

# February 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<b>1</b> Winter Walk / Global Play Day  Girls Basketball home game	<b>2</b> Ground Hog Day  	<b>3</b> 1D – Mass 9:00 am	<b>4</b>
<b>5</b>	<b>6</b>	<b>7</b> Boys Basketball home game  	<b>8</b> Girls Basketball game at FLVT  Office hours 4:00 – 5:00pm	<b>9</b> Last day to order pizza lunch	<b>10</b>	<b>11</b>
<b>12</b>	<b>13</b> 100 DAY  Steam Day 	<b>14</b> 	<b>15</b> Girls Basketball game at ESM    Board Mtg 6:00pm	<b>16</b> Pre ordered pizza lunch  	<b>17</b> 2O & 5B Mass 9:00am	<b>18</b>
<b>19</b>	<b>20</b> 	<b>21</b> Shrove Tuesday	<b>22</b> Ash Wednesday	<b>23</b> Teacher Convention	<b>24</b> Teacher Convention	<b>25</b>
<div style="border: 2px solid purple; padding: 10px; display: inline-block;">             No school for students           </div>						
<b>26</b>	<b>27</b> 1 <sup>st</sup> Lenten Celebration 4S – 10:20 am  Office hours Duke, Baptista 4:00-5:00pm	<b>28</b> Boys Basketball game at SPFA    Office hours Gaudet 4:00– 5:00			 <b>FEBRUARY</b>	



## FEBRUARY NEWSLETTER

### PRINCIPAL'S MESSAGE

It has been a whirlwind return since the Christmas break. February is gearing up to be a busy and exciting month.

February is a short and jam-packed month. Some classes will be participating in Winter Walk and Global Play day on February **1st**. Groundhog Day comes February **2nd**. February **13th** will be our 100th day of school as well as our February STEAM day with special guests from Southland Trucking. Valentine's day will be celebrated on February **14th**, and we will have hot lunch from Pizza 73 on February **16th**.

We had the Lethbridge Hurricanes join us recently to talk about anti-bullying. Families received tickets to attend their February **3rd** game vs. the Regina Pats. In continuing with the theme of kindness and anti-bullying, OLA will be observing Pink Shirt day on February **15th**.

Ash Wednesday falls during Teachers' Convention week. Students will be off the entire week. We are hopeful that families will be able to attend Ash Wednesday mass on February 22. Both churches in All Saints Parish will have Ash Wednesday masses at 9:00am, 12:05pm, and 7:00pm.

With the hectic pace this month promises, I am looking forward to the contemplative, reflective focus of Lent, taking time for prayer, fasting, and almsgiving.

### **Verse of the Month**

*"For God so loved the world that he gave His only begotten son, that whoever believes in Him should not perish but have life everlasting."  
-John 3:16*

### ASSOCIATE PRINCIPAL'S MESSAGE

I hope your January was full of courage, hope, and perseverance! February is a short month with colder temperatures ahead, but winter is coming to an end. Given that we celebrate St. Valentine this month, it probably comes as no surprise that this month's theme is...



Some sociologists have theorized that love, alongside physical essentials such as food, shelter, and water, should be included on a list of things people need to survive. Our faith reminds us that we are not made for isolation! Jesus calls us to walk in solidarity with one another, with the poor, and with the disenfranchised. In small ways, we can do these things and model love in our families. Just a few ideas to consider:

- This month, make a conscious effort to find time to connect with family members. Tell them something you love about them that comes from the heart.
- Be on the lookout for those who seem lonely, misunderstood, and outcast. Are there small ways we can show love for them? Even the way we talk to one another can model judgment or love, depending on how we phrase things!
- Can you find time to connect with God's love for you this month? Accepting ourselves as beloved children of God can sometimes be every bit as challenging as showing love to others. Spend a few minutes caring for yourself and trying to see yourself through God's loving eyes.

As we celebrate Valentine's Day, let's remember how we can reflect God's love on earth!

## **REGISTRATION**

New student registration opens on February 1<sup>st</sup> for all Early Learning to grade 6 students new to our division.

## **RE-REGISTRATON**

Re registration forms have been emailed for all current students. Please go online and complete this form as soon as possible. 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 us to plan for the upcoming school year. If you require assistance, please contact the office at 403-327-5028.

## **WINTER WALK DAY**

On Wednesday, February 1, we will be participating in Winter Walk Day as well as Global Play Day. Students will be spending time outdoors and we ask that you send your child to school with appropriate warm winter clothing.



## **PINK SHIRT DAY**

On Wednesday 15 2023, we will be celebrating Pink Shirt Day. We encourage everyone to practice kindness and wear pink to symbolize that we do not tolerate bullying.



## **LITTLE LIBRARY**

OLA is pleased to introduce our own miniature "little library" at school. We have placed a bookshelf outside of the downstairs washrooms. If you have school appropriate books at home that you no longer read, please feel free to bring them and place them on the shelf. Anytime students would like to take a book, they are free to do so. There is no need to return the books, and you do not have to leave a book to take a book!

## **BELL TIMES AND DROP OFF**

The bell for all students to enter the school rings at 8:42am. Students should be waiting at their door prior to this time. During the cold winter mornings students may enter starting at 8:30 am and go directly to their classroom. Pick up time for Early Learning and Kindergarten is 11:45am. And students will be dismissed out the front door. Grades 1 – 6 are dismissed at 3:47 pm and there is no after school supervision.

When dropping off or picking up your child(ren) please pull into a parking spot or park along the playground. Do not stop in the middle of the road as this creates a safety issue and traffic congestion.

## **THANK YOU**

On January 25 Lethbridge Hurricane players Bryan, Blake and Nolan visited our school to work with our students on anti-bullying activities. Telus Wise #EndBullying provided students in grades 1 – 6 with tickets to the Hurricanes game on February 3. Thank you so much to these two organizations for working with our students.

## **PLAYGROUND & SCHOOL ZONE HARMONIZATION**

The City of Lethbridge is seeking feedback regarding changes to the existing School Zones and Playground Zones. Here is the link

[getinvolvedlethbridge.ca/harmonizedplaygroundzones](http://getinvolvedlethbridge.ca/harmonizedplaygroundzones)

## **SCHOOL COUNCIL NEWS**

The next hot lunch will be Pizza 73 on Thursday, Feb 16. All orders are to be placed on SchoolCash online by Feb 9<sup>th</sup>. No late orders will be accepted.

The next meeting will be online on March 1<sup>st</sup> at 7:00pm. Everyone is welcome to join!



be part of the community

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.

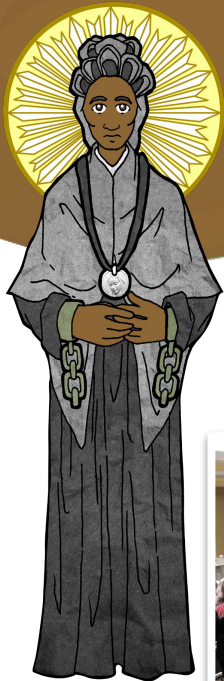


**Holy Spirit Catholic School Division**  
...where students are cherished and achieve their potential.

# February

## Arise!

### Pilgrims of Hope



*“Whenever you stand praying, forgive, if you have anything against anyone; so that your Father in heaven may also forgive you your trespasses..”*

Mark 11:25

## St. Josephine Bakhita 1869-1947 (Feast Day: February 8)

Born in the Darfur region of southern Sudan, Josephine was kidnapped at the age of 7, sold into slavery and given the name Bakhita, which ironically means ‘fortunate’. During this time, she was treated with inhumane cruelty, being beaten and forcibly scarred. She was resold several times, finally in 1883 to Callisto Legnani, an Italian official in Khartoum, Sudan. Two years later, he took Josephine to Italy and gave her to his friend Augusto Michieli. Bakhita became the nanny to their young daughter. During this time, they went to stay in Venice with the Canossian Sisters. This was Bakhita’s first encounter with Christianity, and she felt drawn to the Catholic Church. She was baptized and confirmed in 1890, taking the name Josephine.

When the Michielis returned from Africa and wanted to take Josephine back with them, the future saint refused to go. During the ensuing court case, the Canossian Sisters and the patriarch of Venice intervened on Josephine’s behalf. The judge concluded that since slavery was illegal in Italy, she had actually been free since 1885. Josephine entered the Institute of St. Magdalene of Canossa in 1893. In 1902, she was transferred to the city of Schio, where she assisted her religious community through cooking, sewing, embroidery, and welcoming visitors at the door. She soon became well loved by the children attending the sisters’ school and the local citizens. She once said, “Be good, love the Lord, pray for those who do not know Him. What a great grace it is to know God!”



## Holy Moments In Our Schools

On Tuesday, January 17, 2023, we were fortunate to host our annual Retired Staff Mass at St. Basil Catholic Education Centre. This was rescheduled from November due to inclement weather conditions. We were blessed to have so many retired staff in attendance (approx. 40) and to recognize their service to Catholic Education in southern Alberta. Their witness is a model to us as we “Arise” this year, and seek to live in community, spiritual unity and relationship with one another.



## The Spiritual Works of Mercy – Forgive Offenses

To forgive offenses is one of the seven spiritual works of mercy. It is also variously known as to “forgive all injuries” and to “forgive sins.” There are at least three major spiritual benefits: the one who forgives is liberated from bitterness and resentment, the one who is forgiven receives mercy and a new beginning, and the community experiences conflict resolution and the restoration of harmony.

Jesus gave the great commandment: Love God and love your neighbor. Because of our flawed human nature and our propensity to sin, everyone who offends against love and relationships is harmed or broken. The way to return to love, mend relationships and heal offenses is to forgive. Forgiveness is the flip side of the love coin.

Forgiving others is difficult at times because we do not have God’s limitless mercy and compassion. But Jesus teaches us that we should forgive as God forgives, relying on him to help us show others the mercy of God by:

- Letting go of grudges
- Saying sorry is something we learn as kids, but how often do we really mean it? Forgiveness transforms hearts and lives
- Participate in the Sacrament of Penance
- Pray the Divine Mercy Chaplet

### Sources:

[Saint Josephine Bakhita](#)

[St. Josephine Bakhita](#)

[Fifth spiritual work of mercy: To forgive offenses willingly](#)

[The Spiritual Works of Mercy](#)

Adapted from: [Weekly Devotional: Fruit of the Spirit – Self-Control](#)

[Home Page](#)

## The Fruit of the Spirit – Self-Control

What exactly is self-control? The Greek word translated as ‘self-control,’ egrateia, is derived from two other Greek words—en and kratos. En means ‘in’ and kratos means ‘strength’ or ‘power.’ The Bible typically refers to self-control as ‘temperance,’ meaning self-restraint or moderation.

Displaying self-control is often a matter of responding rather than reacting. When we react to a situation, we let our emotions take control. We are more likely to become defensive and say hurtful things. Responding, however, involves developing a thoughtful response that is guided by reason more than emotions.

Self-control also relates to the temptation to sin in our lives. We may at times lack the self-restraint to stop when we should, finding ourselves tempted to overindulge. Many worldly temptations can be strong, but our spiritual self-control can be stronger with the help of our faith.

There are two proverbs that explain the difference of not having self-control versus the value of having it. In Proverbs 25:28 we are told, “Like a city whose walls are broken down is a man who lacks self-control.” But, in Proverbs 16:32 we learn, “It is better to be patient than powerful. It is better to win control over yourself than over whole cities.”

With God’s help, you can increasingly conquer your temptations and learn to embrace the fruit of self-control. The more we pray, study the Bible and draw closer to God, the more we will have the ability to demonstrate our own self-control.

*“If we had no hope in the Lord, what would we do in this world?”*

- St. Josephine Bakhita



# Reflecting on the life of St. Josephine Bakhita...

## Forgive Offenses

Josephine endured unimaginable hardships in her life, but she showed mercy. "If I were to meet the slave traders who kidnapped me and even those who tortured me," she once said, "I would kneel and kiss their hands, for if that did not happen, I would not be a Christian and religious today. The Lord has loved me so much. We must love everyone." In the face of inhuman trials, she only saw the face of Christ. Pope John Paul II, speaking in Sudan after her beatification:

*"She thus became a model of virtue and holiness of life for Christians. To religious believers everywhere she speaks of the value of reconciliation and love, for in her heart she overcame any feelings of hatred for those who had harmed her. She learned from the tragic events of her life to have complete trust in the Almighty who is always and everywhere present, and therefore she learned to be constantly good and generous to everyone."*



## Self-Control

The circumstances of St. Josephine's life were marked with trauma, so much so that she forgot her birth name. The name that was ironically given to her, Bakhita (fortunate), became over time a marker of her identity as a child of God. St. Josephine, in her extraordinary love and forgiveness, was known to have said:

*"If I were to meet those who kidnapped me, and even those who tortured me, I would kneel and kiss their hands. For, if these things had not happened, I would not have been a Christian and a religious today."*

The people of her town in Italy loved her, and thought of her as a mother. She exuded grace to those around her, and despite the scars that she carried, never lost faith. She is a model for us of self-control and forgiveness, and a witness of hope and trust in God.

## Gospel Readings

February 5, 2023

5th Sunday in Ordinary Time

### Gospel Reading: Matthew 5:16

"...your light must shine before others, that they may see your good deeds and glorify your heavenly Father." — Matthew 5:16

We are blessed by the Lord all the time. How do we show God that we are grateful for the blessings he showers on us? One way is to begin by saying thank you for our blessings and remembering God has given them to us - we haven't earned them on our own. Today's Gospel shows us that if we listen to God and his commands, he will surprise us with blessings, just like Simon Peter was surprised by the HUGE catch of fish. Sometimes we'll receive enormous blessings that we can't miss (like Peter's catch of fish), but other times the blessings and graces will be small and it will take some thinking to recognize them. Let's not forget to thank God for those little gifts too!

*Dear Lord, thank you for loving me so much that you bless me all the time. Please make my heart more grateful for the gifts of your love and your blessings that are in my life.*

**What are some things in my life that are blessings from the Lord?**

**Are there times I don't feel grateful for God's blessings? Why?**

February 12, 2023

6th Sunday in Ordinary Time

### Gospel Reading: Matthew 5:17-37

"...he has set before you fire and water to whichever you choose, stretch out your hand." — Sirach 15:16

Did anyone ever warn you "Don't touch the stove; it's hot!" or "Don't go in the deep end of the pool without your life jacket"? If so, it was probably someone who loved you very much. And wanted to make sure you stayed safe. Did you obey?

The first reading today reminds us that if we choose to obey God's warnings, we can avoid a lot of trouble for ourselves and others. But if we choose to disobey, we can get hurt and sometimes even hurt others at the same time. God loves us more than anyone else in the world - after all, we are his precious creation!

When we have a decision to make, we can ask ourselves WWJD - What Would Jesus Do? Jesus obeyed his Father in all things, even the most difficult. He trusted that ultimately God wanted what was best for him and the world. God wants the same for us and we can trust him.

*Dear Jesus, help us to choose to obey God in all we do.*

**What is one good decision I have made already today?**

February 19, 2023

7th Sunday in Ordinary Time

### Gospel Reading: Matthew 5:38-48

"When someone strikes you on your right cheek, turn the other one as well...Should anyone press you into service for one mile, go for two miles." — Matthew 5:39, 41

In today's Gospel, Jesus challenged the people to go beyond loving those who are kind to them, to loving their enemies as well. That is a hard teaching! Most times, we want to get back at people who hurt us, but this is not the way God wants us to respond. God sent Jesus to us as an example. Do you remember what Jesus said when he was being crucified? "Father, forgive them for they don't know what they are doing." Only with the help of the Holy Spirit can we follow Jesus' example in returning love for violence.

*Dear Lord, send your Holy Spirit to us so we can love even those who are hardest to love.*

**Has someone done something for me that was extra loving - more than I deserved or expected?**

# Gospel Readings

February 26, 2023

2nd Sunday in Ordinary Time

## Gospel Reading: Matthew 4:10

"...Jesus said to him, 'Get away, Satan!' It is written: 'The Lord, your God, shall you worship and him alone shall you serve.'" — Matthew 4:10

During the season of Lent, we try to make extra sacrifices to show God that we love and serve him above all other things in our life, like our possessions. This can really help us to grow closer to God, but Satan does not want us to be close to God. He will tempt us to take the easy road instead of the right road. We must guard our hearts and minds against these temptations so we don't start believing that money and power and identity are better than living like Jesus taught us. We can do that by talking with our family about what we will give up during Lent or what extra good things we want to do more of during Lent. That way we can help remind each other of what we promised to do or not do for these next 6 weeks. Lent can be a time of coming to understand God and the love he has for us and for everyone else, so, don't let Satan steal that away from you.

*Dear Lord, you made the ultimate sacrifice for us by giving up your son and allowing him to die. Please give us the grace to embrace our sacrifices this Lent so that you may know and feel our gratitude.*

**How have you been tempted in your life? What can you do to resist temptation?**

Download this month's [Saint Prayer Card](#) - St. Josephine Bakhita



## Traditional Lenten Practices



### PRAYER

The Catechism of the Catholic Church defines prayer as, "...the rising of one's mind and heart to God or the requesting of good things from God." (CCC 2559)

In short, prayer is how we communicate with God.



### FASTING

Choose an item to "fast" from during Lent. For example, you may want to fast from a specific food or treat. Fasting is not limited to food. You may want to fast from unkind words as an opportunity to grow in charity, or from media to devote time to relationships.



### ALMSGIVING

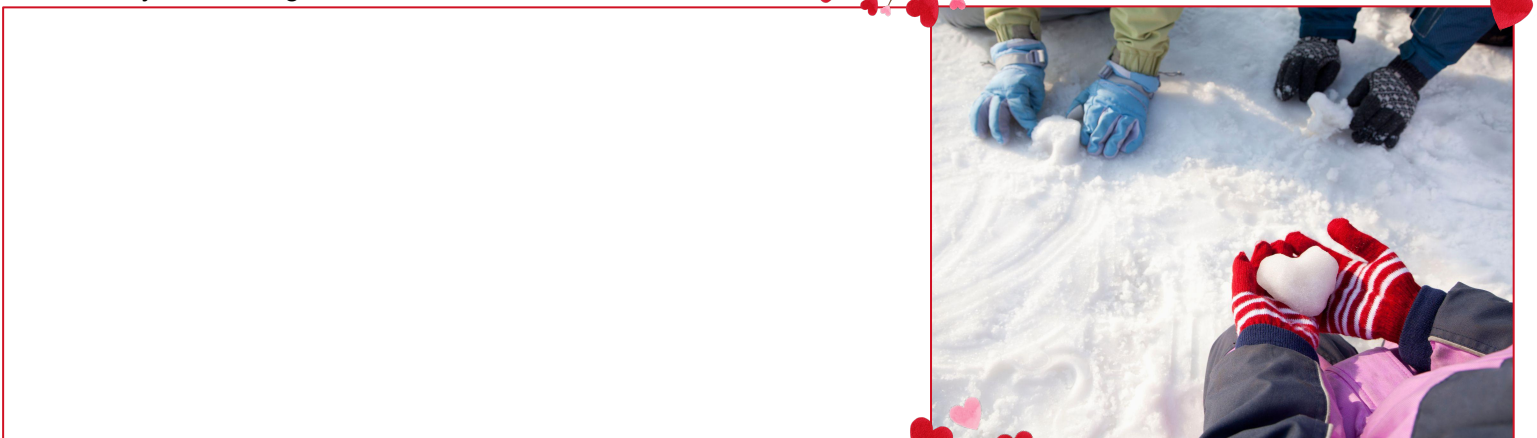
Like fasting, giving can be approached in several different ways. Money can be collected. Food, necessities, and toys can be bought or given to other children in need. We can also give of our time by helping others.

# February

Arise!  
Pilgrims of Hope Journal

### WEEK ONE

What are you learning about God?



Additional Sources:  
[Prayer to St. Josephine Bakhita](#)

# February



Arise!  
Pilgrims of Hope Journal

## WEEK TWO

What experience do you treasure?



## WEEK THREE

What do you need to mute in your life in order to hear God's voice?

## WEEK FOUR

What negative thoughts were you able to release today?



St. Josephine Bakhita, you were sold into slavery as a child and endured untold hardship and suffering. Once liberated from your physical enslavement, you found true redemption in your encounter with Christ and his Church.

O St. Bakhita, assist all those who are trapped in a state of slavery; Intercede with God on their behalf so that they will be released from their chains of captivity.

Those whom man enslaves, let God set free. Provide comfort to survivors of slavery and let them look to you as an example of hope and faith.

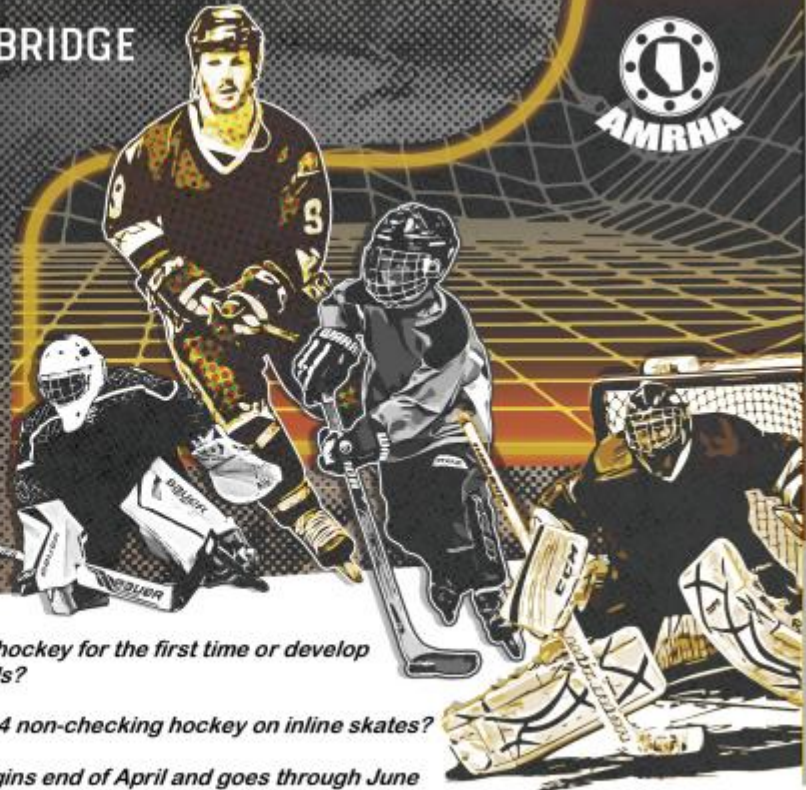
Help all survivors find healing from their wounds. We ask for your prayers and intercessions for those enslaved among us. Amen.



ROLLER HOCKEY LETHBRIDGE



**ALL  
THRILL  
NO  
CHILL**



*Want to get into hockey for the first time or develop your hockey skills?*

*Want to try 4-on-4 non-checking hockey on inline skates?*

*2023 Season begins end of April and goes through June  
Ages 7 to Adult!*

[www.rollerhockeylethbridge.ca](http://www.rollerhockeylethbridge.ca) for more information and registration link

## 2023 OUTDOOR SOCCER REGISTRATION

Online Registration opens February 1, 2023 – March 5, 2023



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

403-320-5425

Boys and Girls

U4 – U7 (Co-Ed) \$125.00

U9 & U11 (Male and Female Divisions) \$190.00

U13 - U18 (Co-Ed) - \$190.00

Season will run April – June 2023



LFC Competitive information available online at [www.lethbridgesoccer.com](http://www.lethbridgesoccer.com) or visit our Facebook Page at Lethbridge Soccer Association. LFC Registration for evaluations will open online February 1, 2023

# PURSUE YOUR PASSION

## JOHN HASSELFIELD ENDOWMENT FOUNDATION STUDENT GRANTS

Grants available for:

- Education
- Athletics
- The Arts

Past recipients have earned scholarships for:  
Flight school, art camp, basketball training, writing camps and more!

More information and application form available at:  
[www.johnhasselfield.com](http://www.johnhasselfield.com)  
[www.facebook.com/johnhasselfieldendowment](https://www.facebook.com/johnhasselfieldendowment)

**APPLICATIONS ACCEPTED YEAR-ROUND**

## LETHBRIDGE ORCAS SUMMER SWIM CLUB



### JOIN THE TEAM

The Lethbridge Orcas is a competitive swim team for anyone ages 5+ interested in developing their swimming skills and being part of a great team!

Season runs: May 1 – Aug 11

Visit our website for more information and to register.



**Registration Opens March 15th.**