



Blitzen Edition

Principal's Message

This is going to "date" me but, nonetheless, I can remember rocking out to the newest (and coolest) Christmas tune on the radio in 1984, of which one of the repeated refrains is: "Feed the world/ Let them know it's Christmas time." While the context of the song is in response to worldwide famine relief, in our own corner of the world, the lyrics also ring true.

As is part of our tradition here at Catholic Central, we are extremely excited to see our annual Santas Anonymous Christmas Hamper Project continue. In fact, we've already had two weeks of

items collected and we have been impressed by (and so grateful for) all the support so far. Thanks to the many staff and student organizers, we will be able to support 40 family hampers (large) and up to 10 individual hampers (small). While the pandemic continues to force us to think differently about how we can still ensure that this good and important work is done in a scaled down version, it cannot keep us from doing what is needed to spread kindness, especially during this time of year. We must remember that



WARM CLOTHES & FURNITURE NEEDED!

COMMUNITY DONATION DROP-OFF CENTRE

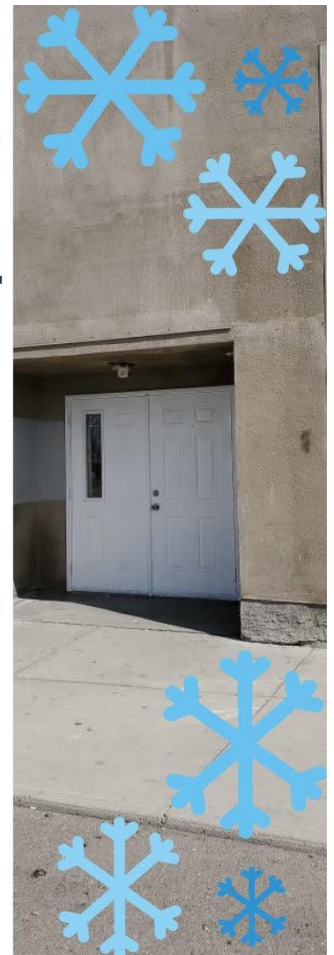
ADDRESS: 100 - 10th St S. (Old Mission Thrift Store) Corner of 1st Ave S & 10th St S. - WEST DOOR

UPDATED HOURS: Monday to Friday - 9:30am to 12:00pm; Mon. Wed. Thurs. Fri. - 1:00pm to 4:30pm. Closed Tuesday afternoons.

As the weather turns colder, warm clothes are needed by many in the city.

With rapid rehoming initiatives in place, furniture is also needed! Chairs, tables, couches, dressers - any furniture, but NO beds, please!

Your donations will be accepted at the Donation Centre and redistributed to agencies in need.



for most, Christmas might be a time of joy, of blessings, of hope, and of celebration but, for some, it can be a time of stress - emotionally, physically, and financially - on others.

In addition to this longstanding project, Catholic Central Students' Council is leading a winter clothing collection (gently used or brand new winter clothing items) between November 29 and December 15 to donate to Streets Alive Mission. Donations can be brought to either campus office or by students to their classrooms before December 15.

It is moments like this that I am truly humbled by the big, giving hearts of our CCH community. Thank you. A special thank you to the student volunteers, Mr. New, Mr. Spiess, Ms. Yaremcio, Ms. Fox, Ms. Kristjanson, Ms. Castro-Torres, Mrs. Wilson, Ms. Hordos-Goyer, and Ms. Monteith for helping to oversee this year's Blitzen Edition of Santa's Anonymous. And a special thank you to the Students' Council and Mr. Folkersen for organizing the winter clothing collection.

And on that note, on behalf of all of us here at Catholic Central, I would like to wish each and every one of our students and all of our families a blessed Christmas and a joy-filled New Year! May peace be on your lips and in your hearts. - Mrs. Polec



## Important Dates



- 3 - Advent Service #2
- 5 - Second Sunday of Advent
- 6 - Quarter 2 Midterm
- 7 - School Council Meeting
- 9 - Christmas Cheer Concert
- 9-11 - Cal O'Brien Classic Basketball Tournament
- 10 - Advent Service #3
- 12 - Third Sunday of Advent
- 15 - Advent Mass and Blessing of Santa's Anonymous Hampers at 9:30 a.m. on Campus East. This will be livestreamed on our CCH Youtube channel
- 15 - Division Board Meeting
- 17 - Advent Service #4
- 17 - Last day of classes before Christmas break!
- 19 - Fourth Sunday of Advent
- 25 - Merry Christmas!



- 4 - First day back to school after Christmas break
- 5 - Blessing of classrooms/ rooms
- 11 - School Council Meeting
- 11 - English 30 Part A diploma
- 12 - Social Part A diploma
- 13 - French L.A. Part A diploma
- 19 - Last day of Quarter 2 classes

## School Council

Our next School Council Meeting will be held on Tuesday, December 7, at 7:00 p.m. Please contact [polecj@holyspirit.ab.ca](mailto:polecj@holyspirit.ab.ca) if you would like to join us. We will be using 'Google Meet'; 15 minutes before the meeting, all people who have requested to be invited will receive an email asking them to join. If you joined us for the last School Council Meeting, there is no need to send us an email.



This year's school fees are now due. Kindly remit as soon as possible. Fees may be paid using School Cash On-line. Should you have any questions or issues, please contact Mrs. Tamara Wilson at the school office.

## Advent Message 2021

Advent season is a time of preparation for our hearts and minds for the anniversary of the Lord's birth on Christmas. Here at Catholic Central we are continuing traditions like our weekly advent liturgies, Advent Mass and the Santas Anonymous initiative to bring the importance of this time of year to the forefront of our students minds. During this time of reflection on the coming of Christ, we will try to help our students with our faith plan calls to action of Be Committed and Be Accountable. The focus will be to continue to support their prayer lives, while also showing their love of God through their interactions with their peers, teachers and community. From our family here at CCH to yours we hope you have a blessed Advent season filled with Joy, Love, Hope and Faithfulness.



God Bless and have a wonderful Advent season.

Matthew New



### Greetings Catholic Central Community

I would like to take this opportunity to thank the CCH players, coaches and parents for an incredible fall season! The football, cross country and volleyball teams had very successful and exhilarating seasons which saw our student athletes achieve beyond expectations. Medals, trophies, All Star awards, Zone banners and other personal accolades were only but a few tributes that graced some of these incredible individuals. Many of the students will return to compete in another season next year, but for those who will not, we thank you for your unwavering commitment to CCH athletics and the legacy that you have left with us! You will always be welcomed back as CCH Cougar Alumnus!

The winter season commenced this past Wednesday, December 1st when the CCH Boys Basketball hosted the visiting Cardston Cougars for an exciting beginning of the year match up. The CCHS Curling team also hit the ice this week and look forward to upcoming friendlies against high level Southern Alberta talents at the ATB Centre West.

God Bless,

Mr. Myndio

# Christmas Cheer Concert

December 9

7:00 p.m.

Southminster United Church

Tickets - \$8.00

(Available on Monday, December 6 through School Cash Online)

\* All attendees must be 12 years of age or older

\*\* To be provided entry, you must show the copy of your ticket, government issued ID, and proof of vaccination OR negative PCR test within 72 hours of the event.

\*\*\* Masking, social distancing, and seating in family cohorts will be required.



## CCH WELDING CHRISTMAS FUNDRAISER!

HORSESHOE SNOWMAN  
CONSTRUCTED BY CCH WELDING  
STUDENTS!

\$30 EACH

ALL PROCEEDS GOING TOWARDS  
THE PURCHASE OF A PLASMA CNC  
TABLE FOR THE CCH WELDING &  
FABRICATION PROGRAM

SUBMIT ORDERS BY DEC 9

THANKS TO WESTERN STOCKMAN  
AND CEP AUTOMOTIVE FOR YOUR  
SUPPORT OF THIS PROJECT.



\*ACTUAL PRODUCT VERY SIMILAR  
TO THE ONE ABOVE, ALTHOUGH IT  
MAY VARY SLIGHTLY\*

TO ORDER:

[HTTPS://HOLYSPIRIT.SCHOOLCASHONLINE.COM/FEE/DETAILS/19791/179/FALSE/TRUE](https://holyspirit.schoolcashonline.com/fee/details/19791/179/false/true)

Hello! You may be curious about what is happening this year for Santas Anonymous. For the second year in a row we have had to approach things differently. A Blitzen Edition 2.0 that reflects our current reality is our path again this year.



We want to start by thanking all of you for supporting this cause the last couple of weeks by bringing in non-perishable food donations. These donations go such a long way during these challenging times. We have a wonderful group of students here at CCH that are now creating wish lists for our families as we get closer to creating the hampers that will go out to 54 families this year.

Along with these students, we have a Math class helping us with our budget, a Language Arts class helping with posters and getting our message out, and our Student Council is supporting us with Social Media messaging. We will be constructing the hampers just prior to the Advent Mass held on December 15th, have them blessed, and then distribute them via our colleagues in other Holy Spirit schools.

Thank you so much for your ongoing support of this important and longstanding tradition at CCH!

Mr. New



# Christmas Masses

## Ss Peter & Paul Parish

Our Divine Liturgy times for Christmas - New Year are:

**December 24, Christmas Eve** - 10:00 p.m.

**December 25, Christmas Day** - 10:00 a.m.

**January 1, New Year's Day** - 10:00 a.m.

..... and every **Sunday** at 10:00 a.m.

Everyone must wear a mask while in the church, and at this time, there is no congregational singing.

We hope that by Christmas we may be able to have congregational singing, but it is uncertain at this time.

## All Saints Parish

### **December 24 - Christmas Eve Masses**

**6:00 p.m. Mass** at both St. Basil's & Assumption

**8:00 p.m. Mass** at both St. Basil's & Assumption

**10:00 p.m. Mass** at St. Basil's

**12:00 Midnight Mass** at Assumption

### **December 25 - Christmas Day Masses**

**9:00 a.m.** at Assumption & St. Basil's

**11:00 a.m.** at St. Basil's & Assumption

### **The Solemnity of Mary, the Holy Mother of God**

#### **December 31**

**5:00 p.m.** at Assumption

**7:00 p.m.** at St. Basil's

#### **January 1**

**9:00 a.m.** at Assumption

**12:00 p.m.** at St. Basil's

## St. Martha's Parish

### **December 24 - Christmas Eve**

Masses at 3 p.m., 5 p.m., 7 p.m., 9 p.m.

### **December 25 - Christmas Day**

Mass - 10:00 a.m.

### **December 27th - 30th**

NO MASSES, OFFICE CLOSED

### **December 31 - Solemnity of Mary Eve**

Adoration - 5 p.m.

Mass - 6 p.m.

### **January 1 - Solemnity of Mary**

Mass - 10:00 a.m.

Due to current restrictions, everyone will need to register to attend a Christmas Mass. Registration will be online at [www.allsaintslethbridge.org](http://www.allsaintslethbridge.org) or by phoning the parish office at 403-327-8931. Due to limited numbers please only register for one Mass. Capacity will be 130 people per Mass as determined by Mandatory COVID restrictions.

The Masses in blue will be live-streamed.



Oki>Hello Parents & Guardians of CCHS students. As your Family School Liaison Counsellor one of my roles is to act as a community liaison for families. This includes providing information about local resources in the community of Lethbridge and surrounding areas.

Over the last two years, I have witnessed a need for additional food supports. Times are tough for many of us. There is nothing to be ashamed of if you need additional services to assist you to meet your family's basic needs, especially through these times. Below is contact and service information for the Lethbridge Food Bank, Community Links, and Canadian Mental Health Association.

I invite you to directly reach out to me at [kristjansonm@holyspirit.ab.ca](mailto:kristjansonm@holyspirit.ab.ca), or by phone at 403-327-4596 should you need any support getting connecting to the Food Bank or other services within the community.

God bless each of you

Sincerely,

Mallory Kristjanson  
Family School Liaison Counsellor  
CCHS

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Telephone: 403-320-1879

Address: 1016 – 2 Avenue South, Lethbridge

Website: <https://lethbridgefoodbank.ca/>

#### Guidelines for Accessing Lethbridge Food Bank Services

We ask that anyone who needs our services provide us with following 5 items:

1. Identification of each person in the home (Drivers License, Birth Certificate, AHC Card for all family members)
2. Correct address/phone number/birthdates of each person in the home
3. Proof of income (SFI, AISH, CPP, OAS, DIS, EI, Child Tax, Child Support, Alimony, Student Loan, Wages)
4. Proof of expenses (Daycare, Alimony, Child Support, Rent/Sub, Mortgage/House Tax, Utilities)

Once you have met our guidelines, you will be given a 3 month or 6 month card to make your next visit quick and easy. When your card expires, you will need to re-qualify by bringing the paperwork listed above.

*We are open Monday, Tuesday, Thursday and Friday from 9:30am to 12pm and 1pm to 3:30 pm.*

*Wednesdays we are open from 9:30am until 12pm.*

We provide food to our clients according to the number of full-time resident in the household.

A client can pick up bread and produce twice a week and a hamper once per calendar month.

**Community Links** - Connecting our clients to free community government and social services agencies

Telephone: 403-328-5465

Email: [info@community-links.ca](mailto:info@community-links.ca)

# Christmas in the library: a selective bibliography

## Non-Fiction

### **The birth of Jesus : a Christmas miracle.**

232.9 BIR      Giovannetti, ed. New York: Centennial Media LLC, 2017. 98 p. Taken from the four Gospels, the story of Christ's birth and early life is told with extensive illustrations.

### **The joy of Advent : daily reflections from Pope Francis.**

242 HOV      Houdek, Diane M. Cincinnati, OH: Franciscan Media, 2015. 144 p. An Advent companion that provides citations for each day of the season.

### **A northern nativity : Christmas dreams of a prairie boy.**

759.11 KUR      Kurelet, William. Melbourne: Childers, 1976. 47 p. During the Great Depression of the 1930s, 12-year-old William has a series of Christmas dreams in which he glimpses the Holy Family as an Inuit family.

### **Honouring the strength of Indian women : plays, stories, poetry.**

812.54 MAN      Manuel, Vera. Winnipeg: University of Manitoba Press, 2019. 391 p. The works of Ktunaxa-Secwepemc, a writer of residential school stories including: Christmas inside of me.

## Fiction

### **Christmas stories : 32 classic stories & poems for the young and old.**

FIC CHR      Independently published, 2019. 246 p. Collection of traditional stories and poems from well-known authors, including Charles Dickens, Frank L. Baum, Louisa May Alcott, Stephen Leacock, Leo Tolstoy, and Lucy M. Montgomery.

### **The Christmas thief.**

FIC CLA      Clark, Mary Higgins. New York: Pocket Books, 2004. 298 p. The decision to choose spruce tree from Vermont to be Rockefeller Center's Christmas tree causes problems for a scam artist recently released from prison, who hid diamonds in it.

### **Literary lapses.**

FIC LEA      Leacock, Stephen. Toronto: McClelland & Stewart, 1910, 1957. 157 p. Classic stories that include the astonishing tale of the baby who ate thirteen Christmas dinners.

### **Christmas stories : 7 original short stories**

FIC MOO      Moore, Kevin. Los Angeles: CreateSpace, 2016. 104 p. Collection of short stories that celebrate the magic of Christmas and inspire those who believe in second chances and the hope and joy of Christmas.

### **My true love gave to me : twelve holiday stories.**

FIC MYT      Edited by Stephanie Perkins. New York: St. Martin's Griffin, 2016. 325 p. A collection of holiday stories by young adult writers including Rainbow Rowell, Marr De La Peña, David Levithan, and Holly Black.

### **Christmas vigil : two Victorian holiday mysteries.**

FIC PER      Perry, Anne. New York: Ballantine, 2010. 380 p. Thirteen-year-old Gracie Phipps helps a young girl, freezing and alone 3 days before Christmas, to find her beloved donkey; ten days before Christmas James Wentworth feels grief over the reckless use of drugs by his son and he seeks help to find him on the dark streets of London.

### **How the Grinch stole Christmas.**

FIC SEU      Dr. Seuss. New York: Random House, 1957, 1985. 50 p. A miserly creature who lives high above the town of Whoville steals Christmas in all its splendor, but cannot touch its spirit.

### **A Christmas story : In God we trust, all others pay cash. Selections.**

FIC SHE      Shepherd, Jean. New York: Broadway Books, 2003. 131 p. Five Christmas stories of childhood based on autobiographical experiences of the author.

### **Letters from Father Christmas.**

FIC TOL      Tolkien, J.R.R. London, Eng.: HarperCollins Publishers, 2015. 191 p. A collection of illustrated letters that Tolkien wrote to his children from Father Christmas, recapping the activities of the preceding year at the North Pole.

Hope

Peace

Love

Believe

Joy

Read

Gingerbread





## GRAD 2022 - SAVE THE DATE!

When we return from Christmas Break, we will dive right into Grad 2022 preparations!

**WHO:** All grade 12 students who meet the following requirements - attained or will attain 90 credits by the end of quarter 3 (April 5, 2021), have completed or will complete RE 35 with the 40 hours of Faith In Action, and are in good standing to attain 100 credits by the end of June.

**WHEN:** tentatively scheduled for Friday, May 13 and Saturday, May 14, 2022.

**WHERE:** All events will be held at the Enmax Centre.

### WHAT YOU NEED TO KNOW RIGHT NOW:

- Save the dates listed above!
- Mr. Collier and Mrs. Hoveling are currently in the midst of grad checks wherein they are having conversations with those “at risk” of not meeting graduation requirements.
- Parents/ guardians will receive a letter in the mail, outlining information items in January.
- Mrs. Polec will be visiting grade 12 classes in January to speak to graduates and relay information.
- There will be a Grad Parent Information Evening to be announced in the new year.
- Booking for grad photos will be over Reading Week in February and throughout March - specific dates and times will be listed in the letter that will be sent out in January.
- Grad Fees will be \$150 (not including banquet tickets) and will be set up on SchoolCash Online in January (which will also be outlined in the letter).
- More information to come as we head into January! We thank you for your patience and understanding.



### Did You Know: Student Surveys



#### What is the purpose of a survey?

Surveys provide a snapshot of attitudes and behaviours - including thoughts, opinions, and comments - about the target population/ group. Survey results provide valuable feedback and can provide a baseline to measure and establish a benchmark from which to compare results over time.

#### What are the types of surveys administered to students at CCH?

- 1) One snapshot (December 13-16) using The Learning Bar's OurSchool Survey. The survey is focused on measuring the factors that have been proven to directly affect students' academic achievement, health and well-being, engagement and attainment.
- 2) The February administration of Alberta Education's Accountability Pillar. This survey goes out to teachers, parents, and students. The data in the Accountability Pillar gives a good idea of school and school authority performance, including successes and potential challenges. Schools and school authorities use the data to find ways to improve student learning and achievement.

# OFF-CAMPUS NEWS



DUAL  
CREDIT

## Dual Credit Program

We are getting excited about new Dual Credit opportunities being offered in the Winter semester by our post-secondary partners, Lethbridge College and Olds College. Students can choose from a variety of courses that will earn them five 30-level high school credits and three credits from the post-secondary institution.

Course Offerings Winter Semester 2022 (February - May)

### Lethbridge College



- **Agriculture Finance** - online, asynchronous
- **Introduction to Psychology** - online, asynchronous
- **Marketing Fundamentals for Media** - online, asynchronous
- **Physical Geology** - online, asynchronous, with some on-campus labs
- **Principles of Animation** - online, asynchronous

### Olds College



- **Applied Ecology** - online, asynchronous
- **Global and Sustainable Tourism** - online, asynchronous
- **Intro to Sports Management** - online, asynchronous
- **Producing Horticulture Crops** - online, asynchronous
- **Solving Technology Problems (Agriculture Based)** - online, asynchronous
- **Veterinary Practice: The Team Connection** - online, asynchronous



For more information about the Dual Credit program, please contact Mrs. McAdam at [mcadamw@holyspirit.ab.ca](mailto:mcadamw@holyspirit.ab.ca)

## U of L Board of Governor's Admission Scholarship



Apply for admission before **December 15th**, and you will be automatically considered for up to \$1,000 with a Board of Governors' Admission Scholarship. **Apply at:** <https://www.ulethbridge.ca/future-student/application>



## U of L Application Workshops

The U of L will be holding Application Workshops for students who want or need help applying to the U of L.  
Tuesday, December 7th at Flex on Campus West in Room 516  
Wednesday, December 8th at Flex on Campus East in Room 202

## November Hours

All RAP and Work Experience students please remember to hand in or send your November time sheets or pay stubs to Mr. Boschee or Mrs. Gurr.



*Merry Christmas  
and best  
wishes for 2022.*

*Mr. Boschee,  
Mrs. Gurr &  
Mrs. McAdam*



## Your Off-Campus Team



Mark Boschee - Off-Campus Coordinator Cell: 587-220-4258 or Email: [boscheem@holyspirit.ab.ca](mailto:boscheem@holyspirit.ab.ca)  
Wendy Gurr - Career Practitioner - 403-327-4596 Ext 312 or Email: [gurrw@holyspirit.ab.ca](mailto:gurrw@holyspirit.ab.ca)  
Wendy McAdam - Dual Credit Liaison— 403-327-4596 Ext 313 or Email: [mcadamw@holyspirit.ab.ca](mailto:mcadamw@holyspirit.ab.ca)



# 40 DAY WELLNESS CHALLENGE

<p><b>You Got This!</b></p>	<p>DAY 1 When you wake up, say out loud (or write down) one thing you're thankful for.</p>	<p>DAY 2 Pick up the phone and call a friend (not text), and ask them how they're doing.</p>	<p>DAY 3 <a href="#">Stargazing</a> is a form of mindful meditation helping to relieve stress and find mental silence in all things astral.</p>	<p>DAY 4 Unplug from all electronic devices for two hours.</p>	<p>DAY 5 Body Gratitude! Make a list of things you're happy your body can do.</p>	<p>DAY 6 Bake yourself a treat with these classic sugar cookie recipes <a href="#">Sugar Cookies</a></p>
<p>DAY 7 Find a reason to smile or laugh! Read jokes, watch stand up, or talk to a humorous friend. <a href="#">CTV Comedy Channel</a></p>	<p>DAY 8 Try not to speak negatively about another person (such as gossiping and criticizing). Instead think of all the things you are grateful for.</p>	<p>DAY 9 Take 1 hour to learn something new today (read, watch a video, learn a skill).</p>	<p>DAY 10 Create a values playlist! Find 10 songs that reflect your top values and listen to the playlist when you exercise, work, or run errands</p>	<p>DAY 11 Practice good sleep hygiene! Give yourself 1 hour to unwind slowly before bed. <a href="#">Sweet Dreams</a></p>	<p>DAY 12 Do something creative for 1 hour today (i.e. journal, color, dance, sing, knit, collage, draw, cook).</p>	<p>DAY 13 It's the most wonderful time of the year. Sing-a-long or just relax and listen to more of your favorite <a href="#">Christmas Carols</a></p>
<p>DAY 14 Take time to relax &amp; enjoy the beauty of the Winter Light Festival @ <a href="#">Nikki Yuko Japanese Garden</a>.</p> 	<p>DAY 15 Grab a <a href="#">coloring book</a>. Coloring can reduce stress, anxiety, improve focus and help you achieve mindfulness. As you <a href="#">colour your way across Canada</a>, add a prayer intention for someone you know.</p>	<p>DAY 16 Start a healthy habit today (drink 8 glasses of water, make your bed when you wake up, read recreationally).</p>	<p>DAY 17 <a href="#">Reduce Stress Through Breathwork!</a> Inhale to a count of 4, hold for 4, exhale for 4, and hold for 4. Repeat.</p>	<p>DAY 18 CP Holiday Train. Check out the schedule for the "<a href="#">Spirit of the Holiday Train</a>"</p> 	<p>DAY 19 <a href="#">Volunteer</a> your time and energy to help someone else today! It can be as simple as bringing a friend coffee on a busy morning or offering to help with a household chore.</p>	<p>DAY 20 Take a <a href="#">Mental Vacation!</a> Set a timer for 10 minutes and <a href="#">Visualize</a> a place that holds special memories for you. Try to engage your 5 senses in your <a href="#">Visualization</a>.</p>
<p>DAY 21 Eat mindfully! Have a meal with no distractions, use your fancy plates/silverware, chew slowly, and savor your food. <a href="#">Mindful Chef</a></p> 	<p>DAY 22 Do a moving mindfulness activity outside today, like walking, hiking, or outdoor yoga. <a href="#">Alltrails</a> - Fee based</p>	<p>DAY 23 Create a zen space in your home (candles, weighted blanket, comforting reads). Visit <a href="#">Lethbridge Library</a> free E-membership until Dec 31/21</p>	<p>DAY 24 Spend some time with your passion. One of the best ways to divert a mind from troublesome aspects is to do something you love.</p>	<p>DAY 25 You deserve a winter walk. Grab your mittens and hot chocolate and experience the <a href="#">Winter Walk in the Park</a> in the town of Coaldale</p>	<p>DAY 26 Get outside and use your creativity. Be a snow artist, build a snowman, snowdino or a pattern. Everyone has heard of a crop circle, this is done in the snow.</p>	<p>DAY 27 Use a Positive "No" Today! Say no confidently to unwanted requests.</p> 
<p>DAY 28 <b>Merry Christmas</b> Be thankful! Spend time with your loved ones. Background music, a <a href="#">crackling fire</a> and you don't have to chop wood for this one. So relaxing.</p> 	<p>DAY 29 <b>Boxing Day!</b> Make a worry box! When you have a recurring worry, jot it down on a piece of paper, drop it in the box, and turn your attention elsewhere.</p>	<p>DAY 30 Fresh air and new experiences Go Geocaching! Visit <a href="#">Geocaching.com</a> to learn more, see more areas in your neighborhood and further. Basic membership is free.</p>	<p>DAY 31 <a href="#">Virtual Cafe</a>. Setup a time with a friend or a group of friends and have a relaxing <a href="#">coffee social</a>. (or not)</p>	<p>DAY 32 <b>Happy New Year!</b> Don't forget as you're welcoming a new you, that there's a whole lot about the old you that is worth keeping.</p>	<p>DAY 33 Exercise your mind (i.e. work on jigsaw puzzles, sudoku, crosswords, wordsearch). <a href="#">Puzzles</a></p>	<p>DAY 34 Pamper Yourself Today! Indulge in a <a href="#">spa treatment</a>, or create a <a href="#">home spa</a>.</p>
<p>DAY 35 Walking is one of the easiest ways to get the exercise you need to stay healthy. Experts recommend at least 2½ hours of moderate activity (such as brisk walking, brisk cycling, or yard work) a week. <a href="#">Worldwalking.org</a></p>	<p>DAY 36 If you're having a tough day, acknowledge it and give yourself some grace. Snuggle up with a blanket, hot drink and watch cheesy movies if that's what you need.</p>	<p>DAY 37 Keep a positive, upbeat and optimistic attitude. Smile, laugh and enjoy life.</p> 	<p>DAY 38 Stretch your entire body from head to toe with this fun 10 minute morning <a href="#">yoga class</a>.</p> 	<p>DAY 39 Leave a note of <a href="#">encouragement</a> in a public place.</p> 	<p>DAY 40 You made it! Celebrate your commitment to finish this wellness challenge. You couldn't have done it without you!</p> <p><b>YOU ARE AMAZING!!</b></p>	

# December

Together on the Journey



**St. Mary**

Schools: École St. Mary, St. Mary Taber  
Our Lady of the Assumption

*“And Mary said, “My soul magnifies the Lord, and my spirit rejoices in God my Savior, for he has looked with favor on the lowliness of his servant. Surely, from now on all generations will call me blessed; for the Mighty One has done great things for me, and holy is his name.”*

Luke 1:46-49

**OLA**



**ST. MARY**

Mary, the mother of Jesus, commonly referred to as Mary, Mother of God, Saint Mary, Virgin Mary and Blessed Virgin Mary, is one of the most admired figures in Scripture, and considered by many to be the greatest of all Christian saints. She was chosen and prepared by God to be the mother of His Son, because she freely chose to cooperate fully in the graces given to her and in the vocation she received. She was a willing servant who trusted God and obeyed His call. While her life held great honour, her calling also required great suffering. Though there was joy in motherhood, there was great pain in the privilege of being the mother of the Messiah. Despite these things, she responded to God with great obedience and submission to His plan. Her life never robbed Jesus of His glory, for her mission was to witness the glory of the Son of God.

## The Miraculous Medal

"The religious sense of the Christian people has always found expression in various forms of piety surrounding the Church's sacramental life, such as the veneration of relics, visits to sanctuaries, pilgrimages, processions, the stations of the cross, religious dances, the rosary, medals, etc." (CCC 1674). There are many devotions that Catholics have to Mary, from devotion to Our Lady of Guadalupe to Mary, Undoer of Knots. One particular sacramental devotion is the Miraculous Medal, which has held a special place in the heart of many Catholics since 1830, when the Blessed Mother appeared to St. Catherine Labouré and asked her to create it.

"O Mary, conceived without sin, pray for us who have recourse to thee."



The rays that shoot out from Mary's hands "symbolize the graces I shed upon those who ask for them."

Mary standing on the globe, with the head of a serpent beneath her feet.

The year 1830 on the Miraculous Medal is the year the Blessed Mother gave the design of the Miraculous Medal to St. Catherine Labouré .

12 stars represent the 12 Apostles.



The cross reminds us of Jesus' cross of redemption.

The "M" reminds us that Mary is both Mother and Mediatrix.

Two flaming hearts. The left heart, circled with thorns, represents Jesus. The right heart, pierced by a sword, symbolizes Mary.

There is no superstition, nothing of magic, connected with the Miraculous Medal. The Miraculous Medal is not a "good-luck charm". Rather, it is a great testimony to faith and the power of trusting prayer. Its greatest miracles are those of patience, forgiveness, repentance, and faith. God uses the Medal, not as a sacrament, but as an agent, an instrument, in bringing to pass certain marvelous results. "The weak things of this earth hath God chosen to confound the strong." (1 Corinthians 1:27)

*“Then Mary said,  
“Here am I,  
the servant of the Lord;  
let it be with me  
according to your word.”  
Then the angel departed from her.”*

- Luke 1:38

# December

Together on the Journey



St. Mary

Schools: École St. Mary, St. Mary Taber  
Our Lady of the Assumption

## Feast Days and Celebrations December 2021

- 8** Immaculate Conception of the Blessed Virgin Mary
- 12** Feast Day of Our Lady of Guadalupe
- 12** National Day of Prayer in Solidarity with Indigenous People
- 25** Christmas Day/The Nativity of the Lord
- 26** Feast of the Holy Family
- Jan. 1** The Solemnity of Mary, the Holy Mother of God

As you journey with St. Mary this month...

### WEEK ONE

What do you think it was like for Mary and Joseph to talk about this baby having been conceived miraculously? To receive the visit of the wise men, to fly by night into Egypt, to return to Nazareth? Imagine yourself in one of these scenes. What might God be teaching you through this scene?



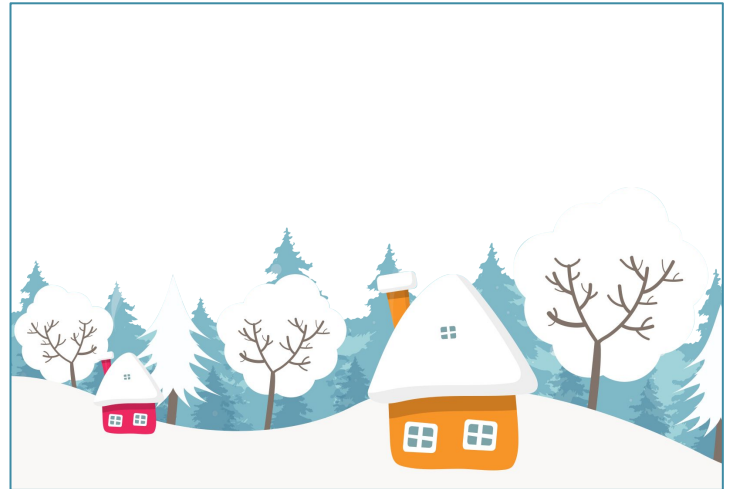
### WEEK TWO

We all have many memories of Christmas - memories of family, food, presents, and the rest. When you think of Christmas, what makes you think of Jesus? Spend a few moments today thanking God for that memory.



### WEEK THREE

Think about your mother today. How has her life blessed you? Where does she need your prayers? Offer a prayer to God today for your mother.



### WEEK FOUR

Who do you consider a spiritual parent? Who in the Church has handed on the faith to you? Who in the Church has taught you about the Bible? Which family members? Which priests or deacons or bishops? Remember their teaching and thank God for them today.



Sources: *Daily Lessons from the Saints* by Fr. Brice Higginbotham  
[6 Fascinating Facts about Mary, Mother of Jesus](#)  
[What Is The Miraculous Medal](#)  
[Association of the Miraculous Medal](#)



### Sunday Gospel Readings

- Dec. 5th/2nd Sunday of Advent  
Luke 3:1-6
- Dec. 12th/3rd Sunday of Advent  
Luke 3:10-18
- Dec. 19th/4th Sunday of Advent  
Luke 1:39-45
- Dec. 26th/Holy Family of Jesus, Mary and Joseph  
Luke 2:41-52



**Canadian Mental Health Association**  
**Alberta South Region**  
*Mental health for all*

*Founded in 1918, CMHA is a national charity that helps maintain and improve mental health for all Canadians. As a nation-wide leader and champion for mental health, CMHA helps people access the community-based resources they need to build resilience and support recovery from mental illness in their own communities.*

*CMHA, Alberta South Region offers programs specifically designed to help provide supports and services to Lethbridge and the surrounding areas.*

*Mission Statement:*

*To promote the mental health of all and support the resilience and recovery of people experiencing mental illness.*

## **CANADIAN MENTAL HEALTH ASSOCIATION ALBERTA SOUTH REGION Programs & Services**

### **Overview**

One of the greatest assets that CMHA, ASR has is its flexibility in creating and developing programs and services that meet the specific needs in Lethbridge. As things change and evolve in the city, CMHA, ASR is able to adapt the programs offered to provide supports to a wide array of people.

CMHA, ASR regularly collaborates with other organizations to ensure that people accessing our programs and resources receive the best possible service. Through partnerships as well as engagement with interagency networks within the community, CMHA, ASR actively works to identify and address service gaps for people facing mental health issues and addictions.

CMHA, ASR networks with other CMHA regions to provide programming and share resources across Canada. Through this network we are able to bring new mental health practices and tools to individuals in Southern Alberta

As the organization constantly changes to meet the ongoing needs of the people we serve, please contact us for more information on current and specific programs and services.

### **Crisis Services**

CMHA, ASR offers supports to those who may be experiencing a crisis due to any reason. Programs work with one another to triage and ensure individuals in crisis receive the best possible service.

#### **Distress & Suicide Prevention Line of Southwestern Alberta**

24/7 Phone Support for individuals experiencing crisis. Staff are available at all times and trained to provide crisis de-escalation, trauma informed care, and recovery based practice.  
 Ph: 403.327.7905

#### **Crisis Intervention Team**

Mobile support service that provides crisis intervention and stabilization. Available to provide a mobile response daily between 7am and 1 am; and telephone consultation between the hours of 1 am and 7 am.  
 Pager: 403.381.1116

#### **Community Crisis Beds**

24/7 Community Stabilization program for individuals in crisis. Provides a short term stay for individuals to support them through crisis situations. Accessible by admission through the Crisis Intervention Team.

### **Youth Programs**

#### **Community Approach to Skills Development**

Offers a variety of hands on life skills and employment opportunities for youth.

#### **Enviro Rangers Program**

Summer Youth group focused on developing a sense of community through volunteering in a number of environmentally friendly related activities.

#### **Youth Anti-Stigma & Youth Bursary**

Ongoing activities and biannual bursaries aimed at removing the stigma of mental illness in schools and providing opportunities for students who have been affected by mental illness.

**426 – 6<sup>th</sup> Street South, Lethbridge, Alberta T1J 2C9**

**Phone: 403-329-4775 Fax: 403-320-7432**

**Email: [admin@cmhalethbridge.ca](mailto:admin@cmhalethbridge.ca)**

**Website: <https://lethbridge.cmha.ca>**



"Oh come let us adore Him"

May the miracle of the first Christmas  
fill your heart with joy.

Merry Christmas from the staff of  
Catholic Central High School.