



December



Sun

Mon

Tue

Wed

Thu

Fri

Sat



NEW SOCKS AND WARM WINTER WEAR Collection
NEW socks, mitts, toques, scarves, etc.
November 24 – December 15

1

2
NO SCHOOL
PD Day

3

4



5

2nd Advent Liturgy
Hosted by 20
10:20 am

6

7

Scholastic Book Fair 3:45-4:45



8

Kindergarten
Galt Museum
9:15am

Christmas Activity Night 5:30-7:30
Scholastic Book Fair 4:00 – 7:30

9

10

11



12

3rd Advent Liturgy
Hosted by 4S
10:20 am

13

14

15

16

17

18



19

STEAM Day



20

21

Advent Mass
9:15am at
Assumption Church



22

RED/GREEN DAY

Turkey Dinner
1:00 pm



23

Christmas Sweater Day



24

25



26

27

28

29

30

31

CHRISTMAS BREAK

Classes resume
Mon, Jan 9, 2023



DECEMBER 2022

PRINCIPAL'S MESSAGE

December already!

With Christmas approaching, we are gearing up for an exciting, festive season. We are excited to be able to invite everyone to celebrate with us at the school. A committee of teachers are working hard to prepare an evening full of fun activities. **Christmas Activity Night** will be held at the school on **Thursday December 8 from 5:30 - 7:30 pm.**

Mrs. Bugg is able to hold a book fair this year. Students will be able to shop from Dec. 5 - 8 during library time and Mrs. Bugg has generously offered to open from 4:00-7:30 on Dec. 8 to coincide with our Activity Night. Volunteers for the bookfair are still needed. Please email Mrs. Bugg at buggb@holyspirit.ab.ca if you are able to help out.

OLA will be participating in Advent Mass on Wednesday December 21 at 9:15 am at Assumption church. All families are welcome to join us that morning.

The School Council, along with donations from local groups and businesses, will be providing turkey dinner for grades 1-6 students on December 22. We look forward to sharing this meal as a whole school community and are thankful to the school council for their continued support.

Again, this year we are collecting warm winter wear and new socks for those in need in our community. Classes have challenged one another. The class that collects the most items will win an ice cream party. If we are able to collect over 750 items as a school, we will have a whole school movie reward!

As we prepare for the true reason for the season, the birth of Christ, we focus our hearts as we 'wait' for Jesus' birth.

Prayer for Advent

*Lord Jesus, in these four busy weeks of Advent,
help us to pause to remember the depth of your love for us.
Beyond anything we deserved or could have imagined,
love led you to a stable in Bethlehem
and all the way to Calvary.
Open our hearts to welcome you anew so that we have
something to share with a needy world each day.
Grant us the joy of your friendship
and bring us some strength,
courage and determination to serve our brothers
and sisters in your name.
Amen*

ASSOCIATE PRINCIPAL'S MESSAGE

December is an exciting month, a light in the winter darkness! We enter the season of Advent and prepare our hearts and minds for the birth of our Savior, always celebrating the joy of Christmas with the greater joy of Easter in the back of our minds. This season brings about a great awareness of the needs among us and an increased inclination to give, so it is no surprise to learn that the theme for the month of December is...



Christmas can be a time of great joy, celebration, and giving, but can also become eclipsed by greed and material possessions. Ask any retail worker what the stores are like on Boxing Day, as people flood the mall to return items they don't like and shop for even more possessions to add to those they accumulated the day before! This Advent is a great time to encourage your children to look for ways they can focus on giving instead of receiving. This can be as simple as drawing a Christmas card for a relative or as complex as volunteering throughout the month. A few other ideas include:

- Encourage children to do a toy clean out for items they can donate (this also makes room for the influx of toys on Christmas Day!)
- Have children consider sacrificing one gift they would have received. Instead, give them the money you would have spent and take them shopping to buy a gift to donate
- Look for ways to help others as you go about your day, whether it's buying someone a coffee or picking up a piece of stray litter

With a bit of help, December can become a month of true love and giving in Jesus' name!

Verse of the Month

*Whoever is generous to the poor lends to the Lord, and
he will repay him for his deed.
-Proverbs 19:17*

SOCK DRIVE



Our annual sock drive is up and running. Please consider donating new socks for those less fortunate. We are also collecting new or slightly used warm, winter wear (hats, scarves, mitts, gloves, etc.), until December 15.

Thank you for helping to make someone's Christmas a little bit warmer.

SCHOLASTIC BOOK FAIR

The Scholastic Book Fair is coming to our school! What a 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. Your support of this event is vital in helping us obtain new books and resources for our school library and classrooms.

BOOKS MAKE GREAT CHRISTMAS GIFTS

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 Dec. 2nd at: <https://virtualbookfairs.scholastic.ca/pages/5181192> Don't forget to mark the Book Fair dates on your calendar! We look forward to seeing you during our Scholastic Book Fair and thank you, in advance, for supporting this great literary fundraiser. Mostly, thank you for believing in books and the importance reading has on your child's future.

Book Fair Dates:

Wed, Dec. 7 from 3:45 - 4:45 pm

Thurs, Dec. 8 from 4:00 - 7:30 pm (during Christmas Event)

Location: Library

CHRISTMAS ACTIVITY NIGHT

We are excited to share that we will be hosting a

Christmas Activity Night on Thursday, December 8 from 5:30pm - 7:30pm at Our Lady of the Assumption School.

Families are invited to join us for the evening to participate in a variety of Christmas fun! Check out the poster on the next page!



OLA GEAR



The last day to order OLA Gear is Friday, December 2. Items should be delivered to the school by December 16. ourlady.itemorder.com

ATTENDANCE

Please call the office at 403-327-5028 or email olaoffice@holypsirit.ab.ca to let us know if your child(ren) will not be at school. If students are not parent excused you will receive a phone call or email from our system. If your child(ren) is sick, please keep them home.

LOST AND FOUND

Our blue lost and found bin is located at the bottom of the stairs near the east entrance to the school. If your child is missing any clothes, outerwear, shoes, or lunch kit, please have them check out the box. Please remember to label all your child's belongings with both their first and last names so that items can be returned if they are misplaced. Many students have the same boots, so labelling these items will cause less confusion. We also strongly urge that children take home all their winter outerwear for use over the Christmas break.



Welcome to Our Lady of the Assumption's

CHRISTMAS

Activity Night

Check out all of our fun activities!

Feel free to take part in any or all of the following activities with your family. Parental supervision is required at *all activities*, please.



**Christmas Craft
(Maker Space)**

Mrs. Stellar
Mrs. Baptista



**Christmas Trivia
(Grade 6 Room)**

Mr. Gaudet



**Stories and Puzzles
(Grade 2 Room)**

Mrs. Orr



**Photo Booth
(Room 1)**

Mrs. Bukatka



**Book Fair
(Library)**

Mrs. Bugg



**Movie and Snacks
(Gym)**

Mrs. Nemecek



**Outdoor Activity
(Room 9 or Field)**

Mr. Tratch



08 December 2022



5:30PM - 7:30PM



Our Lady of the Assumption School



**All Saints Parish Registration for
First Reconciliation and First Eucharist Boot Camp
Grade 2 and up**

**Did you miss out on registration in the Fall for Sacraments?
No problem we will be running a Boot Camp for
First Reconciliation and First Eucharist.**

**The First Reconciliation Boot Camp will run:
Sunday, 29 January from 12:00 pm till 3:00 pm
at Assumption Church Hall.
Snacks will be provided.**

**The First Eucharist Boot Camp will run:
Saturday, 4 February from 9:00 am till 12:00 pm
at Assumption Church Hall.
Snacks will be provided.**

**Registration forms available on line at:
www.allsaintslethbridge.org**

**There is no cost for this class and for more information
please email Cyndi at educationallsaints@shaw.ca**



December

Arise!
Pilgrims of
Hope



“...to you is born this day in the city of David a Savior,
who is the Messiah, the Lord..”

Luke 2:11

St. Juan Diego 1474-1548 (Feast Day: December 9)

A beautiful picture of Mary can be seen on a cloak above the main altar in the Basilica of Our Lady of Guadalupe in Mexico City. The cloak belonged to Juan Diego, an Aztec who lived more than 450 years ago. On December 9, 1531, when Juan was a 57-year-old widower, he was walking to Mass. A beautiful lady appeared. She told him she was the Immaculate Virgin Mary, and that she desired to have a shrine there at Tepeyac Hill. Mary asked Juan to tell the bishop of her desire.

The bishop didn't believe him, so Juan returned to the lady and suggested she send a better speaker. Mary told Juan that she chose him for this work and that she would bless him for helping her. Juan revisited the bishop. This time the bishop told him to ask his lady for a sign that she was the Mother of God. Mary then sent Juan to the top of the hill to gather the flowers growing there. Juan knew that nothing grew on that rocky hill, let alone in winter. However, Juan found gorgeous roses! He picked them and brought them to Mary, who arranged them in his cloak and told Juan to take them to the bishop. When the bishop saw Juan, he asked what he had in his tilma. Juan opened it, letting the roses fall. Imagine the bishop's surprise at seeing roses in winter! Yet he saw an even greater miracle: on Juan's cloak a beautiful, life-size image began to appear. Juan Diego remained poor, simple, humble, and devoted to the Eucharist. He spent the next 17 years traveling throughout central Mexico, bringing others to the faith and delivering Guadalupe's message that Mary loves us and wants to help us. Juan Diego was beatified in 1990 and canonized in 2002.

Holy Moments In Our Schools

St. Patrick Fine Arts Arise Wall! Staff and students chose a word to describe a gift or talent God has given them that helps them serve the world in positive ways, and contributes to the Body of Christ.



Advent

Beginning the Church's liturgical year, Advent (from, "ad-venire" in Latin or "to come to") is the season encompassing the four Sundays (and weekdays) leading up to the celebration of Christmas.

The Advent season is a time of preparation that directs our hearts and minds to Christ's second coming at the end of time and to the anniversary of Our Lord's birth on Christmas. From the earliest days of the Church, people have been fascinated by Jesus' promise to come back. But the scripture readings during Advent tell us not to waste our time with predictions. Advent is not about speculation. Our Advent readings call us to be alert and ready, not weighted down and distracted by the cares of this world (Lk 21:34-36).

We see many seasonal devotions during Advent, including the Advent wreath and nativity scenes. This year, Holy Spirit is also releasing a weekly Advent video for your use.

Additional Resource:
[The Symbol of the Advent Wreath](#)



A beautiful picture of Mary can be seen on a cloak above the main altar in the [Basilica of Our Lady of Guadalupe](#) in Mexico City. The cloak belonged to Juan Diego, an Aztec who lived more than 450 years ago.

The Fruit of the Spirit – Faithfulness

One song that you may hear during the Advent and Christmas season is 'O Come, All Ye Faithful', which is usually the final hymn sung at Midnight Mass at the Vatican. In the original Latin version of the text, the title is *Adeste Fideles*. Our word faithful derives from the Latin word *Fidei*, which also gives us the word fidelity. We might think here of reliability, obedience, loyalty, truthfulness, or constancy. As Catholics, we know of God's faithfulness towards us, his people, and how his promises to us come true (especially shown in this Advent season). We are called to be loyal and trusting in God, and when we do that, even in little ways, our faithfulness is increased by the Holy Spirit.

Paul, in Hebrews, says that "faith is the assurance of things hoped for, the conviction of things not seen." (Heb 11:1). The church has described this gift of faith, brought by Jesus, as the Light of Faith (*Lumen Fidei*). This was also the name of a Papal encyclical given by Pope Francis in 2013, in which he said:

In God's gift of faith, a supernatural infused virtue, we realize that a great love has been offered us, a good word has been spoken to us, and that when we welcome that word, Jesus Christ the Word made flesh, the Holy Spirit transforms us, lights up our way to the future and enables us joyfully to advance along that way on wings of hope.

As we near the manger at Christmas, may we see in the newborn Jesus the great love of God, and in our faithfulness may the Holy Spirit continue to transform our lives.



“Let not your heart be disturbed... Am I not here, who is your Mother? Are you not under my protection? Am I not your health? Are you not happily within my fold? What else do you wish? Do not grieve nor be disturbed by anything.” - Our Lady of Guadalupe

Reflecting on the life of St. Juan Diego Cuauhtlatoatzin...

Our Lady of Guadalupe

One of the most well known titles of Mary is Our Lady of Guadalupe, as she revealed herself to St. Juan Diego in 1531. His tilma is now housed in the Basilica of Our Lady of Guadalupe in Mexico City, one of the most visited Catholic pilgrimage sites in the world. The image, famous around the world in both Catholic and secular culture, shows a pregnant Mary, clothed in a star-covered mantle, eclipsing the sun and standing atop the moon, with a cherub carrying her train. There have been many studies on the tilma, including [detailed study of the locations of the stars and Our Lady's eyes](#), which reveal fascinating details. Our Lady of Guadalupe Patroness of Mexico and the continental Americas, as well as the namesake of the Our Lady of Guadalupe Circle, the group engaged in [renewing and fostering relationships between the Catholic Church and Indigenous Peoples in Canada](#).

Our Lady of Guadalupe, pray for us!



St. Juan Diego Showed "Faithfulness"

"I am a nobody. I am a small rope, a tiny ladder, the tail end, leaf..." St. Juan Diego

With these words to Our Lady of Guadalupe, St. Juan Diego reveals to us his feeling of unworthiness after the bishop didn't believe him. Mary, of course, believes in him, and helps him to try again. Being told by the bishop to provide a sign, St. Juan Diego again returns to Mary and follows her instructions, in spite of the reasons not to. In each step, [St. Juan Diego](#) shows himself to be reliable, obedient, and trusting; the core of faithfulness. In each step, his faithfulness grows, and is rewarded in the end with the [miraculous tilma](#). His faithfulness becomes a model for not only the bishop, but all of the peoples of the Americas. When we find ourselves feeling small or tiny, or a nobody, we can recall the example of St. Juan Diego, whose faithfulness was multiplied exponentially and bore much fruit.

St. Juan Diego, pray for us!

Adapted from Franciscanmedia.org. [A Look at St. Juan Diego](#)

Gospel Readings

December 4, 2022 2nd Sunday in Advent

Gospel Reading: Matthew 3:1-12

"Prepare the way of the Lord, make straight his paths." — Matthew 3:3

John the Baptist cried out in the desert for repentance, for people to turn away from sin. He knew that true repentance would "make straight" the path for Jesus, who was coming to lead people back to God. By repenting, we make the mission of Jesus so much easier! He can reveal the truth to us, and lead us to live and act like he did when he was on earth - welcoming everyone, even those that others didn't like or approve of, teaching how to share so that everyone has enough, giving people a chance to start over when they admitted their mistakes and sins, and more. This Advent is an opportunity to admit our sins, go to confession, and "make straight" the path we are walking with Jesus so we can better live how he taught.

Father in heaven, thank you for giving us your Son to lead us in our journey toward eternal life. Help us enter into a spirit of humility and repentance this Advent!

Are there other things we can do to make it easier for Jesus to show us the truth? What gets in the way of our spiritual journey?

December 18, 2022 4th Sunday in Advent

Gospel Reading: Matthew 1:18-24

"And they shall name him 'Emmanuel', which means 'God is with us.'" — Matthew 1:23

Do you know why your parents picked the name they did for you? Often parents pick a name because the name comes from an older relative, or from an important person they admire, or maybe because your parents really loved the sound of the name. Jesus got his name because the angel told Joseph what to name him. God chose the name "Jesus" which means "God Saves" for his son. The prophets knew also that Jesus would be called Emmanuel, or "God is with us." That was not going to be his given name, but it was going to be who he was! God came to us in the flesh, as a baby, and truly was "with us" then, and now is still truly with us. He will never leave us or abandon us!

Dear Father, thank you for giving us your Son, in the flesh. Thank you, Jesus, for giving us yourself in the Eucharist. You are truly "with us" now and forever!

Does it ever feel like Jesus is not with you? When that happens, think of Jesus like the sun. The sun is always there, even when we can't see its light at night or when it is hidden behind the clouds. Jesus is always still with you, even if you can't feel him.

Gospel Readings

December 25, 2022 The Nativity of the Lord

Gospel Reading: John 1:1-18

“ How beautiful upon the mountains are the feet of him who brings glad tidings, announcing peace, bearing good news...” — Isaiah 52:7

What great joy this day brings to our hearts! We are surrounded by loved ones. We are sharing feasts and receiving presents. But are we seeking the newborn king as the shepherds did? Are we proclaiming the Savior's birth as the angels did? Isaiah reminds us today to bring the good news of Christ's birth to all we meet. We can do this through our actions, words, and even our thoughts. By doing this, we share the peace that is in our own hearts, and that can be one of the greatest gifts we give this year.



Father in heaven, thank you for the greatest gift that was ever given by anyone, your son Jesus. We sing his praises along with the angels this day, saying Glory to the newborn King!



Download this month's [Saint Prayer Card](#) - St. Juan Diego Cuauhtlatotzin



Sources:

[Saint Juan Diego. 1474-1548](#)

[What Is Advent?](#)

[The Fruit Of The Holy Spirit: What Is Faithfulness?](#)

December



Arise!
Pilgrims of Hope Journal

WEEK ONE

The second week of Advent is focused on Peace - what has brought you peace this week?



In God's gift of faith, a supernatural infused virtue, we realize that a great love has been offered us, a good word has been spoken to us, and that when we welcome that word, Jesus Christ the Word made flesh, the Holy Spirit transforms us, lights up our way to the future and enables us joyfully to advance along that way on wings of hope. - Lumen Fidei

December


WEEK TWO

The third week of Advent is focused on Joy - what little moment has brought you joy this week?



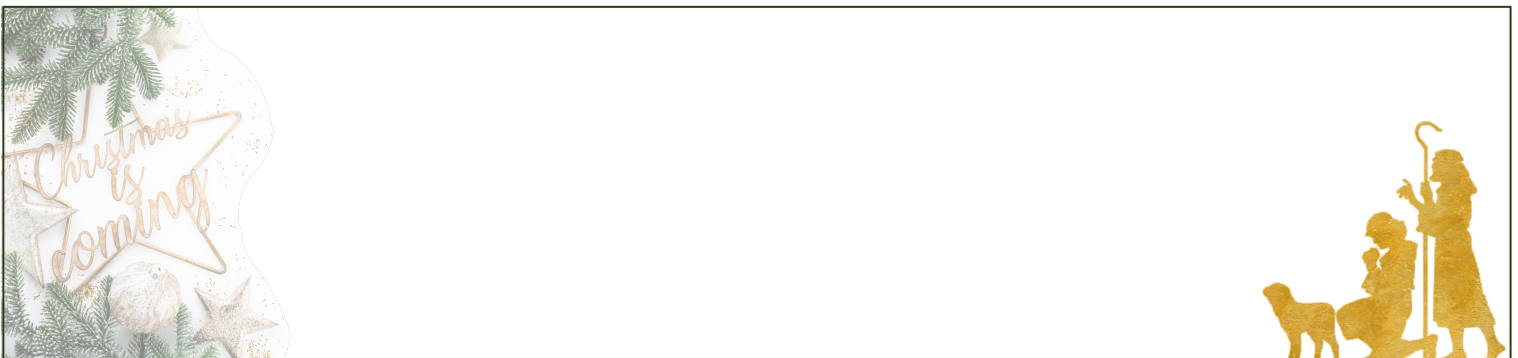
WEEK THREE

The fourth week of Advent is focused on Love - when was a time this week that you felt God's love?



WEEK FOUR

Read Luke 2: 1-20 today. How can you be like the shepherds who spread the news of Jesus' birth?



A Prayer to St. Juan Diego

Beloved Juan Diego,
show us the way that leads to the Virgin,
that she may receive us in the depths of her heart,
for she is the loving,
compassionate Mother who guides us to the true God.
Amen.

Our Lady of Guadalupe, Mystical Rose,
make intercession for the Holy Church,
protect the Sovereign Pontiff,

help all those who invoke thee in their necessities,
and since thou art the ever Virgin Mary,
and Mother of the True God,
obtain for us from thy most holy Son
the grace of keeping our faith,
of sweet hope in the midst of the bitterness of life,
of burning charity, and the precious gift of final perseverance.

St. Juan Diego, pray for us.
Our Lady of Guadalupe, pray for us. Amen.

OLA School Council News



OLA School Council would like to wish everyone a Merry Christmas and a healthy and happy New Year!



2023

Thank You :

Thank you to Quiznos and Booster Juice for providing the November Hot Lunch.

Upcoming Events:

On Thursday December 22nd students and staff will enjoy a traditional Christmas turkey dinner from Prime Catering. Thank you to the Knights of Columbus #5726 for their generous donation towards this.



Fundraisers:

- Full Steam Ahead. A donation fundraiser where you donate what you can and 100% of it goes to the school. Please help us raise money for school activities and events, field trips, Neuromaker Tech, hardship fund and classroom gifts.
- Cookbooks pushed back to allow for more time to prepare and will be ready for Mother's/Father's Day. Pre-orders will start around March. We will continue accepting recipes into the new year.

Got a suggestion - forward to olaschoolcouncillethbridge@gmail.com



Community Education Service



Improving emotional health and well being

Caregiver Self-Care and Co-Regulating with Your Child

Tashia Christie, BA Psychology & Kelvin Ganpatt, BA Psychology,
Rocky View School Division & MHCBC Stepping Stones to Mental Health

The importance of self-care for caregivers, burnout, compassion fatigue, and helping children to practice self-care and regulate emotions.

December 13, 2022
6:30-8:30pm

**Click here to
register**

FREE
online event

This session is presented by the Community Education Service of the Mental Health Collaborative, Child & Adolescent Addiction & Mental Health and Psychiatry Program (CAAMHPP) of Alberta Health Services & **Rocky View School Division & MHCBC Stepping Stones to Mental Health.**

THE SOUTHERN ALBERTA SKATING ACADEMY

with support from  CITY OF Lethbridge

PRESENTS

Wishes

6pm ENMAX

FRIDAY DECEMBER 23rd

\$12

LOWER BOWL

\$17

ON ICE

\$40

4-PACK

Tickets available through the ENMAX Centre