

# OCTOBER 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
2	3	4 Science Sizzle 3:50 – 5:20	5 Gr 1 – 6 Pow Wow at Children of St Martha 11:30 – 3:30	6	7 Liturgy 9:00am Hosted by 5B  Turkey Trot	8
9 	10 No School	11 PD Day No School	12 Last day to order lunch from Bostn Pizza	13	14 Mass – 9:00am 4S & 6G	15
16	17 STEAM DAY	18 Science Sizzle 3:50 – 5:20	19	20 Office Hours 4:00 -5:30 4S, Swark (Fr/Health)  4:30-6:00 1D, 2O, 5B & 6G  Online school council meeting 7:00pm	21 Mass – 9:00am 2O & 5B  Volleyball Jamboree 2-7:15pm Girls @ St Paul Boys @ St Teresa	22
23	24 PD Day No School	25 Science Sizzle 3:50 – 5:20	26 Office Hours 3T – 4:00 – 5:30	27 Pre ordered hot lunch from Boston Pizza	28	29
30 	31					



## OCTOBER NEWSLETTER

### PRINCIPAL'S MESSAGE

Wow! We are blessed at OLA. We had an amazing Welcome Back BBQ at the school last night. I would like to take this opportunity to thank everyone who helped make the evening possible, families, volunteers, staff, and especially the school council. Without the dedication of our school council, events like this would not be possible. We had an amazing turnout and enjoyed a lovely Welcome Back Blessing from Father Derek to begin the evening.

As we are now well into our school year routine, I would like to take this opportunity to let you know about a few items that are forthcoming. School council will be sending out a donation letter in the coming weeks. This is in response to fundraising fatigue. The hope is that families might prefer to provide a donation, rather than participate in numerous fundraising opportunities.

Additionally, we will be providing the opportunity to order school clothing. Details will be released sometime in October with purchased items being ready in time for Christmas.

We look forward to Thanksgiving, focusing on our many blessings.

*Let us remember that we are in the holy presence of God.  
Loving Creator,  
We asked for strength,  
and you gave us difficulties to make us strong.  
We asked for wisdom, and you gave us problems to solve.  
We asked for prosperity,  
and you gave us purpose and brains to use.  
We asked for courage, and you gave us fears to overcome.  
We asked for patience,  
and you gave us situations where we were forced to wait.  
We asked for love, and you gave us troubled people to help.  
We asked for justice,  
and you called us to be just and to lead with integrity.  
Lord, we have received nothing that we asked for or wanted.  
And yet, we received everything that we needed.  
For this, we give thanks.  
Amen*

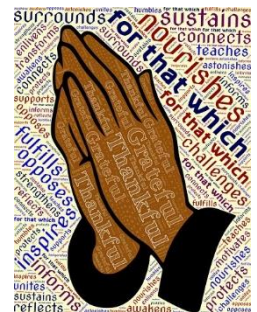
[Thanksgiving Prayers](#)

### ASSOCIATE PRINCIPAL'S MESSAGE

We hope you have had a wonderful month getting back into the swing of things. The weather has been fluctuating, but we've been blessed with a pleasant fall so far and there's a lot to look forward to in the coming months. Therefore, it's no surprise that the theme we will explore during October is

#### GRATITUDE

Gratitude can be a challenging notion. It's so much easier -- and so much more human -- to focus on our struggles and frustrations than our blessings. And then, too, we have those who try to guilt us into a sense of gratitude with constant reminders of all we have that others don't.



But true gratitude doesn't mean becoming blind to your struggles or comparing yourself to others. A true sense of gratitude is simply being aware of that which God has given and opening our hearts to the good things in our lives. This month, our students will have many opportunities to focus on blessings, especially with Thanksgiving approaching. We will encourage them to always look for things they can be grateful for, even in times of strife or trouble.

God has gifted each of us with many gifts and blessings, even as we encounter hardship, sorrow, and pain in this world. Gratitude asks us to take note of those blessings and not let the sorrows of the world overwhelm them. This month, can we challenge ourselves to find three things to be thankful for each day, even as we pray for God's assistance and guidance in times of trouble?

#### Verse of the Month

*"Give thanks in all circumstances; for this is the will of God in Christ Jesus for you."  
-1 Thessalonians 5:18*

## **BUS FEES**



Reminder that bus fees for October are now due. Please login to your School Cash Online to pay. Reminder that monthly fees must be paid one month in advance before students are permitted to ride the bus.

## **SCHOOL FEES**

Thank you to those families that have already paid their school fees. School fees are now due. Please register with School Cash Online to pay all fees. If you have any questions, please feel free to contact Marina Miller at the school office. Email: [millerm@holyspirit.ab.ca](mailto:millerm@holyspirit.ab.ca) or phone: 403-327-5028.



## **SUPERVISION**

Morning supervision – starts at 8:30 am  
Afterschool supervision – there is no after school supervision on the playground.

## **NO SCHOOL DAYS**

There is no school on Monday, October 10, Thanksgiving Day, Tuesday, October 11, Professional Development Day and Monday October 24, Divisional Professional Development Day.

## **TURKEY TROT**

Our annual Turkey Trot will take place on Friday, October 7. Students are encouraged to dress like turkeys and will participate with their class in a fun run around the school.



## **VOLLEYBALL**

Grade 5 & 6 volleyball practices will start on Monday, Oct. 3, from 3:50 – 4:50pm. View the full calendar of practices and games [here](#). Please be prompt when picking up your child at the end of practice.

## **COOLER WEATHER**

With the weather being unpredictable this time of year, we ask that you send your children dressed for cooler, windy days. All students are expected to be outside for their breaks and being warm can make this time more enjoyable.

## **HOT LUNCH**

School Council is organizing a hot lunch for Thursday, Oct. 27 from Boston Pizza. All orders are to be placed through School Cash Online by Wednesday, October 12. No late orders will be accepted.

## **MAKER SPACE**

Last year we introduced our Maker Space.

A Maker Space is a collaborative workspace for learning, exploring, and sharing. They provide hands-on learning, help with critical thinking skills and even boost self-confidence.

A true Maker Space has many items at the ready for building and creating. We often have families asking if there are items we can use. The answer is YES! to almost anything that could be used to create.

The following is a list of items that would be most useful in our space. Please do not go out to purchase new items. However, if you might have these items that your family is finished using, please consider donating them to our Maker Space. Paper towel/toilet paper rolls, egg cartons, bread tags, bubble wrap, embroidery floss, sandpaper, toothpicks, corks, beads, plastic lids/caps, dowels, cereal/shoe boxes, Kleenex boxes, thread, unused play doh, lego, and anything else you think might be useful.



## **HALLOWEEN**

Students are invited to wear their Halloween costumes to school on Monday, October 31. We ask that students do not bring any form of weapons or props (stuffies, etc.) and refrain from wearing gory costumes. When deciding on a costume remember that students will still be doing their school work and need to be comfortable sitting at their desks. Watch for further information from classroom teachers.





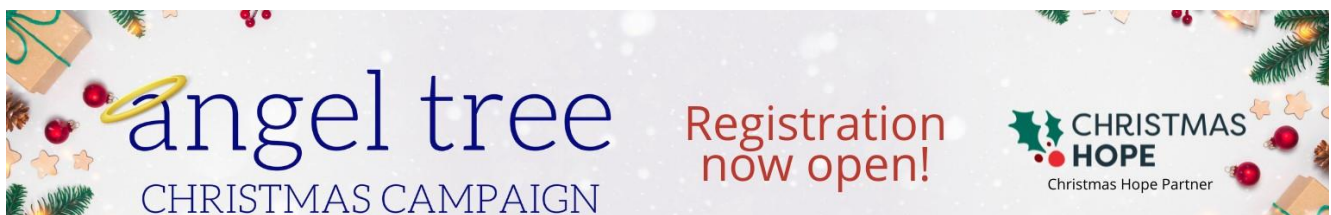
## SCHOOL COUNCIL NEWS

We held our Annual General Meeting on September 14th.  
OLA's 2022/2023 Council members are:

Chair: Michelle Dormer  
Vice Chair: Deena MacWilliam  
Hot Lunch/Fundraising Coordinator: Selestia Jackson  
Secretary: Vacant  
Treasurer: Vacant

We still need a few more people to join the council. Please consider volunteering. We would also like to encourage all parents/guardians to attend meetings, help us vote on items and contribute ideas for the coming year. We have some great things planned and look forward to another wonderful year!!

Our next meeting will be held online, October 20 at 7:00pm.



Lethbridge Family Services, Angel Tree Christmas campaign, strives to ensure all families have an enjoyable Christmas by providing those in need with a Christmas bundle for each child. This year's Angel Tree campaign registration will be completed online by each individual family. If your family is in need and would like to receive support from this wonderful program, please follow the link to register your child or children. They will receive a toy gift bundle.

[www.lfsfamily.ca/content.php?p=92](http://www.lfsfamily.ca/content.php?p=92)

# October

## Arise!

### Pilgrims of Hope



*“May the God of hope fill you with all joy and peace in believing, So that you may abound in hope by the power of the Holy Spirit.”*

Romans 15:13

## ST. THÉRÈSE OF LISIEUX 1873-1897 (Feast Day: October 1)

St. Thérèse was born on January 2, 1873 in France. After her mother died, her father and older sisters raised her. In 1886, on Christmas Day, Thérèse had an experience of intimate union with God. A year later, Pope Leo XIII gave her permission to enter the Carmelite Monastery at 15 years old.

Thérèse devoted herself to a life of holiness. She had a childlike trust in God, and although she struggled in the convent, she tried to perform acts of charity and sacrifice, no matter how small they were.

In her autobiography, “Story of a Soul,” Thérèse wrote that her vocation was Love. She was called to show God’s love to the world. In 1896, she fell ill with tuberculosis, and offered her sufferings as a sign of love for God. She died a year and a half later at the age of 24; her last words were, “My God, I love you.” Thérèse’s “little way” of loving God has inspired millions, and she is said to have interceded in many miraculous ways. She was proclaimed a Doctor of the Church in 1997 by Pope John Paul II, 100 years after she died.

## Holy Moments In Our Schools

Each of our schools have started off their year in their own way, and finding their own unique ways to Arise! At Our Lady of the Assumption School, staff engaged in a faith formation project that culminated in a composite stained glass window that shows their ideas about this year’s Faith Plan theme. Check it out the next time that you are there!

Have a picture of your students showing a spiritual work of mercy or fruit of the spirit? Being in communion with one another or learning about the saints? Send it our way and you may be featured.

## The Spiritual Works of Mercy Counsel the Doubtful

Everyone has moments of doubt in their faith journey. Nevertheless, we should always remember that Christ is the Way, the Truth, and the Life and turn to him along our way.

- Listen to counsel and receive instruction, that you may eventually become wise.” (Prov 19:20)
- The Cross of Christ “the foolishness of God is wiser than human wisdom, and the weakness of God is stronger than human strength.” (1 Cor 1:25)
- Has someone asked you for advice? Orient your response to Christ, who is the Way, the Truth, and the Life.
- Follow Christ with the witness of your life so that others may see God’s love revealed in your actions.
- Accompany a friend who is struggling with believing to join a parish group for service or faith formation, share a book you found useful in dealing with your friend’s faith concern, and worship at Sunday Mass.

*“My vocation is Love.”*

*“You know well enough that Our Lord does not look so much at the greatness of our actions, nor even at their difficulty, but at the love with which we do them.”*

*“There is only one thing to do: throw the flowers of the small sacrifices to Jesus.”*

(The above quotes are attributed to St. Thérèse)



St. Thérèse was declared a Doctor of the Church by Pope John Paul II in 1997. For a saint to be declared a Doctor, is a recognition of significant contribution to the theology of the Church.

## The Fruit of the Spirit – Peace



Just like physical fruit needs time to grow, the fruit of the Spirit will not ripen in our lives overnight. As we mature in our faith, all the characteristics of our spiritual fruits will grow as well.

The second fruit of the Spirit is peace. The word ‘peace’ appears nearly 429 times in the Bible, which helps us understand why the phrase “Peace be with you” is so important in the faith community.

One of the strongest human desires is for peace, whether it be peace between nations, peace between neighbors or even peace within our own minds. Peace is listed in the top three characteristics of the fruit of the spirit. Without love, joy and peace, the rest of the fruits are not possible. God has also called us as Christians to be peacemakers.

In Philippians 4:6-7 we are told, “Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.”

God’s perfect peace is an amazing gift that is hard to understand. How can people find peace of mind when things are falling apart around them? The fruit of the Spirit of peace provides the inner peace of mind and contentment even in less-than-peaceful situations.

If you are having anxiety, take a moment to sit and be still. The peace that can comfort you during this time comes from the Holy Spirit within us. Having peace doesn’t mean that you will not have conflict, stress or difficult times. Peace is knowing that our God is in control.



# Reflecting on the life of St. Thérèse...

## Counsel the Doubtful

When we think about counseling the doubtful, we might think about providing advice or direction to someone who is unsure, perhaps with a spiritual decision. For some, this means asking a spiritual director or priest for assistance. There are many places in the Bible that we might go to see examples of counsel being provided – for instance, the letters of St. Paul. St. Thérèse was known for seeking out spiritual direction, but over the course of her life, she also developed what has become known as *The Little Way*, which we can access and employ in our own lives. You may choose to watch the explanation found [here](#) for more information, but in essence, it means to do all of the little things in our lives with great love. This *Little Way*, while perhaps seeming simple, is so profound that Pope John Paul II proclaimed St. Thérèse to be a Doctor of the Church.



## Peace

Peace might seem like something that is in short supply right now. Conflict and turmoil seem to be everywhere we look, between and within nations, communities, and even ourselves. When we think of peace as a fruit of the Spirit, we mean that we have an interior peace – that there is order in our hearts. God, who is in our hearts, wants for us to be oriented to himself, and for us to seek his will for us. St. Thérèse, in her short life, is a model for us in seeking God's will. Living as a contemplative, she had lots of time to spend in prayer; an abundance that we may not feel we have in our lives. But despite the suffering that she endured and the simplicity of her life, the legacy that she has left to us is her faithfulness in all of the little things – household chores, kindnesses, daily prayer – that allowed her to accomplish big things with peace and calm.

## Gospel Readings

October 2, 2022

27th Sunday in Ordinary Time

### Gospel Reading: Luke 17:5-10

"If you have faith the size of a mustard seed, you would say to this mulberry tree, 'Be uprooted and planted in the sea,' and it would obey you." — Luke 17:6

Do you have a favorite superhero? Superheroes are cool! They have special powers that regular humans don't. In some ways, Jesus had "special powers" too. But his "special powers" came directly from God. He had so much faith, love, and trust that he was able to do many miracles in God's name. In today's Gospel, when the apostles ask for more faith, Jesus tells them that we don't always need more faith, because if we use even the little faith we have, we can do great things in his name.

*Dear Lord, show us to trust in the faith we have received from you. We know we can do anything in your name.*

**When I ask God for something, do I usually have faith that God hears my prayer? How do I feel if my prayer isn't answered in the way I had hoped?**

October 16, 2022

29th Sunday in Ordinary Time

### Gospel Reading: Luke 18:1-8

"Jesus told his disciples...about the necessity for them to pray always without becoming weary." — Luke 18:1

Most of us think of prayer as something to be done once in a while, in a quiet place, away from others. But today Jesus tells his disciples to pray always. If we applied what we think about prayer to what Jesus is instructing us to do, we would not get much done. We would be alone, praying all the time. So, we need to look at this another way. For example, one form of prayer may simply be the way we respond to others. Instead of being frustrated with a brother or sister over something they do, we can try to be patient with them and talk through what is bothering us. When we are using our bodies to do the things it was meant for: playing, learning, helping others, etc, we are praying! When we are enjoying our family and friends, being mindful of those who have less than us, and caring for the earth, we are praying too! There are many ways to pray besides being alone in silence.

*Dear Lord, help me to understand that prayer can be time alone in conversation with you, as well as living my life in a way that is pleasing to you.*

**What are some of the various ways I can pray in my daily life??**

October 9, 2022

28th Sunday in Ordinary Time

### Gospel Reading: Luke 17:11-19

"And one of them, realizing he had been healed, returned, glorifying God in a loud voice; and fell at the feet of Jesus and thanked him" — Luke 17:15-16

Last week we talked about how sometimes all we need is a little faith to be able to do great things. Have you ever asked Jesus for something in prayer and he did answer your prayer? It is such a great feeling to know you have been heard by the God of all creation! But do we go back to praise and thank him, or do we get so excited about our prayer being answered that we forget to show appreciation to the giver of the gift? Those who give their thanks to God increase their faith. What a double blessing!

*Dear Lord, please help us to always be thankful for all the prayers you answer, and even for those we feel you haven't answered. Either way, may our faith continue to increase.*

**What was one of my favorite experiences of a prayer being answered?**

October 23, 2022

30th Sunday in Ordinary Time

### Gospel Reading: Luke 18:9-14

"Whoever exalts himself will be humbled, and the one who humbles himself will be exalted." — Luke 18:14

In our house, one of the favorite phrases is 'Last one there is a rotten egg!' As a parent, I know it's all in fun, but I don't always like the spirit of competition it represents. So we have started practicing the idea that "it is a greater thing to be last than to be first," following what Jesus taught us in the Gospel a couple of months ago. Now instead of setting someone up to be the loser, it is teaching all of us to be more considerate and thoughtful of the others in our family. In the end it makes all of us feel a little more humbled, rather than just one of us feeling exalted.

*Dear Lord, show us how to put others before ourselves. You gave us such a beautiful example of this. May we try to follow your example whenever possible.*

**How can I go out of my way to put others before myself, especially in my own family?**

Sources: [Saint of the day: Thérèse of Lisieux](#)  
[The Spiritual Works of Mercy](#)  
[The Fruit of the Holy Spirit: What is Peace?](#)

# Gospel Readings

October 30, 2022

31st Sunday in Ordinary Time

## Gospel Reading: Luke 19:1-10

“...you overlook people’s sins, that they may repent.” — Wisdom 11:23

Sin is a part of everyone’s life. It is not something most of us like to talk about. Sometimes we don’t like to talk about it because we are embarrassed that we did something we knew was wrong. Sometimes people think their sins are so bad that God cannot forgive them but in today’s readings, God shows us over and over again how merciful he is. Mercy means that God will forgive us every time we ask him to, no matter what. He loves us so much, whatever we do. But that doesn’t mean we should do whatever we want because we can ask for forgiveness later. God wants us to have a change of heart when we do something wrong and come back to him to start over again. So don’t be afraid to ask, for our God is full of mercy and love.

*Dear Lord, I don't want to sin and hurt others – and you – with my actions. I know that I will fail from time to time, so please help me not to be afraid to ask you for forgiveness.*

**When was the last time I went to confession to get a fresh start? When can I go again?**

Download this month’s [Saint Prayer Card](#) - St. Thérèse of Lisieux



Arise!  
Pilgrims of Hope Journal

### WEEK ONE

What small thing happened today that you are grateful for?



O magnify the  
**Lord**  
with me,  
and let us exalt his name together.  
- Psalm 34:3

# October

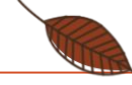


Arise!

## Pilgrims of Hope Journal

### WEEK TWO

How would you like to simplify your life?



*Simplify your life* 

### WEEK THREE

What goal are you thankful for accomplishing?



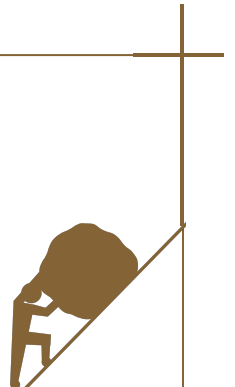
### WEEK FOUR

Recall a time when you needed and received encouragement.



### WEEK FIVE

What burden has God recently lifted?





**LETHBRIDGE SKATING CLUB**

**REGISTER NOW!**

[www.lethbridgeskating.com](http://www.lethbridgeskating.com)

**CANSKATE**  
CanSkate is our learn-to-skate program for children ages 3-11. It focuses on fun, repetition, and basic skill development. Your skater will learn the fundamental skills needed for any ice sport or activity in this program.  
CLASSES AVAILABLE ON TUESDAYS/WEDNESDAYS/THURSDAYS/SATURDAYS

**PARENT & TOT**  
Parent & Tot is similar to CanSkate, but geared towards younger skaters who may benefit from more hands on assistance from their parents. This program prioritizes learning through play and becoming comfortable on the ice!  
CLASSES AVAILABLE ON SATURDAYS

**CANPOWERSKATE**  
PrePowerSkate & CanPowerSkate are high energy power skating programs for hockey and ringette skaters. Skills, techniques and conditioning drills are taught in a progressive format with an emphasis on how they apply to game situations.  
CLASSES AVAILABLE ON WEDNESDAYS

**STARSKATE**  
STARSkate is our figure skating program which offers both group and private lessons. Skaters train in the disciplines of ice dance, freestyle, skating skills and artistic, and have the opportunity to compete and test throughout the year.  
CLASSES AVAILABLE MONDAY-SATURDAY

**ADULTSKATE**  
AdultSkate is a combination of CanSkate, CanPowerSkate, and STARSkate instruction for adults of any age or stage. This program is a great way to learn the basics in order to keep up with your kids, and to make new friends!  
CLASSES AVAILABLE ON TUESDAYS/THURSDAYS

**Cubs to Kodiaks**

**STARS Volleyball**

**LVC**  
LETHBRIDGE VOLLEYBALL CLUB

**Intro to volleyball**  
8 Saturday sessions for U9 & U12's  
Starting October 22

**LIMITED SPOTS!**

Register at [Lethbridgevolleyballclub.com](http://Lethbridgevolleyballclub.com)

**ACE VOLLEYBALL CLUB**

Camps   Mini Aces   Club   Full House   Clinics

*Register today!*

SCAN TO REGISTER