

Paws for the CCH News

"One School, Two Buildings, Endless Opportunities"

Catholic Central High School

PRINCIPAL'S MESSAGE

If you can recall from way back in September, in my opening newsletter, we were introduced to a new faith plan wherein the invitation to "stand up and participate" (or SUP!) was extended. Our calls to action at CCH were to work on building relationships based upon trust and accountability and to (re)connect with each other through our bountiful gifts. Well, folks, I have to admit that this year has been nothing short of exemplary as our staff, students, and community met these calls to action. Allow me to provide a brief Year-at-a-Glance:



(403) 327-4596

June, 2023



September: We welcomed new students to our community, including those who were part of the new Lethbridge United JPHL. The musical for the school year

was announced - *The Addams Family*. And, we returned to full "Cs of blue" for Friday Night Lights, while securing our FIRST South Zone banner for Mixed Golf. We also spent 10 days on a journey to Truth & Reconciliation.



October: We had Provincial qualifiers for Cross Country and saw our first group of grade 12 students go into the community for their "Faith-In-Action" service projects. Our first ever "Pop-up Post-It Note Art Show" with the theme "Here am I, send me!" showcased HUGE artistic talents from our students at CCH. Never mind all those fantastic voices and artistic pieces shared with the greater community during the "Arise & Shine" Concert and Art Walk.





November: Academic achievements were celebrated at our annual Awards Night and JV Girls Volleyball ended their season with a GOLD medal win over Magrath. The Santa's Anonymous group raised \$2000 through their 24 hour famine and CCH SV Boys and Girls were the most gracious host for 4A Volleyball Provincials.



December: Run throughs for *The Addams Family* began and heavy lifting the organization and distribution of hampers for Santa's Anonymous began. Oh, and with cross country, volleyball, and football, seasons over, basketball and curling seasons were in full force. We also took some time to rejoice and celebrate the coming of the Lord with our Christmas Cheer Concert!





January: We began the new year posting some tournament wins and bringing half the school years to a close. Our grade 12 French Immersion students were recognized for having completed 13 years of French Immersion Programming! Felicitations!





February: We saw the start to badminton season and INTENSE run throughs for *The Addams Family,* while the curling season came to an end.

Additionally, the Robotics Team headed to the VEXRobotics competition in Calgary where they competed against giants in the robotic world but were recognized by many for being an "up and coming team" in the field.



March: FINALLY, the much awaited performances of *The Addams Family* were brought to life and sold-out crowds left the newly named "Knights of Columbus Lethbridge Eggplant Theatre" laughing, crying, and singing along with our macabre family and their ancestors. A special thanks to KoC9280 for their generous donation to upgrade the theatre's lighting system!





April: With spring in the air, outdoor sports like baseball,

slo-pitch, and the resurrected Rugby 7's and Rugby XV programs joined in with badminton to make for a very busy place with so much for our students to be part of. The Concert Choir also took advantage of the nice

weather and headed out to Southern Alberta Bible Camp for a retreat. And who will forget the first ever Ooh'too'kika' "Hear Me" speaker series where we heard stories of perseverance, faith, and gratitude. Thank you to Winston, Kendrick, and Ell-Maija for sharing your stories!





May: CCH athletes continued to show up and hold their own against teams all across the province at ASAA Badminton Provincials. The Rugby 7's Boys Rugby Team added our second Zone Banner. But, most significantly, we celebrated our graduates in a series of events, including the Feather Blessing and Metis Sash Ceremony, Grad Mass, Convocation, and a Grand March! We are so proud of the Graduating Class of 2023 and all they have done to leave a legacy behind at Catholic Central!



June: And here we are, with so much yet to finish out the school year! From this reflection, it is obvious to see that the staff, students, and surrounding community did so much (and more) to S'UP (stand up and participate). But we could not do it without the commitment and support of many, including:

- the parents and guardians, for sharing your children with us and trusting us to teach them the skills and knowledge they will need to go out into that great, big world;
- our parish priests, our spiritual leaders, who guide and support us on our faith journeys;
- our staff for working tirelessly throughout the school year to enhance our students' learning experience;
- the alumni who give back their many gifts (treasure, talents, and time) to help us in continuing to foster community;
- our students! A job well done this year. Be proud of all that you have accomplished!; and
- above all, our Almighty Father for blessing us with the people you surround us with every day, who make life more meaningful.



Lastly, I would like to congratulate and acknowledge those leaving our community. We wish you all God's blessings as you move forward with your future endeavors:

- Mr. Shawn LeBleu- congratulations on your retirement! We hope you enjoy all that you have planned in the next chapter of your life.
- Mr. Kelsey Kobza all the best in your retirement! May God bless you and keep you safe, always.
- Mrs. Fetting you have been an asset to our Trinity E-Learning program and we wish you all the best in your retirement!
- Mr. Myndio the St. Paul community is lucky to have you next year! You brought so much to CCH and we thank you for sharing your gifts.
- Ms. Tinworth, Ms. Monteith, and Mr. Ward we wish you all the best in your future endeavors!

And with that really long message, folks, I would like to wish each one of you a blessed, restful, and joyous summer break. See you at the end of August! - Mrs. Polec



The Taatsikioyis - Catholic Central High School Annual First Nations, Métis and Inuit Education Program Awards Night is being held at:

> Catholic Central High School (Cafeteria) 405 - 18 Street South, Lethbridge

Tuesday, June 13, 2023 at 6:00 p.m.

Ms. Emily Fox will be contacting those students who will be receiving an award. If you have any questions, please contact her at 403-892-3842

The last School Council meeting of this year will be held on June 15, 2023 in the CCH East Library.





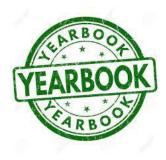
All School Fees are now past-due and payable on School Cash Online. Please take a moment to check your student's account and ensure all fees for the 2022-2023 year have been paid!



On May 16, 2023, Lethbridge City Council Tuesday voted unanimously in favour to approve the implementation of harmonized school and playground zones. For more information, please see the City of Lethbridge's release, "Safety top priority as Council approves speed zone harmonization."

This change will come into effect for the 2023/2024 school year and will see all current playground and school zones have a cohesive 30 km/hr speed limit from 7:30 am to 9:00 p.m. every day of the year.

The school division agrees that this decision will make the traffic laws easier for motorists to remember, as well as ensure the safety of all children accessing school and city playgrounds.



Yearbooks will be distributed at the beginning of September. Current students should watch for an announcement in the Daily Bulletin regarding pick up information. An email will be sent to parents of last year's Gr. 12s as to when they are available for pick-up in the offices on both campuses.

Graduates will be receiving (by mail from LifeTouch) a Graduation class photo and the individual picture that was taken as you received your diploma at the Convocation ceremony.





Re-Registration forms for the 2023-2024 school year have been emailed to parents. If you have not already completed your forms, please fill them out immediately. If you did not receive your student's forms, contact the school office. Please go to your PowerSchool account, go down the left hand side to School Engage (a little grad cap), click on that – you will see "Incomplete Forms". Click on that and fill out the forms(s). If your student is not returning to Holy Spirit schools in the fall, please fill out the form and indicate if your student will not be returning. If you have trouble accessing PowerSchool, please contact the school office for assistance.



Transportation Registration forms for 2023-2024 have been emailed to eligible families. These forms must be completed by June 30, 2023 to ensure transportation for September for your student. There will be no charge for transportation for 2023-2024, but you must register your student. If you did not receive an emailed form and feel your student is eligible for bussing or if you have any questions, please contact Mrs. Lavkulich. Further information is available <u>here.</u>

CCHS Co-curricular Spring Update



To say that the CCHS spring season of athletics was busy would be an understatement! More than 175 athletes participated in the sporting programs starting in March and ending in June. A large number of personal and team bests were achieved, and many athletes had a tremendous amount of fun participating.

The Baseball team finally experienced an entire season not interrupted by COVID or other issues. They drew from grades 9 -12 and played some of the best players within their age groups in Southern Alberta. They currently sit in the top

bracket as they prepare for upcoming playdowns later this week. They are a deep bunch who pride themselves on team unity and skill depth.

The Softball program decided to go with a JV and Varsity squad this year as there was such a huge demand this season. Like the baseball players, the softball girls' have challenged the best of the best in the South and have played many games. With development being their primary goal, their season has seen some wins and losses, but learning the game and having fun was achieved.

The CCH Track and Field team has practiced hard at the U of L over the last few months, and it showed. The results from cities and Zones were very commendable. Many of our athletes made it to the podiums and broke their personal best records. Six athletes even reached the pinnacle of their categories by obtaining invites to ASAA Provincials, which take place June 1st and 2nd in Edmonton. We wish these athletes good luck as they compete against the best in Alberta.

The Girls Rugby XVs squad has respectfully turned many heads as they entered a squad into the SAHSRL this season. Not having a CCH team for nearly 13 years had this group starting from nearly scratch. Most of the girls had no previous experience in rugby, but with a keen and experienced group of coaches, the JV and Varsity girls saw more wins than losses throughout the season. They practiced five days a week and had their opponents on notice in just a short time. Hopefully, with a critical win on May 31st, they might see an ASAA postseason berth which will be a first in school history.



The Boys' JV and Varsity Sevens teams, like the girls, had started from scratch this season after a 20-year hiatus. Players from ICS, Raymond, and our feeder Jr High schools helped fill out the rosters. This dedicated bunch began the season with a gold medal and two silver medals in consecutive tournaments. Trips to Drayton Valley and Vulcan helped focus the boys on their attainable goals. At the end of May, the 7s team was granted an ASAA berth as Zone winners to represent the South Zone at Provincials. In that tournament, they faced the best of the best and came home with the first Provincial BRONZE medal by a CCHS Rugby team. The coaches, players, and parents were delighted by the result. The Cougars are already looking forward to next season and a chance to better themselves on the big stage. Great job, Fellas!

All in all, the Spring season was an excellent way to end the 2022-23 CCHS Athletic Season! Our athletes learned a great deal, had a ton of fun and most importantly grew from their experiences.

What's Happening at CCH in June?

- June 2 Coffee House from 1:30-3:00 in Cafeteria on CEast
- June 2-3 Track and Field Provincials in Edmonton
- June 7 Closing Mass and Awards at 9:30 am on CEast
- June 7 Division Family Gathering at 5:00 pm
- June 9 Sweet Treats Concert 7:00 at Southminster
- June 9-10 Rugby XV Provincials in Edmonton
- June 12 ELA Part A diploma
- June 13 SS Part A diploma
- June 13 First Nations, Metis, and Inuit Awards Night at 6:00 pm on Campus East
- June 15 Last School Council Meeting @7:00 pm in the library on CEast
- June 16 Last Day of Q4 classes and Math 30 diploma
- June 19 ELA Part B diploma
- June 20 Social Studies Part B diploma
- June 21 CCH PD DAY (school closed) National Indigenous People's Day
- June 22 Biology diploma
- June 23 Chemistry diploma
- June 26 Physics diploma
- June 27 Science diploma (Last Day for Students)
- June 28 Last Day for Staff

2023-2024 Student Timetables will be made available to various grade levels in paper form (printed and distributed) on these dates: June 16 - all next year's grade 12 and 11 students will receive their timetables; June 23 - all next year's grade 10 students (at St. Francis, FLVT, St. Catherine, and St. Joseph) will receive their timetables.

If students wish to make timetable changes in June (rather than waiting until August), administration and guidance counselors will facilitate these changes on the following dates:

- Grade 12s June 16-20
- Grade 11s June 20-23 (please note that the school is closed on June 21)
- Grade 10s June 23-27

After these dates, no timetable changes will be made until we reopen in August.

'What's Happening at CCH in August?

- August 23 & 24 Administrative Team and Guidance Counselors will be present on Campus East ONLY in the library for timetable changes from 8:00 am.-3:00 p.m.
- August 25 Office closed for Admin meeting
- August 28 Administrative Team and Guidance Counselors will be present on Campus East and Campus West in the office for timetable changes from 8:00 am.-3:00 p.m
- August 29 Guidance counselors will be present on Campus East ONLY for timetable changes from 8:00 a.m.-3:00 p.m.
- August 30 School Closed for Division Opening Mass and Welcome Back Staff Meeting
- August 31 School Closed for School PD and meeting

What's Happening at CCH in September?

- September 1 Administrative Team and Guidance Counselors will be present on both Campus East and Campus West for timetable changes from 8:00 a.m.-12:00 p.m.
- September 1 Open House for New Students (voluntary) hosted by Students' Council from 10:00 a.m.- 12:00 noon on both campuses. They will be running tours and will have information for students about what to get involved in!
- September 4 Labor Day School Closed

September 5 - First day of Quarter 1 classes!





Catholic Central High School 2023-2024 Bell Times

<u>Campus</u>	EAST	Campus WEST						
<u>Monday - T</u>	<u>hursday</u>	<u> Monday - Thursday</u>						
8:10 a.m 9:30 a.m.	Block 1	8:10 a.m 9:30 a.m.	Block 1					
9:30 a.m 9:40 a.m.	Break	9:30 a.m 9:40 a.m.	Break					
9:40 a.m 11:00 a.m.	Block 2	9:40 a.m 11:00 a.m.	Block 2					
11:00 a.m 12:15 p.m.	Flex	11:00 a.m 11:55 a.m.	Flex					
12:15 p.m 1:35 p.m.	Block 3	11:55 a.m 1:15 p.m.	Block 3					
1:35 p.m 1:45 p.m.	Break	1:15 p.m 1:25 p.m.	Break					
1:45 p.m 3:05 p.m.	Block 4	1:25 p.m 2:45 p.m.	Block 4					
<u>Frida</u>	цХ	<u>Frid</u>	ay					
8:10 a.m 10:00 a.m.	Blocks 1 & 2	8:10 a.m 9:50 a.m	Blocks 1 & 2					
10:00 a.m 10:40 a.m.	Break	9:50 a.m 10:30 a.m.	Break					
10:40 a.m 12:30 p.m.	Blocks 3 & 4	10:30 a.m 12:10 p.m.	Blocks 3 & 4					

Important Shuttle information:

<u>Monday - Thursday</u> Morning shuttle leaves East at 7:50 a.m. (at latest) Midday shuttle leaves East at 11:10 a.m. / leaves West at 11:30 a.m. End of day shuttle leaves West at 2:50 p.m. *

<u>Friday</u>

Morning shuttle leaves East at 7:50 a.m. Midday shuttle leaves West at 9:55 a.m. / leaves East at 10:05 a.m. End of day shuttle leaves West at 12:15 p.m.

CATHOLIC CENTRAL HIGH SCHOOL 2023 - 2024 SCHOOL YEAR CALENDAR

30 - First Day for Staff – Division			AUG	SUST	г '23				SE	PTEN	1BEF	23 ۲			1 - Teacher work day and New
Opening Mass and Staff Meeting (office closed)	s	м	т	w	Th	F	s	s	м	т	N	Th	F	s	Student Open House 4 - Labor Day (No school)
L - School PD and Teacher Work Day			1	2	3	4	5						1	2	5 - First Day of Q1 Classes
(office closed)	6	7	8	9	10	11	12	3	4	5	6	7	8	9	11 - Picture Day on East Campus
	13	14	15	16	17	18	19	10	11	12 :	.3	14	15	16	12 - Picture Day on West Campus
	20	21	22	23	24	25	26	17				_	_	23	18 - Opening Mass 29 - Orange Shirt Day
	27	28	29	30	31	2.5	20	24		_			_	30	30 - National Day for Truth and
	27	20	25	30	51			24	23	20 2		20 .	2.5		Reconciliation
 Midterm Parent/Teacher/Student Conferences Thanksgiving Day - No School Picture Retakes CEast & CWest Division PD - No School FLA Diploma Part A FLA Diploma Part B ELA Diploma Part A Social Studies Diploma Part A 	S 1 8 15 22 29	M 2 9 16 23 (30)	OCTI 3 10 17 24 31	OBE W 4 111 18 25	R '23 Th 5 12 19 (26)	F 6 13 20 27	S 7 14 21 28	S 5 12 19 26	M 6 (13 20 (7) (14 : 21 :	N (1 (8) (.5 (22 (Th 2) (9 : 16 :	3) 10 17	S 4 111 18 25	 Last Day of Q1 Classes Math Diploma Awards Night (22-23 Year) ELA Diploma Part B Social Studies Part B & Chemistr Diplomas Physics & Biology Diplomas CCH PD Day (No School) & Science Diploma CCH Wellness Day (No School) Day in Lieu (Remembrance Day) (No School) Remembrance Day First Day of Q2 Classes
 2 - Midterm 3 - Advent Mass 4 - Parent/Teacher/Student Conferences 2 - Last Day of Classes vec 23 - Jan 7 - Christmas Break 	s 3 10 17 24	[M 4 11 18 25	DECE T 5 12 19 26	MB8 W 6 13 20 27	ER '22 Th 7 14 21 28	F 1 8 15 22 29	S 2 9 16 23 30	S 31 7 14 21 28	M 1 8 15	2 9 (16 : 23 (№ 3 3 3 4 4 	Th 4 11) (1 18 (1	5 12) 19	S 6 13 20 27	 8 - Classes Resume 9 - Blessing of Classrooms 10) - ELA Diploma Part A 11) - Social Studies Diploma Part A 12) - FLA Diploma Part A 19) - Last Day of Q2 Classes & FLA Diploma Part B 22) - Math Diploma 23) - ELA Diploma Part B 24) - Social Studies Diploma 26) - Chemistry Diploma 29) - CCH PD Day (No School) & Physics Diploma 30 - First Day of Q3 Classes & Science Diploma

Continued

CATHOLIC CENTRAL HIGH SCHOOL 2023 - 2024 SCHOOL YEAR CALENDAR



OFF-CAMPUS NEWS



DUAL CREDIT PATHWAY

GET A HEAD START ON YOUR AG CAREER WITH THIS DUAL CREDIT PATHWAY



Lethbridge College

To register for this free Info Session at: https://www.eventbrite.ca/e/intro-to-agriculturedual-credit-pathway-tickets-637489978687

Important: Summer Work Experience

Any students who have a job, and aren't registered in work experience already, see Mrs. Gurr or Mr. Boschee ASAP to get a work agreement. Students will then be able to collect credits for the hours they work during the summer months.

If students get a job during the summer they can email Mrs. Gurr at: **gurrw@holyspirit.ab.ca** and she will email a work agreement to them and get them signed up.

All RAP and Work Experience students remember to continue sending in your hours during the summer to Mrs. Gurr. Have a wonderful summer!

Dual Credit Courses for 2023-2024

2023 Fall Dual Credit Courses

-Olds College:

Sept. 25 to Dec. 15

Accounting Principles 1 Intro to Veterinary Profession Solving Technology Problems Producing Horticulture crops Marketing Principles Intro to Sports management



OLDS COLLEGE

OF AGRICULTURE & TECHNOLOG

-Lethbridge College: Sept.6 to Dec. 8 College For a complete list of all the courses offered by Lethbridge College and descriptions of them, download their Dual Credit Guidebook at:

https://lethbridgecollege.ca/programs/dual-credit For further information and how to apply for any of these courses please contact Mr. Boschee or Mrs. Gurr.

U of L Ahead of the Herd June 3, 2023

This event from 10am to 4pm is for students who have been offered or have accepted admission for the fall of 2023 to the U of L. This is an opportunity to meet faculty, staff, find class rooms and have fun. Register at: https:// www.ulethbridge.ca/future-student/ahead-herd-aoth

Math Camp for Grade 11 and 12 Students

Diversity in Research Experiences Across Mathematics (DREAMs) is a free, on-line, 2-week program that offers high school students the unique opportunity to explore higher level math with university professors and industry experts. They will also participate in STEM career talks, and interact with graduate student mentors. For more information and to apply go to: <u>https://www.pims.math.ca/</u> <u>educational-event/230724-dreami</u>

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



Holy Spirit Catholic School Division Division Family Gathering

Join us for a time of Indigenous games, food, and fun!

Catholic Central High

Taatsikoyis (Centre Tipi) East Campus (field) 405-18th Street South

June 7, 2023

- * Prayer 5:00pm
- * Meal 5:15pm-5:45pm
- Indigenous Games 6:00pm-8:00pm

"Siksikaitsitapi Familes" Welcome! (Please bring your own chair. In case of inclement weather, the event will move indoors to the CCH East Gym.)

For more information, please contact Shelley Kirkvold at 403.327.9555

> **Litowaahkomstii'oppi** "Where We All Gather to Play Games'

Catholic Central High School Music Department

Sweet Treats and Song

Friday, June 9th, 2023 7:00pm Southminster United Church Doors open at 6:40pm

> Featuring: Concert Band Concert Choir Show Choir

and

Special Guests CCH Alumni

Admission: General: \$10 Children 12 and under: \$5 Tickets available June 1 through SchoolCashOnline on the CCH website or at the door the evening of the concert.



CELEBRATE our GIFT of the EUCHARIST come WALK the streets WITH JESUS as we Walk and PRAY for PEACE

June 11, 2023 ~ Feast of Corpus Christi

"let us celebrate with particular devotion the Solemnity of Corpus Christi, with its traditional procession. Our faith in the God who took flesh in order to become our companion along the way needs to be everywhere proclaimed, especially in our streets and homes, as an expression of our grateful love and as an inexhaustible source of blessings" Pope St. John Paul II 2005 Apostolic Letter Mane Nobiscum Domine

PARENTS AND STUDENTS OF HOLY SPIRIT SCHOOL DISTRICT

You and your families are invited to join us on this special day to walk in a procession as we bring the Holy Eucharist to the streets of Lethbridge.

This is a great way for the children and their families to profess their faith and belief in the Body, Blood, Soul and Divinity of our Lord, Jesus Christ. For many of us our memories of the special times in our church life are what helps keep our gift of faith during the times when we find it challenging. This is one of those occasions and this is our wish for you.

It is suggested that we wear white, or red (second choice) which represents the Body or the Blood of Christ. School students are invited to wear any clothing that represents their CATHOLIC schools. Younger children and Elementary school age children must be accompanied by a parent(s).

The procession is a reverent and respectful procession with joyful song and prayer as we process with the Monstrance we show our adoration for the Body of Christ in the Eucharist.

We leave from St. Basil's at 12 noon, after the 11:00 am Mass. The Eucharist is placed in the Monstrance, and then on the carrier. Those wishing to walk follow the procession moving south on 13^{th} Street with a prayer stop at the corner of 2^{nd} Avenue before continuing to CCH. You are invited to take turns carrying the carrier.

At Our Lady of Assumption procession begins with a prayer service at 11:45 am. Once the Monstrance is on the carrier we walk east to Mayor Magrath Drive, where we turn north. After a prayer stop at 8th Avenue we continue walking along Mayor Magrath to 6th Avenue, then we turn left and continue walking to 20th Street. We turn right at Ecole St. Mary's and continue until we reach CCH field.

You are invited to walk with us all the way (with the prayer stop it will take about 1 hour), or join us at one of the prayer stations. If you cannot walk join us at Catholic Central High School, East campus on the field.

At CCH we will have Benediction on the field, weather permitting. In bad weather we will gather in the cafeteria. This will be followed by a social lunch and fun activities for the younger people.

There are three major processions in the life of the church, including Corpus Christi: the Sunday after Trinity Sunday when we remember the institution of the Eucharist at the Last Supper, Holy Thursday. A prominent aspect of this feast is the procession which is to follow the Mass...The procession should be seen as a public declaration of the parish community's faith.....Processions are a very important part of our Catholic identity. We are a pilgrim people on a journey, a journey of growth in faith and self-awareness. We are called to be followers of Jesus, to walk with Him.

For more information please go to the parish website - AllSaintsLethbridge.org

"Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest."

Matthew 11:28

Saint Maximilian Kolbe 1894-1941 (Feast Day: August 14)

Arise! Pilgrims of Hope

we

Raymund Kolbe was born in Poland in 1894. At the age of 12, while praying with an image of Our Lady of Czestochowa, Mary appeared to him in a vision. He later joined a branch of the Franciscan order, and took the name Maximilian as his religious name when he was ordained. In the early 1930s, he served as a missionary in Shanghai, Nagasaki, and Malabar. The monastery which he built in his time in Nagasaki later survived the atomic bomb blast.

Kolbe returned to Poland in 1936, resumed his work as a priest and publisher, and started a Catholic radio station. At the outbreak of the Second World War in 1939, Kolbe and his fellow friars provided shelter to Jewish refugees, and continued publishing Catholic and anti-Nazi works. Kolbe was arrested in February 1941, and was eventually sent to Auschwitz. He maintained his priestly ministry in the camp, which led to beatings and punishments.

In late July 1941, after the escape of a prisoner from the camp, ten men were selected to be starved to death as punishment. One of the men selected was a Polish army sergeant named Franciszek Gajowniczek; when selected, he cried out for his wife and family. At this point, Kolbe stepped forward to take his place voluntarily. Gajowniczek survived the war and lived until 1996.

The prisoners were jailed in an underground bunker and deprived of food and water. During this time, Kolbe led the group in prayer. After two weeks, only Kolbe and three others remained alive. On August 14, 1941, he and the other three prisoners were killed with a lethal injection.



Holy Moments In Our Schools

Over the course of this year, we have been blessed to see the many Holy Moments that have happened throughout Holy Spirit. When we take time to step back and reflect on these moments, we often discern the role that the Holy Spirit plays in our lives to reveal God and his plan to us. As you have each taken up the call to Arise this year, like the École St. Mary students shown here, you too have been a conduit for the Holy Spirit for those around you.



June – Comfort the Afflicted

Comforting the afflicted (or sometimes, the sorrowful), is the last of the Spiritual Works of Mercy that we will examine this year. This comfort is not a corporal (physical) work of mercy because it is describing the need that we have to support one another emotionally and spiritually. If we consider the roots of the word comfort, we find together (com-) and strong (-fort); strong together. We see something similar in the word compassion-suffering together. When we find ways to suffer with one another-to bear each other's burdens-we become stronger and more unified. That strength and unity is modeled in a perfect way in Christ, who took on all of our burdens and suffered for us, that we might become one. "It is not a sign of weakness to share your suffering with someone. In fact, it takes great courage and it takes even more courage to listen and not try to solve the problem. Sometimes we just need to "suffer with" that person in order to comfort them."

Be open to listening and comforting those who are dealing with grief. Even if we aren't sure of the right words to say, our presence can make a big difference.

- Lend a listening ear to those going through a tough time
- Make a home cooked meal for a friend who is facing a difficult time
- · Write a letter or send a card to someone who is suffering
- A few moments of your day may make a lifetime of difference to someone who is going through a difficult time

The Fruit of the Spirit – Love

Love is both a Fruit of the Spirit and one of the three *Theological Virtues* inspired by the Holy Spirit. As the first and greatest <u>Theological</u> <u>Virtue</u>, Love (or Charity) refers to our ability to love God above all things, and our neighbour as ourself. Our imperfect love is a reflection of the perfect love that God has for us, and the love that exists in the relationship between God, Christ, and the Holy Spirit. This points us toward the idea that love is relational, and the fullness of love leads us into communion and spiritual unity with God and one another. Throughout this year, we have focused on this element of Mark 5 of the Catholic School Identity - that we live in community, spiritual unity, and relationship.

God demonstrates His perfect, selfless, agape love to a world that is often confused about what true love is. In society, we have overused the word 'love' in ways that minimize the depth of what real love is. We say we "loved the movie" or we "loved those blueberry pancakes" or we "love" a Facebook post.

Jesus used the word 'love' 51 times during his teaching. In John 15:17, he used the word 'love' in a command, "These things I command you, that you love one another." As a child of God, we need to strive to show others God's love through us. Whether it be reaching out to a friend in need, volunteering in a mission, giving our time to a cause—reach out in love, and let the fruit of love ripen inside your spirit.



"God has assigned each person a specific mission in this world." - Saint Maximilian Kolbe

Reflecting on the life of St. Maximilian Kolbe

Saint Maximilian Kolbe Showed "Comfort the Afflicted"

As we have seen, we can draw a connection between comforting the afflicted and suffering together. In his final days, St. Maximilian Kolbe chose to suffer together with his fellow prisoners, and continued to point them towards Christ even in their unimaginable circumstances. In his collected writings, he once said:

"A person is great and becomes a witness and a teacher, capable of leaving an authentic message to the world, not so much on account of what one says or writes, but for what one is..."

Although St. Maximilian Kolbe died at Auschwitz, he left an authentic message to the world. The man he saved, Franciszek Gajowniczek, survived the remainder of the war and was reunited with his wife, and spent his life spreading the story of Kolbe's sacrifice.

St. Maximilian Kolbe, Pray for us!

Saint Maximilian Kolbe Showed "Love"

When <u>St. Maximilian Kolbe</u> was canonized by St. Pope John Paul II, he was decreed to be a martyr of charity. In the Catholic tradition, this is someone who is martyred in the act of practicing charity motivated by faith. In this alone, it is clear that Kolbe was a model of love.

One saying that was often repeated by Kolbe in his life and work was "only Love creates." The meaning of this, so evident not only in World War II but also in our own day, is that hatred is not a creative force - all that is created is a reflection of the love that God has for us. In the crucible of Auschwitz, founded in hatred, Kolbe chose to witness his faith by laying down his life for a man that he did not know. Such a decision could only be made in the knowledge that this loving choice would have creative ends in God's plan. As St. Pope John Paul II said at his canonization:

"And in this human death of his there was the clear witness borne to Christ: the witness borne in Christ to the dignity of man, to the sanctity of his life, and to the saving power of death in which the power of love is made manifest."

Gospel Readings

June 4, 2023

Solemnity of the Most Holy Trinity

Gospel Reading: John 3:16-18

"God so loved the world that he gave his only Son, so that everyone who believes in him might not perish but might have eternal life." — John 3:16

What is the most precious thing you have? Is it a special toy? A special friendship? A special talent? Would you be willing to give it to someone else if that person needed it? There is nothing more precious than life itself. But God was willing to send Jesus into our world for our benefit.

On this special feast day, we remember that while God is one, God is also a family of three Persons – Father, Son and Holy Spirit, bound together as one by a great force of love. The amazing thing is that Father, Son and Holy Spirit love us with the same great love. There is nothing more important to God than to bring us into their family of love.

Dear Lord, thank you for loving us with such a great love that even death cannot separate us. Help us to sacrifice the little things we hold onto so we can imitate your love to others and bring them closer to you.

What is one thing you can give up today that will help someone else?

June 11, 2023 Solemnity of the Body and Blood of Christ

Gospel Reading: John 6:51-58

"Whoever eats my flesh and drinks my blood remains in me and I in him." — John 6:56

What happens when you dissolve a powdered drink mix in water and shake it up? Would it be possible to separate the granules from the water once they are completely dissolved? Of course not! Our Gospel passage today reminds us that when we receive Jesus' Body and Blood in Holy Communion, he becomes a part of us, and we are changed to become more like him. Last week, we learned that God's love for us is so great that Christ was willing to die so we might be brought into the family of God. This week, we see that not only do we become a part of God's family through Jesus' death and resurrection, but Jesus went even a step further by providing a way for us to have his Body and Blood poured into us. He wants so much to be a part of us that he gives us himself in this new way. We are blessed to have an opportunity to receive him in Holy Communion.

Thank you, Jesus, for offering us your Body and Blood so that your life can become our life. Help us to prepare well to receive you in Holy Communion so we will welcome you with a clean heart.

What will you say to Jesus after receiving him in Holy Communion today? (For those who have not yet received their First Holy Communion, you can still talk to him in prayer during the communion procession.)

Gospel Readings

June 18, 2023

11th Sunday in Ordinary Time

Gospel Reading: Matthew 9:36-10:8

"Without cost you have received; without cost you are to give." — Matthew 10:8

Have you even received advertising mail that contained a quarter or even a dollar? The advertiser usually suggests that you donate the money back to their cause. I wonder how many people do that. I think most people feel that since they didn't ask for the money, and the advertiser chose to give it to them, they don't owe the advertiser anything back.

In today's Gospel, Jesus called his apostles by name and gave them a very important opportunity—not because they did something to earn it, but because he believed they would use the opportunity to help others believe that God loves them. Jesus told them to go out into the world and tell God's people about the kingdom he prepared for them. Even more than telling them, they were to show them how it works in this kingdom of his. How? By taking care of them for free. They cured their illnesses, brought the dead back to life, and drove out evil spirits. Many people came to believe in Jesus because of the generous acts of his apostles.

Dear Lord, help us to be so generous as to share your love with others, not for what we will get in return but because we want to return what you have given us—your love.

What is one thing you can do to help people know that God loves them?

June 25, 2023

12th Sunday in Ordinary Time

Gospel Reading: Matthew 10:26-33

"What I say to you in the darkness, speak in the light; what you hear whispered, proclaim on the housetops." — Matthew 10:27

Have you ever had a dream that seemed so real that when you awoke you thought the events had actually happened? Many times in the Bible we read that God spoke to people in dreams. God can also speak to us in other ways besides dreams. The Gospel today says that God may sometimes speak to us quietly. If we suddenly have a sense that we should or shouldn't do something, God may be prompting us to do the right thing. Or, if we are reading a story and all-of-a-sudden it reminds us of someone who needs our help, God may be asking us to share God's love with that person. The key to hearing God is to listen carefully. We cannot tell others what God has told us if we didn't hear him, can we?

Lord Jesus, open my eyes so I may see clearly; open my ears so I may hear you and help others to know you.

After Mass today, take a few moments together to sit silently and listen. What do you hear? Is it hard not to talk, just to sit quietly? It may take some practice, but it's worth the effort if it helps us to hear God's voice.



Download this month's Saint Prayer Card - Saint Maximilian Kolbe



St. Maximilian, amidst the hate and lonely misery of Auschwitz, you brought love into the lives of fellow captives, and sowed the seeds of hope amidst despair. You bore witness to the world, by word and deed, that "only Love creates."

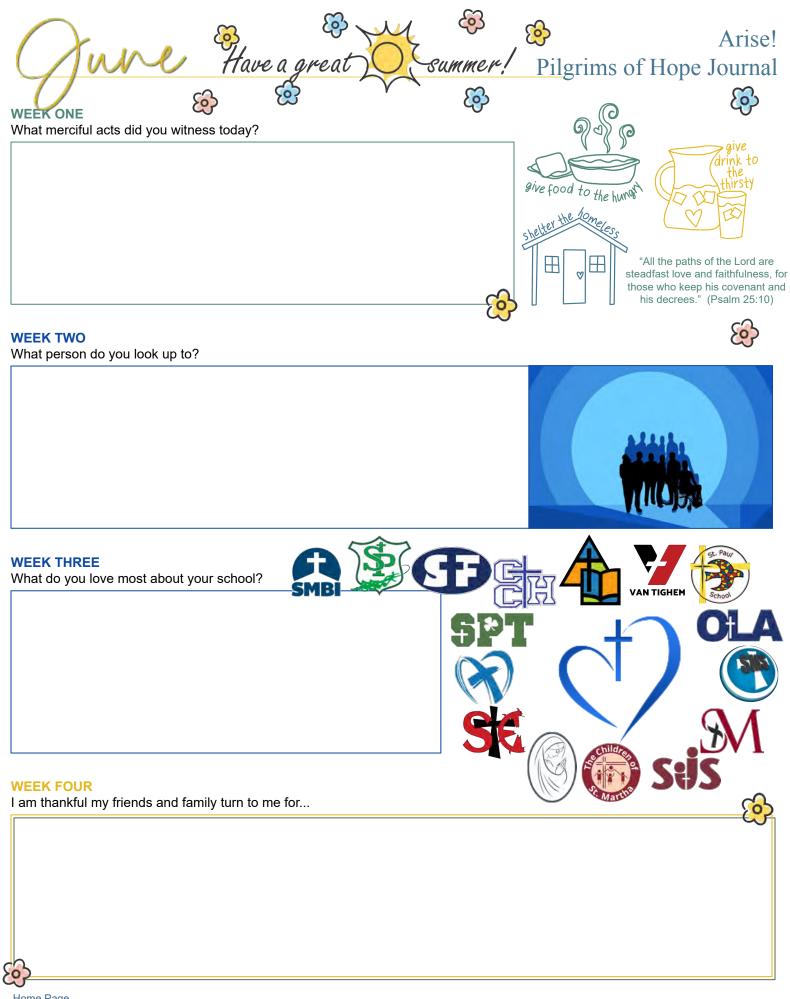
Help me to become more like yourself. With you and Mary and the Church, may I proclaim that "only Love creates." To the hungry and oppressed, the naked and homeless, the scorned and hated, the lonely and despairing, may I proclaim the power of Christ's love, which endures forever and ever. Amen

St. Maximilian Kolbe - Pray for us!



Sources:

<u>The Spiritual Works of Mercy</u> <u>Sixth Spiritual Work of Mercy: Comfort the Afflicted</u> <u>The Fruit of the Holy Spirit: What is Love?</u> <u>Saint Maximilian Kolbe</u> Spanish: <u>San Maximiliano Kolbe</u> Story Saint Maximilian Kolbe | Stories of Saints



<u>Home Page</u>



Lethbridge & District 4-H Clubs are looking for new members to join their clubs in the fall!!



4-H IS A YOUTH DEVELOPMENT PROGRAM WITH A LONG, RICH HISTORY IN ALBERTA AND AROUND THE WORLD.

LOOKING FOR MEMBERS 9 – 20 YEARS OF AGE SOME CLUBS OFFER THE CLEAVER KIDS PROGRAM - 6 - 8 YEARS OF AGE NO EXPERIENCE REQUIRED

4-H is a dynamic program whose projects encompass everything from <u>active living</u>, <u>arts</u>, <u>science and technology</u>, <u>crafts</u>, <u>cooking</u>, <u>agriculture</u> and <u>so much more</u>!

The 4-H program gives **URBAN** and **RURAL** youth and adults life-long skills such as co-operation, leadership, interpersonal relations, critical thinking, decision making, organization, public speaking and community service.

Check out the 4-H website for more information – www.4hab.com

Contact one of the clubs in the Lethbridge District

Green Acres Dairy 4-H Club – <u>greenacresdairy4h@gmail.com</u> – Toby Kleinsasser Project: dairy

Lethbridge Coaldale 4-H Beef – <u>1daniels@telus.net</u> or call/text 403-308-7191 – Kim Daniels Project: beef – Check out their Achievement Day June 9th & 10th – Lethbridge Exhibition

Lethbridge Northern 4-H Beef - <u>treenavh@gmx.com</u> – Treena Van Hierden Project: beef – Check out their Achievement Day May 31st

Readymade 4-H Multi Club - <u>readymade4hclub@gmail.com</u> – David Hodge Projects: beef, sheep, arts, crafts, cats, shooting sports – Check out their Achievement Day June 2nd & 3rd – Lethbridge Exhibition

TNT 4-H Multi Club – <u>melanie.daniels84@gmail.com</u> or 403-635-0564 – Melanie Daniels Projects: pheasants, crafts, foods, wood turning, shooting sports, fishing & more - Check out their Achievement Day June 2nd & 3rd – Lethbridge Exhibition

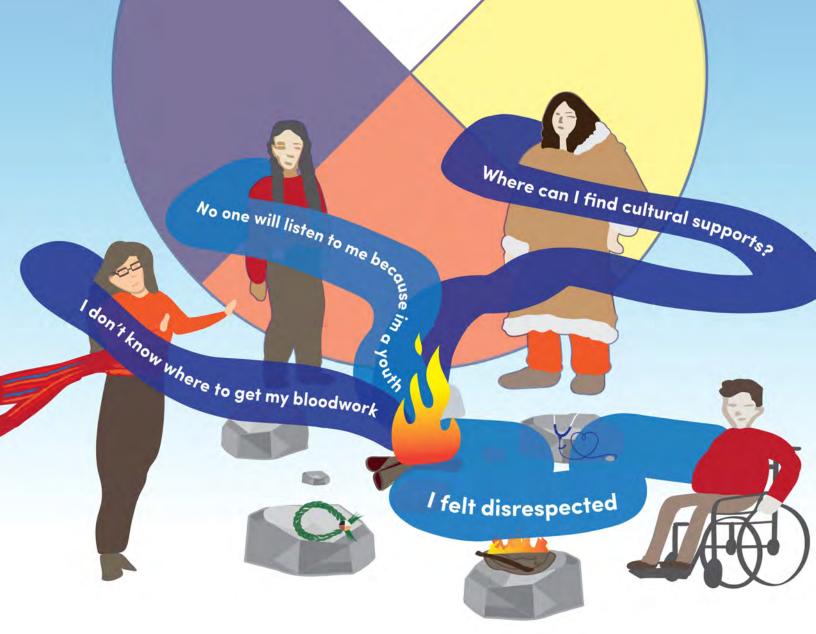
Turin 4-H Club – <u>turinalberta4H@gmail.com</u> or 403-360-4808 – Chelsea Nieboer Projects: sheep, beef, sewing – Check out their Achievement Day June 3rd 9 AM Picture Butte

Wild n Wooly 4-H – <u>wnw.sheep@gmail.com</u> or 403-634-7297 – Marina Grant Project: sheep - Check out their Achievement Day June 2nd & 3rd – Lethbridge Exhibition





Learn To Do By Doing



Are you an Indigenous person that has questions about Alberta Health Services, has a concern, or needs to find help or navigation?

Patient Concerns

- Referrals Cultural Support Primary Care Support
- Addiction Mental Health Support
 General Indigenous AHS Support

1-800 Indigenous Support Line:

Walk with me, Talk with me, Learn with me.

Call: 1-844-944-4744







What the Indigenous Support Line is

This toll-free phone service connects Indigenous callers with Indigenous listeners.

You can get help by calling: 1-844-944-4744 from noon to 8 p.m., Monday to Friday.

Our Indigenous listeners will answer your questions and help you get culturally appropriate care. They also help guide you on each step of your healthcare journey.

You can call the support line about any health concern.

You never have to make your healthcare journey alone and help is available to find the right service.

Indigenous Support Line

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Call toll-free: 1-844-944-4744 Open: Noon to 8 p.m., Monday to Friday

We acknowledge

Alberta Health Services acknowledges our work is carried out on the traditional territory of many Indigenous peoples. They include the Treaty 6, Treaty 7 and Treaty 8 First Nations and the Métis Settlements of Alberta, the Inuit and the Métis Nation of Alberta, Regions 1-6.

We also acknowledge and respect the treaties made on these territories. As well, we acknowledge the traumatic and painful impact of colonization on Indigenous peoples and recognize eliminating racism in healthcare is a crucial step for reconciliation. We are dedicated to a collaborative partnership with Indigenous communities, guided by patience, understanding and a commitment to reconciliation.

Alberta Health Services Indigenous Wellness Core



Indigenous Support Line



Healthcare advice for Indigenous peoples from Indigenous listeners







Who the Indigenous Support Line is for

The support line is for First Nations, Métis and Inuit peoples including youth and Elders, living on or off reserve or a settlement or in cities and towns.

Callers can already be getting care, can be starting care or can have had recent care.

Family members can also call the line with their questions or concerns about a loved one loved one.

Who answers the calls

Indigenous listeners are healthcare advisors. They answer and assist all callers to the support line. They can also arrange translators for callers.





Why the Indigenous Support Line was started

Indigenous peoples in Alberta often have trouble trusting the healthcare system.

The Indigenous Support Line is a step towards reconciliation. It is also part of Alberta Health Services' commitment to improving Indigenous peoples' healthcare concerns and experiences.

For more information, email: indigenouswellnesscore@ahs.ca or on our website: <u>ahs.ca/isl</u>

Thanks to the Wisdom Council

Alberta Health Services (AHS) thanks the Wisdom Council for promoting the need for the Indigenous Support Line and working with us to offer this help.

The Indigenous Support Line aims to:

- Help Indigenous peoples receive better, easier and quicker healthcare from AHS
- Better connect Indigenous patients, families and communities to other healthcare support such as local community supports, family doctors, Treaty navigators, Métis community wellness advocates, NIHB and transportation.

We will keep working with the Wisdom Council and our Indigenous partners to ensure the support line's success.



for more information go to streetsalive.ca or call 403-942-5647



IN SUPPORT OF



HOSTED BY:



save on foods WING DING WING CHALLENGE

FREE FAMILY OUTDOOR PLAY JULY/AUGUST 2023









EVENT DESCRIPTION:

All ages welcome! Drop by our pop-up tents for FREE outdoor play activities. Stay for some outdoor facilitated games. Parent supervision required. Weather permitting. Check online schedule at buildingbrians.ca/events for updates.

SAFETY PROTOCOLS:

-All public health measures will be in effect - Family focused events, parent supervision is required -If you're feeling unwell, we'll see you at our next location -Weather permitting

PARTNER LINKS: City of Lethbridge - lethbridge ca/events

Community LINKS - <u>community-links.ca</u> Family Centre Summer Programs - <u>famcentre.ca</u> Lethbridge Public Library - <u>lethlib.ca</u> Building Brains Together - <u>buildingbrains.ca</u>

Supporting Family Wellness



TUESDAY	WEDNESDAY				
JULY 4	JULY 5				
Henderson	Henderson				
Lake Park	Lake Park				
10 AM-1 PM	3 PM-6 PM				
JULY 11	JULY 12				
Wilson Middle	Wilson Middle				
School	School				
10 AM-1 PM	3 PM-6 PM				
JULY 18	JULY 19				
Nicholas Sheran	Nicholas Sheran				
School	School				
10 AM-1 PM	3 PM-6 PM				
JULY 25	JULY 26				
Lakeview	Lakeview				
Elementary School	Elementary School				
10 AM-1 PM	3 PM-6 PM				
AUGUST 1	AUGUST 2				
Senator	Senator Buchanan				
Buchanan School	School				
10 AM-1 PM	3 PM-6 PM				
AUGUST 8	AUGUST 9				
Coalbanks	Coalbanks				
Elementary School	Elementary School				
10 AM-1 PM	3 PM-6 PM				

JULY 2023



Proverbs 3:6

MENTAL HEALTH CAPACITY BUILDING SUMMER PROGRAM Alberta Health Services Mental Health Capacity Building THU FRI S A 1 To attend the Monday YMCA Strong Kids class, you must To attend the Creative Thursday CASA Art event, receive a voucher at the Holy Spirit Tent at the Free you must receive a voucher at the Holy Spirit Tent Family Outdoor Play Events on Tuesdays and at the Free Family Outdoor Play Events on Tuesdays Wednesdays- Spaces limited and Wednesdays- Spaces limited. YMCA location: 140-74, Mauretania Rd W, Lethbridge CASA location- 230, 8 St S, Lethbridge 6 8 Cooldole Spray Park **Mindful Fridau** 11:00 AM-1:00PM Free Family Outdoor Free Family Outdoor No matter where you Holiday Play Plau are in your journey, Creative Thursday Henderson Lake Park Henderson Lake Park stop and reflect. This CASA Art Event 10 AM - 1 PM 3 PM - 6 PM time next year, nothing 'Voucher needed' 6-8PM will be the same. 9 12 13 14 Mindful Friday 15 Movement Monday Change your speed and Free Family Outdoor Free Family Outdoor Creative Thursday go with the flow. Slowing Plau Play CASA Art Event **YMCA Fit Kids** down isn't about losing Wilson Middle School Wilson Middle School "Voucher needed" Youth ages 10-15 time. It's about gaining 10 AM - 1 PM 3 PM - 6 PM 6-8PM "Voucher needed" time for the things that 11AM-12PM matter most. 16 19 22 20 FREE Family Swim 21 Mindful Friday Pincher Creek Swimming Movement Monday Free Family Outdoor Free Family Outdoor "Do not conform yourselves to Pool, max 68 people this age but be transformed by Play Play 1 PM - 3 PM **YMCA Fit Kids** the renewal of your mind, that Nicholas Sheran School Nicholas Sheran School 895 Main St, Pincher Creek Youth ages 10-15 you may discern what is the will 3 PM - 6 PM Creative Thursday 10 AM - 1 PM of God, what is good and *Voucher needed* CASA Art Event pleasing and perfect." Voucher needed 11AM-12PM Romans 12:2 6-8PM 23 26 27 29 Mindful Fridau Movement Monday Free Family Outdoor Free Family Outdoor "In all your ways be Creative Thursday Play Play mindful of him, and he YMCA Fit Kids CASA Art Event Lakeview Lakeview Youth ages 10-15 Elementary School *Voucher needed* will make straight your **Elementary School** "Voucher needed" 6-8PM 10 AM - 1 PM 3 PM - 6PM paths."

11AM-12PM

AUGUST 2023



Mental Health

Alberta Health Services

MENTAL HEALTH CAPACITY BUILDING SUMMER PROGRAM

	MON	TUE	WED	THU	FRI	SAT
30	31 Movement Monday YMCA Fit Kids Youth ages 10-15 *Voucher needed* 11AM-12PM	1 Free Family Outdoor Play Senator Buchanan School 10 AM - 1 PM	2 Free Family Outdoor Play Senator Buchanan School 3 PM - 6 PM	3 Creative Thursday CASA Art Event <u>"Voucher needed"</u> 6-8PM	,	5
6	7 Holiday	8 Free Family Outdoor Play Coalbanks Elementary School 10 AM - 1 PM	9 Free Family Outdoor Play Coalbanks Elementary School 3 PM - 6 PM	10 Creative Thursday CASA Art Event " <u>Voucher needed</u> " 6-8PM	11 Mindful Friday "Trust in the Lord with all your heart, on your own intelligence do not rely." Proverbs 3:5	12
13	14	15	16	17 Taber Aquafun Centre FREE Family Swim 4:00pm-5:00pm 4700 50 St, Taber, AB <u>Max 140 people</u> 'Children 8 and under must be accompanied by an adult	18 Mindful Friday Big things often have small beginnings. Celebrate tiny victories.	19
20	21	22	23	24	25	26
27	28	29	30	31		

Catholic Central High Quarter 4 - June 2023 EXAM SCHEDULE

Date	Time	Course	Campus	Teacher	Room #
Monday June 12	9:00 AM	English 30-1 Part A	East	Omilon	Library
REGULAR CLASS DAY		English 30-1 Part A	East	Hartman	202
		English 30-2 Part A	East	Omilon	206
Tuesday June 13	9:00 AM	Social 30-1 Part A	East	Collier	Library
REGULAR CLASS DAY		Social 30-1 Part A	East	Gilbert	206
Mercredi 14 Juin	9:00 AM	Francais 30-1 Partie A	Est	n/a	bureau
Jeudi 15 Juin	9:00 AM	Francais 30-1 Partie B	Est	n/a	Bureau
Friday June 16	9:00 AM	Math 30-1	East	Hammel	Gym
		Math 30-2	East	Hammel	Gym
Monday June 19	9:00 AM	English 30-1 Part B	East	Omilon	Gym
		English 30-1 Part B	East	Hartman	Gym
		English 30-2 Part B	East	Omilon	Gym
		English 20-1	East	Cox	127
		English 10-1	East	Cox	126
		English 10-2	East	Schmidt	210
		Math 10C	East	Umeris	129
		Math 10-2	East	Folkersen	122
		English 20-1	West	Hartman	Gym
		English 20-2	West	Yaremcio	Gym
		English 10-2	West	Yaremcio	Gym
		Science 10	West	Lebleu	521
Tuesday June 20	9:00 AM	Social 30-1 Part B	East	Collier	Gym
		Social 30-1 Part B	East	Gilbert	Gym
		Social 20-1	East	Skauge	209
		Social 10-1	East	Dalton	Gym
		Social 10-2	East	Schmidt	210
		Social 20-1	West	Gilbert	512
		Social 20-2	West	Ward	511
		Social 10-1	West	Point du Jour	513

Thursday June 22	9:00 AM	Bio 30	East	Nummi	Gym
		Bio 30	East	Balog	Gym
		Science 10	East	Mulder	105
		Chem 20	East	Goruk	107
		Bio 20	West	Balog	525
Friday June 23	9:00 AM	Chem 30	East	Bulger	Gym
		Chem 30	East	Goruk	Gym
Monday June 26	9:00 AM	Physics 30	East	Nadeau	Gym
Tuesday June 27	9:00 AM	Science 30	East	n/a	office

HAVE A GREAT SUMMER!