold winter night (her friends had actually dropped her off), and after he locked himself in his room to avoid her, she told him to stay in his room because she was undressing – a fact she knew would make him imagine her. He could hear her silken garments moving and, having exposed herself, she began moaning requests to him. She pleaded that she had been stricken very ill, perhaps by the cold, and desperately needed his immediate attention. From his room he whispered prayers knowing that his faith was too weak for such a trial. He knew what she wanted. He wanted her. He then burst out of his room, sped past her straight to his porch where an ax lay for splitting wood, and laid down his finger and cut it off in an extreme act of mortification (to be understood, but not emulated). He had resisted sin to the point of shedding blood! Witnessing this, she collapsed into tears begging for forgiveness. He told

her God would forgive her and told her to leave immediately. Her friends picked her up and brought her home. Soon thereafter she entered a convent.

The news of this encounter spread, giving the hermit great fame. Pilgrims came for blessing and healing. As his fame grew, so did his pride. He pretended to dislike the constant attention, but inside he loved it more and more. At the height of his fame, something had changed in him, and a man came and begged that he would bless his daughter – with his heart more prideful this too was just the “right” time. As she entered, he was overcome with her femininity, and lust surged within him. She seemed to know it. She approached him, took his hand, and placed it on her breast. The two descended rapidly into their passions, his will totally overcome. The next morning, he awoke with her in his bed and had to flee in a disguise.

In the two instances of the monk being tempted, there lies a central theme: faith and humility. Alone in the woods, presuming a lack of faith, he overcomes acute temptation by humility. By the time of his second temptation, he had swelled with pride at the stroking of his ego, forgetting that faith is a gift to be opened, not a “quality” that we master and display for man’s eyes. As we progress in the spiritual life, there will be moments of victory. Yet we must never let our pride get ahead. Not a bit. “Wherefore he that thinketh himself to stand, let him take heed lest he fall” (1 Cor. 10:12). With this story in mind, we can hear the gravity of these words from Sirach: “The greater you are, the more you must humble yourself...”

St. Jerome once wrote, “Every man to whom God has given wealth and possessions and power to enjoy them, and to accept his lot, and to take pleasure in his labor—that man has received a gift from God. For he will not notice the days of his life as they pass because God has filled his heart with joy. Compare him with the man who is anxious about his wealth and is full of vexation as he hoards up possessions that perish. Our text says that it is better to take delight in what you have. The first man at least has some pleasure in what he has, while the second suffers from excessive anxiety. And the reason is that the ability to enjoy riches is a gift from God; he does not count the days of his life, for God allows him to enjoy life; without sadness or anxiety, he is filled with delight of

the moment. However, it is better to understand the text with the Apostle as referring to God's gift of spiritual food and drink; man is to contemplate goodness in his works, for it takes great work and study for us to contemplate true good. And this is our lot: to rejoice in study and work. This is a good goal, but not completely good until Christ is revealed in our lives. All the work of a man is to satisfy his mouth, yet his spirit will be hungry. For what has a wise man more than a fool, except the knowledge of how to live? All that men work for in this world is consumed by their mouths, chewed up by their teeth, and passed into the stomach for digestion. And even when something delights the taste, the pleasure lasts only as long as he can taste it. But after all this, the mind of the eater gets no satisfaction, for he will want to eat again, and neither wise man nor fool can live without food, and even a poor man seeks nothing more than to keep his body alive and not die of starvation. Or again, it may be because the spirit gains nothing useful from feeding the body. Food is common to the wise and the foolish alike, and for the poor man food is wealth".

He continues to say, "However, it is better to understand the text as referring to the man in Ecclesiastes, who is learned in the sacred Scripture, and knows that neither mouth nor spirit is satisfied so long as he still desires learning. In this the wise man has advantage over the fool. For if he knows himself to be poor (and the poor are called blessed in the Gospel), he strives to understand the important things in life, and he walks the straight and narrow way which leads to life. He is poor in wickedness, and he knows where Christ, who is our life, is to be found".

Today's liturgy offers us first and foremost a passage from the Prophet Joel, whom God sent to call the People of God to repentance and conversion, due to a natural disaster (a plague of locusts) which was devastating Judea. The Lord alone can save us from the scourge, and it is therefore necessary to entreat Him with prayer and fasting, confessing one's sins. The Prophet emphasizes interior conversion: "return to me with all your heart" (2:12).

Returning to the Lord "with all your heart" means to begin the journey not of a superficial and transitory conversion, but rather of a spiritual itinerary regarding the most intimate place of our person. The heart is, indeed, the seat

of our feelings, the centre in which our decisions, our attitudes mature. Prophet Jeremiah describes heart in these words, “The heart is devious above all else; it is perverse—who can understand it? I the Lord test the mind and search the heart, to give to all according to their ways, according to the fruit of their doings” (17:9-10). That “return to me with all your heart” involves not only individuals but is extended to the community. There may be a few obstacles, which close the door of the heart. There is the temptation to lock the doors, or to live with our sin, minimizing it, always justifying it, thinking we are no worse than others; this, however, is how the locks of the soul are closed, and we remain shut inside, prisoners of evil. Another obstacle is the shame of opening the secret door of the heart. Shame, in reality, is a good symptom, because it shows that we want to break away from evil; however, it must never be transformed into apprehension or fear. There is a third pitfall, that of distancing ourselves from the door: it happens when we hide in our misery, when we ruminate constantly, connecting it to negative things, until sinking into the darkest repositories of the soul. Then we even become kindred with the sorrow that we do not want, we become discouraged, and we are weaker in the face of temptations. This happens because we bide alone with ourselves, closing ourselves off and avoiding the light, while the Lord’s grace alone frees us. Therefore, let us be reconciled, let us listen to Jesus who says to those who are weary and oppressed: “Come to me” (Mt 11:28). Not to dwell within themselves, but to go to him! Comfort and peace are there.

It is a convocation directed to everyone: “gather the people. Sanctify the congregation; assemble the elders; gather the children, even nursing infants. Let the bridegroom leave his room, and the bride her chamber”. The Prophet pauses particularly on the prayer of the priests, pointing out that it is to be accompanied by tears. It will do us good, all of us, but especially for us as priests, at the beginning of Lent, to ask for the gift of tears, to render our prayer and our journey of conversion ever more authentic, and free from hypocrisy. And this is precisely the message of today’s Gospel. In the passage from Matthew, Jesus again reads the three works of mercy called for by Mosaic law: almsgiving, prayer and fasting. He distinguishes the external disposition from the interior

disposition, from the weeping of the heart. Jesus highlighted a common temptation in these three works, that can be summarized precisely as hypocrisy (He mentions it three times): “Beware of practicing your piety before men in order to be seen by them.... When you give alms, sound no trumpet before you, as the hypocrites do.... And when you pray, you must not be like the hypocrites; for they love to stand and pray... that they may be seen by men.... And when you fast, do not look dismal, like the hypocrites...” (Mt 6:1, 2, 5, 16). “Return to me” — says the Lord — “return with all your heart”: not only with a few outward deeds, but from the depths of our selves. Indeed, Jesus calls us to live prayer, charity and penance with consistency and authenticity, overcoming hypocrisy.

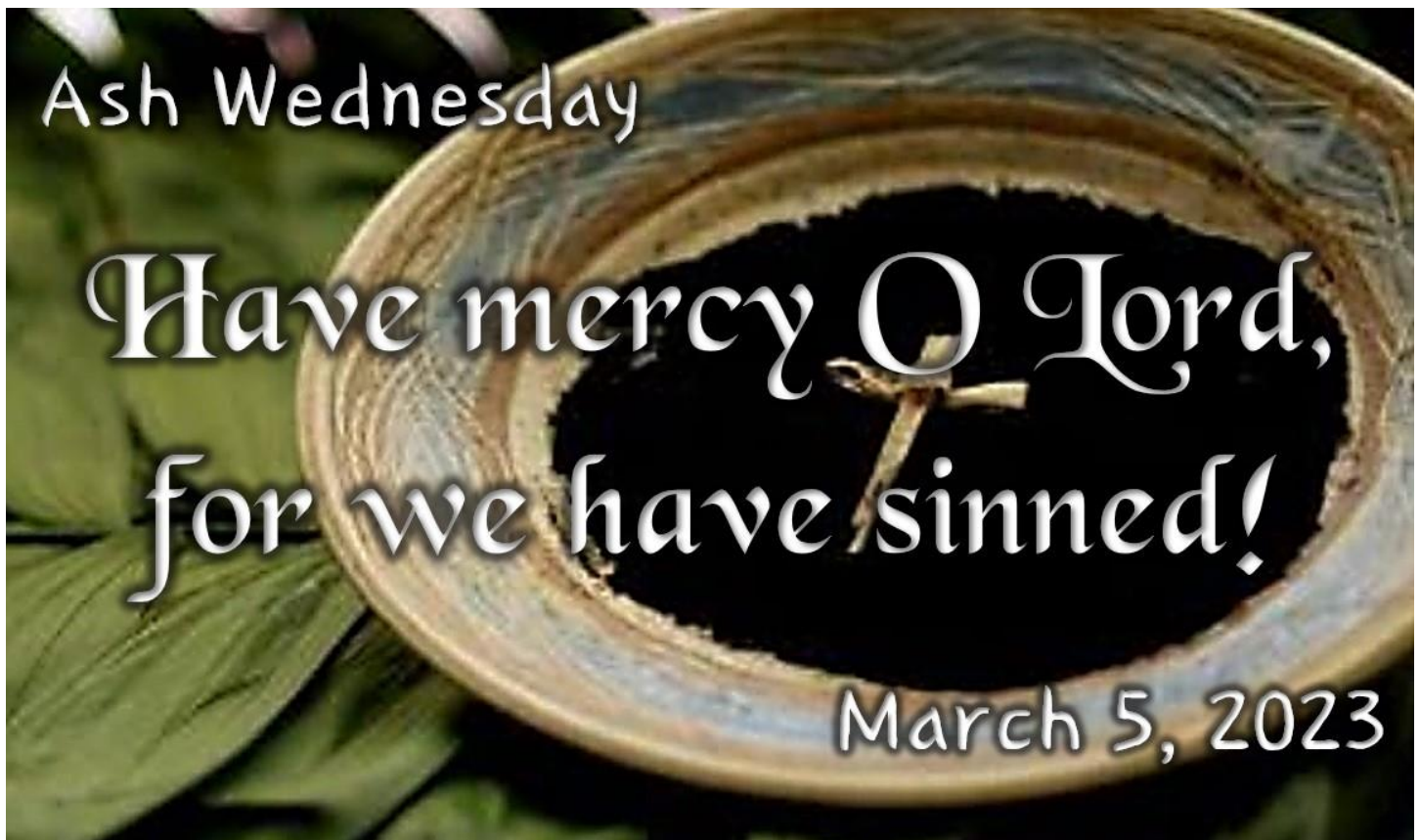
As we walk on the path or journey of our conversion, we must reflect on the season of Lent in the following ways:

Lent is the time for saying no. No to the spiritual unconsciousness born of the pollution caused by indifference, by thinking that other people’s lives are not my concern, and by every attempt to underestimate life, especially the lives of those whose flesh is burdened by so much shallowness. Lent means saying no to the toxic pollution of empty and meaningless words, of harsh and hasty criticism, of simplistic analyses that fail to grasp the complexity of problems, especially the problems of those who suffer the most. Lent is the time to say no to the asphyxia of a prayer that soothes our conscience, of an almsgiving that leaves us self-satisfied, of a fasting that makes us feel good. Lent is the time to say no to the suffocation born of relationships that exclude, that try to find God while avoiding the wounds of Christ present in the wounds of his brothers and sisters: in a word, all those forms of spirituality that reduce the faith to a ghetto culture, a culture of exclusion.

Lent is a time for remembering. It is the time to reflect and ask ourselves, what we would be if God had closed his doors to us. What would we be without his mercy that never tires of forgiving us and always gives us the chance to begin anew? Lent is the time to ask ourselves where we would be without the help of so many people who in a thousand quiet ways have stretched out their hands and in very concrete ways given us hope and enabled us to make a new beginning? Lent is the time to start breathing again. It is the time to open our hearts to the breath of the One capable of turning our dust into humanity. It is not the time

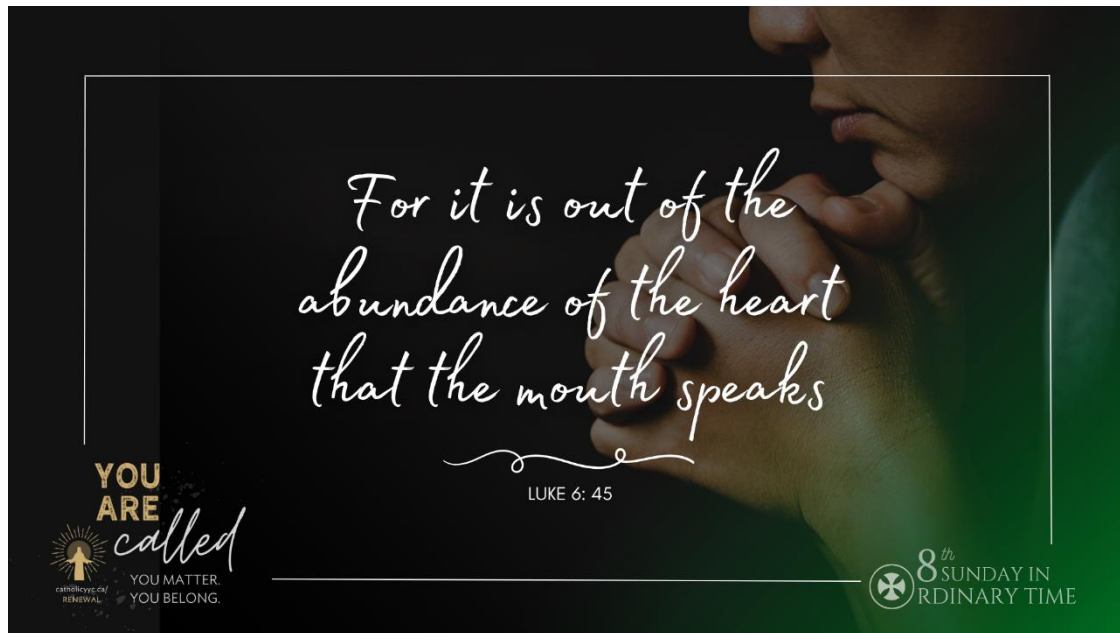
to rend our garments before the evil all around us, but instead to make room in our life for all the good we are able to do. It is a time to set aside everything that isolates us, encloses us and paralyzes us. Lent is a time of compassion, when, with the Psalmist, we can say: “Restore to us the joy of your salvation, sustain in us a willing spirit”, so that by our lives we may declare your praise (Ps 51:12.15), and our dust – by the power of your breath of life - may become a “dust of love”.

Are we taking our journey of conversion seriously?



# DIOCESAN SUNDAY UPDATES

## 8TH SUNDAY IN ORDINARY TIME



### Eucharistic Miracles Exhibition at St. Bonaventure's

Experience the *Eucharistic Miracles of the World Exhibition*, designed by Blessed Carlo Acutis. Featuring 158 Eucharistic miracles from 22 countries, the display promotes awareness of the Real Presence in the Eucharist and Adoration. When: **Feb 27 – Mar 2**, St. Bonaventure Parish, Calgary.

### Caring for Seniors: Preventing Elder Abuse and Embracing Cultural Sensitivity

The Diocese of Calgary invites clergy, pastoral care volunteers, hospital chaplains, and family members to a workshop on equipping those serving the elderly with tools to address elder abuse and provide culturally sensitive support to ethnocultural older adults. When: **Wed, Mar 12, 10 am – 3 pm** | **Catholic Pastoral Centre**. Complimentary lunch and refreshments provided. Register: [catholicyc.ca/seniors](http://catholicyc.ca/seniors) or call Mara at 403-218-5521.

### Pilgrims of Hope Retreat with Divine Mercy Sisters

A day of healing and renewal with Eucharistic Adoration, Confession, Holy Mass, a talk with healing prayers, and the Hour of Mercy prayer. Veneration of 1st class relics of St. Faustina and St. John Paul II. Potluck lunch. Hosted by the Sisters of Divine Mercy. When: **Sat, Mar 1, from 10 am to 3 pm** at **Our Lady of the Assumption Church**. Contact Sr. Katrina at (587) 755-1019.

### Lenten Retreat with Fr. Julian Studden in FCJ Centre

Join this Lenten retreat with Fr. Julian Studden to reflect on Christ's Passion, death, and resurrection. When: **Sat, Mar 1, from 9 am to 3 pm** at FCJ Centre, Calgary. To register, call 403-228-4215.

### Young Couples Saturday Formation: Love & Responsibility

Join the SFXC Young Couples Chapter for *Saturday Formation!* The afternoon begins with Mass at 12:30 pm, followed by a formation session from 1 pm to 2 pm at the Catholic Pastoral Centre. When: **Sat, Mar 1, from 12:30 pm to 2 pm** at **Catholic Pastoral Centre Chapel**. Fr. Troy Nguyen will speak on *Love and Responsibility*. Engaged couples are welcome. Childcare will be available.



## 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](http://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 at [godsquad.ca](http://godsquad.ca)

## Reason for Your Hope

Join us this winter for a transformative retreat weekend to rediscover your hope. In partnership with Catholic Christian Outreach, Fri night to Sat afternoon:

- **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 [catholiccyyc.ca/reasonforyourhope](http://catholiccyyc.ca/reasonforyourhope)

## Mount St. Francis Way of the Cross in Cochrane

Pray the Way of the Cross at Mount St. Francis during Lent and Holy Week. When: **Wed, Mar 5, from 12 pm to 1 pm** at Mount St. Francis, Cochrane. Trails are open year-round for personal contemplation. Dress for the weather and wear proper footwear. Two trails are available, one with a steep descent and another near the statue of St. Anthony looping down the ravine. More info: [mountstfrancis.ca](http://mountstfrancis.ca) | 403-932-2012

## Sacred Grace: Church Wedding for Civilly Married Couples

Inviting all civilly married couples in our Diocese to celebrate the Sacrament of Matrimony in the Catholic Church. 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:

- **Thu, Mar 6 at 6 pm** at St. Michael's Parish, Calgary
- **Sun, Mar 9 at 6 pm** at St. Thomas More Parish, Calgary
- **Sun, Mar 16, at 5 pm** St. Patrick's Parish, Calgary
- **Sun, Mar 23 at Noon**, St. Martha's, Lethbridge
- **Sat, Mar 29 at 6 pm**, Holy Family, Medicine Hat

## Women's Retreat Weekend: Pilgrims of Hope

A retreat of prayer, healing, and reflection in the Jubilee spirit of *Pilgrims of Hope*. Includes presentations, personal reflection, and daily Eucharist. When: **Fri, Mar 7, from 6:30 pm to Sun, Mar 9, at 12:30 pm at Mount St. Francis Retreat Centre, Cochrane**. To register, contact Teresa at 403-329-8967 or Jane at 403-851-8000.

## 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, Mar 7 at 3 pm to Sun, Mar 9 at 7 am (Chapel)
- [Sacred Heart, Strathmore](#) - Fri, Mar 14 at 7:45 am to Sat, Mar 15 at 11:45 pm

## Pastoral Care Ministry Training

If you are called to minister to the sick, elderly, dying, homebound, and bereaved - and approved by your pastor or Pastoral Care Coordinator, you can register for the Pastoral Care Ministry Training at [catholiccyyc.ca/pastoralcare](http://catholiccyyc.ca/pastoralcare) or contact Mara at 403-218-5521.

- **Sat, Mar 15 & Mar 29**, 8:30 am - 3:30 pm at St. Gerard's Parish, Calgary.
- **Sat, May 24 & Jun 7**, 9:30 am - 3 pm at Ascension Parish, Calgary.

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An offering from the AUGUSTINE INSTITUTE and ignatius press

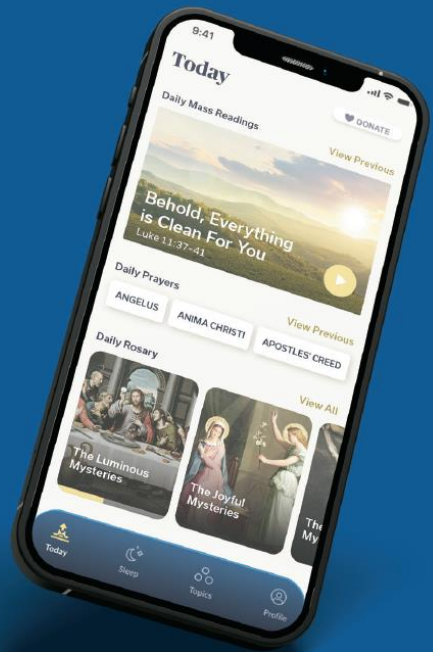
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An offering from the AUGUSTINE INSTITUTE

**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

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



# Hat Grannies for Africa Fabric, Yarn & More Sale

St. John's Presbyterian Church  
504 – 2nd Street SE, Medicine Hat

All proceeds to

Saturday, March 29, 2025  
9:00 am to 2:00 pm

grandmothers to  
grandmothers  
campaign

For further information or  
pick up of donations call:  
Kathy at 403-928-2135 or  
Sheila at 403-580-7715

Admission: \$2.00

CASH SALES  
ONLY

Half-price sale  
12:00 - 2:00 pm

Facebook @ Hat Grannies

[www.stephenlewisfoundation.org](http://www.stephenlewisfoundation.org)

*The Hat Grannies for Africa are holding their annual Fabric, Yarn and More sale on Saturday, March 29, 2025, at St. John's Presbyterian Church, 504 – 2<sup>nd</sup> Street SE, Medicine Hat, from 9:00 – 2:00. The half price sale starts at 12:00. Admission is \$2.00 and all sales are cash only. We encourage everyone to bring their own bags. There will be a wide selection of fabrics and a large assortment of yarn in addition to notions, patterns and craft materials. The quilting table is going to be loaded again this year! All proceeds go to the Grandmothers to Grandmothers Campaign, an initiative of the Stephen Lewis Foundation. If you have goods to donate or want further information, contact Sheila at 403-580-7715 (cell) or Kathy at 403-928-2135 (cell). You can also contact us through Facebook @ Hat Grannies.*



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](#)**

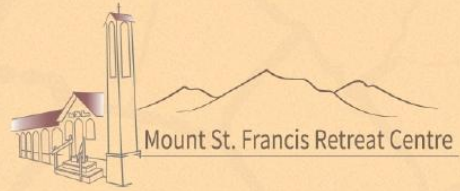
The Search Begins is a seven-episode video series adapted from the Augustine Institute's award-winning series The Search. It invites teens in your parish to find meaning in their everyday lives. This program shares the answers to the fundamental questions of life so they can live more for God. A life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

# Holy Week



@ The Mount



## Charity of the Cross: Our Being In Christ

**Evening Twilight**  
**Tuesday, April 15**  
6:00 pm – 9:00 pm  
Includes supper.

**Day Away**  
**Wednesday, April 16**  
9:00am – 3:00 pm  
Includes lunch.

- same presentation on each day -

Cost: \$35

Register: [mtfrancis@shaw.ca](mailto:mtfrancis@shaw.ca) – 403-932-2012

# Lent



@ The Mount

March 12  
Day Away

8:45 am – 3:00 pm

OR

Twilight

6:00 pm – 9:00pm

Cost: \$35

Register @ 403-932-2012 - [mtfrancis@shaw.ca](mailto:mtfrancis@shaw.ca)

# Retreat Centers in Southern Alberta

## AN "OASIS" IN THE HEART OF CALGARY

FCJ Retreat & Conference Centre is seen by many as a spiritual home where God feels very present both in the building and the surrounding landscape, and every year welcomes thousands of visitors to a unique experience of warm hospitality and deep spirituality.

Our hope is that those who come to the FCJ Centre will encounter God, whether in prayer, in the Word, in the silence and the beauty; and that this encounter will touch many other lives too.



Mount St. Francis Retreat Centre is nestled in the foothills of the Rocky Mountains where are all welcome in the name of Christ. The Franciscan Friars of Canada, inspired by the vision and example of St. Francis and St. Clare of Assisi, have served here since 1949.

We offer silent retreats and spiritual direction. We also serve those in the 12 Step Program through weekend and evening Serenity

retreats. We listen to 5th steps. We host groups and individuals seeking a place of quiet and stillness in an often-hectic world. We can accommodate up to 50 people (46 rooms/50 beds). We have one large and one small meeting room, a library and chapel. We can accommodate most dietary restrictions. There are approximately 500 acres to explore.

Our retreats are organized through a group of dedicated volunteer Captains that oversee the registration. Please see our retreats page for more information.

We have strong ties with the Roman Catholic Diocese of Calgary; other Christian Churches, schools, and organizations; as well as others not affiliated with any particular faith but who are in accord with our mission of peace, healing and prayer. We value the many loyal friends and benefactors that have supported us in our ministry for over 70 years.



Martha Retreat Centre, situated on the edge of the beautiful Lethbridge coulees, is a ministry of the Martha Retreat Centre Society, which was established in 2018. Originally founded by the Congregation of the Sisters of St. Martha of Antigonish, Nova Scotia in 1968, the Centre continues to be supported by and aligned with the mission of the Sisters of St. Martha: inspired by God's graciousness, we strive to hear, embrace and respond to the cry for gospel hospitality.







# Scams Alert

There are many scams going around masquerading as your clergy (priests, deacons or lately, the bishop).

Please exercise caution when responding to email messages. If you receive unusual emails, check the sender's email address to see whether it is the person's genuine address. Even if the sender's address looks correct, always verify suspicious emails by phoning the sender. There have been many similar scams reported by several parishes in our diocese and across Canada.

Note that these scams do not stop at emails. Those in social media should stay vigilant when responding to friend requests or to other compelling posts requiring a response. There are many fake Twitter, Facebook and other social media accounts trying to impersonate people you know and our church leaders. Some scammers may take the time to build a relationship with you to gain your trust, before trying to extort money or other things like gift cards.

Please exercise vigilance when you are being charitable. Use the channels you are most familiar with and avoid becoming victims of a scam.

**NOBODY is going to ask you for gift cards, or bit coins from the church! NOBODY!!!**

**All our email addresses only end in @holymfamilymh.ca never a @gmail account.**

**If you get an email or a text, PLEASE DO NOT RESPOND to it, you can forward it to [contact@holymfamilymh.ca](mailto:contact@holymfamilymh.ca) so it can be sent to the diocese.**