



*Catholic Central  
High School*

(403) 327-4596

Paws for the CCH News

April, 2023

"One School, Two Buildings, Endless Opportunities"

## ***Principal's Message***

*April's Principal's Message comes from the desk of Mr. Myndio, Associate Principal at CCH . . .*

As the Catholic Central Community has progressed through the fall and winter seasons, we all embark on the last and most exciting season of the 2022/ 23 school year. In what seems like a distant memory, the pandemic that once virally pulled us down into a world of forced isolation comes with an encouraging and heartwarming reverse effect that sees our CCHS community join together and take our pilgrimage of 'ARISE!' seriously.

The quote, 'Life is a journey, with problems to solve, lessons to learn, but most of all, experiences to enjoy' summarizes our school year very well thus far. Clubs, co-curricular activities, Collaborative Response groups, School Council ventures, wellness support, and high-caliber performances are all flourishing. Most of these ventures started where they left off but are now fueled with unprecedented enthusiasm that has rarely been witnessed. Our students, parents, teachers, and community have proudly joined together to move forward with Cougar pride and leave the past in the past!

Our Robotics Club competed in an international competition in Calgary a few weeks ago where they gained deserving recognition and respect from experienced high school teams throughout North America. The Cougar Basketball Teams, which were latent with injuries this year, still found the energy and perseverance to push forward through a demanding and challenging season. The Boy's Curling Team upset many a south rival to find themselves within a whisker of a Provincial berth. The Badminton Team continues to show that hard work pays off by collecting many accolades as they prepare for upcoming and promising Zones and Provincial competitions. The resurrected Boys and Girls Rugby Teams saw over 70 student-athletes sign up for what will be a great season after a twelve-year absence. The Baseball, Softball, and Track and Field Teams are also in the beginning stages of what will likely be record-setting seasons.

The always generous Knights of Columbus c.9280 sponsored the \$50000 refurbishing of the CCHS theater, which was in turn renamed as the 'Knights of Columbus Lethbridge Eggplant.' This act of

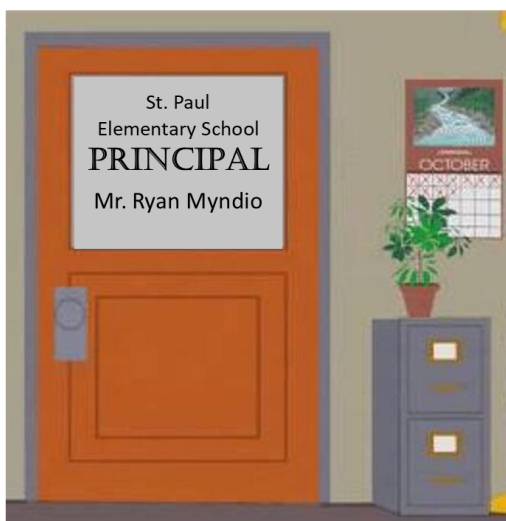
kindness was reciprocated with a memorable performance of *The Addams Family* by a highly talented and dedicated cast and crew! Our beloved and tireless director, Mr. Dalton, along with his staff went to all lengths to make this one of the best CCH shows ever! The local news and fine arts critics praised the singing and acting performances as one of the best high school performances in recent memory.

Our Catholic community would welcome the crossing of ashes as a symbol of repentance and sin mourning during the February break. Father Kevin would christen the beginning of Lent and preparation for Easter by sharing a heartfelt homily with the student body, highlighting the importance of prayer, fasting, and almsgiving.

Thankfully, our always caring CCHS community is in full force as we ready to continue our journey towards Easter, Graduation, the commencement of this fabulous year. On behalf of the staff at Catholic Central, we wish you all a blessed and joyful Easter and Spring season!



~Mr. Myndio



*Congratulations to Mr. Myndio as he takes on a new role for the 2023-2024 school year as Principal at St. Paul Elementary School!*

# Important Dates to Know

APRIL 6	Last instructional Day of Quarter 3 classes and Holy Thursday
APRIL 7-16	Easter Break
APRIL 17-21	Exam Week
APRIL 24	First day of classes for Q4 (Please note that Physics 30 and Science 30 diplomas are being administered on this day so those students will be excused from day one of Q4).
MAY 1	St. Joseph, The Worker celebration of Feast Day
MAY 10	Feather Blessing and Metis Sash Ceremony
MAY 12-13	Graduation 2023
MAY 16	School Council Meeting in the library on CEast @ 7:00 p.m.
MAY 18	Parent-Teacher-Student Conferences for Q4 from 6:00-8:00 p.m.
MAY 22	No School - Victoria Day
MAY 24	Division Board Meeting
JUNE 7	Closing Mass @ 9:30 on CEast
JUNE 13	First Nations, Metis, and Inuit Awards Night on CEast @ 7:00 p.m.
JUNE 15	School Council Meeting in the library on CEast @ 7:00 p.m.
JUNE 16	Last Day of Q4 classes
JUNE 12-27	Exams (diploma and non-diploma)
JUNE 21	CCH PD Day - National Indigenous People's Day
JUNE 28	Last Day School Open (last day for staff)



**School fees are past due!** While we know it has been a particularly challenging year, we do rely on these fees to help provide programming options to students, as well as classroom resources and instructional tools for staff and students. Please go to our school homepage and use the "Fee Payment" button to pay through SchoolCash Online. If you have any issues or need to arrange for alternative options, please contact Tamara Wilson at [wilsont@holyspirit.ab.ca](mailto:wilsont@holyspirit.ab.ca)

**Next year re-registration reminder** - Reminder to all parents/guardians: In order to build next year's timetable and assign students to sections, we require all returning grade 10 and 11 students to have completed re-registration forms for next year. An email was sent to parent contacts in January to access SchoolEngage for this process. If you require assistance with this process, please contact Ms. Magill through the school office. Please note that a student's timetable for next year cannot be built until a re-registration is processed.



**Grad 2023** - Fees have been finalized (thank you!) and grad gowns have been ordered. Grade 12s, please continue to check the Grad 2023 Google Classroom for our next steps! Also, please ensure that you have submitted a Grad Statement to your RE 35 teacher OR Mr. Vercillo. If you need assistance with writing your statement, please ensure you contact Mr. Vercillo.



# Exam Bus Schedule for Quarter 3 2023

Friday April 7th

**Good Friday  
No School**

Easter Break  
April 7th—April 16th

Monday to Thursday

April 17th—April 20th

Morning Buses will run at normal times

No mid day flex shuttles

No end of day shuttle

Campus East buses are running at normal times

Campus West no end of the day buses

Friday April 21st

Morning Buses will run at normal times

No mid day flex shuttles

No end of day shuttle

Campus East buses are running at normal times

Campus West no end of the day buses

Monday April 24th

**First Day of  
Quarter 4**

**Please make sure to plan ahead**

# Q3 EXAM SCHEDULE

	Time	Course	Campus	Teacher	Room #
<b>Monday April 17</b>	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	Yaremcio	Gym
		FLA 10	West	L. Schmidt	521
		1:00 PM	Francais 30-1 Partie A	est	n/a
<b>Tuesday April 18</b>	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	Gym
		Social 20-1	West	Gilbert	512
<b>Wednesday April 19</b>	8:30 AM	Math 30-2	East	Folkersen	Gym
		Math 20-1	East	Point du Jour	Gym
		Math 20-2	East	Folkersen	122
		Math 10C	East	Point du Jour	Gym
		Science 20	East	Montieth	111
		Bio 20	East	Nummi	105
		Math 20-2	West	Lebleu	515
		Math 10C	West	Hammel	527
		12:00 PM	Bio 30	EAST	Balog
				Continued . .	
<b>Thursday April 20</b>	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
		Physics 20	East	Nadeau	105



		Chem 20	West	Goruk	526
		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	Chem 30	West	Goruk	124
<b>REGULAR CLASS DAY-Start of Q4</b>					
Monday April 24	9:00 AM	Physics 30	East	Hammel	114
	1:00 AM	Science 30	East	n/a	office

## DID YOU MISS ORDERING YOUR GRAD JEWELRY AT SCHOOL?

Design & Order Your Jewelry @ [www.jostens.com](http://www.jostens.com)

Or



Contact Your Jostens Representative @  
403.252.1774 – [sean.kelly@jostens.com](mailto:sean.kelly@jostens.com)



SarahChloe Jostens



Interested in other 2023 Grad Products? – [www.jostenscanada.com/classof2023](http://www.jostenscanada.com/classof2023)

## REGISTRATION NOW OPEN

REGISTER AT:  
[www.lethbridgeminorsoftball.com](http://www.lethbridgeminorsoftball.com)  
REGISTRATION ENDS MAR 31ST

Lethbridge Minor Softball's goal is to grow the sport of softball while providing a great experience for kids ages 3-19 from Apr -Jun.

We also offer a competitive provincial team for players interested in challenging themselves further.

We believe you are never too old to play and regardless of experience we welcome you to come out and learn the sport of softball that provides fun with physical activity!



# OFF-CAMPUS NEWS



LETHBRIDGE COLLEGE WHAT HAPPENS NEXT MATTERS MOST.

## JOIN US AT LETHBRIDGE COLLEGE FOR **EXPLORATORY DAYS • MAY 1-12**

HIGH SCHOOL STUDENTS IN GRADES 10-12 ARE INVITED TO COME EXPERIENCE POTENTIAL INDUSTRIES AND CAREERS WITH A SERIES OF PROGRAM-SPECIFIC SESSIONS, DESIGNED TO ENCOURAGE AUTHENTIC EXPLORATION.

Exploratory programming is formatted as day-long, hands-on experiences hosted across campus, with a broad range of offerings that align to student interests. From building apps and constructing benches, to conducting investigations and pitching business ideas, sessions provide students with the opportunity to participate in exciting projects, scenarios, tours and activities.

Upcoming sessions will be held May 1-12, 2023 at Lethbridge College between 9 a.m. to 2:30 p.m.



SCAN THE CODE TO LEARN MORE ABOUT EXPLORATORY DAYS AND TO REGISTER FOR UPCOMING SESSIONS

Lethbridge  
College

For more information and to register for Exploratory Days go to: <https://lethbridgecollege.ca/youth-programs/exploratory-programming>

### Dual Credit Courses for 2023-2024

Watch in May for the Dual Credit Online Course Offerings for next fall and winter with Lethbridge College and Olds College.

### 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.



**SUMMER**  
EXPERIENCE THREE DIFFERENT TRADES AND GET PAID  
**JULY 4-31** **EMPLOYMENT IN THE TRADES**

ARE YOU INTERESTED IN THE TRADES?  
Paid • Three Trades • Safety Tickets • Full Time • One Month  
CONTACT MR. BOSCHEE OR MRS. GURR

MR. BOSCHEE  
BOSCHEEM@HOLYSPIRIT.AB.CA  
CAREER CENTRE ROOM  
164 CCH CAMPUS EAST  
MRS. GURR  
GURRW@HOLYSPIRIT.AB.CA

### U of L Merit Award



Are you currently in Grade 11 and planning to attend the University of Lethbridge immediately after high school? Then you should apply for the Grade 11 Merit Award. Deadline to apply is June 30 and you cannot apply in your Grade 12 year. Go to: <https://www.ulethbridge.ca/future-student/high-school-student-awards>



### Upcoming Career Transitions Virtual Career Exploration Sessions

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

Tuesday, April 25 @ 4:00pm - Bricklayer

Wednesday, April 26 @ 4:00pm - Lawyer

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



### 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)



# April

## Arise! Pilgrims of Hope



“...and raised us up with him and seated us with him in the heavenly places in Christ Jesus.”

Ephesians 2:6

### St. Augustine Zhao Rong 1746-1815 (Feast Day: July 9)

The Gospel likely reached China in the fifth century, with churches and missions being built in the centuries that followed. Beginning in the 1600s, there was increasing persecution of Christians and limitations on the practice of their faith, leading in many instances to the destruction of churches, and threats and punishments, from imprisonment to martyrdom. Many of those who were martyred over the course of the next three centuries were beatified, and in total, 120 were canonized as a group on October 1, 2000. Of this group, 87 were born in China, while 33 were missionaries from different orders born outside of China. These are sometimes referred to as St. Augustine Zhao Rong and Companions.

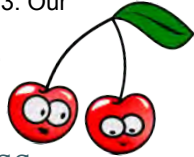
Augustine Zhao Rong was a Chinese soldier who accompanied a French Bishop (John Gabriel Taurin Dufresse) to his martyrdom in Beijing. While he accompanied Bishop Dufresse, he was struck by his patience and courage, and asked to become a Christian. Not long after his baptism, Augustine was ordained as a diocesan priest. Arrested shortly afterwards, he was martyred in 1815.

St. Augustine Zhao Rong and his fellow martyrs are a powerful tribute to the sacrifice of Christians and to the courage of humans moved by faith. When we read of such heroes, it is important to remember that they do not exist solely in history—there are, at this very moment, thousands of Christians around the world asserting their right to choose their faith against violent oppressors who want them to denounce it.



### Holy Moments In Our Schools

Kindergarten students at École St. Mary School created a personalized rendition of our faith plan theme Arise! Pilgrims of Hope. We are all on this journey together! This theme was echoed in our Spiritual Development Day on March 13, 2023. Our guest speaker, Catholic musician and evangelist Jesse Manibusan, encouraged us to continue our walk together, to see the impact that we have on each other in our schools, and to ensure that all are welcome.



### The Spiritual Works of Mercy – Bear Wrongs Patiently

Becky Eldredge notes that we often need to apply this work of mercy in our lives, for instance with a friend who is notoriously late, a colleague who continuously misses deadlines, a child who needs to be reminded often about picking up their clothes, or when a family member takes advantage of our relationship. She points out four tools we might use:

- **Naming our own wrongs:** Like most works of mercy, naming our own need for mercy is vital. The reality is we make mistakes, we sometimes hurt people or grate on another's nerves. Naming our own wrongs helps us soften our hearts towards others.
- **Remembering when mercy was shown to us:** We can reflect back on times in our life when we know we messed up and the person impacted by our mistake offered us patience instead of anger.
- **Praying:** Prayer not only grounds us in God's love and mercy for us, but it also provides us an outlet to honestly express our frustrations, hurts, and wrongs done to us. God transforms these areas of our lives.
- **Practice Pausing:** We can practice taking a pause before we reply or act. This allows us time to reflect on what's happening, turn to God, and then with God's help decide what we are being invited to do.

### The Fruit of the Spirit – Kindness

True kindness is taught to us in Ephesians 4:31-32, “Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.”

But, what is kindness? It begins with caring, being tenderhearted and compassionate. The Greek word for 'kind' is *chrestos*—meaning 'useful.' This means that kindness involves action. Truly kind people will actively look for opportunities to show kindness.

Whether it's paying for someone's coffee at the drive-through behind them or writing a note of encouragement to a friend, kindness requires action. Of course, action can also include words—words of encouragement, comfort, courtesy and compliments can be heartwarming acts of kindness.

Jesus Christ practiced kindness that was considered radical for that time and culture. His kindness often extended to the people that were not treated well, including the sick, poor and social outcasts. He healed them, prayed with them and fed them.

Just like Jesus, we should practice kindness, even something as small as a smile at a passing stranger. We should continue to ripen our fruit of kindness in the footsteps of Jesus, who personified the greatest example of kindness.

*(2) He is in you, he is with you and he never abandons you. However far you may wander, he is always there, the Risen One. He calls you and he waits for you to return to him and start over again. When you feel you are growing old out of sorrow, resentment or fear, doubt or failure, he will always be there to restore your strength and your hope..”*

Christus Vivit





# Reflecting on the life of St. Augustine Zhao Rong...

## St. Augustine Zhao Rong Showed “Bear Wrongs Patiently”

Patiently bearing the wrongs that others do, especially to our families or ourselves, is very difficult indeed. We often feel driven to retaliate, even though Jesus exhorts us to “turn the other cheek.” We know that bearing these wrongs can be painful, and being patient in the midst of these adversities and wrongs can be challenging. But Christ shows us the way to be patient and to adhere to God’s will for us.

St. Augustine Zhao Rong also models this for us in his own life. After his conversion, he would surely have known, as did the other Chinese martyrs, that he would be facing persecution, and perhaps even death. And yet, he made the conscious choice to follow Christ and His example, answering this persecution, and enduring his martyrdom, in a way that turned the wrong into a positive end.

St. Augustine Zhao Rong and Companions, Pray for us!

“And God raised us up with Christ and seated us with him in the heavenly realms in Christ Jesus, in order that in the coming ages he might show the incomparable riches of his grace, expressed in his kindness to us in Christ Jesus.” (Ephesians 2:6-7)



## St. Augustine Zhao Rong Showed “Kindness”

The discipline of kindness traces back to our childhood. From the very beginning, we are taught and conditioned to be kind to one another. However, kindness goes much farther than saying “please” and “thank you” to people you interact with. Those are manners.

Kindness comes from a heart posture of gratitude, but also sincerity in treating one another with respect and niceness. Kindness is more than an action when you interact with people. It’s how you present yourself amongst other people. Your character that shines through you can be dressed in the posture of kindness.

If you look through the Scriptures, you see that the word “kindness” is used within the contexts of mercy and humble servitude to one another, much like the verse in Ephesians 2:6-7. The “riches of [God’s] grace” is shown through the kindness shown to us through Jesus, who He was, what He did and the mercy and servitude-like love that was shown through His sacrifice for us.

St. Augustine Zhao Rong and his companions echoed this sacrifice in their martyrdom—the link between bearing wrongs patiently and kindness!

## Gospel Readings

April 2, 2023

Palm/Passion Sunday

### Gospel Reading: Matthew 26:14-27:66

“Hosanna to the Son of David; blessed is he who comes in the name of the Lord, hosanna in the highest.” — Matthew 21:9

The people waved palm branches for Jesus. At that time in Israel, palm branches were used as a symbol of ‘future glory’ or ‘better days ahead.’ You would think after Jesus’ triumphant entry into Jerusalem, the days ahead would be great. However, Jesus’ mission was not to make people comfortable, but to speak the truth of God. This made many people very upset; so upset that they would rather silence the truth than face their own sin. This meant that the following days for Jesus turned into days of pain and sadness instead of celebration. Today’s Gospel walks us through the Passion of our Lord. We are entering into the holiest week of the year. Let us listen to the story of what happened after Jesus entered Jerusalem and let it move our hearts closer to our Savior.

*Dear Lord Jesus, may we walk through this week, allowing the story of the Passion to make us aware of the sinfulness in the world, and bring us deep gratitude for the price you paid when you became human.*

**What will you do this week to show gratitude to Jesus for his sacrifice?**

April 16, 2023

2nd Sunday of Easter/Divine Mercy Sunday

### Gospel Reading: John 20:19-31

“Receive the Holy Spirit. Whose sins you forgive are forgiven them, and whose sins you retain are retained.” — John 20:22-23

Now Jesus comes to his disciples. They have been hiding, afraid, lacking faith, thinking only of themselves. Jesus tells of a gift they will receive: the Holy Spirit. How often we act like the apostles by questioning and running. We are human just like they were. But in Jesus’ great mercy, he wanted his forgiveness to continue to be spread. He gave the disciples the power to forgive sins so that people would know God loves them so much he wants to give them the chance to start over again. Thank you Lord for your infinite mercy.

*Father in heaven, thank you for giving all of us the opportunity to be forgiven as often as we fall, as well as the chance to forgive others when they fall.*

**Have you ever found it hard to forgive anyone? That’s normal. Even if you don’t feel like you want to forgive them, you can pray to have greater understanding and compassion for them, and you can pray for them and yourself to be able to come through the hurt.**

April 9, 2023

Easter Sunday

### Gospel Reading: John 20:1-9

“...they saw and believed.” — John 20:8

Can you imagine someone you know being wrongly accused? Being hurt very badly and then killed? If that person was someone you knew to be kind, peaceful, and full of love and you saw them treated so horribly you might be angry, scared, and worried. You might even want to run away or hide, not knowing what would happen to you. This is how the apostles felt after Jesus was killed. They were hiding, hoping no one would find them. They were full of all sorts of feelings. But then they heard with news of hope and wonder – that Jesus was no longer dead, HE IS RISEN!!! How could this be? So they ran to the tomb, and when they arrived, his body wasn’t there anymore. They saw. They believed. And soon Jesus came to them in person, showing he was truly risen from the dead.

***He is Risen! Truly he is Risen! ALLELUIA!***



# Gospel Readings

April 23, 2023

3rd Sunday of Easter

## Gospel Reading: Luke 24:13-35

"Then, beginning with Moses and all the prophets, he interpreted to them what referred to him in all the Scriptures...and it happened that, while he was with them at table, he took bread, said the blessing, broke it and gave it to them." — Luke 24:27, 30

In today's Gospel, we hear the story of two disciples who walk alongside Jesus without recognizing him. Until Jesus helped them understand the scriptures more fully and broke bread with them, they did not know it was him. In this Gospel reading, we are reminded that Jesus is always with us – even though many times we don't recognize him. Looking back, the disciples realized their hearts were burning within them as they talked to the person they thought was a stranger. Their burning hearts were a clue that something more was going on than they recognized at the time. It wasn't until Jesus broke bread with them at the table, as he had before, that they realized it was him.

*Dear Lord, continue to open our eyes to how you are with us at all times so we can better recognize you.*

**When has your heart told you something really important was happening, even if maybe you didn't understand it all at the time?**

April 30, 2023

4th Sunday of Easter

## Gospel Reading: John 10:1-10

"I am the gate for the sheep. All who came before me are thieves and robbers, but the sheep did not listen to them. Whoever enters through me will be saved." — John 10:7-9

Sheep are the kind of animals that will only follow the voice of their shepherd because they know they can trust him. They feel safe with the shepherd and know they won't get harmed. Jesus wants us to follow his voice, which is telling us that we can trust him because he always wants what is best and most life-giving for us.

If someone was merely hired to watch the sheep, when danger came that person might run off to protect himself instead of the sheep. Jesus is saying that he will never abandon us, just like he didn't abandon his disciples.

*Dear Good Shepherd, help us to trust you, listen to your voice, and know in our hearts you will never abandon us.*

**What are some ways Jesus shepherds you?**

Download this month's [Saint Prayer Card](#) - St. Augustine Zhao Rong

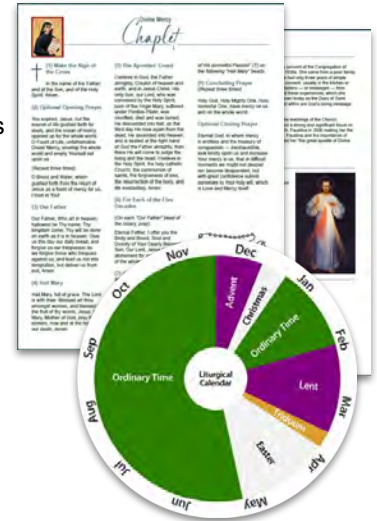


## Easter and the Divine Mercy Chaplet

When we celebrate Christ's Resurrection at Easter, you will see on a liturgical calendar the term Easter Octave. This set of eight days is really like one single day. The Octave concludes on the second Sunday of Easter - what we call today Divine Mercy Sunday. In his role as Pope, St. John Paul II said that this day was meant to be a day of "thanksgiving for the goodness God has shown to man in the whole Easter mystery." This goodness, His divine and merciful love, is shown in the death, burial, and resurrection of Christ, the Paschal Mystery that we celebrate in the Eucharist.

Many Catholics will pray the Divine Mercy Chaplet as a novena beginning on Good Friday in preparation for Divine Mercy Sunday. This devotion comes to us through St. Faustina Kowalska, a Polish nun from the 1930s, to whom Christ appeared. She was canonized in 2000 by St. John Paul II as the first saint of the new millennium.

You can find more information about the Divine Mercy, including videos and how to pray the Chaplet using your rosary, [here](#).



All-powerful, ever-living God,  
turn our weakness into strength.

As you gave Augustine Zhao Rong and the martyrs of China  
the courage to suffer death for Christ,  
give us the courage to live in faithful witness to you.  
Grant this through our Lord Jesus Christ, your Son,  
who lives and reigns with you and the Holy Spirit,  
one God, for ever and ever. Amen.

St. Augustine Zhao Rong and Companions, Pray for us!

(From The Roman Missal)



### Sources:

- [Saint Augustine Zhao Rong and Companions](#) (Franciscan Media)
- [Saint Augustine Zhao Rong and Companions](#) (Newman Ministry)
- [Sts. Augustine Zhao Rong and Companions](#) (Saint Mary's Press)
- [The Spiritual Works of Mercy](#)

- [The Fruit of the Holy Spirit: What Is Kindness?](#)
- [Bear Wrongs Patiently](#)
- [Fruit of the Spirit-Kindness](#)

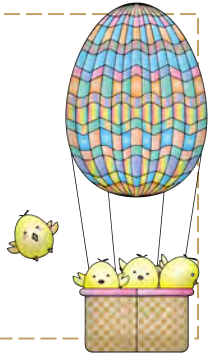
# April



## Arise! Pilgrims of Hope Journal

### WEEK ONE

Who is one person you can serve in a unique way?



### WEEK TWO

How did you show others compassion today?



### WEEK THREE

What prayer have you seen answered recently?



*If in my name you ask me  
for anything, I will do it.*

John 14:14

### WEEK FOUR

What can you do today to be kinder?

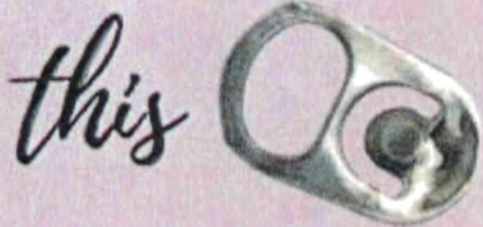




# TABS FOR TOTS

## PULL.COLLECT.DONATE

HELP US TURN



*Into this*



*Together We Can*

### WHAT IS TABS FOR TOTS?

"Tabs for Tots" is a program of the Alberta Elks Foundation. It provides funds for Pediatric Care & Equipment for regional hospitals and health care units. The items are typically intended for delivery rooms, nurseries or pediatric wards.

Applications to the Tabs for Tots program can be made by any Elks or Royal Purple Elks Lodge through one of its members.

Projects can receive up to \$5,000 from the Tabs for Tots Program.

### HOW CAN I HELP

Tabs for tots collects the "tab off beverage cans as well as other recyclable metals. The collection is sold for scrap and the funds collected are allocated for helping local hospitals.

### THE POWER OF TOGETHER

Collecting 58,246lbs of tabs is not easy task. Together its is possible. Together we can supply much need medical equipment to local hospitals all over Alberta. Together we can make a difference. You don't have to be a member to help.

### *Did you know?*

Tabs are being collected in communities in a number of different ways involving schools, day cares and by local trades donating materials after a job has been completed

Alberta Elks Foundation



Helping  
Regional  
Hospitals  
Since 2000

## ABOUT US



[www.elksalberta.ca](http://www.elksalberta.ca)

The Alberta Elks Foundation created the Tabs for Tots program in June of 2000 under the direction of Brother Nick Henger. Since its inception the program has collected 58,266 lbs of tabs, 123,876 lbs of other metal which equals \$176,452.75. As a result Tabs for Tots has been able to donate \$170,711.67 worth of pediatric medical equipment to our local hospitals.

***St. Mary's School in Taber and St. Michael's School in Bow Island are both collecting pop tabs until May 31! We welcome all tab donations to either school for this worthy cause!***





## Sugar buzz: Protect your teen's teeth

April is Oral Health month in Canada. It's a great time to brush up on what it means for your teen to have a healthy mouth. This year's theme is **sugar intake and oral health**. It encourages teens to learn about sugar and make informed choices for good oral health and overall health.

This April, help your teen protect their teeth! Try these tips to limit sugar and avoid tooth decay (cavities):

### Talk with your teen about sugar and oral health

Sugary food and drinks increase your risk of tooth decay. Explain to your teen that bacteria in our mouths break down the sugar we eat and make acids that dissolve the surface of our teeth (enamel). This can lead to tooth

decay. The good news is that when we eat and drink less sugar, we lower the risk of tooth decay.

### Teach your teen to spot sugar

Show your teen how to identify sugar on a product ingredient list. Words ending in "ose" (like *sucrose* or *fructose*), or words such as *syrup*, *honey*, *molasses*, *fruit juice*, and *puree concentrate* are sugar products. When these words appear near the beginning of the list, the food or drink is higher in sugar. Support your teen to choose snacks and drinks without these ingredients.

### Consider limits on sugary drinks

Teens can be big consumers when it comes to sugary drinks like pop, iced tea,

# Healthy Teens

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chocolate milk, sports drinks, energy drinks, specialty coffees, and slushy frozen drinks. Talk with your teen about cutting back or cutting out sugary drinks. As a family, try setting a goal you can work towards together.

## Keep low-sugar snacks on hand

Have tooth-healthy snacks in the fridge or pantry so teens can grab them on the go. Try whole fruits, raw vegetables, cheese cubes, hard-boiled eggs, plain yogurt, nuts, or seeds.

## Put away the sugar bowl

Encourage your teen to avoid adding sugar to their food before they eat it. Here are some tasty, nutritious ways to swap out sugar:

- Top plain oatmeal with berries.
- Eat vegetables and fruits in their natural form, without sweetened dips or sauces.
- Replace syrup with unsweetened apple sauce or plain yogurt.

## Make water your teen's go-to drink

Try these tips to encourage your teen to drink water throughout the day:

- Serve water with all meals and snacks.
- Encourage your teen to keep a reusable water bottle with them at school.
- Remind them that water is the best way to quench thirst during physical activity or when it's hot outside—encourage them to skip sugary sport drinks and energy drinks.
- Replace sugary drinks with water.



## Ask your dental professional about sugar and oral health

Limiting sugar is an important way to protect your teen from getting tooth decay.

Book regular appointments for your teen to see a dentist, dental hygienist, or other dental professional. Ask them for advice on keeping teeth healthy.

If your family needs help covering the costs of dental visits, go to [ahs.ca/oralhealth](https://ahs.ca/oralhealth).

For more information, go to:

- [All about sugar](#)
- [Oral health: sugar, fluoride and nutrition](#)
- [Time to tame that sweet tooth](#)



# INCLUSIVE POST-SECONDARY



## University of Lethbridge

In partnership with

Inclusion  
Alberta

### ABOUT US

#### WHO WE ARE

The University of Lethbridge is one of more than 20 Alberta post-secondary institutions partnering with Inclusion Alberta to support individuals with developmental disabilities to pursue higher education.

**The Inclusive Post-Secondary Initiative** supports students with developmental and intellectual disabilities to participate in regular programs, attend classes and labs, write exams and assignments, and enjoy campus life at ULethbridge.

#### HOW IT WORKS

Students audit programs of study to pursue individualized learning goals related to regular course content, complete modified course assignments, and write modified exams to demonstrate what they have learned. At the end of their studies, students will attend convocation and receive a certificate of achievement to acknowledge their hard work, accomplishments, and commitment to learning. Students develop new skills; gain new knowledge; build both personal and professional networks; and have valuable learning experiences related to their career ambitions.

**FOR MORE INFORMATION YOU CAN CONTACT JANELLE DYCK, THE INCLUSIVE EDUCATION COORDINATOR:**

### OUR GOAL

The goal is for participating students to be **fully** included in their studies and campus life, pursue career aspirations, develop life-long friendships, gain independence, and build life-enriching experiences.

### ELIGIBILITY REQUIREMENTS

Inclusive post-secondary education is open to any individual who is PDD eligible. Inclusion Alberta is committed to ensuring these supports are available to all, no matter how complex the disability is.

**We truly believe that everyone can learn.**

As required by the Ministry of Community and Social Services, everyone who receives support for inclusive post-secondary education **must be eligible for PDD funding**. If you are unsure what this means, please review the eligibility details or contact PDD. The applicant doesn't need to be currently receiving PDD support at the time of application; they just need to be eligible for support. There are no specific academic requirements – all applicants will be considered regardless of a prospective student's support needs, so long as they meet PDD eligibility.

403.329.2702

janelle.dyck@uleth.ca

[www.ulethbridge.ca/future-student/inclusive-education](http://www.ulethbridge.ca/future-student/inclusive-education)



# *Easter Masses & Services*

## *The Paschal Triduum*

The Sacred Triduum refers to the celebration at the close of Holy Week. It begins with the evening Mass of the Lord's Supper on Holy Thursday, reaches its high point in the Easter Vigil, and closes on Easter Sunday.

### *Ss Peter & Paul Parish*

#### **Holy Thursday - April 6**

7:00 p.m. - Divine Liturgy of St Basil the Great

#### **Good Friday - April 7**

3:00 p.m. - Passion Vespers

#### **Easter Vigil - April 8**

2:00 p.m. - Easter Basket Blessings

#### **Easter Sunday - April 9**

9:00 a.m. - Resurrection Matins,  
which flows directly into the Easter Divine Liturgy

### *St. Martha's Parish*

#### **Holy Thursday - April 6**

7:00 p.m. - Mass of the Lord's Supper

#### **Good Friday - April 7**

1:00-2:30 p.m. - Stations of the Cross @ Henderson Park  
- led by Youth Ministry

3:00 p.m. - Good Friday Service

#### **Holy Saturday - April 8**

8:00 p.m. - Easter Vigil Mass

#### **Easter Sunday - April 9**

Mass at 9:00 a.m. & 11:00 a.m.

### *All Saints Parish*

The Triduum, including Easter Sunday, will be celebrated at Catholic Central East.  
Please use the Vasey Hall entrance on 5th Avenue South

#### **Holy Thursday - April 6**

7:00 p.m. - The anniversary of the Last Supper

#### **Good Friday - April 7**

3:00 p.m. - The celebration of the Lord's Passion

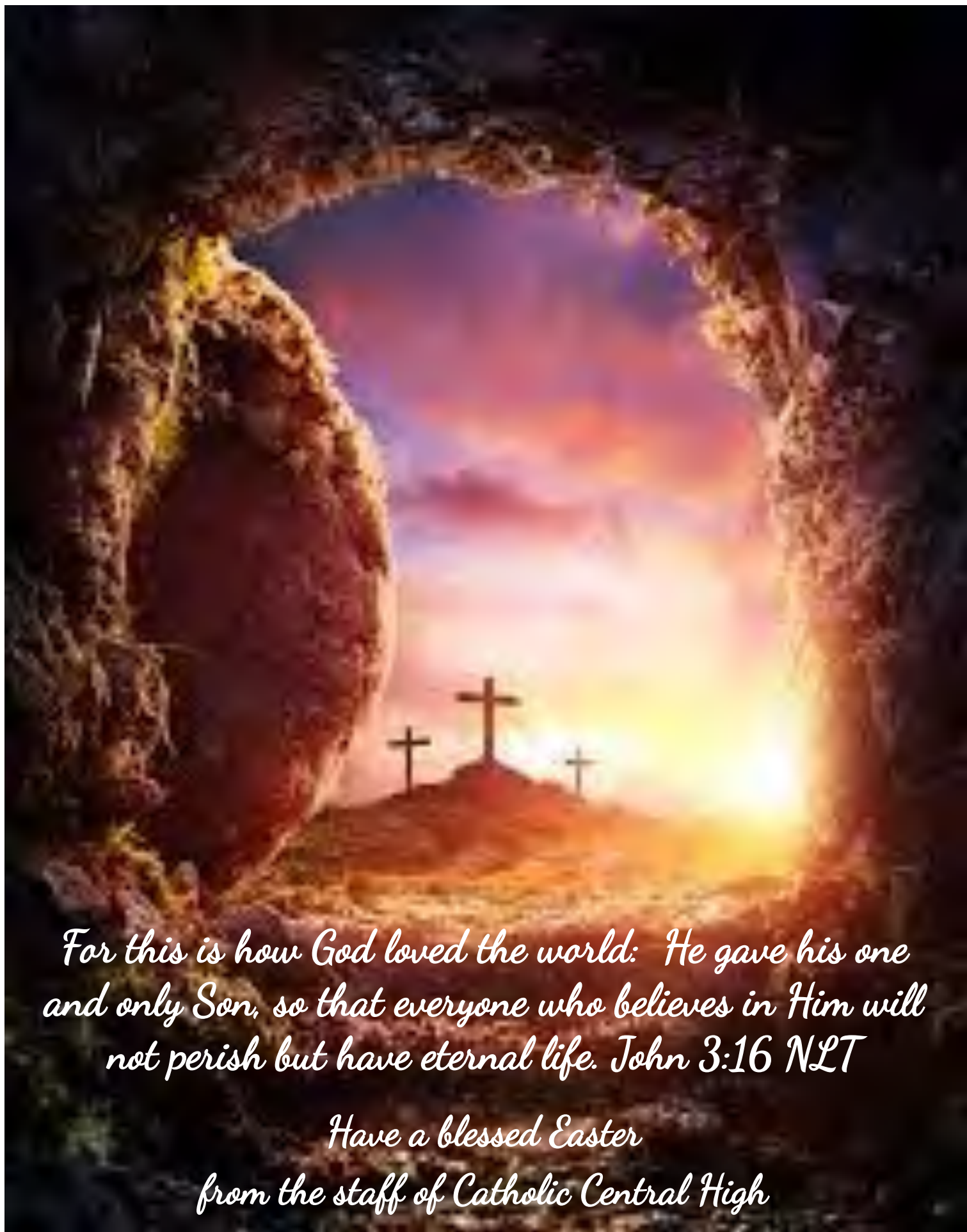
#### **Holy Saturday - April 8**

8:00 p.m. - Easter Vigil

#### **Easter Sunday - April 9**

7:30 a.m. - Mass at Dawn at St. Basil's  
9:00 a.m. & 11:00 a.m. at Catholic Central East Campus





*For this is how God loved the world: He gave his one and only Son, so that everyone who believes in Him will not perish but have eternal life. John 3:16 NLT*

*Have a blessed Easter  
from the staff of Catholic Central High*