



Principal's Message

At mass this past weekend (November 19), the Gospel of Matthew (Matthew 25:14-30) spoke about a man who gave his servants five, two, and one talent. The definition of a talent, for this time period, is a unit of measurement for weighing precious metals like silver and gold. The gospel goes on to outline how each one of the servants go on to use or not use their talents; two of the servants earn 100% returns by trading with the funds, while the third servant hides the money in the ground and earns nothing. The man then rewards the two but punishes the servant who did nothing.

Father Santiago, in his homily, explained that the meaning of the parable extends far beyond financial investments. Although the word "talent" is used differently today than it was in the gospel, the point of the gospel remains the same: God has given each person a wide variety of gifts, and he expects us to employ those gifts in his service. It is not acceptable merely to put those gifts/ talents on a closet shelf and ignore them. Like the three servants, we do not have gifts of the same degree. The return God expects of us is commensurate with the gifts we have been given. The servant who received one talent was not condemned for failing to reach the five-talent goal; he was condemned because he did nothing with what he was given. The gifts we receive from God include skills, abilities, family connections, social positions, education, experiences, and more. The point of the parable is that we are to use whatever we have been given for God's purposes. The severe consequences to the unproductive servant, far beyond anything triggered by mere business mediocrity, tell us that we are to invest our lives, not waste them.



Ok so what does this all have to do with December at Catholic Central? Well, I can honestly say that no one is squirreling away their talents or gifts! We have successfully concluded one quarter and have smoothly transitioned into the next. Athletic seasons like football and volleyball have come to an end (well done to all teams and thank you to the coaches who contributed tireless hours) and new seasons like curling and basketball have begun. Rehearsals for *The Wizard of Oz* have started and the musical programs are preparing for the Christmas Cheer Concert on December 7. Clubs and leadership groups such as Students' Council, Athletic Leadership, Yearbook, Book Club, Student Ambassadors/ International Club, and Robotics are all well on their way to building toward reaching their goals.

I do, however, want to draw your attention to a service group that is near and dear to all of our hearts and a true legacy project to what makes Catholic Central so special. The Santa's Anonymous Christmas Hamper Project - which many of you are familiar with - needs your help. Here is a quick background of the project:

Having been exposed to a grand-scale operation "up north," a fresh and eager Mr. Wikenheiser (now retired) pitched a smaller proposal of "let's start with 20-25 families" here with principal-at-the-time, Mr. Mombourquette, in 2000-2001. Mr. Wik and Mrs. Vill (short for Villeneuve) ran the project out of Trinity Learning Centre with the assistance of eight students. They learned a lot in the first few years of trying to get things right, like how to (not) run a toy donation drive (there is a humorous story behind this but you will have to ask



Mr. Wik about it), but after only two years, they outgrew TLC and had to move the project to CCH Vasey Hall Gym. So, it really wasn't until 2003-2004 that the roots officially took and grew. This project has also had many iterations of staff to lead it - Mr. Wik, Mrs. Vill, Ms. Perron, Mrs. Fetting, Mr. Spiess, Mrs. Gardner, Mrs. Dempsey, Mr. Skretting, and now Mr. New - and has relied on the generous support of donors over its over 20 year legacy! Today, there are multiple staff members who facilitate, upwards of forty students involved, and still many generous

donors. We have also had many other schools in the Holy Spirit School Division run their own fundraisers to help support this project, which we are grateful for. I am told that if we "did the math," we are looking at around \$ 600, 000 in kind, that has been raised over the years, to feed and bring Christmas joy to around 1,500 families. This year, Catholic Central is committed to supporting 50 families within the Holy Spirit School Division.

This is where YOU come in. We would be more than grateful, if you are in a position to donate, if you would consider either donating a hamper (\$300) or any \$ amount. If you cannot donate financially, we would love for you to spread the word to your family members, friends, and to the greater community. Conversely, if you would rather send food items with your students or drop them off at the school, please contact Mr. New for a list of what can be donated. It is moments like this that I am truly humbled by the big, giving hearts of our CCH community. Thank you.

And on that note, on behalf of all of us here at Catholic Central, I would like to wish each and every one of our students and all of our families a blessed Christmas and a joy-filled New Year! May peace be on your lips and in your hearts.



- Mrs. Polec



Important Dates

- November 30-December 1 - 24-hour famine for Santa's Anonymous
- December 1 - Advent Service #1 in classrooms
- December 3 - First Sunday of Advent; Volleyball Pot luck and Awards on CEast at 5:30pm
- December 7 - Christmas Cheer Concert at Southminster 7:00 pm
- December 8 - Advent Service #2 in classrooms
- December 10 - Second Sunday of Advent
- December 12 - Midterm
- December 13 - Advent Mass (with blessing of the Santa's Anonymous hampers) at 9:30 on CEast
- December 14 - Parent/Teacher/Student Conferences 6-8 pm on CEast
- December 15 - Advent Service #3 in classrooms
- December 17 - Third Sunday of Advent
- December 22 - Advent Service #4 in classrooms
- December 22 - Last Day of Classes before Break
- December 24 - Christmas Eve and Fourth Sunday of Advent
- December 25 - Merry Christmas!
- December 23 - January 7 - Christmas Break
- January 8 - Return to classes after Christmas break; Staff to bless larger gathering areas after school
- January 9 - Blessing of the Classrooms in block 1
- January 10 - ELA Part A diploma
- January 11 - SS Part A diploma
- January 12 - FLA Part A diploma
- January 19 - Last Day of Q2 classes and FLA Part B diploma
- January 22 - Math diploma
- January 23 - ELA Part B diploma
- January 24 - SS Part B diploma
- January 25 - Bio diploma
- January 26 - Chem diploma
- January 29 - CCH PD Day and Physics diploma
- January 30 - First Day of Q3 classes and Science diploma
- January 31 - FNMI Evening: Post Secondary on CEast in library



Classroom Advent Services will be held in block 3 on the following Fridays:
December 1, 8, 15 & 22



School Fees are now due. Kindly remit as soon as possible. Fees may be paid using School Cash On-line, or at the office by cash or cheque. Thank you.



GRAD 2024 - SAVE THE DATE!

Dear Parents/Guardians of Grade 12 Catholic Central students:

As we settle into the second quarter of the school year, it becomes time to make plans for Graduation 2024. Updates on graduation will be posted on the homepage of our website:

www.holyspirit.ab.ca/cch under "School" tab/ "Graduation Information." Additionally, continued updates will be uploaded in the Grad 2024 Google Classroom as we prepare to celebrate the academic achievements of our Graduating Class!

Please note that ALL Grade 12 students/parents are receiving this information letter. This does not necessarily mean that the student is on the Grad 2024 list. The guidance counselors will be contacting Grade 12 students who do not currently meet graduation requirements. A graduation list will also be posted at each campus by the end of quarter 2, and updated regularly. If you have questions about your child's graduation status, please contact the school and speak with an administrator or guidance counselor.

Graduation Parent Meeting – Thursday, February 1 at 7:00 p.m. in the Cafeteria on CEast

Grad Photographs: Our photographer this year is Lifetouch Canada. There is NO CHARGE to grads to have their picture taken. Pictures are taken on these dates and times:

- November 27 - December 1, 2023
- February 5-23, 2024
- March 4-8, 2024

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

Grads will have their pictures taken with cap and gown (as provided by Lifetouch at their studio). The following are suggestions for the best photos:

- look like the "best version" of yourself, which means if grads plan to have hair and makeup done for pictures, make sure you look like you!
- the grad gown is a v-neck, so it is wise to wear either something that is also a v-neck or a shirt with a tie. Do not wear a hoodie or a sweater that adds any sort of bulk to the neckline/ underneath the gown.
- You may also choose to have other pics taken ie: with a grad dress or suit or with "props" like hockey sticks or dance shoes, etc.

Please note: Students are NOT required to purchase packages from Lifetouch but each graduate must have this picture taken from Lifetouch as CCH will not accept other headshots taken by another photographer.

Dates and Details:

1. **Grad Mass, Friday, May 10, 7:00 p.m. – 9:00 p.m., Enmax (plan for 1 ½ to 2 hours)**
2. **Grad Ceremonies, Saturday, May 11, 9:00 a.m. – 12:00 p.m., Enmax (plan for 3 hours)**
3. **Grand March (with Grad Dance to follow), Saturday, May 11, 7:30 p.m., Enmax (plan for 2 hours)**

Grad Fees – are \$160. Fees will be attached to students on the preliminary grad list in JANUARY, 2024 (but are not attached yet). **They will be due before/on March 17, 2024.** Fees can be paid through School Cash Online, which can be accessed from our homepage: <https://holyspirit.schoolcashionline.com/> For your convenience, we will be able to accept payment at the grad parent meeting (we can only take cash or cheque; NOT credit or debit). If you require assistance with this, please contact Tamara Wilson at the school when it is time.. Please note that all SCHOOL FEES must be paid with or before GRAD FEES can be paid.

Graduation information will be updated regularly in the Grad 2024 Google Classroom and on our website. Reminders will also be provided on Instagram. Thank you for your time and assistance with this important event in the lives of our students.

Blessings,
Joanne Polec, Principal



A Year to Remember

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

Prestige
Photography by Lifetouch

You only graduate once, your grad pictures matter.

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



Step 1

Review your photo session options here and select your favourite.



Step 2

Visit prestigeportraits.ca to schedule the session that is right for you.



Step 3

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

BOOK YOUR APPOINTMENT:

High School: Catholic Central High School

Portrait Sittings: 11.27.23-12.01.23,02.05.24-02.23.24,03.04.24-03.08.24

At Lifetouch Studio

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

prestigeportraits.ca

If you have any questions regarding booking an appointment or what to expect please contact us:
780-437-2431



Hello! You may be curious about what is happening this year for Santa's Anonymous. We are currently right in the middle of our annual Food Drive. Students from CCH are bringing in items to help build our 55 hampers of food for families throughout our community. We have a wonderful group of students here at CCH that have been fundraising and committing countless hours to making a better Christmas for those in the community.

We will be constructing the hampers just after the Advent Mass that will be held on December 13th, and then distribute them via our colleagues in other Holy Spirit schools. If you would like to get involved, it's not too late. We will continue to take food donations up to December 8th and online donations can be made right up to December 22nd. Please see the CCH website for more details. Just look for the [Santa Hat](#).

Thank you so much for your ongoing support of this important and longstanding tradition at CCH!

Matthew New
Associate Principal



*The Catholic Central Music Department
proudly presents*

CHRISTMAS CHEER CONCERT

Featuring
Concert Band, Concert Choir,
Show Choir & Guitar Ensemble

**Thursday, December 7th, 2023
7:00pm**

Doors open at 6:40pm

Admission:
Adult: \$10 Children 12 and under: \$5

Southminster United Church
1011 4 Ave S, Lethbridge AB

Tickets Available
December 1st through School Cash Online on the CCH website
or at the door the night of the concert

Proceeds will go to the purchase of music and equipment for the Music Department



CCH WELDING CHRISTMAS FUNDRAISER!

WE HAVE TWO OPTIONS THIS YEAR!!

OPTION 1: CCH TREE ORNAMENT (LASER-CUT STEEL)

OPTION 2: NATIVITY TREE ORNAMENT (HORSESHOE NAILS)

PRICE: \$20 EACH

50% OF THE PROCEEDS GO TOWARDS SANTA'S ANONYMOUS

50% OF THE PROCEEDS GO TOWARDS REPLACING WORN OUT TOOLS & EQUIPMENT IN THE WELDING PROGRAM

OPTION 1



OPTION 2



ACTUAL PRODUCTS VERY SIMILAR TO THE ONES ABOVE, ALTHOUGH THEY MAY VARY SLIGHTLY

SUBMIT ORDERS BY DEC 14 TO ENSURE DELIVERY BY CHRISTMAS BREAK



[SCHOOL CASH ONLINE](#)



PROUDLY SPONSORED BY:





OFF-CAMPUS NEWS



Olds College Dual Credit Courses Winter Session

Students can now apply for Olds College Dual Credit courses which will run from March 4 to May 24, 2024.

Courses offered are:

- Accounting Principles 2
- Veterinary Practices: The Team Connection
- Electronics and Control Systems in Precision Ag.
- Applied Ecology
- Global and Sustainable Tourism
- Managing Landscapes
- Training for Performance

Please contact Mrs. Gurr or Mr. Boschee if you are interested in taking any of these courses for more information and forms.



University of Lethbridge Board of Governor's Admission Scholarship

This **\$1,000** scholarship rewards students who apply early to the U of L.

In order to be considered for the Board of Governors' Admission Scholarship you must submit a completed application for admission before

December 15th, 2023 and then you will automatically be considered.



Online Engineering Evening

Join the University of Saskatchewan on December 7th at 5:30-8:00pm for an evening of online interactive fun with prizes. Students can find out what kind of engineer they might be and what USask Engineering has to offer. Register at: <https://admissions.usask.ca/tours-and-events/events.php#Engineeringevents>



December Virtual Career Sessions

Geospatial Technician - Dec. 5 at 4:30pm

Database Software Developer - Dec. 6 at 4:00pm

Register for one or both of these sessions, or listen to past sessions, at:
<https://careersteps.ca>



Hours



All Rap and Work Experience students please remember to send in your hours to Mr. Boschee or Mrs. Gurr at: hsoffcampus@holyspirit.ab.ca

Happy holidays and good health and prosperity in 2024.

**From your Off Campus Team.
Mr. Boschee and Mrs. Gurr**



Your Off-Campus Team

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

Wendy Gurr - Career Practitioner - Cell: 403-593-2903 or Email: hsoffcampus@holyspirit.ab.ca



All Saints Roman Catholic Parish



First Reconciliation
&
First Holy Communion



Did you miss out on registration in the fall for Sacraments?
No problem! We will be running a Boot Camp for
First Reconciliation, First Eucharist, and Confirmation.

The First Reconciliation Boot Camp will run:
Sunday, January 14 from 12:00 pm until 3:00 pm **OR**
Sunday, January 21 from 12:00 pm until 3:00 pm
at Assumption Hall
Snacks will be provided.

The First Eucharist Boot Camp will run:
Sunday, February 4 from 12:00 pm until 3:00 pm **OR**
Sunday, February 11 from 12:00 pm until 3:00 pm
at Assumption Hall.
Snacks will be provided.

The Confirmation Boot Camp will run:
Sunday, February 18 from 12:00 pm until 3:00 pm **AND**
Sunday, February 25 from 12:00 pm until 3:00 pm
at Assumption Church Hall.
Snacks will be provided.

Registration forms are available on-line at:
www.allsaintslethbridge.org

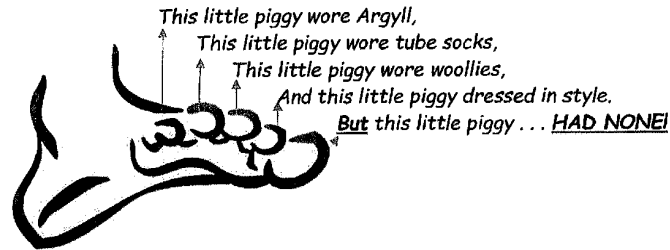
For more information please email
Cyndi at:
educationallsaints@shaw.ca

Pre-registration is required.



Congratulations to our Interns -

*Montana Durand, Olivia Kettle, Rebecca Maier, Jessica
Moylan and Georgia Strain on completing your PS3! We have
enjoyed having you here at Catholic Central and we wish you
all the best in your future endeavors!*



It's time for
**23rd ANNUAL
OPERATION:**

SOCK IT TO 'EM

From November 1 to December 13, 2023
**Nord-Bridge Seniors Centre, the Caretakers,
Maintenance & Support staff in Lethbridge & Area
schools are collecting *NEW SOCKS* to be
donated to local charities and those less
Fortunate for Christmas.**

***Please join them and make Someone's Christmas
a little bit warmer!***
**To donate, contact any Custodial staff at
your local school.**

QUESTIONS?
Call Gail Petrie (403) 327-6520
Charlene Kocken (403) 329-3222

**-Nord-Bridge Seniors Centre
-Lethbridge School District #51
-Holy Spirit School
-Palliser Regional School**



December

Build! Pilgrims of Hope



"Before I formed you in the womb I knew you, and before you were born I consecrated you..."

Jeremiah 1:5a

St. Margaret of Castello 1287-1320 (Feast Day: April 13)

Margaret was born in Perugia, Italy in 1287. We know that she was born with a medical condition known as dwarfism, was blind, and had other physical disabilities as well. Her parents, who were nobles, hid her from the public and eventually walled her into a room adjacent to the chapel. It was there that she began her spiritual journey, attending Mass and receiving the sacraments. She became devoutly spiritual during this time of solitude and when she was about 16, her parents took her to a church at Castello, where miracles were said to have happened, seeking for her to be cured. When this did not occur, they abandoned her there.

Consequently, she spent time living amongst the poor of the town before being taken in by a religious family. She joined the Dominican Third Order of Castello, and spent the remainder of her life in prayer, and performing acts of penance and charity to those around her. Her devotion and holiness were so well known in her community that upon her death in 1320, they demanded that she be buried in the local church. She was canonized by Pope Francis in April of 2021, and her incorrupt body still lies in that church in Castello 700 years later.

"Building" In Our Schools

It's important to remember and honour those who have served before us - be it in our community or in service to our country. With the help of Mrs. Alvarez and Mrs. Picton's students, St. Teresa of Calcutta School held a Remembrance Day service, while St. Mary School in Taber hosted a Community Remembrance Day ceremony. On November 9th, a special Mass was held at St. Basil Catholic Education Centre to honour retired staff for their work and support of Catholic Education. *"I thank my God every time I remember you..."* Philippians 1:3

"For we are God's servants, working together..." 1 Corinthians 3:9a



Corporal Works of Mercy

— Advent —

As we enter Advent this month, we would like to highlight a resource and a request.

In Holy Spirit, we have a divisional license for the [FORMED](#) platform. This service provides abundant Catholic content for your use with your staff, students, or your own formation. For [Advent](#), they have two new series, an interactive Advent calendar, as well as some Advent FAQs. *Rooted* will be a daily Advent reflection video series, while *Drawing Closer to God* is a Catholic art show for kids!

You will also know that we are working collaboratively this year with Chalice to support the St. Odilia building project. A number of schools are working on fundraising efforts through Advent to support this initiative, and recall that you can also make individual donations through [SchoolCashOnline](#). If you or a community partner would like to make a larger contribution, please let us know!



"...the virgin shall conceive and bear a son, and they shall name him Emmanuel." (Matthew 1:23)



[VIEW FULL SIZE](#)

Pope's Prayer Intentions - For people with disabilities
- Let us pray that people with disabilities may be at the centre of attention in society, and that institutions may offer inclusion programmes that value their active participation.

[Home Page](#)

Catholic Social Teaching

— Participation —

Through the course of this year, we will look each month at one of the Catholic Social Teachings. The aim of Catholic Social Teaching is to shine the light of the Gospel on our contemporary world, allowing us as disciples of Christ to look at the world around us with new eyes, and to take action.

Last month, we looked at subsidiarity - the idea that we should seek to address needs at the most local level and create solutions with those around us. Participation is closely linked to subsidiarity. As part of our living together, we also believe that each person is entitled to participate in making decisions that affect their lives, and to actively involve those around us in those processes, whether economic, social, or political. This is a way of balancing the dignity of each person with the pursuit of the common good.

As Pope Benedict XVI noted in *Caritas in Veritate*,

Subsidiarity respects personal dignity by recognizing in the person a subject who is always capable of giving something to others.

The Pope's Prayer Intention this month is for people with disabilities - that they may be at the centre of our societies and that we value their active participation. St. Margaret of Castello shows us the importance of this, and the positive impacts that those with disabilities have on all of us.

Learn more about Participation with one of these resources:

- The Religion Teacher - [Participation](#)
- Caritas EU - [Participation](#)
- USCCB - [Participation](#)

"Like good stewards of the manifold grace of God, serve one another with whatever gift each of you has received." (1 Peter 4:10)



Gospel Readings

December 3, 2023

1st Sunday in Advent

Gospel Reading: Mark 13:33-37

“What I say to you I say to all: ‘Watch!’” — Mark 13:37

Whenever something exciting is coming in our lives, we wait for it with great anticipation. If it is a birthday or a holiday, there is a lot to do to prepare for it. We put all our energy into the preparations without hesitation because we know how much fun it will be when the day comes. Today’s scripture reminds us to prepare ourselves with this same excitement and anticipation for Christ’s coming. Since it is the season of Advent, we are preparing to celebrate Christ’s birth. But we are also called to be prepared every day of our lives. Jesus wants us to be ready to meet him any day, any time, anywhere.

An Advent wreath helps us count the four weeks of preparation for Christ’s birth. Does your family have an Advent wreath or another Advent tradition that helps you count the days until Christmas?

Prayer:

Dear Lord, show me how I can best prepare my heart and mind to meet you whenever you come.



December 8, 2023

Feast of the Immaculate Conception

Gospel Reading: Luke 1:26-38

“Mary said, “Behold, I am the handmaid of the Lord. May it be done to me according to your word.” — Luke 1:38

People sometimes mistakenly believe that this feast is about when Mary became pregnant with Jesus. Instead, this feast day is about MARY’s birth. From the very moment when Mary began to grow in the womb of her mother, St. Anne, she was without sin. Mary received this special grace from God so that she could live unselfishly her entire life.

God knew that Mary would accept his plan to bring Jesus into the world as a human baby, so he prepared a perfect soul for her so she would become the Mother of his perfect Son.

Can you pray the Hail Mary? The first part of that prayer comes from the words the angel Gabriel said when he appeared to Mary.

Prayer:

Sweet Mother Mary, please help me to trust and obey God just like you did.

Hail Mary, full of grace,
the Lord is with thee.
Blessed art thou among women
and blessed is the fruit
of thy womb, Jesus.
Holy Mary, Mother of God,
pray for us sinners,
now and at the hour
of our death.
Amen.



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



Gospel Readings

December 10, 2023

2nd Sunday in Advent

Gospel Reading: Mark 1:1-8

“...prepare the way of the Lord, make straight his paths.” — Mark 1:3

Preparing is what everyone seems to be doing this time of the year. People are buying presents, writing cards, making cookies, and decorating homes. These ways of preparing to celebrate Jesus’ birth are lots of fun. But how are we preparing our hearts? There are many special things we can do during Advent, such as a Jesse Tree which reminds us of Jesus’ lineage. We could do Advent meditations as a family to help us think about Christ’s coming. We could find a way to serve those in need together. Or we could just pray together as a family in front of our Christmas tree and ask Jesus to help us prepare our hearts for Christmas. Whatever we choose, let us find a special way our family can “prepare the way of the Lord.”



What will we do as a family this Advent to prepare our hearts for Jesus’ birth?

Prayer:

Dear Lord, please help us to prepare our hearts in a special way as we prepare to celebrate your birth.

December 17, 2023

3rd Sunday in Advent

Gospel Reading: John 1:6-8, 19-28

“ Rejoice always.” — 1 Thessalonians 5:16

During this time of year, there are many things that can make us feel happy. We enjoy seeing friends and family. We may like looking at Christmas lights that decorate people’s homes. The festive food that seems to be present everywhere is extra yummy. But today’s scripture calls us to venture beyond “happy” into “rejoicing!” There are so many blessings around us that our joy should be abundant and directed to our God who gives us all good things! Let’s share our great joy with those around us, so the light of Christ will shine during this Advent season and continue through the upcoming Christmas season.”

What will we do as a family this Advent to prepare our hearts for Jesus’ birth?

Prayer:

Dear Lord, please help us to prepare our hearts in a special way as we prepare to celebrate your birth.



“I am the light of the world. Whoever follows me will never walk in darkness but will have the light of life.”
(John 8:12b)

December 24, 2023

4th Sunday in Advent

Gospel Reading: Luke 1:26-38

“Then the angel said to her, “Do not be afraid, Mary, for you have found favor with God.” — Luke 1:30

There are times when I do things that I know must disappoint God. There are other times that I’ve done things that I hope are very pleasing to God. But can you imagine being told directly by an angel that you have found favor with God? That would be amazing! Mary was someone very special to God. He wanted her to carry his Son. She always tried to do everything in her life to please the Lord. During this last day of Advent, ask Mary to pray for us to have the same desire she did, to do everything in our life to make God happy.

Prayer:

Dear Lord, thank you for showing us through Mary such a beautiful example of faith.



December 25, 2023

The Nativity of the Lord

Gospel Reading: John 1:1-18

Today is a day of great rejoicing! Jesus is born! He has come to teach us how to live with love and compassion. He was here when the whole world was created and he is here right now! Let us spend today and the rest of the Christmas season praising him for his goodness to us.

Prayer:

Dear Jesus, thank you for continuing to love us. Thank you for being the Word of God that speaks to us of your love.

Sources:

- [NOVENA TO ST. MARGARET OF CITTÀ DI CASTELLO](#)
- [The saint who was abandoned by her own parents](#)
- [Meet St Margaret of Castello. the pope’s unexpected canonization](#)
- [St Margaret of Castello Experience at the NCPD Race for Belonging](#)
- [In My Heart: The Life of Saint Margaret of Castello](#)
- [Margaret of Castello – the unwanted saint](#)
- [2023 Daily Prayers for Families](#)

Lethbridge Catholic
 Youth Ministry
 Sundays Grades 9-12
 7:00pm-9:00pm
 Assumption Hall
 2405 12 Ave S

Motivation...Discipline...Respect
REGISTRATION NOW OPEN!

TRY JUDO
LKJJC
Winter Classes
 January through April
 In Person: January 9 & 10
 6:00pm to 7:30pm
Limited Spots Available
Beginners (6ys+)
 &
12ys+ Beginners & Intermediate
 Registration Packages available at:
www.lajudo.com
 Questions? Contact Angie at lethjudo@gmail.com

ABILITY SKATE

Ability Skate is a new sensory-friendly public skating program specially designed for our Lethbridge residents with disabilities. Stay healthy & active by bringing your mobility devices, skates & safety gear to this slow-paced time on the ice!


Civic Ice Arena
 905 6 Ave S

Sundays
 December 3 | 10 | 17
 1:30 PM - 2:30 PM

Tuesdays
 December 5 | 12 | 19
 1:00 PM - 2:00 PM

Admission | FREE

www.lethbridge.ca/leisure



CITY OF Lethbridge



Knights of Columbus

**Our Lady of Peace
 Council 5726
 Lethbridge, Alberta**

<https://knightsofcolumbus5726.org>



Our Lady of Peace Council 5726, located in Lethbridge, Alberta, received its charter on May 27th 1965 and has been active in many worthwhile projects and activities in the Lethbridge and district community. We are involved in our parish, community, and youth programs, supporting through donations, several vocations, education institutions and other charities. Our involvement in community life is a record of our outstanding achievement. Our Website provides more detailed information of our financial charitable donations from 2021 to October 2023 totalling \$38,960.00.

We endeavour to reach out to our community informing them of our mission and the contribution our organization makes to the Lethbridge community. Through this contact and connection we hope that some members of the community will respond with greater support and some may choose to join our Council in our Mission and its work.

Healthy Teens



December 2023 Family Newsletter



Supporting your teen in the digital world

Some days it can seem like your teen is always on a screen—a smart phone, computer, video game, TV, or other digital device. If you wonder about effects on their well-being, you're not alone.

Research confirms that there are benefits to using technology—it can help teens learn, socialize, play, and bond with family. But there can also be negative impacts on physical and mental health (like physical inactivity, isolation, and exposure to harmful content or behaviour).

Interestingly, both zero screen time and excessive screen time can be hard on teens and their families. The better approach is to empower teens to use digital devices responsibly and safely, and in ways that support their overall well-being. Here's what you can do.

schools.healthiertogether.ca

Healthy Teens

- Join your teen in digital experiences—play video games together or try a new app. Watch how they engage with digital media. Ask questions and talk about what you notice. This can prompt conversations.

Empower online safety

Together with your teen, stay on top of technology trends. Explore new platforms and learn together about parental controls, privacy settings, and permissions.

Talk about the dangers of sharing personal information or connecting with strangers online. Teach your teen different ways to protect themselves. For example:

- Encourage them to connect online only with people they know in real life. Tell them that if they're going to meet someone they've only met online, you need to know and supervise.
- Remind your teen not to share passwords with anyone other than family. Help them with privacy settings for devices, accounts, and profiles.
- Ask your teen for their permission before you share photos or videos of them online. Encourage them to do the same for others.

Create healthy boundaries

As much as you can, try not to dwell on the amount of time your teen spends on devices. Instead, focus on the quality of their online experiences. Encourage them to take part in digital activities that are engaging, interactive, and educational (instead of passive or solo).

Consider making a [family media agreement](#). It can help set clear expectations around using technology and staying safe online. Work together to land on something that's in line

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with your family values and flexible enough for each person. Be open to negotiation with your teen. Let them take responsibility for shaping and respecting the rules.

Prioritize offline experiences

Try not to let digital devices interfere with offline activities for your family. These tips can help:


- Make device-free zones in your home (like common areas where people hang out).
- Set aside devices for most meals and snacks. Shift the focus to conversations.
- Encourage everyone to put their devices away at least an hour before bedtime, and to keep them out of bedrooms.
- Put away your own technology when your teen is around, especially if they're interacting with you. Give them your full attention—they'll appreciate you for it, and you'll set a great example.

Stay alert to signs of trouble

Be honest with yourself about how your teen is doing with screens. Even small changes in their mood or behaviour can be a sign that something isn't right. If you're concerned, reach out to a health care professional. Or for health advice or information 24/7, call 811.

For more information, go to:

- [How can you help your teen develop healthy cell phone habits?](#)
- [Digital technology: Tips for parents](#)
- [Parenting teens and tweens in the digital world](#)
- [Youth and digital technology](#)



Parish Advent, Christmas and New Year Mass Times

All Saints Parish

Saturday, December 23

5:00 p.m. at Assumption
7:00 p.m. at St. Basil's

Sunday, December 24

7:30 a.m. Mass at St. Basil's
9:00 a.m. Mass at Assumption
11:00 a.m. Mass at St. Basil's
6:00 p.m. Christmas Eve Mass at Assumption & St. Basil's
9:00 p.m. Christmas Eve Mass at St. Basil's & Assumption
11:58 p.m. Christmas Eve Mass at Assumption

Monday, December 25

7:30 a.m. Christmas Mass at St. Basil's
9:00 a.m. Christmas Mass at Assumption
11:00 a.m. Christmas Mass at St. Basil's

Sunday, December 31

7:30 a.m. Mass at St. Basil's
9:00 a.m. Mass at Assumption
11:00 a.m. Mass at St. Basil's
6:00 p.m. Holy Family Mass at Assumption
8:00 p.m. Mary Mother of God Mass at St. Basil's

Ss Peter & Paul Parish

Sunday, December 24

10:00 a.m. - Divine Liturgy
10:00 p.m. - Christmas Vigil and
Divine Liturgy

Monday, December 25

10:00 a.m. - Christmas Divine Liturgy and
Christmas Caroling

Tuesday, December 26

10:00 a.m. - Divine Liturgy and
Christmas Caroling

Saturday, December 30

9:00 a.m. - Divine Liturgy

Sunday, December 31

9:30 a.m. - First Hour
10:00 a.m. - Divine Liturgy

Children of St. Martha's

Sunday, December 24

10:00 a.m. Sunday Mass
5:00 p.m., 7:00 p.m., 10:00 p.m. Vigil Masses

Monday, December 25

10:00 a.m. Christmas Mass

Sunday, December 31

9:00 a.m., 11:00 a.m., 6:00 p.m. Mass
5:30 p.m. Adoration

Monday, January 1

10:00 a.m. Mass



Glory to God in the highest!

My precious Lord Jesus,
I adore You with profound love and rejoice in the
celebration of Your birth.

Your love for us is unfathomable,
glorious, transforming, awe-inspiring
and deeply personal.

You chose to come and dwell among us,
being born into poverty, rejection and humility.

Yet Your mother knew whom she bore.
Her heart was filled with the tenderest love
as she adored her Child and her God.

Help me, dear Lord
to come to love You with the heart of Your mother.

Invite me to adore You with St. Joseph
and the poor shepherds.

Reveal to me the glorious power of Your birth
and change my life on account of this
perfect gift of Yourself.

I love You, dear Lord Jesus.

Help me to love You with all my heart.

Newborn Savior of the World,

I trust in You.

Mother Mary and St. Joseph,

Pray for me and for all.

Amen.

taken from My Catholic Life!



*Wishing you and your family
peace and joy this Christmas season
and all through the new year!*

*From the teachers and staff of
Catholic Central High School*