



*Catholic Central
High School*

(403) 327-4596

Paws for the CCH News

September 1, 2022

"One School, Two Buildings, Endless Opportunities"

PRINCIPAL'S MESSAGE

Arise, shine: for your light has come, and the glory of the Lord has risen upon you." - Isaiah 60:1

What a beautiful and apropos piece of scripture to start the beginning of the 2022-2023 school year!

September is a glorious time of renewal and fresh starts, while providing us with the opportunity to fall into the routines and structures we seek. After the arduous journey of the last three years, our new faith plan "Arise! Pilgrims of Hope" welcomes us to put ourselves in the place of the silhouetted people at the front doors of the lighted church. As we stand at the doorway, we cannot help but think back over the past three years: of all of the things that we have done and gone through. All of the changes. All of the disappointments, frustrations, angers, joys experienced and joys delayed. However, the warmth and brightness of the church beckons us in... and what do we see? The illuminated stained glass, which allows the light of God to shine in and dispel the darkness.



In Year One - Arise! - we will focus on understanding that God is in our hearts. We will be called to look inward, to acknowledge our hearts, and to find communion with each other. Our need for unity, connection, and belonging begins with listening, healing, invitation and welcome. These appropriate calls to action invite us all to stand up and participate (or SUP!). Here, at Catholic Central, we will be working on building relationships of trust and accountability. As already emphasized in a previous message, our staff is dedicated to supporting our students' academic success, success that comes from regular daily attendance and from focus (without the distractions of devices) in the classroom. Together, our collective efforts will help us in (re)connecting with each other.

Speaking of connecting, as a school, we endeavor to keep you informed through our website, newsletters, emails, PowerSchool, and through our social media channels. Please ensure that you are not missing out on keeping informed! A couple of ways of staying connected are:

- Check out our website <https://www.holyspirit.ab.ca/cch/> for access to calendars, school fees, re-entry updates, newsletters, bell times... you name it, it's there!
- Follow us on Twitter at @cchscool and Instagram (cch.school).
- Like us on Facebook - Catholic Central High School, Lethbridge (@cchscoolcougars).
- Download the PowerSchool App or bookmark it on your device for information about your child's progress and attendance.
- Subscribe to our monthly (sometimes twice a month) newsletter.
- Ensure your email information and phone numbers are up-to-date in PowerSchool by letting the office know (as I often do call outs and send frequent email updates).
- If all else fails, call the school at (403) 327 4596 and someone will help you find the information you are searching for.

We look forward to working alongside you and your children and hope that this school year will be filled with excitement and joy, rigor and relevance, and love and laughter. On behalf of the staff at Catholic Central, I wish all of you a blessed school year! - Mrs. Polec, Principal





Upcoming Dates to Remember for Quarter 1

September

- 5 - No School - Labor Day
- 7 - School Pictures on Campus East
- 8 - School Pictures on Campus West
- 12 - Opening Mass
- 20 - School Council AGM in the Library on Campus East at 7:00 p.m.
- 27 - Grade 12 Retreat and Midterm
- 28 - Division Board Meeting
- 29 - Orange Shirt Day
- 30 - National Day for Truth & Reconciliation

October

- 10 - Thanksgiving Day
- 11 - CCH PD Day - No School
- 12 - Tentative Date for Awards Night for the 2021-2022 School Year (more information to come)
- 18 - School Council Meeting on Campus East in the library at 7:00 p.m
- 19&20 - Holyspirit Celebration of the Arts Showcase Evenings (more information to come)
- 21 - Picture Retakes
- 24 - Division PD Day - No School
- 26 - Division Board Meeting
- 28 - French Part A Diploma
- 31 - French Part B Diploma

November

- 1 - Last Day of Quarter 1 Classes
- 2 - English Part A Diploma
- 3 - Social Studies Part A Diploma
- 4 - Math (am) and Chemistry (pm) Diplomas
- 7 - English Part B Diploma
- 8 - Social Studies Part B Diploma (am) and Science (pm) Diploma
- 9 - Physics (am) and Biology (pm) Diplomas
- 10 - CCH Wellness Day - No School
- 11 - Remembrance Day - No School
- 14 - First Day of Quarter 2 Classes



2022-23 OFFICE HOURS FOR BOTH CAMPUSES

Monday - Thursday: 7:30 a.m. - 3:30 p.m.
Friday - 7:45 a.m. - 12:45 p.m.

SchoolCash Online and School Fees

The Holy Spirit School Division uses School Cash Online which provides you with the convenience of paying online for school items such as school fees, trips, co-curricular fees, etc. Go to holyspirit.schoolcashionline.com to register online. Once you have registered your child, you will be able to see all fees owing for your student. If you have any questions during the registration process or while shopping online, please call Ms. Tamara Wilson at our Campus East office and she can assist you. If you prefer to pay by cash or cheque you can always do so by coming into the office. All fees are posted on the CCH website, under the "Our School" tab on our main page.



PowerSchool

Catholic Central High, as part of the Holy Spirit Roman Catholic School Division, uses Power School as its student information system. It provides parents and students access to real-time information including attendance, assignments/ tests/ exams, grades, and the Daily Bulletin. If you require assistance logging onto the parent portal for PowerSchool, please contact the school office at 403-327-4596 and speak to Ms. Kim Magill.

School Bussing Information

For information about transportation (busing), please click on the following link:
https://www.holyspirit.ab.ca/schools/transportation/lethbridge_schools_transportation

Any inquiries about bus routes, shuttle buses, etc. can be directed to Ms. Joanne Lavkulich at lavkulichj@holyspirit.ab.ca



Student Contact Information

If you have moved over the summer or changed phone numbers or email addresses, please contact the school with your new information. The government requires the school to have correct contact information for all students. The correct information is vital in case of an emergency! Additionally, much of Catholic Central's communication is now done by email, Synvoice calls, Twitter, Instagram or Facebook. Don't miss out on important and interesting information!



September 29th
ORANGE SHIRT DAY
Every Child Matters



September 7 - Campus East
September 8 - Campus West
October 21 - Retake Day on both campuses

Hello, CCH! This is Braden Dalton letting you know about a very important matter, even with those *creepy* clouds in the sky! I am lucky enough to be taking over as drama teacher and director of CCH Musical Theatre this year and I am proud to be part of such a *kooky* team of adults who get to work with even *kookier* students. There has been a lot of speculation over what *mysterious* musical we would be performing this school year, but now is the time to put those *ooky* rumours to rest!

This year, CCH Musical Theatre is proud to present
*The Addams Family! *Snap Snap**

We are looking for amazing students to come be a part of our cast and crew for the production which we will perform in March.

Audition packages will be available on both campuses later this month, and auditions will take place the middle of October.

If you have any questions about the show, please find me or Mrs. Christensen in person or send us an email!
Have a spooky day!



New Staff 2022-2023



Samantha Tinworth

We welcome Samantha Tinworth as she continues teaching with the Science Department here at CCH. We first met Samantha when she came to us as a U of L Intern in 2020-21. She has a biology degree and is excited to share her love and passion for science with her future students. She has two kids and two dogs keeping her busy.

In the rare occurrence she has some spare time, she enjoys going out in nature, teaching highland dance, and reading.



Cara Ross

I was born and raised in Lethbridge, and have recently returned after teaching in Calgary for the past 20 years. I have three children (ages 18, 16, 10) and the younger two will be joining the Holy Spirit family with me. As a family we enjoy hiking and camping, extended family get-togethers (picture a Christmas sleepover with 23 of us!), games, and stories. I am looking forward to “getting back to my roots” and getting settled in our new home.

Michael Schmidt

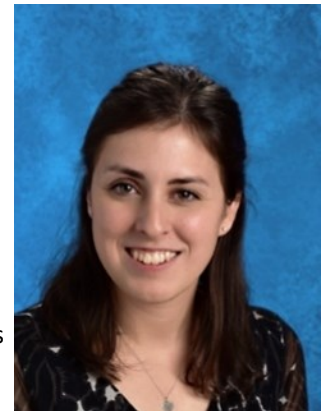
Hi! My name is Michael Schmidt and I am going to be teaching Social Studies at Catholic Central High School during the upcoming 2022/2023 school year. As a CCH Alumni, I am extremely excited to be back at the school that helped form me into much of who I am today. Having attended Holy Spirit Catholic Schools and working within the division over the past couple of



years, I am excited to continue working in a Christ-centered school community where staff and students can utilize their faith to create a collaborative learning environment. I am a long-time resident of the Lethbridge area with a passion for music, cooking, spending time in nature, reading, watching movies, and any form of storytelling. I plan to help with this year’s musical production here at the school as it was a major part of my high school experience. I look forward to working with my students to deepen our understanding of the world around us and the roles that each of us play in our various communities.

Stephanie Monteith

Hello Catholic Central, After completing my internship here last year and continuing as a substitute teacher in quarters 3 and 4, I am excited to be back teaching Science and Math this year! I am looking forward to reprising my role coaching softball and helping with Santa’s Anonymous. I hope I can be involved with some science-related clubs this year as well.



In my free time, I enjoy being outside and playing sports. Growing up I played hockey and ran x-country and more recently I have been learning to snowboard and play golf. I am a big hockey fan and like to go to games when I can.

I am originally from a small town in Ontario and moved to Lethbridge after graduating with my Bachelor of Science in biochemistry over 5 years ago. Since then, I completed both my Master of Science degree and Bachelor of Education degree. I like living here and love Lethbridge’s community feel and proximity to the mountains.

I enjoyed my time getting to know you all last year and I cannot wait to see and meet all of you this fall!

- Miss Monteith

Domínique Point du Jour



My name is Dom Point du Jour. I am a graduate of the University of Lethbridge with a major in mathematics and minors in religious studies and physical education. I grew up in Catholic schools and I am excited that I now have the opportunity to teach in one! I am looking forward to joining CCH and getting to know the staff and students!

Meet our 2022-23 PS 3 Interns

Hello, my name is **Chase Arsenault**. I am a student at the University of Lethbridge and I will be doing an internship practicum at CCH. I am passionate about education, helping people to learn and grow, and I look forward to teaching high school English this Fall. I also enjoy reading, writing, playing guitar, playing video games, and riding my bike.

Chase will be teaching English 10-1 & English 30-1 on Campus West Quarter 1, and English 20-1 & English 30-1 on Campus East Quarter 2 under the guidance of Teri Hartman.

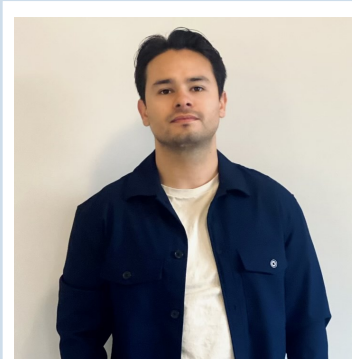


Hello, my name is **Samuel Chambers-Dumont**, and I am so pleased to be joining the CCH community in the fall for my PSII/III practicums. I earned my bachelor's degree in Finance from the University of Lethbridge, and I look forward to sharing this knowledge in the Business and Entrepreneurship course. When I am not studying, I engage in one of the many hobbies I have had over the years. I enjoy collecting books on many different subjects and I add one or two to my shelf for every book I finish. Lately, I spend most of my free time playing and discussing collectible card games, and students can probably distract me by asking my opinion on their different distribution models. I look forward to working with the staff, students, and wider community of the Holy Spirit Division and Catholic Central.

Samuel will be teaching Business & Entrepreneurship Quarter 1 and adding Science 10 as well Quarter 2 on Campus West under the direction of Shawn LeBleu.

Hello! My name is **Mark Mercier** and I am excited to be joining the CCH community. I am a sixth-year student at the University of Lethbridge and I'm pursuing a combined degree in Mathematics Education and General Science. I am originally from High River, Alberta, and I'm happy to make Lethbridge my new home. I grew up in the Catholic school system and I am excited to make my return as a student teacher. When I'm not working you can find me at the golf course. One of my favourite spots to play is at the Whitefish Lake Golf Course. I also look forward to weekly game and movie nights with family and friends. I am grateful for the opportunity to teach at CCH and look forward to learning from all the amazing people.

Mark will be teaching Math 10-2, Math 30-2 Quarter 1 on Campus East, and Math 30-2 & Math 20-2 on Campus East under the direction of Tim Folkersen.



Hello, I am **Jose Sanguino**. I'm a student teacher from the University of Lethbridge completing the final year of my education degree. I am originally from Colombia but grew up in Calgary from the age of eight years old. I have many interests, however, sports and physical activities have always intrigued me the most.

I'm thrilled to have the opportunity to teach at Catholic Central High School where I can be a resource for students during this pivotal time in their lives. My time in high school was significantly influenced by great teachers and I hope that I can be one too.

Working with Chris Leroux, Jose will be teaching Sports Medicine 15 Quarter 1 on Campus East and Sports Medicine 25/35 Quarter 2 on Campus East. He will also be working with Athletic Leadership both quarters.

Hello! My name is **Robyn Strong** and I am an After Degree Bachelor of Education student, majoring in CTS- Business Focus, and I am really looking forward to my practicum at CCH!

I grew up on a small ranch in the Spruce View area. I have a Bachelor of Management- Human Resource Management and Organizational Studies degree, and a Bachelor of Science –Psychology degree. I have travelled all over Western Canada as an oil and gas consultant for the last 18 years.

I have some great loves in my life, and besides my daughter, they are 4 legged and furry (5 horses and 2 cats). I have a various mix of interests such as riding horses, travelling, sports, knitting (by necessity), home renovations, and neuroscience. I am looking forward to learning more about the diverse and wonderful CCH students, and what I can do to help them succeed.

Robyn will be teaching Foods with Deb Yawney Quarters 1 & 2 on Campus East.



Brendan Ukrainetz is excited to join the CCH community as an intern music teacher for Q1 and Q2 this fall. Brendan is an after-



degree student in the Bachelor of Education program at the University of Lethbridge, where he graduated with a degree in music performance in the Spring of 2021. Brendan has been an active member of many music communities in Alberta playing brass and string instruments, arranging music, conducting, and performing in marching bands. Some of his most interesting musical experiences include arranging and performing Time Warp (and a few other tunes) with the Calgary Stampede Showband, going to Taiwan with the UofL wind orchestra to work with Elementary and Junior High music students in 2018, winning the 2020 UofL Wind Orchestra Concerto competition (and playing his solo with the band for the 2021 virtual convocation), and performing alongside the King's Own Calgary Regiment Band since 2019 on euphonium. As an intern teacher, he'll be helping Mrs. Christensen teach band and other instrumental music, and is very excited to work with the students to help them discover a deeper appreciation for the Fine Arts.

Chase will be instructing RE 35 Quarter 1 on Campus East, and Music classes both quarters, Campus East under the direction of Danielle Christensen.

OFF-CAMPUS NEWS



Welcome Back!

Listed below are the programs we offer through Off-Campus Education.

We also offer **Career, Post-Secondary and Scholarship Information.**

If you have any questions or would like to know more about any of our programs, please contact us.

Work Experience

Work Experience is a program designed to create an opportunity for students to earn high school credits and experience the World of Work first hand. Students may be in a paid or a volunteer position. Students can earn up to 15 credits towards their High School Diploma. All students **must have** complete the **HCS 3000 Workplace Safety Systems course** before starting work experience and complete the **Off-Campus Work Agreement** form and return it **BEFORE** hours of work will start to be accumulated. Students are responsible for finding their own positions.

Earn while you learn!



Green Certificate Program

This program is a joint endeavor between Alberta Education and Alberta Agriculture and Forestry. Participants learn by actively performing the skills required under the direction of experienced farm personal and provides students with credentials that could lead to a career in agribusiness. Students must complete AGR3000 (an Agriculture Safety course). Students can earn up to 16 credits towards their High School Diploma . There are 11 different specializations to choose from. Go to : <https://lethbridgecollege.ca/green-certificate> to read the description's.



Registered Apprenticeship Program (RAP)

This program provides senior high school students the opportunity to earn credits in high school and gain on-the-job training that can be applied towards an apprenticeship. Students can earn up to 40 credits towards their High School Diploma. All students **must have** complete the **HCS 3000 Workplace Safety Systems course** before starting RAP and be paid at least minimum wage for their work. RAP students will also receive their Apprenticeship Blue Book.

Earn while you learn!



Dual Credit - In Partnership with Olds College and Lethbridge College

Dual Credit courses are an opportunity for high school students to explore career pathways, post-secondary opportunities, get a head start on post-secondary diploma programs and ease transition from high school to post-secondary while still enrolled in high school. Students will earn credits in both high school & post-secondary at the same time. There are no tuition fees for post-secondary courses completed during high school.



Special Projects

Special Projects are projects that students can pursue in which they have considerable interest or ability but which are not within the scope of the regular curriculum. Students can earn up to 15 credits towards their High School Diploma.



Your Off-Campus Team

Mark Boschee - Off-Campus Coordinator Cell: 587-220-4258 or Email: boscheem@holyspirit.ab.ca

Wendy Gurr - Career Practitioner - 403-327-4596 Ext 312 or Email: gurrw@holyspirit.ab.ca

CATHOLIC CENTRAL HIGH SCHOOL 2022-2023 SCHOOL YEAR CALENDAR

- 24 - First Day for Staff (Staff meetings & PD)
- 25 - Division Opening Mass & Staff Meetings
- 26 - Open House for New Students 10-Noon
- 31 - First Day of Q1 Classes

AUGUST '22						
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SEPTEMBER '22						
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- 5 - Labour Day
- 7 - School Pictures - East
- 8 - School Pictures - West
- 12 - Opening Mass
- 28 - Division Board Meeting
- 30 - National Day for Truth and Reconciliation

- 10 - Thanksgiving Day
- 11 - School PD Day
- 24 - Division PD Day
- 26 - Division Board Meeting

OCTOBER '22						
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NOVEMBER '22						
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27	28	29	30			

- 1 - Last Day of Quarter 1
- 2-4; 7-9 - Exam Days
- 10 - CCH Wellness Day
- 11 - Remembrance Day
- 14 - First Day of Q2 Classes
- 23 - Division Board Meeting

- 15 - Advent Mass
- 21 - Division Board Meeting
- 23 - Last Day Before Break
- 24-31 - Christmas Break
- 25 - Christmas Day
- 26 - Boxing Day

DECEMBER '22						
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JANUARY '23						
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29	30	31				

- 1 - New Year's Day
- 2-8 - Christmas Break
- 9 - First Day Back After Break
- 18 - Last Day of Q2 Classes
- 19-20; 23-26 - Exam Days
- 25 - Division Board Meeting
- 27 - School PD Day
- 30 - First Day of Q3 Classes

- 15 - Division Board Meeting
- 20 - Family Day
- 21 - 24 - Reading Week - No School
- 23 - 24 - Teacher's Convention

FEBRUARY '23						
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MARCH '23						
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- 1 - Lenten Mass
- 13 - Spiritual Development Day
- 14 - Division Collaborative Day
- 24 - School PD Day
- 29 - Division Board Meeting

- 6 - Last Day Before Break
- 6 - Last Day of Quarter 3
- 7 - Good Friday
- 9 - Easter Sunday
- 10 - 14 - Easter Break
- 17-21 - Exam Days
- 24 - First Day of Q4 Classes
- 26 - Division Board Meeting

APRIL '23						
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30						

MAY '23						
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28	29	30	31			

- 12 - 13 - Graduation
- 22 - Victoria Day
- 24 - Division Board Meeting

- 7 - Closing Mass
- 16 - Last Day of Q4 Classes
- 19-20; 22-23; 26-27 - Exam Days
- 21 - National Indigenous People's Day/ School PD Day
- 21 - Division Board Meeting
- 27 - Last Day for Students
- 28 - Last Day for Teachers

JUNE '23						
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25	26	27	28	29	30	



- Q1 - Aug 31 - Nov 1 (40 Days)
- Q2 - Nov 14 - Jan 18 (38 Days)
- Q3 - Jan 30 - Apr 6 (41 Days)
- Q4 - Apr 24 - June 16 (39 Days)

- No Students
- Stat Holidays
- School PD Days
- Division PD/Spiritual Development/Collaborative Days
- Division Board Meetings
- First & Last Days of the Quarter
- First & Last Days for Students
- First & Last Days for Teachers



NOTICE TO PARENT OR GUARDIAN OF RELIGIOUS PERMEATION

Section 58.1 of the *Education Act* requires a school board to give notice to a parent or guardian when courses of study, education programs, institutional materials, instruction or exercises include subject matter that deals primarily and explicitly with religion. All of the schools in this division are Catholic Separate Schools, the essential purpose of which is to fully permeate Catholic theology, philosophy, practices and beliefs, the principles of the Gospel and teachings of the Catholic Church, in all aspects of school life, including in the curriculum of every subject taught, both in and outside of formal religion classes, celebrations and exercises. Every course of study and educational program, all institutional materials, instruction and exercises will at all times include subject matter that deals primarily and explicitly with religion.



FAIR NOTICE LETTER

Dear Parents / Guardians,

The Holy Spirit Catholic School Division is committed to providing safe learning environments for all students, staff, school visitors and community members. When a student behaves inappropriately, principals use progressive discipline to help a student take responsibility for their actions, change their behavior and learn from their mistakes.

When students' behaviors pose a potential threat to safety or serious harm, the Southwest Alberta Regional Violence Risk Threat Assessment Protocol (VTRA) helps principals take further steps to protect the well-being of students and staff. The protocol helps schools respond quickly to threatening incidents such as: possession of a weapon or a replica weapon, bomb threats or plans, verbal, written or electronic (internet, text) threats to kill or injure oneself or others or other threats of violence, fire setting.

The Southwest Alberta Regional VTRA Protocol outlines how a school responds immediately to threatening behavior. Principals may first bring together a School Threat Assessment Team, which ideally includes the principal / associate principal, a school based counsellor / jurisdictional lead and police of jurisdiction. If the situation is serious the principal may also consult the Superintendent of Schools and call in members of the Community Threat Assessment Team. This community team may include representatives of community agencies who work with us to keep our schools safer such as, but not limited to, local police, children's mental health organizations or Child and Family Services. Parents / guardians will be notified as soon as possible in the Stage I - VTRA Process. If parents / guardians cannot be reached, but a concern for safety still exists due to threatening behavior, the threat assessment may still proceed. Personal information shared throughout this process will respect and balance each individual's right to privacy with the need to ensure the safety of all.

This letter complies with procedure 2 of *Administrative Procedure 322: Violence Threat / Risk Assessment (V-TRA) Protocol*, which states that parents / guardians will be provided with "fair notice" that each threat will be taken seriously. Should you wish to further review this Administrative Procedure, please visit our website at www.holyspirit.ab.ca.

If you have any questions regarding the Holy Spirit Catholic School Division's use of the Southwest Alberta Regional V-TRA Protocol, please contact the Director of Support Services at the St. Basil Catholic Education Centre. We appreciate your support in ensuring our schools are safe environments for our students, staff and community partners.

Sincerely,
Ken Sampson, Superintendent of Schools



Saints of the World Journal

Month	Saint
September	1 <u>St. Padre Pio</u>
October	
November	
December	
January	
February	
March	
April	
May	
June	
<u>Division Parishes</u>	

September

Arise!

Pilgrims of Hope



“Arise, shine; for your light has come, and the glory of the Lord has risen upon you..”

Isaiah 60:1

ST. PADRE PIO 1887-1968 (Feast Day: September 23)

St. Padre Pio was born Francesco Forgione, on May 25, 1887, in Pietrelcina, Italy. His parents were peasant farmers. He had an older brother and three younger sisters, as well as two other siblings who died in infancy. As a child, he was very religious and by the age of five he reportedly made the decision to dedicate his life to God. He was a sickly child and suffered an attack of gastroenteritis at age six. When he was ten, he had typhoid fever. In 1897, after three years of schooling, Francisco expressed to his parents that he wanted to become a friar. He was told by local monks that he needed more education before he could join. To prepare Francesco, his parents decided to hire a private tutor. To pay the cost, Francesco's father traveled to America to find work, and sent the money home. At the age of 15, Francisco was finally ready and he entered the novitiate of the Capuchin friars at Morcone. He took the name of "Pio" in honor of Pope Pius I. In 1915, with World War I afflicting the world, Padre Pio was summoned for military service. He was drafted into medical service. In March 1916, he was finally dismissed because of his poor health. On September 20, Padre Pio was hearing confessions when he felt pain in his hands and feet and noticed the stigmata, the wounds of Christ, appearing on his hands and feet. The experience was painful. Bleeding occurred. Doctors who later examined the stigmata were amazed at their perfectly round shape. Word began to spread about Padre Pio's stigmata and people came from far away to examine him.

Holy Moments In Our Schools

At last year's Spiritual Development Day, we took some time to reflect and recall a "Holy Moment" from our year. In keeping with this year's faith theme "Arise! Pilgrims of Hope", we will be connecting with schools to continue to identify those holy moments throughout the school year, and to share how schools are finding ways to Arise! Have a picture of your students showing a spiritual work of mercy or fruit of the spirit? Being in communion with one another or learning about the saints? Send it our way and you may be featured.

The Spiritual Works of Mercy Admonishing the Sinner

Do not judge, but be supportive in helping others find their way and correct their mistakes. Together we can learn to walk more closely with Christ.

- In humility we must strive to create a culture that does not accept sin, while realizing that we all fall at times
- Don't judge, but guide others towards the path of salvation (see Mt 7:1-2)
- When you correct someone, don't be arrogant. We are all in need of God's loving correction.
- We should journey together to a deeper understanding of our shared faith
- "Remove the wooden beam from your eye first; then you will see clearly to remove the splinter from your brother's eye" (Mt 7:5)

At Padre Pio's canonization Mass in 2022, Blessed John Paul II said of St. Padre Pio: "Today we contemplate in him how sweet is the 'yoke' of Christ and indeed how light the burden whenever someone carries these with faithful love. The life and mission of Padre Pio testify that difficulties and sorrows, if accepted with love, transform themselves into a privileged journey of holiness, which opens the person toward a greater good, known only to the Lord."

Sources: Padre Pio: Catholic.org
[The Fruit of the Holy Spirit: What Is Goodness?](#)
[The Spiritual Works of Mercy - Admonish the Sinner](#)

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The Fruit of the Spirit – Goodness



Just like physical fruit needs time to grow, the fruit of the Spirit will not ripen in our lives overnight. As we mature in our faith, all the characteristics of our spiritual fruits will grow as well.

The sixth fruit of the Spirit is goodness. The word 'good' is used so frequently in our everyday lives that it almost loses its meaning. For example, how many times a day do we say, "good morning" and "good luck" and "good work"? The Bible tells us that the word 'good' actually means holy, pure and righteousness. Literally goodness is godliness.

Goodness can often be seen in our actions, but our heart also has to be pure. The goodness of Christ is to be demonstrated in our lives every day. Psalm 23:6 says, "Surely goodness and mercy shall follow me all the days of my life, and I shall dwell in the house of the Lord forever."

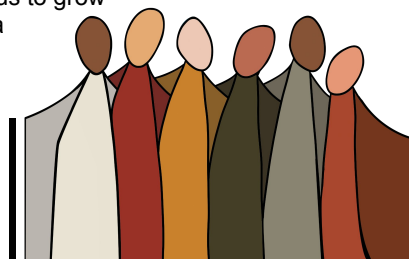
God calls us to be filled with goodness from the inside out, being holy in what we do and say because Christians should have a heart that seeks goodness. We are not to just do good works, because doing good works without a good heart is empty.

The 'goodness' described as a fruit of the Spirit is not merely moral behavior, but an excellence of character. This goodness is only possible through God's grace and mercy.

We often say in church, "God is good all the time. And all the time God is good." Does this mean that our lives are always good? No, of course not. It means that God is practicing the fruit of the spirit of goodness — godliness. God is good, and He wants us to grow in the fruit of goodness so we can live a fulfilling life full of righteous love.

“Faith is born of an encounter with the living God who calls us and reveals his love, a love which precedes us and upon which we can lean for security and for building our lives.”

Pope Francis (Lumen Fidei 4)



Reflecting on the life of St. Padre Pio...

Admonishing the Sinner

Admonishing the sinner can sound quite abrupt or harsh. However, if we return to the Latin root word, we see that the meaning might be translated as to “warn, advise, or urge.” In essence, we need to recall ourselves the things we ought to know and do, and to charitably help everyone in our spiritual community to do the same. In order to do this, we have to have genuine relationship with one another, to be humble and compassionate in our approach, and to seek to be reconciled in the light of God’s truth.

Padre Pio was known for his [spiritual direction, insight, and encouragement to others](#). As we heard him say, “To fail in charity is like wounding God in the pupil of his eye.” Let us see in his life a model for us in this Spiritual Work of Mercy.



Goodness

As the Holy Spirit works in our lives, we are transformed, and the proof of this transformation are the Fruits of the Spirit. One of these fruits is Goodness. When we know God and put that into practice in our relationship with others, seeking their benefit and being selfless, we follow the model of goodness that Christ has set for us. This can be challenging, especially when others around us might not treat us well, or don’t notice our efforts. However, in our small daily acts, we strive to bear the fruit of goodness as Padre Pio did in his [humble obedience](#) to God’s will.

Where there is no obedience, there is no virtue; there is neither goodness nor love. And where there is no love, there is no God. Without God, we cannot reach Heaven. These virtues form a ladder; if a step is missing, we fall down.

Gospel Readings

September 4, 2022 23rd Sunday in Ordinary Time

Gospel Reading: Luke 14:25-33

“Whoever does not carry his own cross and come after me cannot be my disciple.” — Luke 14:27

Do you have a family member who needs help getting around? Maybe you have a younger sibling or an aging relative who doesn’t have the ability to do things on their own. We might sometimes feel impatient if we have to stop what we’re doing to help others. But maybe this is the cross Jesus is talking about in the Gospel. Jesus carried a wooden cross, but it wasn’t only the wood that made it heavy. It was our sins that were the greatest burden for him - how we continually hurt other people. If we want to be a disciple of Jesus, we must willingly help others to carry their burdens when they can’t do it themselves.

O Lord, you carried the weight of our sins out of love for us and for your Father. I have only small crosses to carry compared to yours. Help me to see each cross in my life as an opportunity to become more like you.

What crosses are in your life that you can learn to carry more patiently for Jesus?

September 18, 2022 25th Sunday in Ordinary Time

Gospel Reading: Luke 16:1-13

“The person who is trustworthy in very small matters is also trustworthy in great ones; and the person who is dishonest in very small matters is also dishonest in great ones.” — Luke 16:10

We are all called to be responsible in many areas of our lives. We are responsible for our chores, schoolwork, belongings, and relationships with family and friends. If we are trustworthy in handling each of these things, we will be ready for bigger situations in our life. For example, doing your chores well and doing them the first time you are asked builds trust with your parents. Your parents see that you respond to them and they will know they can rely on you. (This also honors God because you are following the fourth commandment that tells us to obey our parents.) Let us ask God to give us the courage to always make the right choices, whether small or big.

Dear Lord, it is not always easy to make good choices. Please help us to do what is right, even when it is not easy. We want to please you with how we live our lives.

What are some of the “small things” I need to work harder at doing well?

September 11, 2022 24th Sunday in Ordinary Time

Gospel Reading: Luke 15:1-32

“What man among you having a hundred sheep and losing one would not leave the ninety-nine in the desert and go after the lost one until he finds it?” — Luke 15:4

What is your most treasured possession? If you had to trade it or sell it to be able to help someone in your family, would you do it?

Jesus is telling us in this verse that each of us is important enough to him that he would trade everything - even his own life - to keep us safe from harm. He is like a Good Shepherd who goes searching for us, even before we call for help. He knows the danger we are in and he wants to save us. What a good and loving God we have!

Jesus, I often forget to call on you when I am in trouble. Help me to remember that you are always there for me, waiting for me to find you.

Is there something you have that you could give to someone who has less than you?

September 25, 2022 26th Sunday in Ordinary Time

Gospel Reading: Luke 16:19-31

“Lay hold of eternal life to which you were called...” — 1 Timothy 6:12

What do we live for in this life? Most of us live for today and tomorrow, and maybe the next day. But what about heaven? Do we ever think about heaven? What will it be like? How do we get there? We have to look at the choices we make each day. Are we making choices in our life that will lead to life? The Gospel today talks about a rich man who only took care of himself. His choices did not lead him to everlasting life. Let us take a look at our own lives and decide what choices are helping us get closer to God, and which choices are steering us away.

Dear Lord, we want to be with you in your kingdom. Please help us to keep our hearts set on that goal and to make choices in our lives that will help us achieve it.

How often do I think about heaven? Am I making choices to help me get there?



September

Arise! Pilgrims of Hope Journal



WEEK ONE

What is your favourite hymn or Christian song?



"O sing to the Lord a new song; sing to the Lord, all the earth." - Psalm 96:1

WEEK TWO

What is the most important thing you have learned about your faith?



"O give thanks to the Lord, for he is good, for his steadfast love endures forever." - Psalm 136:1

WEEK THREE

Who taught you the most about faith?



"Make me to know your ways, O Lord; teach me your paths." - Psalm 25:4

WEEK FOUR

What's the best thing you've taught someone else?



"...and what you have heard from me through many witnesses entrust to faithful people who will be able to teach others as well." - 2 Timothy 2:2

Division Parishes

“...not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day approaching.”

Hebrews 10:25

 <p>Assumption Church Lethbridge</p> <p>Father Kevin Tumback Father Derek Remus</p> <p>Mass (Saturday): 5:00 pm Mass (Sunday): 9:00 am (Live-streamed) 6:00 pm</p> <p>2405-12th Avenue S. Lethbridge, AB T1K 0P4 Tel: 403-327-8931</p>	 <p>St. Basil's Church Lethbridge</p> <p>Father Kevin Tumback Father Derek Remus</p> <p>Mass (Saturday): 7:00 pm Mass (Sunday): 7:30 am 11:00 am</p> <p>604 13 Street N. Lethbridge, AB T1H 2S7 Tel: 403-327-8931</p>	 <p>St. Martha's Parish Lethbridge</p> <p>Father William Monis</p> <p>Mass (Saturday): 5:00 pm Mass (Sunday): 9:00 am 11:00 am</p> <p>355 Columbia Blvd. W. Lethbridge, AB T1K 5Y8 Tel: 403-381-8891</p>
 <p>Ss. Peter & Paul Parish Lethbridge</p> <p>Father Gary Sedgwick</p> <p>Mass (Saturday): 8:30 am Mass (Sunday): 10:00 am</p> <p>5009-48th Avenue Taber, AB T1G 1T4 Tel: 403-223-2226</p>	 <p>St. Ambrose Parish Coaldale</p> <p>Father Ian Gagne</p> <p>Mass (Sunday): 9:00 am 4:00 pm</p> <p>1523-23rd Avenue Coaldale, AB T1M 1E2 Tel: 403-345-3400</p>	 <p>St. Catherine Parish Picture Butte</p> <p>Father Ian Gagne</p> <p>Mass (Sunday): 11:00 am</p> <p>762 Crescent Avenue Picture Butte, AB T0K 1V8 Tel: 403-732-4433</p>
 <p>St. Augustine Parish Taber</p> <p>Father Philip Van Tinh Le</p> <p>Mass (Saturday): 5:00 pm Mass (Sunday): 9:00 am</p> <p>5009-48th Avenue Taber, AB T1G 1T4 Tel: 403-223-2226</p>	 <p>St. Michael's Parish Bow Island</p> <p>Father Wojciech Jarzecki</p> <p>Mass: 9:00 am</p> <p>1101-1st Street E. Blow Island, AB T0K 0G0 Tel: 403-545-2023</p>	 <p>St. Michael's Parish Pincher Creek</p> <p>Father Myles Gaffney</p> <p>Mass: 10:00 am</p> <p>958 Christie Avenue; Box 339 Pincher Creek, AB T0K 1W0 Tel: 403-627-3071</p>



ALBERTA
EDUCATION

*Office of the Minister
MLA, Red Deer-North*

While some students participate in year-round schooling and have been in the classroom for a few weeks – the first day of school for many students and teachers is quickly approaching. I am pleased to welcome back all the students and teachers who are returning and give a warm welcome to those who will be joining us for the first time. I hope you had the chance to rest, relax and recharge over the summer and are ready for an exciting and productive school year.

I am truly thankful for everyone's collaborative efforts in providing a safe and healthy learning environment particularly over the last two years and look forward to a smooth return to in-person instruction. We remain committed to ensuring the health and safety of staff, and students. As we head into the school year, I encourage all students and staff to continue exercising regular personal hygiene and staying home when not feeling well. As I have said in the past it is important that individual family choices continue to be respected related to masking and vaccination. No student or staff member should be stigmatized for their choices.

While the last couple of years has taught us resilience and perseverance, we understand the impacts Covid-19 has had on our young learners' education and mental well-being. We are committed to ensuring our students feel connected and supported in their academic and mental-health needs. Alberta's Government is pleased to commit \$110 million over three years to improve mental health services, provide specialized assessments from qualified therapists and psychologists, and help students get their learning back on track after the pandemic. This is in addition to the over \$1.4 billion in Learning Supports Funding provided directly to school authorities each year. This funding envelope includes the Specialized Learning Supports (SLS) grant, the Nutrition grant, and Program Unit Funding (PUF), which support student mental health, specialized assessments and allow school authorities to provide supports to students and staff.

I sincerely appreciate all the teachers, support staff, school boards, administrators and parents who work tirelessly throughout the school year to prepare students for success and ensure they have the proper supports. Your efforts are both noticed and appreciated.

The school year ahead holds tremendous potential and opportunities for students and educators alike. I am proud of what we have accomplished, and what we continue to work towards – improving education and supporting young Albertans. I wish everyone a happy, healthy, and successful 2022-2023 school year!

Sincerely,

Adriana LaGrange
Minister of Education



September 7, 2022 @ 6:30
Henderson Ice Center

Free event– ages 5 and up.
Bring skates, helmet, and
gloves. We provide the rest!

Register for this event at:
www.cometryringette.ca/events/

What is Ringette?

Ringette is a fast-paced team sport played on ice. Similar to Hockey, the objective is to work as a team to get the ring in the opponent's net.

- Learn to skate
- Start as young as 5 years old
- Goalie camps available
- Building strong, fit & confident athletes
- Non-contact sport with full protective equipment
- Travel! Play locally, provincially, nationally & even internationally

**Register now for
the 2022/2023
season**

**For more information or to register, visit our website at
www.lethbridgeringette.ca**

Follow us online



CANSKATE FALL REGISTRATION IS NOW OPEN!



To register visit:
SouthernAlbertaSkating.ca

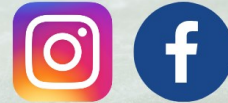
Classes start Oct.2nd
Sun 10:15-11am Civic
Wed 5:30-6:15pm Henderson
Thur 5:30-6:15pm NicSheran

Teen/Young Adult
Sunday 5:30-6:30pm ENMAX



SOUTHERN ALBERTA
SKATING ACADEMY

southernalbertaskating@gmail.com



Interested in hockey but don't want the significant time or financial commitment that often comes with this great sport?

We offer an organized non-checking recreational hockey league for all genders aged 5-17. All skill levels are welcome.

One hour, once a week. Season runs from October to March. Registration closes on September 10, 2022 - spots fill quickly so don't delay!

www.lethbridgerechockey.com

