



Welcome to HOLY FAMILY PARISH

14TH, 15TH, 16TH, 17TH & 18TH SUNDAY IN ORDINARY TIME – YR. C

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

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.

July is dedicated to the Most Precious Blood of
Jesus, recognizing His sacrifice and the gift of
the Eucharist.

July 2025

July also includes several important feast days
for saints, such as the Visitation of the Blessed
Virgin Mary - July 2, St. Thomas the Apostle -
July 3, St. Kateri Tekakwitha - July 14, St. Mary
Magdalene - July 22, and many more.

Special Collections
JULY

Future
Development

Together in Action

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St. Vincent de Paul



Fr. Iqbal Farewell July 25th @ 5:30pm

"Let us go on to the neighboring towns, so
that I may proclaim the message there also;
for that is what I came out to do." Mark 1:38

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14TH, 15TH, 16TH, 17TH & 18TH SUNDAY IN ORDINARY TIME – YR. C – JULY

† Masses & Mass Intentions ~ July 5th to 11th †

Sat. Jul 5 - 8:00am – Stacey Schneider †
 5:00pm – Christine Verner †
Sun. Jul 6 - 8:30am – Leo Buckle
 10:30am – M.J. Rath
 5:00pm – Holy Family Parish
Mon. Jul 7 – 8:30am – Bill Stegger
Tue. Jul 8 – 8:30am – Deceased Pisoni Family †
Wed. Jul 9 – 8:30am – Italo Dal Molin †
Thu. Jul 10 – 8:30am – Scott Friess †
Fri. Jul 11 – 8:30am – Richard Hoffart †



† Masses & Mass Intentions ~ July 12th to 18th †

Sat. Jul 12 - 5:00pm – Lucia & Gualberto Pimentel †
Sun. Jul 13 - 8:30am – Kadence Foley
 10:30am – Margaret Fitzgerald †
 5:00pm – Holy Family Parish
Mon. Jul 14 – 9:00am – Sylvia & Frank Niedermeyer
Tue. Jul 15 – 9:00am – Craig & Teriann Foley
Wed. Jul 16 – 7:00am – Deceased Dal Molin Family †
Thu. Jul 17 – 9:00am – Ann Lacher †
Fri. Jul 18 – 9:00am – Bob & Bernice Desrosiers



† Masses & Mass Intentions ~ July 19th to 25th †

Sat. Jul 19 - 5:00pm – Ada Luz Zavala
Sun. Jul 20 - 8:30am – Frank Gutfriend †
 10:30am – Martin Hoffart †
 5:00pm – Holy Family Parish
Mon. Jul 21 – 9:00am – Ann Marie Fitzgerald
Tue. Jul 22 – 9:00am – Caroline Bosch †
Wed. Jul 23 – 7:00am – Jon Weiss
Thu. Jul 24 – 9:00am – Guy Lapointe †
Fri. Jul 25 – 9:00am – Sr. Clem Liboiron



† Masses & Mass Intentions ~ July 26th to August 1st †

Sat. Jul 26 - 5:00pm – Orlando & Virginia Cabral †
Sun. Jul 27 - 8:30am – Holy Family Parish
 10:30am – Bishop Frederick Henry †
 5:00pm – Olga Hecker †
Mon. Jul 28 – 9:00am – Rae Family
Tue. Jul 29 – 9:00am – Dwight Luscombe †
Wed. Jul 30 – 7:00am – Anne Bair †
Thu. Jul 31 – 9:00am – Max & Douglas Steinkey †
Fri. Aug 1 – 9:00am – Russell & Krista Foley



† Masses & Mass Intentions ~ August 2nd – 8th †

Sat. Aug 2 – 8:00am – Sr. Carmalita Ramos †
 5:00pm – Liz Unreiner
Sun. Aug 3 - 8:30am – Tom & Dee Hammond
 10:30am – Rick Lewans †
 5:00pm – Holy Family Parish
Mon. Aug 4 – 9:00am – No Mass Today
Tue. Aug 5 – 9:00am – Joe & Anne Bair †
Wed. Aug 6 – 7:00am – Tom Klassen †
Thu. Aug 7 – 9:00am – Steve Sekura †
Fri. Aug 8 – 9:00am – Brian Corcoran †



Brown Scapular Enrollment July 13th

The Legion of Mary invites you to attend the Brown Scapular Enrollment by Fr. Roque on Sunday, July 13th, after 10:00am Mass at St. Patrick's Church. Brown Scapular information pamphlets are available on the Legion of Mary Stands at either church. If you have been enrolled before, no need to re-enroll when you get a new scapular. Help yourself to a blessed brown scapular at either St. Patrick's Church or Holy Family Parish.

Cypress Hills Interprovincial Park Summer Masses

Every Sunday

July 6th to August 31st

**Fr. Conrad, St. Lawrence Church in
Maple Creek**

**will celebrate Mass at 11:30am
in the Cypress Room in the
Cypress Park Resort Inn**



Next Bulletin August 10th

SAVE YOUR SUMMER BOTTLES
CWL Bottle Drive, September 20th & 21st

Fourteenth Sunday in Ordinary Time
July 6, 2025

Isaiah 66:10-14c
Psalm 66:1-3, 4-5, 6-7, 16, 20
Galatians 6:14-18
Luke 10:1-12, 17-20.

About Being Disciples. Jesus tells the chosen 72 where to go (ahead of him), what not to take (extra baggage), and how to behave (stay and accompany). Saint Paul carries this forward by stressing what is important for those who follow Jesus (boasting in the Cross of Christ).

- † What does Jesus empower me to do and say today?
- † How will I embrace the Cross of Christ this week?
- † How will this discipleship enrich the Kingdom of God?

Fifteenth Sunday in Ordinary Time
July 13, 2025

Deuteronomy 30:10-14
Psalm 69:14, 17, 30-31, 33-34, 36, 37.
Colossians 1:15-20
Luke 10:25-37.

About Doing Likewise. Question 1: What must I do to inherit eternal life? Question 2: What is written in the law? Answer 1: Love God, love neighbor, love self. Question 3: Who is my neighbor, then? Answer 2: The one who shows mercy (In this story, it is not the one who needs mercy – though likely a neighbor, too.). Point: Go and do the same!

- † Who is a “neighbor” beyond my acquaintances, my tribe?
- † What mercy work do I see being done?
- † What will I likewise go and do?

Sixteenth Sunday in Ordinary Time
July 20, 2025

Genesis 18:1-10a
Psalm 15:2-3, 3-4, 5
Colossians 1:24-28
Luke 10:38-42.

About Worry and Anxiety. Jesus is invited to a home. Martha bustles about. Mary sits and listens. We do not know that Lazarus does.

- † What worries me, make me anxious?
- † How does this rate in the scheme of Kingdom of God values?
- † If I sit and listen to Jesus, what is he telling me?



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Seventeenth Sunday in Ordinary Time
July 27, 2025

Genesis 18:20-32
Psalm 138:1-2, 2-3, 6-7, 7-8
Colossians 2:12-14
Luke 11:1-13.

About Praying. Abraham is persistent in his pleading with the Lord. And the Lord listens and relents. A disciple asks Jesus, after seeing him pray, how to pray. Jesus gives a form that we use at every Mass and that we hand on to the elect each Lent. He then goes on about persistence in our praying.

- † How does my prayer plead for the Kingdom of God to come?
- † How does my prayer ask for what I need to do God's mercy work?
- † How does my prayer seek and offer forgiveness?

Eighteenth Sunday in Ordinary Time
August 3, 2025

Ecclesiastes 1:2; 2:21-23
Psalm 90:3-4, 5-6, 12-13
Colossians 3:1-5, 9-11
Luke 12:13-21.

About Greed. Family quarrels, regrettably, are often about inheritance, about possessions. That should be mine, we may say. I do not have enough, we may say. Jesus tells a story about how we are stewards only, and not owners of what we use; about how possessions can possess.

- † How much is enough?
- † What do I have that I can give away?
- † With mercy works in mind, what will I do?



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Swift Current, SK

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
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MIRACLES**
OF THE WORLD



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Medicine Hat Catholic Board of Education

Gala

with special guest

His Excellency Bishop McGrattan

November 20, 2025

MEDALTA, 713 MEDALTA AVE SE

5:30 PM Cocktails and Museum Tours

6:30 PM Dinner

7:30 PM Reflections from the Bishop

Silent Auction

TICKET SALE INFORMATION WILL BE
AVAILABLE SEPTEMBER 2025

Celebrating 115 Years of Catholic Education in Medicine Hat



JULY 2025

REJOICING IN THE LORD

14th Sunday in Ordinary Time Year C

Today's Sacred Scripture readings invite us to open our hearts and minds to joyful acceptance that God cares about us and loves us. I think we must have faith like the man in the following story which helps us to leave our worries to him and He will carry them.

The carpenter I hired to help me restore an old piece of furniture had just finished a rough first day on the job. A flat tire made him lose an hour of work, his electric saw quit, and now his ancient pick-up truck refused to start. While I drove him home, he sat in stony silence. When we reached his home, he invited me in to meet his family. As we walked toward the front door, he paused briefly at a small tree, touching the tips of the branches with both hands. When opening the door, he underwent an amazing transformation. His weary face was beaming with smiles as he hugged his two small children and gave his wife a kiss. Afterward, he walked me back to my car, and my curiosity got the better of me. I asked him about what I had seen him do earlier. "Oh, that's my trouble tree," he replied, "I know I can't help having troubles on the job, but one thing is for sure, troubles don't belong in the house with my wife and my children. So, I just hang them on the tree every night when I come home. Then, in the morning, I pick them up again." He paused, "Funny thing is," he smiled, "when I come out in the morning to pick them up, there aren't nearly as many as I remember hanging up the night before.

In the First Reading, Prophet Isaiah being the prophet of good news, invites everyone to "rejoice with Jerusalem and be glad for her..." (Also please read

Psalm 122). This message comes to the house of Israel while they are in Babylonian exile. They lived there for 70 years (Please read Psalm 136/137) that God is going to restore them back to Jerusalem.

St. Paul on the other hand, said in the Second Reading that he would “boast of anything except the Cross of Our Lord Jesus Christ” is a joyful acceptance of the Lord. I believe if we have faith and trust in the Lord, our pain and suffering will change into joy and happiness because “it is not we who have loved him, but it is he who has loved us first and has given his life our sake” as St. John says in his First Letter. God’s grace makes us stronger in our weaknesses and failures and shows us the right path to follow him.

In the Gospel today Jesus calls another seventy-two disciples along with twelve apostles and that he sends them to the villages and cities to announce the Kingdom of God. He comes to bring the love of God to the world, and he wishes to share it by means of communion and fraternity. To this end he immediately forms a community of disciples, a missionary community, and he trains them how to “go out” on mission. The method is both clear and simple: the disciples visit homes, and their preaching begins with a greeting which is charged with meaning: “Peace be to this house!”. It is not only a greeting, but also a gift: the gift of peace. In the mission of the seventy-two disciples, we see a reflection of the Christian community’s missionary experience in every age: the risen and living Lord sends not only the Twelve, but the entire Church; he sends each of the baptized to announce the Gospel to all peoples (please Read Acts 4:32-37). Through the ages, the message of peace brought by Jesus’ messengers has not always been accepted; at times, the doors have been closed to them. In our recent times we could see how people are trying to banish God from the hearts of men and women and to exclude Christ and the Church (please read 2 Peter 2:1-115). Today let us open our hearts and minds to a joyful acceptance of his love, mercy and compassion and pray for those who need God’s mercy, healing and strength the most. Jesus is saddened at being rejected, Pope Francis explained, while the pagan cities like Tyre and Sidon, seeing His miracles, “surely would have believed.” And He wept, “because these people were not capable of loving,” although “He desired to reach all the hearts He met, with a message that was not a dictatorial message, but a message of love. We, each of us, can put ourselves in the place of the inhabitants of these three cities, Pope Francis said: “I, who have received so much from the Lord, who was born in a Christian society, who have known Jesus Christ, who have known salvation,” I who was educated in the faith. Yet it is so easy for me to forget Jesus. On the other hand, “we think of the news of other people, who, as soon as they heard the proclamation of Jesus, converted and followed Him.” But we’ve grown used to

it. And this attitude is harmful to us, because it reduces the Gospel to a social rather than a personal relationship with Jesus. Jesus speaks to me, He speaks to you, He speaks to each one of us in our hearts

15th Sunday in Ordinary Time Year C

Long ago, a young man went in search of a perfect master. He was determined to find him, and for that he was even ready to go around the world. However, when he began his journey, just outside his village, he saw an old man who was sitting under a tree. This young man went to him and said "you look like a wanderer...Are you? Old man replied, "Yes, I am a wanderer, I wandered all over the earth". The young man thought to himself that old man looks like the right person to ask his question. So, he said, "Can I ask you a question?" The old man replied, "Sure". The man, then said, "I want to be a disciple of a Perfect Master. Can you suggest to me where I can go? Where can I find him?" The old man suggested a few addresses to him. The young man thanked him and went on. The man wandered for thirty years around the earth, and he found no body who was up to his expectations. He was dejected and depressed. He decided to go back to his village. The moment he was entering his village, he saw the same old man who had become very old, sitting under the tree and suddenly he recognized him as his Master! He fell at his feet and said, "Why didn't you say it to me, that you are the master?" The old man said, "But that was not the time for you. You couldn't recognize me at that time. You needed some experience. Wandering around earth has given you a certain maturity, a certain understanding. Now you can see. The last time we met, you did not see me. You missed. You were asking me about some Master. That was enough proof that you couldn't see me, you couldn't feel my presence, you couldn't smell the fragrance. You were utterly blind, hence I gave you some addresses, so you could go but to be with the wrong people, that is how you learned. For thirty years I have been waiting for you to return, I have not left this place, this tree".

The young man was not young anymore, he looked at the tree and he was even more surprised because at that time he remembered that in his dreams, in his visions he was always seeing that tree and there was always a feeling that he would find his Master sitting under this tree. He realized that thirty years before he didn't see the tree, he met his Master but couldn't recognize him. Everything was ready but he was not ready.

Are we ready to recognize Jesus our Perfect Master? Through the Holy Bible we learn how to live our faith-filled life and follow Jesus as St. Jerome says, "ignorance of Scripture is ignorance of Christ". In the First Reading we see how

Moses is instructing Israelites to “obey the Lord your God by observing his commandments and decrees that written in this book of the Law; turn to the Lord your God with all your heart and with all your soul”. The Word of God helps us to examine ourselves and change ourselves according to the commandments of the Lord.

St. Paul in the Second Reading offers us a profound vision of the centrality of Jesus. He presents Christ to us as the first-born of all creation: in him, through him and for him all things were created. He is the centre of all things, he is the beginning: Jesus Christ, the Lord. God has given him the fullness, the totality, so that in him all things might be reconciled. He is the Lord of creation; he is the Lord of reconciliation. This image enables to see that Jesus is the centre of creation; and so, the attitude demanded of us as true believers is that of recognizing and accepting in our lives the centrality of Jesus Christ, in our thoughts, in our words and in our works.

In the Gospel today a young man who is a lawyer by profession is looking for an answer to live a better life by observing the commandments of the Lord. I believe his question should be ours “Teacher, what must I do to inherit eternal life?” The answer of Jesus to him, is an open invitation for us to examine ourselves if we are keeping his commandments in our hearts. There are two parts of the Gospel; first is the instruction and a reminder about keeping the commandments and secondly an example of living the commandment by the parable of Good Samaritan. The Gospel indicates that the Lord wants us to be Christian by action more than by words. St. Mother Teresa is the best example of today’s Gospel in our recent era.

As I said early, today’s Gospel has twofold meanings to keep God’s commandments in our hearts and act to show the message in a practical way. This indicates a way of life, which has as its main point not ours, but others, with their difficulties, whom we encounter on our journey and who challenge us. Others challenge us. And when others do not challenge us, something is not right; something in the heart is not Christian. Holy Father Pope Francis reflects on the Gospel in this way “Jesus uses this parable in his dialogue with a lawyer when asked about the twofold commandment that allows us to enter eternal life: to love God with your whole heart and your neighbour as yourself. “Yes”, the lawyer replies, “But, tell me, who is my neighbour?”. We too can ask ourselves this question: Who is my neighbour? Who must I love as myself? My parents? My friends? My fellow countrymen? Those who belong to my religion?... Who is my neighbour?” Jesus responds with parable of Good Samaritan.

At this point, Jesus turns to the lawyer and asks him: “Which of these three, the priest, the Levite or the Samaritan do you think was a neighbour to the man

who fell victim to the robbers?”. And the lawyer, of course, because he was intelligent said in reply: “The one who had compassion on him”. In this way, Jesus completely overturned the lawyer’s initial perspective as well as our own!

I must not categorize others to decide who my neighbour is and who is not. It is up to me whether to be a neighbour or not, the decision is mine, it is up to me whether to be a neighbour to those who I encounter who need help, even if they are strangers or perhaps hostile. And Jesus concludes, saying: “Go and do likewise”.

We can smell God only if we keep his commandments in our life. Do we keep them in our hearts? Let’s ask ourselves.

16th Sunday in Ordinary Time Year C

Welcoming Love

I love the Scripture reference from the Letter to Hebrews (13:1-6): “Let mutual love continue. Do not neglect to show hospitality to strangers, for by doing that some have entertained angels without knowing it....”. The following story will help us to understand the real meaning of our love shown through hospitality.

There was a young clerk in a hotel who was on duty one not so pleasant night. All the rooms had been allocated when an older gentleman came in rather late and weather-beaten. He enquired cheerfully if there was a vacant room. The clerk mentioned it had been a busy night, and he thought that all the rooms were taken but he would double-check. After a thinking time, he said. “However, I believe there is a small room available, if you don’t mind the simplicity.” The guest was most welcome. Generous hospitality indeed as the room was the clerk’s own humble resting place. He was really surprised when he was invited by the guest, as he was leaving, to visit him in a large city when next he had some free time. “I am sure you will enjoy the visit.” he said. Later the offer was taken up to visit this kind gentleman. The clerk found the area and then the address which was another hotel. He met with the older gentleman who revealed to him that he was the owner of a chain of hotels and had been looking for a new manger for his new one. He then offered the position to the clerk. He said that he had known straight away when he met the clerk that stormy evening – he had found a person who understood the essence of generous hospitality.

In the First Reading we could see the humility and love of Abraham shown towards three men through hospitality and at the end he is given good news of a son. He shows hospitality to strangers, and we can raise a question; why is Abraham so eager to see these strangers? He is sitting under a tree and likely pondering how it would be possible for Sarah and him to have a child, as God

has just promised (17:16). At the end of that chapter Abraham had fulfilled his part of the covenant by having his whole household, including himself, circumcised (17:26-27). Not only does Abraham leap to his feet and runs but the first words out of his mouth beseech the visitors to allow him to care for them: "My lord, if I find favor with you, do not pass by your servant". Abraham has received a seemingly impossible promise, but his animated efforts on behalf of these strangers under adverse conditions suggest that he still trusts that God can and will do the impossible.

In the Gospel today we see the hospitality of Mary & Martha as they welcome Jesus into their home. Jesus not only accepts their hospitality but also uses this event to teach us what is more important for us. Jesus who, on the way to Jerusalem, enters a village and is welcomed into the home of two sisters: Martha and Mary. Both welcome the Lord, but they do so in different ways. Mary sits at Jesus' feet and listens to his, whereas Martha is completely caught up in preparing things; at a certain point she says to Jesus: "Lord, do you not care that my sister has left me to serve alone? Tell her then to help me". Jesus responds to her: "Martha, Martha, you are anxious and troubled about many things; one thing is needful. Mary has chosen the good portion, which shall not be taken away from her".

Pope Francis reflecting on the Gospel said "In bustling about and busying herself, Martha risks forgetting — and this is the problem — the most important thing, which is the presence of the guest, Jesus in this case. She forgets about the presence of the guest. A guest is not merely to be served, fed, looked after in every way. Most importantly he ought to be listened to. Remember this word: Listen! A guest should be welcomed as a person, with a story, his heart rich with feelings and thoughts, so that he may truly feel like he is among family. If you welcome a guest into your home but continue doing other things, letting him just sit there, both of you in silence, it is as if he were of stone: a guest of stone. No. A guest is to be listened to. Of course, Jesus' response to Martha, when he tells her that there is only one thing that needs to be done. He finds its full significance in reference to listening to the very word of Jesus, that word which illuminates and supports all that we are and what we do. If we go to pray, for example, before the Crucifix, and we talk, talk, talk, and then we leave, we do not listen to Jesus. We do not allow him to speak to our heart. Listen: this is the key word. Do not forget! And we must not forget that in the house of Martha and Mary, Jesus, before being Lord and Master, is a pilgrim and guest. Thus, his response has this significance first and foremost: "Martha, Martha why do you busy yourself doing so much for this guest even to the point of forgetting about his presence? A guest of stone! Not much is necessary to welcome him; indeed,

only one thing is needed: listen to him, this is the word: listen to him, be brotherly to him, let him realize he is among family and not in a temporary shelter”.

17th Sunday in Ordinary Time Year C

Prayerful Hearts

St. Teresa of Calcutta once said, “Prayer enlarges the heart until it is capable of Containing God’s gift of himself.” And I do believe in it because prayer changes our lives and brings us closer to the Lord “Likewise the Spirit helps us in our weakness; for we do not know how to pray as we ought, but that very Spirit intercedes with sighs too deep for words. And God, who searches the heart, knows what is the mind of the Spirit, because the Spirit intercedes for the saints according to the will of God”, St. Paul says in the Letter to the Romans (8:26-27). If we see the Sacred Scriptures and the life of the saints, we could see the importance of prayer. Even in the life of Jesus though he was Son of God but still he loved to pray. St. Ignatius of Antioch encourages us to be united in love and prayer because Jesus Christ dwells within us. “Let us not be insensible of Christ’s loving kindness. For if he had acted as we do, we would have been lost indeed. Therefore, let us become his disciples and learn to live in the Christian way”.

I firmly believe that whenever we pray either individually or collectively, we not only pray for ourselves but also for our brothers and sisters, and for all those who need our prayers. We become guards for them in their temptations and suffering. The following story is by an unknown author who highlights the importance of prayer, it may change the way that we think about prayer and the way we pray. In prayer we converse with the Lord as he is sitting in front of us.

A man's daughter had asked the local pastor to come and pray with her father. When the pastor arrived, he found the man lying in bed propped up on two pillows and an empty chair beside his bed. The priest assumed that the old fellow had been informed of his visit.

"I guess you were expecting me," he said.

"No, who are you?"

"I'm the new associate at your local church," the pastor replied.

"When I saw the empty chair, I figured you knew I was going to show up."

"Oh yeah, the chair," said the bedridden man. "Would you mind closing the door?"

Puzzled, the pastor shut the door.

"I've never told anyone this, not even my daughter," said the man.

"But all of my life I have never known how to pray. At church I used to hear the pastor talk about prayer, but it always went right over my head."

"I abandoned any attempt at prayer," the old man continued, "until one day about four years ago my best friend said to me, 'Joe, prayer is just a simple matter of having a conversation with Jesus. Here's what I suggest. Sit down on a chair, place an empty chair in front of you, and in faith see Jesus on the chair. It's not spooky because he promised, 'I'll be with you always.' Then just speak to him and listen in the same way you're doing with me right now."

"So, I tried it, and I've liked it so much that I do it a couple of hours every day. I'm careful, though. If my daughter saw me talking to an empty chair, she'd either have a nervous breakdown or send me off to the funny farm."

The pastor was deeply moved by the story and encouraged the old guy to continue the journey. Then he prayed with him and returned to the church. Two nights later the daughter called to tell the pastor that her dad had died that afternoon.

"Did he seem to die in peace?" he asked.

"Yes, when I left the house around two o'clock, he called me over to his bedside, told me one of his corny jokes, and kissed me on the cheek. When I got back from the store an hour later, I found him dead. But there was something strange, in fact, beyond strange, kind of weird. Apparently, just before Daddy died, he leaned over and rested his head on a chair beside the bed."

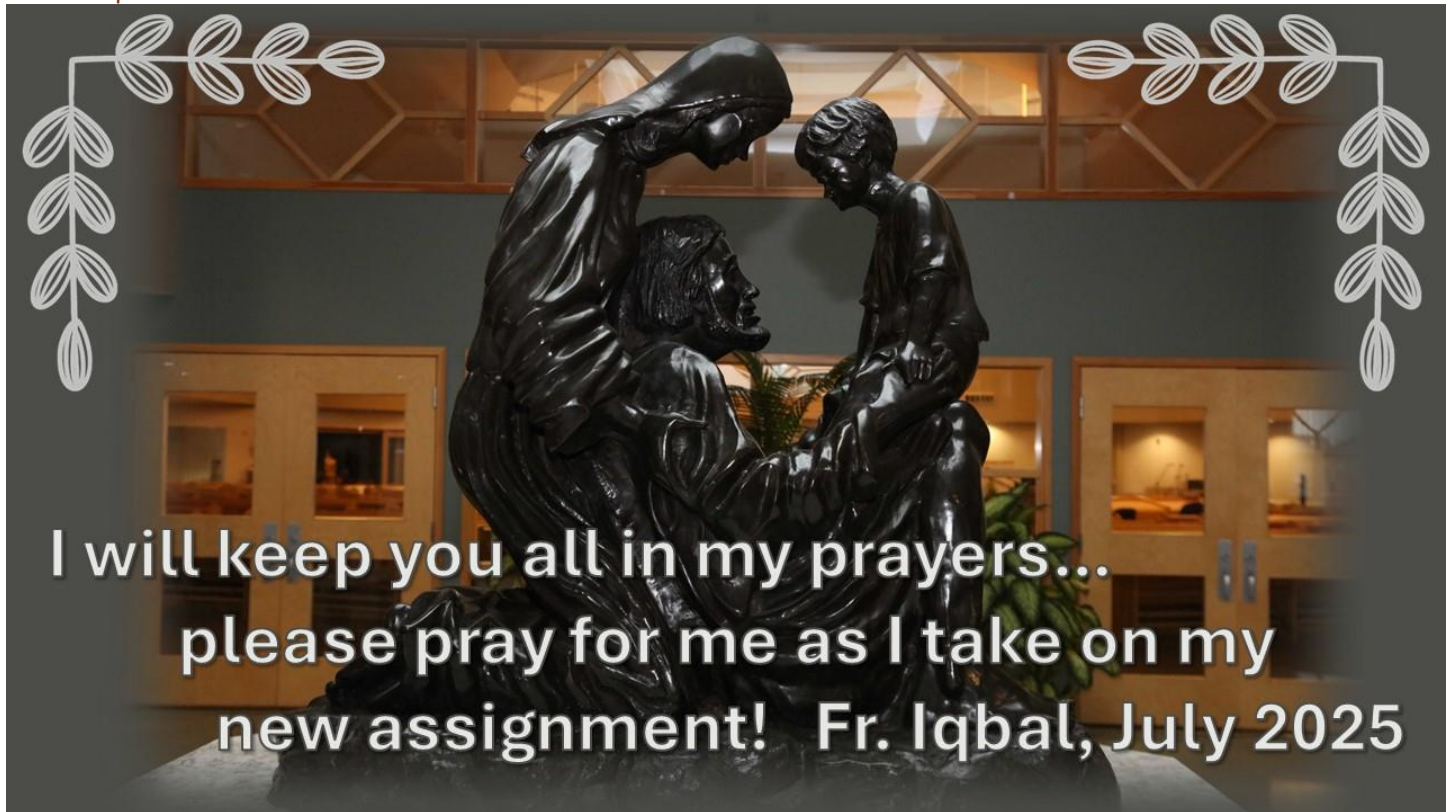
Today's First Reading is the intercessory prayer of Abraham for Sodom and Gomorrah. He pleads to God for protection of the cities even if there are five people and God did agree but unfortunately is there found none and later those cities were burned to dust and became symbols of evil. Why did Abraham plead for the cities?

In the Second Reading St. Paul speaks about our relationship with Lord by reminding us not to forget about Baptism as we are buried with him in baptism and will also be raised with him in his resurrection. And the life of prayer does help us to keep our relationship strong with him.

In the Gospel today we see the desire and urge of apostles to learn "how to pray?" and Jesus gives them the prayer of the prayers to make them understand that God is our Father, and he cares about us. He teaches them to begin their prayer with Our Father. This word is the "secret" of Jesus' prayer, it is the key that he himself gives to us so that we too might enter that relationship of confidential dialogue with the Father who accompanied and sustained his whole life. St. Jean Marie Baptiste Vianney says "Never forget that it is at the beginning of each day that God has the necessary grace for the day ready for us. He knows exactly what opportunities we shall have to sin and will give us everything

we need if we ask him then. That is why the devil does all he can to prevent us from saying our morning prayers or to make us say them badly. Prayer is nothing else than union with God. When the heart is pure and united with God it is consoled and filled with sweetness; it is dazzled by a marvelous light”.

Holy Father Pope Francis says, “With the name “Father” Jesus combines two requests: “hallowed be Thy name, thy kingdom come”. Jesus’ prayer, and the Christian prayer therefore, first and foremost, makes room for God, allowing him to show his holiness in us and to advance his kingdom, beginning with the possibility of exercising his Lordship of love in our lives”. He also says, “Among these, there is one, the great important thing we must ask is “Give me the Holy Spirit”. What a beautiful prayer it would be if, this week, each of us were to ask the Father: “Father, give me the Holy Spirit!” who cries for us and makes us understand “Abba, the Father” as St. Paul says. St. Padre Pio compares prayer with the perfume “The prayers of the Saints in heaven and of the just on earth are a perfume which never will be lost.”



DIOCESAN SUNDAY UPDATES

JULY 2025



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 catholiccyyc.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!

A Jubilee Reflection through the Psalms and the Letter of the Hebrews

Celebrate the Jubilee Year with a hope-filled journey through Scripture. Join us for Mass followed by inspiring reflections! When: Wednesdays, Jul 9 & 16 at 7 pm (Mass), 7:45 pm (Reflection) at St. Anthony's Church, Calgary.

- **Wednesday, Jul 9** with Fr. John Agundez (Opus Dei): From Death to Life: The Just Man's Hope in the Book of Psalms
- **Wednesday, Jul 16** with Fr. John Kohler, STD: From Here to Heaven: Pilgrimage in the Letter to the Hebrews

Eucharistic Miracles Exhibition at St. Mary's Cathedral

Explore 158 Vatican-approved Eucharistic Miracles - a collection of miracles recognized by the Church throughout the centuries in various countries. You can "virtually visit" the places where the miracles happened through these photo panels. When: **Aug 10-13** at St. Mary's Cathedral Parish Hall, Calgary. Sun, Aug 10: 6 to 9 pm; Mon-Wed, Aug 11-13: 8 am to 12 pm & 4 to 8 pm (Wed until 7 pm).

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, Calgary (ages 7-11). Info: 403-228-4215 or fcjcentre.ca

World Day for Grandparents and the Elderly - July 27

The theme of the Fifth World Day of Grandparents and the Elderly to be held this year on Sunday, July 27 is: "**Blessed are those who have not lost hope**" (cf. Sir 14:2). In this Jubilee Year, the Day invites us to recognize grandparents and the elderly as signs of hope in our families and parishes.

Prison Ministry Volunteers

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. **Sacred Heart Church Golf Tournament - Sat, July 5 at Strathmore Golf Club** - All are welcome to this fun Texas Scramble fundraiser! Includes 18 holes, cart, meal, prizes, and more. sacredhc.ca/golf
2. **St. Mary's University Golf Tournament – Wed, Aug 13 at The Links of Glen Eagles, 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
3. **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 - **Thu, July 3 at 5 pm to Sat, Jul 5 at 9:30 am**

Cemetery Masses with Bishop William T. McGrattan

- **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)



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 Statue 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.



Christ the Redeemer Swift Current

- 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

Our Lady of Assumption Co-Cathedral Gravelbourg, SK

- 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)

Notre-Dame d'Auvergne Ponteix, Sk

- PILGRIMAGE DAY to Ponteix
- 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@LTHtours.ca LTHtours.ca



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**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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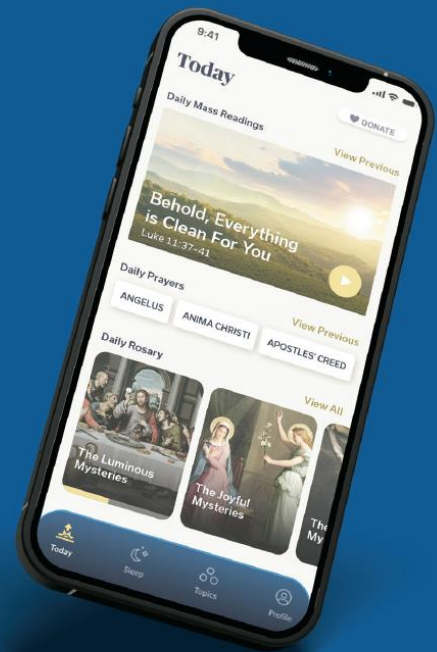
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An offering from the  AUGUSTINE INSTITUTE



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-hecktic 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

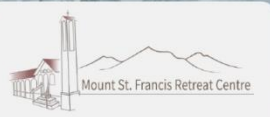
A Whisper in a World that Shouts

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 : fkoczkowski@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.