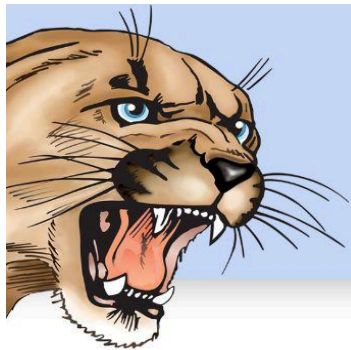




Catholic Central High School NEWSLETTER

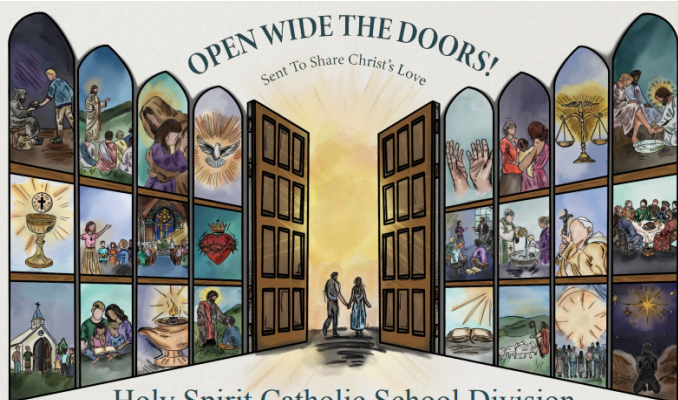


October, 2026

Principal's Message

As I write this, autumn has officially arrived, flipping from summer into fall on the autumnal equinox. From the start of this last full week in September through to December 21, nights will grow longer than days. Even the weather forecast for the last weekend of September and into the first week of October is moving from the twenties to the teens, with some evenings dipping into single digits! Beyond the pumpkin-spice-flavored everything, the cooler evenings under the Friday Night Lights (photo courtesy of clc_visuals), and the beautiful orange sunrises that remind us of the journey we have been on toward Truth and Reconciliation, October is a month full of opportunities to be thankful.

We are also excited to start Year Two of Holy Spirit Catholic School Division's **three-year faith plan (2025–2028): “Open Wide the Doors: Love God”**. This year, we are called to love the Lord with all our heart, soul, mind, and strength, walking humbly and recognizing that each person is created in the image of God. At CCH, we have challenged our students and staff to reflect upon a symbol of our faith, the cross, and reflect upon our relationship with God and our relationships with each other and how we might nurture and strengthen both. This might, perhaps, be something our greater community could reflect upon as well; as Father Kevin says, “food for thought.”



Holy Spirit Catholic School Division
2025-2028 Faith Plan

In terms of the school year, we have reached the midterm of quarter 1 (October 1)! This means that we have had 21 days to settle into school routines and we have 18 more days to work toward completing quarter 1 classes. As such, it is important for students and parents/guardians to be on top of attendance and progress in classes. Days on the quarter system move quickly so please, reach out to your child's teachers should there be any concern. Better yet, why not come and meet with your child's teachers on **October 1 from 6:00-8:00 pm for Parent-Teacher-Student**

Conferences? This gives you the opportunity to not only meet your child's teacher(s) but also provides you with a chance to speak about your child's progress thus far. We believe that communication is key in supporting the success of your child!

We are also grateful for so many good and important events on the go and are extremely proud of the contributions our students are already making to what is shaping up to be a wonderful school year!

- ❖ Congratulations to Mr. Mulder, Mr. and the Mixed Golf Team (Addyson, Courtney, Liam, and Nova) for bringing home our first Zone banner and a gold medal! A special shout out to the Boy's Team (fourth) and the Girl's Team (fourth)!
- ❖ Students' Council rocked the house with an awesome theme week!
- ❖ All four of our volleyball teams are looking strong on the court and continue to bring home some hardware.
- ❖ The Cross-Country team is up and running (pun intended).
- ❖ The Football Team continues to move up the Alberta Football Rankings (go Cougars!).
- ❖ The Athletic Leadership Team has already accumulated many hours hosting gates and keeping score for both football and volleyball games.
- ❖ Our Yearbook Team celebrated the distribution of last year's yearbook entitled: "Hear Our Year" and will look to outlining a new theme for this year under the care of Ms. Navratil, Ms. Mombourquette, and Mrs. Madge.
- ❖ The Concert Choir and Concert Band provided us with the gift of music at our Opening Mass.



❖ We had our Opening Mass and School-wide Retreat that brought us together as a faith community to pray, reflect, share our talents and knowledge, and break bread (well, pizza)! Thank you to all those involved in organizing and overseeing components of the day to ensure things ran smoothly.

❖ Oh, and did I mention that Robotics Club (with Mrs. Schwark) is already in its planning stages for world-domination... while Mrs. Christensen, Mr. Yanke, Ms. Omilon, Ms. Giannetti, Mr. Spiess, and Ms. Burbank will be calling for those interested in sharing their time to the annual "Santa's Anonymous Project."

As you can see, there are so many opportunities for students to become part of the school community! I highly encourage all students to get involved in some way as it enhances their high-school experience AND is a great way to create memories.

So, although this message might seem early, I sincerely hope that you take a moment this month and/or during Thanksgiving to reflect upon what you are grateful for. God has certainly blessed us with so many gifts here at CCH!

- Mrs. Polec



Dates to Remember



October

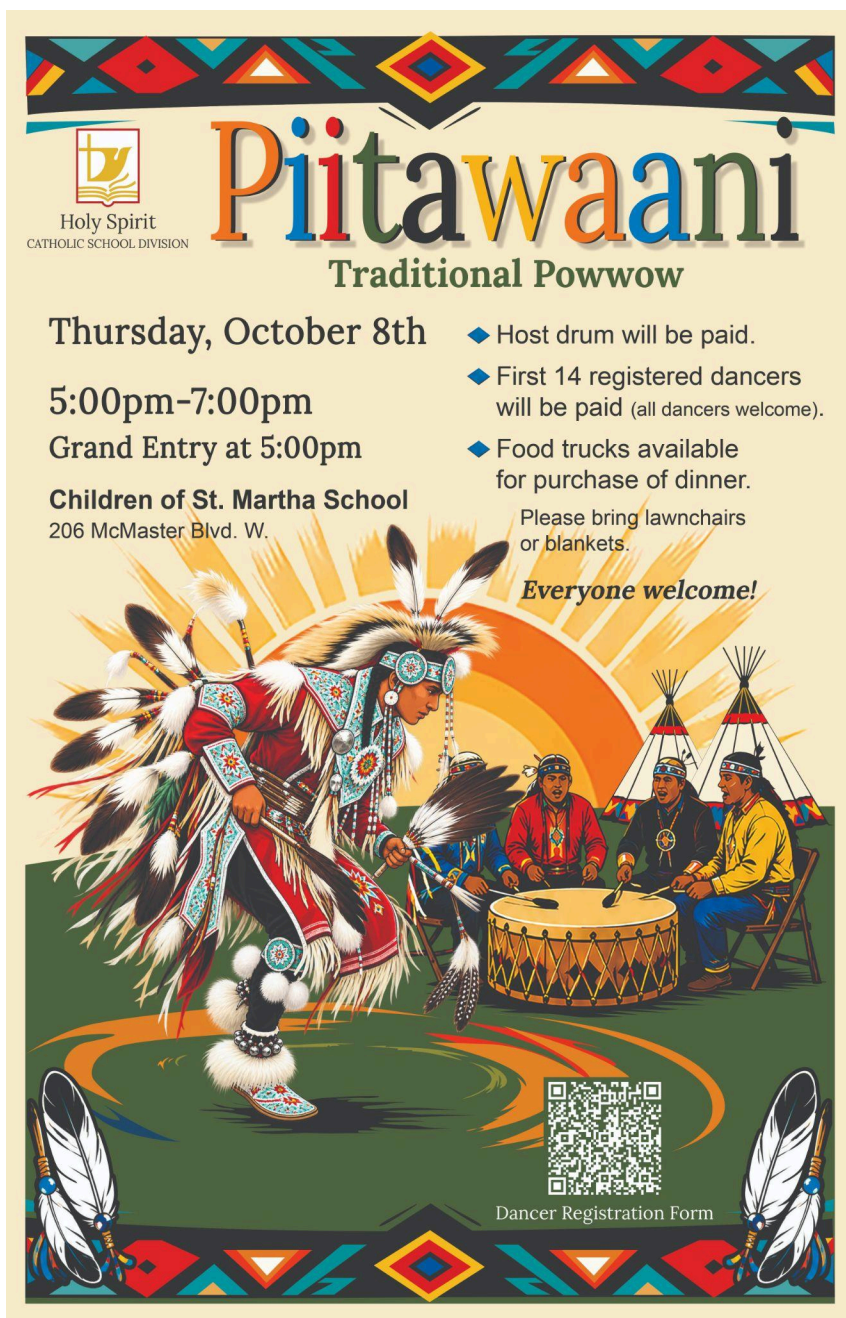
- October 1 @ 6:00-8:00 pm** - Midterm & Parent-Teacher-Student Conferences by appointment through School Conference Manager
- October 1 @ 6:00 pm** - School Council AGM and meeting in the library on Campus East
- October** - Cross Country Zones
- October 8** - Picture re-takes on both campuses
- October 8** - Piitawaani Traditional Powwow (see poster below)
- October 12** - Thanksgiving - No School
- October 13** - PD Day (IPP) - No School
- October 14** - PD Day - No School
- October 16-17** - Super-South Volleyball Tournament (hosted by CCH and Chinook)
- October 17/18** - Catholic Education Sunday
- October 17-23** - Catholic Education Week (Wear blue on **October 22**)
- October 22** - Feather Blessing Information/ Protocol Evening 5:30 p.m. Campus East
- October 28** - Division Board Meeting
- October 29** - English Part A & FLA Part A Diplomas
- October 30** - Last Day of Q1 Classes & Social Part A Diploma



November

- November 2** - English Part B & FLA Part B Diplomas
- November 3** - Math Diploma
- November 4** - Chemistry & Social Part B Diplomas
- November 5** - Physics & Biology Diplomas
- November 6** - Science Diploma
- November 9** - First Day of Q2 Classes and distribution of Honor Roll Certificates from the 2025-2026 Academic School Year
- November 10** - Awards Night - 7:00 pm Campus East
- November 11** - Remembrance Day - No School
- November 12** - Division PD Day - No School
- November 13** - CCH PD Day - No School
- November 25** - Division Board Meeting





Piitawaani
Traditional Powwow

Holy Spirit
CATHOLIC SCHOOL DIVISION

Thursday, October 8th

5:00pm-7:00pm

Grand Entry at 5:00pm

Children of St. Martha School
206 McMaster Blvd. W.

- ◆ Host drum will be paid.
- ◆ First 14 registered dancers will be paid (all dancers welcome).
- ◆ Food trucks available for purchase of dinner.

Please bring lawnchairs or blankets.

Everyone welcome!

QR code: 

Dancer Registration Form

SCHOOL FEES REMINDER



This year's school fees are now due. Kindly remit as soon as possible.

Fees may be paid using School Cash On-line, or at the school office by cash or cheque only!

Please contact Mrs. Tamara Wilson if you have any questions.

SCHOOL COUNCIL

Our AGM and first meeting is on **October 1, 2026 @ 6:00 pm** in the library on Campus East. All parents and guardians are welcome to attend!



SCHOOL DEMOGRAPHIC and CONTACT INFORMATION

If you or your student's address or phone numbers have changed from what was entered on the student's registration form, please contact the office to have the information updated. Please also check the information of any contacts that are listed to make sure it is current.

Feather Blessing Parent Information Gathering

TAATSIKIOYIS (Center Tipi) Catholic Central High School

Attention First Nation, Metis & Inuit Students & Parents ~

Mr. Gilbert and Ms. Fox will be presenting to the Grade 10 & 11 parents and students on their academic pathway towards graduation. This meeting will be held **October 22nd at 5:30pm** in the **Campus East Cafeteria** and will be followed at 6:30pm by an information meeting for the 2026-2027 Feather Blessing for all First Nation Metis & Inuit Grade 12 Students.

Pizza and refreshments will be provided.





Annual Awards Night

November 10 at 7:00 p.m.

CCH East Gymnasium

Congratulations to all students being recognized at our Annual Awards Night for the 2025-2026 school year! We are extremely proud of your academic success. Also, thank you to all of our donors. Without your support, we would not be able to host such an amazing evening!

Students, be reminded that if you receive a letter for an award, please do your best to be in attendance. Should you be unavailable that night, please have someone accept the award on your behalf. Also, as it is a formal event, please dress appropriately (semi-formal, which basically means no workout gear or jeans).

Robotics Team Fundraiser



Our Robotics team is fundraising to support new equipment and travel expenses for their February competition in Calgary. **½ lb bags of Ben's Beef Jerky are \$25, with \$9 from each sale going directly to the Robotics program.**

Orders are open **September 23 - October 15** through SchoolCashOnline. Thank you for supporting our students and their Robotics journey!



Meet Your 2026-2027 Student Council



Director of Operations
Aryanna Cortez



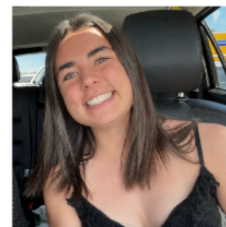
Vice President
Rowan Ruddick



President
Ambross Alvarez



Secretary
Antonia Rose



Communications Director
Olivia Kudilek



**Show your school pride by wearing
Cougar Blue every Friday!**





BIG BROTHERS BIG SISTERS

TEEN MENTORING

- 10 sessions from November-May, twice a month
- One-to-one relationship with a child in need of a positive role model
- Scholarship opportunities
- Great way to get volunteer hours
- Build your resume
- Contact Mallory Kristjanson or Sam at Big Brothers Big Sisters
sam.machan@bigbrothersbigsisters.ca

LETHBRIDGE FAMILY LIFE YOUTH MINISTRY
MANY CHURCHES ONE FAMILY

Illuminate

LIVE FOR MORE. BE THE LIGHT



MOST SUNDAYS

7:10 – 8:30 PM
(AFTER THE 6 PM MASS)



OPEN TO ALL STUDENTS

GRADE 9 – 12



HOSTED AT

ASSUMPTION HALL



REGISTER BY
SCANNING THIS
QR CODE



GROWTH
LEARN TO LIVE
LIKE CHRIST



COMMUNITY
MEET PEOPLE
MAKE CONNECTIONS



PURPOSE
LIVE FOR MORE
THAN GOOD ENOUGH

"THE WORLD OFFERS YOU COMFORT,
BUT YOU WERE NOT MADE FOR COMFORT; YOU WERE MADE FOR GREATNESS"
- POPE BENEDICT XVI -

THE SEARCH

Retreat

📅 NOVEMBER 6 - 8 | 📍 CCH



searching for...

- > love & happiness
- > who **God** really is
- > good **friends**
- > **purpose** in life
- > tacos 🌮



LETHBRIDGE FAMILY LIFE
Many Churches One Family.



Sharing Our Faith



ENTERING INTO WORSHIP

Penitential Act

We follow the greeting with a public and communal confession of our sins, ways in which we have failed to love God and those around us. We remind ourselves that we need God's help to love as he does, and to express our sorrow for the ways in which we haven't. In this moment, we all come to the Mass as equals, sinners in need of God's grace.

Gloria

It is fitting that we follow the penitential act with the Gloria — praising God wholeheartedly to express our love for Him.

Collect

Then, the priest prays an opening prayer called the collect. This prayer collects all of our prayers together into one. He offers an invitation — “Let us pray” — then pauses for a moment of silence before this prayer. At the end of this prayer, we sit down in anticipation of the Liturgy of the Word, changing our posture to become attentive in our listening.



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ENTERING INTO WORSHIP

Participating in the Mass actually begins with our choice to attend the Mass. When we make the conscious choice to worship God, we seek to spend time with Him and to return our love to Him. As we approach the Mass, whether in our day prior to Mass, on the way there, or in the quiet moments before it starts, we can think intentionally about the things that we want to share with God — the things that we are thankful for, the places where we need help, the things that we are worried about. Then, at the doors, we bless ourselves with Holy Water, and genuflect to the tabernacle as we enter the pew.

Entrance Hymn and Procession

The Mass begins with the singing of the entrance hymn and a procession to the front of the clergy and the altar servers. They bring our focus through the central aisle to the altar, and remind us that we are all people on a journey to the altar. In some places, and at some times in the year, we also are a part of the procession; think of Palm Sunday, for example. As the procession occurs, we sign songs of joy and welcome. St. Augustine wrote that “singing is for one who loves”; a reminder that this is an encounter of love.

Sign of the Cross and Greeting

The priest begins the Mass with the sign of the cross, which the congregation also traces on their bodies. As we do this, we are reminded of the Holy Trinity and the identity that we have in God.



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REFLECTIONS

Why is the sign of the cross — the mark of baptism — ideal as the opening gesture of the Mass?



When the celebrant offers the invitation, “Let us pray,” what is he encouraging us to do? Why are moments of silence important in the Mass?



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REGISTRATION IS UNDERWAY FOR
2026/2027!

Spots fill quickly so don't delay!

See our website for more
information!

Interested in hockey but don't want the significant time or
financial commitment that often comes with this great sport?

We offer an organized non-checking recreational hockey league
for all genders aged 5-17. All skill levels are welcome.

One hour, once a week. Season runs from October to March.

www.lethbridgerechockey.com

Univeristy of Lethbridge
Conservatory of Music

Youth Percussion Ensemble

Ages 12+

Our percussion ensemble is for enthusiastic teenaged percussionists dedicated to the pursuit of excellence. The goal of this group is to create a community of percussionists who are drawn together to develop and share their passion for music. We strive to enhance the talents of students who have discovered an interest in all types of percussion, and offer new opportunities including Steel Pans, Brazilian Samba, Classical Percussion, Japanese Taiko, and Polynesian drumming. Auditions are not required, but before you register, please send a quick email to our instructor to discuss your percussion experience and ensure this ensemble is a good fit: marcvantolpercussion@gmail.com.

FRIDAY, 6:00 - 8:00 P.M. (Located at Casa)

FALL 2026: Sep 25, Oct 2, 9, 16, 23, 30, Nov 6, 13, 20, 27, Dec 4, 11 (Concert: Dec 12, 7:00 p.m., Casa Community Room)

<https://www.ulethbridge.ca/music-conservatory/programs>



NOT PLAYING SCHOOL
OR DIDN'T MAKE TEAM?
THIS LEAGUE IS FOR YOU!

**REGISTRATION
IS NOW OPEN!**

YQL FALL LEAGUE

YOUTH VOLLEYBALL

GROW. COMPETE. HAVE FUN.

AGE DIVISIONS & SCHEDULE

 GRADE 1-3 CO-ED	1x per week
 GRADE 4-6 CO-ED	1x per week
 GRADE 7-8 CO-ED	2x per week
 GRADE 9-12 GIRLS	2x per week

 **LEARN FROM EXPERIENCE**
Coached by experienced,
passionate volleyball coaches

 **SKILLS THEN GAME PLAY**
Each week includes skill development
followed by game play.

 **NEW FACILITY!**
1272 30 St N, Lethbridge

Fees from \$200-\$315 per session.

 SESSION 1: WEEK OF SEPT 14 - 5 METES

 SESSION 2: WEEK OF OCT 19 - 5 METES

 **REGISTER NOW AT:**

<https://app.teamlinkt.com/register/find/yqlselectsvolleyball>

Limited spots available.

YQL
Get Selected



Career Centre NEWS

WORK RAP EXPERIENCE APPRENTICESHIPS

Get a head start on your career with Work Experience and RAP! These programs let you earn anywhere from 15 to 40 high school credits while working on the job. Choose Work Experience to pick up as many as 15 credits. Or, join RAP to earn up to 40 credits and build hours toward your official apprenticeship at the exact same time!

Scholarship Watch

The Rodriguez Excellence Award - Prairie College
This is a full tuition scholarship to the value of \$50 000 for students enrolled in Education, Aviation, Nursing or Business. See the attached link for more information.

GREEN CERTIFICATE

The Green Certificate Program is an industry-driven agricultural training curriculum that allows high school students to earn up to 16 credits and gain a recognized credential while working on a farm or ranch.

SAVE THE DATE

OCTOBER 19TH
POST SECONDARY AND
SCHOLARSHIP EVENING. 6PM
ON THE EAST CAMPUS.
UNIVERSITY OF LETHBRIDGE
AND LETHBRIDGE
POLYTECHNIC WILL ALSO BE
THERE.

OCTOBER 24TH
UNIVERSITY OF LETHBRIDGE
OPEN HOUSE

OCTOBER 28TH
LETHBRIDGE POLYTECHNIC
OPEN HOUSE

REGISTER FOR OPEN HOUSES
ON INSTITUTION WEBSITE

CAREER FOCUS FOR OCTOBER:
BUSINESS, FINANCE, AND
SUPPLY CHAIN

DUAL Credit

LETHBRIDGE POLYTECHNIC

WINTER 2027 FEB 1 to MAY 12
AGS1100 - Foundations of Agriculture
BIO1155 - Human Nutrition
BIO1160 - Anatomy and Physiology I
BIO1167 - Botany
BIO1172 - Ecology
BUS1177 - Entrepreneurship
CJP1160 - Introduction to the Criminal Justice System
COM1162 - Interpersonal Relationships & Communication
ECE1155 - Introduction to Early Childhood Education
ENG1150 - Composition
ENG1159 - Writing for the Workplace
GEO1166 - Physical Geology
INS1155 - Introduction to Indigenous Studies
MKT1188 - Introduction to Marketing
PSY1160 - Introduction to Psychology
SOC1160 - Introduction to Sociology *pending approval
*****APPLICATION DEADLINE NOV. 27, 2026

EARN COLLEGE AND HIGH SCHOOL CREDIT WHILE IN HIGH SCHOOL

SOUTHERN ALBERTA COLLEGIATE INSTITUTE

WINTER 2027

TRA1131 - Introduction to the Trades
TRA1132 - Introduction to Transportation Trades
TRA1135 - Introduction to Culinary Trades
VXR1160 - Art & Design for Extended Reality
Pre Employment trades

*****APPLICATION DEADLINE JUNE 12, 2026

OLDS COLLEGE OF AGRICULTURE & TECHNOLOGY

WINTER 2027 - FEB. 24 - MAY 19

ACT1012 - Accounting Principles II
ANH1050 - Introduction to the Veterinary Profession
ANH1510 - Veterinary Medical Terminology
CEA 1040 - Operating Controlled Environment Systems
COM1020 - Workplace Communication
GIS1300 - Introduction to GIS
MGT1000 - Principles of Management
SPM1020 - Training for Performance
****APPLICATION DEADLINE FEBRUARY 17, 2027

How We Help

The Career Centre provides students with valuable off-campus experiences, as well as guidance in post-secondary planning, scholarships, and career preparation. Our off-campus opportunities include the Registered Apprenticeship Program (RAP), Work Experience, Early Learning Level 1, Green Certification, Special Projects, and Dual Credit programs. Through Dual Credit, we partner with Lethbridge Polytechnic, Olds College, and Bow Valley College, as well as intermittently with the University of Lethbridge. Whether you are connecting with our Career Practitioner, Mrs. Bam, or our Off-Campus Coordinator, Mr. Boschee, we are here to



Holy Spirit
CATHOLIC SCHOOL DIVISION

Mark Boschee
Off Campus Education Coordinator

Lize Bam
Career Practitioner

Cell: 587-220-4358
Office: 403-327-4596
boscheem@holyspirit.ab.ca
hsocampus@holyspirit.ab.ca
bamli@holyspirit.ab.ca

CCH Campus East
405-18 Street South
Lethbridge, AB
T1J3E5

holyspirit.ab.ca



Catholic Central High School Quarter 1, 2026 Exam Schedule

Date	Time	Course	Campus	Teacher	Room #
Thursday October 29	9:00 AM	Eng 30-1 Part A	East	Omlon	Gym
Regular Class Day		Eng 30-1 Part A	East	Cox	Gym
		Eng 30-2	East	Yanke	Gym
Friday October 30	9:00 AM	Soc 30-1 Part A	East	Skauge	Gym
Regular Class Day		Soc 30-1 Part A	East	Gilbert	Gym
Monday November 2	9:00 AM	Eng 30-1 Part B	East	Omlon	Gym
		Eng 30-1 Part B	East	Cox	Gym
		Eng 30-2 Part B	East	Yanke	Gym
		Eng 20-2	East	Goble	Gym
		Eng 20-2	East	Richards	202
		Eng 10-1	East	Yanke	126
		Eng 10-2	East	Omlon	127
		Eng 20-1	West	Cox	Gym
		Eng 10-1	West	Schmidt	Gym
Tuesday November 3	9:00 AM	Math 30-1	East	Charlene Leroux	Gym
		Math 30-2	East	Point du Jour	Gym
		Math 20-2	East	Hammel	124
		Math 10C	East	Miller-Schackleton	202
		Math 20-1	West	Charlene Leroux	Gym
		Math 10C	West	Giannetti	Gym
Wednesday November 4	8:30 AM	Chem 30	East	Goruk	126
		Soc 20-1	East	Burbank	209
		Soc 10-1	East	Feser	213
		Chem 20	West	Vuong	523
		Sci 20	West	Wojtowicz	522
		Soc 20-2	West	Melchin	Gym
		Soc 10-1	West	Melchin	Gym

Wednesday November 4	11:00 AM	Soc 30-1 Part B	East	Skauge	Gym
		Soc 30-1 Part B	East	Gilbert	Gym
Thursday November 5	8:30 AM	Physics 30	East	Schwarck	Library
		Bio 20	East	Nummi	105
		Physics 20	West	Schwarck	Gym
		Bio 20	West	Lawfield	525
	11:00 AM	Bio 30	East	Balog	Gym
		Bio 30	East	Nummi	Gym
Friday November 6	9:00 AM	FLA 20	East	Dalton	131
		Sci 10	East	Hawker	107
		Sci 10	West	Wojtowicz	Gym

**This schedule is subject to change. Please confirm dates & times with your teacher.*



Bus Schedule for 2026-27 Quarter 1 Exams

MONDAY November 2	TUESDAY November 3	WEDNESDAY November 4	THURSDAY November 5	FRIDAY November 6
Morning buses will run at normal times	Morning buses will run at normal times	Morning buses will run at normal times	Morning buses will run at normal times	Morning buses will run at normal times to Campus East only
No midday flex shuttles	No midday flex shuttles	No midday flex shuttles	No midday flex shuttles	No midday flex shuttles
Campus East buses are running at normal times	Campus East buses are running at normal times	Campus East buses are running at normal times	Campus East buses are running at normal times	Campus East buses are running at normal times
Campus West no end of the day buses	Campus West no end of the day buses	Campus West no end of the day buses	Campus West no end of the day buses	Campus West no buses

Please make sure to plan ahead



Fair Notice Letter

Dear Parents / Guardians,

The Holy Spirit Catholic School Division is committed to providing safe learning environments for all students, staff, school visitors and community members. When a student behaves inappropriately, principals use progressive discipline to help a student take responsibility for their actions, change their behavior and learn from their mistakes.

When students' behaviors pose a potential threat to safety or serious harm, the Southwest Alberta Regional Violence Threat Risk Assessment (VTRA) Protocol assists administrators in taking the necessary steps to protect the well-being of students and staff. This protocol ensures that schools can respond promptly to worrisome behaviors or threatening incidents, such as possession of a weapon or replica, bomb threats or plans, verbal, written, or electronic (internet, text) threats to harm oneself or others, as well as other acts of violence, including fire-setting.

The protocol requires trained division staff and community partners to work together as a team to complete an Assessment of Risk to Others (ARTO) whenever a student threatens to harm others. The ARTO process leverages the team's knowledge, skills, and experience to assess the level of concern and identify appropriate interventions to protect individuals from harm and ensure a safe environment in both the school and the community. A multi-disciplinary approach is used to address these concerns. Please be advised that the school team will take positive and proactive measures to address all known threats or high-risk behaviors. If you are invited to a meeting to discuss safety concerns about your child, please be assured that our protocol is being followed and that our primary goal is ensuring safety.

The Southwest Alberta Regional VTRA Protocol outlines how a school should respond immediately to threatening behavior. Principals may first assemble a School Threat Assessment Team, ideally comprising the principal or associate principal, a school-based counselor or jurisdictional lead, and local police. If the situation is serious, the principal may also consult the Superintendent of Schools and involve members of the Community Threat Assessment Team. This team may include representatives from local police, children's mental health organizations, or Child and Family Services, among other community agencies that collaborate with us to enhance school safety. Parents/guardians will be notified as soon as possible during the Stage I - VTRA Process. If parents/guardians cannot be reached, but a safety concern persists, the threat assessment may proceed. Personal information shared during this process will respect and balance each individual's right to privacy with the need to ensure everyone's safety.

This letter complies with procedure 2 of *Administrative Procedure 322: Violence Threat / Risk Assessment (V-TRA) Protocol*, which states that parents/ guardians will be provided with "fair notice" that each threat will be taken seriously. Should you wish to further review this Administrative Procedure, please visit our website at www.holyspirit.ab.ca.

If you have any questions regarding the Holy Spirit Catholic School Division's use of the Southwest Alberta Regional V-TRA Protocol, please contact the Director of Support Services at the St. Basil Catholic Education Centre. We appreciate your support in ensuring our schools are safe environments for our students, staff and community partners.

Sincerely,

Chantel Axani, Superintendent of Schools

Updated August 2026

A PRAYER OF THANKSGIVING

Thank You, God,
for everything—
the big things
and the small—
For every good gift
comes from God,
the Giver of them all
help us to remember
that the key to life and living
is to make each prayer
a prayer of thanks
and every day Thanksgiving.

➤ HAPPY THANKSGIVING ➤