



PRINCIPAL'S MESSAGE - written by Associate Principal, Mr. New

It's hard to believe that we are now half way through the year. So much has been accomplished and celebrated that taking a moment to reflect is never a bad thing. At the start of the school year we entered a new three year faith plan. Our faith plan is one of the things that makes us unique here in Lethbridge. It centers us, but at the same time challenges us to grow spiritually, and as people. This year's focus is on the idea that God is in our Hearts. As a school we have challenged our students to Arise. This challenge is from the scripture Isaiah 60:1 "Arise, shine; for your light has come, and the glory of the Lord has risen upon you."



When presenting the students with the challenge of Arise, we tasked them to get involved in the school more than they may have in the past. There have been a lot of experiences we have missed out on in the last couple of years, and this was their opportunity to claim some of these experiences back. So what has this looked like at Catholic Central the first half of the year?

Student's Council has been at the center of encouraging our students to participate in school activities. This started on day one with the amazing work they did with Grade Ten Orientation tours to welcome our new students. Student's Council is also responsible for all the theme days throughout the year and special events. They have gone out of their way to make it easy for their peers to get involved, even if it's just small gestures to start.



In athletics, more students have taken the leap of faith and tried out for our sports teams. There was an increase in numbers at tryouts for both our volleyball and basketball teams, and we fielded one of our largest football teams in years. Students didn't just take the risk of trying out, but were seeing more and more of our students come to athletic events to support their peers. Another aspect of this pillar is the Athletic Leadership Program that has an abundance of volunteers throughout

the school year to make our sporting events run smoothly.

This increase in participation has been noticed outside of sports as the choir has doubled in size and the musical has also seen more students participate this year. Other examples include the success of this year's Santa's Anonymous initiative, our first 24-Hour Famine Fundraiser in a couple of years, the hundreds of entries in our first Post-It-Note Art Show, and the work our school clubs are doing throughout the year.



Our goal as a staff was to add to the students' experience here at Catholic Central this year. To have each student connected to the building during class and outside of class times. We realize not every student has taken the opportunity to Arise, but there's still time. In the second half of the school year we will have a Lenten challenge that will give students a daily opportunity to make their school a nicer place for all. Athletics will see the start of the baseball, softball, badminton, rugby, and track and field seasons. Many of these sports are looking to grow and would love to see an increase of students come out to tryouts. I encourage all of our students to keep an eye on our Daily Bulletins, as there will be opportunities to get involved in many ways throughout the rest of the year. We hope to build off the momentum of the first half. The goal is simple "Arise", get involved in the culture of Catholic Central. If you're not sure where to start, stop by the office and we will do our best to get you involved.



God Bless and good luck with your challenge
Mr New



Quarter 3 At-a-Glance

January 30 - First Day of Quarter 3 classes

- Administrator on Campus West - Mr. New
- Administrators on Campus East - Mr. Myndio and Mr. Vercillo
- Mrs. Polec will continue to schedule days on both campuses
- Mrs. Hoveling will be on Campus West
- Mr. Collier will be on Campus East

February 1 - Grad 2023 Parent Information Evening on CEast in the Cafeteria @ 7:00 pm

February 7 - Grade 9 Parent Information Evening on CEast in the Cafeteria @ 7:00 pm. Click on this link for the Parent Info letter: [Grade 9 Course Selection 2023 - letter for parents](#)

February 8 - Grade 9 Parent Information Evening on CWest in the Gathering Space @ 7:00 pm
Click on this link for the Parent Info letter: [Grade 9 Course Selection 2023 - letter for parents](#)

February 10-11 - JV Boys Basketball CCH Home Tournament

February 13-16 - Grade 9 Class visits for information about high school and course selection process. We will visit St. Francis on February 13, St. Catherines on February 14, Father Leonard Van Tighem on February 15, St. Josephs on February 16. Should you need any assistance with registration and course selection, please do not hesitate to contact Mr. Collier or Mrs. Hoveling.

February 15 - Pink Shirt Day

February 20-24 - NO SCHOOL - READING WEEK and TEACHERS' CONVENTION

February 22 - Ash Wednesday (falls in the middle of Reading Week)

February 27-March 9 - CCH will start its course selection process for current grade 10 and 11 classes. These will be done during the afternoon blocks and both the administrative team and guidance counselors will help students through this process. Should you have any questions, please do not hesitate to contact Mr. Collier or Mrs. Hoveling.

March 3 - Quarter 3 Midterm

March 7 - Grade 10 Religious Education Retreat

March 9 - Lenten Mass at 9:30 on Campus East

March 9 - 6:00-8:00 pm Parent Teacher Conferences for Quarter 3

March 10 - Opening Night for *The Addams Family*

March 13 - NO SCHOOL - Spiritual Development Day

March 14 - NO SCHOOL - Division Collaborative Day

March 17 - All course selections must be completed and submitted

March 18 - Closing Night for *The Addams Family*

March 24 - NO SCHOOL - CCH PD Day

April 6 - Holy Thursday and Last day of instruction/classes for Quarter 3!

April 7-16 - NO SCHOOL - EASTER BREAK!



GRADUATION 2023

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

- Mrs. Polec will be visiting classes in-person to chat with graduates from January 30-February 1. If you do not have classes, please ensure that you check the GRAD 2023 GOOGLE CLASSROOM for information and reach out to Mrs. Polec if you have any questions!
- 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 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 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

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

780-437-2431

CATHOLIC
CENTRAL
CLASS OF



2023
2wenty3

FOUR EASY STEPS:

1. Design your jewelry @ www.jostens.com
2. Print out your order form or Save your design on your phone
3. Visit our display to see the jewelry, size your finger & place your order
4. See the back of this page to choose your payment option

**FREE CLEAR ROAM WIRELESS EARBUDS
WHEN YOU ORDER BEFORE FEBRUARY 26**
(excludes Tradewinds, P rings & Senior Jewelry)



A \$90 VALUE!

Order Now To Have Your Jewelry For Graduation !

YOUR GRAD ORDER EVENTS ARE:

Preview/Order Day - Wednesday, February 8

(get your finger sized, ask questions, try on rings, place your order)

Order Day - Wednesday, February 15



Time - 10:45 to 12:15 Place - East Campus Cafeteria

Sean & Denise Kelly - 403 252 1774 - sean.kelly@jostens.com

Interested in other Class of 2023 items - www.jostenscanada.com/classof2023

Class Ring Payment Options

1. Take advantage of our J-PAY monthly payment plan and pay for your ring over 3 or 4 months.

Example of 3 month payment plan below:

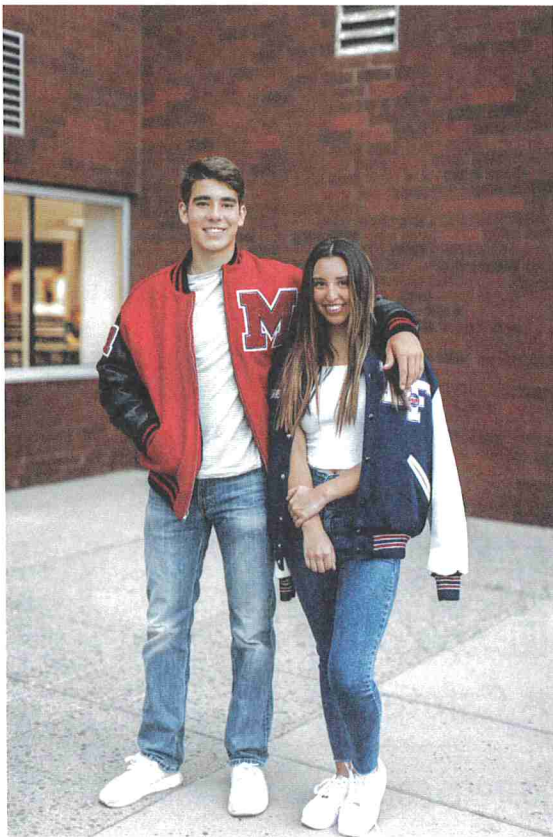
- pay $\frac{1}{3}$ of the cost of your ring when ordering
- pay $\frac{1}{3}$ 30 days later
- pay $\frac{1}{3}$ 30 days after the second payment

2. Make a \$100 deposit at school or on jostens.com & pay the balance before your jewelry is shipped

- @ www.jostens.com (please bring your WQD code to school)
- @ school on order day (cash, cheque, credit or debit)

3. Pay in full when ordering (cash, cheque, credit or debit)

4. Can't make your deposit on order day? - contact your Jostens representative or see us at our display
-



Interested in a SCHOOL JACKET?

- Contact us or visit our display.
- We can set up a program for your school.
- Prices starting at \$332.00.
(leather sleeves with school letter)
- Customize it with your name, grad year, etc.



The Addams Family

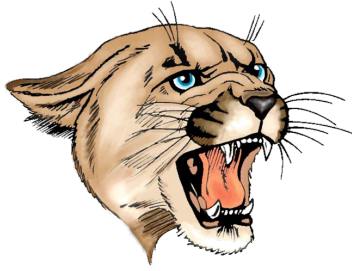
A NEW MUSICAL
COMEDY

TICKETS WILL BE
AVAILABLE SOON ON
THE CCH WEBSITE!

Catholic Central
Musical Theatre
is proud to
present
“The Addams
Family”

The production
will run from
March 10, 2023
through March
18, 2023 with
evening
performances on:
Mar 10, 11, 14-18
and matinee
performances on:
Mar 11, 12, and 18

Co-curricular Athletics Update



As the CCH teams and clubs come out of the quarter two exam break they look to a busy schedule in February. The Boys Basketball Teams will see tournaments in Calgary, Coaldale, Magrath, and in their home gym February 10-11th. The Girls Basketball Teams will conversely look to two competitive tournaments in Calgary and a rebound match up against the Medicine Hat Hawks in mid Feb. The Boys Curling Team continues to be scrappy on the sheets as they battle for a placing that will qualify them through to zones in the coming weeks. Badminton open gyms have started and tryouts will begin in the first week of the month.

Our highly touted Robotics team will be competing in Canada's first VEX Robotics Signature Event on Feb 3-5th in Calgary. This prestigious event led by Ms. Nadeau and Mr. Rosen will bring the best robotics teams across Western Canada to the BMO Centre where unique programmed robotics will strut their stuff in front of hundreds of spectators.

A great deal of excitement is swirling around the resurrection of CCH Rugby as thirty five girls look to enter the 15's season and over a dozen boys look to start up a competitive 7's squad. Both teams have some highly experienced and talented players to support the growing enthusiasm in the sport and hope to be successful in the strongest Rugby league in Alberta.

Go Cougars Go!!!!

Acts of Kindness Calendar

| SUN | MON | TUE | WED | THU | FRI | SAT |
|-------------------------------------|------------------------------------|-------------------------------------|--|--|---|----------------------------------|
| Leave a nice note in a library book | Give someone an 8-Second Hug | Send someone a nice note | Donate old books | Don't complain all day long | Leave a nice note on a mirror | Give a compliment |
| Pick up trash in your neighborhood | Be kind to a stranger | Draw a picture for someone | Bake yummy goodies for someone | SMILE at everyone you see today | Do someone else's chores for them | water plants |
| Feed the birds | Write a gratitude list (20 things) | Pick up trash you see on the ground | Leave an extra tip | Bring someone flowers (or draw a picture of flowers) | Recycle | Share with another person |
| Donate old clothes | Help an elderly person | Walk someone's (or your own) dog | Make a list of 10 things you're thankful for | Tell someone the reasons you like them | Hold the door for someone | Donate to a local animal shelter |
| Offer water to those in need | Help make dinner | Make a bird feeder | Donate old toys | Make someone laugh | Write positive messages on the sidewalk | write a thank you note |

OFF-CAMPUS NEWS

Lethbridge College Winter Open House

10 a.m. to 1 p.m. Saturday, February 11

Explore over 60 academic programs and meet your expert instructors.

Learn about support services that will help you be a successful student.

Register in advance to win one of three amazing prizes, including an e-scooter!



Register at: <https://explorelc.ca/>

Highschool Youth Research Summer (HYRS)

July 7—August 18, 2023 at the U of L

The HYRS program is for students who are in grade 11 and want to participate in hands-on work with research groups at the U of L. For more information and to apply go to:

<https://www.ulethbridge.ca/node/2982>



Upcoming Career Transitions

Virtual Career Exploration Sessions

Join these sessions to hear these professionals discuss their profession and educational background.

Tuesday, February 7 @ 4:30pm - Realtor

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

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

To register for these or to watch numerous recorded past career sessions go to : careersteps.ca/exploration-sessions/

Hours

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



Dual Credit Opportunity

Winter Session Courses being offered by Olds College
February 27 to May 19 2023 are:

Accounting Principles
Veterinary Practice: The Team Connection
Agriculture Electronics and Control Systems
Applied Ecology
Accommodation Management
Agriculture Electronics and Control Systems
Training for Performance
Deadline to apply is February 7, 2023

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



Post-Secondary Visits to CCH

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

Concordia University from Edmonton:

January 31- West Campus at Flex in the Gathering Space

February 1 - East Campus at Flex in the Cafeteria Area

Southern Alberta Institute of Massage

January 31- West Campus at Flex in the Gathering Space

February 1 - East Campus at Flex in the Cafeteria Area

Lethbridge College

February 7 - Campus West at Flex in the Gathering Space

February 8 - Campus East at Flex in the Cafeteria area

Mount Royal University from Calgary

February 10 - 10:30 to 11:00 in the Career Centre Campus East

Augustana University from Camrose:

February 15- East Campus at Flex in the Cafeteria area

February 16- West Campus at Flex in the Gathering Space

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

(Dates and times are subject to change so call the school day of to check they will be there)



Your Off-Campus Team

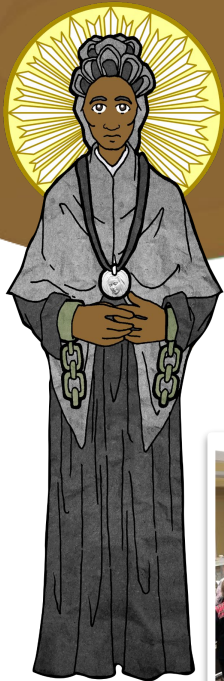
Mark Boschee - Off-Campus Coordinator Cell: 587-220-4258 or Email: boscheem@holyspirit.ab.ca

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

February

Arise!

Pilgrims of Hope



“Whenever you stand praying, forgive, if you have anything against anyone; so that your Father in heaven may also forgive you your trespasses..”

Mark 11:25

St. Josephine Bakhita 1869-1947 (Feast Day: February 8)

Born in the Darfur region of southern Sudan, Josephine was kidnapped at the age of 7, sold into slavery and given the name Bakhita, which ironically means ‘fortunate’. During this time, she was treated with inhumane cruelty, being beaten and forcibly scarred. She was resold several times, finally in 1883 to Callisto Legnani, an Italian official in Khartoum, Sudan. Two years later, he took Josephine to Italy and gave her to his friend Augusto Michieli. Bakhita became the nanny to their young daughter. During this time, they went to stay in Venice with the Canossian Sisters. This was Bakhita’s first encounter with Christianity, and she felt drawn to the Catholic Church. She was baptized and confirmed in 1890, taking the name Josephine.

When the Michielis returned from Africa and wanted to take Josephine back with them, the future saint refused to go. During the ensuing court case, the Canossian Sisters and the patriarch of Venice intervened on Josephine’s behalf. The judge concluded that since slavery was illegal in Italy, she had actually been free since 1885. Josephine entered the Institute of St. Magdalene of Canossa in 1893. In 1902, she was transferred to the city of Schio, where she assisted her religious community through cooking, sewing, embroidery, and welcoming visitors at the door. She soon became well loved by the children attending the sisters’ school and the local citizens. She once said, “Be good, love the Lord, pray for those who do not know Him. What a great grace it is to know God!”



Holy Moments In Our Schools

On Tuesday, January 17, 2023, we were fortunate to host our annual Retired Staff Mass at St. Basil Catholic Education Centre. This was rescheduled from November due to inclement weather conditions. We were blessed to have so many retired staff in attendance (approx. 40) and to recognize their service to Catholic Education in southern Alberta. Their witness is a model to us as we “Arise” this year, and seek to live in community, spiritual unity and relationship with one another.



The Spiritual Works of Mercy – Forgive Offenses

To forgive offenses is one of the seven spiritual works of mercy. It is also variously known as to “forgive all injuries” and to “forgive sins.” There are at least three major spiritual benefits: the one who forgives is liberated from bitterness and resentment, the one who is forgiven receives mercy and a new beginning, and the community experiences conflict resolution and the restoration of harmony.

Jesus gave the great commandment: Love God and love your neighbor. Because of our flawed human nature and our propensity to sin, everyone who offends against love and relationships is harmed or broken. The way to return to love, mend relationships and heal offenses is to forgive. Forgiveness is the flip side of the love coin.

Forgiving others is difficult at times because we do not have God’s limitless mercy and compassion. But Jesus teaches us that we should forgive as God forgives, relying on him to help us show others the mercy of God by:

- Letting go of grudges
- Saying sorry is something we learn as kids, but how often do we really mean it? Forgiveness transforms hearts and lives
- Participate in the Sacrament of Penance
- Pray the Divine Mercy Chaplet

Sources:

[Saint Josephine Bakhita](#)

[St. Josephine Bakhita](#)

[Fifth spiritual work of mercy: To forgive offenses willingly](#)

[The Spiritual Works of Mercy](#)

Adapted from: [Weekly Devotional: Fruit of the Spirit – Self-Control](#)

[Home Page](#)

The Fruit of the Spirit – Self-Control

What exactly is self-control? The Greek word translated as ‘self-control,’ egrateia, is derived from two other Greek words—en and kratos. En means ‘in’ and kratos means ‘strength’ or ‘power.’ The Bible typically refers to self-control as ‘temperance,’ meaning self-restraint or moderation.

Displaying self-control is often a matter of responding rather than reacting. When we react to a situation, we let our emotions take control. We are more likely to become defensive and say hurtful things. Responding, however, involves developing a thoughtful response that is guided by reason more than emotions.

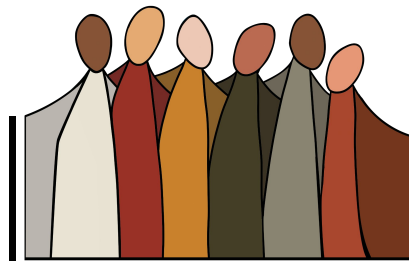
Self-control also relates to the temptation to sin in our lives. We may at times lack the self-restraint to stop when we should, finding ourselves tempted to overindulge. Many worldly temptations can be strong, but our spiritual self-control can be stronger with the help of our faith.

There are two proverbs that explain the difference of not having self-control versus the value of having it. In Proverbs 25:28 we are told, “Like a city whose walls are broken down is a man who lacks self-control.” But, in Proverbs 16:32 we learn, “It is better to be patient than powerful. It is better to win control over yourself than over whole cities.”

With God’s help, you can increasingly conquer your temptations and learn to embrace the fruit of self-control. The more we pray, study the Bible and draw closer to God, the more we will have the ability to demonstrate our own self-control.

“If we had no hope in the Lord, what would we do in this world?”

- St. Josephine Bakhita



Reflecting on the life of St. Josephine Bakhita...

Forgive Offenses

Josephine endured unimaginable hardships in her life, but she showed mercy. "If I were to meet the slave traders who kidnapped me and even those who tortured me," she once said, "I would kneel and kiss their hands, for if that did not happen, I would not be a Christian and religious today. The Lord has loved me so much. We must love everyone." In the face of inhuman trials, she only saw the face of Christ. Pope John Paul II, speaking in Sudan after her beatification:

"She thus became a model of virtue and holiness of life for Christians. To religious believers everywhere she speaks of the value of reconciliation and love, for in her heart she overcame any feelings of hatred for those who had harmed her. She learned from the tragic events of her life to have complete trust in the Almighty who is always and everywhere present, and therefore she learned to be constantly good and generous to everyone."



Self-Control

The circumstances of St. Josephine's life were marked with trauma, so much so that she forgot her birth name. The name that was ironically given to her, Bakhita (fortunate), became over time a marker of her identity as a child of God. St. Josephine, in her extraordinary love and forgiveness, was known to have said:

"If I were to meet those who kidnapped me, and even those who tortured me, I would kneel and kiss their hands. For, if these things had not happened, I would not have been a Christian and a religious today."

The people of her town in Italy loved her, and thought of her as a mother. She exuded grace to those around her, and despite the scars that she carried, never lost faith. She is a model for us of self-control and forgiveness, and a witness of hope and trust in God.

Gospel Readings

February 5, 2023

5th Sunday in Ordinary Time

Gospel Reading: Matthew 5:16

"...your light must shine before others, that they may see your good deeds and glorify your heavenly Father." — Matthew 5:16

We are blessed by the Lord all the time. How do we show God that we are grateful for the blessings he showers on us? One way is to begin by saying thank you for our blessings and remembering God has given them to us - we haven't earned them on our own. Today's Gospel shows us that if we listen to God and his commands, he will surprise us with blessings, just like Simon Peter was surprised by the HUGE catch of fish. Sometimes we'll receive enormous blessings that we can't miss (like Peter's catch of fish), but other times the blessings and graces will be small and it will take some thinking to recognize them. Let's not forget to thank God for those little gifts too!

Dear Lord, thank you for loving me so much that you bless me all the time. Please make my heart more grateful for the gifts of your love and your blessings that are in my life.

What are some things in my life that are blessings from the Lord?

Are there times I don't feel grateful for God's blessings? Why?

February 12, 2023

6th Sunday in Ordinary Time

Gospel Reading: Matthew 5:17-37

"...he has set before you fire and water to whichever you choose, stretch out your hand." — Sirach 15:16

Did anyone ever warn you "Don't touch the stove; it's hot!" or "Don't go in the deep end of the pool without your life jacket"? If so, it was probably someone who loved you very much. And wanted to make sure you stayed safe. Did you obey?

The first reading today reminds us that if we choose to obey God's warnings, we can avoid a lot of trouble for ourselves and others. But if we choose to disobey, we can get hurt and sometimes even hurt others at the same time. God loves us more than anyone else in the world - after all, we are his precious creation!

When we have a decision to make, we can ask ourselves WWJD - What Would Jesus Do? Jesus obeyed his Father in all things, even the most difficult. He trusted that ultimately God wanted what was best for him and the world. God wants the same for us and we can trust him.

Dear Jesus, help us to choose to obey God in all we do.

What is one good decision I have made already today?

February 19, 2023

7th Sunday in Ordinary Time

Gospel Reading: Matthew 5:38-48

"When someone strikes you on your right cheek, turn the other one as well...Should anyone press you into service for one mile, go for two miles." — Matthew 5:39, 41

In today's Gospel, Jesus challenged the people to go beyond loving those who are kind to them, to loving their enemies as well. That is a hard teaching! Most times, we want to get back at people who hurt us, but this is not the way God wants us to respond. God sent Jesus to us as an example. Do you remember what Jesus said when he was being crucified? "Father, forgive them for they don't know what they are doing." Only with the help of the Holy Spirit can we follow Jesus' example in returning love for violence.

Dear Lord, send your Holy Spirit to us so we can love even those who are hardest to love.

Has someone done something for me that was extra loving - more than I deserved or expected?

Gospel Readings

February 26, 2023

2nd Sunday in Ordinary Time

Gospel Reading: Matthew 4:10

"...Jesus said to him, 'Get away, Satan!' It is written: 'The Lord, your God, shall you worship and him alone shall you serve.'" — Matthew 4:10

During the season of Lent, we try to make extra sacrifices to show God that we love and serve him above all other things in our life, like our possessions. This can really help us to grow closer to God, but Satan does not want us to be close to God. He will tempt us to take the easy road instead of the right road. We must guard our hearts and minds against these temptations so we don't start believing that money and power and identity are better than living like Jesus taught us. We can do that by talking with our family about what we will give up during Lent or what extra good things we want to do more of during Lent. That way we can help remind each other of what we promised to do or not do for these next 6 weeks. Lent can be a time of coming to understand God and the love he has for us and for everyone else, so, don't let Satan steal that away from you.

Dear Lord, you made the ultimate sacrifice for us by giving up your son and allowing him to die. Please give us the grace to embrace our sacrifices this Lent so that you may know and feel our gratitude.

How have you been tempted in your life? What can you do to resist temptation?

Download this month's [Saint Prayer Card](#) - St. Josephine Bakhita



Traditional Lenten Practices



PRAYER

The Catechism of the Catholic Church defines prayer as, "...the rising of one's mind and heart to God or the requesting of good things from God." (CCC 2559)

In short, prayer is how we communicate with God.



FASTING

Choose an item to "fast" from during Lent. For example, you may want to fast from a specific food or treat. Fasting is not limited to food. You may want to fast from unkind words as an opportunity to grow in charity, or from media to devote time to relationships.



ALMSGIVING

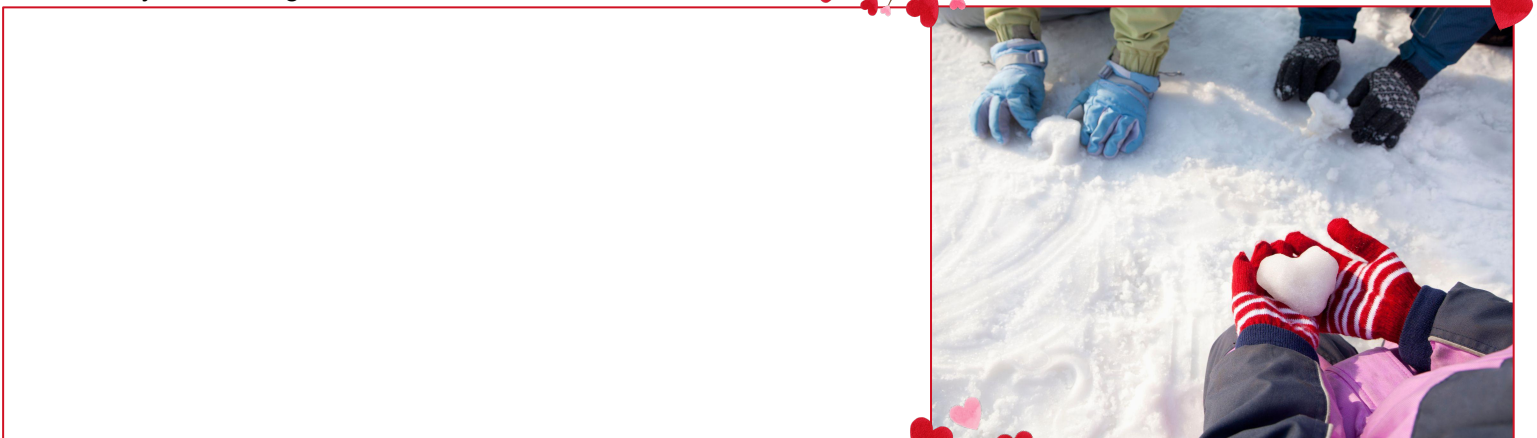
Like fasting, giving can be approached in several different ways. Money can be collected. Food, necessities, and toys can be bought or given to other children in need. We can also give of our time by helping others.

February

Arise!
Pilgrims of Hope Journal

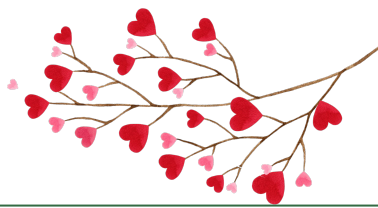
WEEK ONE

What are you learning about God?



Additional Sources:
[Prayer to St. Josephine Bakhita](#)

February



Arise!
Pilgrims of Hope Journal

WEEK TWO

What experience do you treasure?



WEEK THREE

What do you need to mute in your life in order to hear God's voice?



WEEK FOUR

What negative thoughts were you able to release today?





St. Josephine Bakhita, you were sold into slavery as a child and endured untold hardship and suffering. Once liberated from your physical enslavement, you found true redemption in your encounter with Christ and his Church.

O St. Bakhita, assist all those who are trapped in a state of slavery; Intercede with God on their behalf so that they will be released from their chains of captivity.

Those whom man enslaves, let God set free. Provide comfort to survivors of slavery and let them look to you as an example of hope and faith.

Help all survivors find healing from their wounds. We ask for your prayers and intercessions for those enslaved among us. Amen.

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).

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

Contact your child's school, or visit the division's website (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.



Become a

HOMESTAY FAMILY

The BEST thing about memories...
is making them!

CONTACT US FOR MORE INFO

Donna Faulkner
Homestay Coordinator
Holy Spirit Catholic School Division
620 12B St. N.
Lethbridge, AB, T1H 2L7
Phone: (403) 330-7382
homestay@holyspirit.ab.ca

HOST FAMILIES PROVIDE...

- Private bedroom
- 3 wholesome meals/day +snacks
- Quiet, bright study space
- Access to common areas
- Laundry
- Emotional/Academic support
- Interaction with family members
- Participation in family activities
- Internet connection

HOST FAMILY BENEFITS...

- Learn another culture's traditions and customs
- Share Canadian culture with your student
- Create lasting memories and experiences
- Spend more family time together
- Develop a new friendship with your student
- Receive \$900 monthly to cover the expenses of hosting your student
- Build an interest in culture, language and future travel opportunities for your family



BREATH PRAYERS

For When You Feel Anxious

INHALE: O God, I give You my anxieties

EXHALE: O God, You care for me.

This breath prayer is from 1 Peter 5:7. Take a minute or two to use this meditation to help you center on God's ever-present love.

For When You Are Discouraged

INHALE: You go before me.

EXHALE: I will not be afraid

With every breath, give every discouragement, big and small, to the Maker of heaven and earth. This prayer is taken from Dueteronomy 31:8

For When You Walk Through Complicated Times

INHALE: I know the Lord secures justice for the poor

EXHALE: And upholds the cause of the needy.

INHALE: Surely the righteous will praise Your name

EXHALE: And the upright will live in Your presence.

This is a breath prayer for complicated times, taken from Psalm 140:12-13. Inhale the Lord's tender, all-knowing ways and exhale the Lord's merciful, ever-present Spirit. With every breath, may we be reminded of Him.

For When You Are Down

INHALE: My soul is cast down within me.

EXHALE: I will remember You.

Wherever you are, name your emotions in an inhale, and then exhale God's love and divine presence This prayer was taken from Psalm 42:6

For a Busy Day

INHALE: Your steadfast love surrounds me.

EXHALE: I trust in You, O Lord.

Take a minute (or as long as you need) to breathe in and breathe out this simple prayer taken from PSlam 32:10.

Mental Health Capacity Building Team



**Alberta Health
Services**

Child, Youth & Family
Addiction and Mental Health

Healthy Albertans.
Healthy Communities.
Together.

Keep Calm and Parent On: Online Parenting Group

This psychoeducational group is designed for parents/caregivers who want to understand the foundation in which to support their child/teens self-regulation in conflict, while preserving/obtaining a healthy parent/child relationship. Co regulation will also be a focus providing opportunities for parents to reflect on their own ability to self-regulate when in conflict. This group is offered through power point presentations, opportunities for self-reflection, and discussion of specific topics. Parents/caregivers will gain a greater understanding and insight of the provided topics.

This virtual group will be offered for 6 weeks in a row for one hour each, one day a week. This is an open group, which means those registered can choose to attend from 1 to all 6 stand- alone sessions. The group topic and Zoom link will be sent out each week to registrants.

Session One – Understanding How Brain Development, Child Development and Self-Regulation Can Impact Parent Effectiveness

Session Two – Effective Communication Supports Effective Parenting

Session Three – Identifying & Understanding How Parenting Styles and Healthy Boundaries Impact Parenting Effectiveness

Session Four – Understanding Anger and Conflict Management to Supports Effective Parenting

Session Five – Understanding the Types of Family Roles and the Impact Chronic Conflict Can Have on Families

Session Six – Importance of Understanding Stress and How Self Care Supports Effective Parenting

Upcoming Dates

Thursdays, January 12 – February 16, 2023

12:00 - 1:00 p.m.

Tuesdays, February 28 – April 4, 2023

6:00 - 7:00 p.m.

Thursdays, April 20 – May 25, 2023

12:00 - 1:00 p.m.

To register, call Access Addiction & Mental Health

1 888 594 0211



Ages 12 – 18 yrs

*No cost to participate!

Learn to Cope with Stress

Y Mind

Everyone experiences worries and stress. Y Mind is here to help young people learn how to cope with stress so they can live their best lives.

Information Session: Saturday January 21 from 2:00 pm - 3:30 pm in MPR 4

Program Dates: January 28 - March 18 with no session February 25
Saturday's from 1:30 pm – 3:00 pm in MPR 4

***You must attend the information session to be eligible for the program.**

This free program is run by caring, trained staff,
in a safe supportive environment.

lethbridgeymca.ca/programs/132/mental-health-ymind

Playground & School Zone Harmonization



The [Transportation Safety Plan 2021\(External link\)](#) recommends harmonizing School and Playground Zones. Doing this would mean the City of Lethbridge would:

- Change existing School Zones to Playground Zones
- Change the effective time of Playground Zones to 7:30 a.m. to 9:00 p.m. every day

As part of the community engagement for this project, they are seeking your feedback. Please go to: <https://>

getinvolvedlethbridge.ca/harmonizedplaygroundzones

for more information which includes a link for a survey where you can add your comments and questions.

LETHBRIDGE ORCAS SUMMER SWIM CLUB



JOIN THE TEAM

The Lethbridge Orcas is a competitive swim team for anyone ages 5+ interested in developing their swimming skills and being part of a great team!



Season runs: May 1 – Aug 11

Visit our website for more information and to register.

Registration Opens March 15th.

2023 OUTDOOR SOCCER REGISTRATION

Online Registration opens February 1, 2023 – March 5, 2023



www.lethbridgesoccer.com

403-320-5425

Boys and Girls

U4 – U7 (Co-Ed) \$125.00

U9 & U11 (Male and Female Divisions) \$190.00

U13 - U18 (Co-Ed) - \$190.00

Season will run April – June 2023



LFC Competitive information available online at www.lethbridgesoccer.com or visit our Facebook Page at Lethbridge Soccer Association. LFC Registration for evaluations will open online February 1, 2023