



## *Principal's Message*

*written by Associate Principal, Anthony Vercillo*

Dear Catholic Central High School Community,

As we step into the month of March, it is with great certainty and conviction that I suggest that March at Catholic Central High School is truly a time of renewal in so many ways. It is a month brimming with opportunities for growth, learning, spiritual preparation, and performance of excellence in so many different facets. It may also very well be the busiest month of the school year!

This March, we are delighted to engage all our "pillars" at Catholic Central at their very fullest levels, as March is truly a month of significant :

**Faith Pillar:** Our commitment to fostering spiritual growth remains paramount. Throughout the month, we will offer various opportunities for prayer, reflection, and spiritual formation through Lenten celebrations in the classroom in preparation for the observance of Easter. Our students are blessed with the opportunity to participate and engage with the NET team and the additional opportunities they provide to connect in fellowship at the school daily through activities they organize faithfully. in liturgical celebrations, retreats, and other faith-based activities.

**Academic Pillar:** As always, our teachers are dedicated to providing engaging and enriching learning experiences both inside and outside the classroom and a fresh of a variety of exciting professional development opportunities in February. While we have really only just begun our third quarter, preparations for next year are already underway if you can believe that! As part of our ongoing dedication to academic excellence, our administration and counselors will be undergoing a major 'first' this month, as we will be making the most personalized course selections in the recent history of CCH. We are foregoing the impersonal method of having students enter course selections into a computer program and instead sitting down one to one, with each and every returning high school student (yes, you heard that right) and going through next year course selections step by step. Parents and guardians, you can help us immensely in this process by having conversations with your students about classes and future goals and plans for post-high school so we can help them best select the appropriate courses.

**Fine Arts Pillar:** This March, we are thrilled to open our highly anticipated, and 34th annual musical production! This year's selection will be the beloved tale of The Wizard of Oz! Our talented students and staff have been hard at work rehearsing for this spectacular production, which promises to enchant audiences of all ages. The show's official run begins March 8 and

goes through to March 16, with a mixture of evening and matinee performances. Evening performances begin at 7pm, and matinees begin at 1:30pm. Ticket purchases can be made via our website, and all performances are held in our very own Knights of Columbus Lethbridge Councils Eggplant Theatre at Campus East. "Break a Leg" to all involved with the massive undertaking that goes with putting on a musical production the magnitude of which CCH annually offers!



**Athletics Pillar:** March is perhaps the BUSIEST time for athletics at Catholic Central High School. In many ways it is a nexus point for high school athletics. Badminton, baseball, softball, wrestling, and basketball are either all well under way or just beginning. Of note is the South Zone Basketball Tournament, where our talented basketball teams will showcase their skills at the biggest zone tournament in the province. Junior Varsity and Varsity Playoffs begin on March 5, and the zone tournament starts on March 7. If you have never experienced the South Zone Basketball tournament in person, I strongly encourage you to! It is the best atmosphere in high school athletics bar none! Good luck Cougars as the season comes to a close, and high hopes for a playoff run!



In addition to these exciting initiatives, as we embark on this month filled with promise, possibilities, and prayer, let us remain steadfast in our commitment to academic excellence, spiritual growth, and community engagement. Together, we will continue to nurture a vibrant and inclusive learning environment where every student can thrive and succeed.

Thank you for your continued support and dedication to Catholic Central High School. May God's blessings guide us in all our endeavors.

Sincerely,  
Anthony Vercillo  
Associate Principal  
Catholic Central High School



# Important Dates and INFORMATION

CATHOLIC CENTRAL THEATRE  
presents

## The Wizard of Oz

By L. Frank Baum      Directed by Braden Dalton  
With Music and Lyrics by Harold Arlen and E. Y. Harburg

Background Music by Herbert Stothart

Dance and Vocal Arrangements by Peter Howard      Orchestration by Larry Wilcox


Adapted by John Kane for the Royal Shakespeare Company

Based upon the Classic Motion Picture owned by Turner Entertainment Co.  
and distributed in all media by Warner Bros.

**Matinée performances**  
March 9, 10, and 16 at  
1:30 p.m.

**Evening performances**  
March 8, 13, 14, 15, 16  
at 7:00 p.m.

Tickets are \$22.50 and  
available through the  
CCH website



THE WIZARD OF OZ is presented by arrangement with Concord Theatricals on behalf of Tams-Witmark LLC.  
www.concordtheatricals.com

## March

- 5 - Midterm
- 5 - *The Wizard of Oz* Student Preview
- 7 - Parent/Teacher/Student Conferences
- 8 - *The Wizard of Oz* - Opening Night
- 9&10 - *The Wizard of Oz* - Matinees
- 11 - Division PD Day - No School
- 13,14,15,&16 - *The Wizard of Oz* - Evening
- 16 - *The Wizard of Oz* - Matinee
- 28 - Holy Thursday - Last Day of Classes before Easter Break
- 29 - Good Friday
- 31 - Easter Sunday

## April

- 1-7 - Easter Break
- 8 - First Day Back & Social Part A Diploma
- 9 - Last Day of Q3 Classes
- 10 - English Part A Diploma
- 11 - Math Diploma
- 12 - English Part B Diploma
- 15 - Biology & Social Part B Diplomas
- 16 - CCH PD Day & Chemistry Diploma
- 17 - 1st Day of Q4 & Schoolwide Retreat
- 17 - School Council Meeting - 6:00 p.m. Campus East Library

## Board gameclub

- For grades 10-12
- At CCH west
- Classroom 519 (businessroom)
- During lunch: 11:00-11:45
- Every Tuesday



Are you exited about board games?? Come by and play some with us



Organised by the NET team  
Lethbridge@netcanada.ca



## Join us at Youth Night!

Questions? Contact  
lethbridge@netcanada.ca

Every Sunday  
7:00-9:00pm  
Assumption Church Hall  
2405 12 Ave S



All are Welcome!

Join us for fun games  
and snacks!  
Each week we'll discuss a  
new theme related to our  
Catholic faith

# Welcome to Catholic Central!



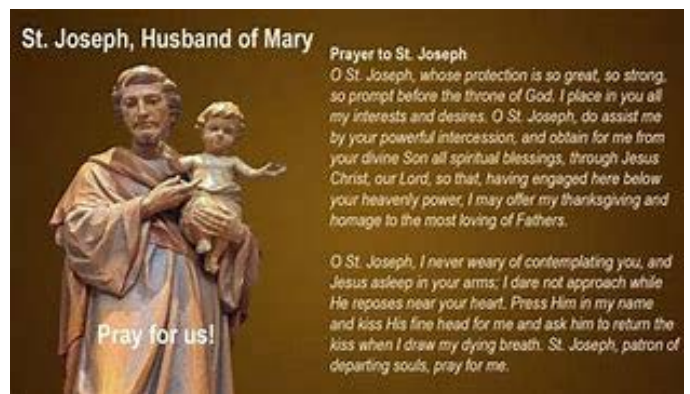
**Gina Dudas** was born and raised in Lethbridge. She is a proud Catholic Central High School graduate - circa late 1990 something! While attending the University of Lethbridge to complete her Education degree she was able to complete her PS 3 at CCHS. After some years of teaching experience and years as a financial advisor, Gina's path has led her back to CCH. Gina is excited about the opportunity to work with the students and staff of this amazing school!



Hi, my name is **Melanie Gourlay**! I feel so blessed for the opportunity to work as an EA for the Jordan's Principle at CCH. I was a stay at home mom for 13 years, and now that my kids are on the right track, I decided to work in a field I can be passionate about. I was taught that everyone has talents that should be utilized to make this world a kinder, more compassionate world to live in. Let's pay it forward!

## FAITH EVENTS AT CATHOLIC CENTRAL

- Ash Wednesday Mass was February 14. It was incredible to begin our Lenten Journey together as we came together as one school for this mass.
- Upcoming Lenten Services: Weekly Lenten Services (Monday at the beginning of block 1 classes, February 26, March 6, March 12 (Tuesday as there are no classes on Monday), March 18, and March 25.
- Friday masses at 12:45 on Campus East – March 8 (Musical Production staff, cast, and crew).
- Catholic Central's patron saint is St. Joseph. Fittingly, as we have two campuses, we also have two feast days! The first Feast of St. Joseph the Husband is on Tuesday, March 19. The second is the Feast of St. Joseph the Worker, which is on Wednesday, May 1, 2024.



## PARENT-TEACHER-STUDENT CONFERENCES

The next opportunity to meet with your student's teachers for quarter 3 is on **Thursday, March 7 from 6:00-8:00 pm**, in person on Campus East in the Cafeteria. The Conference Manager booking system will open on Monday, February 26 at 8:00 am and close on Wednesday, March 6 at 3:00 pm.



## School Fees are now past due!

It is very important to log on to School Cash Online to pay fees. These fees go toward consumables that students use over the duration of the year. If fees are not paid, we run the risk of canceling classes and programs should budgetary deficits impact the various opportunities that we offer at Catholic Central. We appreciate your prompt attention to this!



Oki Students, Parents & Guardians,

We are very excited to celebrate our First Nations, Metis & Inuit Students upon graduation at our upcoming **Feather Blessing on Tuesday May 7th, 2024** in the gym on Campus West. We encourage our students in celebrating this event to wear your ribbon skirts and shirts for the ceremony. For those students who have not yet picked up their ribbon skirt/shirt kit please see Emily Fox.

## COURSE SELECTION FOR CURRENT GRADE 10 AND 11 STUDENTS AT CCH

As Mr. Vercillo mentioned in his message, we have taken a new approach to course selection for the upcoming school year. Instead of taking classes through the process (one administrator or guidance counselor with each class), we have decided to meet with each student within a class 1:1. Thus, each student receives time with an administrator or guidance counselor to personalize their requests and to ask any questions regarding graduation requirements and post-secondary admission. We have encouraged students to “take home” a course selection sheet and have conversations with parents/guardians/ siblings etc. Should you need to access a copy of this sheet, you can do so here:

[https://cch.holyspirit.ab.ca/resources\\_publications/student\\_handbook](https://cch.holyspirit.ab.ca/resources_publications/student_handbook)

If you have any questions, please feel free to contact any one of our guidance counselors or administrators.



*Jostens* **YEARBOOKS** ON *Sale Now!*

## ATTENTION PARENTS:

Don't forget to order your student's copy of the 2023-2024 yearbook! **COPIES ARE LIMITED!** Order yours now by scanning the QR CODE HERE →

**DEADLINE: May 31, 2024 | COST: \$45.00**



## ATTENTION PARENTS/ GUARDIANS OF OUR GRADUATES

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



- **Grad requirements:** Please ensure that your child double-checks this list to ensure that his/her name is on it and REMAINS on it (should grad requirements not be met, names can be removed from the list). Grad requirements are (by the end of quarter 3): at least 90 credits completed and in form to attain 100 credits by the end of the year, Faith in Action (40 hours) complete, and RE 35 complete.
- **Grad 2024 Google Classroom:** Please continue to check for updates including nomination of grad songs and theme, as well as to volunteer for a role at grad, in the Google Classroom!
- **Grad Hoodies:** the deadline to order Grad Hoodies has now passed. If you ordered a hoodie, watch for announcements as to when they will be ready for pick up (from both campus offices)
- **Grad photos:**  
ALL GRADUATES MUST BOOK A SITTING. There is NO CHARGE to grads to have their picture taken. Grads can book these sessions online at:  
<https://local.prestigeportraits.ca/ab/lethbridge/1021-3rd-ave-s.html> **Please ensure your graduate has booked a session! If you have missed this window, please contact Mrs. Sutter at CCH immediately.**
- **Grad fees:** \$160 due on March 17. Fees can be paid through School Cash Online, which can be accessed from our homepage: <https://holyspirit.schoolcashionline.com/> If you require assistance with this, please contact Mrs. Wilson at the school.
- **Grad Statements:** Grad Statements will be collected via Google Form, sent to Mr. Vercillo for compilation. This form will be collected by your student's Religious Education 35 teacher. If you have not completed your grad statement, please see Mr. Vercillo before Tuesday, April 9th.
- **CCH Website for Grad Updates:**  
<https://cch.holyspirit.ab.ca/cms/One.aspx?portalId=20671088&pageId=27454496>

## DID YOU MISS ORDERING YOUR GRAD JEWELRY & GEAR @ SCHOOL?



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

Or

Contact Jostens @ 403.252.1774 or [sean.kelly@jostens.com](mailto:sean.kelly@jostens.com)



**Order your jewelry before March 14, have it for Grad  
& Save \$60.00 with discount code WB60CAD !**



Interested in 2024 Grad Clothing & Swag? [www.jostenscanada.com/classof2024](http://www.jostenscanada.com/classof2024)





## Japan Trip Update

KONNICHIWA, CCH Travelers!

Mr. Dalton and Mrs. Polec have been working behind the scenes with EF Tours to ensure that we are able to proceed with the trip at the BEST cost, with the same, if not better, experience that we set out to do at the beginning of the year. Thank you for your patience as we had to adjust a few components in order to lower costs and secure flights/ other means of travel.

As such, the itinerary has changed slightly (as we will no longer travel to Sendai). This is the LATEST messaging that EF Tours has worked on for us. If you have received previous messaging about past or approaching deadlines, please DISREGARD. We have copied and pasted the message here:

*Dear Catholic Central High School families,*

*We are thrilled that your child will be coming along on a wonderful adventure through Japan at the end of June. We also want to thank you for your patience as we have discussed the best course of action in the face of recent challenges.*

*For transparency, we have 21 eager students ready to take-off. However, the original trip was customized for 35 students, which means that traveling with the current numbers would increase private group fees considerably. So, through meaningful discussion with the school, we have decided to explore a shorter, pre-set, private tour called Japan:Land of the Rising Sun. It is one of EF's most popular tours in Japan and ensures the trip remains as accessible as possible for families.*

*Now that this has been confirmed, we want to make sure you know what to expect. So, here's what you should know:*

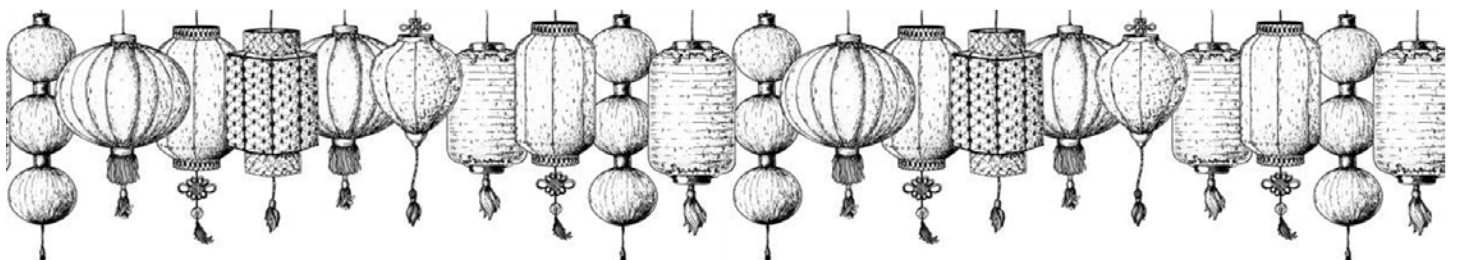
- We are currently in the process of moving students over from the original trip to the new one*
- Once this process is complete, you will see all of the updated tour information on your EF account*
- All payments made thus far will be transferred over and reflected in your payment history for the new trip*
- If you have paid in full, you will see a credit on your account. EF will issue a refund of the difference to all families that have paid in full*
- If you were recently moved off the waitlist, or have yet to set-up a payment program, please call EF or visit your EF page to select a payment plan*
- Any early enrolment discounts that were valid at the time of enrolment will be reflected on the new tour as well*

*Should you have any questions about your account, please reach out to our Traveler Support team at 1-800-263-2806*

*Thank you again for your continued support of student exploration! We are certainly excited for this experience.*

As you will note, the cost has changed slightly as our group settles around 21 student travelers and three teacher supervisors. We hope that this all makes sense and we really appreciate your patience. In the meantime, it would be important to log on to your EF Tours account within the next few days to verify that you have been "switched over" to the "Japan: Land of the Rising Sun" tour. If needed, the new code is: 2761031SN

The LAST DAY to enroll for this trip is Friday, March 1, 2024!! We have room for three more students!





# School-wide Retreat - NEW to CCH in Quarter 4

## What is the purpose of a retreat?

A retreat refreshes and revitalizes, gives the opportunity for more time spent in prayer and contemplation, and rekindles and deepens our relationship with God. We can see retreats as an opportunity to more clearly hear God's call and to seek God's healing grace and thereby attain a degree of spiritual renewal. It is also time spent with each other to form bonds with one another, contemplate purpose/ meaning and motives in life, and work with one another toward specific goals.

## Why are we coming together for a School-wide Retreat?

The question would be, why not? This year, the call to action of our Three-Year Faith Plan is "Build!", which asks us to look outward and recognize that we live in community, spiritual unity, and relationship. In this "Spirituality of Communion", we foster healing, reconciliation, and renewal.

At Catholic Central, we have decided that instead of three grade-level retreats (which has been the tradition), we will embark on coming together as a whole school community... a first for CCH in terms of retreat planning!

## Who will be involved?

All Catholic Central staff and students, members of the school community (parish, NET Team, Knight of Columbus), and special guests.

## Where will the retreat be held?

All students will report to/ attend their block 1 class (this is the first day of Quarter 4) for teachers to take attendance and provide an overview of and instructions for the day.

## When will the retreat be?

Wednesday, April 17, 2024 - the first day of Quarter 4 classes.

## What will we be doing on the day of the retreat?

Michael Chiasson from Access52 will be the guest speaker. For over ten years, Michael has been helping people make an "All In" decision to be their best self by helping them find their place and conviction. As a speaker, musician, TV host, and writer, he has spoken to over 100,000 people around the world. He was the recipient of the 2016 Shepherd Leadership Award and has spoken at teacher conferences, schools, grad retreats, parent conferences and corporate events.

Other Activities will include talks, meditation, prayer time in various ways, hands-on activities, smudging, and other fun and engaging activities.

For the grade 12s, Mrs. Polec will be providing "the next steps" in preparing for Graduation Ceremonies 2024.

It is important to note that as a Catholic school, we prioritize faith and academics as two of our pillars. This retreat will serve as a means for all involved to open up our hearts and minds to strengthen our relationship with God and others.





# OFF-CAMPUS NEWS



## Lethbridge College Events



### Open House March 2 · 10 am - 1 pm

Meet with instructors, find out more about your future career opportunities, enjoy a free lunch, **save 50% off the application fee** and if you pre-register you have a chance to win great prizes.

Register at: <https://lethbridgecollege.my.site.com/lcext1/event?form=a2TJA0000000AqL2AU>

### Dual Credit Discovery Night March 7 · 6 - 8 pm

Come discover the wide range of Dual Credit opportunities at Lethbridge College, as they highlight new courses, explore career pathways and tour exciting campus locations.

Register at: <https://give.lethbridgecollege.ca/event/dual-credit-discovery-night-2024/e561474>

### Wind Turbine Discovery Night March 7 · 4 - 7 pm

This event includes a career fair and open house in TT1951, in the Trades, Technologies and Innovation Facility. Stop by and explore the tools, equipment and technology used in the wind turbine industry, including their full-size, 309,000-pound nacelle. The \$100 application fee for programs in the School of Renewable Energy will be reduced by 50 per cent for those who attend. For more information contact:

[windturbine@lethbridgecollege.ca](mailto:windturbine@lethbridgecollege.ca)

## February Virtual Career Sessions

Psychologist - March 7 at 4:00pm

Air Traffic Controller - March 20 at 4:30pm

Art Gallery Curator- March 21 at 5:00pm

Roofer - March 26 at 5:00pm

Register for one or all of these sessions, or listen to past sessions, at:

<https://careersteps.ca>



## Alberta Junior Forest Ranger

JFR is now accepting JFR Crew Member positions from Alberta High School students ages 16 - 18 years old. Applications will close on **April 1st**. Not only are you paid to be a JFR but you can earn up to 10 high school credits. For information and application forms go to: <https://alis.alberta.ca/junior-forest-rangers/applications/>



## YQL Aviation Day

May 25, 2024 10:00 am—5:00 pm  
at the Lethbridge Airport

Are you interested in a Career in Aviation? Then this day is for you! For more information go to: <https://www.lethbridgeairport.ca/aviationday>



Presented in Partnership by  
**CAREERS: The Next Generation,**  
Lethbridge Airport & Lethbridge College

## The Off-Campus Team



Mark Boschee - Off-Campus Coordinator - Cell: 587-220-4258 or Email: [hsoffcampus@holyspirit.ab.ca](mailto:hsoffcampus@holyspirit.ab.ca)  
Wendy Gurr - Career Practitioner - Cell: 403-593-2903 or Email: [hsoffcampus@holyspirit.ab.ca](mailto:hsoffcampus@holyspirit.ab.ca)





# RED CROW COLLEGE ITAOHKANNO'PA OPEN HOUSE

**March 6, 2024**

**9:00 am - 3:00 pm**

**Location: Stand Off, AB Main Campus**

**Come and Spend the Day with Us!**  
**See what Mi'kai'sto has to offer YOU!**  
**Early applications accepted for**

- Campus Tours
- Continental Breakfast & Lunch provided
- Break-out Sessions
- Elder Panel
- Program & Funding Information

To Register call: (403)737-2400 & contact:  
*\*Early Registrations on-line at: [www.redcrow.com](http://www.redcrow.com)\**

- Melanie Twigg email: [melanie.twigg@mikaisto.com](mailto:melanie.twigg@mikaisto.com)
- Haley Tallow email: [haley.tallow@mikaisto.com](mailto:haley.tallow@mikaisto.com)



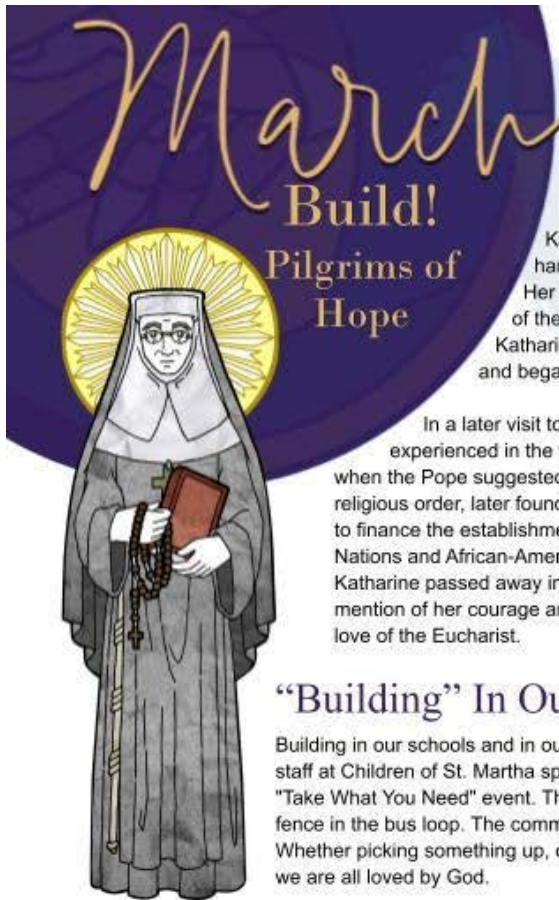
The Cinderella Project & Tux Shop is about celebrating graduating students who have shown outstanding resilience in overcoming barriers on their journey to graduation. Our program is focused on meeting the need for formal attire and creating an experience to remember. Students register to access resources to provide them with free formal wear, hair and photography services. Graduation is a milestone to remember! We want to come alongside students to support, celebrate and restore hope and dignity.



- [tanya@mycitycare.ca](mailto:tanya@mycitycare.ca)
- <https://mycitycare.ca>

**CALL US FOR MORE INFO**  
**403-942-1378**





*"Out of our common todays and yesterdays we are building for eternity. No thought, no work of ours ever dies. We shall meet them all again, and in the world to come shall find our gathered harvest."*

- St. Katharine Drexel

### St. Katharine Drexel 1858-1955 (Feast Day: March 3)

Katharine Drexel was born into a wealthy American family, and despite some personal hardship, grew up in relative comfort, with private tutors and the ability to travel widely. Her family was also very dedicated to prayer and service; they supported the poor and needy of their community from their abundant wealth. During a family trip to the western states, Katharine saw the plight of the Indigenous peoples of the west, met the Sioux leader Red Cloud, and began to send financial support to western missionaries.

In a later visit to Europe, Katharine met Pope Leo XIII and, after describing what she had seen and experienced in the western United States, asked him to send more missionaries to that area. She was surprised when the Pope suggested that she become a missionary! After prayer and spiritual direction, Katharine indeed joined a religious order, later founding another order known today as the Sisters of the Blessed Sacrament. She used her wealth to finance the establishment of over 60 schools and missions across the United States that served the various First Nations and African-American communities, never hesitating to speak out against racial injustice and discrimination. Katharine passed away in 1955 at the age of 96. When Katharine was canonized, Pope John Paul II made specific mention of her courage and initiative in addressing social inequality, her perspective on the unity of all peoples, and her love of the Eucharist.

### "Building" In Our Schools

Building in our schools and in our communities! On Tuesday, February 13th, students and staff at Children of St. Martha spread love and kindness to the community by hosting a "Take What You Need" event. The students created "heart art", which was placed on the fence in the bus loop. The community was invited to stop by and take whatever they wanted. Whether picking something up, or simply driving by, the art is a creative demonstration that we are all loved by God.



### Corporal Works of Mercy — Clothe the Naked —

Living in southern Alberta in the wintertime is a clear reminder of our basic human need for clothing! When we think of Clothing the Naked, we often think of that literal level which is very important - but so also is the wider work of mercy that can be applied. This is outlined by Philip Kosloski in [this article](#) from the National Catholic Register. In it, he notes:

*"When we search out the "naked" of our local community, we shouldn't only be looking for those without clothes. We should also look for those who are rejected, alone, and forgotten. They too are "naked," without friends or family, stripped of all meaningful human relationships. They are like the man in the parable of the "Good Samaritan." He was not only stripped of his clothes, beaten and left for dead, but also completely alone. Numerous people passed him by and no one extended a hand. He was treated like he was invisible."*

Consider one of the following suggestions from the McGrath Institute at Notre Dame:

- Give up a particular item that you might normally spend money on and donate the funds to an organization that might be in need.
- Donate clothing (new or in good condition)
- Hold a baby shower for a mom in need.
- Consider reaching out to organizations that help children who might be in foster care or living in a shelter.

### Pope's Prayer Intentions - For New Martyrs

Let us pray that those who risk their lives for the Gospel in various parts of the world might imbue the Church with their courage and missionary drive.

For more Information: [Works of Mercy](#)

[Home Page](#)

*"...Whoever has two coats must share with anyone who has none; and whoever has food must do likewise" (Luke 3:11)*

### Catholic Social Teaching — Economic Justice —

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 solidarity as the need to recognize our interdependence, to see ourselves in others and to seek to secure their good. One area in which we can see this specifically is economic justice. Many papal encyclicals that are now part of the magisterium of the church speak to economic justice. In 1891, with the release of the encyclical *Rerum Novarum*, Pope Leo XIII responded to the conditions of the Industrial Revolution by highlighting both the need for private property as well as the rights of workers to fair wages and unions. More recently, we have seen Pope Francis write encyclicals such as *Laudato Si* and *Fratelli Tutti*, in which he is critical of our 'throwaway culture' and speaks of a need for integral ecology in which to balance economic development with the environment. Throughout all of these encyclicals, we see the Church advocating for just economic systems that are rooted in the need to address both individual human dignity and the common good.

Learn more about economic justice with one of these resources:

[Rerum Novarum](#)  
[Laudato Si](#)  
[Fratelli Tutti](#)





# Gospel Readings

March 3 2024

3rd Sunday in Lent

## Gospel Reading: John 2:13-25

"Take these out of here, and stop making my Father's house a marketplace." — John 2:16

Today in the Gospel we see that Jesus was angry with the way people viewed his Father's house. It makes me think about how we view God's house today. Would Jesus be happy with the way we act in church? Do we rush in and out because we have better things planned for our day, or do we take a few extra minutes to speak privately with Jesus? Do we prepare ourselves by the way we dress and quiet ourselves before we enter into the church knowing that Jesus is truly present there in the Eucharist? Do we genuflect out of respect? When we do these things we show God how much we love him.

What are some ways your family prepares for Mass? What could you change to prepare better?"



### Prayer:

Dear Lord, we want to honor and worship you when we spend time in your house. Please give us the grace to fight off temptations of distraction so we may love and glorify you by our presence in church.

March 10, 2024

4th Sunday in Lent

## Gospel Reading: John 3:14-21

"For God did not send his Son into the world to condemn the world, but that the world might be saved through him." — John 3:17

Some people think God is like an angry judge. They forget that he is a loving parent. He loves each one of us as his own children. Ask your parents how much they love you. It may be hard for them to express all the love they have for you in their hearts. But parents love their children a lot, wanting the best for them. God wants that for us, too. He saw that we needed to know his love, and the best way to show us was to send his Son. But he didn't stop there. He allowed his Son to show us God's love all the way to the cross. Jesus laid down his life for us, and then rose from the dead to love us even more. Our God really loves us a lot!

How do you view God? As an angry judge or a loving parent? Are you afraid of him or do you run into God's arms for love?



### Prayer:

Dear Lord, thank you for being a Father who is willing to go to any length to show us, your children, that you love us.

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



[Home Page](#)

# Gospel Readings

March 17, 2024

5th Sunday in Lent

## Gospel Reading: John 12:20-33

"Whoever loves his life loses it, and whoever hates his life in this world will preserve it for eternal life." — John 12:25

Today's scripture from the Gospel sounds kind of confusing. Most of us like our lives. It is hard to understand why we would lose it just because we like it. But I think that Jesus is looking deeper than what meets the eye. In different words, "whoever loves his life more than God will lose it and whoever puts God first will gain eternal life." If we live our lives only to please ourselves, we lose out in the end. But if we learn to put God first in our lives, we take steps closer to being with him forever in heaven.

What are ways I put myself ahead of God? How can I make a change to start putting God before myself?"



### Prayer:

Dear Lord, help me to put you first, even before all the things I want. Teach me to seek you in all I do.

March 24, 2024

Palm/Passion Sunday

## Gospel Reading: Mark 14:1-15:47

"...every tongue confess that Jesus Christ is Lord, to the glory of God the Father." — Phillipians 2:11

Today we reflect on Christ's passion and death. In the midst of the story it is hard to believe that "every tongue will confess that Jesus Christ is Lord." Most voices at this moment are condemning him. There are only a few people that are standing by him, suffering with him. There are times in life when we have the choice to be a person who stands for God, even it's really difficult, or to be a person of anger, betrayal, and abandonment.

Which voice will you have in this week before Easter? Which side will you be on, Christ's or the world's?

### Prayer:

Lord, you suffered because of your great love for us. Give me a voice to tell people how important you are to me!



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March 31, 2024

Easter Sunday

## Gospel Reading: John 20:1-18

"...he saw and believed." — John 20:8

Those who went to the tomb to see that Jesus was not there—that he had risen—were indeed blessed. But Jesus said, "Blessed are those who believe without seeing." That's us! We believe because of the stories we have been told, the traditions that have been passed down to us, the experiences we have had through Holy Week and Easter. We are blessed to have the gift of faith to hear and believe that: Jesus Christ is Risen today! Alleluia!!!

What does God want to bring to life in you today?"

### Prayer:

Dear Lord, we praise you and thank for this Easter Sunday that reminds us of your gift of salvation. We are forever grateful for such a gift!



Emily Williston



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# ALEIGHA ARKSEY

## True Balance Counselling

Aleighta is a Registered Psychologist who specializes in working with youth, anxiety, and grief and loss, but does work with individuals of all ages. Working with an open heart and open mind, Aleighta draws from a variety of approaches including Cognitive-Behavioural Therapy, Mindfulness, Play Therapy, Person-centered Therapy, Strength-based, and Solution focused.

This is a **FREE** event

Intended audience: parents, guardians, caregivers, aunts, uncles, grandparents, childcare providers, all school staff, bus drivers, parishoner's  
**Please RSVP @**

<https://www.surveymonkey.com/r/7R9L8CC>



(I)SWAG Presents:

# ADHD - UNDERSTANDING THE DIAGNOSIS AND TREATMENT STRATEGIES

Ft. Aleighta from True Balance Counselling

5:30pm to 8pm March 20th, 2024

Join us as Registered Psychologists Aleighta and Ashley from True Balance Counselling presents on ADHD while we enjoy a complimentary dinner and the chance to win some door prizes at a fun night of learning.

Please RSVP @



<https://www.surveymonkey.com/r/7R9L8CC>

### Location:

#### THE ESSIE'S BALLROOM

Sandman Signature,  
320 Scenic Drive S,  
Lethbridge AB

