



March 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Shrove Tuesday 	2 Gr 2 – Mass 9:00am  ASH WEDNESDAY	3	4 Last day to order first aid kits.	5
6  First Sunday IN LENT	7 Lenten Celebration 9:15 am – 3T 	8	9	10	11 	12
13  Second Sunday IN LENT	14 Spiritual Development Day 	15 Lenten Celebration 9:15 am – 2O School council meeting 7:00 pm 	16 	17 Wear GREEN 	18	19
20  Third Sunday IN LENT	21 Lenten Celebration 1:30 pm – 1D	22	23 Grade 5 Mass in Slow Motion Gr 6 – SFHJ orientation 12:15-2:30 Div Board Mtg 6:00 pm	24 Gr 2 Retreat Parent Teacher Interviews 4:00 – 7:00 pm	25 Mass – 9:00 am	26
27  Fourth Sunday IN LENT	28 Lenten celebration 9:15 am – 5B	29 Beauty and the Beast – K – Gr 6 9:00 – 11:00am SFJH	30 Assembly 	31 		



MARCH NEWSLETTER

CALDER'S COMMENTARY

Ash Wednesday, March 2 this year, begins the important season of Lent in our liturgical calendar.

Lent is a season to focus on repentance, prayer, and fasting. It is a time for us to remember the suffering Jesus went through for our salvation. We can use this time, as Catholics, to renew our focus on our faith. Through our Lenten sacrifices or acts of service, we recognize our call to be merciful and see the face of Jesus in those we encounter.

We are excited to welcome families back to our Lenten liturgies. With restrictions being lifted further as of March 1, we would like to welcome our OLA families to join us in the gym for weekly liturgies. Please see the calendar for dates and times.

Prayer for Lent

*Gracious and merciful God,
throughout our Lenten journey,
we are asked to be gracious and merciful ourselves.
Yet we often avoid looking into our own hearts for fear of
learning the extent to which we have lost our way.
As we continue our travels, help us, we pray, to sacrifice
our own comforts in order to help those in need.
May we appreciate your limitless love, compassion and
forgiveness always journey with us.
Amen*

By Terence Hegarty www.creativecommunications.com

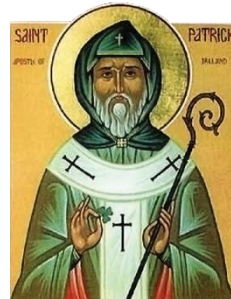


PREPARE THE WAY OF THE LORD

TOGETHER ON THE JOURNEY

As we move into March, we have had a few short months and are ready for the challenges ahead. Lent begins on March 2, giving us the opportunity to reflect on both our sins and the joy of forgiveness in the resurrection. As we prepare to journey with Jesus to the cross and beyond, we turn our reflections once again to our companions on this expedition.

In February, we turned our attention to St Michael, the archangel who protects us from evil. We relied on his intercession to keep us safe as we navigated a confusing world, and we stood firm in our faith alongside him. Our saint this month also gives us a model of perseverance in times of trouble.



Unsurprisingly, our saint for March is Saint Patrick. Saint Patrick is the patron saint of Ireland, in spite of being of British birth. He was kidnapped at a young age and endured great hardship and slavery before his eventual arrival in Ireland, where he continued to preach the good news of Jesus. Saint Patrick demonstrates that even in the worst of circumstances, we can maintain our faith and trust in God to turn things around.

Saint Patrick is most famous for using the shamrock to explain the trinity. He helped us see that God can be three persons in one being, just as the leaves of the shamrock have their own presence, but come together to form a single object. We of course celebrate his feast day on March 17, and we look forward to a sea of green on that special day!

Prayer to St Patrick

*Holy St. Patrick,
we ask you to intercede for our
Catholic school community today.
Just as you helped to spread the Gospel among the
people of modern-day Ireland
and Great Britain, draw us to embrace
and celebrate the life-giving Gospel
of Jesus Christ.
We ask this in the name of the same
Jesus Christ the Lord. Amen.*

*St. Patrick, pray for us.
Amen.*

WELCOME

Meet Jordan Hoffos,
our new Family School Liaison Counsellor.

I grew up in Estevan, Saskatchewan... yes, that means another Roughrider fan! I have been in Lethbridge for six years. I graduated from the University of Lethbridge in 2020 with a degree in Health Science focusing on counselling and mental health. While a student at the U of L, I enjoyed being a member of the Golf Team. When not working I enjoy golf,



hockey and softball. I am engaged to Morgan Roach, a student pursuing her education degree at the U of L. We have a "Goldendoodle" as a pet (combination of Golden Retriever and Poodle). Sounds like an adorable combination!! I am excited to get to know everyone and looking forward to helping students navigate a successful transition to school and the community.

SHROVE TUESDAY

The Knights of Columbus #5726 have generously offered to donate and prepare two pancakes and a piece of ham for every student (pre-K through grade 6) at OLA. This will be served around 10am, during first nutrition break. Please send food for the second break and maybe a snack or two for the first break as there will be no extras. Thank you to the Knights and the OLA school council for this generous opportunity.

ASH WEDNESDAY

Mrs. Orr's grade 2 class will be attending a closed Holy Spirit Ash Wednesday Mass at Assumption Church on Wednesday, March 2. All other classes will be watching the Mass live streamed. Ashes will be distributed at the school.

STEAM DAY

We are need of sea shells, fake flowers, small stones, and old fake plants for our next Steam Day on March 7. Please contact the school if you have any of these items.

CHANGES TO RESTRICTIONS

As per the announcement this past weekend, restrictions will lift further on March 1. We will slowly start to see some changes within our school community.

For the most part, business will remain as it has been. Teachers will continue to meet students at their door in the morning and dismiss students at their doors at the end of the day.

One change you may notice is that the front door will be unlocked. We welcome all visitors to check-in at the office. The main difference is that you will not need to ring the doorbell. Parents with a pre-arranged and pre-approved visit will be invited to check-in at the office prior to visiting classrooms.

We look forward to welcoming families back to participate in school events such as liturgies, some assemblies, and special activities.

ALBERTA EDUCATION ASSURANCE SURVEY

Grade 4-6 students and parents will be asked to complete the Alberta Education Assurance Survey. This helps the government and the school collect data to help us evaluate continually; examining what is working well and areas for improvement. Students will be completing the survey at school.

Parents/Guardians will receive survey packages mailed from Alberta Education. The survey package includes:

- a copy of the Education Minister's letter to parents/guardians;
- a letter containing a Random Access Code (RAC) for accessing the survey online; and
- instructions for accessing the survey in other languages.

Should you not receive a package in the mail, please contact Mrs. Calder at calderm@holyspirit.ab.ca.

All surveys must be completed before March 25, 2022.

REGISTRATION AND UPDATES

Individual emails with your link to register your child for the upcoming school year have been send out. We ask that you complete the online 'Registration Update Form' as soon as possible. If you require assistance, please call the office.

BEAUTY AND THE BEAST

All students in Kindergarten to grade 6 will be going to SFJH by school bus to watch the performance of Beauty and the Beast on March 29, 2022.

SPRING PHOTOS

Smile! Lifetouch Photography will be here on Thursday, March 31, 2022. Just like in the fall, all students will have their photo taken and parents will have an opportunity to purchase photo packages through Lifetouch Canada Inc.

March

Together on the Journey

“But you are merciful to all, for you can do all things, and you overlook people’s sins, so that they may repent. You spare all things, for they are yours, O Lord, you who love the living.”

Wisdom 11:23, 26



St. Patrick

Schools: St. Patrick Taber
St. Patrick Fine Arts



ST. PATRICK

St. Patrick was born in Roman Britain. At around fourteen years of age, he was captured by Irish pirates and taken to Ireland as a slave to herd and tend sheep. Patrick's captivity lasted until he was twenty, when he escaped after having a dream from God in which he was told to leave Ireland by going to the coast. There he found some sailors who took him back to Britain and was reunited with his family. A few years after returning home, Patrick saw a vision that prompted his studies for the priesthood. He was later ordained a bishop and sent to take the Gospel to Ireland. He converted many people and began building churches across the country. He often used shamrocks to explain the Holy Trinity.

The Three Pillars of Lent - Prayer, Fasting, and Almsgiving

Lent is a 40 day season of prayer, fasting, and almsgiving that begins on Ash Wednesday and ends at sundown on Holy Thursday. It's a period of preparation to celebrate the Lord's Resurrection at Easter. During Lent, we seek the Lord in prayer; we serve by giving alms; and we practice self-control through fasting. We are called not only to abstain from luxuries during Lent, but to a true inner conversion of heart as we seek to follow Christ's will more faithfully.



Prayer

Throughout the season of Lent, we are called to deepen our prayer life. For some of us, this means beginning a habit of daily prayer, setting aside time each day to share our hopes, joys, fears and frustrations with God. Praying first thing in the morning, or talking to God while on your way to school are simple ways to integrate prayer into everyday life.

Ideas for prayer include: [Praying the Rosary](#), [Stations of the Cross for Children: Prayers and Colouring Pages](#), Lenten Devotionals.



Fasting

During Lent, we “give things up” not to torture ourselves, but to free ourselves! By sacrificing things we find pleasurable, we are eliminating any stumbling blocks between ourselves and God's love. Our sacrifices should come from love, not a sense of guilt or obligation.

Ideas for fasting include: Limiting shopping; soda; video games; texting; social-media exposure, or ways to quiet our minds and open our hearts to transformation.



Almsgiving

One of the central lessons of the cross is compassion; the heavy burdens we carry help us to appreciate the suffering in others. Sharing our material goods is often just the beginning of real Christian giving. We are also called to share our time tending to people in need.

Ideas for almsgiving include: Donating toys and clothing to charity; Money Jar (collecting money during Lent and then giving it to a charity); acts of kindness or words of encouragement.

*“Hear, O Lord,
and be gracious to me!
O Lord, be my helper!”*

- Psalm 30:10

March

Together on the Journey



St. Patrick

Schools: St. Patrick Taber
St. Patrick Fine Arts

Feast Days and Celebrations March 2022

- 2 Ash Wednesday
- 4 World Day of Prayer
- 6 1st Sunday of Lent
- 13 2nd Sunday of Lent
- 17 Feast of St. Patrick
- 19 Feast of St. Joseph, Spouse of the Blessed Virgin Mary
- 20 3rd Sunday of Lent
- 25 Annunciation of the Lord
- 27 4th Sunday of Lent

As you journey with St. Patrick this month...

WEEK ONE

God doesn't directly cause suffering, but He allows it so He can use it to draw us closer to Himself. St. Patrick himself was kidnapped into slavery as a teenager and spent most of his time alone. Can you think of a time of suffering in your life that God ended up using to bless you? Thank God for that today, and together, say the prayer of St. Patrick.

Christ with me, Christ before me, Christ behind me, Christ within me,
 Christ beneath me, Christ above me, Christ at my right, Christ at my left,
 Christ when I lie down, Christ when I sit, Christ when I stand,
 Christ in the heart of everyone who thinks of me,
 Christ in the mouth of everyone who speaks to me,
 Christ in every eye that sees me, Christ in every ear that hears me.
 Amen.

WEEK TWO

Even though Patrick was told by God in a dream to escape his slavery in Ireland and return to Britain, his attempts were met with many obstacles that were impossible for him to overcome alone. Think of difficulties, challenges, or obstacles for which you feel ill-equipped. Choose one of these to take to prayer.

“And this is the boldness we have in him, that if we ask anything according to his will, he hears us.” (1 John 5:14)

WEEK FOUR

Thank God for the priest or deacon who baptized you. Say a prayer for him. Then say a second prayer thanking God for the many people who serve us, the Church, by giving glory to God and helping us become saints ourselves.

WEEK THREE

God revealed to Patrick his plans for him in a dream. He told Patrick to go and find the ship that was waiting to return him to Britain so that he could learn to preach the Gospel. When he found the ship, the sailors refused to take him! As Patrick began to return to the forest, praying as he walked, the sailors called him back and decided to take him on board anyway. After three days of sailing, they made land, then wandered through Scotland for 27 days, nearly starving. Realizing that Patrick was close to God, the sailors asked him to pray to God for help. Patrick responded by inviting them to pray to Jesus for help themselves, even though they were not Christians. They did, and on that same day, they found food. God provided sustenance for the rest of their journey. It's important to remember that with God, we are never alone. Who can you encourage to pray or pray with?

Sunday Gospel Readings

March 6th/1st Sunday of Lent
Luke 4:1-13

March 13th/2nd Sunday of Lent
Luke 9:28b-36

March 20th/3rd Sunday of Lent
Luke 13:1-9

March 27th/4th Sunday of Lent
Luke 15:1-3, 11-32



Building Community Connections



March brings with it the promise of many things, such as gardening, warm(er) weather, sunny days, pie day (3.14), St. Patrick's Day (wearing green), and the elusive Pot of Gold. While we may all think of finding that Pot of Gold at the end of the rainbow, perhaps we have already found it. Maybe that Pot of Gold is our family and friends, our everyday happy moments, and the good each of us has in our lives. At times, we all feel overwhelmed and it's easy to focus on only the struggles but, perhaps by taking a moment each day to be thankful, we can change our mindset and start counting the blessings in our lives.

May you have all the happiness and luck that life can hold and - at the end of your rainbows - may you find your Pot of Gold and have a piece of pie.



If you would like to submit information for Building Community Connections, please email hssupportservices@holyspirit.ab.ca

Lethbridge Family Services



Since 1910
Volunteer at [Lethbridge Family Services](#). Help create a more inclusive city by volunteering as a community connector with individuals or families who are new to Canada. Volunteers help newcomers integrate and adjust into life throughout the community through conversation, activities, and socializing. Intake is completed on-line.



saccla

Southern Alberta Community Living Association

SACLA believes that all persons thrive when they are embedded in their communities. Rather than merely providing programming, SACLA encourages and creates opportunities for individuals to live in their communities through, citizenship, volunteerism and employment, while providing support to ensure success.

UPSIDE DOWNTOWN

CONCERTS + ART at SOUTHMINSTER
FREE TICKETS
ALLIED ARTS COUNCIL & GEOMATIC ATTIC
UPSIDE DOWNTOWN - Winter Edition, Concerts + Art
March 18 & 19, 2022, Southminster United Church.

[Reserve your free ticket\(s\).](#)

Canadian Mental Health Association

Mental health for all

[Bounce Back® | Reclaim your health](#)

Your well-being is worth it. With the right tools and practice, you can bounce back to reclaim your health. Bounce Back® is a free program from the Canadian Mental Health Association (CMHA) designed to help adults and youth 15+ manage low mood, mild to moderate depression, anxiety, stress, or worry.

FCSS

FAMILY AND COMMUNITY SUPPORT SERVICES

With support from provincial & municipal governments, all services are available at minimal or no charge to residents of all age groups. What does your local FCSS have going on?

BECAUSE WE CARE
An Online Personal Growth Group for Helping Professionals
Wednesdays
March 9 to 30, 2022
2:00pm to 3:30pm
Contact Outreach and Education to register, outreach@lfsfamily.ca or 403-327-5724

Compassion fatigue can be a natural outcome for helpers who do their job well. Find support, information, and connection as we explore resilience through personal insight and resources. Contact Outreach & Education to register: Outreach@LFSfamily.ca

HEART
HUMANITY = EMPATHY AND RESPECT TOGETHER
Online Personal Growth Group
UNDERSTANDING HOW THE SOCIAL CONSTRUCTION OF GENDER NORMS IMPACTS OUR MENTAL HEALTH
Thursdays
March 3 - 24, 2022
2:00pm to 3:30pm
Contact Outreach and Education for more information: 403-327-5724 or outreach@lfsfamily.ca

The boxes surrounding our experience of gender limit our self-perception, help-seeking, and relationships. Join HEART to have conversations that promote the deconstruction of gender norms. Contact Outreach & Education to register: Outreach@LFSfamily.ca

CHINOOK SEXUAL ASSAULT CENTRE
FROM HURTING TO HEALING
A peer support group for individuals who identify as male, and have experienced sexual abuse or sexual violence.
MARCH 15-MAY 3, 2022
TUESDAYS 6-8 PM
ONLINE MEETING
PARTICIPANTS: AGES 18+ MALE IDENTIFYING
Register at: Admin@CSAClath.ca
Call: 403-694-1094
Cost: Free

MARCH 6TH
International Women's Day CELEBRATION CLASS!

This class is intended for girls, women and non-binary ages 7+ and all levels. The instructors will deliver a fun, taekwon-do class for all levels!

[More information here](#)

FOR AGE 10+ AND ADULTS
Painting Class
with Palak StudioInk
We're bringing back Saturday painting classes, so brush off your easel and gather around the table.
Register Now | 25 Seats Only
www.palakstudioink.com

Palak Studioink is offering [free painting classes](#) on Saturday mornings, so brush off your easels and gather around the table. Class size is limited to 25 people and is open for all ages.

You are welcome to this class as a beginner as well.

Registration is done through [Eventbrite](#)

What's your balance?
30 Days of Self-Care

If you're trying to find or maintain balance, remembering to do the small things can have a big impact on your mental health and ability to bounce back from adversity. Self-care is about making decisions and taking action in the interest of your health. Try each of these tips over the next 30 days. At the end, reflect on what works best for you and commit to making them part of your regular routine.

HELEN SCHULER NATURE CENTRE
Discover it here!
Monthly Calendar | March 2022
WINTER HOURS Tuesday - Sunday 1PM - 4PM

Book SALE
Coaldale Public Library Friends Society is supporting library purchases and programming that would otherwise go unfulfilled. Support your library, the heart of our community.
When: Saturday, Mar 12th 11-4pm
\$5 Bag sale (Bring your own shopping bag. Limit 10 bags per bag.)
Coaldale PUBLIC LIBRARY

Friends of the Coaldale Public Library - Book Sale
March 12th - 11:00am - 4:00pm
\$5.00 / shopping bag.

LETHBRIDGE ICA

The [Integrated Coordinated Access \(ICA\)](#) network will provide streamlined access for residents to receive tailored support by connecting individuals to the appropriate community services through consistent system navigation and referral processes. This occurs through common language, agreed upon pathways for information and referral, and foundational training.

FAMILY CENTRE

Family Centre's Calendar of events:

Cooking Classes (adult & youth), Nature Play, Parent Cafe, plus so much more. [Latest News and Community Events.](#)

YOUTHONE

A [youth outreach organization](#)

focused on providing mentorship based, out of school programs and support services for teens 11-18.

Alberta Health Services

[Mental Health Help Line](#)
1-877-303-2642 (Toll Free)

The Mental Health Line is a 24/7 confidential service that provides support, information, and referrals to Albertans experiencing mental health concerns.



Pincher Creek Women's Shelter- Crisis Line:
1-888-354-4868
Office: 403-627-2114
<https://pcshelter.ca/>

YWCA Harbour House (women, children)
Phone: 403-320-1881
Toll free: 1-866-296-0447
Lethbridge Shelter & Resource Centre
Phone: 403-327-1031
Wood's Homes
Phone: 403-317-1777

Safe Haven Women's Emergency Shelter
Taber, AB
Crisis Line: (403) 223-0483
Reach out, Connect, Let us help You

Chinook Sexual Assault Centre
Healing starts with Believing
Here for all genders and all ages throughout Southwestern Alberta
403-694-1094 / 1-(844)-576-2512
502-740 4 Ave South
#IBelieveYou #UHaveThePower
Sexual Assault is a Criminal Act
It is NOT Your Fault

Whenever you need to talk, we're open.
Text 688688
KidsHelpPhone.ca
Call 1-800-668-6868
Message at Facebook.com/CrisisTextLinepoweredbyKidsHelpPhone
Kids Help Phone

OLA School Council News

March

Thank You :

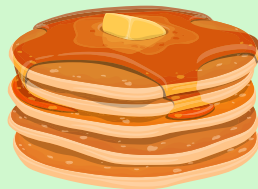
Thank you to Panago Pizza North and to everyone who ordered food on February 17th for the fundraiser. We had another great night and were able to raise \$375!

Thank you to Boston Pizza and everyone who ordered hot lunch in February. OLA enjoyed a great lunch!

Proceeds from both of these fundraisers will go towards school field trips (both virtual and in person), various student activities and events such as sports day and theme days.

Upcoming Events:

On Tuesday March 1st students and staff will enjoy a Shrove Tuesday Pancake Breakfast generously supplied and prepared by the Knights of Columbus #5726.



Fundraisers:

- Canadian Safety Supplies Fundraiser is running until March 4th. There are some fantastic First Aids Kits for purchase ranging from \$5 to \$95.
- Ongoing - Ability Bottle Depot - North and South Locations - You can donate a portion or all of your recyclables to OLA.
- Profits from all fundraisers will go towards school field trips (both virtual and in person), various student activities and events such as sports day and theme days.



Got a suggestion - forward to olaschoolcouncillethbridge@gmail.com



PERFORMING ARTS AT ST. FRANCIS JUNIOR HIGH PRESENTS

Disney

BEAUTY AND THE BEAST

© Disney



Friday
MARCH

25

7:00 pm

Saturday
MARCH

26

2:00 and 7:00 pm

Sunday
MARCH

27

2:00 pm

Monday
MARCH

28

7:00 pm

Tuesday
MARCH

29

7:00 pm

Tickets \$15 • Available at sfjh.holyspirit.ab.ca

Directed by **Dino Caputo**

Music by Alan Menken

Disney's Beauty and the Beast JR. is presented through special arrangement with and all authorized materials supplied by

Music Theatre International, 421 West 54th Street, New York, NY USA 10019 Tel. 212-541-4684 www.mtishows.com

Music Direction by **Chris Hartman**

Lyrics by Howard Ashman and Tim Rice

Choreography by **Kristen Mazzuca**

Book by Linda Woolverton

