



Welcome to HOLY FAMILY PARISH

1ST SUNDAY OF LENT – YR. C SUNDAY, MARCH 9, 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 – 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.**

**1st Sunday of Lent
Year C**

Luke 4.1-13

✠ Masses & Mass Intentions



Saturday, March 8

8:00am – Connie Wallin

5:00pm – Frank Miller ✠

Sunday, March 9

8:30am – Ed Friedt ✠

10:30am – Josefina Vellila ✠

6:00pm – Holy Family Parish

Monday, March 10

9:00am – Frances Christmann ✠

Tuesday, March 11

9:00am – Bernie Cebruk ✠

Wednesday, March 12

7:00am – Angie & Ron

Thursday, March 13

9:00am – John McPherson ✠

Friday, March 14

9:00am – Victor & Eva Feiffer ✠

6:00pm – Stations of the Cross

8TH SUNDAY IN ORDINARY TIME – YR. C SUNDAY, MARCH 2, 2025

Financial Report	
<i>Monthly Operating Budget</i>	\$ 70,156
MARCH MONTH TO DATE	
General Envelope Collection	\$ 18,254
Loose Collections	\$ 740
Future Development	\$ 615
Misc. Income	\$ 1,811
Total Month Income	\$ 21,420
Budget Vs Actual	-\$ 48,736
Special Collections 70,938	
2025 YEAR TO DATE	
Together in Action (TIA) \$70,736 29%	\$ 20,483
St Vincent de Paul	\$ 7,015
World Mission	\$ 50
Clergy Retirement	\$ 320
Mission Mexico	\$ 340
CARO	\$ 185
Loonies 4 Lent	\$ 1,915
Seminary Fund	\$ 240
Holy Land & Pope's Pastoral	\$20
<i>Thank You for your Generous Contributions</i>	

First Sunday of Lent, March 9th, 2025

Deuteronomy 26:4-10.

Psalm 91:1-2, 10-11, 12-13, 14-15.

Romans 10:8-13.

Luke 4:1-13.

Reflecting on Baptism and Temptations
 Luke's gospel recounts that Jesus, filled with the Holy Spirit at Jordan's baptism, is led by that same Spirit into the desert – a place for reflection and prayer. And hunger. And temptations by *diabolos*, the false accuser. What happens? Strengthened by baptism at which he is called "beloved", temptations are resisted – not easily, but resisted nonetheless.

Food for our thoughtful reflections this Lent.

- † How does my Baptism strengthen me for Christian living?
- † How can I face temptations of eating, of power, of vain glory this Lent?
- † How will I pray for and support the elect throughout the diocese called this day to Baptism-Confirmation-Eucharist at the coming Easter Vigil?



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

**Special Collections
March 2025**
Together in Action
Ash Wednesday
**Future
Development**
Easter Flowers

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!

Stations of the Cross Presented by the School Kids

St. Louis School will present on Friday, April 11, 6:00pm in the Sanctuary followed by the Poverty Meal

St. Patrick's School will present a Shadow Play on Monday, April 14, 7:00pm in the Holy Family Parish Hall

Everyone welcome...
Please come out and support these events!



DONATE TODAY...
accounting@holyfamilymh.ca

Spring Forward
DAYLIGHT SAVINGS TIME
SUNDAY, MARCH 9 at 2:00 AM
SET YOUR CLOCKS AHEAD 1 HOUR

Coffee with the Church Lady Staff
Tuesday
March 11, 2025
Following 9:00 Mass
In the Faith Room

Isn't that special!

Finding New Life in the Spirit Seminar
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 12
Conversion :
Lifelong process &
Role of the Laity

RCIA
 Holy Family Parish, Medicine Hat, AB

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

Sacramental Preparation 2024-25
CONFIRMATION
CLASS - Thursday March 13th - 6:00pm to 7:30pm
St. Patrick's Church Hall
RETREAT - Saturday, March 15th - 9:30am-2:30pm
Holy Family Parish Hall
1st HOLY COMMUNION
CLASS - Saturday March 8th & 15th
10:00am to 11:30am at St. Patrick's Church Hall
OR Drop in at Holy Family Faith Room 1:30 to 3:00pm

March 15, 2025 ~ Holy Family Parish Hall
 Breakfast 7:30 am
 Presentation 8:30 am
 Theme: The Mystery of the Holy Family
 Presenter: Mark Hartfiel

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

Parish Breakfast
March 16
After 8:30 & 10:30 Masses
Ham, Omelets, Hash Browns,
Sausages, Toast, Fruit, etc.
AND
THE BEST FELLOWSHIP EVER!
\$10. - Adults
\$5.- Under 12 & Free - Under 6

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, 5th 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.

Faithfully
 FAITH. LIVED. FULLY.

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

Sunday Mass Time Change
Beginning April 6, the
Sunday Evening Mass
will be at 5:00pm

Penitential Service

Holy Family Parish
Thursday, April 3
6:00pm – 8:00pm

St. Patrick's Parish
Wednesday, April 10
4:00pm - 6:00pm




Knights of Columbus®
 Alberta/NWT State Council

50-50
 CHARITIES APPEAL RAFFLE

Early Bird Draws x2
\$1000^{ea}

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

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

**EUCHARISTIC
 MIRACLES OF
 THE WORLD
 EXHIBIT IS
 COMING TO
 HOLY FAMILY
 PARISH.
 VOLUNTEERS
 ARE NEEDED.**



Use this QR CODE
 to sign up or for
 more information,
 Call Maria at 403
 526 6104 and
 leave a message.



Did you know that there is a way you can help the less fortunate in Medicine Hat keep their heat and electricity on? There is a program called **'Community Warmth'** that you can support on a monthly basis through your utility bill. You simply add a chosen amount (\$10.00, for example) and that money goes into an account to help families who are at risk of having their utilities disconnected. Salvation Army oversees this program and decides if the request is one that should be handled through this account. They will not help the same person/family more than once in a year. Wouldn't it be a good feeling to know that you are helping to keep people warm during the cold nights and lights on so the kids can do their homework? **BONUS:** You will receive a tax receipt. If this is something you would like to do, simply call the City Collections at 403-529-8113.

First Sunday of Lent, Cycle C

March 09

Jesus fasts for 40 days in the desert and is tempted. Learn more about Jesus' temptations with reflections and activities from Loyola Press.

EWTN - LENTEN REFLECTIONS

<https://www.ewtn.com/catholicism/reflections/len>

Rogers West Cable - Channel 130
Rogers West Xfinity - Channel 573
TELUS Optik TV - Channel 874



SALT AND LIGHT - JOURNEY THROUGH LENT 2025

<https://slmedia.org/s/lVfXudmH/journey-through-lent-2025>

Rogers West Cable - Channel 224
Rogers West Xfinity - Channel 240
TELUS Optik TV - Channel 873



If you would like to receive the Weekly Bulletin by email, please email the office at contact@holyfamilymh.ca Or you can view it on the website at www.holyfamilymh.ca or on Facebook at [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, 5th Avenue and Saint Barnabas Meal Programs.

It should be noted that Holy Family Parish volunteers serve every Thursday at 5th Avenue, and Holy Family also serves every 4th and 5th 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^{ea}

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 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

SACRED *Grace*

CHURCH WEDDING FOR
CIVILLY MARRIED COUPLES

Your love brought you together, but there's a grace that only God can give—a grace that transforms your union into a sacred bond, reflecting His eternal love. Let's celebrate the love God has planned for you!

All civilly married couples in the Diocese of Calgary are warmly invited to celebrate the Sacrament of Matrimony, presided over by **Bishop William T. McGrattan** on **Saturday, September 13, 2025** at **1:30 PM** at **St. Mary's Cathedral**.

JOIN THE INFO SESSION



Sunday, Feb 9 at 6 pm

St. Albert the Great, Calgary



Thursday, March 6 at 6 pm

St. Michael's, Calgary



Sunday, Mar 9 at 6 pm

St. Thomas More, Calgary



Sunday, Mar 16 at 6 pm

St. Patrick's, Calgary



YOU ARE CALLED.
YOU MATTER.

YOU
belong

catholicyyc.ca/RENEWAL

MORE INFO & REGISTRATION
**CATHOLICYC.CA/
SACREDGRACE**





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**

The Kids' Bulletin

First Sunday of Lent
March 9th, 2025



Luke 4:1-13

Jesus spent 40 days in the desert preparing for His work. During Lent we spend 40 days getting ready to celebrate Jesus' death and resurrection.

Can you find your way into the desert to be with Jesus?

Saint John Ogilvie

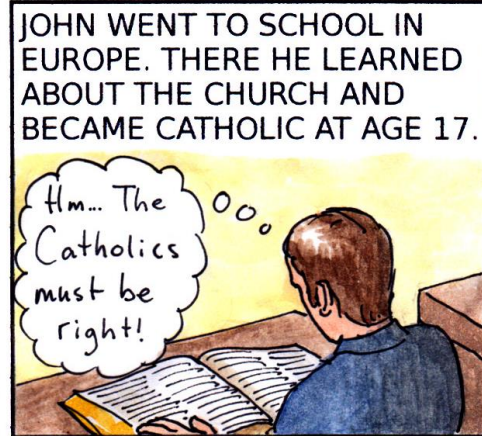
March 10

JOHN OGILVIE WAS BORN IN SCOTLAND IN 1579. HIS FATHER RAISED HIM AS A CALVINIST. (CALVINISTS DON'T BELIEVE IN THE CATHOLIC CHURCH.)



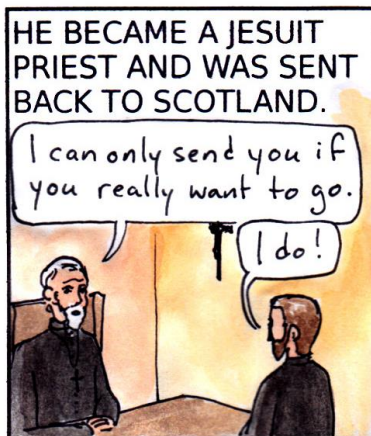
God has already decided if we're going to Heaven or Hell.

JOHN WENT TO SCHOOL IN EUROPE. THERE HE LEARNED ABOUT THE CHURCH AND BECAME CATHOLIC AT AGE 17.



Hm... The Catholics must be right!

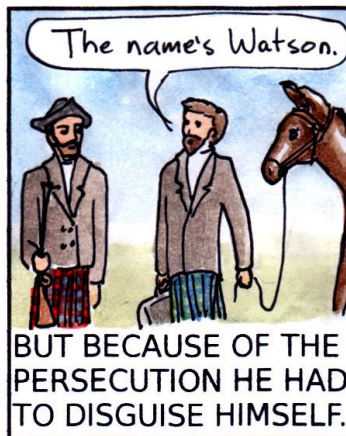
HE BECAME A JESUIT PRIEST AND WAS SENT BACK TO SCOTLAND.



I can only send you if you really want to go.

I do!

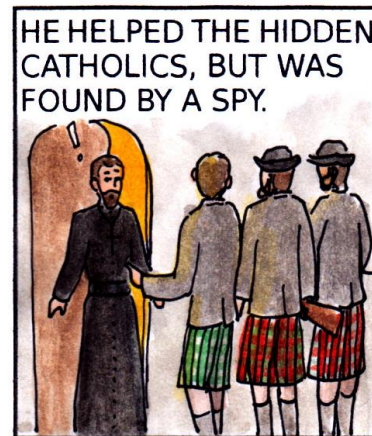
The name's Watson.



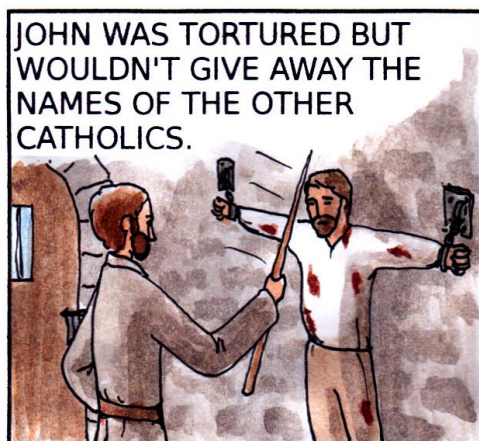
The name's Watson.

BUT BECAUSE OF THE PERSECUTION HE HAD TO DISGUISE HIMSELF.

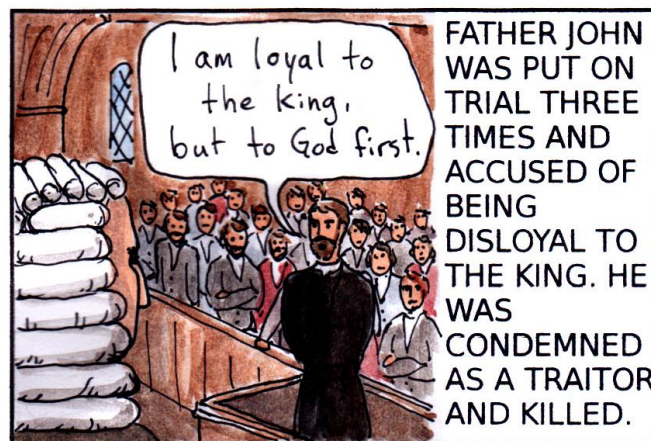
HE HELPED THE HIDDEN CATHOLICS, BUT WAS FOUND BY A SPY.



JOHN WAS TORTURED BUT WOULDN'T GIVE AWAY THE NAMES OF THE OTHER CATHOLICS.



I am loyal to the king, but to God first.



FATHER JOHN WAS PUT ON TRIAL THREE TIMES AND ACCUSED OF BEING DISLOYAL TO THE KING. HE WAS CONDEMNED AS A TRAITOR AND KILLED.

SAINT JOHN OGILVIE SPENT MUCH OF HIS LIFE STUDYING TO LEARN THE TRUTH ABOUT GOD. ONCE HE KNEW WHAT WAS RIGHT HE KNEW HE HAD TO SHARE IT WITH OTHERS, SO HE BECAME A MISSIONARY IN HIS OWN COUNTRY. CAN YOU BE DARING ENOUGH TO TELL THE TRUTH NO MATTER WHAT?

Jesus Was Tempted by the Devil: True or False?

How well do you know the story from today's Gospel reading?

1. Jesus went to the desert and didn't eat anything for 40 days. True or False?
2. Jesus was never tempted by the devil. True or False?
3. Jesus wasn't hungry, even after 40 days with no food. True or False?
4. The devil said that all the kingdoms of the world belonged to him. True or False?
5. Jesus said that He would only worship the devil if he gave Him all the power first. True or False?
6. Jesus wouldn't throw Himself off the Temple because He said it was "putting God to the test." True or False?
7. The devil kept bothering Jesus, even when he ran out of things to tempt him about. True or False?

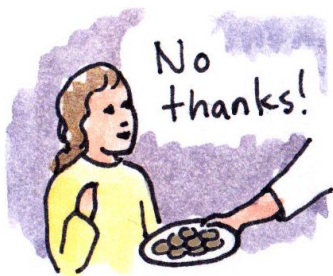


Lent:

Getting ready for Jesus' death and resurrection

Lent is the special time when we prepare for the celebration of Jesus' passion, death and resurrection. We get our souls ready by doing prayer, fasting, and almsgiving.

Prayer is talking with God. We need to talk with God even more than we need to talk to our family and friends. Lent is a good time to get into a habit of talking with God every day.



Fasting is eating less than you normally would. It's a good idea to give up a little something you like for Lent. Giving things up helps us remember we need God, not just food.

Almsgiving means giving to those who are in need. It helps us to be generous like God. Maybe you have a bit of money you can give to the poor or to the Church.



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



1ST SUNDAY OF LENT - YEAR C

CONVERSATION WITH THE LORD

Last Wednesday we began the liturgical season of Lent, during which the Church invites us to prepare ourselves to celebrate the great feast of Easter and examine ourselves to learn about our shortcomings and failures as we received ashes on our foreheads. This is a special time for recalling the gift of our baptism, when we became children of God. What does it mean to be children of God? The answer to it I would say is to become “Lent”. What does “Lent” mean or to become “Lent”.

I believe “Lent” means:

Lowering ourselves before that Lord from our pride, judgemental attitude and discriminatory viewpoints of others. The Church invites us to renew the gift she has given us, not to let this gift lie dormant as if it were something from the past or locked away in a “memory chest”. God’s dream makes its home and lives in each one of us so that at every Easter, in every Eucharist we celebrate, we may be the children of God. It is a dream which so many of our brothers and sisters have had through history. A dream witnessed to by the blood of so many martyrs, both from long ago and from now.

Entering into the deepest darkness of our lives and examining ourselves to see if we have forgotten our first love for Jesus or we have become lukewarm in our relationship with him. Lent is a good time to recover the joy and hope that make us feel like beloved sons and daughters of the Father. The Father who waits for us to cast off our garments of exhaustion, of apathy, of mistrust, and

to clothe us with the dignity which only a true father or mother knows how to give their children, with the garments born of tenderness and love. Our Father, He is the Father of a great family; he is our Father. He knows that he has a unique love, but he does not know how to bear or raise an “only child”. He is the God of the home, of brotherhood, of bread broken and shared. He is the God who is “Our Father”, not “my father” or “your stepfather”.

Nothing should take us away from the Lord neither our doubts rising from our pain and suffering nor the temptations and distraction of the world. As St. Paul says “Who will separate us from the love of Christ? Will hardship, or distress, or persecution, or famine, or nakedness, or peril, or sword? As it is written, “For your sake we are being killed all day long; we are accounted as sheep to be slaughtered.” No, in all these things we are more than conquerors through him who loved us. For I am convinced that neither death, nor life, nor angels, nor rulers, nor things present, nor things to come, nor powers, nor height, nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord” (Romans 35-39).

Talking with the Lord during this season of Lent is very important because talking will bring us to trust in him and trust will lead us to tear our hearts in repentance for our failures, shorting comings, and sins. The Prophet Joel in very beautiful highlights the importance of fasting and our attitude towards God and other people “Yet even now, says the LORD, return to me with all your heart, with fasting, with weeping, and with mourning; rend your hearts and not your clothing. Return to the LORD, your God, for he is gracious and merciful, slow to anger, and abounding in steadfast love, and relents from punishing. Who knows whether he will not turn and relent, and leave a blessing behind him, a grain offering and a drink offering for the LORD, your God? Blow the trumpet in Zion; sanctify a fast; call a solemn assembly; gather the people. Sanctify the congregation; assemble the aged; gather the children, even infants at the breast. Let the bridegroom leave his room, and the bride her canopy. Between the vestibule and the altar let the priests, the ministers of the LORD, weep.

Let them say, “Spare your people, O LORD, and do not make your heritage a mockery, a byword among the nations. Why should it be said among the peoples,

“Where is their God?” Then the LORD became jealous for his land, and had pity on his people” (2:12-18).

There was once a large group of people gathered. On one side of the group stood a man, Jesus. On the other side stood another, Satan. Separating them was a fence running through the group. The scene set, both Jesus and Satan began calling to people in the group. One by one, each having made up his or her own mind, went to either Jesus or Satan. This kept going for a time. Soon enough, Jesus had gathered around him a group of people from the larger crowd, as did Satan. One man joined neither group. He climbed the fence that was there and sat on it. Jesus and his people left and disappeared, and so too did Satan and his people. The man on the fence sat alone. As this man sat, Satan came back, looking for something which he appeared to have lost. The man said, "Have you lost something?" Satan looked straight at him and replied, "No, there you are. Come with me." The man said, "But I sat on the fence. I chose neither you nor him." Satan said, "That's okay; I own the fence."

Moses in the First Reading today along with Israelites is teaching us a lesson to learn to talk to God and Jesus. There are three very important elements for us to understand what Moses is talking about.

First, we must offer the Lord not only our blessings but also our lives and sit before the Lord to talk and acknowledge our sinfulness as King David did (please read Psalm 51). Whenever we accept our weaknesses, the more strength and power we get to overcome the temptations and distractions of the world and Jesus becomes the center of our lives.

Secondly, we must believe in the mercy of God during times of our trials and tribulations and never to complain to God that my problem is too big but let our problems know that our God is greater. Moses is reminding everyone to believe in the mercy, protection and compassion of God who has the power to protect and save us from our temptations and distraction. St. Paul says “No testing has overtaken you that is not common to everyone. God is faithful, and he will not let you be tested beyond your strength, but with the testing he will also provide the way out so that you may be able to endure it” (1 Corinthians 10:13).

Thirdly, we must allow the Lord to work in our lives and walk with him and obey him. Sometimes we are tempted by secular world to believe that we don't need

God, and we can do everything by ourselves. However, St. Paul says “we store this treasure in the clay pots so that it may be made clear that it is not our capability but the power of God who has called us to serve him”. The following story will help us to understand the third point that Moses is reminding people to sit and bow before the Lord.

The devil appeared to three monks and said to them: “if I give you power to change something from the past, what would you change?”

The first monk, with great apostolic fervor, replied: “I would prevent you from making Adam and Eve fall into sin so that humanity could not turn away from God.”

The second monk, a man full of mercy, said to him: “I would prevent you from God and you will condemn yourself eternally.”

The third of them was the simplest and, instead of responding to the tempter, he got on his knees, made the sign of the cross and prayed saying: “Lord, free me from the temptation of what could be and was not.”

The devil, giving a loud cry and shuddering with pain, vanished.

The other two, surprised, said to him: “Brother, why have you responded like this?”

He (3rd monk) replied, “First, we must NEVER dialogue with the devil. Second, NOBODY in the world has the power to change the past. Third, Satan’s interest/intent was not to prove our virtue, but to trap us in the past, so that we neglect the present, which is the only time God gives us His grace and we can cooperate with Him to fulfill His will.”

Of all the demons, the one that catches the most men and women and prevents them from being happy is that of “what could have been and was not.”

Lent is a time of conversion, of daily experiencing in our lives to follow the above three points. “Lent is a time for reconsidering our feelings, for letting our eyes be opened to the frequent injustices which stand in direct opposition to the dream and the plan of God. It is a time to unmask three great temptations that wear down and fracture the image which God wanted to form in us: There are three temptations of Christ... three temptations for the Christian, which seek to destroy what we have been called to be; three temptations which try to corrode us and tear us down” as quoted by Pope Francis.

On first Sunday of Lent, we are introduced to the very interesting Gospel reading where the devil is shown playing with the human side of Jesus. He tries to trap Jesus in a very clever way however Jesus shows His trust in His Father. In each of the three Synoptic Gospels, after his baptism, Jesus is reported to have spent forty days in the desert, fasting and praying. In Luke and in Matthew, the devil presents three temptations to Jesus. The devil tempts Jesus to use his power to appease his hunger, he offers Jesus all the kingdoms of the world if Jesus will worship him, and he tempts Jesus to put God's promise of protection to the test. In each case, Jesus resists, citing words from Scripture to rebuke the devil's temptation. Through these temptations devil shows his cleverness to play with the Scripture. These three temptations are deeply rooted into our human desires of greed, pride and power.

First, wealth: seizing hold of goods destined for all, and using them only for “my own people”. That is, taking “bread” based on the toil of others, or even at the expense of their very lives. That wealth which tastes of pain, bitterness and suffering. That is the bread that a corrupt family or society gives its own children. St. James bluntly speaks in his letter and warn the rich to be careful if they don't care about others.

A beggar used to meditate under a tree near forest. There he used to see a woodcutter everyday who looked weak and poor. So, one day he called the woodcutter and asked him, “Brother, you cut wood all day. Are you able to earn enough?” The woodcutter sadly replied, “I can't even manage to get two meals per day. Sometimes, can't even buy a meal for a day”. The beggar said, “then why don't you go a little further, there is a sandalwood forest ahead. If you cut and sell that wood, you will be able to earn enough food for seven days”. The poor woodcutter didn't believe at first, but he thought, ‘what's harm in going further’. When he went further, he found forest of sandalwood tree. After cutting the trees, he came back and fell on the feet of the beggar saying, “forgive me, I had doubts although he knew there was a forest he was unaware of the abundance of sandalwood”. The beggar replied, “don't worry, now you know”. The life of the woodcutter started to change as he would cut some trees and sell them.

One day as this woodcutter was going about his usual business, the beggar once again called him and said, “brother, you have been cutting wood all your life, have you not thought of going further? Never did question arise that there could be something beyond sandalwood?” The woodcutter replied, “No, I never thought about it, is there anything beyond this forest?” the beggar said, “if you go further, you will find a silver mine”. The woodcutter trusted his words and went further and found the silver mine. He collected some silver and sold them in the market. He didn't come to the forest for months. However, whenever he came to visit the beggar, he got news of going further. As the time went by, the woodcutter become the richest person in the town. But, one day when he came to see the beggar, the beggar asked him, “have you thought of going further to find diamond mine”. The woodcutter said, “Don't trouble me. I have everything now.” The beggar asked, “are you really happy?” The woodcutter stood quietly for a while and then started crying bitterly. The beggar said, “do you know this man (pointing at himself) why is this man who knows even about the diamond mine and yet is sitting here? He must have something beyond diamonds. Didn't this question never arise in your mind?” The woodcutter said, “I have everything but peace of mind, the thing called happiness has gone far away from my life.” Sometimes we have everything but must not forget to look within us to experience peace of mind and heart.

The second temptation, vanity: the pursuit of prestige based on continuous, relentless exclusion of those who “are not like me”. The futile chasing of those five minutes of fame which do not forgive the “reputation” of others. “Making firewood from a felled tree” gradually gives way to the third temptation, the worst. It is that of pride, or rather, putting oneself on a higher level than one truly is on, feeling that one does not share the life of “mere mortals”, and yet being one who prays every day: “I thank you Lord that you have not made me like those others...”.

The three temptations of Christ, which Christians are facing daily. Three temptations which seek to disintegrate, destroy and extinguish the joy and freshness of the Gospel. Three temptations which lock us into a cycle of destruction and sin. It is worth asking ourselves: To what degree are we aware of these temptations in our lives, in our very selves? How much have we become

accustomed to a lifestyle where we think that our source and life force lies only in wealth? To what point do we feel that caring about others, our concern and work for bread, for the good name and dignity of others, are wellsprings of happiness and hope?

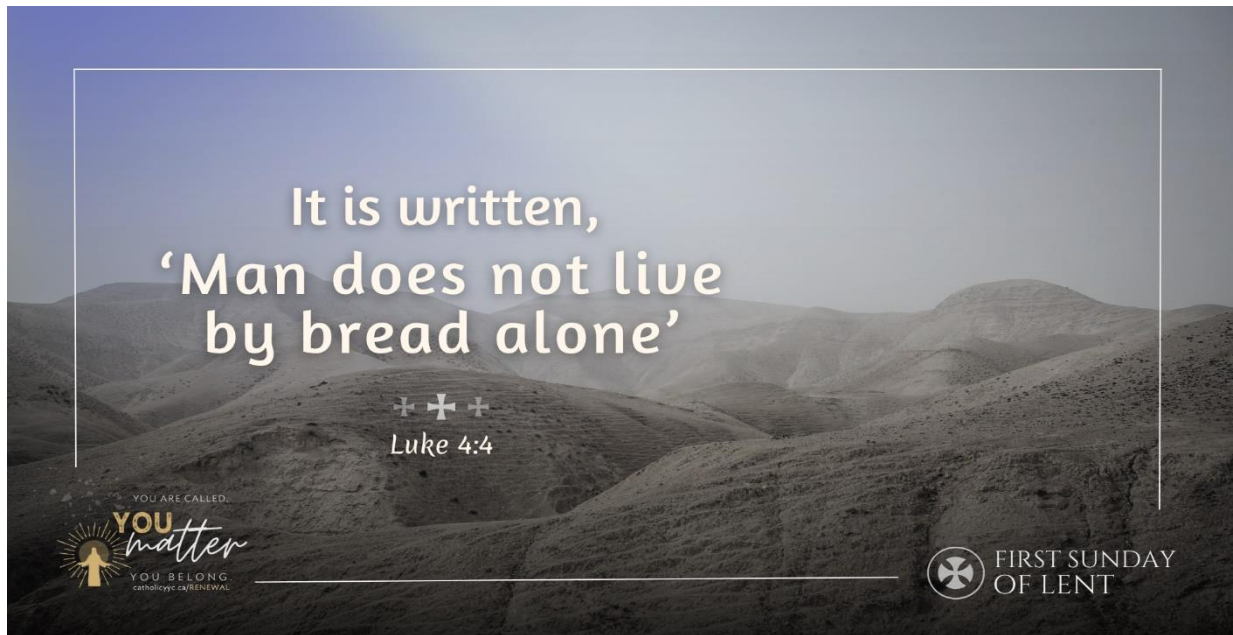
We have chosen Jesus, not the evil one. If we remember what we heard in the Gospel, Jesus does not reply to the devil with any of his own words, but rather he uses the words of God, the words of scripture. We know what it means to be seduced by money, fame, and power. For this reason, the Church gives us the gift of this Lenten season, invites us to conversion, offering but one certainty: he is waiting for us and wants to heal our hearts of all that tears us down. He is the God who has a name: Mercy. His name is our wealth, his name is what makes us famous, his name is our power, and, in his name, we say once more with the Psalm: "You are my God and in you I trust". Will you repeat it together? Three times: "You are my God and in you I trust". "You are my God and in you I trust".

Can we talk with God to have peace of heart and mind?



DIOCESAN SUNDAY UPDATES

IST SUNDAY OF LENT



2025 Lenten Resources

Now available at catholicyc.ca/Lent

Solemnity of St. Joseph - Mass with Apostolic Blessing

Join Bishop William T. McGrattan in celebrating the Solemnity of St. Joseph on **Wednesday, March 19 at 7 pm**, St. Mary's Cathedral, at this special Jubilee Year Mass with Apostolic Blessing. We are also honoured to welcome His Excellency, Archbishop Ivan Jurkovič, Apostolic Nuncio to Canada, who will be concelebrating and serving as the homilist for this special liturgy.

Jubilee Year Plenary Indulgences

Bishop William T. McGrattan released a decree on Feb. 24, 2025 outlining how the faithful in the Diocese of Calgary can obtain Plenary Indulgences during the Jubilee Year 2025. For more information, visit our website at catholicyc.ca/jubilee

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**. Lunch and refreshments provided. Register: catholicyc.ca/seniors or call 403-218-5521.



Our Diocese is on a [journey of Renewal](#)—but Renewal isn't about programs or plans. Renewal begins with you. A personal Renewal draws us closer to Jesus, and when we grow in Him, we become better disciples.

This Lent, we invite you to take up the challenge of personal Renewal. No pressure, no perfection—just a step toward Christ.

Consider these simple ways to pray for renewal in our heart, our parish, and our diocese this Lenten

season:

- Pray daily the Holy Spirit Prayer, asking for Renewal in your heart, parish, and diocese.
- Pray the Rosary with the intention of Renewal.
- Offer up a Mass—try attending a weekday Mass.
- Spend time in [Adoration](#), resting in Christ's presence.
- Pray the [Way of the Cross](#), reflecting on His sacrifice.
- Practice [Friday abstinence or fasting](#) as an offering for Renewal.
- Simply pray: "Holy Spirit, show me what I can do for Renewal."

Jesus, Our Living Hope - with Heather Khym

Join St. Mary's University for the final event in the *Inspiration Unplugged* series, featuring Heather Khym presenting *Jesus: Our Living Hope*. When: **Thu, Mar 13, from 7 pm to 9 pm** at McGivney Hall, St. Mary's University. Explore how Christ is our source of hope in everyday life.

Du Pain pour la Vie!

Participez à la Retraite de Carême en français, un après-midi de ressourcement spirituel sur l'Eucharistie et la Réconciliation, en collaboration avec le CÉFFA. **Sam, 15 mars, de 13 h à 16 h 30 à la Paroisse Sainte-Famille.** Événement gratuit. Inscription par courriel à sfamille@shaw.ca

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 at godsquad.ca

St. Patrick's Day Mass – 25th Anniversary Celebration

Join the Irish Cultural Society of Calgary in celebrating the 25th anniversary of this special Feast Day of St. Patrick. When: **Mon, Mar 17, at 12 pm** at St. Mary's Cathedral, Calgary. The choir will begin at 11:30 am, and lunch will follow at 1 pm in the Parish Hall. All are welcome! [More](#)

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

- **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

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 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

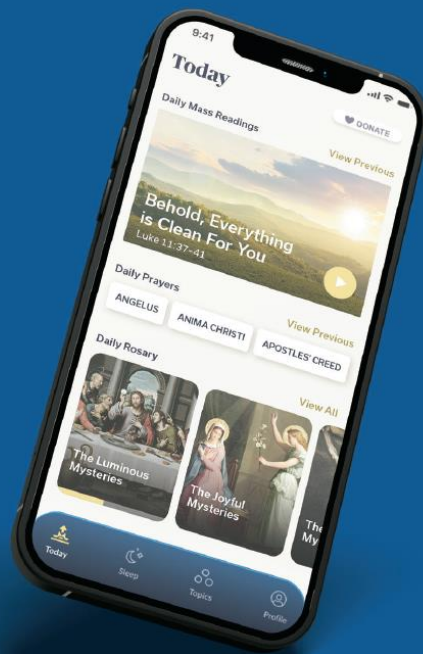
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An offering from the  AUGUSTINE INSTITUTE

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

*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 – 2nd 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](#)

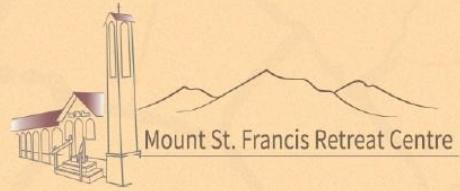
The Search Begins is a seven-episode video series adapted from the Augustine Institute's award-winning series The Search. It invites teens in your parish to find meaning in their everyday lives. This program shares the answers to the fundamental questions of life so they can live more for God. A life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

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.