

Principal's Message

As we step into the festive month of December, we are reminded of the sacred time of Advent, a season of preparation, hope, and joyful anticipation. At Catholic Central, Advent is a time to pause amidst the busyness of our lives, reflect on the promise of Christ's coming, and prepare our hearts to welcome Him anew.

Advent, derived from the Latin word *adventus*, meaning "coming," is a season that calls us to prepare for two significant moments: the celebration of Jesus' birth at Christmas and His promised second coming. Beginning on November 29, at the beginning of block 3 classes, students and staff will focus on the special focus of each week of Advent:



Week 1: Hope – We light the first candle, the Prophecy Candle, remembering the hope-filled promises of the Old Testament.

Week 2: Peace – The second candle, the Bethlehem Candle, reflects the peace Christ brings to a weary world.

Week 3: Joy – With the pink candle, the Shepherd's Candle, we celebrate the joy of the shepherds who first heard the news of Jesus' birth.

Week 4: Love – Finally, the Angel's Candle represents the boundless love God shares with humanity through His Son.

These weeks guide us to focus on the virtues that strengthen our faith journey and align our hearts with the true meaning of Christmas. At Catholic Central, beyond our weekly Advent Services led by Students' Council and classroom teachers, we look to prepare our hearts through various acts of charity and love such as: Santa's Anonymous Christmas Hamper Project, The Angel Tree Project, and The Sock It To 'Em Campaign.

These initiatives invite students and families to be aware of and provide care to the greater need within both the Holy Spirit and Lethbridge community.



While December is a busy month that thrusts us into the basketball, curling, and wrestling season, alongside the work happening with the musical production and in clubs like Robotics, Student Ambassadors, Yearbook, and Athletic Leadership,



I want to take the time to explain how the Santa's Anonymous Christmas Hamper Project - which many of you are familiar with - came to be: 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 to 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(TLC) 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, Mr. New, and Mrs. Christensen - 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 fifty 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 \$ 625,200 in kind, that has been raised over the years, to feed and bring Christmas joy to around 1,575 families. This year, Catholic Central is committed to supporting 72 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-\$350) 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



Advent & Christmas Mass Times

Mass times are not yet posted for the Christmas season in Lethbridge. Please find the information in the future for our Lethbridge parishes at:

<https://www.allsaintslethbridge.org/> or
<https://www.stmarthasparish.ca/> or
<https://sspeterandpaullethbridge.weebly.com/>





Important Dates

November 29 - Advent Service #1 in block 3
December 1 - First Sunday of Advent, Volleyball Potluck and Awards on CWest at 5:30pm
December 2 - Football Potluck and Awards on CEast at 7:00 pm
December 5-7 - Cal Classic Basketball Tournament on CEast and CWest
December 7 - Advent Service #2 in block 3
December 8 - Second Sunday of Advent
December 11 - Midterm
December 11 - Advent Mass (with blessing of the Santa's Anonymous hampers) at 9:30 on CEast
December 11 - Parent/Teacher/Student Conferences 6-8 pm on CEast
December 12 - Christmas Concert at the Evangelical Free Church at 7:00 pm
December 13 - Advent Service #3 in block 3
December 15 - Third Sunday of Advent
December 16-20 - Christmas Spirit Week
December 17-19 - Our School Survey for students in block 3 & 4 classes
December 20 - Advent Service #4 in block 3
December 20 - Last Day of Classes before Break
December 22 - Fourth Sunday of Advent
December 24 - Christmas Eve
December 25 - Merry Christmas!
December 21-January 5 - Christmas Break!



January 6 - Return to classes after Christmas break; Staff to bless larger gathering areas after school
January 7 - Blessing of the Classrooms in block 3
January 13 - FLA Part A diploma
January 14 - ELA Part A diploma
January 15 - Social Part A diploma
January 16 - FLA Part B diploma
January 17 - Last Day of Q2 classes and Math diploma
January 20 - ELA Part B diploma
January 21 - SS Part B diploma
January 22 - Biology diploma
January 23 - Chemistry diploma
January 24 - Physics diploma
January 27 - CCH PD Day and Science diploma
January 28 - First Day of Q3 Classes



Advent Services – We will be having our regular Advent Services held in Block 3 classes on the following Fridays – November 29, December 6, December 13, and December 20



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 70 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 toward making a better Christmas for those in the community.



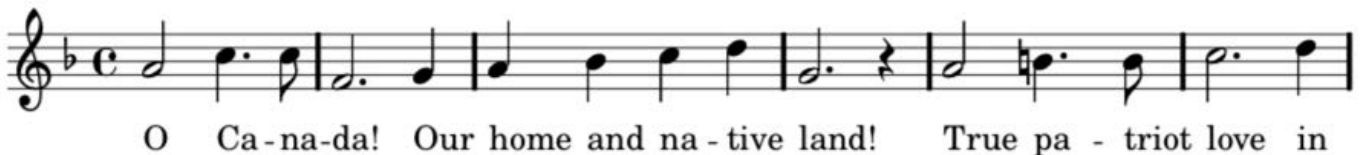
We will be constructing the hampers just after the Advent Mass held on December 11th, and then distribute them via our colleagues in other Holy Spirit schools. If you would like to get involved, it's not too late. We will continue to take food donations up to December 2nd and online donations can be made right up to December 20th and throughout the year. 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!



We bid farewell and congratulations to the four interns who have been with us since the beginning of this school year. To Ms. Murphy, Ms. Skanes, Mr. van der Stoel, and Mr. Yanke, we wish you all the best in your future careers!

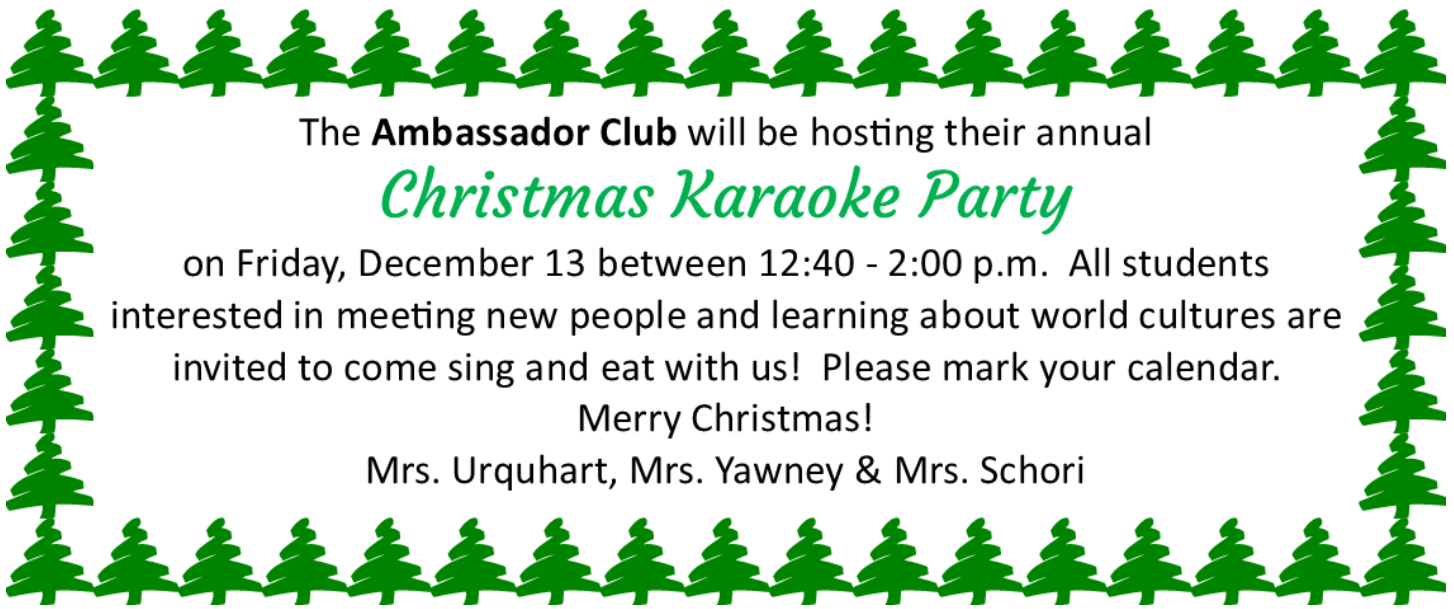
O Canada



Our CCH *Show Choir* will be singing the national anthem at the December 13, 2024 Hurricanes game against Red Deer. Our school community has special access to discounted tickets for this game. Tickets can be purchased online at

visitlethbridgearena.ca under the following path: Events/ Lethbridge Hurricanes/ Promotions (near the top header)/ School Community Discount Code: CCH24. This code is available to the entire school community for general seating throughout the arena until game time. The game starts at 7:00 p.m. Hope to see you there!!





The **Ambassador Club** will be hosting their annual

Christmas Karaoke Party

on Friday, December 13 between 12:40 - 2:00 p.m. All students interested in meeting new people and learning about world cultures are invited to come sing and eat with us! Please mark your calendar.

Merry Christmas!

Mrs. Urquhart, Mrs. Yawney & Mrs. Schori



We are deeply grateful for the generosity of our donors for our annual Academic awards, whose support provided over \$10,000 to students for the 2023-2024 school year. Congratulations to all the recipients.

We invite new supporters to join our mission to acknowledge the achievements of CCH students. Whether you would like to sponsor an existing award that no longer has a donor, or provide ongoing sponsorship for a new award, the students will benefit. Donors receive a tax receipt.

Thank you for supporting CCH students on their academic journeys. If you have any questions or would like to contribute, please contact Mrs. Cara Ross at rossc@holyspirit.ab.ca



Offseason training for any athletes who are interested in joining **COUGAR FOOTBALL** will be starting soon. If you are interested in knowing more about this, please see Mr. Cavilla or come to the Fitness Center on December 2nd.

School Fees Reminder

The Holy Spirit School Division uses School Cash Online which provides you with the convenience of paying online for school items such as school fees, trips, co-curricular fees, etc. Go to <https://holyspirit.schoolcashionline.com/> to register. Once you have registered your child, you will be able to see all fees owing for your student. If you have any questions during the registration process or while shopping online, please call Mrs. Tamara Wilson at our Campus East office and she can assist you. If you prefer not to pay online, our EAST office accepts cash, cheque or debit/credit card. The WEST office can only accept cash or cheque. All fees are posted on the CCH website, under the "School" tab on our main page.



CCH MUSICAL ARTS PRESENTS

MERRY & BRIGHT

CHOIR | INSTRUMENTAL | MUSIC
DECEMBER 12TH THURSDAY

Event starts @ 7PM at the Evangelical Free Church

4717 24 Ave S, Lethbridge

Tickets available via
Cash Online & at the door.

Rush seating

Regular: \$10

Children under 12: \$5

Proceeds will go to venue rental, instrument
maintenance and repair, music purchase,
accompaniment fees and program costs.



CCH WELDING CHRISTMAS FUNDRAISER!

WE HAVE TWO OPTIONS THIS YEAR!!

OPTION 1: ONE (1) REBAR REINDEER

● RUDOLPH OPTION AVAILABLE ●

PRICE: \$20 EACH

OPTION 2: WASHER CHRISTMAS WREATH

PRICE: \$10 EACH

50% OF THE PROCEEDS GO TOWARDS SANTA'S ANONYMOUS

50% OF THE PROCEEDS GO TOWARDS PURCHASING A NEW WELDER FOR THE WELDING PROGRAM

SUBMIT ORDERS BY **DEC 8** TO ENSURE DELIVERY BY CHRISTMAS BREAK



[ORDER THROUGH SCHOOL CASH ONLINE](#)

PROUDLY SPONSORED BY:



OPTION 1



\$20 EA

OPTION 2



\$10 EA

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



GRAD 2025 - SAVE THE DATE - May 9-10, 2025!



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 2025. 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 2025 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 – Monday, February 3 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:

- February 3-14, 2025
- February 18-21, 2025

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

Grad Fees – are \$160. Fees will be attached to students on the preliminary grad list in JANUARY, 2025 (but are not attached yet). They will be due before/on March 19, 2025. 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. If you require assistance with this, please contact Tamara Wilson at wilsont@holyspirit.ab.ca . 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 2025 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

60th Anniversary Gala Thank you!

Catholic Central High School in partnership with Friends of CCH is thankful and grateful for the support for co-curricular programming from members of the Lethbridge business community.

The 60th Anniversary Gala on November 2, 2024 would not have been made possible without our sponsors and donors, including:

- Amber Balog and Eric Dyson
- Dave Ankerman Drafting Services
- Bayer Crop Science
- Jeanne White with Bridge Land & Energy Services Ltd.
- Candice DeMaere of Mortgages by Candice DeMaere
- Mary Chervenka of IA Private Wealth
- Angie and Gerard Dower with Chiropractic Central
- Daryl Wilson
- Jason Unwin with Desk'n'File
- Randy Douglas
- Adam Zentner with DMT Business Group
- Dino and Theresa Pasquotti with 5P Construction
- Evergreen Golf Centre
- Rob Froese
- Brent Morris with Gas King South
- Andrea and Rob Krushel with Glow Medical Aesthetics
- Janet and Jamie Wakefield with Groundbreakers Construction Inc.
- Italian Table
- Kasko Cattle Co
- Rino and Dana Pasquotti with LA Stoneworks
- Kyle Puchinger of Lethbridge Hyundai
- Lethbridge Soccer Centre (Servus Sports Centre)
- Panos Kollias at Luigi's North



- Jeff Van Deurzen with MNP
- Chad VandenBroeke with NC Spirits Coaldale
- Schafers with Neu-Lite Electric Inc.
- Tina and John Novak
- Lisa Shaw with Onyx Realty
- Ridley Greig with the Ottawa Senators
- Brad Wall with Progressive Fighting Academy
- Garry and Pat Spiess of Redwood Industrial Health Services Ltd.
- Robert Reid with Reid Pro Plumbing & Gas
- Tim Leith and RE/MAX First
- Bob Rice (in memoriam)
- Mary Unger-Thomas with Signature Sandman and Prime Catering
- Cary Kish with Sounds Unlimited
- Rich Sutter
- Cheryl Neufeld with The Travel Agent Next Door
- Russ Gallant and Brad Seeman with Waterproofing Roofing
- Ward Bros. Construction
- YMCA Lethbridge



Thank you for your generosity and unwavering support. Your contributions have not only helped make the 60th Anniversary a success but have also enabled Catholic Central to continue its mission and goals, touching so many lives in the process. Your belief in our school, its legacy, as well as its future fuels everything we do. The staff and students truly thank you for the many opportunities they will have in both curricular and co-curricular programming.

December

Proclaim! Pilgrims of Hope



"May the God of hope fill you with all joy and peace in believing, so that you may abound in hope by the power of the Holy Spirit."
- Romans 15:13

St. Odilia 662-720 (Feast Day: December 13)

Odile of Alsace, also referred to as Odilia or Otilia, was born to a noble family in the Alsace area of what is today France. According to tradition, her family did not want her as she was born without sight, and she was raised by peasants in the area. Upon being baptised around the age of 12, she miraculously recovered her sight. She then moved around the area of what is today France, Switzerland, and Germany fleeing from her father. At one point, she is said to have lived in a cave that opened from the face of a cliff and hid her inside. Eventually, when her father fell ill, Odilia returned to the family to take care of him. It was then that he founded a monastery and convent. The convent, Niedermunster Abbey, was where Odilia died in about 720, after spending the rest of her life serving the poor and sick.

Almost immediately upon her death, both ordinary and noble people made pilgrimages to these locations seeking cures for the blind and partially sighted. Many miraculous cures were reported, which led to her sainthood. Despite her physical impairment, her faith, devotion to God, and service to those around her are a powerful witness to all of us. Holy Spirit actually has two connections to St. Odilia! The first is our ongoing project with Chalice supporting St. Odilia School in Zambia with their construction of a new school classroom block. Donations are still being accepted [here](#). This school is one of the few schools in Zambia that serves children with visual impairments, physical disabilities, and albinism. We also have recently hosted an exchange program that welcomes students from Alsace, of which St. Odilia is the patron saint.

The Apostles' Creed

"... [He] suffered under Pontius Pilate, was crucified, died, and was buried..."

Have you ever noticed that in the Creed, we skip over all of the life of Christ to his death? The reason for this is likely because for the original disciples and apostles, these details were clear and recent, and addressed in other New Testament sources. This gap is especially striking in contrast to the specific and explicit historical reference to Pontius Pilate; which makes sense when you think of the function of the Creed in response to doctrinal confusion or disagreement. Finally, the reference to Christ's death is an important punctuation to his life. As Janet Schaeffler writes:

Jesus' death is an exclamation point of his profound love for us and of his unwavering obedience to the Father — the exclamation point to the way he lived his whole life.

What do we profess about Christ when we proclaim the Apostles' Creed?

- Christ was crucified — he suffered and was shamed, just as we suffer in our own lives;

- Christ died — Christ died for us; to be a follower of Christ is to die every day, and rise every day;
- Christ was buried — he shared fully in our human nature; like us, he was born, and died.

While in this season of Advent we prepare for the coming of Christ into our lives, we might also think about his ultimate destiny — born into actual history, to die for for us, and by so doing creating the promise of everlasting life with him.

As we seek to become Pilgrims of Hope this year, let us continue to contemplate the Creed, and how our proclamation of the Creed unites us to one another and to all Christians through time and space.



The Jubilee Prayer: [English](#) | [French](#) | [Spanish](#)

"Proclaiming" In Our Schools

This month, we will be joining with the rest of the universal Church in beginning our celebration of the Jubilee Year — Pilgrims of Hope 2025. A jubilee year is historically significant to us going all the way back to our roots in Judaism. This year was to be marked every fifty years as an extra year (after every seven sets of seven years). The name derives from the instrument (a yobel, or ram's horn) which proclaimed the beginning of that year. The time was intended as a special time to right relationships with God, one another, and all of creation, involving the forgiveness of debts and leaving land fallow. The first Catholic Jubilee was declared in 1300, and our most recent Jubilee was a special year in 2015 declared by Pope Francis. The Jubilee will start with the opening of the Holy Door at St. Peter's Basilica on Christmas Eve. For more information, you can visit the official website [here](#).

Pope's Prayer Intentions - For Pilgrims of Hope
We pray that this Jubilee Year strengthen our faith, helping us to recognize the Risen Christ in our daily lives, and that it may transform us into pilgrims of Christian hope.

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Gospel Readings

December 1, 2024 1st Sunday in Advent

Gospel Reading: Luke 21:25-28, 34-36

"May the Lord make you increase and abound in love for one another and for all... to be blameless in holiness before our God and Father at the coming of our Lord Jesus Christ." — 1 Thessalonians 3: 12-13

All of us anticipate this time of year when Advent begins, looking forward to all the fun that is to come at Christmas time. But Advent is supposed to be about getting ready for Jesus, not just getting presents, going to Christmas parties, decorating, or baking. It's fine to do all that too, and enjoy it, but Advent calls us to stop to think of those around us and how we can share Jesus with them. It means sharing his love with those you know and those who need it most this time of year: shut-ins, people who are ill or sad, and those who can't afford all the things we can for Christmas. Let's use Advent to let our love increase and abound for one another and for all.

What are some ways we as a family can reach out those in need this Advent?



Prayer:

Dear Lord, thank you for the chance to prepare our hearts for your coming each year in Advent. Please help us to share your love with those who need it most this year.

December 8, 2024 2nd Sunday in Advent

Gospel Reading: Luke 3:1-6

"...the one who began a good work in you will continue to complete it until the day of Christ Jesus." — Philippians 1:6

What is a "good work" in us? When we are baptized into the Catholic faith, we receive the Holy Spirit in a very special way, God begins working in us even when we are tiny babies! At each step of our lives, God remains with us and helps us be all that he created us to be. We do the best we can to follow Jesus' teachings, and God helps us by working in us — because we can't make ourselves good all by ourselves. It isn't up to us to do it all by ourselves! God will continue to be with us along the journey of life, always helping us, whether we can feel it at the time or not. Our God loves us so very much!

Do we know when the Holy Spirit is trying to guide us in our decisions? How can we become more open to God's leading?



Prayer:

Dear Lord, thank you for loving us and being patient with us as your Holy Spirit continues to form and mold us into people who are pleasing to you. Please help us to follow those promptings and to follow your will.

Download this month's [Saint Prayer Card](#) - St. Odilia [Saint Prayer Card](#) (black and white version for colouring)



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Gospel Readings

December 9, 2024

Feast of the Immaculate Conception

Gospel Reading: Luke 1:26-38

"Do not be afraid, Mary, for you have found favor with God. Behold, you will conceive in your womb and bear a son, and you shall name him Jesus." — Luke 1:30-31

Mary was very special to God. She found favor with him. We don't know anything about her before the angel Gabriel asked her to be the mother of Jesus, but she must have been a very good person to be asked to do that. She must have had a lot of practice doing the right things and saying "yes" to God if she was able to say yes for such a big thing. You can't do a big, great thing if you aren't used to doing small good things. She is a great example for all of us to model our own lives after. May we too find favor with God by practicing saying yes and doing the right things in all of our small daily decisions.

How does Mary's example encourage us in our faith? Is there something God is asking from us now that requires a "YES"?



Prayer:

Dear Lord, please show us how to find favor with you by the way we live our lives. Help us to always say "YES" to all you ask of us, out of our love for you.

December 15, 2024

3rd Sunday in Advent

Gospel Reading: Luke 3:10-18

"Rejoice in the Lord always. I shall say it again: rejoice!" — Philippians 4:4

We are in the middle of Advent now, and during this time before the holidays, our many plans and preparations can easily overwhelm us. Even before Christmas, we may be ready for a break! St. Paul reminds us to find our joy in the Lord, rather than in the plans, parties, or presents that are to come. Those are all good things, but Jesus is the real reason for this season. He is the reason for all our other blessings, and we must focus our rejoicing on the birth of the Christ child. Let's do what we can to bring joy to others for whom this season may not be so joyful.

How are we feeling about the upcoming Christmas season? What can we do this week to help us to slow down and find time to rejoice in the simple gifts of this season?



Prayer:

Dear Lord, help us to simplify our lives this week as we approach Christmas. Give us joy in our hearts for the simple gift of the Christ child and his mother, and let this joy radiate to our family and friends this Christmas season.

December 22, 2024

4th Sunday in Advent

Gospel Reading: Luke 1:39-45

"Who am I that the mother of my Lord should come to me?" — Luke 1:30

When Mary found out she was pregnant with Jesus, she was probably excited, nervous, scared, worried, and happy all at the same time. She needed to tell someone how she felt so she went to visit her friend and relative Elizabeth. Elizabeth was probably feeling all the same things since she was pregnant with John the Baptist! God knows that we need other people in our life to talk to and share what we are thinking and feeling. When we share with others what is really going on for us and we listen when others share with us, then we are like Mary, visiting others to share Christ and the Holy Spirit. Sharing ourselves is sharing Christ which can be a wonderful gift for someone else — at this time of year and all year round.

Prayer:

Dear Lord, send me your Holy Spirit to make me like Mary, who will help me to bring Jesus to all those I meet.

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December 25, 2024

The Nativity of the Lord

Gospel Reading: John 1:1-18

"The true Light, which enlightens everyone, was coming into the world. He was in the world, and the world came to be through him, but the world did not know him. He came to what was his own, but his own people did not accept him. But to those who did accept him he gave power to become children of God." — John 1:10-12

Prayer:

Dear Lord, thank you for the abundant love you always have for me. I am sorry for the times I do not return that love. Please Lord, open my heart so that I can make room for you and accept your light.

Sources:

- I Believe: Exploring the Apostles' Creed by Alister McGrath
- The Creed: A Catechist's Guide by Janet Schaeffler
- The Apostles' Creed by Ben Myers
- What Christians Ought to Believe by Michael Bird
- The Quest for the Creed by Fr. Dwight Longenecker
- The Creed by Timothy O'Malley

**LETHBRIDGE
FAMILY LIFE**



PROCLAIM

Adoration Praise & Worship

Hosted at:
St. Marthas Parish
355 Columbia Blvd W, Lethbridge

**NOV | 29th | 7:00 PM
8:00 PM**

Special Guests NET Team 1
ALL ARE WELCOME

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. They will all be held at Assumption Church and snacks will be provided.

The **First Reconciliation Boot Camp** will run:

Saturday 11 Jan. AND Sunday 12 Jan.
from 12:00 pm till 3:00 pm OR
Saturday 18 Jan. AND Sunday 19 Jan.
from 12:00 pm till 3:00 pm

The **First Eucharist Boot Camp** will run:

Saturday 1 Feb. AND Sunday 2 Feb.
from 12:00 pm till 3:00 pm OR
Saturday 8 Feb. AND Sunday 9 Feb.
from 12:00 pm till 3:00 pm

The **Confirmation Boot Camp** will run:

Saturday 15 Feb. AND Sunday 16 Feb.
from 12:00 pm till 3:00 pm OR
Saturday 22 Feb. AND Sunday 23 Feb.
from 12:00 pm till 3:00 pm

Registration forms are available online at:
www.allsaintslethbridge.org

There are no costs for classes. For more information please email Cyndi at educationallsaints@shaw.ca
Pre-registration is required



WHATS NEW AT OUR POOL? JUNIOR LIFEGUARD CLUB



NEW PROGRAM

ACTION PACKED FUN

The Junior Lifeguard Club offers action-packed fun for kids who love the water and want more than just swimming lessons. It's perfect for quick learners and those who thrive in an energetic learning environment.

FRIENDS CAN JOIN TOGETHER

The Junior Lifeguard Club is designed for members of all abilities. Friends (and siblings) can join the club together even if they are of different ages and abilities. The Club welcomes members between 8 and 15 years of age.

PERSONAL CHALLENGES FOR PERSONAL BEST

The Junior Lifeguard Club (JLC) focuses on enhancing aquatic skills and having fun while promoting personal best achievement. Members build upon their existing skills to improve swimming and other aquatic abilities, with a strong emphasis on swim and lifesaving knowledge, leadership, teamwork, community education, competition, and personal fitness.



WHEN CAN I START?

REGISTRATION

Registration opens on December 3rd at 9:00 am!

PROGRAM DATES

The club will run from January 13th until March 23rd every Friday from 3:30 pm until 4:30 pm.



AGE GROUPS & COST

RecEx Rangers (8 years – 11 years)
\$180.00

RecEx Rays (12 years – 15 years)
\$210.00



HOW DO I REGISTER?

Registration can be done:

- In-person at Stan Siwik Pool or Nicholas Sheran Pool
- Over the phone
- Online at aquatics.lethbridge.ca (use course ID)

Course ID:

- #19839: RecEx Rangers
- #19840: RecEx Rays



*The teachers and staff of Catholic Central High School
wish you and your family a Christmas season
full of joy and thanksgiving.
May the light of Christ shine brightly
in your hearts and homes this Christmas
and throughout the New Year.*