



Welcome to HOLY FAMILY PARISH

CORPUS CHRISTI SUNDAY – YR. C

JUNE 22, 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

MASS TIMES - MONDAY TUESDAY THURSDAY FRIDAY

9:00AM WEDNESDAY 7:00AM

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

MONTHLY - 1ST TUESDAY 6 PM & 1ST SATURDAY 8 AM

RECONCILIATION...

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

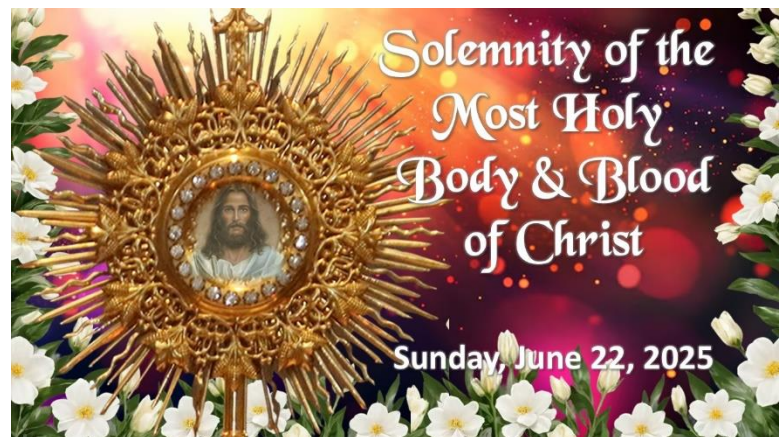
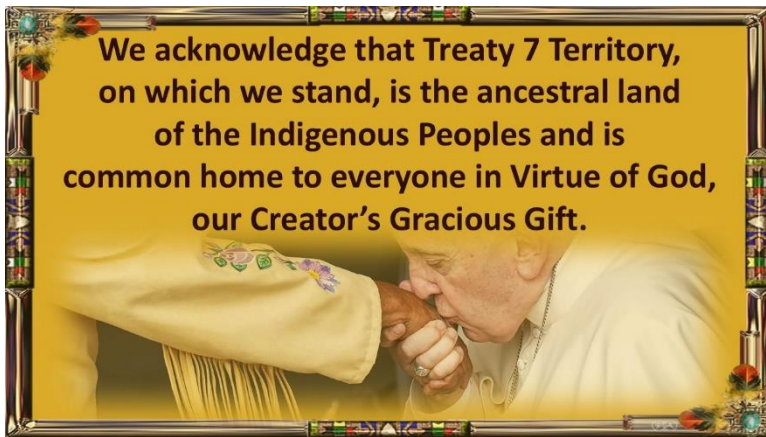
THE CHAPEL IS OPEN...

MONDAY - FRIDAY 9:30am - 4:00pm

ADORATION FRIDAY 9:30 – 10:30am

Parish Pastoral Council Chair - Gary Heinbecker
Parish Finance Council Chair - Cheryl Pocsik

Knights of Columbus – Greg Martin
Catholic Women's League – Dianne Durda



† Masses & Mass Intentions ~June 21st to 27th †

Sat. June 14- 5:00pm – Peter Fitzgerald †

Sun. June 15 - 8:30am – Rita Darr

10:30am – Mike, Merlin, John W, & Simon Schafer †

5:00pm – Derrick Risling †

Mon. June 16 - 9:00am – Christina Verner †

Tue. June 17 - 9:00am – Italo Dal Molin †

Wed. June 18 - 7:00am – Richard Hoffart

Thu. June 19 - 9:00am – Joyce McBride

Fri. June 20 - 9:00am – Amanda & Patrick Wallace & Family



Special
Collections

June 2025

Future
Development
Together in Action
General Funds

Luke 9:11b-17

They all ate and were satisfied.

FINANCIAL REPORT**Monthly Operating Budget** **\$ 70,156****JUNE MONTH TO DATE**

General Envelope Collection	\$ 33,081
Loose Collections	\$ 2,830
Future Development	\$ 2,448
Misc. Income	\$ 14,291
Total Month Income	\$ 52,650
Budget Vs Actual	-\$ 17,506

SPECIAL COLLECTIONS**2025 YEAR TO DATE**

Together in Action (TIA)	
GOAL - \$70,938	54%
St Vincent de Paul	\$ 20,587
World Mission	\$ 190
Clergy Retirement	\$ 1,044
Mission Mexico	\$ 974
CARO	\$ 235
Seminary Fund	\$ 2,334
Holy Land & Pope's Pastoral	\$ 5,687
<i>Thank You for your Generous Contributions</i>	
June Average Weekend Atten.	900

Solemnity of the Most Holy Body and Blood of Christ (Corpus Christi)

Genesis 14:18-20

Psalm 110:1, 2, 3, 4

1 Corinthians 11:23-26

Luke 9:11b-17

About Dining in the Kingdom of God. Luke's gospel is filled with meal stories. Most of them point to the Eucharistic Meal, as does the one today. Four verbs stand out: take, bless, break, give. This is eucharistic language repeated at every Mass. It is Jesus who truly took and blessed his Body and Blood – broke it and poured it out for each and for all of us – and gives to us to eat and drink – so that we may be like him and act like him.

- † Because of my sharing in the Eucharistic Feast, how will I be a blessing to family, colleagues, neighbors?
- † Because of my sharing in the Eucharistic Feast, how will I break open my life for the benefit of another?
- † Because of my sharing in the Eucharistic Feast, what will I give away? If stumped, think of the mercy works.



December 31, 2025 - Goal \$70,938

Together IN ACTION

 Annual Bishop's Appeal

total to date

\$38,520.00

which is at 54%

Which leaves \$32,418.00 to raise!

Please Give Generously ~ Thank You!

*Psalm 110:1-4**You are a priest forever, in the line of Melchizedek.*

9 Day Novena for Rain and Favorable Weather

Mon, June 16 at 9:30am

Tue, June 17 at 9:30am

Wed, June 18 at 9:30am

Thu, June 19 at 9:30am

Fri, June 20 at 9:30am

Sat, June 21 at 3:00pm

Sun, June 22 at 3:00pm

Mon, June 23 at 9:30am

Tue, June 24 at 9:30am

Please come out & support the first annual... Spiritual Direction Ministry Fundraiser

Teriyaki Chicken Dinner

Live music by Rob Hudec

Thursday, July 3, 2025 at 6:00pm

Holy Family Parish Hall

Tickets are available at the parish or
contact Lindsay Heier 306-421-8837

EXTROIDINARY MINISTERS OF THE HOLY EUCHARIST

Training followed by Wine and Cheese Social
June 24th, 2025 5:30pm

PLEASE RSVP TO:

Roxanne at roxiec@telus.net or 403-502-6412

For if he does not recognize the meaning of the
Lord's body when he eats the bread and drinks from
the cup he brings judgement on himself

1 Corinthians 11:29



The Finance Department is looking
for some volunteers to help out...
You need to be available on
Monday mornings or Tuesday
mornings if Monday is a holiday
and have a keen attention to
details.

If this sounds like you, Please contact...
Robin at 403-527-6933 ext. 104
or finance@holyfamilymh.ca

*A priest a nun and a rabbit go into a bar, the bartender asks
the rabbit what he is drinking, the rabbit says
"oh, don't mind me, I'm only here because of autocorrect"*

Sacrament Summer Sessions at Holy Family Parish

For children 11 yrs or older who have NOT received
1st Reconciliation or 1st Communion

1st Reconciliation - July 14th, 15th & 16th from 1:30pm to 3:00pm

1st Communion - July 21st, 22nd & 23rd from 10:00am to 11:30am

REGISTRATION DEADLINE UNTIL MORNING OF JULY 7

Register at Holy Family Parish Office with the following...

- ❖ your child's baptism certificate
- ❖ birth certificate or permanent residence card
- ❖ a payment of \$50.00 (financial help is available if needed)

Office hours: Monday to Friday, 8:30am-4:30pm (Closed 12-1pm)

For more information: Sally 403-527-6933 Ext. 105

or email sac.prep@holyfamilymh.ca

SUMMER Bible Camp July 7-11



Contact Tammy at 403-866-7886 or
tammylynnpeterson@gmail.com

Register by June 30th



The Catholic Women's League
Holy Family Parish

Bottle Drive

September 20th & 21st

Before & After Masses HFP Parking Lot

Thank you for
your support!

FUNDRAISING



Protection of the Charitable Status of Pro-Life and Religious Organizations

The Standing Committee on Finance's Pre-budget Consultation has submitted Recommendations 429 and 430 that would see the status of pro-life organizations and faith-based organizations revoked. Please read the attached information sheet about these recommendations. On the weekend of June 21-22 a petition urging the government of Canada to avoid implementing these recommendations will be made available in the church lobby for people to sign.

June 21st
& 22nd at
all Mass



Chalice is a Canadian, Catholic international child sponsorship charity. For more than 30 years, our sponsors have supported children experiencing poverty to overcome obstacles, finish school, and have a hope-filled future.

THIS WEEKEND

Holy Family Parish
Annual Parish Picnic
SUNDAY, JUNE 22
Enjoy food, drink, & fellowship with our Faith Community. Lots of fun for kids. Free to all, young, old and in between!
After the 10:30 Mass

Corpus Christi Procession
Sunday June 22
at 3:00pm
Holy Family Parish Parking Lot



The last Sunday for
Children's Liturgy
is June 22

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

Protection of the Charitable Status of Pro-Life and Religious Organizations

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The Catholic Women's League of Canada

BACKGROUND INFORMATION

The Protection of the Charitable Status of Pro-Life and Religious Organizations

In December 2024, the Standing Committee on Finance's Pre-Budget Consultations for 2025 submitted Recommendations 429 and 430 that would see the charitable status of pro-life organizations and faith organizations revoked.

For pro-life organizations to lose charitable status as a result of Recommendation 429, they may no longer be able to provide often-needed prenatal services for pregnant women, potentially increasing their seeking access to abortion services. This is like the concern that arose when the government in power required applicants for the Canada Summer Jobs Program to attest to views compromising their belief system. It reflects the hypocritical stance of some who seek to extend charitable tax treatment to agencies that assist women in having abortions but not to organizations that help them keep their babies.

Recommendation 430 would remove the privileged status of "advancement of religion" as a charitable purpose. This recommendation would deny two of every five charities their tax status, significantly affecting the Canadian charitable sector. It will be difficult, if not impossible, for the government to replace this loss of social services, poverty alleviation and community-building. The loss of charitable status would threaten the existence of many faith organizations and may violate the Canadian Charter of Rights and Freedoms.

Canadian Conference of Catholic Bishops

Important Concerns Regarding Recommendations 429 and 430 on Charitable Status

(Information included here is taken from the letter sent to the Canadian government)

These recommendations were made by the House of Commons Standing Committee on Finance within [Report 21: Pre-Budget Consultations in Advance of the 2025 Budget](#). If adopted, they would be profoundly detrimental to Canada's charitable sector, because they would:

Revoke the charitable status of "anti-abortion organizations" (#429);

Amend the *Income Tax Act* such that "the advancement of religion" would no longer qualify as a legitimate purpose for granting charitable status. (#430)

The Catholic charitable sector in Canada, which is anchored by and includes dioceses and parishes across the country, comprises a wide range of community services and ministries, including foodbanks, soup kitchens, refugee resettlement programs, climate and social justice

programs, daycares and schools, hospitals, long-term care homes and palliative care centres, to name but a few examples. These compassionate, purpose-driven, and accessible Catholic services are available to all Canadians, regardless of religious affiliation; these charities meet essential and sometimes complex social needs within communities nationwide. A recent study found that the cost of replacing the services offered by faith congregations in Canada is \$16.5 billion.¹ Simply put, places of worship provide benefits to society that radiate far beyond their congregations. For “every dollar that a congregation spends, the local community receives an average of \$3.39 in economic benefit.”

The very existence of the kinds of Catholic charitable organizations and services listed above would be threatened by the implementation of Recommendations 429 and 430, which propose respectively to amend the Income Tax Act by no longer providing charitable status to “anti-abortion organizations” (cf. #429) and by removing “the privileged status of ‘advancement of religion’ as a charitable purpose” (cf. #430).

Recommendation 429 is open to broad interpretation and targets a subgroup within the charitable sector. It risks granting preferential treatment to organizations that align with a sitting government’s agenda rather than basing charitable status on established legal principles. Although the inspiration for this proposed policy is not explicit, it appears to be informed by the government’s intention to revoke the charitable status of “anti-abortion organizations that provide dishonest counselling.” Putting aside the questionable nature of the claim against so-called “anti-abortion organizations,” we have no objection to the necessity of transparency and accountability within the charitable sector. However, such requirements should not negatively prejudice charitable organizations that operate on the basis of valid moral positions which may diverge from those of a sitting government at any point in time.

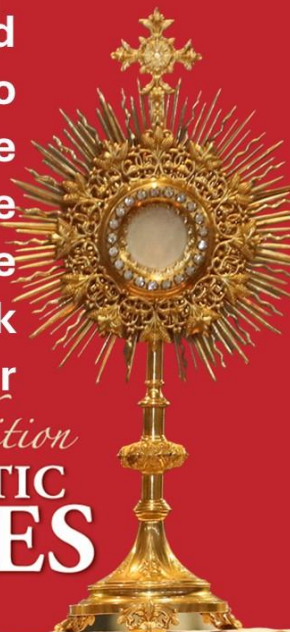
Recommendation 430 threatens the very future of Canada’s entire charitable sector, as 40% of all charitable organizations in Canada are faith based. To deprive faith-based organizations of charitable status would decrease donations, causing their revenue to dwindle, thus crippling their ability to continue inspiring, operating, and maintaining essential social services that benefit the wider community.³ Since the late 19th century, advancing religion has been recognized as a charitable purpose in Canada, along with the relief of poverty, the advancement of education, and other purposes beneficial to the community.

Given the fundamental and contributing role of religious charities in Canadian society, we urge the government to abandon Recommendations 429 and 430. Indeed, we ask the government to avoid any legislative changes that would disproportionately target, destabilize, or harm faith-based organizations, inadvertently affecting the millions of Canadians who benefit from their initiatives. Recommendations 429 and 430 were advanced by the Committee without meaningful public consultation with the charitable sector. Any changes to the Income Tax Act affecting faith-based charities must involve proper consultation to ensure they strengthen rather than hinder our collective capacity to serve Canadians.



The Eucharistic Miracles of the World Planning Committee would like to thank all those who contributed to the Exhibit by your prayers, by visiting the exhibit to view it, giving of your time and monetary donations and book purchases. We are humbled by your overwhelming generosity. Thank you!

International Exhibition
**THE EUCHARISTIC
MIRACLES**
OF THE WORLD



THANK YOU! TO THE FOLLOWING SPONSOR-A-MIRACLE DONORS

DONOR	MIRACLE
Darlene & Greg Martin	Our Lady of Guadalupe
Gary & Mary Heinbecker	St. Faustina
Gary Mastel & Louise Westland	St. Catherine Laboure
Ray & Dianne Bosch	Lanciano
Marianne Wagner	Morne-Rouge
Sharon Odland	Lourdes
Deanna & Glenn Alford	St. Francis of Assisi
Kim Bennett	St. Mary of Egypt
Baguioro – Hamilton Family	Buenos Aires
Al & Linda Lawson	St. Catherine of Sienna
Brad & Heather Irvine	Avignon
Jim & Bernice Foley	Lourdes & John Bosco
Neil & Rhonda Hayes	St. Faustina
Emily Harris	Corpus Christi & Belgium
Terry & Cabrini Hurst	Montserrat
Michael & Helen Sall	Montserrat, Weingarten, & Angel of Peace

THANK YOU! TO THE FOLLOWING SPONSOR-A-MIRACLE DONORS

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Tanys Kush	Chirattakonam
Anabell Marroquin	Rimini
Emil & Lore Luca	Valencia
Marjorie Hintz	Angel of Peace
Mike & Wanda Anctil	Herentals & Rome
Arriane Lozada	Buenos Aires
Mike & Michelle Long	Salzano
Mark & Jody Dumanowski Family	Sacred Heart of Jesus, St. Faustina Kowalska & Krakow
Bernice & Bob Desrosiers	Santarem
Reyna & Robert Hudec	Caravaca de la Cruz
Darlene & Byron Fussell	Moncada
Ron & Dawn Blackmer	St. Claire
Louis Sjovold & MaryAnn Scherger	Angel of Peace
Dean & Maria Sehn	Regensburg
Cora & JP Blanchette Family	Lourdes
Rick & Janice Blair	O'Cebreiro
Sonia & Mario Biemans	Legnica & Tixtla



SAINTS ALIVE *Bible Camp*

**\$25 PER
CAMPER,
INCLUDES A
T-SHIRT!**

**Register by
June 30th**

JULY 7-11, 2025

8:00am-12:30pm at Holy Family Parish

THEME: WHEN JESUS WAS A KID

For more information contact
Tammy 403-866-7886 or email
tammylynnpeterson@gmail.com

**LINK TO PRINT
REGISTRATION FORM**





ST. MARY'S SCHOOL

Welcome to St. Mary's! Here at St. Mary's, you'll find a Grade 6-9 school that truly cares about you, your family, and your community. Our mission? To offer a high-quality Catholic education, welcoming everyone – whether you're from a faith background or not.



What Makes Us Unique?

- Find your mojo! Whether you love speaking French, or singing, dancing, and acting, or hands-on projects or tech-driven lessons, there's something for everyone. We offer four programs: French Immersion, Fine Arts Academy, Alternative Programming, and General Programming. You get to explore your passions and discover new ones with options like Mythology, CSI/Criminology, Archery, and even Circus/Clown Magic! With a huge variety of electives in arts, sciences, and hands-on skills, there's something here for every interest—come see what you'll uncover!
- Focus on Well-Being: Health, safety, and wellness matter. With Christ-centered guidance, we make sure you're supported in all ways. We have a four tiered system:
 - Tier One - our entire staff is trained on student wellness and our Community Coming Together (CCT) coach speaks with entire classes about staying healthy
 - Tier Two - students who benefit from an extra layer of support can access our Resource and Resiliency Worker in a safe place that we call the "HUB"
 - Tier Three - our Teacher-Counselor is available to students who need one-on-one support to help with academic and social challenges
 - Tier Four - our School Liaison Counselor is available by referral to help students and families with more complex challenges
- Christian Service: We prioritize living out our faith by helping and supporting others in our school and community. Every class completes at least one service project in our community
- Learning Excellence: We push ourselves and each other to do our best every day. Students at St. Mary's School are held to the highest standards and are expected to maintain passing grades. If things slip, students receive targeted help through our Academic Support Program in place of one of their elective classes.



155 11 STREET SE
MEDICINE HAT, AB T1A 4S2
403-527-7616



SOLEMNITY OF CORPUS CHRISTI YEAR C

JUNE 22, 2025

WE HAVE A COMMUNION IN HIM

From June 4 to 8 at the Parish this year, over 600 people were able to witness the Eucharistic Miracles around world compiled by a young boy Blessed Carlo Acutis who believed "Eucharist is a highway to heaven" and emphasized attending the Holy Eucharist daily is a key to holiness and union with God. Someone shared her experience about the Holy Eucharist this way; *"Now that I am able to receive the Eucharist again, there are times when I can feel a light spread throughout my body, starting in my heart and passing out my fingertips. I know that the Lord is helping heal and cleanse my heart. I love the closeness to Jesus and God that I feel at Mass. I know the Real Presence. I try to go to daily Mass at least three times a week because I love to hear the Gospel. I love to pray with other Catholics and feel the power of the words as we say them together. I feel sorrow that my sins held Jesus on the cross as surely as the nails did. I feel joy that my sins can be forgiven, and I can be washed clean in the Lord. When I'm before the Blessed Sacrament, I love the brotherhood and sisterhood of praying with others and the relationship we have with Jesus, as God our Father wants us to have. Just being...and being with Jesus. I feel thankful...and loved"*.

Today we celebrate the Solemnity of Corpus Christi (Precious Body and Blood of our Lord) which keeps reminding us to break, share and give ourselves for others. According to Catechism of the Catholic Church "Together with the anamnesis, the epiclesis is at the heart of each sacramental celebration, most especially of the Eucharist: You ask how the bread becomes the Body of Christ, and the wine . . . the Blood of Christ, I shall tell you: the Holy Spirit comes upon them and accomplishes what surpasses every word and thought

... Let it be enough for you to understand that it is by the Holy Spirit, just as it was of the Holy Virgin and by the Holy Spirit that the Lord, through and in himself, took flesh". The Sacrament of Holy Eucharist is a greatest gift ever that anyone could imagine having, because in this Sacrament our Saviour didn't use the blood of the animals to purify us, but he became the pure Lamb of sacrifice whose blood has saved the world. The Author of Letter to Hebrews explain this mystery with profound faith and belief "But when Christ came as a high priest of the good things that have come, then through the greater and perfect tent (not made with hands, that is, not of this creation), he entered into the Holy Place, not with the blood of goats and calves, but with his own blood, thus obtaining eternal redemption. For if the blood of goats and bulls, with the sprinkling of the ashes of a heifer, sanctifies those who have been defiled so that their flesh is purified, how much more will the blood of Christ, who through the eternal Spirit offered himself without blemish to God, purify our conscience from dead works to worship the living God!" (9:11-14).

Furthermore, we read in the Catechism of the Catholic Church that "The Eucharist is 'the source and summit of the Christian life.'" The other sacraments, and indeed all ecclesiastical ministries and works of the apostolate, are bound up with the Eucharist and are oriented toward it. For in the blessed Eucharist is contained the whole spiritual good of the Church, namely Christ himself, our Pasch.' In brief, the Eucharist is the sum and summary of our faith: 'Our way of thinking is attuned to the Eucharist, and the Eucharist in turn confirms our way of thinking.'

We all are familiar with the saying "we become what we eat" but I always wonder why we can't become like our Saviour whose Precious Body and Blood we eat and drink every day. This greatest gift must make us like Jesus so that everyone could feel that we are like our Master who have commanded to do "this in my memory". I think this short story will also help us to learn to be like Jesus.

Rudolph, Count of Hapsburg, one day following the chase in the mountains in Switzerland, observed a poor priest who was embarrassed to cross a stream swollen by rain; he had to cross it to bring the Holy Viaticum to a sick person. Immediately the noble count dismounts from his horse, and allows the priest to mount him, he then follows himself on foot with much recollection. After the priest wanted to give the horse back to the prince, he answered: "I do not deem myself worthy of ever again mounting a horse which has had the honor of bearing the Lord of lords; it is from Him that I hold in fief all I possess." And so, saying, he left his beautiful horse at the service of the poor priest and his Church.

The report of this so edifying event soon spread abroad through the valleys of Switzerland, and then into the provinces of the German Empire; everywhere it went, it caused pious joy to all the people, great and small.

The story of Last Supper is a story of recognition of Jesus in our lives through his Precious Body and Blood. The Catechism of Catholic Church explains this mystery in a very profound way "The Lord's Supper, because of its connection with the supper which the Lord took with his disciples on the eve of his Passion and because it anticipates the wedding feast of the Lamb in the heavenly Jerusalem. I Cor 11:20; Rev 19:9 The Breaking of Bread, because Jesus used this rite, part of a Jewish meal when as master of the table he blessed and distributed the bread, Gal 3:27 above all at the Last Supper. Mt 26:26; I Cor 11:24 It is by this action that his disciples will recognize him after his Resurrection, Lk 24:13-35. and it is this expression that the first Christians will use to designate their Eucharistic assemblies; Acts 2:42, 46; Acts 20:7, 11. by doing so they signified that all who eat the one broken bread, Christ, enter into communion with him and form but one body in him. I Cor 10:16-17. The Eucharistic assembly (synaxis), because the Eucharist is celebrated amid the assembly of the faithful, the visible expression of the Church I Cor 11:17-34 Moreover "By celebrating the Last Supper with his apostles in the course of the Passover meal, Jesus gave the Jewish Passover its definitive meaning. Jesus' passing over to his father by his death and Resurrection, the new Passover, is anticipated in the Supper and celebrated in the Eucharist, which fulfills the Jewish Passover and anticipates the final Passover of the Church in the glory of the kingdom. In the communion, preceded by the Lord's prayer and the breaking of the bread, the faithful receive 'the bread of heaven' and 'the cup of salvation,' the body and blood of Christ who offered himself 'for the life of the world Jn 6:51. Because this bread and wine have been made Eucharist ('eucharisted,' according to an ancient expression), 'we call this food Eucharist, and no one may take part in it unless he believes that what we teach is true, has received baptism for the forgiveness of sins and new birth, and lives in keeping with what Christ taught."

A few years ago, a group of salesmen went to a regional sales convention in Chicago. They had assured their wives that they would be home in plenty of time for Friday night's dinner. In their rush, with tickets and briefcases in hand, moving quickly through the airport terminal, one of these salesmen inadvertently kicked over a table which held a display of apples. Apples flew everywhere. Without stopping or looking back, they all managed to reach the plane in time for their nearly missed boarding. All but one!

He paused, took a deep breath, quickly assessed the situation, and experienced a twinge of compassion for the girl whose apple stand had been overturned. He told his buddies to go on without him, waved good-bye, told one of them to call his wife when they arrived at their home destination and explain his taking a later flight. Then, he returned to the terminal where the apples were still all over the terminal floor. The man was glad he did. The 16-year-old girl running the stand, he discovered, was totally blind! She was softly crying, tears running down her cheeks in frustration, all the while helplessly groping for her spilled produce as the rushing crowd swirled about her, no one stopping and no one caring for her plight. No one else, that is.

The salesman knelt on the floor with her, gathered up the apples, put them back on the table and helped organize her display. As he did this, he noticed that many of them had become battered and bruised. These he set aside in another basket. When he had finished, he pulled out his wallet and said to the girl, "Here, please take this \$40 for the damage we did. Are you okay?" She nodded through her tears. "I hope we didn't spoil your day too badly," he said.

As the salesman started to walk away, the bewildered blind girl called out to him, "Mister..." He paused and turned to look back into those blind eyes. She continued, "Are you Jesus?" He stopped in mid-stride, and he wondered, stunned by the words. Then slowly, he made his way to catch the later flight with that question burning in his soul: "Are you Jesus?"

If from the beginning Christians have celebrated the Eucharist and in a form whose substance has not changed despite the great diversity of times and liturgies, it is because we know ourselves to be bound by the command the Lord gave on the eve of his Passion: "Do this in remembrance of me". The Eucharist, the sacrament of our salvation accomplished by Christ on the cross, is also a sacrifice of praise in thanksgiving for the work of creation. In the Eucharistic sacrifice the whole of creation loved by God is presented to the Father through the death and the Resurrection of Christ. Through Christ the Church can offer the sacrifice of praise in thanksgiving for all that God has made good, beautiful, and just in creation and in humanity.

Holy Father Pope Francis reflecting on this Solemnity said "Besides physical hunger, man experiences another hunger, a hunger that cannot be satiated with ordinary food. It's a hunger for life, a hunger for love, a hunger for eternity. And the sign of manna — like the entire experience of Exodus — also contains in itself this dimension: it was the symbol of a food that satisfies this deep human hunger. Jesus gives us this food, rather, He himself is the living bread that gives life to the world (cf. Jn 6:51). His Body is the true

food in the form of bread; his Blood is the true drink in the form of wine. It isn't simple nourishment to satisfy the body, like manna; the Body of Christ is the bread of the last times, capable of giving life, eternal life, because this bread is made of love. The Eucharist communicates the Lord's love for us: a love so great that it nourishes us with Himself; a freely given love, always available to every person who hungers and needs to regenerate his own strength. To live the experience of faith means to allow oneself to be nourished by the Lord and to build one's own existence not with material goods but with the reality that does not perish: the gifts of God, his Word and his Body".

St. Thomas Aquinas who had great love for the Holy Eucharist and wrote many hymns to explain the presence of the Saviour, wrote this reflection "Since it was the will of God's only Begotten Son that men should share in his divinity, he assumed our nature in order that by becoming man he might make men gods. Moreover, when he took our flesh, he dedicated the whole of its substance to our salvation. He offered his body to God the Father on the altar of the cross as a sacrifice for our reconciliation. He shed his blood for our ransom and purification, so that we might be redeemed from our wretched state of bondage and cleansed from all sin. But to ensure that the memory of so great a gift would abide with us for ever, he left his body as food and his blood as drink for the faithful to consume in the form of bread and wine. O precious and wonderful banquet that brings us salvation and contains all sweetness! Could anything be of more intrinsic value? Under the old law it was the flesh of calves and goats that was offered, but here Christ himself, the true God, is set before us as our food. What could be more wonderful than this? No other sacrament has greater healing power; through it sins are purged away, virtues are increased, and the soul is enriched with an abundance of every spiritual gift. It is offered in the Church for the living and the dead, so that what was instituted for the salvation of all may be for the benefit of all. Yet, in the end, no one can fully express the sweetness of this sacrament, in which spiritual delight is tasted at its very source, and in which we renew the memory of that surpassing love for us which Christ revealed in his passion. It was to impress the vastness of this love more firmly upon the hearts of the faithful that our Lord instituted this sacrament at the Last Supper. As he was on the point of leaving the world to go to the Father, after celebrating the Passover with his disciples, he left it as a perpetual memorial of his passion. It was the fulfillment of ancient figures and the greatest of all his miracles, while for those who were to experience the sorrow of his departure, it was destined to be a unique and abiding consolation".

Following are some quotes from the saints for us to reflect and meditate on the greatest gift we have received from the Lord and about whom St. Peter says, “where to go because you have the words of eternal life Lord”.

"The more Eucharist we receive, the more we will become like Jesus, so that on this earth we will have a foretaste of heaven. When we are in communion with God, we are in communion with a love that is catching. As we are loved by Him, we can, in this way, love the world." Blessed Carlo Acutis

“We must not separate our life from the Eucharist. The moment we do so, something shatters.” St Teresa of Calcutta

“The Church and the world have a great need for Eucharistic worship. Jesus awaits us in this sacrament of love. Let us not refuse the time to go to meet him in adoration.” Pope St John Paul II

“You left us yourself in the Sacrament of the Altar, and you opened wide your mercy to us. There is no misery that could exhaust you. You have called us all to this fountain of love, to this spring of God’s compassion.” St Faustina

“If I can give you any advice, I beg you to get closer to the Eucharist and to Jesus... We must pray to Jesus to give us that tenderness of the Eucharist.” St Teresa of Calcutta

“Lord Jesus Christ, pierce my soul with your love so that I may always long for you alone, who are the bread of angels and the fulfilment of the soul’s deepest desires. May my heart always hunger for you, so that my soul may be filled with the sweetness of your presence.” St Bonaventure

“We adore you, most holy Lord Jesus Christ, here, and in all your churches throughout all the world; and we bless you, because, by your holy cross, you have redeemed the world.” St Francis of Assisi

“Many people nowadays say, ‘I wish I could see his shape, his appearance, his clothes, his sandals.’ Only look! You see him! You touch him! You eat him!” St John Chrysostom

“The Eucharist is a fire which inflames us.” St John Damascene

“Not to go to Communion is like someone dying of thirst beside a spring.” St John Vianney

“Our sharing in the Body and Blood of Christ has no other purpose than to transform us into that which we receive.” Pope St Leo the Great

“Go often to Holy Communion. Go very often! This is your one remedy.” St Thérèse of Lisieux

“Through adoration, the Christian mysteriously contributes to the radical transformation of the world and to the sowing of the gospel. Anyone who prays to the Saviour draws the whole world with him and raises it to God.” Pope St John Paul II

“Jesus in the Blessed Sacrament is the Living Heart of each of our parishes.” Blessed Paul VI

“Do not think that Jesus Christ is forgetful of you, since he has left you, as the greatest memorial and pledge of his love, himself in the Most Holy Sacrament of the Altar.” St Alphonsus Liguori

“When the Sisters are exhausted, up to their eyes in work; when all seems to go awry, they spend an hour in prayer before the Blessed Sacrament. This practice has never failed to bear fruit: they experience peace and strength.” St Teresa of Calcutta

Let me finish my reflection with short story which will keep reminding us to be grateful for the gift of the Holy Eucharist.

Once upon a time, a man punished his 3-year-old daughter for wasting a roll of gold wrapping paper. Money was tight and he became infuriated when the child tried to decorate a box to put under the Christmas tree. Nevertheless, the little girl brought the gift to her father the next morning and said, "This is for you, Daddy." He was embarrassed by his earlier overreaction, but his anger flared again when he found the box was empty. He yelled at her, "Don't you know that when you give someone a present, there's supposed to be something inside it?" The little girl looked up at him with tears in her eyes and said, "Oh, Daddy, it is not empty. I blew kisses into the box. All for you, Daddy."

The father was crushed. He put his arms around his little girl, and he begged for her forgiveness. It is told that the man kept that gold box by his bed for years and whenever he was discouraged, he would take out an imaginary kiss and remember the love of the child who had put it there.

St. Cyprian, bishop and martyr once said “All Christ did, all he taught, was the will of God. Humility in our daily lives, an unwavering faith, a moral sense of modesty in conversation, justice in acts, mercy in deed, discipline, refusal to harm others, a readiness to suffer harm, peace ableness with our brothers, a wholehearted love of the Lord, loving in him what is of the Father, fearing him because he is God, preferring nothing to him who preferred nothing to us, clinging tenaciously to his love, standing by his cross with loyalty and courage whenever there is any conflict involving his honor and his name, manifesting in our speech the constancy of our profession and under torture confidence for the fight, and in dying

the endurance for which we will be crowned—this is what it means to wish to be a coheir with Christ, to keep God’s command; this is what it means to do the will of the Father”. St. Paul warns us against the unworthy reception of the Holy Eucharist, “Whoever, therefore, eats the bread or drinks the cup of the Lord in an unworthy manner will be answerable for the body and blood of the Lord. Examine yourselves, and only then eat of the bread and drink of the cup. For all who eat and drink without discerning the body, eat and drink judgement against themselves. For this reason, many of you are weak and ill, and some have died. But if we judged ourselves, we would not be judged. But when we are judged by the Lord, we are disciplined so that we may not be condemned along with the world. So then, my brothers and sisters, when you come together to eat, wait for one another. If you are hungry, eat at home, so that when you come together, it will not be for your condemnation. About the other things I will give instructions when I come”. There is no more precious possession anyone could hold other than the Holy Eucharist to remember our Saviour broke and shared himself with us. Do we have communion in Him and with Him?



DIOCESAN SUNDAY UPDATES

CORPUS CHRISTI SUNDAY



Put Out Into the Deep: 2024 Impact Report of the Diocese

With gratitude for many blessings, we invite you to explore the 2024 Impact Report of the Diocese of Calgary — a testimony to what God can accomplish when we say “yes” to His call to ***Put out into the deep.***

Highlights: Parish Renewal • Sacramental Life • Vocations • Faith in Action • Future Leaders — and more! View the report at:

catholiccycc.ca/2024impactreport

A Call to Prayer for Peace in the Holy Land & the Middle East

Amid rising violence in the Holy Land and Middle East, the Bishops of Canada invite the faithful to pray for peace during this month of the Sacred Heart. *“Devotion to the Sacred Heart of Jesus focuses our attention on the Lord’s inexhaustible love for humanity, and His desire that all be saved.”* Read the full letter from CCCB at catholiccycc.ca/blog

Save the dates: Mary, Mother of Hope: Jubilee Marian Week & Cross of Hope Pilgrimage

Join us for a sacred week of prayer, pilgrimage, and celebration during the Jubilee Marian Week at the Rockies!

- **Aug 15–18: Young Adults Jubilee Weekend & Pilgrimage (ages 18–35) in St. Mary’s Church, Banff** – with indoor camping, fellowship, hikes, Eucharistic Adoration, and the Cross of Hope Pilgrimage from Banff to Canmore along the scenic Legacy Trail. More details coming soon.
- **Aug 18–22: Jubilee Marian Week for all pilgrims at the Shrine Church of Our Lady of the Rockies, Canmore** – featuring pilgrimage walk, daily Mass, Confession, Adoration, Marian devotion and formation, Sacred Music, and a Jubilee Mass on Friday, Aug 22 at 7 pm, the Feast of the Queenship of Mary, with Apostolic Blessing imparted by Bishop

McGrattan, followed by a Marian Coronation and reception. More details will be shared soon!

Catholic Summer Camps 2025

Nurture faith through prayer, sacraments, and joyful community!

- **Our Lady of Victory Camps** (Gull Lake, AB) – Encounter Christ, Community, and Creation. Info: 780-312-8317 or www.olvcamp.com
- **True North Bible Camp** – July 15-17 at St. Michael's, Calgary. Info: 403-249-0423 or saintmichael.ca
- **Ascension Leadership Camp** – July 15-18 for Gr. 8–12. Info: ascensionparish.ca
- **Captivenia Girls' Camp** – July 16-26, near Okotoks. Info: 587-581-0557 or captivenia.com
- **Ascension Day Camps** – July 21-25 (Gr. 5–7), July 28-Aug 1 (Gr. 3–4). Info: ascensionparish.ca
- **Arcatheos Boys' Camp** – July 28-Aug 9, near Okotoks. Info: 403-938-2807 or arcatheos.com
- **Ignite Junior Retreat** – Aug 6-8 for Gr. 6–8, St. Bonaventure, Calgary. Info: f2f.ca/ignite-junior
- **Vacation Bible School** – Aug 19-22 at FCJ Retreat Centre, Calgary (ages 7–11). Info: 403-228-4215 or fcjcentre.ca

Ordination of Rev. Mr. Peter An to the Sacred Priesthood

We are pleased to share the upcoming ordination of Rev. Mr. Peter An, who will be ordained to the priesthood on **Friday, June 27, at 7 pm** at St. Mary's Cathedral, on the Feast of the Sacred Heart of Jesus. All are also welcome to attend his first Masses:

- **Sat, June 28 at 11 am** – St. Mary's Cathedral;
- **Sat, June 28 at 5 pm** – Vigil Mass at St. Luke's Church, with reception to follow; and
- **Sun, June 29 at 4 pm** – SFXC Mass at St. Mary's Cathedral.

Prison Ministry Volunteers Needed

Help bring hope behind prison walls. We're looking for compassionate individuals to lead prayer time, including the Sunday Readings and Rosary, at correctional facilities in our Diocese. "I was in prison and you visited me. (Matt 25:36)" Email

receptionist@calgarydiocese.ca or call 403-218-5500 to learn more.

Support Catholic Education – One Swing at a Time!

1. **St. Mary's University Golf Tournament** – Wed, Aug 13 at The Links of GlenEagles, Cochrane - Help fund scholarships and bursaries for students at St. Mary's while enjoying one of Alberta's most scenic courses. Register at stmu.ca/golf
2. **CCEF 40th Annual Golf Tournament** – Tue, Aug 19 at Blue Devil Golf Club, Calgary | Celebrate a milestone year and support K–12 Catholic education in our Diocese through the only Catholic charity golf tournament. theccef.ca/fundraisers/annual-golf-tournament

40 Hours Devotion for Vocations

Pray with us for an increase of vocations to the priesthood and consecrated life in our Diocese. The next devotion:

- [Shrine Church of Our Lady of the Rockies, Canmore](http://ShrineChurchofOurLadyoftheRockies.Canmore) - Thu, July 3 at 5 pm to Sat, Jul 5 at 9:30 am

Cemetery Masses with Bishop William T. McGrattan

Join Bishop William McGrattan for the celebration of Holy Mass at our cemeteries. All are welcome!

- **Tue, August 19, at 7 pm** at Mountain View Cemetery Chapel;
- **Thu, August 21, at 7 pm** at Edenbrook Cemetery Chapel;
- **Tue, August 26, at 7 pm** at Queen's Park (outdoor); and
- **Thu, August 28, at 7 pm** at St Mary's Cemetery (outdoor)

Miracles in God's Hands: A Pilgrimage of Hope

Enter a time of prayer, reflection, and sharing—rediscover your vision, and embrace a Jubilee of Hope and Peace in the hands of God with speaker Fr. Ted Gonzalez, SJ, PhD. When: **Fri, July 11 to Sun, July 13 at FCJ Retreat & Conference Centre,**

Calgary. Register at fcjcentre.ca or call 403-228-4215.



LTH TOURS
LIFE TIME HIGHS



JULY 14-17, 2025

EXPLORE THE WORLD IN SASKATCHEWAN

91st Annual Notre Dame d'Auvergne Ponteix, SK Pilgrimage



400 year old - Our Lady of Sorrows Statute preserved from destruction during the French Revolution is honored in Ponteix.

Mary, Mother of Hope

In 1934 times were tough, so, at the request of the Bishop, the people organized a pilgrimage. This pilgrimage would become an annual event with hundreds from neighboring communities, and as some recall, even visiting Bishops from France have walked the remote Canadian Prairie which God has not forgotten.

Join Life Time Highs Tours in participating in the call of Our Lady's Hope in 2025.



- Days 1 & 4 Travel Days
- Luxury Motor Coach Transportation w/washroom.
- Pickup/Return: Calgary North//South, Lethbridge, Medicine Hat & stops thru-out Southern Alberta
- 3 Nights Hotel accommodation
- 2 X meals (Lunch & Supper)
- 2 Professional Tour Directors
- On coach fun & spiritual activities
- Rest time
- Evening Vespers

- Day Trip to francophone Gravelbourg
- Co-cathedral built in 1919
- **Ecclesiastical National Historic Site.**
- Guided tour of its history and the extensive murals focusing on: the sins of the world; stations of the cross, the life and death of St Philomena. Stain glass from France & the 17th century Bishops Chair used by Italian Royalty.
- Tour of the Bishops House & Convent
- 3X meals (Breakfast, Lunch & Supper)

- **PILGRIMAGE DAY & FOREL**
- 2pm Arrival at Historic Ponteix Church
- Welcome; Chaplet of Divine Mercy; Presentation Mother of Hope Talk; Coffee Break; Adoration, Anointing of the Sick; Holy Mass; Candle Light Procession.
- Private Resting Room at the on-site Convent - if a short lie down or privacy is needed.
- 3X meals (Breakfast, Lunch & Supper)

Occupancy: Single \$1025 pp
Double \$835 pp
Trpl/Quad \$790 pp

Includes: Transportation, 4 days; 3 nights Hotel Accom, 9 meals, almsgiving to visiting parishes & more. Call for details.



Book by June 10, 2025

587-223-0203 / 403-220-0203
info@LHTours.ca LHTours.ca



LTH Tours 29 yrs serving Calgary & Southern Alberta





LTH TOURS
LIFE TIME HIGHS



info@LTHtours.ca
LTHTOURS.CA
587 223 0203

**HISTORY, INSPIRATION,
FAITH, AND COMMUNITY**

SKARO PILGRIMAGE

101 years

AUG 12-15, 2025

A 4 Day / 3 Night ALBERTA Holy Tour

PRICE

SINGLE OCCP - \$1050
DOUBLE OCCP - \$870
TRIPLE / QUAD OCCP - \$840

PER PERSON

BOOK EARLY TO ENSURE TOUR IS A GO
DEADLINE: JULY 11, 2025
GROUP TOUR/MOTORCOACH/HOTELS

A 4 Day Catholic Journey of Alberta's Historic and Sacred Sites. Be taken back to the late 1800's when French, Polish, & Ukrainian Catholics brought the faith to Alberta. Two France Inspired Grotto of Lourdes Shrine's, Alberta's first Chapel building, Learn about Bro Anthony - possibly Alberta's first Saint. Hear historic talks, see historic buildings and join approx. 3500 Catholic Albertans & 107 years of prayer, procession & pilgrimage.



DAY 1

ST ALBERT PARISH ST ALBERT, AB

- 1 Night St Albert Inn & Suites
- Dinner & Catholic History Talk
- Oblate Bro. Anthony Kowalczyk (declared Venerable) Grave Site
- 1860 Fr Lacombe Chaple Alberta's oldest building
- Our Lady of Lourdes Grotto
- Way of the Cross



DAY 2

ST JOSEPH'S CATHEDRAL BASILICA EDMONTON, AB

- Daily Mass @ Cathedral
- 2 Nights **Lamont**, AB Inn
- Group Dinner & Fellowship
- Evening Catholic Talk at the Historic Chesterton House



DAY 3

OUR LADY OF GOOD COUNSEL LOURDES GROTTO SKARO, AB

- 107th Annual Skaro, AB Evening Pilgrimage
- Reconciliation, Vespers, Solemn Mass, Blessed Sacrament, Candle Lit Procession w/Bishop



DAY 4

BASILIAN FATHERS MUSEUM/CHESTERTON HOUSE MUNDARE, AB

- The history of Ukrainian Catholic culture a religious pioneers, the Basilians Fathers Monastery/Museum
- Travel Home

TOUR INCLUDES

LUXURY MOTORCOACH W/ WASHROOM;
3 HOTEL NIGHTS, 3 HOT BREAKFASTS, 2 LUNCHES,
3 DINNERS, 2 MUSEUM ADMISSIONS, TALK DONATIONS,
PARISH DONATIONS, GST & FEES, 2 TOUR DIRECTORS

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Pilgrimages for the Faithful



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An offering from the  AUGUSTINE INSTITUTE and  ignatius press

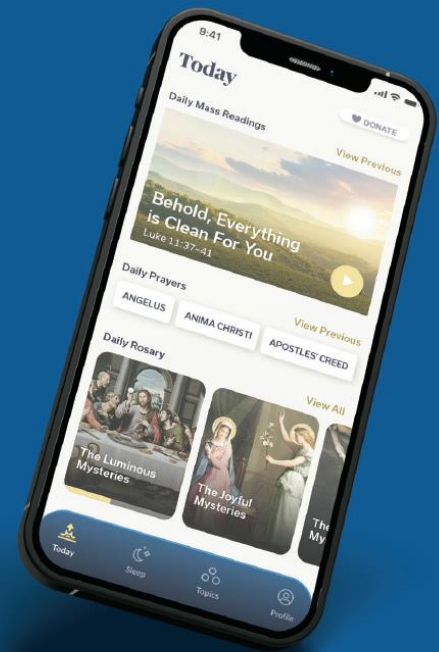
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An offering from the  AUGUSTINE INSTITUTE

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

Monday, April 7	KofC Officers' Meeting
Monday, April 14	Holy Hour Adoration
Monday, April 14	KofC General Meeting
Sunday, May 4	Parish Breakfast
Monday, May 5	KofC Officers' Meeting
Monday, May 12	KofC General Meeting
Monday, June 2	KofC General Meeting
Monday, June 9	KofC Year End BBQ
Sunday, June 22	Parish Picnic





THE CATHOLIC FAITH.
ON DEMAND.

Who is Jesus? Do I need a church?

Why do I exist?

Teens in your parish are actively looking for answers to these questions. Unfortunately, the world is not providing the proper guidance to point them in the right direction.

But you can help change this. Equip your teens with the tools to help them discover the best answers to these questions with The Search Begins.

[CLICK HERE TO WATCH THIS TRAILER](#)

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

Guide your teens to real, satisfying answers about their life and the person of Jesus Christ now with The Search Begins.

THE
SEARCH
BEGINS

Order the [Leader's Kit](#) or [Deluxe Leader's Kit](#) on Catholic Market.

Retreat Centers in Southern Alberta

AN "OASIS" IN THE HEART OF CALGARY

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

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



Mount St. Francis Retreat Centre is nestled in the foothills of the Rocky Mountains where 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.





July 15 - 17, 2025
Tuesday 4 pm - Thursday 2 pm

SOUL care WOMEN

- ACCOMPANIED ON THE JOURNEY -

With music of the soul, meditative art images, and prayer practices that open the heart, this retreat will be a time of solace and renewal.

Facilitated by: Cathy AJ Hardy and Claire Ziprick

Register: clairezip@gmail.com or 780-893-8372
\$385 includes meals, accommodations and presentations




Brother Sun – Sister Moon: Walking in Hope

Summer Day Retreat

July 18, 2025

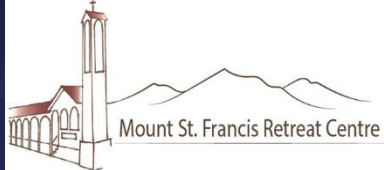
9 am – 6 pm

\$60
Register: 403-932-2012
mtfrancis@shaw.ca

With Guest Co-Facilitator: Jason Brown
Lecturer at Simon Fraser University
Global Humanities – Lectio Terra

Day includes picnic lunch and BBQ dinner.

The day includes several walks.
Please dress and prepare for the weather and terrain.
Bring your own water bottle.



HOPE


A Whisper in a World that Shouts

Preached Retreat

AUGUST 19-24, 2025
FACILITATED BY ANNE WALSH

\$650
Register: 403-932-2012
mtfrancis@shaw.ca

Anne Walsh is a native Newfoundlander. She is a Lay Missionary of the Most Holy Redeemer (Redemptorists). Anne is a teacher and has worked in youth ministry and university chaplaincy. She holds a Bachelor of Arts (Education), Master of Religious Education and Doctor of Ministry degree.



MOUNT ST. FRANCIS, COCHRANE, AB
Ladies Mid-Week retreat
Tuesday to Thursday
September 16th - September 18th/2025

THEME: Anchored in Mystery

Each of us face uncertainties and trials in our daily life. Each day we anchor ourselves in the Mystery of the Divine. This retreat is an invitation to pay attention to our relationships, our living and our responding to how the Divine Mystery meets us each day.

CONTACT : Kathy Oczkowski
E-mail : fkoczowski@shaw.ca
Phone Number : 403-246-0660

Or

Janet Jacques
E-mail : janet.jacques704@gmail.com
Phone Number : 403-547-6616



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.