



# Welcome to HOLY FAMILY PARISH

2<sup>ND</sup> SUNDAY OF LENT – YR. C SUNDAY, MARCH 16, 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](#) ~ 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 - 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 Transfiguration of the Lord

Luke 9:28b-36

2nd Sunday of Lent - Year C

### ✠ Masses & Mass Intentions



Saturday, March 15

8:00am – Rosalie Duzon ✠

5:00pm – Pat & Denise Ries

Sunday, March 16

8:30am – Dan Kanuka ✠

10:30am – Mitchell Tweten ✠

6:00pm – Holy Family Parish

Monday, March 17

9:00am – Red & Ema Greenlaw ✠

Tuesday, March 18

9:00am – Gabriel Zavala ✠

Wednesday, March 19

7:00am – Peter & Liz Biemans ✠

Thursday, March 20

9:00am – Kari Brittner ✠

Friday, March 21

9:00am – Reuben Steinkey ✠

6:00pm – Stations of the Cross

# 2<sup>ND</sup> SUNDAY OF LENT – YR. C SUNDAY, MARCH 16, 2025

| FINANCIAL REPORT                                 |                   |
|--|-------------------|
| <i>Monthly Operating Budget</i>                  | <b>\$ 70,156</b>  |
| MARCH MONTH TO DATE                              |                   |
| General Envelope Collection                      | \$ 26,643         |
| Loose Collections                                | \$ 801            |
| Future Development                               | \$ 1,120          |
| Misc. Income                                     | \$ 7,634          |
| <b>Total Month Income</b>                        | <b>\$ 36,198</b>  |
| <b>Budget Vs Actual</b>                          | <b>-\$ 33,958</b> |
| SPECIAL COLLECTIONS                              |                   |
| 2025 YEAR TO DATE                                |                   |
| <b>Together in Action (TIA)</b>                  | <b>\$ 21,833</b>  |
| <b>GOAL - \$70,938</b> <b>31%</b>                |                   |
| St Vincent de Paul                               | \$ 7,700          |
| World Mission                                    | \$ 50             |
| Clergy Retirement                                | \$ 415            |
| Mission Mexico                                   | \$ 370            |
| CARO   | \$ 185            |
| Loonies 4 Lent                                   | \$ 4,046          |
| Seminary Fund                                    | \$ 260            |
| Holy Land & Pope's Pastoral                      | \$20              |
| <i>Thank You for your Generous Contributions</i> |                   |
| <b>Average Weekend Attendance</b>                | <b>1305</b>       |

Second Sunday of Lent

Genesis 15:5-12, 17-18.  
 Psalm 27:1, 7-8, 8-9, 13-14.  
 Philippians 3:17-4:1.  
 Luke 9:28b-36.

Reflecting on Transfiguration.  
 Lent is not an end. It is a necessary transition, as it is every year, to the glory of life in Christ – in which we already share in some incomplete way. These dazzling white clothes of Jesus recall our own baptismal garments in which we were clothed in him. They remind us to imitate him in all we think and do and say.

† How does the glory of Christ dazzle me to reflect on \_\_\_\_\_?

† How does my Baptism strengthen me to do \_\_\_\_\_?

† To use Saint Paul's words, how will I stand firm in the Lord?



*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](mailto:accounting@holyfamilymh.ca)



## Parish Breakfast March 16

After 8:30 & 10:30 Masses

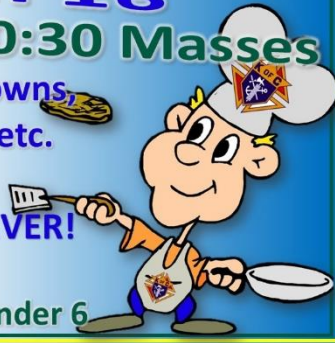
Ham, Omelets, Hash Browns,  
Sausages, Toast, Fruit, etc.

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, 5<sup>th</sup> Ave. & Saint Barnabas Meal Programs.

PLEASE SPECIFY ON YOUR DONATION "LOONIES 4 LENT"  
Our goal this year is to raise \$10,000.00.

To date we are at \$ 4,046.00

## Finding New Life in the Spirit Seminar

Tuesday, March 18 at 6:30pm

Topic

"Transformation in Christ"

Holy Family Parish Faith Rm.

More information contact

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

## RITE OF CHRISTIAN INITIATION OF ADULTS

MARCH 19

Dignity of Life

Ethic & Social

Justice



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

RETREAT - Saturday, March 15<sup>th</sup> - 9:30am-2:30pm

Holy Family Parish Hall

Rehearsal - Friday May 2<sup>nd</sup> - 6:00pm

Confirmation Mass - Saturday May 3<sup>rd</sup> - 11:00am

### 1st HOLY COMMUNION

CLASS - Saturday March 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

March 28, 2025 ~ Holy Family Parish Hall

Breakfast 7:30 am

Presentation 8:30 am

Theme: Superhero

Presenter: Jan

**NO TMIY  
MARCH 22**

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



4th Degree  
Knights of Columbus  
Meeting

March 23rd, 2025  
2:00 PM

St. Patrick's Church  
Hall Meeting Room

## Penitential Service

Holy Family Parish

Thursday, April 3

6:00pm - 8:00pm

St. Patrick's Parish

Thursday, April 10

4:00pm - 6:00pm



*Faithfully*  
FAITH. LIVED. FULLY.

[catholiccyc.ca/Faithfully](http://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**

## Children's Liturgy

**No Children's liturgy Palm Sunday.**

Check the children's liturgy table in the foyer for activities & coloring pages.

**Children's Liturgy**  
**resumes May 4<sup>th</sup>**

For Information or to Volunteer  
 Call Tammy @ 403-866-7886




**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

**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.

## Second Sunday of Lent, Cycle C

March 16

Jesus is transfigured on the mountain.  
 Learn more about the Transfiguration  
 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



## **SAVE THE DATE**

**CWL SPRING TEA &**

**BAKE SALE**

**Saturday, May 17,  
 2025**

**SUMMER BIBLE CAMP**

**July 7-11, 2025**



# 40 Loonies for Lent

**PLEASE SPECIFY ON YOUR DONATION IF YOU WANT IT TO GO TO  
“40 LOONIES 4 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)

# 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



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**

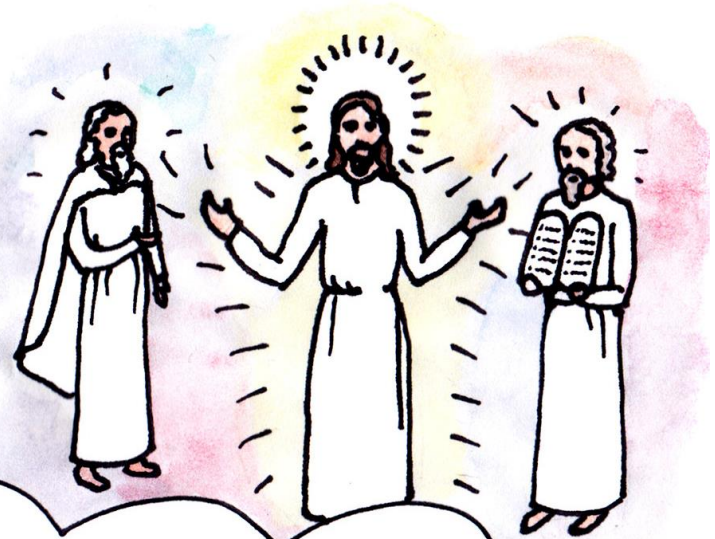


# The Kids' Bulletin

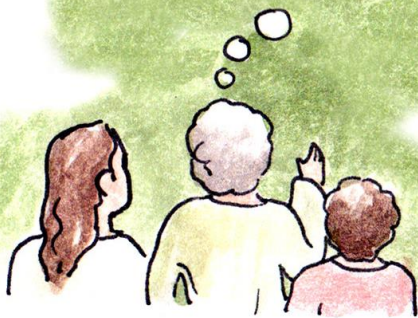
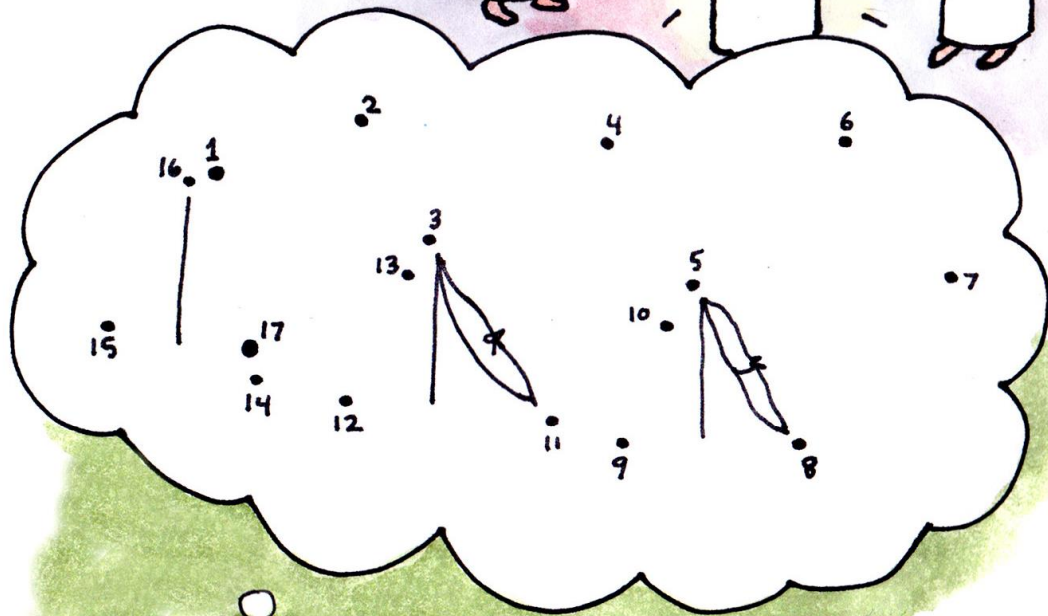
Second Sunday of Lent

March 16th, 2025

*Jesus shone like the sun when He took his three friends up the mountain.*



*Luke 9:28-36*



*Peter was confused and said something without thinking. What did he say he could make?*

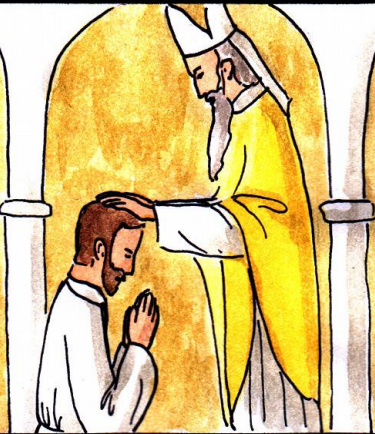
*Connect the dots to find out!*



# SAINT CYRIL OF JERUSALEM

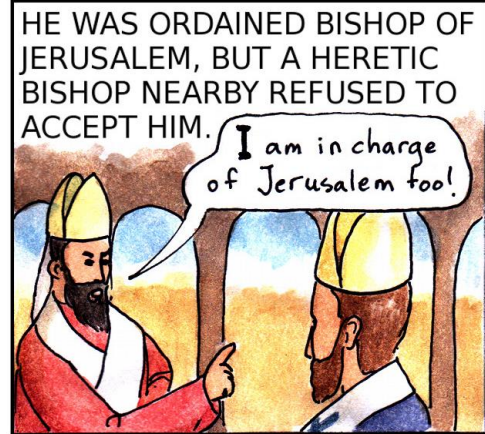
MARCH 18

SAINT CYRIL WAS BORN IN JERUSALEM AROUND THE YEAR 315. HE WAS RAISED A CHRISTIAN AND WELL EDUCATED. HE BECAME A DEACON AND THEN A PRIEST.



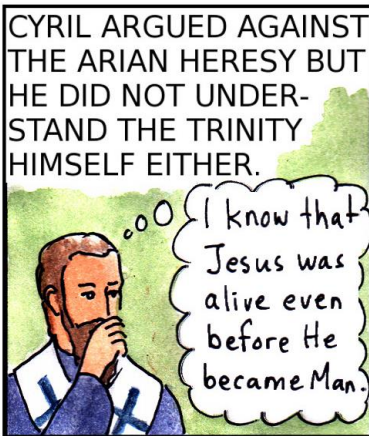
HE WAS ORDAINED BISHOP OF JERUSALEM, BUT A HERETIC BISHOP NEARBY REFUSED TO ACCEPT HIM.

I am in charge of Jerusalem too!



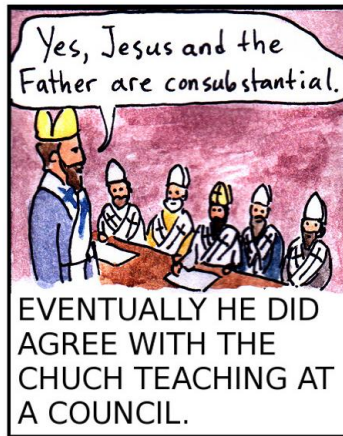
CYRIL ARGUED AGAINST THE ARIAN HERESY BUT HE DID NOT UNDERSTAND THE TRINITY HIMSELF EITHER.

I know that Jesus was alive even before He became Man.



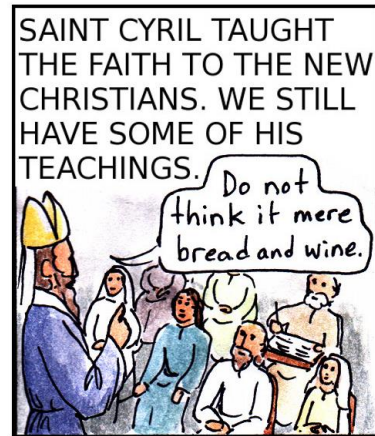
Yes, Jesus and the Father are consubstantial.

EVENTUALLY HE DID AGREE WITH THE CHURCH TEACHING AT A COUNCIL.



SAINT CYRIL TAUGHT THE FAITH TO THE NEW CHRISTIANS. WE STILL HAVE SOME OF HIS TEACHINGS.

Do not think it mere bread and wine.



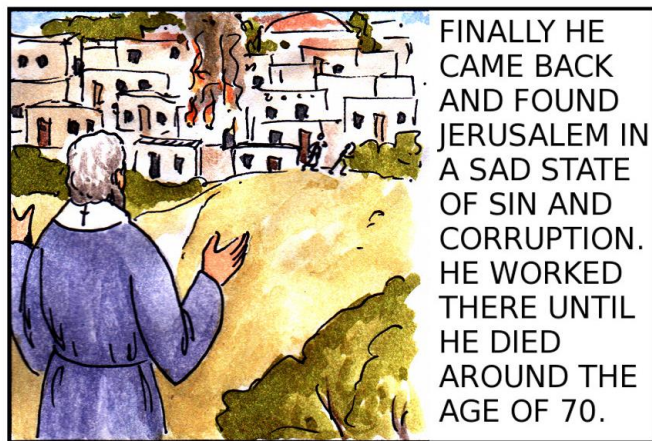
MEANWHILE, HE WAS SENT INTO EXILE THREE TIMES BY THE HERETICS AND THE EMPEROR.

He sold church furniture to help the poor!

Send him away!



FINALLY HE CAME BACK AND FOUND JERUSALEM IN A SAD STATE OF SIN AND CORRUPTION. HE WORKED THERE UNTIL HE DIED AROUND THE AGE OF 70.



AT FIRST CYRIL DIDN'T HAVE A VERY GOOD UNDERSTANDING OF THE HOLY TRINITY, BUT HE KNEW THAT THE ARIANS WERE WRONG. THEY SAID JESUS WAS LESS IMPORTANT THAN GOD THE FATHER. CYRIL TAUGHT WHAT HE KNEW WAS RIGHT ANYWAY. DO YOU TELL OTHERS WHAT YOU KNOW ABOUT GOD?



# St. Joseph Puzzle

## March 19

*The Gospel tells us that Saint Joseph was a just man.*

*What did he do?*

*Match the things that he did (on the right) with the circumstances on the left.*

1. Before they were married and he found out that Mary was expecting a baby \_\_\_

2. When the angel came in a dream and told him to take Mary as his wife \_\_\_

3. When the government said that everyone had to register in their home town \_\_\_

4. When an angel came in a dream and told him that the soldiers were coming to kill baby Jesus \_\_\_

5. When Jesus stayed in the Temple instead of coming home with him \_\_\_

6. While Jesus was growing up \_\_\_

A. St. Joseph taught Jesus to be a carpenter.

B. St. Joseph looked for Jesus for three days until he found Him.

C. St. Joseph took Mary and baby Jesus to Egypt right away.

D. St. Joseph went to Bethlehem with Mary.

E. St. Joseph planned to break off his engagement quietly so that Mary wouldn't be ashamed.

F. St. Joseph married Mary.





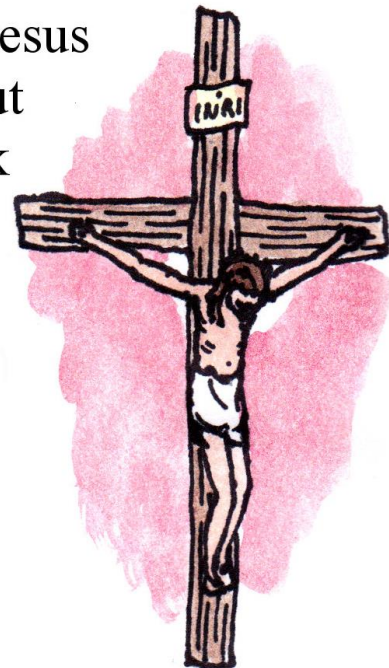
# Looking at Jesus



In today's Gospel reading Jesus took three of His apostles up a mountain where they saw Him shining like the sun and talking with Moses and Elijah. They were talking about how Jesus was going to go to Jerusalem and be killed. The apostles were amazed and confused.

Jesus let the apostles see Him in glory to help them to understand why He had to suffer and die. We won't see Jesus in His glory until we see Him in Heaven, but it is good for us to think about the things that He and Moses and Elijah were talking about.

Look at a crucifix or picture of Jesus on the cross every day. Think about how much He loves you, and think about how you act toward Him. What can you do to love Him better? Lent is a good time to try to find ways to love Jesus more.



Answer to St. Joseph Puzzle:  
1.E 2.F 3.D 4.C 5.B 6.A

[www.thekidsbulletin.com](http://www.thekidsbulletin.com)



2<sup>nd</sup> SUNDAY OF LENT - YEAR C

MARCH 16, 2025

### EXPERIENCING GLORY OF THE LORD

We continue our Lenten journey with prayer, fasting and alms giving. Last Sunday we reflected on the Temptations of Jesus and were strengthened by the Lord to learn how to overcome and be strong. This is a beautiful time of grace and to believe that Jesus Christ our Lord suffered and died for us as St. Paul said in the Second Reading of last Sunday “This is acceptable time, this is time of Salvation”. St. Cyprian, Martyr, once gave very beautiful reflection to remind us how to be strong in our faith: “Dear brothers, the commands of the Gospel are nothing else than God’s lessons, the foundations on which to build up hope, the supports for strengthening faith, the food that nourishes the heart. They are the rudder for keeping us on the right course, the protection that keeps our salvation secure. As they instruct the receptive minds of believers on earth, they lead safely to the kingdom of heaven.

God willed that many things should be said by the prophets, his servants, and listened to by his people. How much greater are the things spoken by the Son. These are now witnessed to by the very word of God who spoke through the prophets. The Word of God does not now command us to prepare the way for his coming: he comes in person and opens the way for us and directs us toward it. Before, we wandered in the darkness of death, aimlessly and blindly. Now we are enlightened by the light of grace, and are to keep to the highway of life, with the Lord to precede and direct us. Let the Father recognize the words of his Son. Let the Son who lives in our hearts be also on our lips. We have him as an advocate for sinners before the Father; when we ask for forgiveness for our sins, let us use the words given by our advocate. He tells us: Whatever you ask



the Father in my name; he will give you. What more effective prayer could we then make in the name of Christ than in the words of his own prayer?"

An old man was living in a temple, and the demons came to say to him, "Leave this place which belongs to us," and the old man said, "No place belongs to you." Then they began to scatter his palm leaves about, one by one, and the old man went on gathering them together with perseverance. A little later the devil took his hand and pulled him to the door. When the old man reached the door, he seized the lintel with the other hand crying out, "Jesus, save me." Immediately the devil fled away. Then the old man began to weep. Then the Lord said to him, "Why are you weeping?" and the old man said, "Because the devils have dared to seize a man and treat him like this." The Lord said to him, "You had been careless. As soon as you turned to me again, you see I was beside you." I say this, because it is necessary to take great pains, and anyone who does not do so, cannot come to his God. For He himself was crucified for our sake. That is the great gift of being with the Lord that we can feel and listen to him.

In the First Reading, Abraham is experiencing something extraordinary. He was called from Ur to the unknown place to live and without questioning anything he obeyed the Lord. Today he is having dialogue with God and is opening his heart to God who called him to an unknown place to dwell. The chapter 15 of the Book of Genesis brings us three very important elements:

1. A Promise Given (Genesis 15:1-3)
2. A Promise Believed (Genesis 15:4-6)
3. A Promise Guaranteed (Genesis 15:7-21)

God now comes to Abram in Genesis 15:1 and says, "After these things the word of the Lord came to Abram in a vision, "Do not be afraid, Abram, I am your shield; your reward shall be very great." Here was a good reason for God to say this. Abram had just defeated a much larger army made up of a partnership of four kings. He had reason to be afraid, expecting an attack of retribution. God told Abram that though he had sacrificed for His sake, he would not be the loser for it. God would more than make up what Abram gave unto the LORD. God promised a blessing, which for him, was not possible because he and his wife both old. But God knew his need, as he knows how to become the answer to our need. When we need a shield or a reward, He becomes those things for us. "I do not think that any human mind can ever grasp the fullness of meaning of these four words, 'I am thy reward.' God himself, the reward of his faithful people".

Abram believed in the promise of God that he is going to be blessed with a son and his descendants are going to be like the stars in the sky and sand on the shore. Beyond even this, God promises Abram in chapter 12 that all the people of earth would be blessed

through him. This can only be one thing – the Messiah would come through Abram. Maybe here in chapter 15 when Abram asks for a son, he is asking for the Messiah. We don't know that, but it is a possibility. So far, we do not have anything firm. But when we take Romans 4 and Galatians 3 where Paul says that this is when he believed, we can be certain that this is when he believed, rather than some earlier time. But the real key to understanding what exactly Abram believed in John 8:56 where Jesus says, "Abraham rejoiced to see My day, and he saw it and was glad.", "Two thousand years before Jesus came, Abraham looked ahead in time and believed in the coming Christ for eternal life. Therefore, he was saved by faith alone in Christ alone."

What did Abram believe? Yes, he believed God's Word, but what specific truth from God did he believe? He believed in the coming Messiah, the Messiah that would come through him, for eternal life. It is at this point that God credited him with righteousness. Abram had lots of good works before he believed, and he will have more after. When we believe in God's Word, specifically when we believe what it says about Jesus, that God gives eternal life to everyone who believes in Jesus for it, like Abram, we are declared righteousness by God. There is no other way to receive eternal life. Abram believed the promise and so was justified. Of all the ways that God gives Himself to us, this is the greatest. Through our faith, His nature is given to us. Do we believe in the promises of God to be with him? Remember no matter what happens in life, if we have Jesus, if we have God as our reward, we have everything and more than we need.

Lastly after God promised Abram with the gift of a son and Abram believed in his promise then God guaranteed that what he has promised is 100% real and there is no way that he will be turned away. He was called friend of God because of his faith and belief. Do we struggle to be his friends?

Here is a story from the desert fathers for us to understand the Second Reading today as St. Paul not only invites Philippians to imitate him in following the Lord but also warns against the enemies of the Cross of Christ. Are we not living among those people who refused to believe in Jesus and uttered all kinds of things against him? (Please remember, names mentioned in the story are all saints and they are called desert fathers, for example St. Sisois the Great)

A brother named Pystus told this story: Seven of us hermits went to Sisois, who was living in the island of Clysmatus. When we asked him to give us a word, he answered, "I'm afraid I'm very ignorant. But I once went to see Hor and Athrem when Hor had been ill for eighteen years. I began to beg them to speak to me. Hor said, "What can I say to you? Go and do whatever you think right. God is the God of the man who extracts from himself more than he can do and carries all by violence." These men, Hor and Athrem, were not from the same province. But there was much love between them until their



death. Athrem was a man of perfect obedience, Hor of great humility. I spent a few days with them, observing their virtues; and I saw Athrem do a wonderful thing. Someone brought them a little fish, and Athrem wanted to prepare it for his brother, Hor. So Athrem took a knife and cut into the fish: but at that moment Hor called him, "Athrem, Athrem." He left the knife in the middle of the fish and did not finish the cut but ran to Hor. I was astonished at his obedience, and that he did not say, "Wait until I have cut up this fish." I said to Athrem, "Where did you learn such obedience?" He answered me, "It is not mine: it is his." He said, "Come and see his obedience." He intentionally cooked some fish badly and put a piece in front of Hor; he ate it without saying a word. Athrem said, "Was it good, abba?" He answered, "Very good." Then he brought him another piece, very well cooked, and said, "Look here, I have ruined it, abba, by cooking it badly." Hor answered, "Yes, you have cooked it rather badly." Athrem turned to me and said, "Did you see his obedience?" I left them and ever since I have tried, as far as I could, to practise what I saw.' All this was told the brothers by Sisois. One of us asked him, 'Please, speak a word to us.' He said, 'Whoever has limitless knowledge understands the Scriptures perfectly.' Another of us asked him, 'What is pilgrimage, abba?' He answered, 'To keep silent: and wherever you go say, "I am at peace with all men": that is pilgrimage.'

I believe season of Lent is season of humility and comes from being with the Lord as St. Paul says "But our citizenship is in heaven, and it is from there that we are expecting a Saviour, the Lord Jesus Christ. He will transform the body of our humiliation that it may be conformed to the body of his glory, by the power that also enables him to make all things subject to himself". Being with the Lord means to "stand firm in the Lord" and enjoy his glory as did apostles do in the Gospel today.

On this Second Sunday of Lent, the liturgy leads us to contemplate the event of the Transfiguration in which Jesus allows the disciples Peter, James and John a foretaste of the glory of the Resurrection: a glimpse of heaven on earth. Luke the Evangelist reveals to us Jesus transfigured on the mountain, which is the place of light, a fascinating symbol of the unique experience reserved to the three disciples. They go up the mountain with the Master, they see him immersed in prayer and, at a certain point, "the appearance of his countenance was altered". Accustomed to seeing him daily in the simple appearance of his humanity, they are astonished as they face that new splendour that also envelops his entire body. And Moses and Elijah appear beside Jesus and speak with Him about his forthcoming "exodus", that is, of his Paschal death and Resurrection. It is a preview of Easter. Then Peter exclaims: "Master, it is well that we are here". He wished that, that moment of grace would never end! St. Peter cherished this memory as he mentions in his letter; "For we did not follow cleverly devised myths when we made known to you the power and coming of our Lord Jesus Christ, but we had been eyewitnesses of his

majesty. For he received honor and glory from God the Father when that voice was conveyed to him by the Majestic Glory, saying, “This is my Son, my Beloved, with whom I am well pleased.” We ourselves heard this voice come from heaven, while we were with him on the holy mountain. So, we have the prophetic message more fully confirmed. You will do well to be attentive to this as to a lamp shining in a dark place, until the day dawns and the morning star rises in your hearts. First of all, you must understand this, that no prophecy of scripture is a matter of one’s own interpretation, because no prophecy ever came by human will, but men and women moved by the Holy Spirit spoke from God” (2 Peter 1:16-21). How amazing experience, they had by being with the Lord? Lord gives us the chance everyday through the Holy Eucharist to be with him and experience his glory. The Transfiguration occurs at a precise moment in Christ’s mission, that is, after he has confided to his disciples that he would have to “suffer many things, be killed, and on the third day be raised”. Jesus knows that they do not accept this reality — the reality of the Cross, the reality of Jesus’ death —, and so he wants to prepare them to withstand the scandal of the passion and death on the Cross, so that they may know that this is the way through which the heavenly Father will lead his Son to glory; by raising him from the dead. And this will also be the way for the disciples: no one can reach eternal life if not by following Jesus, carrying their own cross in their earthly life. Each of us has his or her own cross. The Lord reveals to us the end of this journey, which is the Resurrection, beauty: by carrying one’s own cross.

Therefore, the Transfiguration of Christ shows us the Christian perspective of suffering which is a necessary but transitory passage. The point of arrival to which we are called is luminous like the face of Christ Transfigured: in him is salvation, beatitude, light and the boundless love of God. By revealing his glory in this way, Jesus ensures that the cross, the trials, the difficulties with which we struggle, are resolved and overcome in Easter. Thus, this Lent, let us also go up the mountain with Jesus! But in what way? With prayer... Let us climb the mountain with prayer: silent prayer, heartfelt prayer, prayer that always seeks the Lord. Let us pause for some time in reflection, a little each day, let us fix our inner gaze on his countenance and let us allow his light to permeate us and shine in our life. Be amazed with the words of St. Peter “Lord it is good to be here” and continue to be with the Lord who transforms our lives to be pleasing to him.

The parking lot filled rapidly on Sunday morning as members of the large church congregation filed into church. As it usually happens in a church that size, each member had developed a certain comfort zone - a block of space within those four church walls that became theirs after the second or third sitting. It was as much a part of their church experience as the recliner was to the television at home. Some of the older members had



been sitting in the same row on the same side for several decades. A team of oxen could not have moved them to the opposite side of the church.

One morning a stranger stood at the edge of the parking lot near a dumpster. As families parked cars and piled out, they noticed him rummaging through the trash. "Oh no! I don't believe it," whispered a lady to her husband. "That's all we need -- a bunch of homeless people milling around here."

One worried little girl tugged on her dad's sleeve. "But Daddy..."

Daddy was busy sizing up the bearded stranger, whose baggy, outdated trousers and faded flannel shirt had dusted too many park benches.

"Don't stare at him, honey," he whispered, and hurried her inside.

Soft music filled the high-ceiling sanctuary as churchgoers settled into their usual spots. The choir sang an opening chorus, "In His presence there is comfort ... in His presence there is peace..."

Sunlight suddenly flooded the center aisle. The double doors swung open and the homeless man, sloppy and stooped, headed toward the front.

"Oh no, it's him!" somebody muttered.

"What does he think he's doing, anyway?" snapped an incredulous usher.

The stranger set his bagful of dumpster treasures on the very first pew which had been upholstered in an expensive soft teal fabric just three months ago. The music stopped. And before anyone had a chance to react, he ambled up the stairs and stood behind the fine, handcrafted oak podium, where he faced a wide-eyed congregation.

The disheveled stranger spoke haltingly at first, in a low, clear voice. Unbuttoning and removing his top layer of clothing, he described Jesus, and the love He has for all people. "Jesus possesses a sensitivity and love that far surpasses what any of us deserves."

Stepping out of the baggy old trousers, the stranger went on to describe a forgiveness that is available to each one of us...without strings attached.

"Unconditionally He loves us. Unconditionally He gave His very life for us. Unconditionally and forever, we can have the peace and assurance that no matter who we are, where we've come from, or how badly we may have mistreated others or ourselves, there is hope."

"In Jesus, there is always hope."

"You see, my friends, it is never too late to change," the man continued.

"He is the Author of change, and the Provider of forgiveness. He came to bring new meaning to 'life!'"

Men and women squirmed as reality hit them like an electrical current. The stranger tugged at his knotted gray beard and removed it.

"I'm here to tell you that we are loved with a love far beyond human understanding, a love that enables us to accept and love others in return." Then tenderly he added, "Let's pray together."

That wise pastor - under the guise of a homeless "nobody" - did not preach a sermon that day, but every person left with plenty to think about.

How do we experience his glory in our life?

## Experiencing Glory of the Lord



How do we  
experience  
His glory  
in our life?

2nd Sunday of Lent Year C March 16, 2025



# DIOCESAN SUNDAY UPDATES

## 2<sup>ND</sup> SUNDAY OF LENT



### 2025 Lenten Resources

Lent is more than a season—it's a journey of the heart, a call to renewal, and an invitation to draw closer to Christ. Whether through prayer, reflection, music, or storytelling, these resources can help you enter into Lent more fully. Let them guide, challenge, and inspire you to embrace this sacred time with depth and purpose.

Read the Bishop's Lenten message, and find resources to deepen your Lent! Now available at [catholicyc.ca/Lent](http://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 the Solemnity.

### Living for Greatness Retreat

Students in Grades 6–12 are invited to discover how to listen to God's voice and follow His plan.

Includes Mass at 5 pm, and complimentary supper. When: **Sun, Mar 23, 2025, 3 – 8 pm at St. James Parish, Okotoks.** [More info & registration](#) - To register via email: [youthgroup@stjamesparishrc.com](mailto:youthgroup@stjamesparishrc.com)

### Lenten Marriage Retreat

Join us for a marriage retreat designed to deepen your connection with both your spouse and our Lord. When: **March 21-22 at St. James' in Okotoks.** The sessions will be led by Fr. Anthony Sortino, LC. [Register online](#)

### Lenten Healing Retreat

Experience healing through Holy Mass, Eucharistic Adoration, and a special Healing Service led by Fr. Roy Palatty. When: **Mar 25–27, 2025, 7 – 10 pm at St. Michael's Catholic Community, Calgary.** All are welcome!



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."

## Together in Action 2025

Thank you for your generosity in last year's Together in Action (TIA) campaign. This year, inspired by Romans 12:12, we embrace the call to "Rejoice in hope, be patient in suffering, persevere in prayer." The 2025 TIA campaign kicks off our Lenten journey. Donations can be dropped off at the Parish Office or made online at [catholicyyca.ca/TIA](http://catholicyyca.ca/TIA) - where your online donation will be included as part of our parish contribution]. Together, let us trust in God's providence and extend His hope to those in need.

## 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 are available on the following dates/locations:

- **Sun, Mar 23 at Noon**, St. Martha's, Lethbridge
- **Sat, Mar 29 at 6 pm**, Holy Family, Medicine Hat

## Shroud of Jesus: Hope of the Resurrection

St. Patrick's Parish, Calgary is hosting the *Man of the Shroud Exhibition & Conference* **from April 3 - 27, 2025**. There will be an extensive exhibit on the history, significance and scientific aspects of the Shroud of Turin. Check their website for all the events and speakers at [www.stpatrickcalgary.com](http://www.stpatrickcalgary.com)

## Lenten Retreat with Divine Mercy Sisters

Take advantage of the special graces of Lent by joining a prayerful afternoon of Eucharistic Adoration, Reconciliation, the Hour of Mercy, conferences, healing prayers, and the International Holy Rosary. When: **Sat, Apr 5, from 2 pm to 6 pm at Our Lady of the Assumption Church, Calgary**. Donations accepted. Register online: [www.sistersofdivinemeracy.org](http://www.sistersofdivinemeracy.org).

## 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 [catholicyyca.ca/pastoralcare](http://catholicyyca.ca/pastoralcare) or contact Mara at 403-218-5521. When: **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

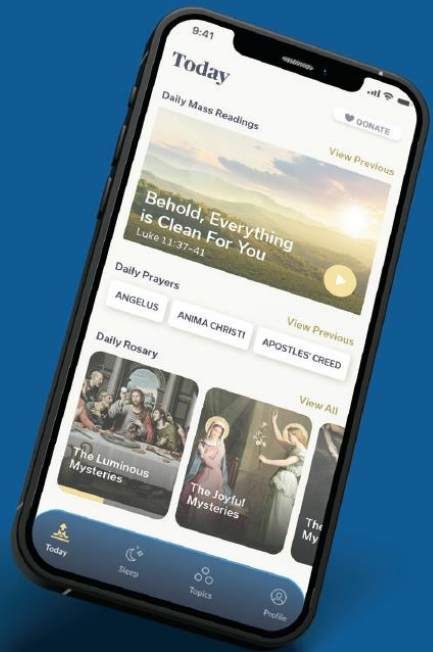
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An offering from the  AUGUSTINE INSTITUTE

Joe McKenna 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.*

# ARTS FOR AFRICA



## Charity Art Show & Sale

Saturday, April 5 from 1-4 pm  
St John's Church 2nd St & 5 Ave SE



Paintings, Batiks, photos & curiosities  
from local and international artists  
to browse and buy



All proceeds in support of Teega Wende  
an orphanage in Burkina Faso, W Africa

## Share the joy of giving!

Hosted by CARO - Canadians Reaching out to the World's Children







THE CATHOLIC FAITH.  
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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](#)**

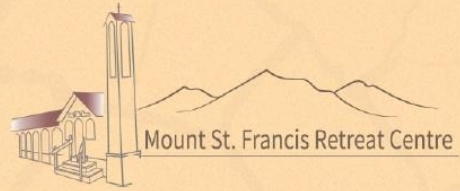
The Search Begins is a seven-episode video series adapted from the Augustine Institute's award-winning series The Search. It invites teens in your parish to find meaning in their everyday lives. This program shares the answers to the fundamental questions of life so they can live more for God. A life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

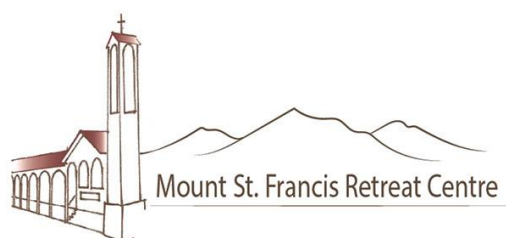
Register @ 403-932-2012 - [mtfrancis@shaw.ca](mailto:mtfrancis@shaw.ca)

# 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 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](mailto:contact@holymfamilymh.ca) so it can be sent to the diocese.**