

NEWS LETTER



403-327-4596

March 2025

Principal's Message

As we welcome the month of March, we begin the solemn and meaningful journey of the Lenten Season. For many, Lent holds different significance: a time for reflection on the school year, a period of penitence and selflessness, or a chance to deepen our spiritual connection through prayer and the remembrance of Jesus' life, death, and resurrection. It is a time to prepare ourselves spiritually for the joy and hope of Easter. As Jesus reminds us in Matthew 4:4, *"Man does not live on bread alone, but on every word that comes from the mouth of God."*

We will start this sacred season on March 5th, with our Ash Wednesday Mass, led by Father Kevin. We invite all members of our Catholic Central community to join us in prayer as we come together for this special celebration. With our dual-campus structure, it is a unique and cherished tradition for us to unite as one school. The Mass will begin at 9:30 AM in the East Campus gym.

Catholic Central is steeped in Lenten traditions, which will continue throughout this season. Students will participate in Lenten liturgies every Friday, focusing on reflections and lessons to help us prepare for Easter. This month, we'll also be reminded to intentionally put others before ourselves. As Philippians 2:3 encourages: *"Do nothing out of selfish ambition or vain conceit. Rather, in humility, value others above yourselves."* We hope these reminders will resonate with our students as they work to continue to grow our positive and caring environment within our school community.

Lent is traditionally a time of sacrifice. For younger students, this may mean giving up something, but as we grow older, we are called to make deeper sacrifices—whether through offering our time, talents, or blessings to those in need. This can be challenging in our busy lives, but hope is found in the everyday moments we witness here at Catholic Central. In the halls and classrooms, we see countless acts of kindness where students put others first, simply to brighten someone's day. Our hope is that our students continue to share that same support and kindness throughout this season and beyond.

In addition to spiritual growth, March also marks a time of preparation for the upcoming school year. At Catholic Central, we are already meeting with students to help guide them through planning for next year. Our goal is to ensure every student has the support they need for a smooth transition into the next academic

year. We encourage families to discuss plans and goals together to help your student make informed decisions during this process.

As we reflect on both our spiritual and academic journeys, I pray that this Lenten season brings you moments of personal growth and deepened faith. May you find time to strengthen your prayer life and reflect on the immense sacrifice Jesus made for us all. In John 15:13, Jesus tells us, "*Greater love has no one than this: to lay down one's life for one's friends.*" As we embrace this season of sacrifice, let us remember the ultimate act of love that Jesus gave for us.

I leave you with this Lenten prayer, and please know that you will all be in my thoughts and prayers throughout this holy season.

God Bless,
Mr. New
Associate Principal

Lenten Prayer

*Almighty and ever-living God,
As we enter into this season of Lent,
We seek to deepen our faith and grow in love for one another.
Guide us to reflect on the blessings we have received,
And to offer our time, talents, and hearts in service to others.*

*Help us to live a Lent marked by humility and sacrifice,
Focusing on the needs of those around us and putting others before ourselves.
In this season of prayer, may we encounter you in the faces of those we often overlook,
And in our acts of kindness, may we honor the ultimate sacrifice of Jesus.*

*Grant us hearts that are open to change and transformation,
So that we may prepare ourselves for the joy and hope of Easter,
And in doing so, grow closer to you and one another.
Through Jesus Christ, our Lord.
Amen.*



Important Dates and INFORMATION

March

3-14 - Next Year's Course Selections (continued from February 24-28)

- 5 - Ash Wednesday Mass
- 10 - Lenten Service #1
- 11 - Jostens Grad Jewelry on CEast during Flex
- 14 - 22 *Mamma Mia!*
- 17 - Division Collaborative Day - No School
- 18 - Spiritual Development Day - No School
- 19 - Lenten Service #2 - Feast of St. Joseph
- 20 - School Council Meeting 6:00 pm CEast Library
- 24 - Lenten Service #3
- 31 - Lenten Service #4

April

- 1 - French Part A Diploma
- 2 - French Part B Diploma
- 3 - English Part A Diploma
- 4 - Last Day of Q3 Classes & Social Part A Diploma
- 7 - Math Diploma
- 8 - English Part B Diploma
- 9 - Social Part B Diploma
- 10 - Chemistry & Biology Diplomas
- 11 - School PD Day & Physics & Science Diplomas
- 14 - First Day of Q4 Classes
- 14 - Lenten Service #5
- 17 - Last Day of Classes Before Easter Break
- 18 - Good Friday - No School
- 18 - 27 - Easter Break
- 28 - First Day Back After Easter Break

CATHOLIC CENTRAL FINE ARTS
presents

MAMMA MIA!

MUSIC AND LYRICS BY
BENNY ANDERSSON & BJÖRN ULVAEUS
AND SOME SONGS WITH STIG ANDERSON

DIRECTED BY
BRADEN DALTON

BOOK BY
CATHERINE JOHNSON

ORIGINALY CONCEIVED BY
JODY CRAYMER

MARCH 14, 18, 20-22
7:00 P.M. (\$20)

MARCH 15, 16
1:30 P.M. (\$20)

SING-ALONG
SPECTACULAR (\$25)

MARCH 15, 19
7:00 P.M.

MARCH 22
1:30 P.M.

~PART OF THESE
PERFORMANCES' PROCEEDS
WILL BE DONATED TO A
CAUSE IN OUR COMMUNITY~

MAMMA MIA! WAS ORIGINALY
PRODUCED IN LONDON BY JUDY
CRAYMER, RICHARD EAST AND
BJÖRN ULVAEUS FOR
LITTLESTAR IN ASSOCIATION
WITH UNIVERSAL.

MUSIC PUBLISHED BY
UNIVERSAL MUSIC PUBLISHING
GROUP AND EMI GROVE PARK
MUSIC INC. AND EMI
WATERFORD MUSIC INC.

TICKETS AVAILABLE
ON THE CCH
SCHOOL WEBSITE

IN THE KNIGHTS OF COLUMBUS
EGGPLANT THEATRE

55 Years
WESBRIDGE
COMMUNITY SCHOOLS

MAMMA MIA! is presented through special arrangement with
Music Theatre International (MTI). All authorized performance
materials are also supplied by MTI. www.mtishows.com Any video
and/or audio recording of this production is strictly prohibited.

SCHÖÖTEN & SONS
RESTAURANT

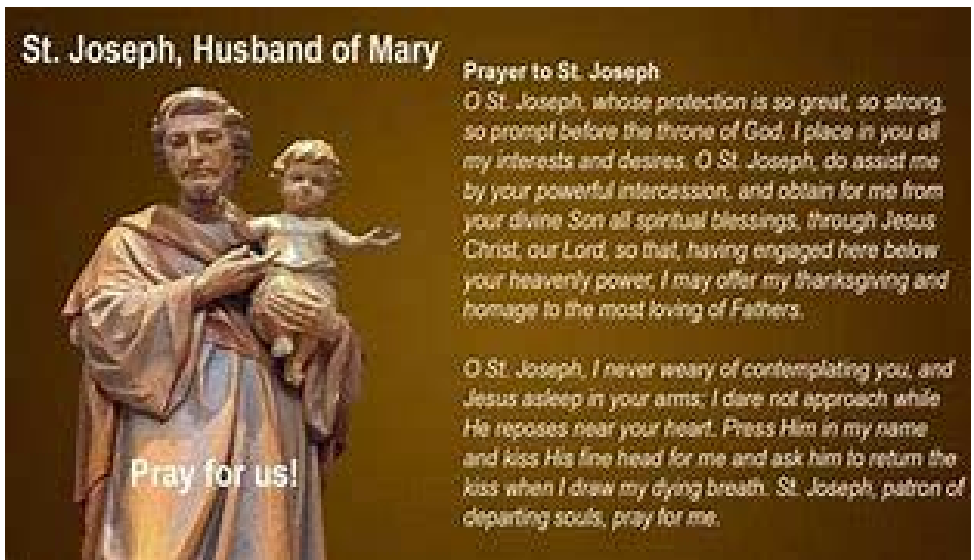


Oki Students, Parents & Guardians,

We are very excited to celebrate our First Nations, Metis & Inuit Students upon graduation at our upcoming Feather Blessing on Tuesday, May 6 at 5:00 pm 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.

FAITH EVENTS AT CATHOLIC CENTRAL

- Ash Wednesday Mass is March 5 at 9:30 am on Campus East. It will be incredible to begin our Lenten Journey together as we came together as one school for this mass. During this service, Father Kevin Tomback will also tell us the Story of The Ragman.
- Upcoming Lenten Services: Weekly Lenten Services will be on Mondays – March 10,19,24,31, and April 14
- Novena to St. Joseph will be said in Block 1 for morning prayer (March 20–27).
- Friday masses at 12:45 on Campus East – March 14 (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 Wednesday, March 19. The second is the Feast of St. Joseph the Worker, which is on Thursday, May 1.



COURSE SELECTION FOR CURRENT GRADE 10 AND 11 STUDENTS AT CCH



Having taken a new approach to course selections last year and finding it extremely fruitful for both students and their academic planning AND for me as principal (who has to build a pretty massive timetable), we will continue the same 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 will continue 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

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

➡ please join us ➡

School Council Meeting
6:00 pm on
Thursday, March 20, 2025
Campus East Library

ALBERTA EDUCATION ASSURANCE MEASURE SURVEY INFORMATION FOR PARENTS:

If you are a parent of a grade 10 student at Catholic Central, you will be receiving a survey in the mail from Alberta Education with the option of completing the survey online. We would be grateful if you would take the time to complete the survey as your feedback provides us with direction to better serve our students, your children.

As an annual check-up on the education system, the Assurance Measure Survey provides an opportunity for Alberta Education and school authorities to ensure that we are equipping students for success.

The Assurance Measure Survey uses a set of indicators. Data on these indicators consists of surveys of students, parents and teachers on various aspects of education quality, student outcomes such as dropout and high school completion rates, and provincial assessments of student learning.

From March 1- March 17, 2025, Alberta Education will be conducting the annual Accountability Pillar Survey.

- Parents of students in grades 4, 7 and 10 will receive a survey from Alberta Education.
- Students in grades 4, 7 and 10 and all teachers will be completing their surveys online at school.

All surveys are anonymous and ask questions about experiences with your school. In addition to English and French, the parent survey is available in Chinese, Punjabi, Arabic, Blackfoot, Dene, Cree, Korean, Spanish, Tagalog and Urdu.

Your participation in the survey helps provide important information on the quality of education your child is receiving, so we encourage you to return your survey promptly. Additionally, please be advised that any question that you answer “I don’t know to” will have a negative impact so try to answer to the best of your knowledge.

Survey results will be available to school authorities in May, and will be reported publicly as part of their 3-Year Education Plans and Annual Education Results Reports.

Thank you for taking the time to complete the survey.



LET GROW EXPERIENCE AT CCH

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If you noticed the trees stationed on both campuses, you may be wondering what they are for. These trees are part of CCH's participation in the "Let Grow Experience." The Let Grow Experience is an opportunity for students to share their accomplishments with their peers. This can be conquering a fear you had or achieving a goal you set! Simply write down what you would like to share with everyone, put it in the box, and Student Council will write it on a leaf and add it to the tree.



The **Let Grow Experience** is a program designed to promote independence and resilience in children and teenagers by encouraging them to take on new responsibilities, try something new on their own, face challenges, and "do the hard things" in order to build resilience. It is based on the idea that modern overprotection can hinder personal growth, and by allowing young people to do more on their own, they develop confidence, problem-solving skills, and self-reliance.

How It Works:

- Participants choose an activity or responsibility they have never done alone before (e.g., walking to school, cooking a meal, running an errand) or something they feel is worth proclaiming (as this year's faith theme encourages us to do) like meeting a new friend, welcoming someone to the CCH community, or simply smiling at someone who needed it.
- They complete the task independently, without excessive supervision or intervention.
- Once students have completed something they feel

would help us to grow as a community together, they would come to the office to submit their accomplishment into a "Let Grow Box."

- Students' Council will then take the accomplishment and write them up on paper leaves and attach them to the trees that have been stationed on both campuses.
- The goal is for students to see the tree blossom with new leaves being added every week.
- Similarly, staff will be challenged to engage in the Let Grow Experience and will endeavor to add flower blossoms to the same trees!

Context: The **Let Grow Experience** (<https://letgrow.org/program/experience/>) is often implemented in schools, youth groups, and families as a way to build resilience and to encourage young people to develop real-world competencies. It is part of a broader movement led by **Let Grow**, an organization founded by Lenore Skenazy, the advocate behind the **Free-Range Kids** movement. Additionally, what a fabulous way to end the Three-Year Faith plan: Pilgrims of Hope and to celebrate the upcoming transition to spring. Just as trees renew in spring, our growth and our faith journey is always unfolding. From now until the end of the school year (midterm of quarter 4), let us recognize this growth in ourselves and in others!



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!



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 2025 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. Even though the dates for our block of sessions has expired, you can still contact LifeTouch at luis.hernandez@shutterfly.com to book a session. Please do this ASAP.
- **Grad Fees and Ordering Grad Gowns:** \$160 due on March 7. Fees can be paid through SchoolCash 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. **PLEASE NOTE: There was a slight bump to the deadline for paying grad fees to March 7. The reason for this is that Mrs. Sutter requires eight weeks before the week of graduation to order grad gowns and stoles. If you have yet to pay fees (\$160), please log on to SchoolCash Online to do so before the March 7 deadline. Fees must be paid before gowns can be ordered. If you are unable to meet this deadline, please let Mrs. Polec - polecj@holyspirit.ab.ca - know immediately. We apologize for any inconvenience this may have caused.**
- **Grad Statements:** Grad Statements will be collected via Google Form, and 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 Friday, April 11, 2025.
- **CCH Website for Grad Updates:**
<https://cch.holyspirit.ab.ca/grad-2025>

Catholic Central HS - Class of 2025 – Grad Order Day!



Grad Rings & Jewelry



Class of 2025 Clothing & Gear

Tuesday, March 11
10:45 to 12:30

(get your finger sized, ask questions, try on rings, place your order)



Why a Grad Ring?



Design Your Jewelry
@ Jostens.com

Pick up your catalogue in the main office
on both campuses

SAVE \$60 when ordering jewelry in school
or SAVE \$40 online w/ code CAN40RING
valid until March 28, 2025
(excludes Basic Option (P) rings)

Sean & Denise Kelly – 403.252.1774 - sean.kelly@jostens.com

Save up to
\$60.00

MAMMA MIA!

Γειά σου! Ελπίζουμε να είστε καλά και να ενθουσιάζεστε! Oops... too much time on the sunny sands of the Summer Night Taverna! As we enter March, we are entering the special time of the year at CCH where everything is happening, but the most happening place happens to be in the Knights of Columbus Eggplant Theatre, where Catholic Central Fine Arts is proud to present *Mamma Mia!*

Tickets have been on sale over the past week and a half and we are excited to bring you into the theatre once more to share a hugely inspiring story of love, learning about the important things in life, and forgiveness of yourself and of others. Also, if all else fails, you get to rock out to the fantastic music of pop-music-supergroup ABBA! If you've only ever watched the movie, you're in for a treat! This show has an amazing group of *Super Troupers* – the cast, crew, and production team – who have been hard at work for months putting this production together.

To that end, tickets are available to purchase through EventBrite – the links are available on our CCH website. Here is a breakdown of dates and an explanation of the dates and times for the show. Unless otherwise specified, tickets are \$20 plus applicable charges. This year, *Mamma Mia!* is proud to come to you in the round, meaning that the cast are telling the story in the middle of the stage space and you will be surrounding them on all sides! It's very exciting and to that end, there are three "sections" of the theatre when you choose your seats: the first is the TAVERNA, where you can relax and enjoy the performance while on holiday; the second is the BEACH, where we encourage you to soak up some Sun and the show; the third is the JETTY, where you can *almost* smell the salt in the air but you can definitely hear the call of some sirens! Choose your seats on EventBrite (BUT also make sure that no rogue seats are selected – the website has a habit of pre-selecting one seat on the purchase page, so you will need to deselect it first).

Wednesday, March 12	We have our CCH STUDENT preview night on Wednesday, March 12 at 7 PM. Tickets are \$5 at the door (NO EVENTBRITE) and seating is first come, first served. This preview night is for CCH STUDENTS ONLY.
Friday, March 14	7 PM EVENING performance – OPENING NIGHT!
Saturday, March 15	1:30 PM MATINEE performance
Saturday, March 15	7 PM EVENING performance – this is the first of three special Sing-along shows, where a portion of proceeds will be donated to help support the Chinook Child and Youth Advocacy Centre. Tickets are \$25 plus applicable charges.
Sunday, March 16	1:30 PM MATINEE performance
Tuesday, March 18	We have our annual Knights of Columbus performance at 7 PM. This evening is not yet available to the general public, but you can currently reach out to the Knights of Columbus to purchase tickets! EventBrite will be updated the week before the performance.
Wednesday, March 19	7 PM EVENING performance – this is the second of three special Sing-along shows, where a portion of proceeds will be donated to help support the Chinook Child and Youth Advocacy Centre. Tickets are \$25 plus applicable charges.
Thursday, March 20	7 PM EVENING performance
Friday, March 21	7 PM EVENING performance
Saturday, March 22	1:30 MATINEE performance – this is the third of three special Sing-along shows, where a portion of proceeds will be donated to help support the Chinook Child and Youth Advocacy Centre. Tickets are \$25 plus applicable charges.
Saturday, March 22	7 PM EVENING performance – CLOSING NIGHT!

So what are you waiting for, *Dancing Queens* (and Kings)? Brush off those bellbottoms and platforms shoes, warm up your hips, and come out for a magical performance you won't soon forget!

On behalf of the Production Team, thank you always for your continued support for what we hope to accomplish here at CCH and in the Arts,

- Braden Dalton, director



The **Yearbook Committee** hit the ground running in the fall, brainstorming a theme that captures the spirit of what it means to be a part of the Catholic Central community. With the artistic talent of committee members, and the help of our publisher in a live online session, we came up with beautiful cover art that encapsulates an "At the Movies" theme, complete with marquee, ticket stub, camera reels, and clapper board. We

floated possible titles, including "Behind the Scenes," "And... Cut!," and "That's A Wrap." You can look for these subtitles throughout the book. In the end, we settled on "Now Playing," which we felt represents all of the "special events" we host at CCH, and focuses on the many people and talents who come together during the making of a movie (yearbook) to tell a great story. We are very excited and proud of what we have accomplished with the yearbook so far, and hope you love flipping through the pages as much as we have enjoyed creating them!



You can pre-order your yearbook at School Cash Online for \$45. The 24-25 book will be available for distribution in September 2025.



*The Holy Spirit Catholic School Division is truly blessed to have some of the most incredible students and youth in southern Alberta. One shining example is **Anna Campmans**, a Grade 12 student at Catholic Central High School, who was recently named the 2025 Women of Distinction Awards recipient for the Young Woman of Promise Award.*

Anna will be officially honored at the YWCA Women of Distinction Gala on March 8, 2025.

Congratulations, Anna! Your dedication, compassion, and leadership inspire us all!

Visit the Holy Spirit website to view the full story: <https://t.co/R508NGd2HY>



The **WordBridge Writer's Conference** will be held on April 12-13th at CASA. Cost is \$40.00 for the entire weekend, with pre-events at Analog Books being free of charge. Writers can have 1-1 conferences with editors, learn about the craft of writing and publishing, how to develop characters, and explore conflict. There will also be books for sale. For more information email Jenna Greene butrenchuk@hotmail.com

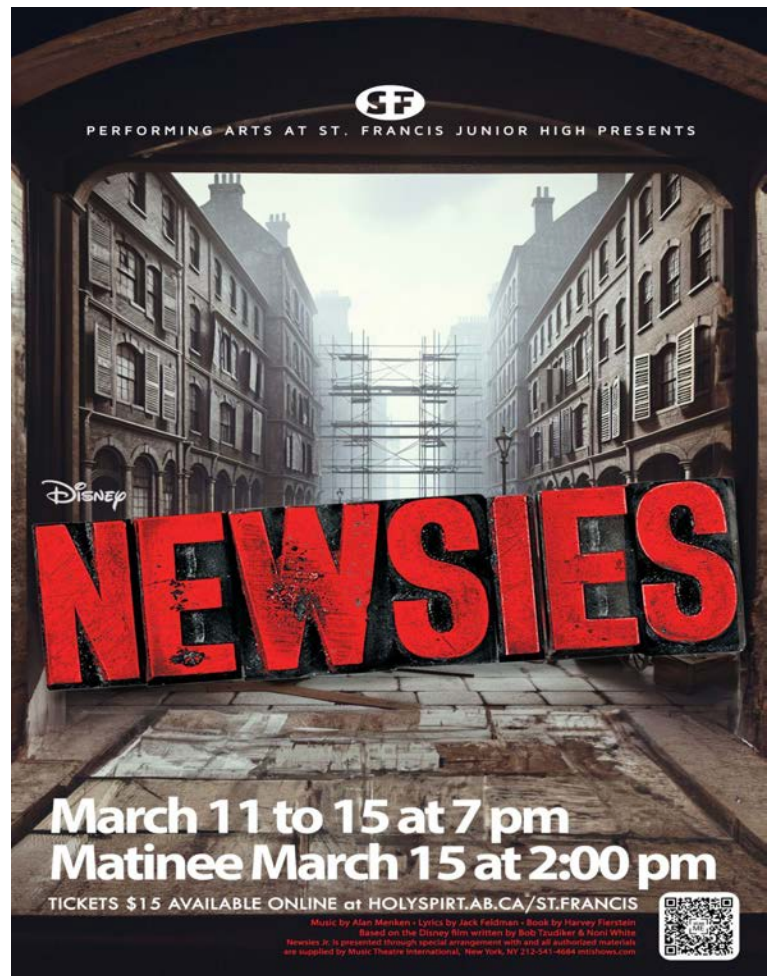
CCH Basketball Senior Night



A ULETHBRIDGE STUDENT -TO- STUDENT FAIR

Speak with current students, staff and faculty to see why uLethbridge is right for you! Attend and be entered in a draw for a chance to win fun prizes!

Catholic Central High School
(East Cafeteria)
March 5, 2025
10:00am to 12:00pm



OFF-CAMPUS NEWS

CCH EAST
Rm 154



March 2025

South West Regional Skills Canada Competition



When: March 8, 2025
Time: 8:00 AM to 5:00 PM
Where: Lethbridge Polytechnic

Hosted by Career Transitions, in partnership with Lethbridge Polytechnic and Skills Canada Alberta, this exciting competition showcases the skills of high school students in various trades and technologies.

Top performers will earn a chance to compete at the Provincial Skills Canada Competition in Edmonton, May 7-8, 2025, at the EXPO Centre.



For more information, or to cancel your registration, notify Miss. Amakobe at amakobev@holyspirit.ab.ca or 403-593-2903

Veterinary Technical Assistant Certificate (VTA)

Thinking about a career in Animal Science? Exciting news—starting in 2025-2026, Holy Spirit will be offering the Veterinary Technical Assistant (VTA) Certificate in partnership with Olds College!



This unique program allows students to graduate with both their Grade 12 diploma and their VTA Certificate, fully prepared to enter the dynamic world of animal care.



Who BILDS it Best Competition

When: March 13-15, 2025
Time: 8:00 AM to 5:00 PM

Where: Home, Garden & Leisure Show, Lethbridge

The Who BILDS it Best competition offers high school students (grades 10-12) a hands-on opportunity to showcase their building skills. Participants will compete in live building challenges, with the chance to win prizes and connect with potential employers in the trades industry.

Virtual Career Exploration Sessions

Career Transitions is excited to offer virtual career exploration sessions this March and April! These sessions provide valuable insights into various professions, including career paths, skills, and industry trends.

Upcoming Sessions:

- March 11: Video Game Developer
- March 20: Wildlife Biologist
- March 27: Registered Veterinary Technologist
- April 1: Baker (poster coming soon)
- April 8: Radio Host (poster coming soon)



Access over 90 past session recordings at [Career Exploration Recordings](https://careerexplorationrecordings.ca). Visit our website at careersteps.ca for more details! All sessions are virtual and can be joined from the comfort of your home.



Student-to-Student Career Fair

When: March 5, 2025
Time: 10:00 AM to 12:00 PM

Where: Catholic Central High School, EAST Campus Cafeteria

Join us for the student-to-student Fair at Catholic Central High School! This event offers an excellent opportunity to connect with current students, staff, and faculty from the University of Lethbridge to learn why The University of Lethbridge might be the perfect fit for you.

Reminder

Submit your work hours for the
Registered Apprenticeship and Work
Experience programs to
hsoffcampus@holyspirit.ab.ca



Mark Boschee
Off-Campus Coordinator
Career Centre, East Campus on Tuesday/Friday
Cell: 587-220-4258
Email: boscheem@holyspirit.ab.ca

Vero Amakobe
Career Practitioner
Office on Campus, West on Thursdays
403-327-4596 ext 312
Email: amakobev@holyspirit.ab.ca

March

Proclaim! Pilgrims of Hope



"This is the one of whom the prophet Isaiah spoke when he said, 'The voice of one crying out in the wilderness: 'Prepare the way of the Lord, make his paths straight.'"
- Matthew 3:3

St. John the Baptist 6 B.C.-30 A.D. (Feast Day: June 24)

John the Baptist was born to Zechariah and Elizabeth in the 1st century B.C. We can read the most detailed account of this in the Gospel of Luke, where the angel Gabriel visits them prior to visiting Mary. This has led to the placement of John the Baptist's feast day as six months before Christmas, on June 24. John's public ministry is conducted in the desert, where he is described as a voice "crying out in the wilderness", wearing clothes made of camel hair and eating locusts and wild honey. He baptizes his followers in the Jordan River, in order to forgive their sins, and calls for repentance in advance of the coming of the Messiah. In this way, we recognize John the Baptist as a prophet of Christ. The Gospels describe John's baptism of Christ:

In those days Jesus came from Nazareth of Galilee and was baptized by John in the Jordan. And just as he was coming up out of the water, he saw the heavens torn apart and the Spirit descending like a dove on him. And a voice came from heaven, "You are my Son, the Beloved; with you I am well pleased. (Mark 1: 9-11)

At some point after this, John the Baptist is taken prisoner by Herod, and then beheaded (which is confirmed by the Roman historian Josephus). John the Baptist is the last of the prophets that heralded the coming of Christ, and serves as a model for us in a variety of ways. He speaks of the need for repentance and a healthy understanding of our own sins and flaws. He points to Christ, drawing our attention to him. Finally, his constant witness to Christ, which led him to his death, reminds us to always speak the truth and to put God first in our lives. As we begin Lent this month, may he help us to repent and to prepare the way of the Lord.

The Apostles' Creed

"I believe in the Holy Spirit..."

The word Spirit is a translation of the Hebrew word *ruah*, which means breath, air, or wind - these multiple meanings suggest the various ways in which we feel the movement of the Spirit in our lives. We also use many different symbols for the Holy Spirit — fire, wind, doves, water, light — representing the multitude of gifts that we receive in the Spirit. Traditionally, we think of the seven gifts of the Spirit given at Baptism and sealed at confirmation:

- **Wisdom** - the ability to see things from all sides, to see not only the facts but the relationships between them.
- **Understanding** - the ability to see from others perspectives, to accept and care for others.
- **Counsel** - the ability to judge rightly, seeking input from those around us.
- **Knowledge** - Seeing the world around us as it is.
- **Fortitude** - the strength to follow our conscience in spite of obstacles or difficulties.

- **Piety** - reverence for the value of every thing and person that God has created - to see God's holiness reflected in the world around us.
- **Fear of the Lord** - sometimes known as awe and wonder, the ability to be amazed, to realize the powerful presence of God at all times.

Further, we think of the signs of the Spirit — the fruits of the Spirit — as evidence of its work in our lives. The twelve fruits are *kindness, joy, peace, patience, goodness, long-suffering, humility, fidelity/faith, modesty, self-control, chastity, and love*.

We can notice that in all of the above, there is relationship — that the Spirit, as a relationship, enlivens, animates, and directs us into right relationship with God and with each other.

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.

"Proclaiming" In Our Schools

To help raise money for the Chalice Project and St. Odilia's School, St. Joseph School, Coaldale's Leadership class recently held a Hot Chocolate Fundraiser. Not only did the students and staff have a blast putting this together, they were able to raise over \$600 through the event! A big thanks to everyone who helped make this fundraiser a success!

If you are interested in more information about our Chalice project, or St. Odilia's School, you can reach out to Aaron Skretting, Director of Religious Education, or view [here](#).



Pope's Prayer Intentions - For Families in Crisis

Let us pray that broken families might discover the cure for their wounds through forgiveness, rediscovering each other's gifts, even in their differences.

[Home Page](#)

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



Gospel Readings

March 2, 2025

8th Sunday in Ordinary Time

Gospel Reading: Luke 6:39-45

"Why do you notice the splinter in your brother's eye, but do not perceive the wooden beam in your own?" — Luke 6:41

In today's Gospel, Jesus warned his followers about criticizing others. You might be thinking: "If they are doing something wrong, shouldn't we tell them so they can change?" We do have a responsibility to help others do the right thing. But it's often easier to notice when someone else is at fault than to notice when we are at fault. The best thing we can do to help others stay on the right track is to model it in our own lives. Rather than pointing out someone else's faults, we can concentrate on living the most loving way we possibly can. Actions really do speak louder than words!

Do people tend to follow your example? What is one thing you could do that might help your friends be more like Jesus?

Prayer:

Lord, help me to be a good example rather than looking for ways to correct others with my words alone.

Becoming more like Jesus

"Therefore be imitators of God, as beloved children, and live in love, as Christ loved us and gave himself up for us, a fragrant offering and sacrifice to God." Ephesians 5:1-2

March 9, 2025

1st Sunday in Lent

Gospel Reading: Luke 4:1-13

"Filled with the Holy Spirit, Jesus...was led...into the desert for forty days, to be tempted by the devil..." — Luke 4:1-2

As we begin to journey through Lent, we remember that Jesus was called to fast for 40 days before he started his ministry. In this time, Luke tells us that he was tempted by the devil. Will we also be tempted during Lent? Most likely. We will be tempted to stop fasting because it's "too hard." We may be tempted to eat meat on Friday, because "everyone else does." Countless other temptations may arise. In those moments, let us ask the Holy Spirit to fill us with God's grace, that we may overcome the temptation and enter into the spirit of sacrifice to understand how great Jesus' love for us was by following his example.

What kind of fast am I going to make for Lent? What are some ways I can avoid temptations?



Prayer:

Dear Lord, thank you for the fast you made in the desert. Thank you for your example in showing us that we should not give in to temptations, but have faith in the Father and show him our love by the sacrifices we make.

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



Gospel Readings

March 16, 2025

2nd Sunday in Lent

Gospel Reading: Luke 9:28b-36

"Join with others in being imitators of me...observe those who thus conduct themselves according to the model you have in us...for many...conduct themselves as enemies of the cross of Christ." — Philippians 3:17-18

We are called to live as Christians, not just when we are at "religious" events at church, but all of the time. This is not easy. We don't want to offend others by telling them they should convert to our religion. But we are called to be imitators of Jesus and how he included everyone, forgave those who were doing wrong, and worked to bring care and hope to the poor, sick, and lonely. St. Paul tried to imitate Christ and asked his readers to be imitators of Christ with him. Still today we are called to do the same.

Who are the role models in my life? Do they lead me to, or away from, Christ? What are some ways I can be a role model to others to encourage them to grow closer to Christ?

Prayer:

Dear Lord, please help us to show you our gratitude for all you did for us by not being afraid to show your love to everyone, every day, wherever we are.



March 23, 2025

3rd Sunday in Lent

Gospel Reading: Luke 13:1-9

"...I tell you, if you do not repent, you will all perish..." — Luke 13:3

In today's Gospel, Jesus tells us twice that if we are not sorry for our sins, we will perish. This can be hard for us to understand. Who wants to worship a God who sends people to hell because they made mistakes and did bad things? But maybe Jesus is not trying to scare us into doing the right things just to avoid punishment, but he is trying to teach us that being sorry for our sins and trying to live in his way is better for everyone, us included. We can all be more peaceful, loving, and full of joy and hope if we treat each other with love and concern. Yet we all get to choose - God won't force us to do the right thing. He does not want us to perish, but every time we do something that is hurtful to someone else, we "die" a little bit more. Lent is a perfect time to "repent" and change our ways so that we can get back on the path of life.

What have I done recently that wasn't good for me or for others that I need to repent of?
When have I done something that was good that produced good for others too?

Prayer:

Dear Lord, please help me to search my heart and find the things there that are not pleasing to you. Give me the grace to confess them and change my life, so that I may spend eternity in your loving embrace.

SMALL
ACTS OF KINDNESS
CAN MAKE
A
BIG
DIFFERENCE

March 30, 2025

4th Sunday in Lent

Gospel Reading: Luke 15:1-3,11-32

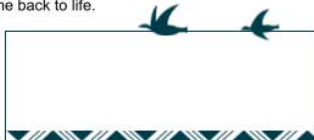
"So he set off and went to his father. But while he was still far off, his father saw him and was filled with compassion; he ran and put his arms around him and kissed him..." "This son of mine was dead and is alive again; he was lost and is found!" — Luke 15:20, 24

The Gospel story today is about the Prodigal Son who wasted all of the money his father gave him and almost starved because he didn't have enough left to buy food for himself. It seems like the father would have been mad at him when he came home, but instead the father surprised everyone, even the son, by running out to meet him and welcoming him back by throwing a big party. Jesus wants us to know that God is like that with us. When we do something wrong and admit it, God doesn't punish us or make us feel worse, he rejoices that we want to start all over and try again. He says it's like we were dead but we have come back to life.

What are some things we have done that we regret and need to ask forgiveness for?
Who is good at welcoming us and still loving us, even when we make mistakes?

Prayer:

Dear Lord, help me to come back to you when I have done wrong. Help me to believe that you forgive me.



Sources:

*I Believe: Exploring the Apostles' Creed by Alistair McGrath
The Creed: A Catechist's Guide by Janet Schaeffler
The Apostles' Creed by Ben Myers*

Sources cont'd:

*What Christians Ought to Believe by Michael Bird
The Quest for the Creed by Fr. Dwight Longenecker
The Creed by Timothy O'Malley*

[Home Page](#)

EASTER PRAYER

Help me draw others to your light

Dear God,

Thank you for this favor upon my life

Thank you for thinking of me

Thank you for finding me when I was lost

Thank you for remembering a sinner like me

For bringing me close to you when I strayed,

I am grateful to you, Lord.

Help me live under your light forever

Help me live selflessly for you

As you sacrificed for me, let me do the same
for others

Help me draw others to your light

Help me win souls for you

Let me be a reconciler for you

Let my words empower people

Help me turn people to you

Thank you for answering my prayer,

In Jesus' name, I pray, *Amen*

THE GRACEFUL CHAPTER

SHROVE TUESDAY

PANCAKE DINNER

MARCH 4TH
ST BASILS HALL
 604 13 St N, Lethbridge
5:00PM - 6:30PM



LETHBRIDGE FAMILY LIFE

SOUP SUPPER & ADORATION

EVERY FRIDAY DURING LENT
 Hosted at Assumption hall
 2405 12 ave s Lethbridge

MARCH
 7TH/14TH/21ST/28TH
APRIL
 4TH/11TH

SCHEDULE
 6:00 PM - 7:00 PM
 SOUP SUPPER
 7:15 PM - 7:45 PM
 TEACHING
 7:45 PM - 8:00 PM
 ADORATION
 Free of Charge
 Donations Welcome

**COME HUNGRY
 LEAVE FULL**



St Patricks

Dinner and Dance

-Beef & Lamb Stew-
 Big Band and Swing Dance
March 15th
 Dinner Starts 6:00 pm Dance Starts 7:30 pm
 Hosted at Assumption Hall



**All Are Welcome
 No Cost
 All Are Wanted**

All Saints
 ROMAN CATHOLIC PARISH

LETHBRIDGE FAMILY LIFE

- BRINGING PEOPLE TOGETHER -
- MAKING CONNECTIONS -
- BUILDING COMMUNITY -

**ALL ARE WELCOME ALL ARE WANTED
 FOR FAMILIES OF 1 TO FAMILIES OF 12**

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 Upcoming Events and News**

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