



# Welcome to HOLY FAMILY PARISH

THE ASCENSION OF THE LORD, 7<sup>TH</sup> SUNDAY YEAR A, MAY 17, 2026

Email: [contact@holymh.ca](mailto:contact@holymh.ca) ~ Website: [www.holymh.ca](http://www.holymh.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. Fernando Genogaling & Deacon Robert Risling

### RECONCILIATION...

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

### MASS TIMES - MONDAY WEDNESDAY THURSDAY

FRIDAY 9:00AM TUESDAY 6:00PM

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

MONTHLY - 1<sup>ST</sup> SATURDAY 9 AM

### THE CHAPEL IS OPEN...

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

ADORATION FRIDAY 9:30 – 10:30am

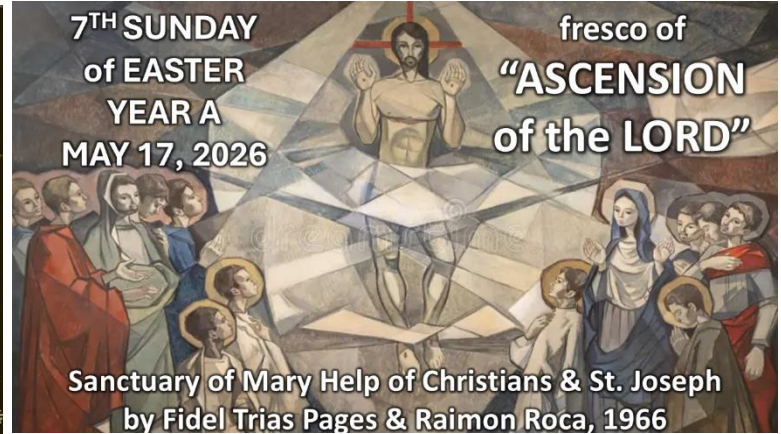
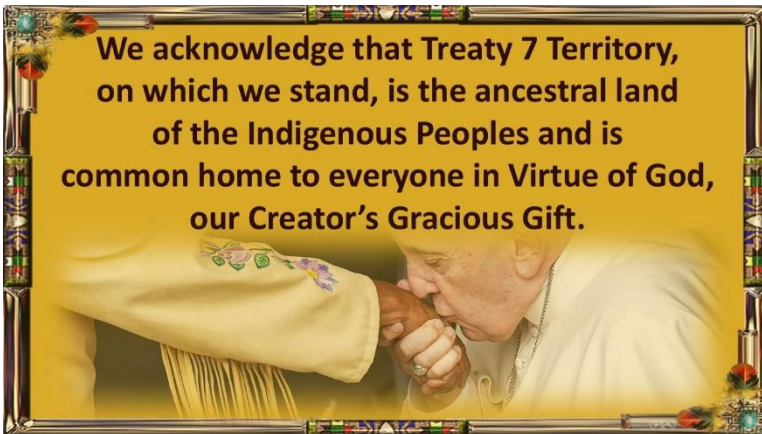
1<sup>ST</sup> FRIDAY OF MONTH – 12 HOUR ADORATION

Parish Pastoral Council Chair – Ken Loehndorf

Parish Finance Council Chair - Cheryl Pocsik

Knights of Columbus – Jimmy Tablan

Catholic Women's League – Dianne Durda



Sanctuary of Mary Help of Christians & St. Joseph  
by Fidel Trias Pages & Raimon Roca, 1966

*Jesus charges his disciples to make disciples of all nations and promises to be with them forever. Matthew 28:16-20*

### The Ascension of the Lord

Acts 1:1-11. Psalm 47:2-3, 6-7, 8-9. Ephesians 1:17-23. Matthew 28:16-20.

### Doubt No Longer.

On the last mountain encounter with his disciples before his ascending, Jesus uses the "I AM" language reserved to God. This Son of God will be with them always. After Christ is lifted up, the angel has to remind them: Stop standing around. Stop looking up. The implication: get to work! Make more disciples!

- † How do I know Christ is with me always? What does my experience tell me?
- † Because of the strength of his presence, what mercy works will I do?
- † What will I do to bring even one more person to Christ?

# THE ASCENSION OF THE LORD, 7<sup>TH</sup> SUNDAY, YEAR A, MAY 17, 2026

## FINANCIAL REPORT

**Monthly Operating Budget**      **\$ 74,669**

### MAY MONTH TO DATE

General Envelope Collection      \$ 28,157

Loose Collections      \$ 2,710

40Loonies4Lent (\$13,697 to date)      \$ 85

Misc. Income      \$ 1,492

**Total Month Income**      **\$ 32,444**

**Budget Vs Actual**      **-\$ 42,225**

### SPECIAL COLLECTIONS

#### 2026 YEAR TO DATE

**Together in Action (TIA)**      **\$ 24,381**  
**GOAL - \$70,938**      **34 %**

**Multiply the Hope**      **\$ 64,235**

**St Vincent de Paul**      **\$ 19,088**

**World Mission**      **\$ 160**

**Clergy Retirement**      **\$ 595**

**Mission Mexico**      **\$ 1,183**

**CARO**      **\$ 75**

**Seminary Fund**      **\$ 2,315**

**Holy Land & Pope's Pastoral**      **\$ 4,451**

*Thank You for your Generous Contributions*

**May Average Weekend Attendance**      **1076**

## Ways to Donate to Holy Family Parish

1. **Weekly Collection Plate**
2. **Etransfer – [accounting@holymfamilymh.ca](mailto:accounting@holymfamilymh.ca)**
3. **Automatic Withdrawal from your Credit Card or Chequing Account**



Please contact Robin for more information...  
**403-527-6933 ext. 104**  
[finance@holymfamilymh.ca](mailto:finance@holymfamilymh.ca)

## E-Transfer Donations

PLEASE make sure your **FULL NAME** is in the e-transfer information so that you can receive a taxable benefit for your contributions.

*Thank You*  
 For your Donations!

Friday, May 15

**NO MASS – PRIEST RETREAT**

1:30-3:30 ~ MHCBE in the Faith Room

2:00pm ~ Luncheon in Hall

Saturday, May 16

10:00am ~ Benedictines - Charity Room

11:00 ~ Funeral Mass & Lunch in Hall

3:30 - 4:45pm ~ Reconciliation

5:00pm ~ Mass ~ Ted & Donna Rodych & Family

Sunday, May 17

8:30am ~ Mass ~ Bill Douglas +

10:30am ~ Mass ~ Diane Schmaltz & Family

6:00pm ~ Mass ~ Alana Donahue +

Monday, May 18

**NO MASS – HAPPY VICTORIA DAY**

6:45pm ~ Young Adults Lectio Divina in

the Hope Room

Tuesday, May 19

10:00-Noon ~ Fire Dept Practice - Sanctuary

1:00pm ~ Funeral Mass & Lunch in Hall

6:00pm ~ Mass ~ Tony & Lucille Schafer

Wednesday, May 20

9:00am ~ Mass ~ Harry Bonagofsky & Family

9:30am ~ Gr. I Visit in Faith Room

11:00am ~ Funeral Mass & Lunch in Hall

2:00pm ~ Grief Share in the Hope Room

4:30pm ~ Grad Parctise and Pizza in Hall

7:00pm ~ RCIA in the Faith Room

Thursday, May 21

9:00am ~ Mass ~ Matilda Bonagofsky +

9:30am ~ Bible Study in the Hope Room

10:00am ~ Grad Choir Practice

3:30pm ~ Monsignor McCoy Grad Mass

Friday, May 22

9:00am ~ Mass ~ Robert Helmman +

1:00pm ~ Funeral Mass & Lunch in Hall

Saturday, May 23

10:00am ~ Benedictines - Charity Room

11:00 ~ Funeral Mass & Lunch in Hall

3:30 - 4:45pm ~ Reconciliation

5:00pm ~ Mass ~ Mervin Chuckree +

Sunday, May 24

8:30am ~ Mass ~ Lisa Clemis-Love & Family

10:30am ~ Mass ~ Simon Schmaltz +

Kof C Sponsored Mass

6:00pm ~ Mass ~ Holy Family Parish

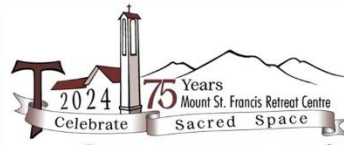


The Catholic  
Woman's League  
are collecting for  
this great cause.

Collecting new clothing, diapers, Blankets, etc  
Also, baby bottles will be at the office entrance  
and main entrance. Envelopes provided for  
monetary donation.

**DONATIONS MAY 9<sup>TH</sup> to MAY 31<sup>ST</sup>**

**Before & After each Weekend Mass**



# MEN

**Are you waiting for GOD to  
speak to you?**

**May 29-31, 2026 (Friday to Sunday)**

**Men's Retreat... [www.mountstfrancis.ca](http://www.mountstfrancis.ca)**

**Ken Moen - 403-866-1270 - [kmoen@telus.net](mailto:kmoen@telus.net)**



[chalice.ca](http://chalice.ca)

## Chalice Sponsorship Weekend

This June 6 - 7, open your  
heart to child sponsorship.



Please come out & support the 2<sup>nd</sup> annual...  
**Spiritual Direction Ministry Fundraiser**

Teriyaki Chicken Dinner  
Live music by Rob Hudec

**Thursday, June 18, 2025 at 6:00pm**

**Holy Family Parish Hall**

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

# PLATES & PIANOS

**UNDER THE STARS**

— ★ JUNE 30<sup>TH</sup> 5:30 PM ★ —

- ★ ON FINLAY BRIDGE
- ★ 7 COURSE DINNER WITH WINE
- ★ LIVE MUSIC BY ROB HUDEC
- ★ DUELLING PIANOS UNDER THE STARS
- ★ FUNDRAISER FOR HOLY TRINITY ACADEMY

**BROUGHT TO YOU BY:**



**TICKET INFO: [WWW.HOLYTRINITYMH.CA/GALA](http://WWW.HOLYTRINITYMH.CA/GALA)**

# AGM

Annual General Meeting

PPC/Renewal

CWL

Knights of Columbus

Volunteer Coordinator

Maintenance Committee

Finance Council

**Tuesday, June 16, 2026**

**7:00 PM ~ HFP Hall**

**Everyone is Welcome**

# HFP - Vacation Bible Camp



July 6<sup>th</sup> to  
10<sup>th</sup>  
8:30 AM to  
12:00 Noon  
\$30.00

Info: [tammylynpeterson@gmail.com](mailto:tammylynpeterson@gmail.com)

**Holy Family Parish**  
**Young Adults Bible Study**  
**on Lectio Divina**  
Mondays, 6:45 to 8:15 p.m. in the Hope Room  
Ages 18 – 30 years old  
For more info contact Lindsay Heier at 1-306-421-8837

## GriefShare

Are you grieving the death of a loved one?  
Our videos and group discussions may help you  
through your journey through grief.

**Holy Family Parish**

**Tuesdays in April & May**

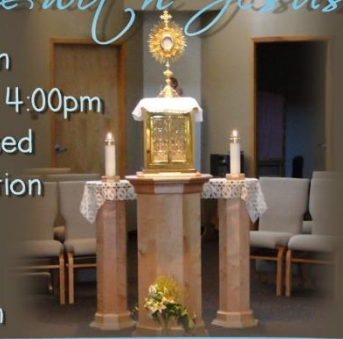
**2:00pm in the Hope Room**

Call Karen-403-502-5624 or Louella-403-502-6883

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

## Spending time with Jesus

The Chapel is Open  
Monday – Friday 9:30am – 4:00pm  
Adoration of the Blessed  
Sacrament & Reconciliation  
Friday 9:30-10:30am  
Reconciliation  
Saturday 3:30-4:30pm



**Covenant Medicine Hat Community Board**  
The Community Board of St. Joseph's Home  
in conjunction with Tourism Medicine Hat invite  
you to a narrated tour of the Stations of the Cross  
Park with murals by local artist James Marshall.

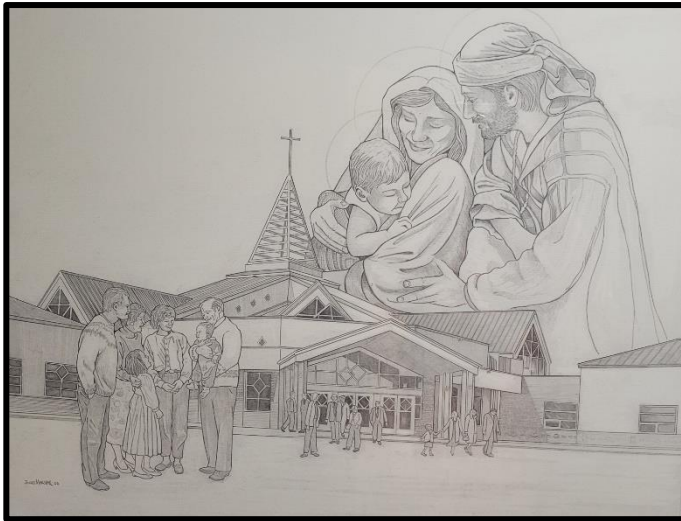
Monday May 11, 2026 at 11:00 AM  
Monday May 25, 2026 at 11:00 AM  
Monday June 8, 2026 at 11:00 AM  
Monday June 22, 2026 at 11:00 AM

**Blumenfeld & District Pilgrimage**  
Sunday, June 14, 2026  
Summer Viewing  
July 5 to August 30 - 2-4pm  
16km south & 6.5km  
east of Leader, SK  
Check us out on Facebook!  
Blumenfeld & District Heritage Site

# Holy Family Parish “James Marshall Prints” Fundraiser

## *Knights of Columbus Council #9502*

Support Holy Family Parish by purchasing a limited-edition James Marshall print of our church. These prints are only offered within the parish community.



***Black & White*** Matted: \$155.40  
Matted & Framed: \$292.00

***Color*** Matted: \$237.50  
Matted & Framed: \$374.00



**Signed and numbered... Same original pricing from 2006.**  
You must order May 16 – June 30, 2026, with payment in full at time of order. Prices include GST.  
Cheques must be made to the “Knights of Columbus #9502”  
No tax receipts will be issued. Samples are displayed in the church greeting area.

### ***How to Order?***

After all weekend Masses from May 16<sup>th</sup> to June 30<sup>th</sup>, 2026 in the Holy Family Parish Foyer or Holy Family Parish Office Mon–Fri, 9:00a.m.–4:00p.m.



## Notre Dame Academy

Notre Dame Academy is very proud to be one of the nine Catholic schools within the Medicine Hat Catholic Board of Education (MHCBE). Notre Dame Academy serves approximately 440 students in Grades 6 through 9. We are also extremely proud to be one of the few highly successful sports academy schools in Alberta and Western Canada. As a sports academy school, we offer specialized training in baseball, golf, hockey, soccer, volleyball / basketball and multi-sport.

**Faith is at the heart of everything we do at Notre Dame Academy.** All grades and classes participate in faith-based service projects throughout the school year to strengthen their faith and actively live out the Gospel values. Through these opportunities, students learn the importance of compassion, kindness, service, and supporting others within our school and greater community.

Each week, students also take part in a faith based “LIVE LIKE THAT” session led by a staff member. These meaningful sessions encourage students to reflect on how they can live more like Jesus through their words, actions, relationships, and daily choices. The “LIVE LIKE THAT” initiative helps students grow spiritually while learning practical ways to follow in Jesus’ footsteps and demonstrate their faith in everyday life.

We consider ourselves a true community school with many outstanding partnerships. Notre Dame Academy has developed a strong relationship with Medicine Hat College, allowing us to offer exceptional Industrial Arts programming in Carpentry, Welding, Electrical, and Plumbing. Our leadership and innovation in these areas have become a model for other schools and districts that are now seeking to build similar partnerships with the college.

Our school focus and mission are:

- Building effective relationships with one another and our students
- Living our faith through service
- Helping all students learn and succeed

We would also like to sincerely thank the parishioners and staff of Holy Family Parish and St. Patrick’s Parish for allowing us to be part of such caring and faith-filled parish communities.





# McCoy Restaurant of the Month

## BLOWERS & GRAFTON

HALIFAX STREET FOOD + BAR



Get a \$5 voucher with each \$20 gift card purchase!!!

Sales end May 25.  
Pick up at McCoy on  
May 27, 28 & 29th.

Purchase at McCoy OR e-transfer  
donations@friendsofmccoy.ca  
Put your name, number and  
restaurant in the message.

\$5 of each card is donated back  
to Monsignor McCoy!





# Men's Retreat

**May 29-31, 2026 (Friday to Sunday)**

## **Weekend Silent Retreat 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.

Cliff Richards – 403-827-6683, [cliff.richards@shaw.ca](mailto:cliff.richards@shaw.ca)

Ken Moen Sr – 403-527-0270 C.403-866-1270, [kmoen@telus.net](mailto:kmoen@telus.net)

Randal Leurer – 403-874-8239, [leurrerj@shaw.ca](mailto:leurrerj@shaw.ca)

Mount St. Francis Retreat Centre offers individuals and groups an inviting yet simple facility, nutritious and tasty home-cooked meals that can accommodate most dietary restrictions, expansive grounds and a peaceful setting. We have 45 bedrooms, three with double beds and three with 2 single beds. Washrooms are shared. There is also one large conference room (accommodating up to 48) and one smaller meeting room (accommodating up to 15).

Please contact our office for more information or to arrange a booking: 403.932.2012 or email [office@mountstfrancis.ca](mailto:office@mountstfrancis.ca).

## Ways to Donate to Holy Family Parish

1. Weekly Collection Plate
2. Etransfer – [accounting@holyfamilymh.ca](mailto:accounting@holyfamilymh.ca)
3. Automatic Withdrawal from your Credit Card or Chequing Account



Please contact Robin for more information...  
403-527-6933 ext. 104  
[finance@holyfamilymh.ca](mailto:finance@holyfamilymh.ca)

## E-Transfer Donations

PLEASE make sure your **FULL NAME** is in the e-transfer information so that you can receive a taxable benefit for your contributions.

*Thank You*  
For your Donations!

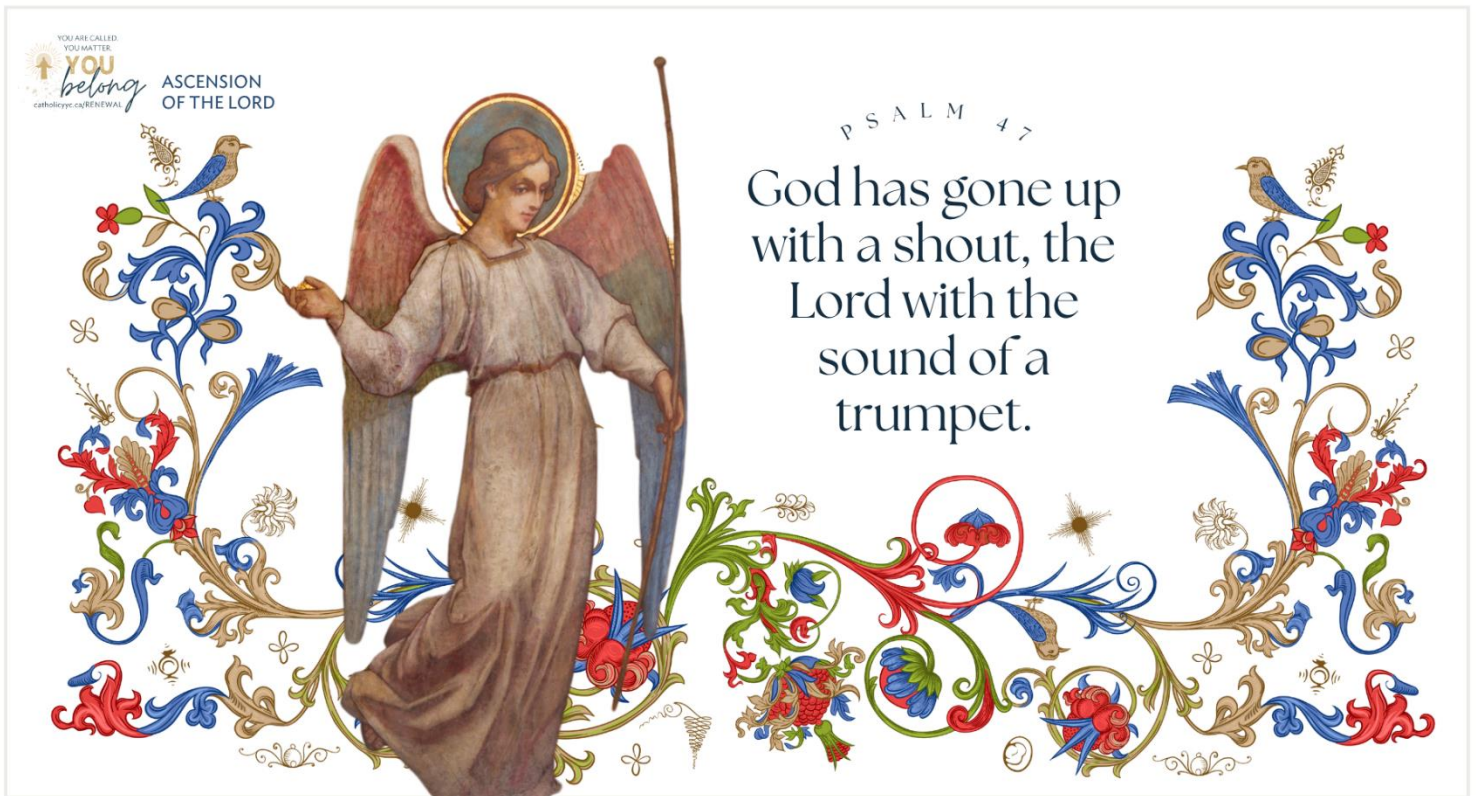
## Donations — Special Dates 2026

Specialty Fund Options... over and above your Regular Sunday Donation

January	Future Development Fund
01	Initial Offering
01	New Year's Day
04	Together in Action
February	Future Development Fund
01	Together in Action
18	Ash Wednesday
March	Future Development Fund
01	Together in Action
22	Flowers for Easter
April	Future Development Fund
02	Needs of the Poor
03	Church in the Holy Land
05	Together in Action
05	Easter
26	Education of Seminarians
May	Future Development Fund
03	Together in Action
17	Pope's Pastoral Works
June	Future Development Fund
07	Together in Action
July	Future Development Fund
05	Together in Action
August	Future Development Fund
02	Together in Action
September	Future Development Fund
06	Together in Action
27	Needs of the Canadian Church
October	Future Development Fund
04	Together in Action
18	Catholic Education
25	World Mission Sunday
November	Future Development Fund
29	Flowers for Christmas
December	Future Development Fund
06	Together in Action
12	Mission Mexico
25	Christmas

# DIOCESAN SUNDAY UPDATES

## The Ascension of the Lord



### Pope's Pastoral Works

A special collection for the Pope's Pastoral Works will be taken up this Sunday. This annual collection supports the Holy Father's charitable assistance to people in need around the world, especially in times of disaster, conflict, and suffering. Donate online at [catholicyyc.ca/popepastoralworks](https://catholicyyc.ca/popepastoralworks)

### World Communications Day

Pope Leo XIV invites us to reflect on the gift of communication and the importance of preserving human faces and voices in a world shaped by screens, algorithms, and artificial intelligence. Let us pray: *For those who work in media and communications, that they may serve the truth with courage and integrity, protect the dignity of every person, and help build a culture of authentic encounter, we pray to the Lord.*

### Blooms & Blossoms Charity Dinner for Elizabeth House

An evening of dining, live music, and a silent auction supporting renovations to welcome more mothers and babies into a safe home. When: **Sat, May 23, from 6 pm to 9:30 pm** at **Calgary Italian Cultural Centre, Calgary.** [catholicyyc.ca/blooms](https://catholicyyc.ca/blooms).

### Vocations Rally 2026

Discover, support, and pray for vocations across priesthood, consecrated life, marriage, diaconate, and lay life. When: **Trinity Sunday, May 31, from 11 am to 4:30 pm** at **St. Michael Catholic Community, Calgary.** Register and view details at [catholicyyc.ca/vocationsrally](https://catholicyyc.ca/vocationsrally)

### Clothing & Textile Recycling

The Corpus Christi CWL invites you to bring clean, dry surplus textiles in good to excellent condition for recycling. When: **Sat, May 16 to Mon, May 25, from 1 pm to 7 pm** daily at **Corpus Christi Parish Hall, Calgary.** [informal.ca/CorpusChristiCWL/TextileDrive](https://informal.ca/CorpusChristiCWL/TextileDrive)

## Theology of the Body

**Fri–Sun, May 29–31 at 7 pm at Mary, Mother of the Redeemer Parish, Calgary** – Three evenings for youth (15+) and adults exploring identity, purpose, and the beauty of human relationships through faith: Fri (English) *Who Am I and What Do I Want?*; Sat (Spanish) *¿Quién soy y qué quiero?*; Sun (Spanish) *Breaking Myths of Conjugal Love* (Lower Hall). More info, call 587-434-8593.

## Pastoral Care Training in Spanish

**Sat, May 30, Jun 6, 13, 20 & 27, from 4 pm to 6 pm at Mary, Mother of the Redeemer Parish** - This training is open to Spanish-speaking members of the Diocese who wish to serve in Pastoral Care Ministry. Register at [catholiccyyc.ca/pastoralcare](http://catholiccyyc.ca/pastoralcare) or contact your parish office for more information.

## CCCRS Pentecost Celebration

**Sat, May 23, from 5:50 pm to 10:30 pm at St. Thomas More Parish, Calgary** - Join CCCRS for an evening of renewal, praise and worship, Eucharistic Adoration, and Mass at 6 pm, with Fr. Jerald D'Souza, OCD and Fr. Andrew Obinyan. Register at [cccsevents@gmail.com](mailto:cccsevents@gmail.com) or contact Dominique at 403-890-5777.

## 40 Hours Devotion for Vocations

Join the 40 Hours Devotion for Vocations in the Diocese of Calgary. When: **Friday, May 29 from 3 pm to Sunday, May 31 at 8 am. at St. Michael Catholic Community, Calgary.** This time of prayer before the Blessed Sacrament invites the faithful to pray continuously for an increase in vocations to the priesthood and consecrated life. All are welcome to come for an hour or more.

## Natural Family Planning

Engaged and married couples are invited to an introductory workshop on Natural Family Planning that explores NFP as a practical and ethical aid in married life. When: **Thu, May 28, from 7 pm to 9 pm, online via Zoom.** Presented by Jenny Nguyen, RN, Natural Family Planning Instructor. Registration closes one day before the event. To register, call 403-218-5521.

## Career Opportunities

- [Assistant Coordinator \(Casual\) - Feed the Hungry](#)
- [Volunteer Screening Coordinator \(Casual\) - Parioisse Ste-Famille, Calgary](#)
- [Administrative Assistant \(Full-time\) - St. Pius X Parish, Calgary](#)
- [Administrative Assistant \(Full-time\) - St. Albert the Great Parish, Calgary](#)
- [Music Director \(Casual\) - St. James, Calgary](#)
- [Administrative Assistant \(Part-time\) - St. Augustine/St. Joseph, Taber](#)

For detailed job descriptions, visit [catholiccyyc.ca/careers](http://catholiccyyc.ca/careers)

## Oblates of Mary Immaculate Bicentennial Celebration

Celebrate the 200th anniversary of the Oblates of Mary Immaculate on the Feast of St. Eugene de Mazenod. When: **Thu, May 21, doors open at 5:30 pm, dinner at 6:30 pm at the Italian Cultural Centre, Edmonton.** The evening will gather the Catholic community and Christian ecumenical friends in gratitude for the Oblates' long history of mission and service. Featuring keynote speaker Fr. Ken Forster, OMI. Call for tickets: (780) 459-5511.

## Spiritual Direction: What it is and how it helps

Learn about spiritual direction and how it can support your faith journey through spiritual accompaniment and discernment. When: **Tue, May 19, from 7 pm to 9 pm at FCJ Retreat Centre, Calgary.** Freewill offering. To register, call 402-228-4215.

## Alive in the Spirit Charismatic Retreat

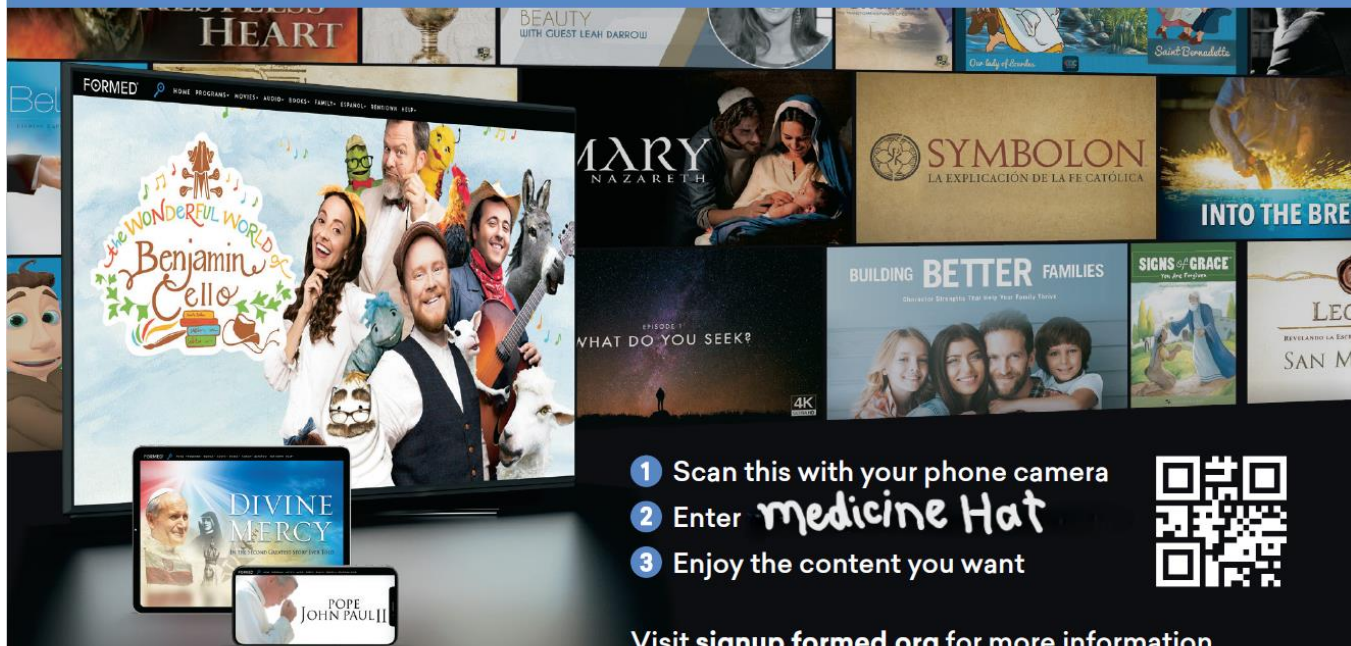
Experience renewal, joy, and the power of the Holy Spirit at this charismatic retreat, featuring retreat speaker Fr. Guylain Prince and praise and worship led by Jane van Oostwaard. When: **Fri, Jun 12 at 5 pm to Sun, Jun 14 at 1 pm at Mount St. Francis Retreat Centre, Cochrane.** Cost is \$230 per person, including accommodation and six meals, plus a \$20 registration fee. To register, contact 403-281-6025 or email [aliveinthespirit2026@gmail.com](mailto:aliveinthespirit2026@gmail.com).

## Anointing of the Sick

If you are hospitalized in Calgary and want the Sacrament of the Sick, please call **403-231-9505**.

# FORMED<sup>®</sup>

THE CATHOLIC FAITH.  
ON DEMAND.



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- 2 Enter **medicine Hat**
- 3 Enjoy the content you want



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An offering from the  AUGUSTINE INSTITUTE and  ignatius press

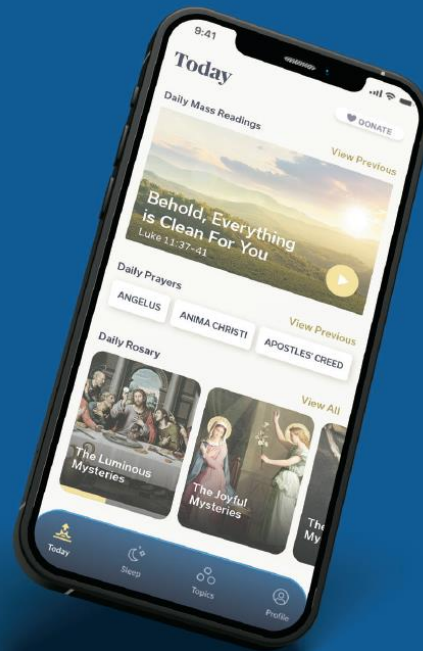
# Amen<sup>™</sup>

The *Free* Catholic Prayer,  
Meditation, and Scripture App

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- 3 Enjoy the content you want



Visit [amenapp.org](http://amenapp.org) for more information



An offering from the  AUGUSTINE INSTITUTE

# KNIGHTS OF COLUMBUS

Joe McKinnon Council #9502	
Knights of Columbus 2025 - 2026 Officers	
Position	Name
Grand Knight	Jimmy Tablan
Deputy Grand Knight	Jason Iverson
Financial Secretary	Glenn Alford
Treasurer	Ron Pisoni
Chancellor	Pat Roche
Recorder	Brad Irvine
Advocate	Darrell Bonagofsky
Warden	Walter Pratt
Inside Guard	Dale Maddaford
Outside Guard	Michael Camphor
Year 1 Trustee	Kent Friedt
Year 2 Trustee	Garry Mastel
Year 3 Trustee	Allan Lawson
Lecturer	Rick Brown
Membership Dir.	Garry Lux
Faith in Action Program Dir.	Greg Martin
Faith in Action Life Dir.	Allan Lawson
Faith in Action Family Dir.	Jimmy Tablan
Faith in Action Faith Dir.	Darrell Bonagofsky
Faith in Action Community Dir.	Ron Pisoni
Pastoral Parish Council Rep.	Garry Mastel

**2026**

**May 3 - Parish Breakfast –  
Notre Dame school mass  
\*\***

**May 4 – Officers meeting  
May 10 – Mothers’ Day\*\*  
May 11 – General  
Meeting**

**May 24 – K of C  
Sponsored Mass (6:00  
pm)**

**June 1 – Officers meeting  
June 8 – General meeting  
June 14 – Parish Picnic  
June 21 – Father’s Day**





"I have called you by name; you are mine"  
Isaiah 43:1

4TH ANNUAL WOMEN'S CONFERENCE

# Who You Say I Am

MAY 22-23 2026

FRIDAY 6:00 PM - 9:45 PM

SATURDAY 7:30 AM - 4:00 PM

OUR LADY OF FATIMA PARISH  
CALGARY, AB

FOR TICKETS:

[WHOYOUSAYIAM.EVENTBRITE.CA](http://WHOYOUSAYIAM.EVENTBRITE.CA)

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



SR. MARY  
MARGARET HOPE (SV)



FR. CRISTINO  
BOUVETTE



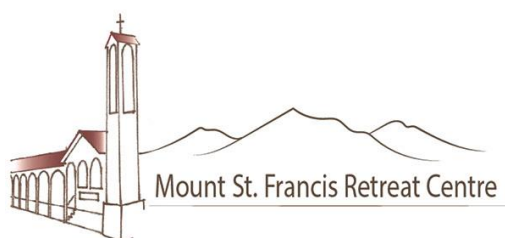
SR. FIDELITY  
GRACE (SV)

# Retreat Centers in Southern Alberta

## AN "OASIS" IN THE HEART OF CALGARY

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

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



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

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

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

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

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



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





# Scams Alert

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

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

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

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

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

**All our email addresses only end in @holyfamilymh.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@holyfamilymh.ca](mailto:contact@holyfamilymh.ca) so it can be sent to the diocese.**