



Catholic Central
High School

(403) 327-4596

Paws for the CCH News

March 2023

"One School, Two Buildings, Endless Opportunities"

PRINCIPAL'S MESSAGE

Last month (what a short month it was), Mr. New walked us through the busy-ness of February and the focus on year one of our Faith Plan and the theme of *Arise!* This month, Mr. Vercillo celebrates the legacy of Catholic Central's Musical Theatre productions.

Here at Catholic Central High School, we stand on our four "pillars" of education, which is what makes us who we are as a faith and educational community. These are essentially: academics, faith, fine arts, and athletics. These pillars form our mission as a school as we seek to provide students with well-rounded learning opportunities and life long memories and experiences. As my colleague Mr. Matthew New focused primarily on the faith pillar last month, I will follow suit and highlight a significant pillar that occurs this month, mainly that of the Fine Arts pillar's showcase event, the musical theatre production which runs from March 10th to the 18th.



Our fine arts student-performers, including many members of the formal choirs and bands, are poised with opening the production of *The Addams Family* on March 10th. The show comprises a wide array of talents and abilities among cast and crew. This is a show that has been in consideration for a number of years now, and we are very excited to bring it to the stage this year! It is an eclectic show which we feel will showcase the range and talent abilities of our student performers, and will certainly have 'something for everyone' as they say. Also of note, it will be the **FIRST** performance at Catholic Central under the direction of Mr. Braden Dalton, who has been a long time performer, contributor, and at one time **STUDENT** of the CCH musical theatre tradition!

The phrase “it takes a village” is certainly applicable to a musical theatre production the likes of which Catholic Central is accustomed to. The sheer volume of staff, student, and community involvement required to put on a production of this quality never ceases to amaze. As someone who considers himself new to the world of musicals (having spent the bulk of my career in athletics) it is truly amazing to see the level of commitment, talent, and selflessness of so many who lend themselves to the pursuit of excellence for our students to achieve. In addition to our gifted director Mr. Dalton, our student performers are further supported by the vocal direction of Mrs. Danielle Christensen, the set design of Mr. Brent Hogan, the choreography of Gerry and Kianna Unger, the technical prowess of Lee Burckes and Kelly Roberts, and many more of our selfless and talented staff and community volunteers steeped in many years of experience. This year's production of *The Addams Family* will invariably continue the storied history of CCH musical theatre.

This year, we are particularly proud and fortunate to return the musical production to our very own Eggplant Theatre. After a year of dormancy, followed by a year “on the road” at Southminster Church for the unique performance of “Rewritten”, we are excited to return the musical production to its rightful home here at Catholic Central. This year, patrons of the production will be treated to our new state of the art LED lighting system, which will certainly take our students’ abilities to the next



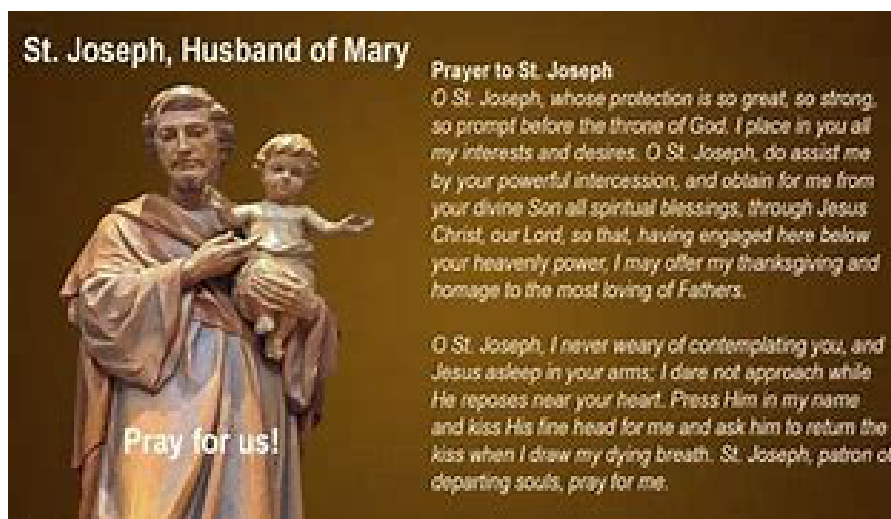
level. We are also excited to announce the sponsorship partnering of the theatre with the Knights of Columbus of Lethbridge, who have generously sponsored the Eggplant theatre with a ten year financial and patronage commitment. This is a further example of the significant community involvement that CCH is so fortunate to consistently be a part of in helping our students to achieve their very best, and ensure that what we do at Catholic Central is truly great.

I invite you to take in what will be a truly amazing performance that will showcase our wonderfully gifted and talented fine arts student performers and technical backstage contributors. We wish our students the very best in their efforts to provide the highest quality fine arts production they possibly can! And as they say in show biz: Break a leg!

God Bless,
Mr. Vercillo
Associate Principal

FAITH EVENTS AT CATHOLIC CENTRAL

- Ash Wednesday was February 22 (over Reading Week). As such, Catholic Central will have a Lenten Mass on Thursday, March 9 at 9:30 am on Campus East.
- Upcoming Lenten Services: Weekly Lenten Services (Monday at the beginning of block 1 classes, February 27, March 6, March 15 (Wednesday as there are no classes on Monday and Tuesday), March 20 (to celebrate the Feast Day of St. Joseph, The Husband), March 27, and April 3.
- Friday masses at 12:45 on Campus East - March 10 (Musical Production cast and crew), March 31 (Badminton Team)
- Catholic Central's patron saint is St. Joseph. Fittingly, as we have two campuses, we also have two feast days! The first Feast of St. Joseph the Husband is on Sunday, March 19 but CCH will celebrate this day on Monday, March 20. The second is the Feast of St. Joseph the Worker, which is on Monday, May 1, 2023.



PARENT-TEACHER-STUDENT CONFERENCES

The next opportunity to meet with your student's teachers for quarter 3 is on **Thursday, March 9 from 6:00-8:00 pm, in person on Campus East in the Cafeteria.** The Conference Manager booking system will open on Monday, February 27 at 8:00 am and close on Wednesday, March 8 at 3:00 pm. Please use this link to schedule your appointments: <https://cchs-leth.schoolsoft.com/login.jsf>



Ok! we will be having a parent information evening about the upcoming Feather Blessing for our First Nation, Metis & Inuit Graduates of 2023 **on March 9th in the library on Campus East at 7pm.** We will be going over very important details, so please plan on attending. We will also have a representative from Red Crow College sharing information about programs and sponsorship.

Feather Blessing Ceremony

May 10, 2023

Campus West @ 5pm

Important Dates for Quarter 3

February 27-March 10 - Course selection for 2023-2024 school year with current grade 10 and 11 classes - these will be completed in blocks 3 and 4 with administration and guidance counselors

March 3 - Midterm

March 7 - Grade 10 Retreat for all grade 10 students

March 8 - *The Addams Family* performance for HS4 feeder schools and Student Preview Night!

March 9 - Lenten Mass

March 9 - Feather Blessing Parent Information Meeting - CEast Library at 7:00pm

March 9 - Parent-Teacher-Student Conferences on CEast in Cafeteria from 6:00-8:00pm

March 10, 11, 12, 14, 15, 16, 17, 18 - *The Addams Family*

March 13 - No School - Division Spiritual Development Day

March 14 - No School - Division Collaborative Day

March 16 - Celebrations Gathering in blocks 1&2 on Campus East

March 17 - All course selection forms are due

March 17 - All grad fees are due

March 21 - School Council Meeting on CEast in library at 7:00pm

March 24 - No School - CCH PD Day

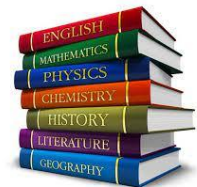
April 1 - CCH/ Chinook Home Badminton Tournament

April 6 - Holy Thursday and Last Day of Quarter 3 classes

April 7 - No School - Good Friday

April 8-16 - No School - Easter Break

Just a reminder that all final Course Selections are due on Friday, March 17th. If you missed this process or require assistance, please contact Mr. Collier or Mrs. Hoveling.



School Fees are now past due. Please remit as soon as possible using School Cash Online, or the office can accept cash or cheque. We appreciate you taking care of this as soon as possible. If you have any questions at all, please contact Mrs. Tamara Wilson. Thank you!

CATHOLIC CENTRAL MUSICAL THEATRE

presents

Orchestration by
LARRY HOCHMAN

Music and Lyrics by
ANDREW LIPPA

The Addams Family

A NEW MUSICAL COMEDY

Book by
**MARSHALL
BRICKMAN**
and **RICK
ELICE**

Based on
characters
created by
**CHARLES
ADDAMS**

Directed
by
**BRADEN
DALTON**



**Addams
Family
Reunion
Meet-and-
Greet**

**March 18 at
1:30 p.m.**

\$25

**March 10, 11, 14,
16-18 at 7:30 p.m.
March 11 and 12 at
1:30 p.m.**

\$22.50

**Tickets
available
through the
CCH
website.
Surcharges
may apply.**

class of 2023

ATTENTION PARENTS/ GUARDIANS OF OUR GRADUATES

Let us review what has been done so far and what is coming up:

- **Grad requirements** – Please ensure that your child double-checks this list to ensure that his/her name is on it and REMAINS on it (should grad requirements not be met, names can be removed from the list). Grad requirements are (by the end of quarter 3): at least 90 credits completed and in form to attain 100 credits by the end of the year, Faith in Action (40 hours) complete, and RE 35 complete.
- **Grad Hoodies:** the deadline to order Grad Hoodies has now passed. If you ordered a hoodie, watch for announcements as to when they will be ready for pick up (from both campus offices)
- **Grad photos:**
ALL GRADUATES MUST BOOK A SITTING. There is NO CHARGE to grads to have their picture taken. Grads can book these sessions online at/
<https://local.prestigeportraits.ca/ab/lethbridge/1021-3rd-ave-s.html> **Please ensure your graduate has booked a session! If you have missed this window, please contact Mrs. Sutter at CCH immediately.**
- **Grad fees:** \$150 due on March 17. Fees can be paid through School Cash Online, which can be accessed from our homepage: <https://holyspirit.schoolcashionline.com/> If you require assistance with this, please contact Mrs. Wilson at the school.
- **Grad Statements:** Grad Statements will be collected via Google Form, sent to Mr. Vercillo for compilation. This form will be collected by your student's Religious Education 35 teacher. If you have not completed your grad statement, please see Mr. Vercillo before Thursday, April 6th.
- **CCH Website for Grad Updates:**
<https://cch.holyspirit.ab.ca/cms/One.aspx?portalId=20671088&pageId=26665394>



OFF-CAMPUS NEWS



Medicine Hat College Open House

MHC invites students & families to their upcoming
Open House!

Medicine Hat Campus - Saturday, March 4 -1pm to 3pm

Brooks Campus –Friday, March 3 - 5:30pm to 8:00pm

- The first 100 attendees at Medicine Hat Campus and first 20 attendees at Brooks Campus will receive an MHC swag bag

-Attendees who register can enter to win \$100 of MHC swag and other Medicine Hat prize packs from local businesses

-Out of town visitors can enjoy a special room rate at Medicine Hat's Holiday Inn Express

Register at : <https://www.mhc.ab.ca/FutureStudents/OpenHouse>



Upcoming Career Transitions Virtual Career Exploration Sessions

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

Tuesday, March 7 @ 4:30pm - Realtor

Wednesday, March 8 @ 4:30pm - Occupational Health & Safety Officer

Thursday, March 9 @ 5:00pm - Dentist

Tuesday, March 14 @ 4:30pm - Helicopter Pilot

Tuesday, March 21 @ 5:00pm—Ophthalmologist

Thursday, March 23 @ 4:00pm - Parks Interpreter

Thursday, March 30 @ 4:00pm - Chef

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

U of L Student to Student Fair

The 4th Annual U of L Student to Student Fair will be on Campus East on March 9 showcasing all of their programs for students to explore different degrees, ask questions, find course requirements, and learn how to apply.

The Fair will be set up in the Cafeteria during Flex.



Young Women in Trades and Technology (YWITT) Information Night

March 2 from 7pm-8pm

Catholic Central High School Campus East

Learn about high school internship opportunities for young women and hear from women in skilled trades.

For more information and to register call Kristy Vassell at

403-308-6823

or email: kvassell@nextgen.org



R.A.P. and Work Experience Students

Don't forget to hand in or email your pay stubs or time sheets to Mr. Boschee or Mrs. Gurr.



High School Youth Research Summer (HYRS)

July 7—August 18, 2023 at the U of L

The HYRS program is for students in grade 11 and who want to:

- participate in hands-on work with research groups
- join a team of PhD, Master and Bachelor students
- work on multidisciplinary projects which may include: genetics, neuroscience, bioengineering, molecular imaging

Deadline to apply is March 17, 2023



For more information and to apply go to:

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

U of L Registration Workshops

These workshops are for students who have been accepted to the U of L and are now ready to register for their courses. Join Meagan to learn how to pick your classes and lab's as well as some valuable tips and tricks.

Campus East on March 15 at 11:15am in Room 206

Campus West on March 16 at 11:10am in Room 516



Your Off-Campus Team

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

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



**CATHOLIC CENTRAL HIGH SCHOOL
EXAM SCHEDULE
Quarter 3 April 2023**

	Time	Course	Campus	Teacher	Room Number
Monday April 17	9:00 AM	English 30-1 Part A	East	Cox	206
		English 30-1 Part A	East	Omlon	202
		English 30-2 Part A	East	Omlon	Library
		English 20-1	East	Goble	213
		English 20-1	East	Cox	126
		English 20-2	West	Hartman	515
		English 10-1	West	Yaremicio	Gym
		FLA 10	West	L. Schmidt	521
	1:00 PM	Francais 30-1 Partie A	est	n/a	bureau
Tuesday April 18	9:00 AM	Social 30-1 Part A	East	Collier	206
		Social 30-1 Part A	East	Skauge	Library
		Social 20-2	East	M. Schmidt	127
		Social 10-1	East	Skauge	209
		Social 10-1	East	Vercillo	114
		Social 20-1	West	Gilbert	512
Wednesday April 19	8:30 AM	Math 30-2	East	Folkersen	124
		Math 20-1	East	Point du Jour	Gym
		Math 20-2	East	Folkersen	122
		Math 10C	East	Point du Jour	Gym
		Science 20	East	Monteith	111
		Biology 20	East	Nummi	105
		Math 20-2	West	LeBleu	515
		Math 10C	West	Hammel	527
	12:00 PM	Biology 30	EAST	Balog	209
Thursday April 20	9:00 AM	English 30-1 Part B	East	Cox	Gym
		English 30-1 Part B	East	Omlon	Gym
		English 30-2 Part B	East	Omlon	Gym
		Science 10	East	Mulder	107
		Chemistry 20	West	Goruk	526
		Physics 20	West	Nadeau	521
		Science 10	West	Balog	525
	1:00 AM	Francais 30-1 Partie B	est	n/a	bureau
Friday April 21	8:30 AM	Social 30-1 Part B	East	Collier	Gym
		Social 30-1 Part B	East	Skauge	Gym
	12:00 PM	Chemistry 30	West	Goruk	124
Monday April 24	9:00 AM	Physics 30	East	Hammel	114
REGULAR CLASS DAY					
	1:00 AM	Science 30	East	n/a	office



Alberta Education Assurance Measure - for grade 10 parents:

If you are a parent of a grade 10 student at Catholic Central, you will be receiving a survey in the mail from Alberta Education with the option of completing the survey online. We would be grateful if you would take the time to complete the survey as your feedback provides us with direction to better serve our students, your children.

As an annual check-up on the education system, the Alberta Education Assurance Measure (formerly named the Accountability Pillar Survey) provides an opportunity for Alberta Education and school authorities to ensure that we are equipping students for success.

The Accountability Pillar uses a set of indicators. Data on these indicators consists of surveys of students, parents and teachers on various aspects of education quality, student outcomes such as dropout and high school completion rates, and provincial assessments of student learning.

All surveys are anonymous and ask questions about experiences with your school. In addition to English and French, the parent survey is available in Chinese, Punjabi, Arabic, Blackfoot, Dene, Cree, Korean, Spanish, Tagalog and Urdu.

Your participation in the survey helps provide important information on the quality of education your child is receiving, so we encourage you to return your survey promptly. Additionally, please be advised that any question that you answer “I don’t know to” will have a negative impact so try to answer to the best of your knowledge.

Survey results will be available to school authorities in May, and will be reported publicly as part of their 3-Year Education Plans and Annual Education Results Reports.

Parents/Guardians will receive survey packages mailed from Alberta Education.

The survey package includes:

- o a copy of the Education Minister’s letter to parents/guardians;
- o a letter containing a Random Access Code (RAC) for accessing the survey online; and
- o instructions for accessing the survey in other languages.

Parents/Guardians with more than one student in the relevant survey grades will receive a separate survey package and RAC for each child.

Deadline for completion: March 17, 2023

Thank you for taking the time to complete the survey.

March

Arise! Pilgrims of Hope



*“Surely goodness and mercy shall follow me all the days of my life,
and I shall dwell in the house of the Lord my whole life long.”*

Psalm 23:6

St. Hildegard of Bingen 1098-1179 (Feast Day: September 17)

Abbess, artist, author, composer, mystic, pharmacist, poet, preacher, theologian—where to begin in describing this remarkable woman? Born into a noble family, she was instructed for ten years by the holy woman Blessed Jutta. When Hildegard was 18, she became a Benedictine nun at the Monastery of Saint Disibodenberg. Ordered by her confessor to write down the visions that she had received since the age of three, Hildegard took ten years to write her Scivias (Know the Ways). Pope Eugene III read it, and in 1147, encouraged her to continue writing. Her Book of the Merits of Life and Book of Divine Works followed. She wrote over 300 letters to people who sought her advice; she also composed short works on medicine and physiology, and sought advice from contemporaries such as Saint Bernard of Clairvaux.

Hildegard’s visions caused her to see humans as “living sparks” of God’s love, coming from God as daylight comes from the sun. Sin destroyed the original harmony of creation; Christ’s redeeming death and resurrection opened up new possibilities. Virtuous living reduces the estrangement from God and others that sin causes.

Like all mystics, Hildegard saw the harmony of God’s creation and the place of women and men in that. This unity was not apparent to many of her contemporaries. In 2012, Hildegard was canonized and named a Doctor of the Church by Pope Benedict XVI. Her liturgical feast is celebrated on September 17.

Holy Moments In Our Schools

At their weekly Gospel reflection time, a blindfolded student had to stay focused on and follow the voice of God instead of the ‘voice’ of poor choices and turning away from God. (Matthew 4:12-17) Bringing faith to life happens at St. Patrick Fine Arts!



The Spiritual Works of Mercy – Lent

So far in this school year, we have explored a variety of the Spiritual Works of Mercy:

- **Admonish the Sinner** - journey together while being supportive of others when they need correction. Learn to walk more closely with Christ.
- **Counsel the Doubtful** - listen to counsel and instruction, witness to God’s love in your actions. Accompany friends who are struggling by helping them reorient towards Christ.
- **Pray for the Living and the Dead** - join together in praying for your fellow Christians in the Body of Christ, and the communion of the saints. Pray with and for others.
- **Instruct the Ignorant** - be open to learning more about your faith. Look for ways to increase your formation and speak with others about our beliefs.
- **Forgive Offenses** - while it can be difficult, we are called to forgive others as God forgives us. We are freed when we forgive.

As we continue through our Lenten days, we can draw inspiration from the saints as we engage in fasting, prayer, and almsgiving, and seek to grow in our own mercy towards others.

“Believing means entrusting oneself to a merciful love which always accepts and pardons, which sustains and directs our lives, and which shows its power by its ability to make straight the crooked lines of our history.” (Lumen Fidei 13)

Sources:
[St. Hildegard of Bingen](#)
[The Fruit of the Holy Spirit: What Is Goodness?](#)
[St. Hildegard’s advice for building healthy self-confidence](#)
[Home Page](#)

The Fruit of the Spirit – Goodness

What exactly is goodness? The word ‘good’ is used so frequently in our everyday lives that it almost loses its meaning. For example, how many times a day do we say, “good morning” and “good luck” and “good work”? But, the Bible tells us that the word ‘good’ actually means holy, pure and righteousness. Literally goodness is godliness.

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

God calls us to be filled with goodness from the inside out, being holy in what we do and say because Christians should have a heart that seeks goodness. We are not to just do good works, because doing good works without a good heart is empty. The ‘goodness’ described as a fruit of the Spirit is not merely moral behavior, but an excellence of character. This goodness is only possible through God’s grace and mercy.

Goodness is not about doing elaborate things to gain recognition. Oftentimes, it is the small acts of goodness we do throughout our day that mean the most to those around us. Is your friend having a bad day? Write them a note to let them know how much you care about them. Is someone putting you down? Pray for them.

It is in these acts of goodness that we reflect Christ’s character and possess the fruit of the Spirit. While it may seem like no one notices, God does. Ultimately, when we show goodness, we bring glory to God’s name.

“According to St. Hildegard...In the story of the creation of the world, God considers all his work—including humankind—to be very good.”
- Marzena Devoud



Reflecting on the life of St. Hildegard...

St. Hildegard Showed “Goodness”

As a Benedictine nun, Hildegard advocated and practiced moderation and balance—two things we recognize today as being important for well-being. As we have seen, she was also “good” at a great many things! Sometimes, we may be hard on ourselves, and overlook the ways in which we are both good at things, as well as good - holy inside and out, in what we say and do. While she thought of each of us as a ‘living spark’, a glimpse of the radiance of God, we might not always feel the same.

In [this article](#), the author delves into the effect that our mindset and beliefs can have on us when we think negatively, or lose the balanced sense of self. She references St. Hildegard of Bingen’s sense of harmony between body, soul and mind, and how important it is to look at ourselves fairly but positively - the way that God sees us. As she writes,

In a letter addressed to her friend Father Bertulf and quoted in a book by Hildegard Strickerschmidt, the German abbess stresses the danger of self-criticism. She writes, “You remind me of a man who looks at his face in the mirror, but does not rejoice because he is overwhelmed by doubts about his beauty.



Your heart then looks like a building visible from afar, but covered with fog ...”

The mental fog that St. Hildegard speaks of in the Middle Ages is a concept commonly used in contemporary psychology. Under the influence of negative thinking, we are unable to see our positive character traits.

Aren’t we dissatisfied most of the time with our own appearance when we look in the mirror? This inferiority complex, which destroys the joy of who we really are, can also affect our spiritual and intellectual life.

In her letter, St. Hildegard describes the abbot’s goodness, which was clear to everyone around him but which he himself was unable to appreciate. A little negative inner voice was poisoning his spirit, preventing him from making the most of his gifts.

According to St. Hildegard, we must seek the talents that lie dormant in us, rejoice in them, and cultivate them. God created humanity out of love, and made us his partners. In the story of the creation of the world, God considers all his work—including humankind—to be very good. St. Hildegard of Bingen, pray for us!

Gospel Readings

March 5, 2023

2nd Sunday in Lent

Gospel Reading: Matthew 17:1-9

“This is my beloved Son, with whom I am well pleased, listen to him.” — Matthew 17:5

During the Transfiguration, Jesus reveals his true glory to his closest friends. Similar to his baptism in the Jordan, the Father speaks from heaven to announce that Jesus is his “beloved Son.” Like a proud parent, God the Father is telling us that he is delighted by his son. He also tells us to “listen to him,” so we can follow Jesus and live how he lived: paying attention to the poor and the outcast, fighting for what is right, and bringing comfort to those who are hurting. If we listen to Jesus and follow him our hearts will get bigger and we will grow into everything God wants us to be.

Dear Lord, help us to walk in Jesus’ footsteps, and to listen to him. Give us courage to follow him wherever he leads us!

How can you improve your listening skills, to better hear God’s voice?

March 12, 2023

3rd Sunday in Lent

Gospel Reading: John 4:5-42

“Jesus answered and said to her, ‘If you knew the gift of God and who is saying to you, ‘Give me a drink,’ you would have asked him and he would have given you living water.” — John 4:10

We know that water is important in the Bible - it is used to cleanse, to baptize, to give life, and to promote growth. What Jesus was saying to the Samaritan woman, and to us, is that HE can cleanse us, HE baptizes us and removes our sin, HE gives life through his name, and that HE carries us through our growth in the sacraments and our love for him. Jesus is the living water that is poured into our hearts and reaches every corner of our being!

Dear Father, thank you for this living water that you offer so freely to us. May it bring us into a deeper love for you.

What are some of the ways water is used in our Church’s rituals?

March 19, 2023

4th Sunday in Lent

Gospel Reading: John 9:1-41

“We know that God does not listen to sinners, but if one is devout and does his will, he listens to him.” — John 9:31

Many of us want to make our requests known to Jesus and then we want him to answer them exactly the way we want. But that doesn’t require much faith. In fact, it is almost as if we are blind to what it is that God may want for us. We choose only to see things the way we want. But Jesus wants us to open our eyes and take a step of faith, seeing him as the Son of God, who came to show us how to live and love. If we can step into that understanding of him, then we will be more willing to listen to his response to our prayers, even if it is not the answer we wanted. This is truly living out God’s will in our lives.

Father in heaven, thank you for loving us so much so that your answer to our prayers is always what we need, even if it’s not what we imagined. Please teach us to accept your answers with patience and gratitude.

Share a time when your prayers were answered. Then try to think of a time when they were not answered the way you wanted them to be. How did you feel about God in both these situations?

Gospel Readings

March 26, 2023

5th Sunday in Lent

Gospel Reading: John 11:1-45

"Martha said to Jesus, 'Lord, if you had been here, my brother would not have died. But even now I know that whatever you ask of God, God will give you.'" — John 11:21-22

When things are going your way and life seems good, it is easier to believe in Jesus, isn't it? But when things get tough and you are full of doubt, it may be easy to question Jesus. Martha shows us, in today's Gospel, what great faith looks like. She knew and loved Jesus very much. She saw how God had worked miracles through him. She saw how Jesus had brought peace and forgiveness to so many. No matter how hard her life seemed at the moment of her brother's death, she did not lose faith in Jesus. It made her believe even more. We, too, are called to this great faith. Whether things are good or tough, Jesus is always the same. He is always there for us and he loves us very much. We just have to have faith and believe.

Dear Lord, thank you for always being with us through good and difficult times. Please give us the faith to know you are with us even when we can't feel it.

Talk about a tough time in your life when you felt God's presence.

Download this month's [Saint Prayer Card](#) - St. Hildegard of Bingen



The Annunciation of the Lord

The feast of the Annunciation is celebrated on March 25, nine months before Christmas. This feast celebrates the day the Angel Gabriel appeared to Mary and asked her to be the Mother of Jesus. Mary was an ordinary girl from a simple town. Yet, God chose her from all time, and set her apart to be the mother of His Son. She was preserved from the stain of original sin from the very moment of her conception. This is the doctrine of *The Immaculate Conception*. Through her yes, Mary teaches us what our response to God should be. Being "Full of Grace" did not diminish Mary's ability to say no. She could have said no to the Angel but she freely chose to say yes.

"Mary showed complete trust in God by agreeing to be used as an instrument in his plan of salvation. She trusted him in spite of her nothingness because she knew he who is mighty could do great things in her and through her. Once she said "yes" to him, she never doubted. She was just a young woman, but she belonged to God and nothing nor anyone could separate her from him."

— St. Teresa of Calcutta —



March



Arise!
Pilgrims of Hope Journal

WEEK ONE

God helps us to persevere through our challenges. How were you able to focus on God this week?

Additional Sources:

[The Annunciation: The Handmaid of the Lord](#)

[Home Page](#)

March

WEEK TWO

Mercy is the foundation of the Church's life. When did you receive a second chance this week?

Do not, O Lord,
withhold your mercy
from me;
let your steadfast love
and your faithfulness
keep me safe forever.

Psalm 40:11



WEEK THREE

The Eucharist reminds us that we are not isolated individuals, but one body. When did you taste the goodness of the Lord this week?



WEEK FOUR

Christ is "the light which conquers darkness, and we are asked to keep alight the little flame that was entrusted to us on the day of our Baptism." Pray for God's help in keeping your flame alight.



O God, by whose grace your servant Hildegard,
kindled with the Fire of your love, became a burning and shining light
in your Church: Grant that we also may be aflame with
the spirit of love and discipline, and walk before you as children of light;
through Jesus Christ our Lord, who lives and reigns with you,
in the unity of the Holy Spirit, one God, now and forever. Amen.

St. Hildegard of Bingen, pray for us

Prayer Source:
[Novena To St. Hildegard Of Bingen](#)



**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

Nutrition Times

February 2023 Nutrition Services



Shop Smart!

With recent inflation trends, many families have noticed the cost of food increase. Here are some tips to help you plan your grocery shopping, compare foods, and choose items that cost less.

Meal Planning

Before you head to the store, spend some time at home to plan out your meals. Start by reviewing your schedule, and think about your activities for the week. This may affect the type of foods you buy, as you may have less time to prepare meals on certain days. For a helpful meal planner and recipe ideas, check out [Cookspiration.com](https://www.cookspiration.com).

Compare Stores

If you have many stores that sell food in your area, compare prices. Think about reviewing ads, flyers, or apps to see the cost of foods you typically buy. If you travel a long distance or go to many stores to buy food, you might also spend more money on transportation – think about your best option.

Compare Prices

At the store, compare brand names, store brands, and generic brands to get the lowest price. Consider bringing a calculator or using an app to compare unit price or add up how much you're spending at the store. If you shop online, you can see how much you're spending before you complete the order.

Bulk Food Bins

Buying foods in bulk bins often costs less because it uses minimal packaging. You may save money because you can buy only the amount of food you need. This is also helpful to reduce food waste.



ABC Brand Cereal
725g
5RC **\$3.98** \$0.55
per 100g

Unit Price

Unit price is the best way to compare the cost of similar food items, and can usually be found on the price tag. The unit price tells you the cost per 100g, kilogram, pound, litre or other unit of weight or volume.

Using the unit price can help you see which food costs less for the same amount of food, even if the packages are not the same size. See the example below to learn how to use it to compare foods.

Amount of Food	Price	Unit Price
430g	\$2.98	\$0.69/100g
700g	\$3.98	\$0.55/100g



Shopping Tips to Save Money on Food

Vegetables & Fruit

- Frozen vegetables and fruits with no added salt or sugar are just as nutritious as fresh, and store longer.
- Buy fresh vegetables and fruits when they're on sale or in season.
- Make sure to only buy vegetables or fruits you can use before they spoil, or freeze them to enjoy at a later date.

Whole Grain Foods

- Breads and flatbreads like naan, pitas, and tortillas can be frozen and used at a later date.
- Buy plain rice and pasta and add your own spices instead of using pre-packaged mixes.
- Plain cooked cereals like oatmeal are less expensive than pre-packaged instant cereals.

Protein Foods

- Larger amounts of milk or yogurt have a lower unit price, and are a good choice if you can use them before they expire.
- Slicing or shredding your own cheese may cost less if the grated or sliced versions aren't on sale.
- Frozen or canned fish may be less expensive than fresh.
- When buying meat, poultry, or fish, the amount of preparation before sale will affect the price. For example, boneless, skinless chicken may cost more than one that has skin and bones.
- Plan to use meat alternatives such as beans, lentils, and tofu each week. Dried beans are also less expensive than canned beans if you have time to cook them.

Upcoming Events & Classes

Infant and Toddler Nutrition Classes:

To look for upcoming classes, and to register, please visit szonenutrition.eventbrite.com/

Alberta Healthy Living Program: Classes are available to help manage chronic conditions. Topics include Diabetes, Weight Management, Virtual Grocery Store Tour, Healthy Eating to Reduce your Risk, Emotional Eating and more.

To register call: **Lethbridge 1-866-505-6654 or Medicine Hat/Brooks 1-866-795-9709.**

Contact

If you have questions, contact your local Registered Dietitian at Community Health Services:

Medicine Hat 403-502-8200

Brooks 403-501-3300

Lethbridge 403-388-6666

For more information on this or other nutrition topics, go to www.healthyeatingstartshere.ca

