



## PRINCIPAL'S MESSAGE

One cannot just talk about the new year without acknowledging all of the joyous events of the Advent season and all the good and important work our school community did during that time.

While there is always something going on at CCH, Advent gave us the opportunity to reflect upon what we are grateful for and somewhere, near the top of that list, is Catholic Central - the students, the staff, and all who are a part of our Holy Spirit #4 community. It is evident, through works of social justice, like the Santa's Anonymous Project, just how blessed we are to be surrounded by those who are so willing to share their treasures, talents, and time.



Speaking of talent, thank you to Catholic Central's Music Department for giving us the gift of music at the annual Christmas Cheer Concert... and a special shout out to our alumni (both staff and students) for an impromptu Christmas Sing-along! Lastly, I must acknowledge all of the collaborative efforts of our women's basketball program, Athletic Leadership Team, staff, and alumni for making the Cal (O'Brien) Classic Tournament (the first since his passing) one that Cal would be proud of!



Now on to 2023.... Happy New Year!



Each new year is a hit “reset” button of sorts, a do-over of some things, a fresh attempt at others. Whether one stays up to watch the ball drop, counting every last minute, or wakes up to the first page of a new calendar, we get to welcome a new year, while saying good-bye to the last. A new year is the time to think of the future and start again and January is a month of huge transition for us as we begin preparations for Graduation Ceremonies 2023 (watch for a new grad link on our home page and a letter with important information that will be

mailed home... plus, I will be popping into grade 12 classes to speak to the graduates) *while* planning for incoming grade 9 visits and the next school year. Additionally, January marks the end of quarter 2 (first half of the year completed) and the start of quarter 3 (onto the second half). Please be sure to check the calendar for upcoming dates, especially exam days.

And just like that, January 2023 is well on its way! It is my sincere hope that God will make this New Year a truly glorious one as there is so much to look forward to.

Blessings,

Mrs. Polec





- January 12 - Part A English diploma
- January 13 - Part A Social diploma
- January 16 - Part A French Language Arts diploma
- January 16-30 - HolySpirit School Division Re-registration Forms for 2023-2024 to be mailed out to parents of returning students
- January 17 - Grade12 French Immersion Celebration at 8:30-10:30 on Campus West
- January 18 - Last Day of Quarter 2 classes
- January 18 - Part B French Language Arts diploma
- January 19-27 - Exam Week
- January 19 - Math diploma
- January 20 - Part B English diploma
- January 23 - Part B Social diploma
- January 24 - Biology diploma
- January 24 - School Council Meeting at 7:00 pm in the library on Campus East
- January 25 - Chemistry diploma
- January 25 - Division Board Meeting
- January 26 - Physics diploma
- January 26 - Family Gathering for First Nations, Metis, and Inuit Families - 5:00 pm on Campus East
- January 27 - Science diploma and CCH PD Day
- January 30 - First day of Q3 classes
- February 1 - Grad Parent Information Evening @ 7:00 pm on Campus East in the Cafeteria
- February 1 - New Students to HolySpirit School Division able to register through SchoolEngage
- February 7 - Grade 9 Parent Information Evening @ 7:00 on Campus East in the Cafeteria
- February 8 - Grade 9 Parent Information Evening @ 7:00 on Campus West in the Gathering Space
- February 13-15 - Grade 9 Visits for Course Selection (CCH will visit Saint Francis Junior High, Father Leonard Van Tighem, St. Joseph (Coaldale), and St. Catherine (Picture Butte))
- February 20 - Family Day - No School
- February 21-24 - Reading Week - No School; Teachers' Convention on February 23 & 24
- February 27 - Course Selection for current CCH students (grade 10s and 11s)
- March 1-2, 6, 8-9 - Course Selection for current CCH students (grade 10s and 11s)



*Thank you* to all of the following for their generous donations towards the successful completion of the 2022 Santa's Anonymous. These acts of kindness resulted in a brighter holiday season for 58 of our Holy Spirit School Division families.

Airey Family  
Baptista Family  
Costco  
Doherty Family  
Gonsalvez Family  
Knights of Columbus 1490  
Little Caesars (Lethbridge)  
McDonalds (Lethbridge)  
McGaffey Family  
Mombourquette Family  
Participants in the 24 Hour Fundraiser  
St. Martha's CWL  
Save-On Foods North  
Skretting Family  
Staff and Students of Catholic Central High School  
Staff and Students of St. Francis Junior High  
Tobin Family

The whole community came together in so many ways to make this possible. On behalf of all the students and staff, thank you to all the families within our school that helped make this year's Santas Anonymous initiative a success.

God Bless,  
Mr. New



PLEASE JOIN US AT THE NEXT SCHOOL COUNCIL MEETING! JANUARY 24 AT  
7:00 P.M. IN THE LIBRARY ON CAMPUS EAST. ALL ARE WELCOME TO ATTEND!

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### First Nations, Metis, and Inuit Families

Please join us for a Family Gathering on January 26 from 5:00 - 6:30 p.m. in the Cafeteria on Campus East. We will be enjoying snacks and traditional Blackfoot games!





GRADS - Jostens Jewelry will be on East Campus during FLEX Wednesday, February 8th and Wednesday, February 15th selling their graduation jewelry. Come and check out what they have to offer!

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## Co-curricular Athletics Update



With 2023 off and running, CCH athletics sees the Basketball teams and Curlers gathering up momentum to strut their stuff in this challenging month of academics and athletics. Quarter two exams begin as early as this week and come to end in the last week of January. Our athletes will continue to commit first and foremost to their academic goals but will do everything in their 'time-management powers' to show the continued focus towards their teams as well.

The Girls Basketball teams will compete in SAIAC league matches but also showcase their skills in Okotoks and Coalhurst. The Boys Basketball teams will do the same and display their talents in tournaments hosted in Fort MacLeod and Okotoks. The very talented curling team will continue to battle in league matches at the ATB as they prepare for zone competitions in the beginning of February. Thanks again coaches and players for your unrelenting commitment to your teams and teammates and we wish you the best of luck in your games this month.

**Go Cougars Go!**

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## Scholarship Information

The scholarships listed below are accepting applications between January 10th and April 15th, 2023. For more details about each scholarship and the eligibility requirements, click on the links and read the directions carefully!

### [Rise Challenge](#)

\$500,000 (100 Awards)

Deadline: January 25, 2023

For Eligibility: [Click Here](#)

### [Tall Clubs International Scholarship](#)

\$1,000 (16 Awards)

Deadline: March 1, 2023

For Eligibility: [Click Here](#)

### [Haworth Skilled Trades Scholarship](#)

\$2,000 (2 Awards)

Deadline: February 14, 2023

For Eligibility: [Click Here](#)

### [Mission Creek Orthodontics Scholarship](#)

\$500 (1 Award)

Deadline: April 15, 2023

For Eligibility: [Click Here](#)



# GRADUATION 2023

It's time to plan for grad! Here are some important dates and items to know:

- Grad Parent Meeting – February 1, 2023 – 7:00 p.m. on Campus East in the Cafeteria
- Grad requirements – grad list will be posted on both campuses and in Trinity Learning Centre after the end of quarter 2 exam week. Please see Mr. Collier or Mrs. Hoveling if you are NOT on this list.
- Grad Hoodies go on sale January 15 until February 17, 2023. They are \$45. Hoodies can be purchased through School Cash Online. Proceeds from sales will go to Business & Entrepreneurship program.
- Grad photos:  
There is NO CHARGE to grads to have their picture taken. Pictures are taken on these dates:
  - February 13-24th
  - March 6-10th; 27-30th

Grads can book these sessions online at [prestigeportraits.ca](http://prestigeportraits.ca) Select Alberta, Lethbridge then choose your location (Catholic Central High School) from the drop down list of schools and select day and time to book. The online booking system will open on January 10, 2023. If you cannot book any of these times, please call Lifetouch at 780-437-2431 to arrange a time and date.

- Grad fees: \$150 due on March 17. Fees can be paid through School Cash Online, which can be accessed from our homepage: <https://holyspirit.schoolcashonline.com/> For your convenience, we will be able to accept payment at the grad parent meeting (we can only take cash or cheque; NOT credit or debit). If you require assistance with this, please contact Mrs. Wilson at the school.
- Access CCH Website: <http://www.holyspirit.ab.ca/cch/> for grad updates

## DETAILS FOR GRAD 2023

**Grad Mass, Friday, May 12, 7:00 p.m. – 9:00 p.m, Enmax (plan for 1 ½ to 2 hours)**

**Grad Ceremonies, Saturday, May 13, 9:00 a.m. – 12:00 p.m, Enmax (plan for 3 hours)**

**Grand March (with Grad Dance to follow), Saturday, May 13, 7:30 p.m., Enmax (plan for 2 hours)**



# A Year to Remember

Get excited. Get inspired.  
Get ready for grad pictures.

**Prestige**  
Photography by Lifetouch

## You only graduate once, your grad pictures matter.

As a part of the Lifetouch + Shutterfly family, Prestige Photography by Lifetouch is excited to help you celebrate this once-in-a-lifetime event!



### Step 1

Review your photo session options here and select your favourite.



### Step 2

Visit [prestigeportraits.ca](https://prestigeportraits.ca) to schedule the session that is right for you.



### Step 3

Come prepared! Be sure to bring multiple outfits and props to your session.

## BOOK YOUR APPOINTMENT:

High School: Catholic Central

Portrait Sittings: February 13-24, March 6-10, 27-30th

Notes: Please come to your session 5 minutes prior to start time.

[prestigeportraits.ca](https://prestigeportraits.ca)

If you have any questions regarding booking an appointment or what to expect please contact us:

780-437-2431

# OFF-CAMPUS NEWS



## Dual Credit



Olds College courses being offered for the Winter Session from February 27 to May 19 2023 are:

Accounting Principles  
Veterinary Practice: The Team Connection  
Agriculture Electronics and Control Systems  
Applied Ecology  
Accommodation Management  
Producing Horticulture Crops but  
Training for Performance  
Deadline to apply is February 10, 2023

For more information about these courses or the Dual Credit program Contact Mr. Boschee or Mrs. Gurr.



## Upcoming Career Transitions Virtual Career Exploration Sessions

Tuesday, February 7 @ 4:30pm - Realtor

Wednesday, February 8 @ 5:00pm - General Practitioner  
Oncologist

Thursday, February 9 @ 4:00pm - Speech– Language Pathologist

To register or to watch numerous recorded past career sessions go to : [careersteps.ca/exploration-sessions/](https://careersteps.ca/exploration-sessions/)



## Post-Secondary Visits to CCH

Students can stop by and talk to recruiters from these institutions and checked out the various programs they offer.

**Concordia University** from Edmonton:

January 31- West Campus at Flex in the Gathering area

February 1 - East Campus at Flex in the Cafeteria area



**Augustana University** from Camrose:

January 31 - West Campus at Flex in the Gathering area

February 1– East Campus at Flex in the Cafeteria area

Parents are welcome to come and talk to them as well.



## University of Northern British Columbia

UNBC is offering an online “Ask Me Anything for Alberta Students” Event on Thursday, January 12 at 6:00pm (MT). Join them for an Ask Me Anything (AMA) session with current and former UNBC students from Alberta. All participants will be entered in a prize draw for a UNBC hoodie!

Register at: <https://www2.unbc.ca/events/72236/ask-me-anything-ama-alberta-students>



## Lethbridge College Junior and Senior High School Appreciation Night

Date: Friday, January 27th

Time: 5 p.m. to 10 p.m.

Where: Val Matteotti Gymnasium, Lethbridge College

All junior and senior high students will receive free admission to the game and be entered to win a number of amazing prizes including two Kodiaks Summer Sports Camps valued at \$190 each! Register at: <https://lethbridgecollege.my.site.com/lcext1/event?>



## Hours

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

## 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)





# Exam Schedule Quarter 2 - January 2023

	Time	Course	Campus	Teacher	Room
Thursday January 12	9:00 AM	English 30-1 Part A	East	Hartman	Library
REGULAR CLASS DAY		English 30-1 Part A	East	Cox	206
Friday January 13	9:00 AM	Social 30-1 Part A	East	Collier	206
REGULAR CLASS DAY		Social 30-1 Part A	East	Skauge	Library
		Social 30-1 Part A	East	Gilbert	Library
		Social 30-2 Part A	East	Skauge	202
Lundi 16 Janvier	9:00 AM	Francais 30-1 Partie A	Est	Schmidt	Library
Jour de Classe Regulier					
Mercredi 18 Janvier	9:00 AM	Francais 30-1 Partie B	Est	Schmidt	Lecture Theatre
Jour de Classe Regulier					
Thursday January 19	9:00 AM	Math 30-1	East	Umeris	Gym
		Math 30-1	East	Charlene Leroux	Gym
		Math 30-2	East	Folkersen	Gym
		Math 20-1	East	Umeris	129
		Math 20-2	East	Folkersen	122
		Math 10C	East	Hammel	124
		Math 10-2	East	Nadeau	Gym
		Math 20-1	West	Charlene Leroux	520
Friday January 20	9:00 AM	English 30-1 Part B	East	Hartman	Gym
		English 30-1 Part B	East	Cox	Gym
		English 20-1	East	Hartman	126
		English 10-1	East	Omlon	127
		English 10-1	East	Polec	Gym
		English 20-2	West	Yaremcio	522
		English 20-2	West	Pariseau	523
Monday January 23	9:00 AM	Social 30-1 Part B	East	Collier	Gym
		Social 30-1 Part B	East	Skauge	Gym
		Social 30-1 Part B	East	Gilbert	Gym
		Social 30-2 Part B	East	Skauge	Gym
		Social 10-1	East	Dalton	131
		Social 10-2	East	Point du Jour	213
		Social 10-2	East	Hogan	209
		Chem 20	East	Goruk	107
		Social 20-1	West	Gilbert	512
		Social 20-1	West	M. Schmidt	Gym
		Social 10-1	West	M. Schmidt	Gym
Tuesday January 24	9:00 AM	Bio 30	East	Balog	124
		Bio 20	East	Nummi	Gym
		Bio 20	West	Balog	525
		Bio 20	West	Tinworth	522
		Science 10	West	Monteith	527
		Science 10	West	LeBleu	521
Wednesday January 25	9:00 AM	Chem 30	East	Bulger	Gym
		Physics 20	East	Nadeau	Gym
Thursday January 26	9:00 AM	Physics 30	East	Hammel	Gym
Friday January 27	9:00 AM	Science 30	East	Ross	Gym

Looking forward to a new year with ...

# Holy Spirit Catholic School Division

## 2023/2024 REGISTRATION



### Re-Registration Starts January 16, 2023

Families with students currently enrolled in our system should expect an email during the week of January 16-20, 2023 asking that the online "Registration Update Form" be completed for each child attending one of our schools in the 2023/2024 school year.

This update allows us to make sure the information on file is accurate and that any legal declarations, preferences, and consents are renewed. It also allows our schools to plan for the upcoming school year.

Parents/guardians who are hoping to register younger siblings new to the division will also have the opportunity to do this at the same time that they re-register older students.



### New Student Registration Starts February 1, 2023

All Early Learning to Grade 12 students who are new to the division and wish to enroll for the 2023/2024 school year are invited to register online starting on Wednesday, February 1, 2023.

- Our **Early Learning Program** is designed to stimulate the growing curiosity of children 3 and 4 years of age.
- **Kindergarten** is designed for children 5 years of age on, or before, December 31, 2023.
- **Grade 1** registrants must be 6 years of age on, or before, December 31, 2023.
- **French Immersion** is also available. Enrollment starts:
  - in Kindergarten/Grade 1 at École St. Mary School in Lethbridge.
  - in Grade 1 at St. Michael's School in Pincher Creek.



### For More Information

Contact our Coordinator of Early Learning Coordinator to discuss Early Learning, Kindergarten, or your child's specialized programming requirements by phone (403-381-8495) or email ([earlylearning@holyspirit.ab.ca](mailto:earlylearning@holyspirit.ab.ca)).

Contact our French Language Consultant to discuss French Immersion programming by phone (403-331-4458) or email ([urquhartw@holyspirit.ab.ca](mailto:urquhartw@holyspirit.ab.ca)).

Contact your child's school, or visit the division's website ([holyspirit.ab.ca](http://holyspirit.ab.ca)), if you need assistance with the online registration process or have any questions.



**Holy Spirit Catholic School Division**  
...where students are cherished and achieve their potential.

# January

## Arise!

### Pilgrims of Hope



“...with all humility and gentleness, with patience, bearing with one another in love.”

Ephesians 4:2

## St. Ignatius of Loyola 1491-1556 (Feast Day: July 31)

St. Ignatius of Loyola was a Spanish Catholic priest and theologian who was a cofounder of the Society of Jesus (Jesuits), known for their missionary work and teaching. As a young man, Ignatius was keen to be famous and joined the army. He was wounded severely in 1521 when a cannonball shattered his leg. He underwent many surgeries to repair his leg, which led to a long period of recovery. In his recovery, he read extensively about the life of Christ and the lives of the Saints (he had asked for books about knights, but no one brought him any). Once he recovered enough to walk (despite having a permanent limp), he made a pilgrimage to the Holy Land, and became increasingly more focused on the religious life. He engaged in more learning and eventually cofounded the *Society of Jesus*, and was the first Superior General of the order. Their main principle became *Ad Maiorem Dei Gloriam* (for the greater glory of God). This is often shown on the books that St. Ignatius holds in imagery; sometimes you will see the IHS instead (this is derived from the first three Greek letters in Jesus - iota, eta, sigma, a type of Christogram). He paid particular attention to the spiritual formation of recruits, and is known for his Spiritual Exercises, and the tradition that we know today as Ignatian Spirituality.



## Holy Moments In Our Schools

Throughout the month of December, “Sock Drives” were held to collect warm socks for those in need. Our Lady of the Assumption alone (left), collected 1,085 pairs of socks and over 400 mitts, gloves, hats, and scarves. Thanks to everyone in the Holy Spirit School Division for demonstrating practical acts of kindness and creating warm memories for families in need!



## The Spiritual Works of Mercy – Instruct the Ignorant

First, we have to consider also our own need for instruction (we always have more to learn). Even this step (as a form of witness) will begin to inform others as we ourselves seek the wisdom of Catholicism. We also need to teach from a stance of relationship, humility and gentleness. As St. Thomas Aquinas said, “To love is to will the good of the other,” and so we should teach and help one another out because of our love for them. When you find yourself in this position, pray to the Holy Spirit for guidance, and if in doubt, consult Scripture and the *Catechism of the Catholic Church*. We also have a model teacher for this work in Christ, who continually shows us in the Gospels how to embody what we have described here.

- Learn about our faith and be open to talking with others about our beliefs. There is always something more to discover about our faith.
- Go on a service trip or short-term mission trip. No time? Donate to support someone on their service trip.
- Volunteer to help with religious education programs at your parish Invite someone to go to mass with you this weekend.
- Know your faith!

### Sources:

[The Spiritual Works of Mercy](#)

[Instructing the Ignorant](#)

Adapted from: [The Fruit of the Spirit: Gentleness](#)

[Home Page](#)

## The Fruit of the Spirit – Gentleness

When we think of gentleness, we might think of quietness, submission, softness or shyness. In the original Greek, the translation is closer to meek, which we might think of from the Beatitudes (...“the meek shall inherit the earth”). It turns out that we may be misguided if we think of only this version of the word. In Greek, it is better understood as the quality of dealing with people in kindness, humility and consideration; an expression of gentleness. Additionally, when used in a secular context, it could be meant to tame wild animals, to calm others, or to remain composed. When we think like this, and how Christ showed gentleness, we might ponder the restraint which he showed in his life. Despite his divine nature, he did not use power to enter the world to great fanfare, he came as a baby. Despite his divine nature, he did not use power to enter Jerusalem with armies. Despite his divine nature, he submitted to the will of the Father at the Crucifixion. In each instance, we might recognize that gentleness does not mean an absence of strength or power; more accurately, restraint to God’s will in our use of power, and recognition that we have access to that power through the Holy Spirit.

“Let your gentleness be known to everyone...”

- Philippians 4:5a

“He who carries God in his heart bears heaven with him wherever he goes.”

- St. Ignatius of Loyola



# Reflecting on the life of St. Ignatius of Loyola...

## Instruct the Ignorant

You may be familiar with the term Ignatian spirituality, or some of its aspects and practices. In and of itself, this is an example of how St. Ignatius embodies the spiritual work of mercy "instruct the ignorant". In many ways, this is a contemplative spiritual path that seeks to discern the will of God. We look inward to reflect on God's guidance and direction through the Holy Spirit. Whether you are completing the Spiritual Exercises, practicing the Examen, using other forms of Ignatian spirituality, or simply seeking to find God in all things, you have St. Ignatius of Loyola to thank for this tradition.

## Simplified 5 Steps of the Examen

- Give thanksgiving
- Ask God for the light to see with his eyes
- Examine how one has lived the day, guided by the Holy Spirit
- Ask God for forgiveness and healing
- Resolve to live tomorrow well

St. Ignatius of Loyola, pray for us!



## Gentleness

As we have seen, we might think of gentleness as restraint or composure. St. Ignatius certainly led a wild early life, but once injured on the battlefield, he learned more and more about the examples of the saints, and the life of Christ, and asked himself the question - What if I should do as these saints did? Over time, his dreams of love and adventure paled as he surrendered the life that he knew in order to enter more fully into his relationship with God. We might say that he became more detached. As he discerned God's will, he surrendered his own will to that of God, and in this, showed gentleness. Perhaps we can consider his life in the light of the words from Jeremiah:

*Then when you call upon me and come and pray to me, I will hear you. When you search for me, you will find me; if you seek me with all your heart, I will let you find me, says the Lord, and I will restore your fortunes and gather you from all the nations and all the places where I have driven you, says the Lord, and I will bring you back to the place from which I sent you into exile.*

- Jeremiah 29:12-14

## Gospel Readings

January 8, 2023

Epiphany of the Lord

### Gospel Reading: Matthew 2:1-12

"They were overjoyed at seeing the star and on entering the house they saw the child with Mary his mother. They prostrated themselves and did him homage." — Matthew 2:10-11

When the magi came into the baby Jesus' presence they were immediately overjoyed and fell prostrate to honor him. It was traditional for people to kneel down in front of a king to do him homage. Did you know that we too are called to show our King honor every single week? Who is our King? Jesus, of course! And we come into his presence in a special way every time we come to Mass. What is one way we can show him honor, as the magi did? One way is to genuflect slowly and reverently each time we enter his house. This is a sign of great honor, respect and love. In fact, each time you come into church and get ready to enter the pew, you should genuflect, make the Sign of the Cross and tell Jesus you love him. How honored our King must feel to be shown such respect and love!

*Dear Father, thank you for giving us such a wonderful King to honor. May we always show him the love he deserves.*

**What are some other ways we can show honor to our King Jesus?**

January 15, 2023

2nd Sunday in Ordinary Time

### Gospel Reading: John 1:29-34

"On whomever you see the Spirit come down and remain, He is the one who will baptize with the Holy Spirit. Now I have seen and testified that he is the Son of God." — John 1:33-34

Once again this week the Gospel is showing us how Jesus was sent here with a mission to bring the love, forgiveness and healing of God. Jesus, the Son of God, was a messenger for God. First, he gave us the example to follow of being baptized. John the Baptist was so moved by his experience of baptizing Jesus that he became the first person to start pointing others to Jesus. Having been baptized, we are also called to be messengers for God pointing people to look at Jesus as an example of how to live.

*Dear Lord, you gave us so many great examples of how to live our lives. Please teach us how to be messengers of God's love and forgiveness.*

**What are some ways we can be messengers of God's love and forgiveness in our own lives?**

January 9, 2023

The Baptism of the Lord

### Gospel Reading: Matthew 3:13-17

"After Jesus was baptized, he came up from the water and behold, the heavens were opened for him, and he saw the Spirit of God descending like a dove and coming upon him." — Matthew 3:16

Baptism is an important sacrament! It washes away original sin. It welcomes us into the body of Christ. It is a time when the Holy Spirit comes upon us in a special way and allows us to receive the gifts of grace God offers. What an important sacrament to receive! In fact, even Jesus was baptized. He did not need to have any sin washed away, since he didn't have any. So why was he baptized? He wanted to set the example of being in union with God. He wanted to show us that we should spend our whole life on earth using the graces from our baptism to help us understand what we need to do to help him build the Kingdom of God on earth. What a special gift!

*Father in heaven, thank you for the sacrament of baptism. We are so blessed to be able to receive your Holy Spirit to help us live a life that is pleasing to you, so we can be your friends and helpers here on earth.*

**Do you remember your baptism? If not, ask your parents to tell you about it. How old were you? Who was there?**

# Gospel Readings

January 22, 2023

3rd Sunday in Ordinary Time

## Gospel Reading: Matthew 4:12-23

“Come after me and I will make you fishers of people.” — Matthew 4:19

Have you ever been fishing? It can be really fun. First, you find a nice quiet spot and set up all your gear. Then you bait your hook, cast it in the water, and wait for a fish to swim by and bite. When it happens, it is so exciting. You pull your fish in and want to show it to everyone because you are so proud. Now, if you look at today’s gospel reading, you may ask yourself, how would you catch people? Jesus is trying to show us that if we use the same ideas you use in fishing, it is possible to ‘catch people’ and bring them to Jesus. First, you need to find a nice quiet spot so you can pray and ask Jesus to help you bring people to him. Then, the bait you use is love, kindness, patience; any good virtues can work. Just imagine how good it would feel to know you helped people experience love, acceptance, or peace like Jesus did. Then you would be a fisher of people.

*Dear Lord, show me how to ‘catch people’ for your glory.*

**How do you try to “catch” others for Jesus?**

January 29, 2023

4th Sunday in Ordinary Time

## Gospel Reading: Matthew 5:1-12a

“Rejoice and be glad for your reward will be great in heaven.”

— Matthew 5:12

Have you ever heard the expression “no pain; no gain”? It’s sometimes associated with dieting. The idea is if you refrain from eating greasy or sugary foods that you might enjoy, you’ll see the benefits when you step on the scale. It’s hard to keep our eyes on the prize though, isn’t it? Especially when the sacrifice we must make is painful. In today’s Gospel, Jesus tells his followers that if we follow his example, we may suffer now, but we will experience joy in heaven someday. He said that we might be sad if we care for others who are hurting. We might face opposition when we stand up for people who aren’t treated fairly. Others may not like us if we forgive people they don’t think deserve to be forgiven. We won’t be popular if we try to make peace when everyone else wants to get even. He said that all these things will bring us happiness in the long run. But it won’t be easy day-to-day! It wasn’t easy for Jesus either when he sacrificed his own life for us, but he thought we were worth it.

*Dear Lord, help me to remember that though this life may bring pain at times, you have a wonderful place in heaven prepared for me.*

**Do you think it’s worth it to be made fun of when you are following Jesus’ example? Who can you forgive today, even if it seems like they don’t deserve it?**

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



# January



## Arise! Pilgrims of Hope Journal

### WEEK ONE

How is God trying to get your attention?



Additional Sources:

[The 5-Finger Daily Examen](#)

[Praying the Examen with Children](#)

[Examen for Children](#)

[What’s a daily exercise to help me in my spiritual life?](#)

# January



## WEEK TWO

Describe a teacher or mentor who has impacted your life?



## WEEK THREE



What book are you most grateful for?



## WEEK FOUR

What is God calling you to focus on in the next six months?



Dear Saint Ignatius,  
you loved helping others to find Jesus in their hearts and souls.  
You loved learning because as we learn more about God,  
we are able to love Him more.  
Please pray for all teachers to help their students  
find God's truth and also His love. Amen.  
St. Ignatius of Loyola, pray for us.



Prayer Source: *Lives of the Saints* by Bart Tesoriero