



Catholic Central
High School

(403) 327-4596

Paws for the CCH News

October 6, 2022

"One School, Two Buildings, Endless Opportunities"

As I write this, autumn has officially arrived, flipping from summer into fall on the autumnal equinox. From today through to December 21, nights will grow longer than days. Beyond the pumpkin-spice-flavored everything, the cooler evenings under the Friday Night Lights, and the beautiful orange sunrises that remind us of the journey we have been on toward Truth and Reconciliation, October is a month full of opportunities to be thankful.

For one, we have reached midterm of quarter 1! This means that we have had 21 days to settle into school routines and we have 19 more days to work toward completing quarter 1 classes. As such, it is important for students and parents/ guardians to be on top of attendance and progress in classes. Days on the quarter system move quickly so please, reach out to your child's teachers should there be any concern. Thank you to those who joined us for our Parent-Teacher-Student Conferences this past Monday.



We are also grateful for so many good and important events on the go and are extremely proud of the contributions our students are already making to what is shaping up to be a wonderful school year!

- ❖ Congratulations to Mr. Mulder, Mrs. Schmidt, and the Mixed Golf Team (Neo, Ashton, Maggie, Esther, Marissa) for bringing home our first Zone banner and a gold medal! A special shout out to the Boy's Team (silver) and the Girl's Team (bronze)!
 - ❖ Students' Council rocked the house with an awesome theme week and two pep-rallies (one on each campus).
 - ❖ Despite a few injuries, our Cougar Football team continues to dig deep to post wins.
 - ❖ All four of our volleyball teams are looking strong on the court and continue to bring home some hardware.
 - ❖ Audition packages for this year's musical production of *The Addams Family* are now available on both campuses
 - ❖ Both Curling and Cross-Country teams are up and rocking and running (puns intended).
 - ❖ The Athletic Leadership Team has already accumulated many hours hosting gates and keeping score for both football and volleyball games.



- ❖ Our Yearbook Team celebrated the distribution of last year's yearbook entitled: "The Good Times."

- ❖ All of our instrumental and vocal ensembles are preparing for performances: “Arise & Shine: A Celebration of Art and Song in Holy Spirit Catholic School” on Thursday, October 20th at 6:30 p.m. on CCH East in the Gym.
- ❖ Other clubs like Book Club and Student Ambassadors’ Club are seeing excellent numbers and student engagement.
- ❖ Our staff and students are busy exploring our call to action for the first year of our faith plan - “Arise!” - and what this looks like at CCH.
- ❖ Oh, and did I mention that Robotics Club is already in its planning stages for world-domination... while Mr. New will be calling for those interested in sharing their time to the annual “Santa’s Anonymous Project.”

As you can see, there are so many opportunities for students to become part of the school community! I highly encourage all students to get involved in some way as it enhances their high-school experience AND is a great way to create memories.



So, although this message might seem early, I sincerely hope that you take a moment this month and/or during Thanksgiving to reflect upon what you are grateful for. God has certainly blessed us with so many gifts here at CCH! - Mrs. Polec

IMPORTANT DATES - October and November

October 6 - Grade 9 Encouragement Gathering for First Nations, Metis, and Inuit Students/ Families 5:30-7:30 on Campus East (Cafeteria)

October 10 - Thanksgiving - No School

October 11 - CCH PD Day- No School

October 11, 13, 14 - Auditions for *The Addams Family* (see poster)

October 18 - School Council at 7:00 p.m. in the library on Campus East

October 20 - “Arise & Shine: A Celebration of Art and Song in Holy Spirit Catholic School” at 6:30 p.m. on CCH East in the Gym.

October 21 - Picture Retakes Day

October 24 - Division Collaborative Day - No School

October 28 - Honor Roll Celebration for Honor Roll recipients (Awards 2021-2022) at flex on both campuses

October 31 - Halloween!

November 1 - Last Day of Q1 classes

November 2 - English 30 diploma Part A

November 2 - Awards Night for the 2021-2022 academic year at 7:00 p.m. on Campus East in the Gym

November 3 - Social 30 diploma Part A

November 4 - Math 30 and Chemistry 30 diploma

November 7 - English 30 diploma Part B

November 8 - Social 30 diploma Part B and Science 30 diploma

November 9 - Physics 30 and Biology 30 diploma

November 10 - No School/ School Closed CCH Wellness Day

November 11 - Remembrance Day - No School

November 14 - First Day of Quarter 2 classes

WELCOME



Richard Sallah

Originally from Ghana, I came to Canada in 2010 with my family. My wife and I have been married for twenty years and have a daughter (18) and a son (15). We moved to Lethbridge three years ago after nine years in

Surrey, BC. I was an EA at Immaculate Conception School in Delta, BC, and at St Paul School in Lethbridge. My greatest joy is in seeing the students I work with excited to be at school. I love singing hymns and studying the Bible in my spare time. It's a pleasure to be joining the CCH family.

Amanda Hillier

In the evenings I am a coach at the Southern Alberta Skating Academy where I coach athletes from 2 years of age up to adults. I have 2 kids, 2 dogs and a bunny. In the winter I like to snowboard and in the summer you'll find me out on the lake.

Previously, I was an EA at Our Lady of the Assumption School and now I am so excited to belong to the CCH family!

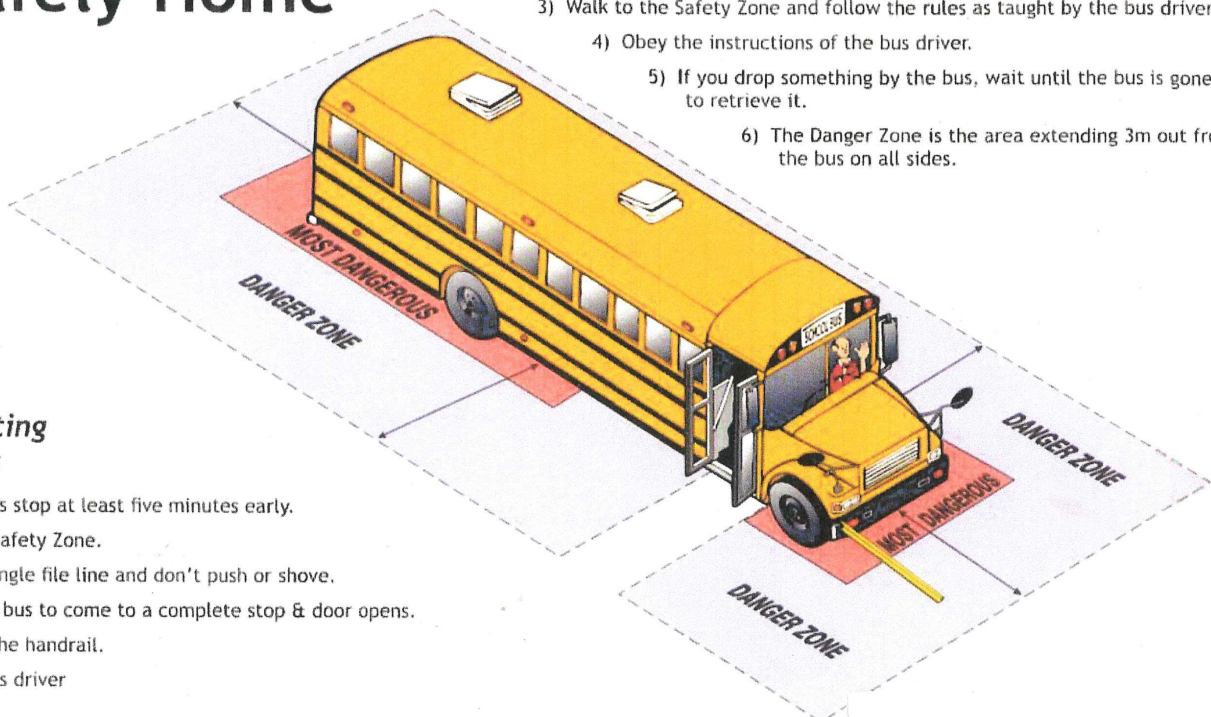


CCH welcomes **Mitch Ward** to our school community. Mitch comes to us from beautiful BC and has 21 years of teaching experience. He will be working with Mr. Ledsham in Quarter 1.

Know your Zone, Safely Home

When Getting off the Bus

- 1) Stay in your seat until the bus is stopped and door is opened.
- 2) Watch your step and use the handrail.
- 3) Walk to the Safety Zone and follow the rules as taught by the bus driver.
- 4) Obey the instructions of the bus driver.
- 5) If you drop something by the bus, wait until the bus is gone to retrieve it.
- 6) The Danger Zone is the area extending 3m out from the bus on all sides.



When Getting on the Bus

- A) Be at the bus stop at least five minutes early.
- B) Stay in the Safety Zone.
- C) Stand in a single file line and don't push or shove.
- D) Wait for the bus to come to a complete stop & door opens.
- E) Always use the handrail.
- G) Obey the bus driver

Safety is everyone's Business "Know Your Zone, Safely Home"

ANNUAL AWARDS NIGHT
November 2 at 7:00 p.m.
CCH East Gymnasium

Congratulations to all students being recognized at our Annual Awards Night for the 2021-2022 school year! We are extremely proud of your academic success. Also, thank you to all of our donors. Without your support, we would not be able to host such an amazing evening!

Students, be reminded that if you receive a letter for an award, please do your best to be in attendance. Should you be unavailable that night, please have someone accept the award on your behalf. Also, as it is a formal event, please dress appropriately (semi-formal, which basically means no workout gear or jeans).

SCHOOL DEMOGRAPHIC and CONTACT INFORMATION

If you or your student's address or phone numbers have changed from what was entered on the student's registration form, please contact the office to have the information updated. Please also check the information of any contacts that are listed to make sure it is current. If we have to contact a parent or a listed contact for sickness or emergency purposes, it is very helpful to have up-to-date information.

INTRODUCING THE 2022-2023 SCHOOL COUNCIL EXECUTIVE:

Chair - Angela Talbot
Vice-Chair - Heather Spiess
Secretary - Vacant (but we welcome any nominations at the next meeting!)
Treasurer - Maya Nuyt
Our next meeting is on October 18 at 7:00 p.m. in the library on Campus East.
All parents and guardians are welcome to attend!

SANTA'S ANONYMOUS



It's almost that time of year again. Santa's Anonymous Project has a long and significant history of service and student involvement here at Catholic Central High School. This year's goal is to help 50 families with a basket of food and gifts for the Christmas season. Santa's Anonymous continues to strive to serve families in need across the Holy Spirit School Division. If you would like to get involved, keep an eye out for a daily bulletin announcement of our first student meeting.

SCHOOL FEES REMINDER

This year's school fees are now due. Kindly remit as soon as possible. Fees may be paid using School Cash Online, or at the school office by cash or cheque only! Please contact Mrs. Tamara Wilson if you have any questions.



REGISTER NOW!

www.lethbridgeskating.com

CANSKATE

CanSkate is our learn-to-skate program for children ages 3+! It focuses on fun, repetition, and basic skill development. Your skater will learn the fundamental skills needed for any ice sport or activity in this program.

CLASSES AVAILABLE ON
TUESDAYS/WEDNESDAYS/THURSDAYS/SATURDAYS

PARENT & TOT

Parent & Tot is similar to CanSkate, but geared towards younger skaters who may benefit from more hands on assistance from their parents. This program prioritizes learning through play and becoming comfortable on the ice!

CLASSES AVAILABLE ON SATURDAYS

CANPOWERSKATE

PrePowerSkate & CanPowerSkate are high energy power skating programs for hockey and ringette skaters. Skills, techniques and conditioning drills are taught in a progressive format with an emphasis on how they apply to game situations.

CLASSES AVAILABLE ON WEDNESDAYS

STARSKATE

StarSkate is our figure skating program which offers both group and private lessons. Skaters train in the disciplines of ice dance, freestyle, skating skills and artistic, and have the opportunity to compete and test throughout the year.

CLASSES AVAILABLE MONDAY-SATURDAY

ADULTSKATE

AdultSkate is a combination of CanSkate, CanPowerSkate, and StarSkate instruction for adults of any age or stage. This program is a great way to learn the basics in order to keep up with your kids, and to make new friends!

CLASSES AVAILABLE ON TUESDAYS/THURSDAYS

CATHOLIC CENTRAL HIGH SCHOOL - EXAM SCHEDULE - Q1 2022

	Time	Course	Campus	Teacher	Room #
*YELLOW FILL DENOTES	EXAM IS	BEING WRITTEN IN A LOCATION	OTHER THAN	REGULAR	CLASSROOM
Vendredi 28 Octobre Jour de Classe Regulier	9:00 AM	Francais 30-1 Partie A	Est	n/a	l'office
Lundi 29 Octobre Jour de Classe Regulier	9:00 AM	Francais 30-1 Partie B	Est	n/a	l'office
Wednesday, November 2	9:00 AM	English 30-1 Part A	East	Yaremccio	202
		English 30-1 Part A	East	Hartman	206
		English 30-2 Part A	East	Cox	Library
		English 10-2	East	Barrajon	200
		English 10-2	East	Yaremccio	Gym
		English 20-1	East	Cox	126
	9:00 AM	English 10-1	West	Arsenault	515
		English 10-1	West	Omilon	Gym
		English 20-1	West	Omilon	Gym
Thursday, November 3	9:00 AM	Social 30-1 Part A	East	Collier	206
		Social 30-1 Part A	East	Gilbert	202
		Social 30-2 Part A	East	Skauge	Library
		Social 10-1	East	Skauge	209
		Social 20-1	East	M. Schmidt	Gym
		Social 20-2	East	M. Schmidt	Gym
	9:00 AM	Social 20-1	West	Gilbert	512
Friday, November 4	8:30 AM	Math 30-1	East	Umeris	Gym
		Math 30-1	East	Charlene Leroux	Gym
		Math 30-2	East	Folkersen	Gym
		Math 10C	East	Umeris	129
		Math 10-2	East	Mercier	122
	8:30 AM	Math 20-1	West	Charlene Leroux	520
		Math 20-2	West	Nadeau	527
		Math 10C	West	Point du Jour	521
	12:00 PM	Chem 30	East	Goruk	124
Monday, November 7	9:00 AM	English 30-1 Part B	East	Yaremccio	Gym
		English 30-1 Part B	East	Hartman	Gym
		English 30-2 Part B	East	Cox	Gym
		Physics 20	East	Hammel	111
		Bio 20	East	Tinworth	Gym
		Science 20	East	Ross	212
		Chem 20	East	Monteith	107
		Science 10	East	Tinworth	Gym
		Chem 20	West	Goruk	526
		Science 10	West	Nummi	525
		Science 10	West	LeBleu	519
Tuesday, November 8	9:00 AM	Social 30-1 Part A	East	Collier	Gym
		Social 30-1 Part A	East	Gilbert	Gym
		Social 30-2 Part A	East	Skauge	Gym
		FLA 20	West	L. Schmidt	513
	1:00 PM	Science 30	East	n/a	East Office
Wednesday, November 9	8:30 AM	Physics 30	East	Nadeau	126
	12:00 PM	Bio 30	East	Nummi	Gym
		Bio 30	East	Balog	Gym

*This schedule is subject to change. Please confirm dates and times with teacher.

OFF-CAMPUS NEWS



Hours

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



Loran Scholarship Deadline

The deadline to apply for the Loran Scholarship is **October 12, 2022.**

For more information see their website at www.loranscholar.ca



Lethbridge College Lunch Time Booths

Campus East - October 12 in the Cafeteria area
Campus West - October 18 in the Gathering area.
Recruiters from the College will be here to answer any questions students may have.

Parents are welcome to stop by too!



Upcoming Career Transitions Virtual Career Exploration Sessions

Tuesday, Oct 18 – 4:30pm – 3D Tech Consultant
Wednesday, Oct 19 – 5:00pm – General Practitioner Oncologist
Thursday, Oct 20 – 5:00pm – Home Stager/Interior Decorator
Tuesday, Nov 1 – 4:30pm – Librarian
Tuesday, Nov 8 – 4:30pm – Agronomist
To register or watch any of the past career sessions go to : careersteps.ca/exploration-sessions/



U of L Open House

The University of Lethbridge is hosting their Fall Open House on

Saturday, October 29, 2022

10:00am to 3:00pm

Apply for on-the-spot admission, take part in campus tours and info sessions as well as meeting students, grads, staff and professors. Students that apply before October 31 have a chance to win a \$1,000 tuition credit.

Register at:

<https://www.ulethbridge.ca/future-student/fall-open-house>

University of Lethbridge



CAREERS

Paid Internship Information Session

October 26 at 6:00pm

Attend this virtual info session to learn how to get started with a paid internship where you earn cash, get high school credits and gain valuable work experience.

Register at: <https://www.tfaforms.com/5013584>



Post-Secondary Fair

Wednesday, October 12 6:00-8:30pm

Winston Churchill High School (105-15 Ave N Lethbridge)

Students and parents are welcome to come and talk with representatives from local, provincial and out of province institutions. For a list of attending institutions go to:

<https://www.careersteps.ca/post-secondary-fair/>



CCH Scholarship Handbook

For scholarship information check out the on-line handbook at: <https://chacademiccounselling.weebly.com/scholarships.html>



Green Certificate Meeting

There will be a virtual **Information and Induction Meeting** about the Green Certificate Program on **Wednesday, October 12 at 7:00pm**. This meeting is for any students and parents interested in learning about the program as well as for students who have just registered. Join the Zoom Meeting at:

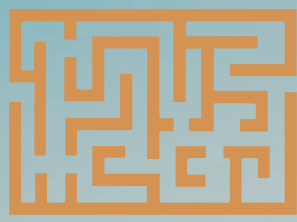
<https://lethbridgecollege.zoom.us/j/94997610432?pwd=RIRtTM2MVZPZDIHdFVzRklrMWpUUT09>



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



LETHBRIDGE

CATHOLIC YOUTH MINISTRY

JOIN US AT THE
LETHBRIDGE CORNMAZE

GR. 7-9

FRIDAY
OCTOBER 7TH
7-10PM

GR. 10-12

CORNMAZE
ZIPLINE
BONFIRE
AND MORE!

FREE
WITH
REGISTRATION

Scan for More info
and Registration



REGISTER AT QR OR
TEXT 403-360-4871





POST-SECONDARY FAIR

Wednesday, October 12, 2022

6:00-8:30pm

Winston Churchill High School (1605 15 Ave N, Lethbridge)



Students, parents, teachers – Come and talk with representatives from local, provincial and out of province institutions at this fair. Registered institutions can be found at <https://www.careersteps.ca/post-secondary-fair/>



PRESENTATIONS

5:00 – Transitioning to Post-Secondary

5:45 – Finance and Scholarships

6:30 – Transitioning to Post-Secondary

7:15 – Finance and Scholarships



Transitioning to Post-Secondary

The transition from high school to Post-Secondary can be daunting. Learn what to expect, plus tips and tricks to navigate the switch.

Finance and Scholarship Presentations

Learn how to finance your post-secondary education. Student finance representatives from University of Lethbridge and Lethbridge College will be on hand to answer specific questions.

Questions? Call 403-328-3996 or email office@careersteps.ca

**A Celebration of Art and Song
in Holy Spirit Catholic Schools**

Arise & Shine

Thursday, October 20th, 2022

6:30pm

Doors open at 5:45pm

CCHS East Gym (Vasey Hall)

Admission: Donation to Santa's Anonymous

**Featuring artwork from
Holy Spirit Catholic Schools and musical performances by**

**Catholic Central High School
Ecole St. Mary School
Father Leonard Van Tighem School
St. Francis Junior High School
St. Joseph School
St. Patrick Fine Arts School
St. Paul School
St. Teresa of Calcutta School**

Lethbridge Family Services

30th Annual Angel Tree Christmas Campaign

Each year, we provide qualifying families in Lethbridge and area with gift bundles for children and youth (0-18 years old).

Are you in need of assistance this Christmas?

We Can Help!

Angel Tree Registrations
Due November 30

Apply Online at www.lfsfamily.ca

Sponsored by



angel tree
CHRISTMAS CAMPAIGN

Lethbridge Family
Services
Since 1910



October

Arise!

Pilgrims of Hope



“May the God of hope fill you with all joy and peace in believing, So that you may abound in hope by the power of the Holy Spirit.”

Romans 15:13

ST. THÉRÈSE OF LISIEUX 1873-1897 (Feast Day: October 1)

St. Thérèse was born on January 2, 1873 in France. After her mother died, her father and older sisters raised her. In 1886, on Christmas Day, Thérèse had an experience of intimate union with God. A year later, Pope Leo XIII gave her permission to enter the Carmelite Monastery at 15 years old.

Thérèse devoted herself to a life of holiness. She had a childlike trust in God, and although she struggled in the convent, she tried to perform acts of charity and sacrifice, no matter how small they were.

In her autobiography, “Story of a Soul,” Thérèse wrote that her vocation was Love. She was called to show God’s love to the world. In 1896, she fell ill with tuberculosis, and offered her sufferings as a sign of love for God. She died a year and a half later at the age of 24; her last words were, “My God, I love you.” Thérèse’s “little way” of loving God has inspired millions, and she is said to have interceded in many miraculous ways. She was proclaimed a Doctor of the Church in 1997 by Pope John Paul II, 100 years after she died.

Holy Moments In Our Schools

Each of our schools have started off their year in their own way, and finding their own unique ways to Arise! At Our Lady of the Assumption School, staff engaged in a faith formation project that culminated in a composite stained glass window that shows their ideas about this year’s Faith Plan theme. Check it out the next time that you are there!

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 Counsel the Doubtful

Everyone has moments of doubt in their faith journey. Nevertheless, we should always remember that Christ is the Way, the Truth, and the Life and turn to him along our way.

- Listen to counsel and receive instruction, that you may eventually become wise.” (Prov 19:20)
- The Cross of Christ “the foolishness of God is wiser than human wisdom, and the weakness of God is stronger than human strength.” (1 Cor 1:25)
- Has someone asked you for advice? Orient your response to Christ, who is the Way, the Truth, and the Life.
- Follow Christ with the witness of your life so that others may see God’s love revealed in your actions.
- Accompany a friend who is struggling with believing to join a parish group for service or faith formation, share a book you found useful in dealing with your friend’s faith concern, and worship at Sunday Mass.

“My vocation is Love.”

“You know well enough that Our Lord does not look so much at the greatness of our actions, nor even at their difficulty, but at the love with which we do them.”

“There is only one thing to do: throw the flowers of the small sacrifices to Jesus.”

(The above quotes are attributed to St. Thérèse)



St. Thérèse was declared a Doctor of the Church by Pope John Paul II in 1997. For a saint to be declared a Doctor, is a recognition of significant contribution to the theology of the Church.

The Fruit of the Spirit – Peace



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 second fruit of the Spirit is peace. The word ‘peace’ appears nearly 429 times in the Bible, which helps us understand why the phrase “Peace be with you” is so important in the faith community.

One of the strongest human desires is for peace, whether it be peace between nations, peace between neighbors or even peace within our own minds. Peace is listed in the top three characteristics of the fruit of the spirit. Without love, joy and peace, the rest of the fruits are not possible. God has also called us as Christians to be peacemakers.

In Philippians 4:6-7 we are told, “Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.”

God’s perfect peace is an amazing gift that is hard to understand. How can people find peace of mind when things are falling apart around them? The fruit of the Spirit of peace provides the inner peace of mind and contentment even in less-than-peaceful situations.

If you are having anxiety, take a moment to sit and be still. The peace that can comfort you during this time comes from the Holy Spirit within us. Having peace doesn’t mean that you will not have conflict, stress or difficult times. Peace is knowing that our God is in control.



Reflecting on the life of St. Thérèse...

Counsel the Doubtful

When we think about counseling the doubtful, we might think about providing advice or direction to someone who is unsure, perhaps with a spiritual decision. For some, this means asking a spiritual director or priest for assistance. There are many places in the Bible that we might go to see examples of counsel being provided – for instance, the letters of St. Paul. St. Thérèse was known for seeking out spiritual direction, but over the course of her life, she also developed what has become known as *The Little Way*, which we can access and employ in our own lives. You may choose to watch the explanation found [here](#) for more information, but in essence, it means to do all of the little things in our lives with great love. This *Little Way*, while perhaps seeming simple, is so profound that Pope John Paul II proclaimed St. Thérèse to be a Doctor of the Church.



Peace

Peace might seem like something that is in short supply right now. Conflict and turmoil seem to be everywhere we look, between and within nations, communities, and even ourselves. When we think of peace as a fruit of the Spirit, we mean that we have an interior peace – that there is order in our hearts. God, who is in our hearts, wants for us to be oriented to himself, and for us to seek his will for us. St. Thérèse, in her short life, is a model for us in seeking God's will. Living as a contemplative, she had lots of time to spend in prayer; an abundance that we may not feel we have in our lives. But despite the suffering that she endured and the simplicity of her life, the legacy that she has left to us is her faithfulness in all of the little things – household chores, kindnesses, daily prayer – that allowed her to accomplish big things with peace and calm.

Gospel Readings

October 2, 2022

27th Sunday in Ordinary Time

Gospel Reading: Luke 17:5-10

"If you have faith the size of a mustard seed, you would say to this mulberry tree, 'Be uprooted and planted in the sea,' and it would obey you." — Luke 17:6

Do you have a favorite superhero? Superheroes are cool! They have special powers that regular humans don't. In some ways, Jesus had "special powers" too. But his "special powers" came directly from God. He had so much faith, love, and trust that he was able to do many miracles in God's name. In today's Gospel, when the apostles ask for more faith, Jesus tells them that we don't always need more faith, because if we use even the little faith we have, we can do great things in his name.

Dear Lord, show us to trust in the faith we have received from you. We know we can do anything in your name.

When I ask God for something, do I usually have faith that God hears my prayer? How do I feel if my prayer isn't answered in the way I had hoped?

October 16, 2022

29th Sunday in Ordinary Time

Gospel Reading: Luke 18:1-8

"Jesus told his disciples...about the necessity for them to pray always without becoming weary." — Luke 18:1

Most of us think of prayer as something to be done once in a while, in a quiet place, away from others. But today Jesus tells his disciples to pray always. If we applied what we think about prayer to what Jesus is instructing us to do, we would not get much done. We would be alone, praying all the time. So, we need to look at this another way. For example, one form of prayer may simply be the way we respond to others. Instead of being frustrated with a brother or sister over something they do, we can try to be patient with them and talk through what is bothering us. When we are using our bodies to do the things it was meant for: playing, learning, helping others, etc, we are praying! When we are enjoying our family and friends, being mindful of those who have less than us, and caring for the earth, we are praying too! There are many ways to pray besides being alone in silence.

Dear Lord, help me to understand that prayer can be time alone in conversation with you, as well as living my life in a way that is pleasing to you.

What are some of the various ways I can pray in my daily life??

October 9, 2022

28th Sunday in Ordinary Time

Gospel Reading: Luke 17:11-19

"And one of them, realizing he had been healed, returned, glorifying God in a loud voice; and fell at the feet of Jesus and thanked him" — Luke 17:15-16

Last week we talked about how sometimes all we need is a little faith to be able to do great things. Have you ever asked Jesus for something in prayer and he did answer your prayer? It is such a great feeling to know you have been heard by the God of all creation! But do we go back to praise and thank him, or do we get so excited about our prayer being answered that we forget to show appreciation to the giver of the gift? Those who give their thanks to God increase their faith. What a double blessing!

Dear Lord, please help us to always be thankful for all the prayers you answer, and even for those we feel you haven't answered. Either way, may our faith continue to increase.

What was one of my favorite experiences of a prayer being answered?

October 23, 2022

30th Sunday in Ordinary Time

Gospel Reading: Luke 18:9-14

"Whoever exalts himself will be humbled, and the one who humbles himself will be exalted." — Luke 18:14

In our house, one of the favorite phrases is 'Last one there is a rotten egg!' As a parent, I know it's all in fun, but I don't always like the spirit of competition it represents. So we have started practicing the idea that "it is a greater thing to be last than to be first," following what Jesus taught us in the Gospel a couple of months ago. Now instead of setting someone up to be the loser, it is teaching all of us to be more considerate and thoughtful of the others in our family. In the end it makes all of us feel a little more humbled, rather than just one of us feeling exalted.

Dear Lord, show us how to put others before ourselves. You gave us such a beautiful example of this. May we try to follow your example whenever possible.

How can I go out of my way to put others before myself, especially in my own family?

Sources: [Saint of the day: Thérèse of Lisieux](#)
[The Spiritual Works of Mercy](#)
[The Fruit of the Holy Spirit: What is Peace?](#)

Gospel Readings

October 30, 2022

31st Sunday in Ordinary Time

Gospel Reading: Luke 19:1-10

“...you overlook people’s sins, that they may repent.” — Wisdom 11:23

Sin is a part of everyone’s life. It is not something most of us like to talk about. Sometimes we don’t like to talk about it because we are embarrassed that we did something we knew was wrong. Sometimes people think their sins are so bad that God cannot forgive them but in today’s readings, God shows us over and over again how merciful he is. Mercy means that God will forgive us every time we ask him to, no matter what. He loves us so much, whatever we do. But that doesn’t mean we should do whatever we want because we can ask for forgiveness later. God wants us to have a change of heart when we do something wrong and come back to him to start over again. So don’t be afraid to ask, for our God is full of mercy and love.

Dear Lord, I don't want to sin and hurt others – and you – with my actions. I know that I will fail from time to time, so please help me not to be afraid to ask you for forgiveness.

When was the last time I went to confession to get a fresh start? When can I go again?

Download this month’s [Saint Prayer Card](#) - St. Thérèse of Lisieux



Arise!
Pilgrims of Hope Journal

WEEK ONE

What small thing happened today that you are grateful for?



O magnify the
Lord
with me,
and let us exalt his name together.
- Psalm 34:3

October

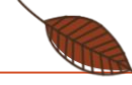


Arise!

Pilgrims of Hope Journal

WEEK TWO

How would you like to simplify your life?



Simplify your life 

WEEK THREE

What goal are you thankful for accomplishing?



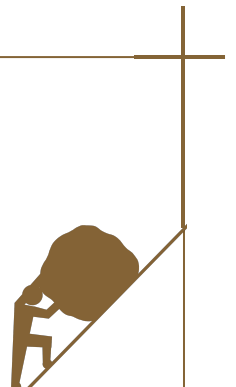
WEEK FOUR

Recall a time when you needed and received encouragement.



WEEK FIVE

What burden has God recently lifted?





Sings Many Songs Women (Pearl White Quills, Deb Green et Noreen Demeria) sang for the opening of the healing garden at the Alberta Children's Hospital, a place of refuge for patients, staff, and physicians.

Acts of reconciliation you can do with your child

September 30 marks the [National Day for Truth and Reconciliation](#) in Canada.

Reconciliation is about creating and maintaining respectful relationships between Indigenous and settler (non-Indigenous) people in Canada. It involves acknowledging the harms and mistakes of colonization, including the devastating effects of Canada's residential school system. It also means sharing and learning together about positive ways to move forward.

Reconciliation is a process that involves both education and action. On September 30, commit to learning more about Canada's history of oppression of Indigenous people, and talk with your child about meaningful acts of

reconciliation you can do together.

Here are some ideas to help you and your family take part in reconciliation. Use them as a starting point and reflect on your intentions. Consider how your actions will respectfully deepen relationships with Indigenous history, culture, and people.

Learn the truth about the residential school system and its impacts on

Indigenous people. If you can, connect with Indigenous Elders, Knowledge Keepers, and community leaders to make sure you're getting information from trusted sources. You can also look to materials for teachers and schools—these can be useful for families too. For example:

Healthy Children

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- This summary of [residential school history](#) from the National Centre for Truth and Reconciliation includes photos, documents, and links to an interactive timeline.
- [Plain talk 6: Residential schools](#) from the Assembly of First Nations is a virtual toolkit with stories, videos, and other digital resources.

Listen to the stories of residential school survivors and their family members, Elders, and Knowledge Keepers. These stories can be disturbing to listen to, but these personal narratives capture what life was like in the residential school system. You know your child best. Consider these options based on their age and readiness:

- CBC's 20-minute documentary, [Stolen children: Residential school survivors speak out](#)
- Legacy of Hope's collection of residential school survivor stories, [Our stories...our strength](#)

Get to know the Truth and Reconciliation Commissions' 94 Calls to Action (TRC).

As a family, explore progress on each Call to Action using [Beyond94](#), an interactive digital platform from CBC. It breaks down progress by key themes: child welfare, education, language and culture, health, justice, and reconciliation. Talk about what reconciliation means and what you and your family can do to follow the recommendations outlined by the TRC.

Wear orange shirts to symbolize harm done to residential school survivors and their families and to show your family's commitment to the principle that every child matters. Talk with your children about the



[story that inspired the Orange Shirt Day movement](#), and plan to wear orange on other dates and [events that honour First Nations, Métis, and Inuit](#) people, legacies, and cultures.

Learn what treaty territory you are on and how to recognize it. Not sure where to begin? Try [resources from the Alberta School Councils Association](#), including a Treaty map and sample wording in different parts of the province. Talk with your kids about why acknowledging the traditional land and its people is an important way to begin school assemblies, events, and other gatherings.

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Find out if there was a residential school in your local area. CBC's [interactive map](#) of residential school sites can help you get started. Learn the name of the school and research its history. Consider making a visit to the site to show respect for the children that survived, and to honour the lives that were lost.

Watch films by Indigenous filmmakers from across Canada. These playlists from the National Film Board of Canada (NFB) can help you stream short films appropriate for kids of different ages:

- [Indigenous cinema for ages 6-11](#)
- [Indigenous cinema for ages 12-14](#)

Explore Indigenous books, online games, animation, and other media. Here are some kid-friendly suggestions from CBC:

- [10 books about residential schools to read with your kids](#)
- [15 beautiful Indigenous comic books and video games](#)

Help your child research Indigenous heroes, role models, and change-makers. Here are some helpful tools:

- [Indigenous sport heroes education experience](#) from Canada's Sports Hall of Fame
- [Indigenous trail-blazers](#) from the Government of Canada

Attend an Indigenous cultural event or gathering that's open to the public, like a [powwow](#), drumming circle, or traditional dance performance. These events provide opportunities to make connections and learn first-hand from Indigenous communities. Be sure to follow traditional protocol expected at these gatherings.

Listen to music and storytelling by Indigenous artists. Try these ideas:

- Playlists from CBC, like [Indigenous Canada](#) or [Reclaimed](#)
- Youth-led podcasts, like [Indigenous 150+](#) or [Young and Indigenous](#)

Go to an Indigenous museum or art gallery. If there isn't one in your community, try a virtual tour with [Mootookakio'ssin](#), a 3D digital collection of Blackfoot items from the 19th and 20th centuries.

Visit an Indigenous restaurant, café, or food truck, or try making a traditional meal at home. Get inspired with this [Indigenous recipe collection](#) from the Dietitians of Canada.

Learn some common greetings or words in an Indigenous language, or research the original names of places and landmarks in your local area. This [digital collection of Blackfoot-English phrases](#) can help.

Play traditional games as a family, like ring the stick or double ball. Learn how with the [Move & Play Through Traditional Games](#) toolkit from Be Fit for Life and Ever Active Schools.

Connect with the land. Spend time outside as a family, showing respect and appreciation for nature. Enjoy getting active in traditional ways (like walking, canoeing, or playing outside) or try planting and harvesting. This resource on [traditional plants and uses](#) from the Alberta Teachers' Association can help your family learn about traditional medicines such as sage, cedar, sweetgrass, and other plants.

Healthy Children

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Support an Indigenous-led business or company in your community. The [Indigenous Tourism Alberta](#) website can help you find gift shops, art and jewelry stores, food vendors, hotels, and more.

Help your child fundraise for a Friendship Centre or Indigenous-led non-profit group near you. Check out the Government of Alberta's [Guide to Indigenous Organizations and Services in Alberta](#) for a full list of Indigenous non-profit organizations and services (including national umbrella organizations).

As a family, commit to lifelong learning that supports reconciliation. Watch for local opportunities to learn from Elders and Knowledge Keepers, or try webinars and virtual options like [Indigenous Canada](#), a free massive open online course from the University of Alberta. Share your learning journey with your friends and community—reflect, ask questions, and spark conversations.

Reconciliation is a difficult journey. Reach out for help if you need it. You are not alone.

- [AHS Mental Health Help Line](#): 1-877-303-2642 (*Available 24/7 to all people in Alberta*)
- [Hope for Wellness Help Line](#): 1-855-242-3310 (*Available to all Indigenous people across Canada*)
- [National Indian Residential School Crisis Line](#): 1-866-925-4419 (*Available 24/7 to residential school survivors and their families*)

Community Education Service



Improving emotional health and well being

Effective Communication with Teens

Laurie Florence, Facilitator, Families Matter

In this workshop we discuss ideas around the impact on communication of words, tone, body language, the importance of listening and the delivery of clear messages needed for cooperation with teens.



Oct 5, 2022
6:30-8:30pm

Click here to
register

FREE
online event

This session is presented by the Community Education Service of the Mental Health Collaborative & Child & Adolescent Addiction & Mental Health and Psychiatry Program (CAAMHPP) of Alberta Health Services & **Families Matter**.

Community Education Service



Improving emotional health and well being

Mental Health for Highly Sensitive Teens; Unique Struggles for these Emotional Feelers

Tracy Guillet, MSW, RSW (Quiet Pathways Counselling)
Penny Solinger, RSW, MSW (Solinger Counselling Service)

Highly sensitive teens are often misunderstood by parents and teachers as they often have stronger emotional reactions.


In this presentation, learn why this happens, and the necessary tools required to help these teens manage their emotions so they don't become derailed.

FREE Webinar

October 26, 2022
10:00 AM – 11:30 AM

[Register](#)

This session is presented by the Community Education Service of the Mental Health Collaborative & Child & Adolescent Addiction & Mental Health and Psychiatry Program (CAAMHPP) of Alberta Health Services [Quiet Pathways Counselling](#) and [solinger counselling service](#)



THANK YOU, LORD,
FOR AUTUMN DAYS,
FOR GRATEFUL HEARTS,
FOR PSALMS OF PRAISE —
THANK YOU, LORD,
FOR FOOD TO SHARE,
FOR FAMILY TIMES
OF FAITH AND PRAYER —
THANK YOU, LORD,
FOR ALL THESE THINGS,
AND EVERY JOY
THANKSGIVING BRINGS.

Happy Thanksgiving