

UPCOMING DATES:

April 3 – Autism Awareness Day (April 2nd) – Wear Blue

April 5 – Easter Color Day

April 6 – Recognizing Green Shirt Day (actual date April 7th)

April 7 – Good Friday NO SCHOOL

April 10-14 – Easter Break NO SCHOOL

April 17 – Students Return from break

April 20 – Kindergarten Learners as Teachers 6-7pm

April 21 – NO KINDERGARTEN

April 26 – Divisional Board Meeting

April 28 – Creative Hair Day



Newsletter April 2023 Mme Bouchard

Dear ESM,

March has come and gone, and it has been another amazing month at ESM. With many things happening, it is always a busy place full of activities, learning, growing and thriving. Please be sure to check the calendar for upcoming events. As we head into the final months of the school year, there will be plenty of field trips and activities on the go.

We have been journeying together through Lent. We have been led by several classes in Lenten Liturgies, a Lenten Mass and weekly Gospel Time. We finished off March with a wonderful Student Retreat. What a blessed day for students to focus on their faith, their spiritual growth and wellness. Thank you to our Faith Committee for their hard work in putting this together. Please see Mr. Harper's message for more details about that and about our Lenten project supporting Chalice.

During March we wrapped up our Grade 6 Basketball season. We are all so proud of our athletes. They improved, demonstrated sportsmanship and did a great job on and off the court. Go Bobcats go. Thanks to those that made the Grade 6 Basketball Jamboree a success.

We have also had our second and final round of Parent Teacher Interviews this year. It is always so nice to celebrate student learning and draw attention to their growth since the beginning of the year. Thanks for taking the time to come in, it is so wonderful when we work in partnership in your child's education. Please remember, if you are having trouble with Spaces, or having a hard time understanding where your child is at, please reach out to your child's teacher. We also saw the return of the Scholastic Book Fair. Our library gets money back from sales and that means books in students' hands. A big thank you to Mrs. Bugg for her hard work. Thank you to parent volunteers for working the fair throughout as well.

We have yet another event to celebrate. We hosted our first ever Francophone Soiree where we celebrated French culture around the world. Bonhomme made an appearance. Students and teachers worked hard to present different countries from Quebec, to France, Tunisia, Morocco, Switzerland, Belgium, Guadeloupe, and Eastern Canada. French Immersion students researched and presented their learning in French for all to enjoy. It was a great turnout! Thanks for joining us. The students were so proud to show their French skills to family and friends. Thanks to all that made the evening possible.

As we head into April it is hard not to recognize that we are entering the final few months of the school year. I am hopeful the weather turns to warmth and sun. Let us not forget Jesus' Passion that leads to the good news of Easter. We wish you and your family a blessed Easter. May the signs of spring, and new life of Easter rejuvenate and energize you and your family. I cannot wait to say "He is risen!"

God Bless, Mme Bouchard

Mr. Harper's April Message 2023

Welcome to April! We continue our Lenten journey for one more week in April. We begin Holy Week with Palm Sunday and the Gospel of the Passion of the Lord with the triumphal entry of Jesus into Jerusalem. It marks the beginning of the journey to the cross. On Holy Thursday, we commemorate the Last Supper. It leads into Good Friday, Holy Saturday or Easter Vigil, and the end of Lent with Easter Sunday.

We had our student retreat on March 30th. It was a great day of faith-filled activities for the students planned by our excellent teachers. Thank you to our faith committee for all their time and effort in planning our Living Rosary, Prayer Labyrinth, Artwork, Scavenger Hunts, Gardening activities, and more! Our next celebration is on Holy Thursday, April 6th, at 2:00 PM. Our 5FE class will lead our celebration, and we invite you all to join us if you can!

Our Chalice fundraiser for our sister school, Chandarua Primary School, Change for Chandarua, has been going extraordinarily well. Our students have managed to bring in over 400 dollars' worth of donations! Change for Chandarua will continue until the end of Easter. Great work, everyone! Congratulations to our 1RE and 5BI classes, who have raised many of our donations! We will continue fundraising for our sister school throughout the rest of this year and continue next year. If you would like to donate, you can bring your donation into the school for our Change for Chandarua fundraiser or donate to the webpage linked below to Chalice. Chandarua Primary School is trying to upgrade its dilapidated building, create a kitchen to feed its students, and provide solar lighting in its buildings.

During Gospel time, we have been speaking about Lent and exploring prayers of intercession. For the coming month, we will focus on prayers of praise. We will continue to learn about the saints, and St. Augustine Zhao Rong will lead us as a witness of bearing wrongs patiently and kindness. He is an example of how, even when we feel wronged or slighted, we should lead with kindness.

We all pray for you and your families. We hope you continue growing closer to Jesus as he journeys to the cross. We wish you a holy Holy Week and a joyful and blessed Easter.

Mr. Harper

[Chalice/Ecole St. Mary page](#)

"Jesus said: I am the Way; I am Truth and Life. No one can come to the Father except through me. If you know me, you will know my Father too. From this moment you know him and have seen him." - John 14:6-7



GROWING SMILE FUNDRAISER:

Looking for a Mothers day gift? Starting your Garden on May long weekend?

Our Grade 6 farewell committee is hosting the Growing Smiles Fundraiser. More information can be found on the website:

https://esm.holyspirit.ab.ca/resources_publications/news/whats_new/fundraiser_growing_smiles

Order Deadline is APRIL 13 at 12:00pm NOON and pick up will be **at the school on May 10th.**

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.



Continue Support for Chandarua Primary School

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. Even though our Lenten journey is close to an end this April their school has a lot of needs. We continue to pray 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.

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





April Showers Bring May Flowers

As everything defrosts and the snow melts away this April, the fun of jumping in puddles begins. Slips and falls happen and if you can **send your child with an extra pair of clothes** in their backpack it makes for a more comfortable afternoon of learning incase their clothes get wet.

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.

BREAKFAST AND LUNCH PROGRAM

We are blessed to have a “grab and go” fridge for Students who would go without or don’t have enough. These snacks are open to all students; however we encourage the kids to eat what is in their lunch kits first before grabbing more. If you find your child is coming home with all their food please talk to them about only taking snacks when they finish their lunches.

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 March our winners were: Shanville 6TE and Rowan 2/3PSI

HOUSE TEAMS

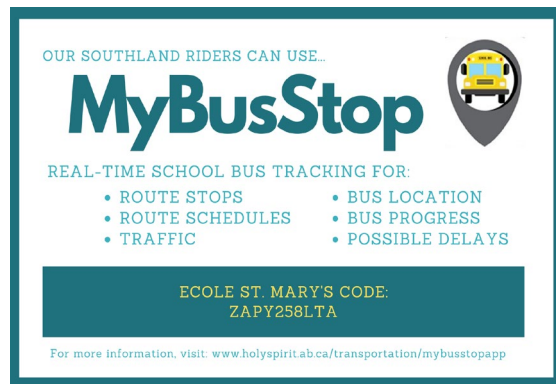
The students are assigned a house team (colour team) so be a part of for the year. This encourages the kids to interact with kids in other grades. Our leadership team comes up with special days and activities for students to earn points to go towards their house team. For the Month of March the winning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



SICK KIDS

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

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.



SCHOOL BUS

Our Code is: ZAPY258LTA

Please download the app 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)

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.



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.

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.

APRIL 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3 Autism Awareness – wear BLUE	4 Bake Sale (grade 6 providing)	5 Easter Color Day	6 Green Shirt day Holy Thursday 5FE presents Stations of the Cross	7 Good Friday NO SCHOOL	8
9 Easter Sunday	10	11	12 <u>Growing Smiles</u> <u>Orders DUE</u>	13	14	15
NO SCHOOL - Easter Holidays						
16	17 Back to school after Easter Holidays.	18	19	20 Kindergarten Teachers as Leaders 6-7pm Open House	21 NO KINDERGARTEN	22
23	24	25	26 Hot Dog Lunch Divisional Board Meeting	27	28 Creative Hair Day	29

MAY 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Suckers for Spring Sale	2	3 Kindergarten Grad Photos	4	5 NO KINDERGARTEN	6
7	8 Suckers for Spring Sale	9	10 <u>Growing Smiles Delivered to School</u>	11	12	13
14 Mother's Day	15 Catholic Education Week	16	17 Marian Mass 9am @ Assumption Church	18 Kindergarten Mother's/ Father's day evening 5:30-7pm	19	20
21	22 NO SCHOOL Victoria Day	23 NO SCHOOL PD Day	24 Divisional Board meeting	25	26	27
28	29	30	31	1	2	3
			Grad 6 Camp @ SABC			



“Share the Mission” Award Call for Nominations!

Nominations are now welcome for Holy Spirit Catholic School Division’s “*Share the Mission Award*.”

This prestigious award recognizes community members, parents, students, and school staff who have:

- Offered outstanding or long term service for the benefit of our students;
- Accepted demanding challenges and set new standards for the rest of us to follow;
- Contributed, through action and deed, to the Catholic atmosphere of our schools;
- Demonstrated involvement and leadership in community / parish organizations;
- Reflected the Mission Statement of the Holy Spirit School Division in all actions:

*We are a Catholic faith community, dedicated to providing
each student entrusted in our care with an education rooted in the
Good News of Jesus Christ*

*Guided by the Holy Spirit, in partnership with home, parish and society,
our schools foster the growth of responsible citizens who will
live, celebrate, and proclaim their faith.*

Our Catholic faith is the foundations of all that we do.

If you know of an individual or group deserving of the “*Share the Mission Award*,” please forward their name to Rhonda Kawa at kawarh@holyspirit.ab.ca by June 9, 2023.

Nomination information is accessible on the division’s website or by clicking on this link:

[Share the Mission Award Nomination Form](#)

For all day camps you can access subsidies through:

City of Lethbridge: <https://www.lethbridge.ca/Things-To-Do/Pages/Fee%20Assistance%20Program.aspx>

Kidsport: <https://kidsportcanada.ca/alberta/lethbridge-taber/apply-for-a-grant/>

Jump Start: <https://jumpstart.canadiantire.ca/pages/individual-child-grants>

Name of Camp	Website	Description
YMCA	https://lethbridgeymca.ca/programs/111/summer-pd-day-camps/?locations=19	From outdoor adventure camps, to swimming, arts, sports and stem camps.
Lethbridge Community College	www.lethbridgecollege.ca/summercamps	Many sport camps available throughout the summer.
University of Lethbridge Summer Camps	https://communityprograms.ulethbridge.ca/Program/GetProducts?classification=86eb201f-f451-44fb-bcfb-070da75c68f5	Science based camps focusing on science technology, engineering and math.
Casa Lethbridge	www.casalethbridge.ca	Keep checking the website for available summer camps.
Westwind Gymnastics	www.westwindgym.com	Keep checking the website for available summer camps.
Assumption Church Summer Camps	403-327-8931	July 11-14 This a 4 day camp. Please call the number listed to register.
St Augustine's Church Vacation Bible School	www.staug.org/vacation-bible-school	Please register with the listed link.
E Free Church	www.efreelethbridge.ca/kids	July 24-28 Registration will be open soon
Immanuel Lutheran Church	www.immanuallutheran.ca/vbs.html	Please register with the listed link.



Overnight Camps

Name of camp:	Website:	Description:	Subsidy Available:
Southern Alberta Bible Camp	www.sabc.ca	Youth focused Christian Camp whose purpose is to challenge, encourage and inspire campers spiritually and physically to help equip them for a life and to develop Christian leadership in young adults. No child turned away. Lack of money will never be a factor that keeps a child away from camp. Located close to Lomond.	Yes
Crowsnest Lake Bible Camp	www.crowcamp.ca	Christian based wilderness camp based in the Rocky Mountains. We believe every child should have the opportunity to attend camp regardless of financial status. All camps are offered on a fee free basis to the camper. Located in Crowsnest Pass.	Yes Even if camp is full it is worth going on the waitlist as this camp is 100% subsidized
Camp Columbus	www.campcolumbus.com	Catholic based camp in Waterton National Park, ages 8-14	No
Wilderness Ranch	www.wildernessranchalberta.com	Christian based horseback riding camp in a wilderness setting.	Subsidy is only provided if private donors donate to the camp, however, the camp is more than willing to work out a payment plan for families.
Eaglesnest Ranch	www.eaglesnestranch.ca	Youth horse camp located in the Cypress Hills, Alberta	Yes



April

Arise! Pilgrims of Hope



“...and raised us up with him and seated us with him
in the heavenly places in Christ Jesus.”

Ephesians 2:6

St. Augustine Zhao Rong 1746-1815 (Feast Day: July 9)

The Gospel likely reached China in the fifth century, with churches and missions being built in the centuries that followed. Beginning in the 1600s, there was increasing persecution of Christians and limitations on the practice of their faith, leading in many instances to the destruction of churches, and threats and punishments, from imprisonment to martyrdom. Many of those who were martyred over the course of the next three centuries were beatified, and in total, 120 were canonized as a group on October 1, 2000. Of this group, 87 were born in China, while 33 were missionaries from different orders born outside of China. These are sometimes referred to as St. Augustine Zhao Rong and Companions.

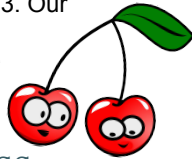
Augustine Zhao Rong was a Chinese soldier who accompanied a French Bishop (John Gabriel Taurin Dufresse) to his martyrdom in Beijing. While he accompanied Bishop Dufresse, he was struck by his patience and courage, and asked to become a Christian. Not long after his baptism, Augustine was ordained as a diocesan priest. Arrested shortly afterwards, he was martyred in 1815.

St. Augustine Zhao Rong and his fellow martyrs are a powerful tribute to the sacrifice of Christians and to the courage of humans moved by faith. When we read of such heroes, it is important to remember that they do not exist solely in history—there are, at this very moment, thousands of Christians around the world asserting their right to choose their faith against violent oppressors who want them to denounce it.



Holy Moments In Our Schools

Kindergarten students at École St. Mary School created a personalized rendition of our faith plan theme Arise! Pilgrims of Hope. We are all on this journey together! This theme was echoed in our Spiritual Development Day on March 13, 2023. Our guest speaker, Catholic musician and evangelist Jesse Manibusan, encouraged us to continue our walk together, to see the impact that we have on each other in our schools, and to ensure that all are welcome.



The Spiritual Works of Mercy – Bear Wrongs Patiently

Becky Eldredge notes that we often need to apply this work of mercy in our lives, for instance with a friend who is notoriously late, a colleague who continuously misses deadlines, a child who needs to be reminded often about picking up their clothes, or when a family member takes advantage of our relationship. She points out four tools we might use:

- **Naming our own wrongs:** Like most works of mercy, naming our own need for mercy is vital. The reality is we make mistakes, we sometimes hurt people or grate on another's nerves. Naming our own wrongs helps us soften our hearts towards others.
- **Remembering when mercy was shown to us:** We can reflect back on times in our life when we know we messed up and the person impacted by our mistake offered us patience instead of anger.
- **Praying:** Prayer not only grounds us in God's love and mercy for us, but it also provides us an outlet to honestly express our frustrations, hurts, and wrongs done to us. God transforms these areas of our lives.
- **Practice Pausing:** We can practice taking a pause before we reply or act. This allows us time to reflect on what's happening, turn to God, and then with God's help decide what we are being invited to do.

The Fruit of the Spirit – Kindness

True kindness is taught to us in Ephesians 4:31-32, “Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.”

But, what is kindness? It begins with caring, being tenderhearted and compassionate. The Greek word for 'kind' is *chrestos*—meaning 'useful.' This means that kindness involves action. Truly kind people will actively look for opportunities to show kindness.

Whether it's paying for someone's coffee at the drive-through behind them or writing a note of encouragement to a friend, kindness requires action. Of course, action can also include words—words of encouragement, comfort, courtesy and compliments can be heartwarming acts of kindness.

Jesus Christ practiced kindness that was considered radical for that time and culture. His kindness often extended to the people that were not treated well, including the sick, poor and social outcasts. He healed them, prayed with them and fed them.

Just like Jesus, we should practice kindness, even something as small as a smile at a passing stranger. We should continue to ripen our fruit of kindness in the footsteps of Jesus, who personified the greatest example of kindness.

(2) He is in you, he is with you and he never abandons you. However far you may wander, he is always there, the Risen One. He calls you and he waits for you to return to him and start over again. When you feel you are growing old out of sorrow, resentment or fear, doubt or failure, he will always be there to restore your strength and your hope..”

Christus Vivit



Reflecting on the life of St. Augustine Zhao Rong...

St. Augustine Zhao Rong Showed “Bear Wrongs Patiently”

Patiently bearing the wrongs that others do, especially to our families or ourselves, is very difficult indeed. We often feel driven to retaliate, even though Jesus exhorts us to “turn the other cheek.” We know that bearing these wrongs can be painful, and being patient in the midst of these adversities and wrongs can be challenging. But Christ shows us the way to be patient and to adhere to God’s will for us.

St. Augustine Zhao Rong also models this for us in his own life. After his conversion, he would surely have known, as did the other Chinese martyrs, that he would be facing persecution, and perhaps even death. And yet, he made the conscious choice to follow Christ and His example, answering this persecution, and enduring his martyrdom, in a way that turned the wrong into a positive end.

St. Augustine Zhao Rong and Companions, Pray for us!

“And God raised us up with Christ and seated us with him in the heavenly realms in Christ Jesus, in order that in the coming ages he might show the incomparable riches of his grace, expressed in his kindness to us in Christ Jesus.” (Ephesians 2:6-7)



St. Augustine Zhao Rong Showed “Kindness”

The discipline of kindness traces back to our childhood. From the very beginning, we are taught and conditioned to be kind to one another. However, kindness goes much farther than saying “please” and “thank you” to people you interact with. Those are manners.

Kindness comes from a heart posture of gratitude, but also sincerity in treating one another with respect and niceness. Kindness is more than an action when you interact with people. It’s how you present yourself amongst other people. Your character that shines through you can be dressed in the posture of kindness.

If you look through the Scriptures, you see that the word “kindness” is used within the contexts of mercy and humble servitude to one another, much like the verse in Ephesians 2:6-7. The “riches of [God’s] grace” is shown through the kindness shown to us through Jesus, who He was, what He did and the mercy and servitude-like love that was shown through His sacrifice for us.

St. Augustine Zhao Rong and his companions echoed this sacrifice in their martyrdom—the link between bearing wrongs patiently and kindness!

Gospel Readings

April 2, 2023

Palm/Passion Sunday

Gospel Reading: Matthew 26:14-27:66

“Hosanna to the Son of David; blessed is he who comes in the name of the Lord, hosanna in the highest.” — Matthew 21:9

The people waved palm branches for Jesus. At that time in Israel, palm branches were used as a symbol of ‘future glory’ or ‘better days ahead.’ You would think after Jesus’ triumphant entry into Jerusalem, the days ahead would be great. However, Jesus’ mission was not to make people comfortable, but to speak the truth of God. This made many people very upset; so upset that they would rather silence the truth than face their own sin. This meant that the following days for Jesus turned into days of pain and sadness instead of celebration. Today’s Gospel walks us through the Passion of our Lord. We are entering into the holiest week of the year. Let us listen to the story of what happened after Jesus entered Jerusalem and let it move our hearts closer to our Savior.

Dear Lord Jesus, may we walk through this week, allowing the story of the Passion to make us aware of the sinfulness in the world, and bring us deep gratitude for the price you paid when you became human.

What will you do this week to show gratitude to Jesus for his sacrifice?

April 16, 2023

2nd Sunday of Easter/Divine Mercy Sunday

Gospel Reading: John 20:19-31

“Receive the Holy Spirit. Whose sins you forgive are forgiven them, and whose sins you retain are retained.” — John 20:22-23

Now Jesus comes to his disciples. They have been hiding, afraid, lacking faith, thinking only of themselves. Jesus tells of a gift they will receive: the Holy Spirit. How often we act like the apostles by questioning and running. We are human just like they were. But in Jesus’ great mercy, he wanted his forgiveness to continue to be spread. He gave the disciples the power to forgive sins so that people would know God loves them so much he wants to give them the chance to start over again. Thank you Lord for your infinite mercy.

Father in heaven, thank you for giving all of us the opportunity to be forgiven as often as we fall, as well as the chance to forgive others when they fall.

Have you ever found it hard to forgive anyone? That’s normal. Even if you don’t feel like you want to forgive them, you can pray to have greater understanding and compassion for them, and you can pray for them and yourself to be able to come through the hurt.

April 9, 2023

Easter Sunday

Gospel Reading: John 20:1-9

“...they saw and believed.” — John 20:8

Can you imagine someone you know being wrongly accused? Being hurt very badly and then killed? If that person was someone you knew to be kind, peaceful, and full of love and you saw them treated so horribly you might be angry, scared, and worried. You might even want to run away or hide, not knowing what would happen to you. This is how the apostles felt after Jesus was killed. They were hiding, hoping no one would find them. They were full of all sorts of feelings. But then they heard with news of hope and wonder – that Jesus was no longer dead, HE IS RISEN!!! How could this be? So they ran to the tomb, and when they arrived, his body wasn’t there anymore. They saw. They believed. And soon Jesus came to them in person, showing he was truly risen from the dead.

He is Risen! Truly he is Risen! ALLELUIA!



Gospel Readings

April 23, 2023

3rd Sunday of Easter

Gospel Reading: Luke 24:13-35

"Then, beginning with Moses and all the prophets, he interpreted to them what referred to him in all the Scriptures...and it happened that, while he was with them at table, he took bread, said the blessing, broke it and gave it to them." — Luke 24:27, 30

In today's Gospel, we hear the story of two disciples who walk alongside Jesus without recognizing him. Until Jesus helped them understand the scriptures more fully and broke bread with them, they did not know it was him. In this Gospel reading, we are reminded that Jesus is always with us – even though many times we don't recognize him. Looking back, the disciples realized their hearts were burning within them as they talked to the person they thought was a stranger. Their burning hearts were a clue that something more was going on than they recognized at the time. It wasn't until Jesus broke bread with them at the table, as he had before, that they realized it was him.

Dear Lord, continue to open our eyes to how you are with us at all times so we can better recognize you.

When has your heart told you something really important was happening, even if maybe you didn't understand it all at the time?

Download this month's [Saint Prayer Card](#) - St. Augustine Zhao Rong



Easter and the Divine Mercy Chaplet

When we celebrate Christ's Resurrection at Easter, you will see on a liturgical calendar the term Easter Octave. This set of eight days is really like one single day. The Octave concludes on the second Sunday of Easter - what we call today Divine Mercy Sunday. In his role as Pope, St. John Paul II said that this day was meant to be a day of "thanksgiving for the goodness God has shown to man in the whole Easter mystery." This goodness, His divine and merciful love, is shown in the death, burial, and resurrection of Christ, the Paschal Mystery that we celebrate in the Eucharist.

Many Catholics will pray the Divine Mercy Chaplet as a novena beginning on Good Friday in preparation for Divine Mercy Sunday. This devotion comes to us through St. Faustina Kowalska, a Polish nun from the 1930s, to whom Christ appeared. She was canonized in 2000 by St. John Paul II as the first saint of the new millennium.

You can find more information about the Divine Mercy, including videos and how to pray the Chaplet using your rosary, [here](#).



All-powerful, ever-living God,
turn our weakness into strength.

As you gave Augustine Zhao Rong and the martyrs of China
the courage to suffer death for Christ,
give us the courage to live in faithful witness to you.
Grant this through our Lord Jesus Christ, your Son,
who lives and reigns with you and the Holy Spirit,
one God, for ever and ever. Amen.

St. Augustine Zhao Rong and Companions, Pray for us!

(From The Roman Missal)



Sources:

[Saint Augustine Zhao Rong and Companions](#) (Franciscan Media)
[Saint Augustine Zhao Rong and Companions](#) (Newman Ministry)
[Sts. Augustine Zhao Rong and Companions](#) (Saint Mary's Press)
[The Spiritual Works of Mercy](#)

April 30, 2023

4th Sunday of Easter

Gospel Reading: John 10:1-10

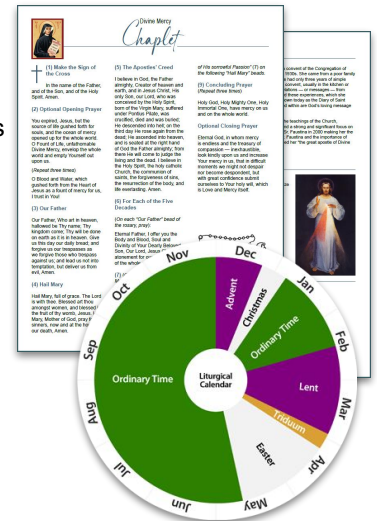
"I am the gate for the sheep. All who came before me are thieves and robbers, but the sheep did not listen to them. Whoever enters through me will be saved." — John 10:7-9

Sheep are the kind of animals that will only follow the voice of their shepherd because they know they can trust him. They feel safe with the shepherd and know they won't get harmed. Jesus wants us to follow his voice, which is telling us that we can trust him because he always wants what is best and most life-giving for us.

If someone was merely hired to watch the sheep, when danger came that person might run off to protect himself instead of the sheep. Jesus is saying that he will never abandon us, just like he didn't abandon his disciples.

Dear Good Shepherd, help us to trust you, listen to your voice, and know in our hearts you will never abandon us.

What are some ways Jesus shepherds you?



[The Fruit of the Holy Spirit: What Is Kindness?](#)
[Bear Wrongs Patiently](#)
[Fruit of the Spirit-Kindness](#)

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April



Arise! Pilgrims of Hope Journal


WEEK ONE

Who is one person you can serve in a unique way?



WEEK TWO

How did you show others compassion today?



WEEK THREE

What prayer have you seen answered recently?




*If in my name you ask me
for anything, I will do it.*

John 14:14

WEEK FOUR

What can you do today to be kinder?





Sweet smiles: 7 tips to support your child's oral health

April is Oral Health month in Canada. It's a great time to brush up on what it means to have a healthy mouth. This year's theme is about **sugar intake and oral health**. It encourages families to learn about sugar and make informed choices for good oral health and overall health.

This April, help your child keep their sweet smile! Try these tips to limit sugar and protect their teeth from tooth decay (cavities):

Talk with your child about sugar and oral health

Sugary food and drinks increase your risk of tooth decay. Explain to your child that bacteria in our mouths break down the sugar we eat

and make acids that dissolve the surface of our teeth (enamel). This can lead to tooth decay. The good news is that when we eat and drink less sugar, we lower the risk of tooth decay.

Teach kids to be sugar detectives!

Show your child how to identify sugar on a product ingredient list. Words ending in "ose" (like *sucrose* and *fructose*), or words such as *syrup*, *honey*, *molasses*, *fruit juice*, and *puree concentrate* are sugar products. When these words appear near the beginning of the list, the food or drink is higher in sugar. Help them choose snacks and drinks without these ingredients.

Healthy Children

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As a family, consider limits on sugary food and drinks

Talk with your kids about cutting back on snacks with added sugar, like candy, chocolate, and desserts. As a family, consider setting limits on sugary drinks like pop, iced tea, chocolate milk, and slushy frozen drinks. Try setting a goal you can work towards together.

Keep low-sugar snacks on hand

Have tooth-healthy snacks in the fridge or pantry so kids can grab them on the go. Try whole fruits, raw vegetables, cheese cubes, hard-boiled eggs, plain yogurt, nuts, or seeds.

Put away the sugar bowl

Encourage your kids to avoid adding sugar to their food before they eat it. Here are some tasty, nutritious ways to swap out sugar:

- Top plain oatmeal with berries.
- Eat vegetables and fruits in their natural form, without sweetened dips or sauces.
- Replace syrup with unsweetened apple sauce or plain yogurt.

Make water your family's go-to drink

Try these tips to encourage your child to drink water throughout the day:

- Serve water with all meals and snacks.
- Encourage your child to keep a reusable water bottle with them at school.
- Remind them that water is the best way to quench thirst during physical activity or when it's hot outside—encourage them to skip sugary sport drinks and energy drinks.
- Replace sugary drinks with water.



Ask your dental professional about sugar and oral health

Limiting sugar is an important way to protect your child from getting tooth decay.

Book regular appointments for your child to see a dentist, dental hygienist, or other dental professional. Ask them for advice on keeping teeth healthy.

If your family needs help covering the costs of dental visits, go to ahs.ca/oralhealth.

For more information, go to:

- [All about sugar](#)
- [Oral health: sugar, fluoride and nutrition](#)
- [Time to tame that sweet tooth](#)



Sugar buzz: Protect your teen's teeth

April is Oral Health month in Canada. It's a great time to brush up on what it means for your teen to have a healthy mouth. This year's theme is **sugar intake and oral health**. It encourages teens to learn about sugar and make informed choices for good oral health and overall health.

This April, help your teen protect their teeth! Try these tips to limit sugar and avoid tooth decay (cavities):

Talk with your teen about sugar and oral health

Sugary food and drinks increase your risk of tooth decay. Explain to your teen that bacteria in our mouths break down the sugar we eat and make acids that dissolve the surface of our teeth (enamel). This can lead to tooth

decay. The good news is that when we eat and drink less sugar, we lower the risk of tooth decay.

Teach your teen to spot sugar

Show your teen how to identify sugar on a product ingredient list. Words ending in "ose" (like *sucrose* or *fructose*), or words such as *syrup*, *honey*, *molasses*, *fruit juice*, and *puree concentrate* are sugar products. When these words appear near the beginning of the list, the food or drink is higher in sugar. Support your teen to choose snacks and drinks without these ingredients.

Consider limits on sugary drinks

Teens can be big consumers when it comes to sugary drinks like pop, iced tea,

Healthy Teens

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chocolate milk, sports drinks, energy drinks, specialty coffees, and slushy frozen drinks. Talk with your teen about cutting back or cutting out sugary drinks. As a family, try setting a goal you can work towards together.

Keep low-sugar snacks on hand

Have tooth-healthy snacks in the fridge or pantry so teens can grab them on the go. Try whole fruits, raw vegetables, cheese cubes, hard-boiled eggs, plain yogurt, nuts, or seeds.

Put away the sugar bowl

Encourage your teen to avoid adding sugar to their food before they eat it. Here are some tasty, nutritious ways to swap out sugar:

- Top plain oatmeal with berries.
- Eat vegetables and fruits in their natural form, without sweetened dips or sauces.
- Replace syrup with unsweetened apple sauce or plain yogurt.

Make water your teen's go-to drink

Try these tips to encourage your teen to drink water throughout the day:

- Serve water with all meals and snacks.
- Encourage your teen to keep a reusable water bottle with them at school.
- Remind them that water is the best way to quench thirst during physical activity or when it's hot outside—encourage them to skip sugary sport drinks and energy drinks.
- Replace sugary drinks with water.



Ask your dental professional about sugar and oral health

Limiting sugar is an important way to protect your teen from getting tooth decay.

Book regular appointments for your teen to see a dentist, dental hygienist, or other dental professional. Ask them for advice on keeping teeth healthy.

If your family needs help covering the costs of dental visits, go to ahs.ca/oralhealth.

For more information, go to:

- [All about sugar](#)
- [Oral health: sugar, fluoride and nutrition](#)
- [Time to tame that sweet tooth](#)

REGISTRATION NOW OPEN

REGISTER AT:

www.lethbridgeminorsoftball.com

REGISTRATION ENDS MAR 31ST

Lethbridge Minor Softballs goal is to grow the sport of softball while providing a great experience for kids ages 3-19 from Apr -Jun.

We also offer a competitive provincial team for players interested in challenging themselves further.

We believe you are never too old to play and regardless of experience we welcome you to come out and learn the sport of softball that provides fun with physical activity!

