

UPCOMING DATES:

Mar 3rd – NO KINDERGARTEN

Mar 8th – School Council 6pm.

Mar 9th – Jersey Day

Mar 13th – NO SCHOOL – Spiritual Development Day

Mar 14th – NO SCHOOL – Divisional PD Day

Mar 17th – Green and Gold Day

Mar 17th – Basketball Jamboree Boys & Girls

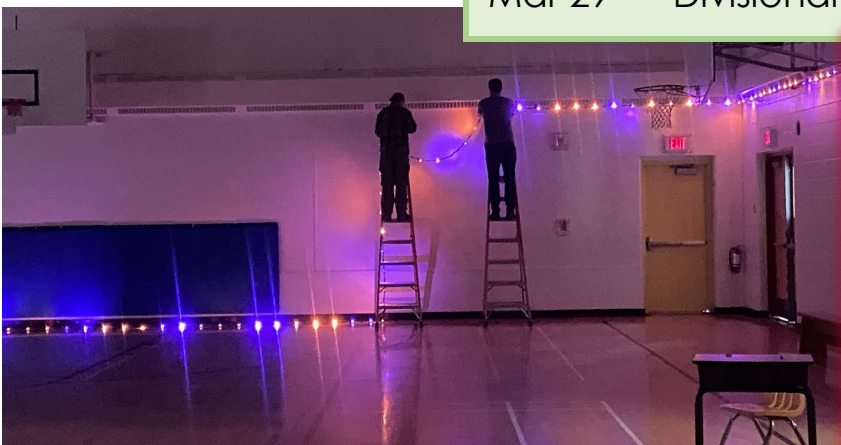
Mar 21st – Down Syndrome Awareness Day – wear
crazy socks or blue and yellow nail polish

Mar 22nd & 23rd – Scholastic Book Fair

Mar 24th – Epilepsy Awareness day – *Wear purple*

Mar 28th – Pajama day

Mar 29th – Divisional Board meeting

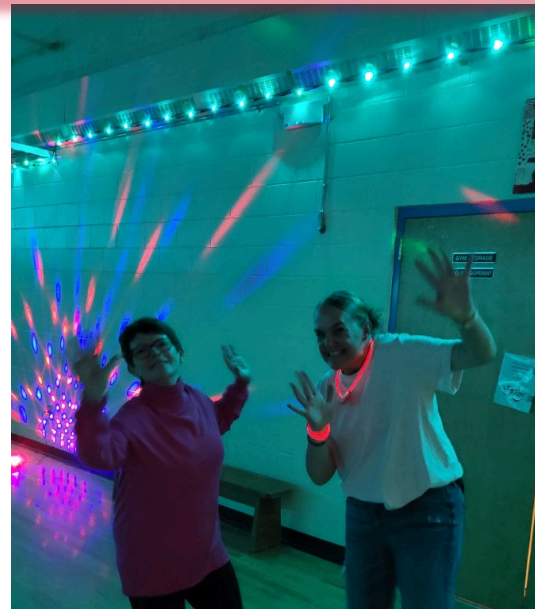


A HUGE **THANK YOU** to **Mikado Electric!**

Not only did they donate the lights for us to borrow, they came to set them up and took them down after the dance.

Thank you again for contributing to our school's Valentines Day Family Dance.

Everyone had a great time!
(and we had some tired students the next day)



Mme Bouchard Message 2023 March

Dear ESM Families,

March is such a beautiful time of year. It is the time we can see winter fading into the background and it brings hope for the beautiful things yet to come: more sunlight, warmer weather, new life, Spring and Easter.

February was a month full of fun, friendship, kindness and love. We also had our first Family Valentine's Dance. It was so much fun! Thank you to all who came out, thank you for the donations toward supporting the ESM Faith, Wellness, Sports and Leadership Committees. All funds raised will go toward supporting student activities through committee work. We were also blessed to welcome a new teacher to our French Immersion team. A big welcome to Mme Pauline Eudes. She will be working with all the French Immersion classes for the rest of the year. Bienvenue Pauline!

Ash Wednesday was during the Family Day break. Ash Wednesday marks the beginning of Lent. We are blessed with Father Kevin celebrating mass with us to help us begin our Lenten journey as a school faith community on Wednesday, March 1st at 9:00 am in our gym. It is important to look at Lent in the spirit of renewal, a time for reflection and spiritual growth. It is a time to grow our faith, mindfully and intentionally. It is a time for prayer and reflection. Throughout Lent, we will have a Lenten liturgy each week.

Weekly, we have an Art Club for Div 1 and Div 2 students. We have a Board Game Club for students in grade 4-6. We have an open gym for the basketball teams once a week. Our Leadership group continues to meet weekly and plan for school wide events. We have our student retreat planned for Thursday, March 30th. We have also been invited to attend the St. Francis production on March 31st as well. Our basketball season is in full swing. The grade 6 basketball teams are working hard, doing well, learning so much and mostly, having fun.

We are beginning the process of planning for next year. Much of our planning is based on our enrollment. Please ensure you are re-registering your child if they are already attending Ecole St. Mary. Registration for new families is also open as well. Families new to our school will have to complete a New Student Registration form. Information regarding registrations can be found on our website. If you have any questions or require assistance, please contact the office at 403-327-3098.

We have some wonderful challenges for students this month including a 'Hydration' challenge and a Nutrition Challenge. We will also be supporting Chalice for our Lenten project this year. Please mark your calendar for our next School Council meeting, on Wednesday, March 8th. We would love to see you there. Easter will be here before you know it. We will keep you and your family in our prayers as we journey through Lent together. God Bless as you embark on your Lenten journey.

Kiera Bouchard

Mr. Harper's March Message 2023

Welcome to March! March is a month that is full of hope as we look forward to the brighter and warmer days that spring brings! We began Lent during our break on February 22nd and are looking forward to our Lenten journey this year. During Lent, we prepare our hearts and minds for the magnitude of the Passion of Jesus. It is a time of reflection and renewal. It offers an opportunity to consider how we can best follow Jesus' example.

During Lent, we reflect on our lives and grow closer to Jesus through prayer, fasting, and almsgiving. We will begin our Lenten journey together during mass on Wednesday, March 1st, at 9:00 am. Please join us at Ecole St. Mary to enjoy mass as a school community. Each week throughout Lent, a class will share a liturgy with our school community. These liturgies will be led by 2GE, 3ME, 4CI, and 4 / 5 GE. On Holy Thursday, April 6th, 5FE will lead us through the Stations of the Cross.

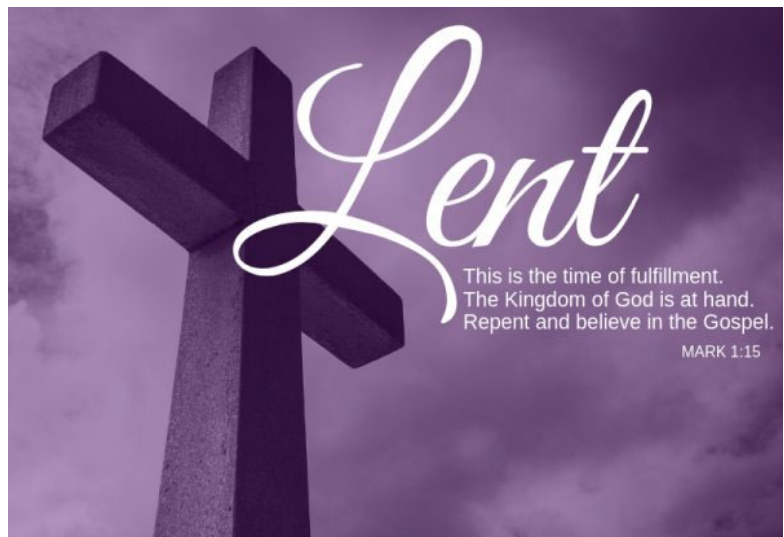
Along with mass and our liturgies this Lenten season, our school is happy to announce that we have partnered with Chalice to help our sister school Chandarua Primary School in Africa! We will fundraise, pray, and share stories with our sister school throughout the Lenten season and the rest of the year. Our partnership with Chalice is an exciting opportunity that will help us reflect on the meaning of Lent.

This month during Gospel Time, we will introduce contemplative prayer and learn more about the Fruit of the Spirit and the Spiritual Works of Mercy to continue exploring our Faith Theme. During March, St. Hildegard of Bingen will be our guide as the witness of Goodness. St. Hildegard, please pray for us.

It is a blessing to journey through the Lenten season and the school year with such a great school community. Have a wonderful and reflective Lenten season.

*"Surely goodness and mercy shall follow me all the days of my life,
and I shall dwell in the house of the Lord my whole life long."*

Psalm 23:6





We have exciting news!

For the rest of the year, we have partnered with Chalice, an organization that helps partner schools in Canada with a school worldwide that is in need. They have partnered us with our sister school, Chandarua Primary School, in Tanzania, Africa!

Chandarua Primary School has 415 students from pre-primary to grade seven, with nine classrooms and twelve teachers. They have a school farm that provides a hot lunch program for the students, and many of the families make their livelihood from raising crops. Their school has a lot of needs, and as part of our Lenten journey, we will be praying and fundraising for the students, staff, and families of Chandarua Primary School. Chalice will use our fundraising efforts for classroom repairs as most floors are dilapidated, the classrooms have cracked walls, and termites have eaten the doors and window frames. We will also share information about Ecole St. Mary, Alberta, and Canada with them. In turn, they will share information about Chandarua Primary School, Tanzania, and Africa with us. This is a great opportunity to do what we can to help others worldwide.

We look forward to sharing more information through the Lenten season and the rest of the year!

To DONATE: [2023 - Chandarua Primary School \(e2rm.com\)](https://e2rm.com)

TEACHER FEATURE

Please welcome Mme. Pauline Eudes to ESM!



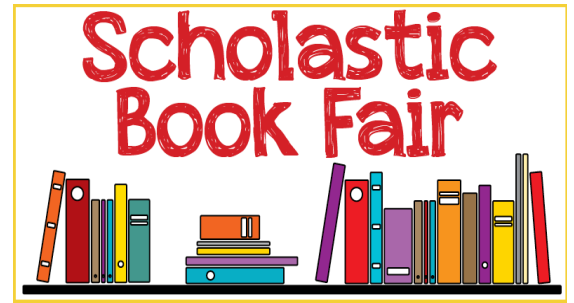
Bonjour! Je m'appelle Mme Pauline! I am the new French support teacher at École St. Mary. I am incredibly happy to have the opportunity to work with the people of this community and to bring my French language experience to the students of this school. Though I mostly give French language support, I also have the opportunity to teach some culture classes, some health, some social and some music classes. I am a recent University of Lethbridge graduate and am passionate about student learning. I enjoy reading, writing, dancing,

music, hiking, walking, yoga, traveling, small businesses, and spending time with family. I often travel back to the region of France where my parents originate from, it is one of my favorite places. Here is a link to a video of a song by two French Singers, the video was filmed in the region where my parents grew up. [Fréro Delavega - Le Chant Des Sirènes - YouTube](#)

I have had the opportunity to learn a bit about the École St. Mary community these last few weeks and it has been lovely. I am very excited to be a part of this community and to have the chance to get to know you all!

SCHOLASTIC BOOK FAIR

The Scholastic Book Fair is coming to our School! What better way to promote reading to our students than by supporting this important literary event. We invite your entire family to participate by purchasing the latest and greatest in children's books. Did you know that for every \$10 you spend at the fair, up to \$6.00 comes directly back to our school? Your support of this event is vital in helping us obtain new books and resources for our school library and classrooms.



You'll find hundreds of quality books at our Book Fair with a wide assortment for all reading levels. Watch for a Book Fair Flyer that provides a preview of only a FEW or Shopify-URL will be available starting March 17. The link is <https://virtualbookfairs.scholastic.ca/pages/5181193>

PARENTS: Please fill out teacher field at online check out for easy sorting._

There will be a special Family Event Draw ballot that parents can deposit during our event. You could win \$50 in books - \$25 for your family PLUS \$25 for your child's classroom.

Book Fair Dates:	Tuesday	March 21, 8 - 3:00 (During Library Classes)
	Wednesday	March 22, 3:00 - 7:00 p.m. Interviews
	Thursday	March 23, 8 - 3:00 (During library Classes) 3:00 - 7:00 p.m. Interviews

The students will be able to shop during their scheduled library classes on Tuesday, March 21 and on Thursday, March 23. REGISTRATION 2023-2024

Re-Registration is OPEN! Please ensure this is complete as soon as possible. This allows us to have our numbers in and better plan for next school year.

New Student Registration opens on February 1st. This is for students/families who are new to the division. Please see the notice below as to the age a child must be to attend each program.

Please note:

*If you need to register your child for the current school year (ex: you recently moved into town) please call the school office directly for help with this.



The Grade 6 Farewell Committee kindly invites you to bring your bottles down to Ability Bottle Depot (either location in Lethbridge) and say that you would like to donate your return towards Ecole St. Mary Grade 6. All proceeds will go towards the Grade 6 Farewell Camp and activities for current and future students.



We would also like for our school community to be on the look out soon! We will be hosting a **spring flower fundraiser** again this year! Information will be sent shortly.

NO PARKING IN PARKING LOT

Parking lot is for STAFF ONLY.

You may park on the east side of the street. In the morning the sidewalk between the flag pole and the parking lot is a drop off zone. Hug and Go. Please do not park there for long periods of time.

Kindergarten & ELP – There are school buses here at 11am for the high school shuttle. Please don't block the bus lane. Park on the East side of the street and encourage your children to use good habits by using the cross walk to cross the street.

STUDENT DROP OFF/ PICK UP

Students can be dropped off at 7:45am. There will be no supervision before 7:45am if you choose to leave your child unattended at the school this is your parent responsibility.

DO NOT BLOCK THE BUS LANE.

We can't say it enough. For the safety of the students please do not block the bus lane. The buses drop off students from 3 schools and it is a busy place in the morning. Even as the snow falls and the days get colder parking is still not allowed in the bus lane. Busses need all the space and ask for your help in leaving the bus lane clear.



SAMARITAN STARS

As the students do good deeds and display exemplary actions/attitudes, their fellow classmates can nominate them and put their name in the "Samaritan Stars" jar. From here we draw names to win a cheque for \$25.00 which is graciously donated by Ward Bros. Construction. Thank you, Ward Bros., for your continued generosity to our school!

For the month of February our winners were: Bryan from 1DI and Jayden from 1DI

SICK KIDS

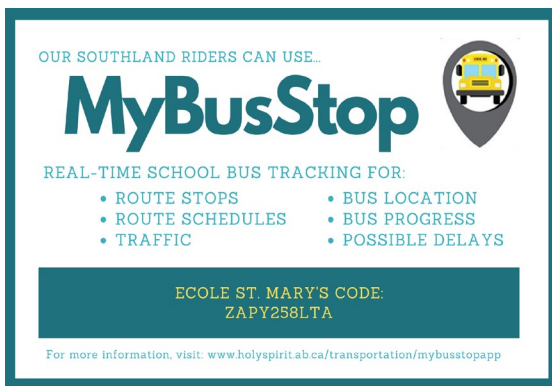
If your child(ren) is sick – KEEP THEM HOME.

During the winter months there is an increase in sickness and we all need to do our part to take care of ourselves and others. Staying home while you are sick is the best way to not share germs with classmates and teachers.

HOUSE TEAMS

The students are assigned a house team (colour team) so be a part of for the year. This encourages the kids to interact with kids in other grades. Our leadership team comes up with special days and activities for students to earn points to go towards their house team.

For the Month of February the winning house team is: Grey Whales



SCHOOL BUS

Our Code is: ZAPY258LTA

Please download the ap for the most up to date route changes and delays.

There has been changes and additions to routes this month. Also remind your kids to check the sign on the bus as they may not be in the same line up at the end of the day.

<https://www.southland.ca/lethbridge/>

ATTENDANCE

Children thrive and succeed when they attend school regularly. We understand things come up, appointments made during school hours, emergencies, sickness etc. Please call the office to let us know if your child(ren) will not be at school on any given day. You can call 403-327-3098 (leave a voicemail or email esmoffice@holyspirit.ab.ca)

BREAKFAST AND LUNCH PROGRAM

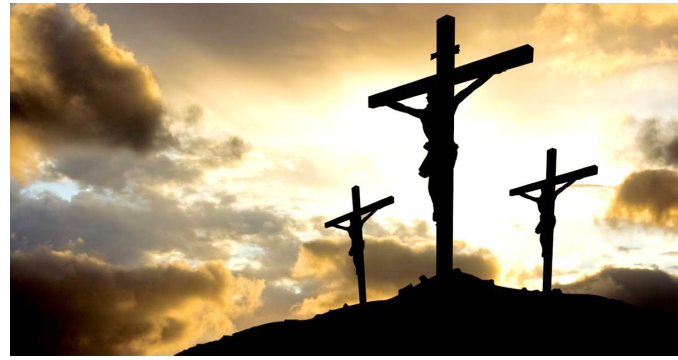
We are blessed to have a Nutrition grant this year to provide breakfast for those who need it. We also welcome back Mindful Munchies from the Lethbridge food bank who provide us with lunches for our students who forget or would otherwise go without. When the bell goes at 8am, students make their way to their classrooms. The kids pass by our Canteen when they come in in the morning and those who need a bit more to eat, or missed breakfast can "grab and go" a snack.

March 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Lenten Mass 9am @ ESM Girls Basketball game	2 School Clothing STORE OPEN	3 NO KINDERGARTEN	4
5	6	7 Boys Basketball game	8 Girls Basketball game School Council 6pm	9 Jersey Day Boys Basketball game	10	11
12	13 NO SCHOOL Spiritual Development Day	14 NO SCHOOL Div. PD Day	15 LAST DAY TO ORDER CLOTHING Clothing store closed	16	17 Green and Gold Day Boys & Girls Basketball Jamboree	18
19	20	21 Down Syndrome awareness day – wear crazy socks	22 Interviews & Book Fair Joey's Restaurant Fundraiser	23 Interviews & Book Fair Joey's Restaurant Fundraiser	24 Epilepsy Awareness – Wear purple	25
26 Epilepsy Awareness Day	27	28 Pajama Day	29 Div. Board meeting	30	31 <div style="border: 2px dashed red; padding: 5px; text-align: center;"> Clothing orders take 2-3 weeks and will be sent home when arrive </div>	

APRIL 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4	5	6 Holy Thursday	7 Good Friday NO SCHOOL	8
9 Easter Sunday	10	11	12	13	14	15
<div>NO SCHOOL - Easter Holidays</div>						
16	17 Back to school after Easter Holidays.	18	19	20	21 NO KINDERGARTEN	22
23	24	25	26 Divisional Board Meeting	27	28	29

Welcome to your Ecole St. Mary School On-Line Store!

The Team at Fully Promoted and staff at Ecole Saint Mary have been working to put together this School Store for you to do some shopping and show your school spirit. Even if you aren't always able to be together with your friends, you can still be "together" in your **BOBCATS Gear!**



We've added some new items! There are various logos, locations, and colour options on the items; please click into the items to see what is available to choose from. Certain items (headwear) will only have one option available.



Here is your link to get your **BOBCATS Gear On:**

<https://ecolestmaryschool.aether-stores.io/>



Ecole St Mary School Store

How to Order:

1. Make an account.
2. Select your Item
3. Select Color from drop down menu
4. Select Size from drop down menu (please note additional charges for the bigger sizes)
5. Select Location for the logo
6. Select Artwork – choose your logo, a preview will be provided.
7. Add Personalization – type in text as you want it to show up on clothing (some items do not have the added personalization feature)



When you go to check out you can choose to "log in/register" OR "Continue as Guest" to input your information. **All Shipments will be delivered to the school.** You can put your home address in for the shipping and check the box "my shipping and billing information is the same". Payment will be required at the time of ordering and will be processed through the on-line store with a credit card. Visa and Mastercard are accepted. Please note that you will need to utilize the drop-down menus to select the color and sizing of your clothing prior to choosing the designs. You won't be able to select a logo until a size, color and location are selected.



Here is what to expect:

- The online store will be open on Wednesday March 1st, and continue to be open until Wednesday March 15th to place orders.
- When all orders are in, all items will be completed together. Based on the quantity of items, either heat press, screen print or embroidered will be used. When you receive your item(s) specific instructions regarding the care will also be provided.
- **Items will be delivered to the school and sent home with the students.**
- NOTE: If this is a gift for your student please indicated that on your "order instructions" **AND** send an email to esmoffice@holyspirit.ab.ca to let us know.



If you have any questions about products and sizing, please don't hesitate to contact Kim Peters at Fully Promoted:

kpeters@fullypromoted.ca

403-329-8100

1515 – 3 Ave. S. (across from Cuppers Coffee)



We have teamed up with Joey's Restaurants Lethbridge. They have so graciously offered to donate a percentage of their sales on March 22 and 23, 2023. The proceeds will go towards celebrating and making sure our current and future grade 6 students have one last memorable Elementary School experience before they are off to Junior High!! Head on over for lunch or supper to support our grade 6's and Joeys Restaurants Lethbridge!



Lethbridge

March 11 from 11:15 am
ATB Centre

Registration and Dressing 11:15-11:45

ON ICE 11:45-12:45

Please register in advance @ cometryringette.ca

All ages and skill levels are welcome!



Chandarua Primary School

Chandarua village,
Tanzania



- 415 students from pre-primary to grade seven.
- 9 classrooms and 12 teachers.
- Daily hot lunch program supported by the school farm.



Families make their livelihood from raising crops such as maize and beans. These are staple foods in their diets.

The big challenge: lack of resources and food

The schools in Chandarua’s area are not well supported with public funds. Children face challenges because they lack essential resources at home and at school.

With support from Chalice’s school farm and nutrition program, the school began a daily hot meal program. Enrollment is up and performance has improved.



Chandarua Primary’s needs:



Farm inputs: Sometimes the school farm does not produce enough food to feed every student, all year. Chandarua would like to expand its farming capacity to ensure there is always enough.



Kitchen equipment: The school needs energy saving stoves, cooking pots, and utensils for serving food.



Kitchen improvement: The kitchen needs plastering and painting.



Classroom repairs: The school has nine classrooms. Most of the classroom floors are dilapidated, some classrooms have cracked walls, and the doors and window frames have been eaten by termites. Generally the school require repairs on the floors, windows, ceiling and painting in all nine classrooms.



Lights: The school does not have electricity. They are requesting solar lights to help them brighten the classrooms, especially when children want to study at night.



[Donate today for Chandarua’s needs!](#)

March

Arise! Pilgrims of Hope



*"Surely goodness and mercy shall follow me all the days of my life,
and I shall dwell in the house of the Lord my whole life long."*

Psalm 23:6

St. Hildegard of Bingen 1098-1179 (Feast Day: September 17)

Abbess, artist, author, composer, mystic, pharmacist, poet, preacher, theologian—where to begin in describing this remarkable woman? Born into a noble family, she was instructed for ten years by the holy woman Blessed Jutta. When Hildegard was 18, she became a Benedictine nun at the Monastery of Saint Disibodenberg. Ordered by her confessor to write down the visions that she had received since the age of three, Hildegard took ten years to write her *Scivias* (Know the Ways). Pope Eugene III read it, and in 1147, encouraged her to continue writing. Her *Book of the Merits of Life* and *Book of Divine Works* followed. She wrote over 300 letters to people who sought her advice; she also composed short works on medicine and physiology, and sought advice from contemporaries such as Saint Bernard of Clairvaux.

Hildegard's visions caused her to see humans as "living sparks" of God's love, coming from God as daylight comes from the sun. Sin destroyed the original harmony of creation; Christ's redeeming death and resurrection opened up new possibilities. Virtuous living reduces the estrangement from God and others that sin causes.

Like all mystics, Hildegard saw the harmony of God's creation and the place of women and men in that. This unity was not apparent to many of her contemporaries. In 2012, Hildegard was canonized and named a Doctor of the Church by Pope Benedict XVI. Her liturgical feast is celebrated on September 17.



Holy Moments In Our Schools

At their weekly Gospel reflection time, a blindfolded student had to stay focused on and follow the voice of God instead of the 'voice' of poor choices and turning away from God. (Matthew 4:12-17) Bringing faith to life happens at St. Patrick Fine Arts!



The Spiritual Works of Mercy – Lent

So far in this school year, we have explored a variety of the Spiritual Works of Mercy:

- **Admonish the Sinner** - journey together while being supportive of others when they need correction. Learn to walk more closely with Christ.
- **Counsel the Doubtful** - listen to counsel and instruction, witness to God's love in your actions. Accompany friends who are struggling by helping them reorient towards Christ.
- **Pray for the Living and the Dead** - join together in praying for your fellow Christians in the Body of Christ, and the communion of the saints. Pray with and for others.
- **Instruct the Ignorant** - be open to learning more about your faith. Look for ways to increase your formation and speak with others about our beliefs.
- **Forgive Offenses** - while it can be difficult, we are called to forgive others as God forgives us. We are freed when we forgive.

As we continue through our Lenten days, we can draw inspiration from the saints as we engage in fasting, prayer, and almsgiving, and seek to grow in our own mercy towards others.

"Believing means entrusting oneself to a merciful love which always accepts and pardons, which sustains and directs our lives, and which shows its power by its ability to make straight the crooked lines of our history." (Lumen Fidei 13)

Sources:

[St. Hildegard of Bingen](#)

[The Fruit of the Holy Spirit: What Is Goodness?](#)

[St. Hildegard's advice for building healthy self-confidence](#)

[Home Page](#)

The Fruit of the Spirit – Goodness

What exactly is goodness? The word 'good' is used so frequently in our everyday lives that it almost loses its meaning. For example, how many times a day do we say, "good morning" and "good luck" and "good work"? But, the Bible tells us that the word 'good' actually means holy, pure and righteousness. Literally goodness is godliness.

Goodness can often be seen in our actions, but our heart also has to be pure. The goodness of Christ is to be demonstrated in our lives every day. Psalm 23:6 says, "Surely goodness and mercy shall follow me all the days of my life, and I shall dwell in the house of the Lord forever."

God calls us to be filled with goodness from the inside out, being holy in what we do and say because Christians should have a heart that seeks goodness. We are not to just do good works, because doing good works without a good heart is empty. The 'goodness' described as a fruit of the Spirit is not merely moral behavior, but an excellence of character. This goodness is only possible through God's grace and mercy.

Goodness is not about doing elaborate things to gain recognition. Oftentimes, it is the small acts of goodness we do throughout our day that mean the most to those around us. Is your friend having a bad day? Write them a note to let them know how much you care about them. Is someone putting you down? Pray for them.

It is in these acts of goodness that we reflect Christ's character and possess the fruit of the Spirit. While it may seem like no one notices, God does. Ultimately, when we show goodness, we bring glory to God's name.

"According to St. Hildegard...In the story of the creation of the world, God considers all his work—including humankind—to be very good."

- Marzena Devoud



Reflecting on the life of St. Hildegard...

St. Hildegard Showed “Goodness”

As a Benedictine nun, Hildegard advocated and practiced moderation and balance—two things we recognize today as being important for well-being. As we have seen, she was also “good” at a great many things! Sometimes, we may be hard on ourselves, and overlook the ways in which we are both good at things, as well as good - holy inside and out, in what we say and do. While she thought of each of us as a ‘living spark’, a glimpse of the radiance of God, we might not always feel the same.

In [this article](#), the author delves into the effect that our mindset and beliefs can have on us when we think negatively, or lose the balanced sense of self. She references St. Hildegard of Bingen’s sense of harmony between body, soul and mind, and how important it is to look at ourselves fairly but positively - the way that God sees us. As she writes,

In a letter addressed to her friend Father Bertulf and quoted in a book by Hildegard Strickerschmidt, the German abbess stresses the danger of self-criticism. She writes, “You remind me of a man who looks at his face in the mirror, but does not rejoice because he is overwhelmed by doubts about his beauty.



Your heart then looks like a building visible from afar, but covered with fog ...”

The mental fog that St. Hildegard speaks of in the Middle Ages is a concept commonly used in contemporary psychology. Under the influence of negative thinking, we are unable to see our positive character traits.

Aren’t we dissatisfied most of the time with our own appearance when we look in the mirror? This inferiority complex, which destroys the joy of who we really are, can also affect our spiritual and intellectual life.

In her letter, St. Hildegard describes the abbot’s goodness, which was clear to everyone around him but which he himself was unable to appreciate. A little negative inner voice was poisoning his spirit, preventing him from making the most of his gifts.

According to St. Hildegard, we must seek the talents that lie dormant in us, rejoice in them, and cultivate them. God created humanity out of love, and made us his partners. In the story of the creation of the world, God considers all his work—including humankind—to be very good. St. Hildegard of Bingen, pray for us!

Gospel Readings

March 5, 2023

2nd Sunday in Lent

Gospel Reading: Matthew 17:1-9

“This is my beloved Son, with whom I am well pleased, listen to him.” — Matthew 17:5

During the Transfiguration, Jesus reveals his true glory to his closest friends. Similar to his baptism in the Jordan, the Father speaks from heaven to announce that Jesus is his “beloved Son.” Like a proud parent, God the Father is telling us that he is delighted by his son. He also tells us to “listen to him,” so we can follow Jesus and live how he lived: paying attention to the poor and the outcast, fighting for what is right, and bringing comfort to those who are hurting. If we listen to Jesus and follow him our hearts will get bigger and we will grow into everything God wants us to be.

Dear Lord, help us to walk in Jesus’ footsteps, and to listen to him. Give us courage to follow him wherever he leads us!

How can you improve your listening skills, to better hear God’s voice?

March 12, 2023

3rd Sunday in Lent

Gospel Reading: John 4:5-42

“Jesus answered and said to her, ‘If you knew the gift of God and who is saying to you, ‘Give me a drink,’ you would have asked him and he would have given you living water.” — John 4:10

We know that water is important in the Bible - it is used to cleanse, to baptize, to give life, and to promote growth. What Jesus was saying to the Samaritan woman, and to us, is that HE can cleanse us, HE baptizes us and removes our sin, HE gives life through his name, and that HE carries us through our growth in the sacraments and our love for him. Jesus is the living water that is poured into our hearts and reaches every corner of our being!

Dear Father, thank you for this living water that you offer so freely to us. May it bring us into a deeper love for you.

What are some of the ways water is used in our Church’s rituals?

March 19, 2023

4th Sunday in Lent

Gospel Reading: John 9:1-41

“We know that God does not listen to sinners, but if one is devout and does his will, he listens to him.” — John 9:31

Many of us want to make our requests known to Jesus and then we want him to answer them exactly the way we want. But that doesn’t require much faith. In fact, it is almost as if we are blind to what it is that God may want for us. We choose only to see things the way we want. But Jesus wants us to open our eyes and take a step of faith, seeing him as the Son of God, who came to show us how to live and love. If we can step into that understanding of him, then we will be more willing to listen to his response to our prayers, even if it is not the answer we wanted. This is truly living out God’s will in our lives.

Father in heaven, thank you for loving us so much so that your answer to our prayers is always what we need, even if it’s not what we imagined. Please teach us to accept your answers with patience and gratitude.

Share a time when your prayers were answered. Then try to think of a time when they were not answered the way you wanted them to be. How did you feel about God in both these situations?

Gospel Readings

March 26, 2023

5th Sunday in Lent

Gospel Reading: John 11:1-45

"Martha said to Jesus, 'Lord, if you had been here, my brother would not have died. But even now I know that whatever you ask of God, God will give you.'" — John 11:21-22

When things are going your way and life seems good, it is easier to believe in Jesus, isn't it? But when things get tough and you are full of doubt, it may be easy to question Jesus. Martha shows us, in today's Gospel, what great faith looks like. She knew and loved Jesus very much. She saw how God had worked miracles through him. She saw how Jesus had brought peace and forgiveness to so many. No matter how hard her life seemed at the moment of her brother's death, she did not lose faith in Jesus. It made her believe even more. We, too, are called to this great faith. Whether things are good or tough, Jesus is always the same. He is always there for us and he loves us very much. We just have to have faith and believe.

Dear Lord, thank you for always being with us through good and difficult times. Please give us the faith to know you are with us even when we can't feel it.

Talk about a tough time in your life when you felt God's presence.

Download this month's [Saint Prayer Card](#) - St. Hildegard of Bingen



The Annunciation of the Lord

The feast of the Annunciation is celebrated on March 25, nine months before Christmas. This feast celebrates the day the Angel Gabriel appeared to Mary and asked her to be the Mother of Jesus. Mary was an ordinary girl from a simple town. Yet, God chose her from all time, and set her apart to be the mother of His Son. She was preserved from the stain of original sin from the very moment of her conception. This is the doctrine of *The Immaculate Conception*. Through her yes, Mary teaches us what our response to God should be. Being "Full of Grace" did not diminish Mary's ability to say no. She could have said no to the Angel but she freely chose to say yes.

"Mary showed complete trust in God by agreeing to be used as an instrument in his plan of salvation. She trusted him in spite of her nothingness because she knew he who is mighty could do great things in her and through her. Once she said "yes" to him, she never doubted. She was just a young woman, but she belonged to God and nothing nor anyone could separate her from him."

— St. Teresa of Calcutta —



March



Arise!
Pilgrims of Hope Journal

WEEK ONE

God helps us to persevere through our challenges. How were you able to focus on God this week?

Additional Sources:

[The Annunciation: The Handmaid of the Lord](#)

[Home Page](#)

WEEK TWO

Mercy is the foundation of the Church's life. When did you receive a second chance this week?

Do not, O Lord,
withhold your mercy
from me;
let your steadfast love
and your faithfulness
keep me safe forever.

Psalm 40:11



WEEK THREE

The Eucharist reminds us that we are not isolated individuals, but one body. When did you taste the goodness of the Lord this week?



WEEK FOUR

Christ is "the light which conquers darkness, and we are asked to keep alight the little flame that was entrusted to us on the day of our Baptism." Pray for God's help in keeping your flame alight.



O God, by whose grace your servant Hildegard,
kindled with the Fire of your love, became a burning and shining light
in your Church: Grant that we also may be aflame with
the spirit of love and discipline, and walk before you as children of light;
through Jesus Christ our Lord, who lives and reigns with you,
in the unity of the Holy Spirit, one God, now and forever. Amen.

St. Hildegard of Bingen, pray for us

Prayer Source:
[Novena To St. Hildegard Of Bingen](#)



WORRY DRAGONS

Grades 2,3,4

Family Center will run Worry Dragons, a program designed to engage youth to use their creative side to express fears, worries and anxieties and to learn new skills to respond to these feelings.

If you have a child in grades 2, 3 or 4 and would like more information or to register your child please contact:

Tanya Koopmans – Family First Facilitator

koopmanst@holyspirit.ab.ca

403-634-2712

Program will run Wednesdays March 15 – April 26th from 1-2pm

No programming over Easter break

Group size: 12 students

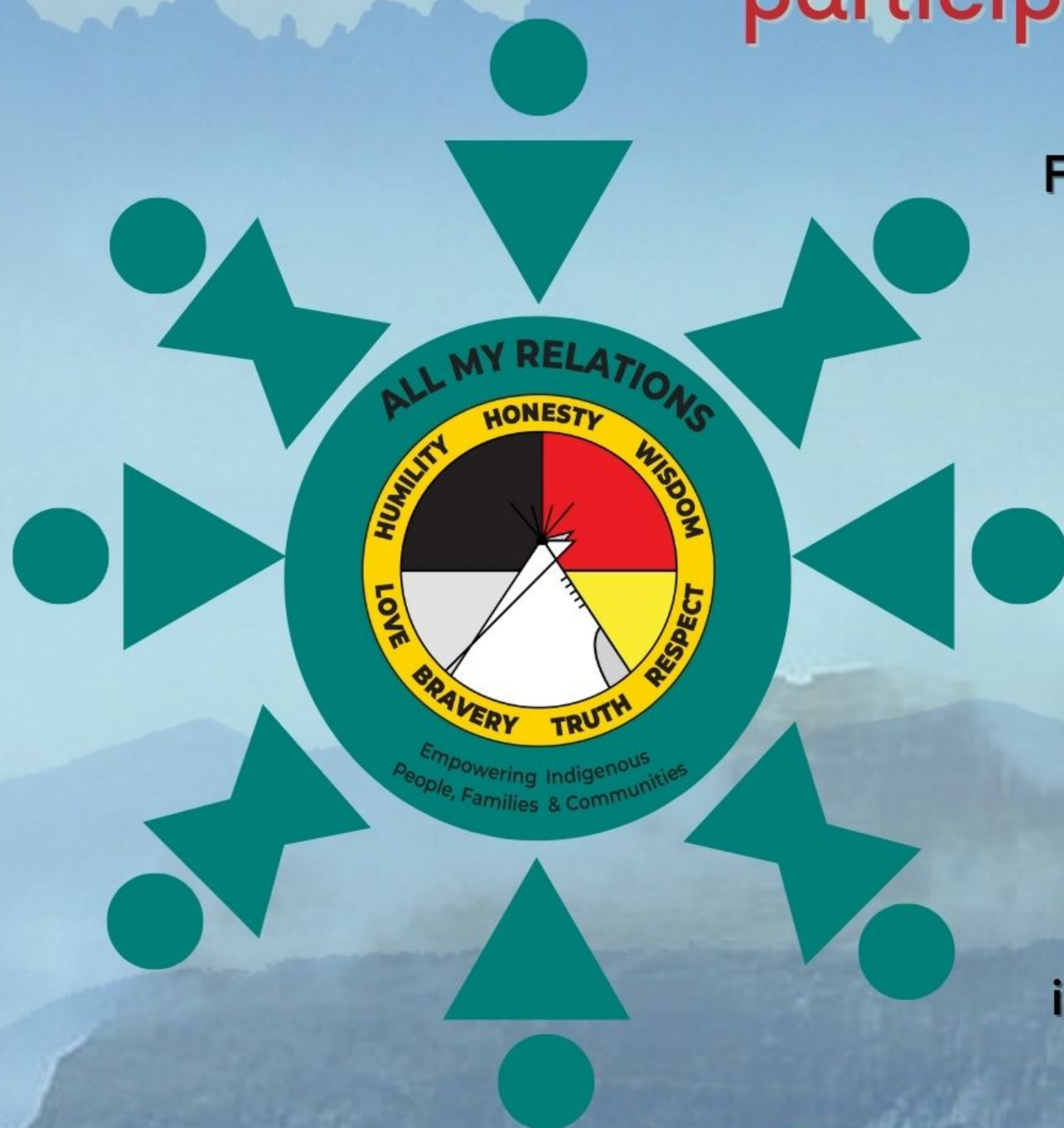




All My Relations Family Program

Wednesdays January 25th - April 5th 2023
5:00pm-8:00pm

All Indigenous families are welcome to join and participate.



Program delivered by Indigenous Facilitators and Blackfoot Elders and includes:

- supper
- incentives
- children's play program using the 7 sacred teachings
- adult program discusses parent-child and couple relationships, four generations and finding cultural connections in community

Enjoy a sense of belonging and identity while building confidence in raising a healthy family.

For more information or to register

Please contact: Janine Jackson

403 320 4232 Ext 215 or janine.jackson@famcentre.ca

Family Centre
Suite 225, 200 - 4 Ave. S.
Melcor Centre
Website: www.famcentre.ca

Facebook: @lethbridgefamilycentre
Instagram: @familycentreyql
LinkedIn: @Family Centre Society of Southern Alberta
Helpseeker: Family Centre



Random Acts of Play



RAP is a drop off play program designed for kids ages 5-8. Kids will work with facilitators to explore all types of play - dramatic, messy, science, outdoor, games and more!

Dates: Monday January 16 - March 27, 2023

Time: 3:30 - 5:30 pm

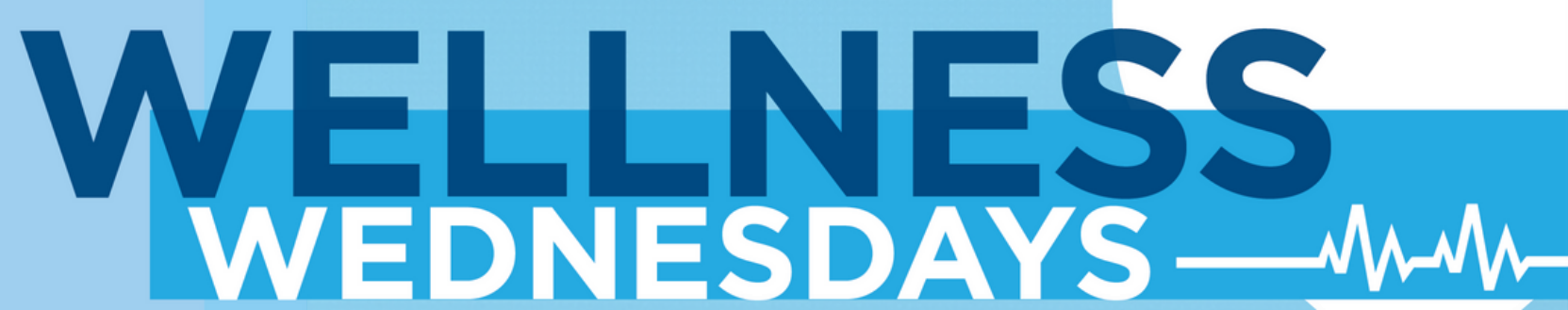
Cost: \$25 per child

Family Centre West

Family Centre West
#10 - 230 Coalbanks Blvd. W
Lethbridge, AB T1J 4V4
403-359-8092
Website: www.famcentre.ca

Facebook: @lethbridgefamilycentre
Instagram: @familycentreyql
LinkedIn: @Family Centre Society of Southern Alberta
Helpseeker: Family Centre





WELLNESS WEDNESDAYS

EATING ON A BUDGET **COOK & CHAT** WITH EMILY MARDELL, RD



Wednesday, March 15, 2023

Join us via

Zoom at Noon or
at CASA at 11:30 am
(Lunch included at CASA)

Register here:

<https://bit.ly/EmilyMardell>



Funded by the Government of
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Seniors Program

