







# January 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 	3	4	5	6	7
						
8	9 Classes Resume	10	11	12	13 9:00am Mass 4S & 6G	14
15	16 Re-registration begins today	17	18 Office hours 3T – 5 – 6 pm  School Council meeting 7:00pm 	26	20 9:00 am Mass 2O & 5B	21
22	23 STEAM Day  SCIENCE TECHNOLOGY ENGINEERING ARTS MATHEMATICS Office Hours 4S – 4 – 5 pm Swark – 5 – 6 pm	24 Office hours 5B & 6G: 5 – 6 pm  2Orr – 6 – 7 pm	25 Office hours 1D – 4 – 5 pm  Board Meeting 6:00pm	26 	27 	28
29	30	31	Registration begins for new students			

Looking forward to a new year with ...

# Holy Spirit Catholic School Division

## 2023/2024 REGISTRATION



### Re-Registration Starts January 16, 2023

Families with students currently enrolled in our system should expect an email during the week of January 16-20, 2023 asking that the online "Registration Update Form" be completed for each child attending one of our schools in the 2023/2024 school year.

This update allows us to make sure the information on file is accurate and that any legal declarations, preferences, and consents are renewed. It also allows our schools to plan for the upcoming school year.

Parents/guardians who are hoping to register younger siblings new to the division will also have the opportunity to do this at the same time that they re-register older students.



### New Student Registration Starts February 1, 2023

All Early Learning to Grade 12 students who are new to the division and wish to enroll for the 2023/2024 school year are invited to register online starting on Wednesday, February 1, 2023.

- Our **Early Learning Program** is designed to stimulate the growing curiosity of children 3 and 4 years of age.
- **Kindergarten** is designed for children 5 years of age on, or before, December 31, 2023.
- **Grade 1** registrants must be 6 years of age on, or before, December 31, 2023.
- **French Immersion** is also available. Enrollment starts:
  - in Kindergarten/Grade 1 at École St. Mary School in Lethbridge.
  - in Grade 1 at St. Michael's School in Pincher Creek.



### For More Information

Contact our Coordinator of Early Learning Coordinator to discuss Early Learning, Kindergarten, or your child's specialized programming requirements by phone (403-381-8495) or email ([earlylearning@holyspirit.ab.ca](mailto:earlylearning@holyspirit.ab.ca)).

Contact our French Language Consultant to discuss French Immersion programming by phone (403-331-4458) or email ([urquhartw@holyspirit.ab.ca](mailto:urquhartw@holyspirit.ab.ca)).

Contact your child's school, or visit the division's website ([holyspirit.ab.ca](http://holyspirit.ab.ca)), if you need assistance with the online registration process or have any questions.



**Holy Spirit Catholic School Division**  
...where students are cherished and achieve their potential.



## JANUARY 2023

### PRINCIPAL'S MESSAGE

Happy New Year!

It is always exciting to start anew. We have many opportunities throughout the year to start fresh. January is a nice opportunity to take the time to refocus and realign. With the Christmas break behind us, we are nearly at the halfway point of the year. Let's take this time to really focus our attention on the growth we hope to achieve this year.

I would like to take this opportunity to thank the numerous members of our OLA community for their continued dedication and support. We enjoyed our annual turkey dinner, thanks to a number of generous donations and the hard work of our Hot Lunch committee. Santa visited with gifts for every classroom, also provided by the School Council.

Thank you to Mrs. Ellert for organizing and running our successful poinsettia sale. With the success of this fundraiser, we will continue to support opportunities for students at OLA.

We hosted our Christmas Activity Night. It was great to have so many families join us for a fun filled evening. Thank you to the teacher committee who planned the evening. Perhaps the greatest success that evening was the turnout for the Book Fair. Mrs. Bugg ran an extremely successful book fair. The library will have many new books added thanks to Mrs. Bugg and the other volunteers who helped make the book fair possible.

I am constantly reminded how blessed we are at OLA. I look forward to the projects the new year will bring and celebrating our successes together.



### ASSOCIATE PRINCIPAL'S MESSAGE

Welcome back, and we hope you all had a wonderful and very merry Christmas with your families. January can be a dark time as we leave the joyous celebration of Christmas behind and embark on the last few months of darkness and cold. For that reason, our theme of the month is...

### **COURAGE**



We all value large and showy instances of courage, but sometimes we forget the smaller ways we show courage each and every day: the child who stands up to speak in front of the class even though they are afraid, the parent who braves the cold to go to the food bank for the first time, the friend who sticks up for another even though they may risk getting bullied themselves. Here are some ways you can encourage some of these small acts of courage Every day this month:

- Actively discuss ways we can help other people and how it's an act of courage
- Talk about things you find hard to do and things your children find hard to do. Pray for the courage to help you through them.
- Look for something new you can try as a family this month! It's a great way to have fun while stepping outside your comfort zone
- Ask your kids how they can be a leader at home and at school, following in the steps of Jesus

The winter in Alberta is sometimes dark and cold, but the message of Christmas still holds true. Be not afraid, for the light has come! This month, may we all have the courage to live the truth of that joyful message.

### **Verse of the Month**

*"For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline."*

-2 Timothy 1:7



## GOODBYE

Hello OLA Families

It is with a heavy heart that I write this. I have made the decision to retire and my last day at Assumption will be Friday, February 3, 2023.

I have enjoyed my 22 years with Holy Spirit School Division, and especially the last 8.5 years at OLA. This school has wonderful, supportive staff and terrific families. One thing that I really enjoy about working in the office these past years is the interaction I am able to have with families. We have had great Admin teams at OLA and I have thoroughly enjoyed working with Mrs. Calder and Mrs. Swark the last couple of years. They are very supportive and are a lot of fun to work with. Mrs. Ellert is an amazing co-worker. I have always appreciated her patience and how she works hard at keeping me organized.

I am a bit nervous about the change but am also quite excited about it. I have some travelling planned right away and am looking forward to spending more time with family, especially my grandkids, 3-year-old twins Benjamin and Lillian. Maybe my house will be neater, though I am not going to bet on that.

Ms. Marina Miller

## WELCOME

Hello, my name is Toshi Esquivel and I am a PS2/PS3 student at the University of Lethbridge. I am doing a combined degree in Kinesiology/Physical Education. My hobbies and interests are anything sports related, trying foods from all parts of the world, and playing games with friends and family! I am grateful for this opportunity and can't wait to grow with the OLA community.



## RIBBON SKIRT DAY

On January 4, we proudly wore our ribbon skirts to represent our own personal reclamation as FNMI people of Treaty 7 Territory. Ribbon skirts are a symbol of history, identity, resilience, strength, bravery, and female empowerment. It represents values and traditions as a unique culture, as well as maturity into womanhood, and independence. Wearing a ribbon skirt gives meaning which is very significant for each individual who decides to adorn one. It represents reclaiming identity, and wearing that identity proudly.

Mrs. Shade

## SCHOOL SUPPLIES

The start of a new year is a good time to check with your child and ask them what school supplies they may need to replenish. Pencils, crayons, markers, glue, etc

## REMINDERS

- School fees are now overdue.
- Monthly bus passes are to be paid prior to the first of the month.
- Nutrition Breaks – we have two breaks during the day where students eat lunch and snacks. Please discuss with your child to see if they have enough for both breaks. Also, we **do not** supply spoons or forks. If you are sending something that requires utensils, please send them along.
- During the wet, snowy days, students are asked to remove their wet footwear before heading to class. Please make sure your child(ren) have indoor shoes.

## PAJAMA DAY



On Thursday, January 26 students are invited to wear pajamas to school. Please remember the dress code is still in effect and students will still be required to go outside at during breaks.

## THANK YOU

The staff and students at OLA would like to take this opportunity to send a heartfelt THANK YOU to our amazing School Council. The visit from Santa, turkey dinner, and generous classroom gifts made our Christmas season joyous and bright. We are truly blessed to have such supportive members of our community. We also wish to thank the Knights of Columbus #5726 for their generous donation towards our turkey dinner.

Thank you to everyone for the great support with the Book Fair. We purchased new books for our school. Thank you to our volunteers who helped make this event a great success. Greatly appreciated.



A big shout out to Home Depot. They donated 340 paint sticks for our January STEAM Day. Thank you!

Thank you for all your donations of new socks and warm winter wear. We were able to donate over 1000 pairs of socks and 500 items of warm winter wear to the YWCA Women's Shelter



# January

## Arise!

### Pilgrims of Hope



“...with all humility and gentleness, with patience, bearing with one another in love.”

Ephesians 4:2

## St. Ignatius of Loyola 1491-1556 (Feast Day: July 31)

St. Ignatius of Loyola was a Spanish Catholic priest and theologian who was a cofounder of the Society of Jesus (Jesuits), known for their missionary work and teaching. As a young man, Ignatius was keen to be famous and joined the army. He was wounded severely in 1521 when a cannonball shattered his leg. He underwent many surgeries to repair his leg, which led to a long period of recovery. In his recovery, he read extensively about the life of Christ and the lives of the Saints (he had asked for books about knights, but no one brought him any). Once he recovered enough to walk (despite having a permanent limp), he made a pilgrimage to the Holy Land, and became increasingly more focused on the religious life. He engaged in more learning and eventually cofounded the *Society of Jesus*, and was the first Superior General of the order. Their main principle became *Ad Maiorem Dei Gloriam* (for the greater glory of God). This is often shown on the books that St. Ignatius holds in imagery; sometimes you will see the IHS instead (this is derived from the first three Greek letters in Jesus - iota, eta, sigma, a type of Christogram). He paid particular attention to the spiritual formation of recruits, and is known for his Spiritual Exercises, and the tradition that we know today as Ignatian Spirituality.



## Holy Moments In Our Schools

Throughout the month of December, “Sock Drives” were held to collect warm socks for those in need. Our Lady of the Assumption alone (left), collected 1,085 pairs of socks and over 400 mitts, gloves, hats, and scarves. Thanks to everyone in the Holy Spirit School Division for demonstrating practical acts of kindness and creating warm memories for families in need!



## The Spiritual Works of Mercy – Instruct the Ignorant

First, we have to consider also our own need for instruction (we always have more to learn). Even this step (as a form of witness) will begin to inform others as we ourselves seek the wisdom of Catholicism. We also need to teach from a stance of relationship, humility and gentleness. As St. Thomas Aquinas said, “To love is to will the good of the other,” and so we should teach and help one another out because of our love for them. When you find yourself in this position, pray to the Holy Spirit for guidance, and if in doubt, consult Scripture and the *Catechism of the Catholic Church*. We also have a model teacher for this work in Christ, who continually shows us in the Gospels how to embody what we have described here.

- Learn about our faith and be open to talking with others about our beliefs. There is always something more to discover about our faith.
- Go on a service trip or short-term mission trip. No time? Donate to support someone on their service trip.
- Volunteer to help with religious education programs at your parish Invite someone to go to mass with you this weekend.
- Know your faith!

### Sources:

[The Spiritual Works of Mercy](#)

[Instructing the Ignorant](#)

Adapted from: [The Fruit of the Spirit: Gentleness](#)

[Home Page](#)

## The Fruit of the Spirit – Gentleness

When we think of gentleness, we might think of quietness, submission, softness or shyness. In the original Greek, the translation is closer to meek, which we might think of from the Beatitudes (...“the meek shall inherit the earth”). It turns out that we may be misguided if we think of only this version of the word. In Greek, it is better understood as the quality of dealing with people in kindness, humility and consideration; an expression of gentleness. Additionally, when used in a secular context, it could be meant to tame wild animals, to calm others, or to remain composed. When we think like this, and how Christ showed gentleness, we might ponder the restraint which he showed in his life. Despite his divine nature, he did not use power to enter the world to great fanfare, he came as a baby. Despite his divine nature, he did not use power to enter Jerusalem with armies. Despite his divine nature, he submitted to the will of the Father at the Crucifixion. In each instance, we might recognize that gentleness does not mean an absence of strength or power; more accurately, restraint to God’s will in our use of power, and recognition that we have access to that power through the Holy Spirit.

“Let your gentleness be known to everyone...”

- Philippians 4:5a

“He who carries God in his heart bears heaven with him wherever he goes.”

- St. Ignatius of Loyola



# Reflecting on the life of St. Ignatius of Loyola...

## Instruct the Ignorant

You may be familiar with the term Ignatian spirituality, or some of its aspects and practices. In and of itself, this is an example of how St. Ignatius embodies the spiritual work of mercy "instruct the ignorant". In many ways, this is a contemplative spiritual path that seeks to discern the will of God. We look inward to reflect on God's guidance and direction through the Holy Spirit. Whether you are completing the Spiritual Exercises, practicing the Examen, using other forms of Ignatian spirituality, or simply seeking to find God in all things, you have St. Ignatius of Loyola to thank for this tradition.

## Simplified 5 Steps of the Examen

- Give thanksgiving
- Ask God for the light to see with his eyes
- Examine how one has lived the day, guided by the Holy Spirit
- Ask God for forgiveness and healing
- Resolve to live tomorrow well

St. Ignatius of Loyola, pray for us!



## Gentleness

As we have seen, we might think of gentleness as restraint or composure. St. Ignatius certainly led a wild early life, but once injured on the battlefield, he learned more and more about the examples of the saints, and the life of Christ, and asked himself the question - What if I should do as these saints did? Over time, his dreams of love and adventure paled as he surrendered the life that he knew in order to enter more fully into his relationship with God. We might say that he became more detached. As he discerned God's will, he surrendered his own will to that of God, and in this, showed gentleness. Perhaps we can consider his life in the light of the words from Jeremiah:

*Then when you call upon me and come and pray to me, I will hear you. When you search for me, you will find me; if you seek me with all your heart, I will let you find me, says the Lord, and I will restore your fortunes and gather you from all the nations and all the places where I have driven you, says the Lord, and I will bring you back to the place from which I sent you into exile.*

- Jeremiah 29:12-14

## Gospel Readings

January 8, 2023

Epiphany of the Lord

### Gospel Reading: Matthew 2:1-12

"They were overjoyed at seeing the star and on entering the house they saw the child with Mary his mother. They prostrated themselves and did him homage." — Matthew 2:10-11

When the magi came into the baby Jesus' presence they were immediately overjoyed and fell prostrate to honor him. It was traditional for people to kneel down in front of a king to do him homage. Did you know that we too are called to show our King honor every single week? Who is our King? Jesus, of course! And we come into his presence in a special way every time we come to Mass. What is one way we can show him honor, as the magi did? One way is to genuflect slowly and reverently each time we enter his house. This is a sign of great honor, respect and love. In fact, each time you come into church and get ready to enter the pew, you should genuflect, make the Sign of the Cross and tell Jesus you love him. How honored our King must feel to be shown such respect and love!

*Dear Father, thank you for giving us such a wonderful King to honor. May we always show him the love he deserves.*

**What are some other ways we can show honor to our King Jesus?**

January 15, 2023

2nd Sunday in Ordinary Time

### Gospel Reading: John 1:29-34

"On whomever you see the Spirit come down and remain, He is the one who will baptize with the Holy Spirit. Now I have seen and testified that he is the Son of God." — John 1:33-34

Once again this week the Gospel is showing us how Jesus was sent here with a mission to bring the love, forgiveness and healing of God. Jesus, the Son of God, was a messenger for God. First, he gave us the example to follow of being baptized. John the Baptist was so moved by his experience of baptizing Jesus that he became the first person to start pointing others to Jesus. Having been baptized, we are also called to be messengers for God pointing people to look at Jesus as an example of how to live.

*Dear Lord, you gave us so many great examples of how to live our lives. Please teach us how to be messengers of God's love and forgiveness.*

**What are some ways we can be messengers of God's love and forgiveness in our own lives?**

January 9, 2023

The Baptism of the Lord

### Gospel Reading: Matthew 3:13-17

"After Jesus was baptized, he came up from the water and behold, the heavens were opened for him, and he saw the Spirit of God descending like a dove and coming upon him." — Matthew 3:16

Baptism is an important sacrament! It washes away original sin. It welcomes us into the body of Christ. It is a time when the Holy Spirit comes upon us in a special way and allows us to receive the gifts of grace God offers. What an important sacrament to receive! In fact, even Jesus was baptized. He did not need to have any sin washed away, since he didn't have any. So why was he baptized? He wanted to set the example of being in union with God. He wanted to show us that we should spend our whole life on earth using the graces from our baptism to help us understand what we need to do to help him build the Kingdom of God on earth. What a special gift!

*Father in heaven, thank you for the sacrament of baptism. We are so blessed to be able to receive your Holy Spirit to help us live a life that is pleasing to you, so we can be your friends and helpers here on earth.*

**Do you remember your baptism? If not, ask your parents to tell you about it. How old were you? Who was there?**



# Gospel Readings

January 22, 2023

3rd Sunday in Ordinary Time

## Gospel Reading: Matthew 4:12-23

“Come after me and I will make you fishers of people.” — Matthew 4:19

Have you ever been fishing? It can be really fun. First, you find a nice quiet spot and set up all your gear. Then you bait your hook, cast it in the water, and wait for a fish to swim by and bite. When it happens, it is so exciting. You pull your fish in and want to show it to everyone because you are so proud. Now, if you look at today’s gospel reading, you may ask yourself, how would you catch people? Jesus is trying to show us that if we use the same ideas you use in fishing, it is possible to ‘catch people’ and bring them to Jesus. First, you need to find a nice quiet spot so you can pray and ask Jesus to help you bring people to him. Then, the bait you use is love, kindness, patience; any good virtues can work. Just imagine how good it would feel to know you helped people experience love, acceptance, or peace like Jesus did. Then you would be a fisher of people.

*Dear Lord, show me how to ‘catch people’ for your glory.*

**How do you try to “catch” others for Jesus?**

January 29, 2023

4th Sunday in Ordinary Time

## Gospel Reading: Matthew 5:1-12a

“Rejoice and be glad for your reward will be great in heaven.”

— Matthew 5:12

Have you ever heard the expression “no pain; no gain”? It’s sometimes associated with dieting. The idea is if you refrain from eating greasy or sugary foods that you might enjoy, you’ll see the benefits when you step on the scale. It’s hard to keep our eyes on the prize though, isn’t it? Especially when the sacrifice we must make is painful. In today’s Gospel, Jesus tells his followers that if we follow his example, we may suffer now, but we will experience joy in heaven someday. He said that we might be sad if we care for others who are hurting. We might face opposition when we stand up for people who aren’t treated fairly. Others may not like us if we forgive people they don’t think deserve to be forgiven. We won’t be popular if we try to make peace when everyone else wants to get even. He said that all these things will bring us happiness in the long run. But it won’t be easy day-to-day! It wasn’t easy for Jesus either when he sacrificed his own life for us, but he thought we were worth it.

*Dear Lord, help me to remember that though this life may bring pain at times, you have a wonderful place in heaven prepared for me.*

**Do you think it’s worth it to be made fun of when you are following Jesus’ example? Who can you forgive today, even if it seems like they don’t deserve it?**

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



# January



## Arise! Pilgrims of Hope Journal

### WEEK ONE

How is God trying to get your attention?



Additional Sources:

[The 5-Finger Daily Examen](#)

[Praying the Examen with Children](#)

[Examen for Children](#)

[What’s a daily exercise to help me in my spiritual life?](#)

# January



## WEEK TWO

Describe a teacher or mentor who has impacted your life?



## WEEK THREE



What book are you most grateful for?



## WEEK FOUR

What is God calling you to focus on in the next six months?



Dear Saint Ignatius,  
you loved helping others to find Jesus in their hearts and souls.  
You loved learning because as we learn more about God,  
we are able to love Him more.  
Please pray for all teachers to help their students  
find God's truth and also His love. Amen.  
St. Ignatius of Loyola, pray for us.



Prayer Source: *Lives of the Saints* by Bart Tesoriero