










June 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Grade 6 field trip Calgary 7:00am – 7:00pm	2	3
4	5 Gr 5 – 11:45am YMCA 	6 Gr 1 & 2 9:00 am Coyote Flats Gr 5 – 9:15 am Elizabeth Hall Wetlands	7	8 JUMP ROPE FOR HEART 1:30 – 3:30 pm 	9	10
11	12 	13	14  Last day of PRESCHOOL Kindergarten Farewell 6:00-7:00pm	15 Last Day for Kindergarten Gr 4 - 8:15-12:30 Fort McLeod 	16	17
18 	19	20 Gr 6 PAT Language Arts – Part B Farewell Mass 11:30am 	21 National Indigenous Peoples Day Swimming 12:30 – 2:30 	22 Grade 6 - PAT Math Part A Indigenous Awareness Day 11:30 – 1:30	23 Grade 6 PAT Math Part B 	24
25	26 Grade 6 PAT Social Studies Sports Day 11:45 – 3:15 	27 Grade 6 PAT Science Dismissal at 3:47 	28 Board Meeting 6:00pm	29	30	

[Link to 2023/24 school calendar](#)

Sept 5, 2023 – First day of classes for Grades 1 – 6. This will be a full day.
Sept 5 - Kindergarten Meet & Greet by appointment
Sept 7 & 8, 2022 – Kindergarten staggered start
Sept 11, 2023 – Kindergarten regular schedule
Sept 11, 2023 – First day of classes for the Early Learning Program



JUNE NEWSLETTER

PRINCIPAL'S MESSAGE

Wow! It's hard to believe it is June already. This year has been full of some amazing experiences for the students at OLA.

STEAM

I would like to take this opportunity to highlight the industry STEAM day we hosted on May 25. We have been working with our partners, Southland International, the Lethbridge College, and Career Transitions since January to create a day filled with a variety of activities connected to STEAM and various trades for all ages of students. Our day included welding, woodworking, food preparation, plumbing, irrigation, agricultural drones, engineering, measurement, and much more. Each activity was led by an industry professional who shared their 'real world' connections to STEAM and then worked with students to experience a bit of what they do.

I would like to take this opportunity to thank the parents and community partners who shared their day and their expertise to give students a true glimpse into how what we are learning in the classroom impacts a variety of possibilities for roles in trades and industry.

Without the amazing support of the numerous volunteers on May 25, this day would never have been possible.

THANK YOU!

Mrs. Calder



ASSOCIATE PRINCIPAL'S MESSAGE

Welcome to the end of school! It's hard to believe nearly an entire ten months has passed us by as we grow in faith and walk together. The theme of the month for June is...



This is an excellent time to revisit our faith theme for the overall year: Arise, Pilgrims of Hope! We have examined different virtues each month and worked hard as a community to overcome challenges, welcome newcomers, and model Christ's loving compassion to one another. We have not always succeeded, but we have also worked on forgiveness -- of others, but sometimes more importantly, of ourselves.

And all of this connects in our final theme. When we are faithful, we have the strength and courage to stand up in the face of trials and adversity. As your students finish their year at OLA, there may be excitement, there may be sadness, and there may be frustration. This month, let's look for ways to walk together as pilgrims of true hope, always faithful to God -- and secure in His faithful love for us.

Blessings to all of you! I hope to see most of you again in September, and to those moving on, know that you do so with all of our love and prayers at your back.

Verse of the Month

*Let love and faithfulness never leave you;
bind them around your neck,
write them on the tablet of your heart.
Then you will win favor and a good name
in the sight of God and man.*

-Proverbs 3:3-4

MAINTAINING A GROWTH MINDSET

In health class, your children are learning to develop a growth mindset. You can learn more about this and other topics we are studying in Health in your child's Spaces portfolio! Each month, we will have a theme. Discussing these themes at home will help your children develop a positive mindset about mistakes and failures!

The theme for June is: I (STILL) GOT THIS!

As we wrap up the year, students will be looking at ways they can set goals for the summer and into next year: realistic goals that allow for failure, mistakes, and growth! They will also be discussing ways they can maintain a growth mindset as they head into the next school year, considering what triggers their negative self-talk and perceptions, and coming up with strategies to keep those things at bay. Throughout the summer and especially in September, keep reminding your kids that they are wonderful, valued people who are still growing and learning. Give them the power of YET so they can really succeed to their fullest potential, and remind them that EFFORT, not some sort of natural born talent, is the main ingredient in success. Thank you so much for growing and learning with us this year!

What Can I Do At Home?

Supporting a growth mindset at home goes a long way to helping your children on their learning journeys! A few simple steps:

- Check out the excellent summer programs available from our Mental Health Capacity Building Team
- This month's newsletter, available in your child's Spaces account, includes several excellent tip sheets to help you continue with growth mindset this summer

Have conversations about learning:

- What are your goals for next year? Do you have a plan to achieve them?
- What is the most interesting thing you learned this year?
- Is there anything you're still confused about from school this year?
What worries you about September?

Keep encouraging a growth mindset!

TRANSPORTATION FOR 2023/24

If your child(ren) will be riding the bus next year you are required to register before **June 30, 2023**. Families of eligible students should have received an email asking them to complete an online Transportation Registration Form in SchoolEngage. If you didn't receive an email, please contact us to confirm your eligibility and arrange for a form to be assigned to you.



FIELD TRIPS

All classes are planning their year-end field trips. Please ensure you check your child's backpack for any permission forms that require your attention. Also, please ensure you check your [schoolcash online](#) account to see if there are any outstanding fees.

PROVINCIAL ACHIEVEMENT TESTS

Our grade 6 students will be writing the Provincial Achievement Test (PAT's) in June.

All tests will begin at 9:00am

- Tuesday, June 20 – LA Part B
- Thursday, June 22 – Math, Part A
- Friday, June 23 – Math, Part B
- Monday, June 26 – Social
- Tuesday, June 27 - Science



LOST AND FOUND



Please remind your child(ren) to check the lost and found box and boot rooms for lost and misplaced items before the end of the school year. Any small items (jewelry, glasses, watches, etc.) may be claimed at the office. All unclaimed clothing and footwear will be donated at the end of June.

SCHOOL COUNCIL UPDATE:

Thank you to all the volunteers that helped us with the Hot Dog Lunch on STEAM day! Your help was greatly appreciated.

There is no hot lunch in June but students can look forward to a sweet treat provided by school council on sports day! Our next School Council meeting will take place online on Wednesday May 31st. Everyone is welcome! We will also be picking a date for our Annual General Meeting in the fall, so stay tuned for that info.

We wanted to remind our school community that we have two ongoing fundraisers - Mabel's Labels and the Ability Bottle Depot:

At the Ability Bottle depot (South and North) you can choose the amount you would like to donate to OLA from your return. You must mention OLA before you begin because they can't add the donation once the bottle return has started. Please see the attached poster for more details.

We're Fundraising
with Mabel's Labels!



You get labels, we raise funds.
Buy personalized labels for your kids at [campaigns.mabelslabels.com](#) and we'll earn 20% from it!
Your labels will ship directly to you for FREE.

Support our campaign
by ordering your own set today!



[campaigns.mabelslabels.com](#)

LAUNDRY SAFE
DISHWASHER SAFE
MICROWAVE SAFE
EASY TO APPLY

mabel's labels

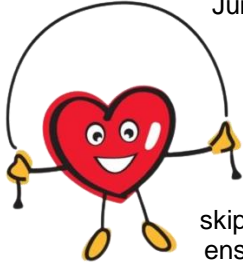
Questions? Call 1-800-368-2222

Mabel's Labels provides customized name labels for clothes, water bottles, school supplies, allergies and more! When you shop using our school name, Our Lady of the Assumption School (Lethbridge), OLA receives 20% back for every order!

JUNE EVENTS

JUMP ROPE FOR HEART – June 8

OLA is once again participating in the Heart and Stroke's Jump Rope for Heart Event. This event encourages kids to get active by skipping rope while they collect pledges for heart disease and stroke research. Jump Day is scheduled for the afternoon of Thursday, June 8. All students will skip with their intramural team. Please ensure your child(ren) has proper footwear and a water bottle. Students who register online at support.heartandstroke.ca/goto/OLAS and collect \$25.00 in pledges will receive a skipping rope and be entered to win some fun prizes. If we reach our goal of \$2000 students will enjoy a sprinkler day! Information was sent home on Friday, May 26, 2023.



INDIGENOUS AWARENESS DAY - June 22

Oki, June is our National Indigenous awareness month and we will be celebrating the Blackfoot culture within our school while taking part in playing traditional games and learning about additional Blackfoot cultural ways of knowing within our classrooms every Thursdays with Mrs. Shade. On Thursday June 22, 2023 at 11:30am - 1:30pm we will be welcoming the Niitsi'tapi Ambassadors dance group to showcase their amazing powwow dancing talent to the entire school in the Our Lady of the Assumption school gymnasium. Everyone is welcomed to come and watch this beautiful display of wonderfully, rich culture.

SPORTS ACTIVITY DAY – June 26

Sports Activity Day will be held on Monday, June 26, starting at 11:30 am. Please come dressed for the weather as we will be proceeding rain or shine. Running shoes, water bottle, sun screen, hat and good sportsmanship are needed to make the day a success.

LAST DAY – June 27

Tuesday, June 27 is the last day of school for students with dismissal at the regular time of 3:47 pm.

YEAR-END MASS – June 20

We will celebrate our year-end Mass at Assumption Church on Tuesday, June 20 at 11:30 am. Mass will be led by our grade 6 students. Everyone is welcome to attend.

HENDERSON POOL - June 21

Students will be walking to Henderson Pool via Mayor Magrath Drive at 12:00pm on Wednesday, June 21st.

OLA has booked the pool from 12:30-2:30pm.

Students will walk with their classes, teachers, support staff and parent supervisors. Teachers will be reaching out in the coming weeks regarding the need for parent supervisors to walk with classes and supervise at the pool. We will need both male and female supervisors to help in the changerooms as well as the pool. Due to strict adult to student ratios, younger siblings will not be able to attend.

Students should dress for the weather and bring sun protection including sunscreen, a hat, sunglasses (if desired), as well as a snack and water bottle. Don't forget a swimsuit and towel.

Students will leave the pool at 2:30 to arrive back at OLA by 3:00.

Permission for this field trip was included as part of the field trip form signed at the beginning of this school year.

Should you have any questions, please reach out to your child(ren)'s classroom teacher.

END OF YEAR PRAYER

*We thank you God for...
Every prayer we have prayed
Every song we have sung
All the things we have learned
All the laughter and fun
Thank you for all the joy you bring
And our wonderful times as
each new day begins
This moment and forever
Amen*



THANK YOU TO OUR STEAM DAY SUPPORTERS

SOUTHLAND



DIALOG



Vestas



REID PRO Plumbing & Gas Ltd.



BASF

We create chemistry



CH

FREE FAMILY OUTDOOR PLAY JULY/AUGUST 2023



**BUILDING
BRAINS
TOGETHER**



**FAMILY
CENTRE**



**HOLY SPIRIT
CATHOLIC SCHOOLS**



**Lethbridge
SCHOOL DIVISION**



**Lethbridge
Public Library
CONNECTING YOU**



TUESDAY

WEDNESDAY

<p>JULY 4 Henderson Lake Park 10 AM-1 PM</p>	<p>JULY 5 Henderson Lake Park 3 PM-6 PM</p>
<p>JULY 11 Wilson Middle School 10 AM-1 PM</p>	<p>JULY 12 Wilson Middle School 3 PM-6 PM</p>
<p>JULY 18 Nicholas Sheran School 10 AM-1 PM</p>	<p>JULY 19 Nicholas Sheran School 3 PM-6 PM</p>
<p>JULY 25 Lakeview Elementary School 10 AM-1 PM</p>	<p>JULY 26 Lakeview Elementary School 3 PM-6 PM</p>
<p>AUGUST 1 Senator Buchanan School 10 AM-1 PM</p>	<p>AUGUST 2 Senator Buchanan School 3 PM-6 PM</p>
<p>AUGUST 8 Coalbanks Elementary School 10 AM-1 PM</p>	<p>AUGUST 9 Coalbanks Elementary School 3 PM-6 PM</p>

EVENT DESCRIPTION:

All ages welcome! Drop by our pop-up tents for **FREE** outdoor play activities.

Stay for some outdoor facilitated games.

Parent supervision required. Weather permitting. Check online schedule at buildingbrains.ca/events for updates.

SAFETY PROTOCOLS:

- All public health measures will be in effect
- Family focused events, parent supervision is required
- If you're feeling unwell, we'll see you at our next location
- Weather permitting

PARTNER LINKS:

City of Lethbridge - lethbridge.ca/events

Community LINKS - community-links.ca

Family Centre Summer Programs - famcentre.ca

Lethbridge Public Library - lethlib.ca

Building Brains Together - buildingbrains.ca



Holy_Spirit_Catholic_School_Division
Supporting_Family_Wellness





Holy Spirit Catholic School Division

Division Family Gathering



**Join us for a time of
Indigenous games, food, and fun!**



Catholic Central High

Taatsikoyis (Centre Tipi)

East Campus (field)

405-18th Street South

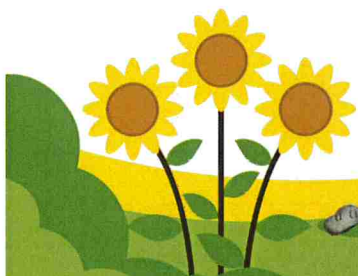
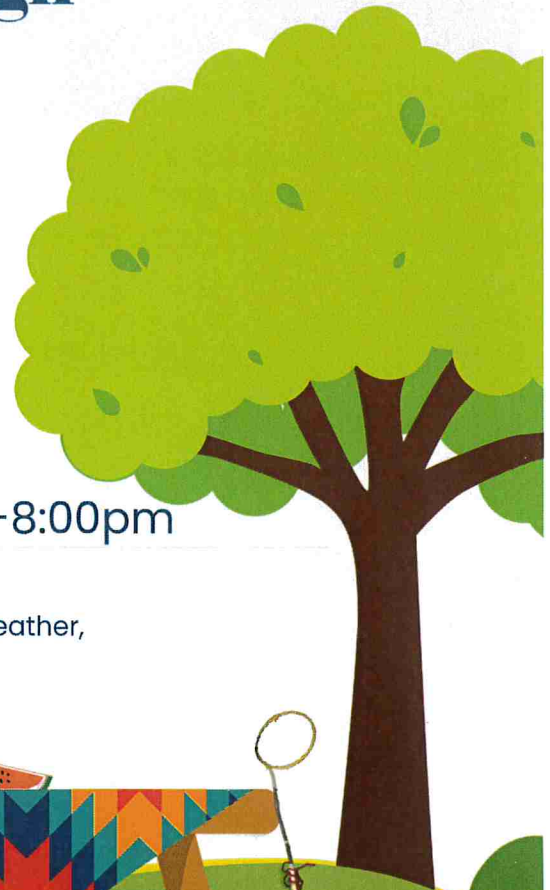
June 7, 2023

-  Prayer 5:00pm
-  Meal 5:15pm-5:45pm
-  Indigenous Games 6:00pm-8:00pm

"Siksikaitsitapi Familes" Welcome!

(Please bring your own chair. In case of inclement weather, the event will move indoors to the CCH East Gym.)

For more information, please contact
Shelley Kirkvold at 403.327.9555



Itowaahkomstii'oppi
"Where We All Gather to Play Games"

2023 BACK TO SCHOOL READY SET GO AND STUFF THE BUS



AGAIN THIS YEAR, THE READY SET GO FAIR AND MYCITYCARE'S STUFF THE BUS ARE JOINING FORCES TO SERVE FAMILIES OF LETHBRIDGE WITH BACK TO SCHOOL SUPPLIES

IF YOUR CHILDREN
ATTEND SCHOOL IN
LETHBRIDGE

IF YOU ARE NOT SURE
YOU WILL BE ABLE TO
AFFORD SCHOOL
SUPPLIES

THEN THIS PROGRAM IS
FOR YOU



YOU CAN REGISTER :

In Person @ Interfaith
Food Bank

In Person @
Lethbridge Food
Bank

Online:

<https://tinyurl.com/43j6c4mv>



Registration
Is Open



May 15, 2023

Pick Up is 2pm-6pm



Aug 22- YMCA (74 Mauretania Rd W)

Aug 23- CASA (230 8th Street S)

Aug 24- Rotary Picnic Shelter North (2801
30th Ave N)

*Just a reminder. Supplies provided will be a standardized set of initial supplies that may or may not correspond with the specific school class supply lists



HOLY SPIRIT CATHOLIC SCHOOL DIVISION TRANSPORTATION UPDATE - 2023/2024

Holy Spirit Catholic School Division partners with Southland Transportation Ltd. and Lethbridge School Division to provide school bus transportation services for students travelling to our Lethbridge schools.

We are currently working to implement the recent changes announced by the Government of Alberta regarding eligibility, distances, and funding for September 1, 2024. For the 2023/2024 school year, the school division will not be charging transportation fees for government-funded eligible riders.

To assist with planning and ensure sufficient space on busses, riders will be **REQUIRED TO REGISTER BEFORE JUNE 30, 2023** in order to access transportation services for the 2023/2024 school year.

ELIGIBILITY AND FEES

Eligible - No Fee Required

The following eligible riders may access transportation for no fee:

- Kindergarten to Grade 6 students within the school division's boundaries who reside 1.2 km or more from their designated school.
- Grade 7 to 12 students within the school division's boundaries who reside 2.4 km or more from their designated school.
- Grade 7 to 9 students living north of Crowsnest Trail and between 1.2 and 2.39 km from St. Francis Junior High School.
- Students accessing a Fine Arts Program of Choice under the following circumstances:
 - They are a K-6 student living inside the boundary of The Children of St. Martha School or Father Leonard Van Tighem School who requires transportation to St. Patrick Fine Arts School.
 - They are a Grade 7-9 student living in the Father Leonard Van Tighem Junior High School attendance zone, who attended Grade 6 at St. Patrick Fine Arts Elementary in the prior school year, and wishes to continue with a Fine Arts Program of Choice by attending St. Francis Junior High School.

Eligible - Fee Paying

Students are eligible to ride the bus for a fee under the following conditions:

- They are a Kindergarten to Grade 6 student attending Father Leonard Van Tighem School who require after-school child care at Children of St. Martha School, providing space is available on existing routes.

Fees for the 2023/2024 school year:

- \$25.00/month/student to a maximum of \$75.00/month/family.
- The school will assign fees to your School Cash Online Account once registration is verified.

ADDITIONAL TRANSPORTATION NOTES :

- *Transportation services are provided to school at the beginning of the school day and from school at the end of the school day to the student's primary residence. Students are not permitted to ride the bus to a friend's or relative's house, daycare, parent's workplace, etc....*
- *The Transportation Coordinator utilizes Government approved software to calculate the distance that a student lives from their designated school. This official distance informs both eligibility and funding.*

REGISTRATION FOR TRANSPORTATION

To assist with planning and ensure sufficient space on busses, all riders will be **REQUIRED TO REGISTER BEFORE JUNE 30, 2023** in order to access transportation services during the 2023/2024 school year.

Families of eligible students should receive an email asking them to complete an online *Transportation Registration Form* in SchoolEngage. If you don't receive an email, please contact your child's school directly to confirm your eligibility and arrange for a form to be assigned to you.

To access your SchoolEngage Account:

For Current Families who already have access to PowerSchool

1. Log into PowerSchool. If you need help logging into PowerSchool, please contact your child's school directly.
2. Once you are logged in, click on the "School Engage" option on the bottom left corner of the screen.
3. Select the "Student" tab on the top-left side of the screen. Then select the name of the student you are registering for transportation services.
4. The *Transportation Registration Forms* will appear under the Forms section. Select the "Open" button next to the appropriate form.
5. Complete and submit the form.

For New Families who don't yet have access to PowerSchool:

1. Log into School Engage using the email address and password that you created when you registered your child in our system.
2. Select the Student tab on the top-left side of the screen, then select the name of the student you are wishing to register for transportation services.
3. The Transportation Registration Forms will appear under the Forms section. Select the "Open" button next to the appropriate form.
4. Complete and submit the form.

Completed *Transportation Registration Forms* will be reviewed and verified. Once verified, a confirmation notice will be sent.

The school division is committed to providing transportation to students who register for service before June 30, 2023. Please be aware that, riders who do NOT register by June 30, 2023 will NOT be eligible to receive bus service in the 2023/2024 school year.

Bus route information for the upcoming school year is expected to be available in mid to late August and may be found on Southland's Lethbridge webpage at:
<http://www.southland.ca/lethbridge>.

Families will also have the opportunity to use Southland Transportation Ltd.'s GPS tracking service app, "MyBusStop," which provides real-time information about bus location, route stops, schedules, and possible delays. For more information, and to find your school's code, visit
<https://www.holyspirit.ab.ca/schools/transportation/mybusstopapp>.

June

Arise! Pilgrims of Hope



*“Come to me, all you that are weary
and are carrying heavy burdens, and I will give you rest.”*

Matthew 11:28

Saint Maximilian Kolbe 1894-1941 (Feast Day: August 14)

Raymund Kolbe was born in Poland in 1894. At the age of 12, while praying with an image of Our Lady of Czestochowa, Mary appeared to him in a vision. He later joined a branch of the Franciscan order, and took the name Maximilian as his religious name when he was ordained. In the early 1930s, he served as a missionary in Shanghai, Nagasaki, and Malabar. The monastery which he built in his time in Nagasaki later survived the atomic bomb blast.

Kolbe returned to Poland in 1936, resumed his work as a priest and publisher, and started a Catholic radio station. At the outbreak of the Second World War in 1939, Kolbe and his fellow friars provided shelter to Jewish refugees, and continued publishing Catholic and anti-Nazi works. Kolbe was arrested in February 1941, and was eventually sent to Auschwitz. He maintained his priestly ministry in the camp, which led to beatings and punishments.

In late July 1941, after the escape of a prisoner from the camp, ten men were selected to be starved to death as punishment. One of the men selected was a Polish army sergeant named Franciszek Gajowniczek; when selected, he cried out for his wife and family. At this point, Kolbe stepped forward to take his place voluntarily. Gajowniczek survived the war and lived until 1996.

The prisoners were jailed in an underground bunker and deprived of food and water. During this time, Kolbe led the group in prayer. After two weeks, only Kolbe and three others remained alive. On August 14, 1941, he and the other three prisoners were killed with a lethal injection.



Holy Moments In Our Schools

Over the course of this year, we have been blessed to see the many Holy Moments that have happened throughout Holy Spirit. When we take time to step back and reflect on these moments, we often discern the role that the Holy Spirit plays in our lives to reveal God and his plan to us. As you have each taken up the call to Arise this year, like the École St. Mary students shown here, you too have been a conduit for the Holy Spirit for those around you.



June – Comfort the Afflicted

Comforting the afflicted (or sometimes, the sorrowful), is the last of the Spiritual Works of Mercy that we will examine this year. This comfort is not a corporal (physical) work of mercy because it is describing the need that we have to support one another emotionally and spiritually. If we consider the roots of the word comfort, we find together (com-) and strong (-fort); strong together. We see something similar in the word compassion—suffering together. When we find ways to suffer with one another—to bear each other's burdens—we become stronger and more unified. That strength and unity is modeled in a perfect way in Christ, who took on all of our burdens and suffered for us, that we might become one. “It is not a sign of weakness to share your suffering with someone. In fact, it takes great courage and it takes even more courage to listen and not try to solve the problem. Sometimes we just need to “suffer with” that person in order to comfort them.”

Be open to listening and comforting those who are dealing with grief. Even if we aren't sure of the right words to say, our presence can make a big difference.

- Lend a listening ear to those going through a tough time
- Make a home cooked meal for a friend who is facing a difficult time
- Write a letter or send a card to someone who is suffering
- A few moments of your day may make a lifetime of difference to someone who is going through a difficult time

The Fruit of the Spirit – Love

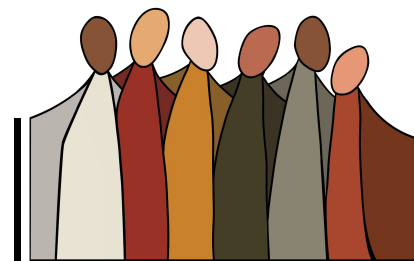
Love is both a Fruit of the Spirit and one of the three *Theological Virtues* inspired by the Holy Spirit. As the first and greatest Theological Virtue, Love (or Charity) refers to our ability to love God above all things, and our neighbour as ourself. Our imperfect love is a reflection of the perfect love that God has for us, and the love that exists in the relationship between God, Christ, and the Holy Spirit. This points us toward the idea that love is relational, and the fullness of love leads us into communion and spiritual unity with God and one another. Throughout this year, we have focused on this element of Mark 5 of the Catholic School Identity - that we live in community, spiritual unity, and relationship.

God demonstrates His perfect, selfless, agape love to a world that is often confused about what true love is. In society, we have overused the word 'love' in ways that minimize the depth of what real love is. We say we “loved the movie” or we “loved those blueberry pancakes” or we “love” a Facebook post.

Jesus used the word 'love' 51 times during his teaching. In John 15:17, he used the word 'love' in a command, “These things I command you, that you love one another.” As a child of God, we need to strive to show others God's love through us. Whether it be reaching out to a friend in need, volunteering in a mission, giving our time to a cause—reach out in love, and let the fruit of love ripen inside your spirit.

“God has assigned each person a specific mission in this world.”

- Saint Maximilian Kolbe



Reflecting on the life of St. Maximilian Kolbe ...

Saint Maximilian Kolbe Showed “Comfort the Afflicted”

As we have seen, we can draw a connection between comforting the afflicted and suffering together. In his final days, St. Maximilian Kolbe chose to suffer together with his fellow prisoners, and continued to point them towards Christ even in their unimaginable circumstances. In his collected writings, he once said:

“A person is great and becomes a witness and a teacher, capable of leaving an authentic message to the world, not so much on account of what one says or writes, but for what one is...”

Although St. Maximilian Kolbe died at Auschwitz, he left an authentic message to the world. The man he saved, Franciszek Gajowniczek, survived the remainder of the war and was reunited with his wife, and spent his life spreading the story of Kolbe's sacrifice.

St. Maximilian Kolbe, Pray for us!



Saint Maximilian Kolbe Showed “Love”

When *St. Maximilian Kolbe* was canonized by St. Pope John Paul II, he was decreed to be a martyr of charity. In the Catholic tradition, this is someone who is martyred in the act of practicing charity motivated by faith. In this alone, it is clear that Kolbe was a model of love.

One saying that was often repeated by Kolbe in his life and work was “only Love creates.” The meaning of this, so evident not only in World War II but also in our own day, is that hatred is not a creative force - all that is created is a reflection of the love that God has for us. In the crucible of Auschwitz, founded in hatred, Kolbe chose to witness his faith by laying down his life for a man that he did not know. Such a decision could only be made in the knowledge that this loving choice would have creative ends in God's plan. As St. Pope John Paul II said at his canonization:

“And in this human death of his there was the clear witness borne to Christ: the witness borne in Christ to the dignity of man, to the sanctity of his life, and to the saving power of death in which the power of love is made manifest.”

Gospel Readings

June 4, 2023

Solemnity of the Most Holy Trinity

Gospel Reading: John 3:16-18

“God so loved the world that he gave his only Son, so that everyone who believes in him might not perish but might have eternal life.” — John 3:16

What is the most precious thing you have? Is it a special toy? A special friendship? A special talent? Would you be willing to give it to someone else if that person needed it? There is nothing more precious than life itself. But God was willing to send Jesus into our world for our benefit.

On this special feast day, we remember that while God is one, God is also a family of three Persons – Father, Son and Holy Spirit, bound together as one by a great force of love. The amazing thing is that Father, Son and Holy Spirit love us with the same great love. There is nothing more important to God than to bring us into their family of love.

Dear Lord, thank you for loving us with such a great love that even death cannot separate us. Help us to sacrifice the little things we hold onto so we can imitate your love to others and bring them closer to you.

What is one thing you can give up today that will help someone else?

June 11, 2023

Solemnity of the Body and Blood of Christ

Gospel Reading: John 6:51-58

“Whoever eats my flesh and drinks my blood remains in me and I in him.” — John 6:56

What happens when you dissolve a powdered drink mix in water and shake it up? Would it be possible to separate the granules from the water once they are completely dissolved? Of course not! Our Gospel passage today reminds us that when we receive Jesus' Body and Blood in Holy Communion, he becomes a part of us, and we are changed to become more like him. Last week, we learned that God's love for us is so great that Christ was willing to die so we might be brought into the family of God. This week, we see that not only do we become a part of God's family through Jesus' death and resurrection, but Jesus went even a step further by providing a way for us to have his Body and Blood poured into us. He wants so much to be a part of us that he gives us himself in this new way. We are blessed to have an opportunity to receive him in Holy Communion.

Thank you, Jesus, for offering us your Body and Blood so that your life can become our life. Help us to prepare well to receive you in Holy Communion so we will welcome you with a clean heart.

What will you say to Jesus after receiving him in Holy Communion today? (For those who have not yet received their First Holy Communion, you can still talk to him in prayer during the communion procession.)

Gospel Readings

June 18, 2023

11th Sunday in Ordinary Time

Gospel Reading: Matthew 9:36-10:8

“Without cost you have received; without cost you are to give.”
— Matthew 10:8

Have you even received advertising mail that contained a quarter or even a dollar? The advertiser usually suggests that you donate the money back to their cause. I wonder how many people do that. I think most people feel that since they didn't ask for the money, and the advertiser chose to give it to them, they don't owe the advertiser anything back.

In today's Gospel, Jesus called his apostles by name and gave them a very important opportunity—not because they did something to earn it, but because he believed they would use the opportunity to help others believe that God loves them. Jesus told them to go out into the world and tell God's people about the kingdom he prepared for them. Even more than telling them, they were to show them how it works in this kingdom of his. How? By taking care of them for free. They cured their illnesses, brought the dead back to life, and drove out evil spirits. Many people came to believe in Jesus because of the generous acts of his apostles.

Dear Lord, help us to be so generous as to share your love with others, not for what we will get in return but because we want to return what you have given us—your love.

What is one thing you can do to help people know that God loves them?

June 25, 2023

12th Sunday in Ordinary Time

Gospel Reading: Matthew 10:26-33

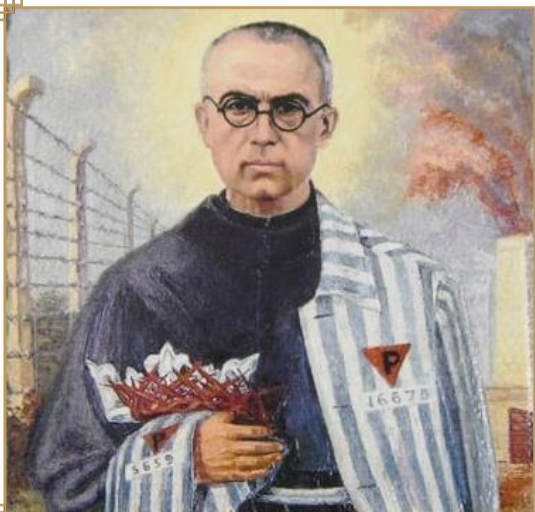
“What I say to you in the darkness, speak in the light; what you hear whispered, proclaim on the housetops.” — Matthew 10:27

Have you ever had a dream that seemed so real that when you awoke you thought the events had actually happened? Many times in the Bible we read that God spoke to people in dreams. God can also speak to us in other ways besides dreams. The Gospel today says that God may sometimes speak to us quietly. If we suddenly have a sense that we should or shouldn't do something, God may be prompting us to do the right thing. Or, if we are reading a story and all-of-a-sudden it reminds us of someone who needs our help, God may be asking us to share God's love with that person. The key to hearing God is to listen carefully. We cannot tell others what God has told us if we didn't hear him, can we?

Lord Jesus, open my eyes so I may see clearly; open my ears so I may hear you and help others to know you.

After Mass today, take a few moments together to sit silently and listen. What do you hear? Is it hard not to talk, just to sit quietly? It may take some practice, but it's worth the effort if it helps us to hear God's voice.

Download this month's [Saint Prayer Card](#) - Saint Maximilian Kolbe



St. Maximilian, amidst the hate and lonely misery of Auschwitz, you brought love into the lives of fellow captives, and sowed the seeds of hope amidst despair. You bore witness to the world, by word and deed, that “only Love creates.”

Help me to become more like yourself. With you and Mary and the Church, may I proclaim that “only Love creates.” To the hungry and oppressed, the naked and homeless, the scorned and hated, the lonely and despairing, may I proclaim the power of Christ's love, which endures forever and ever. Amen

St. Maximilian Kolbe - Pray for us!

Sources:

[The Spiritual Works of Mercy](#)

[Sixth Spiritual Work of Mercy: Comfort the Afflicted](#)

[The Fruit of the Holy Spirit: What is Love?](#)

[Saint Maximilian Kolbe](#) Spanish: [San Maximiliano Kolbe](#)

[Story Saint Maximilian Kolbe](#) | [Stories of Saints](#)

[Home Page](#)

June

Have a great summer!

Pilgrims of Hope Journal

Arise!

WEEK ONE

What merciful acts did you witness today?



"All the paths of the Lord are steadfast love and faithfulness, for those who keep his covenant and his decrees." (Psalm 25:10)

WEEK TWO

What person do you look up to?



WEEK THREE

What do you love most about your school?



WEEK FOUR

I am thankful my friends and family turn to me for...



***CELEBRATE our GIFT of the EUCHARIST
come WALK the streets WITH JESUS . . . as we Walk and PRAY for PEACE***

June 11, 2023 ~ Feast of Corpus Christi

“let us celebrate with particular devotion the Solemnity of Corpus Christi, with its traditional procession. Our faith in the God who took flesh in order to become our companion along the way needs to be everywhere proclaimed, especially in our streets and homes, as an expression of our grateful love and as an inexhaustible source of blessings”

Pope St. John Paul II 2005 Apostolic Letter Mane Nobiscum

Domine

PARENTS AND STUDENTS OF HOLY SPIRIT SCHOOL DISTRICT

You and your families are invited to join us on this special day to walk in a procession as we bring the Holy Eucharist to the streets of Lethbridge.

This is a great way for the children and their families to profess their faith and belief in the Body, Blood, Soul and Divinity of our Lord, Jesus Christ. For many of us our memories of the special times in our church life are what helps keep our gift of faith during the times when we find it challenging. This is one of those occasions and this is our wish for you.

It is suggested that we wear white, or red (second choice) which represents the Body or the Blood of Christ. School students are invited to wear any clothing that represents their CATHOLIC schools. Younger children and Elementary school age children must be accompanied by a parent(s).

The procession is a reverent and respectful procession with joyful song and prayer as we process with the Monstrance we show our adoration for the Body of Christ in the Eucharist.

We leave from St. Basil's at 12 noon, after the 11:00 am Mass. The Eucharist is placed in the Monstrance, and then on the carrier. Those wishing to walk follow the procession moving south on 13th Street with a prayer stop at the corner of 2nd Avenue before continuing to CCH. You are invited to take turns carrying the carrier.

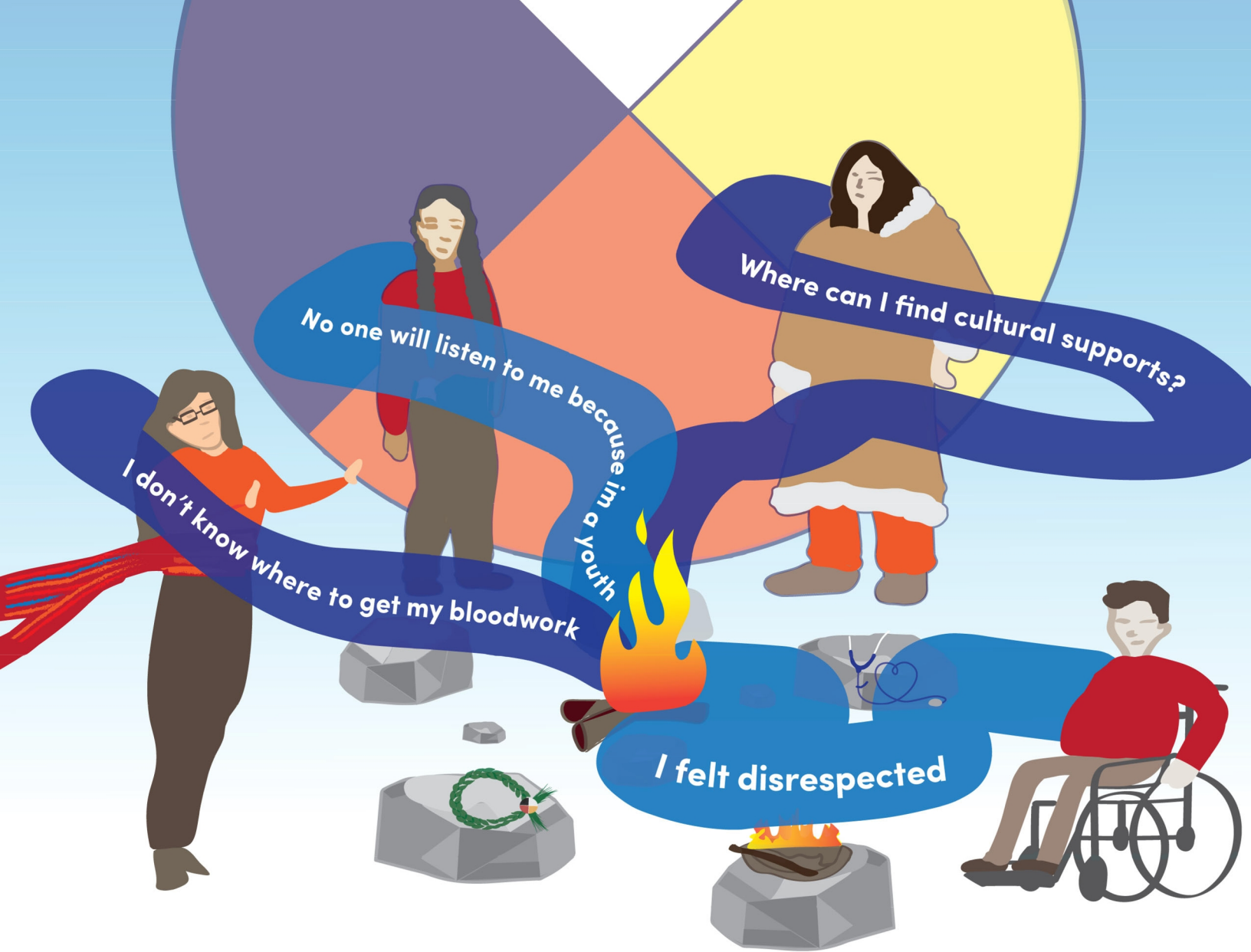
At Our Lady of Assumption procession begins with a prayer service at 11:45 am. Once the Monstrance is on the carrier we walk east to Mayor Magrath Drive, where we turn north. After a prayer stop at 8th Avenue we continue walking along Mayor Magrath to 6th Avenue, then we turn left and continue walking to 20th Street. We turn right at Ecole St. Mary's and continue until we reach CCH field.

You are invited to walk with us all the way (with the prayer stop it will take about 1 hour), or join us at one of the prayer stations. If you cannot walk join us at Catholic Central High School, East campus on the field.

There are three major processions in the life of the church, including Corpus Christi: the Sunday after Trinity Sunday when we remember the institution of the Eucharist at the Last Supper, Holy Thursday. A prominent aspect of this feast is the procession which is to follow the Mass...The procession should be seen as a public declaration of the parish community's faith.... Processions are a very important part of our Catholic identity. We are a pilgrim people on a journey, a journey of growth in faith and self-awareness. We are called to be followers of Jesus, to walk with Him.

At CCH we will have Benediction on the field, weather permitting. In bad weather we will gather in the cafeteria. This will be followed by a social lunch and fun activities for the younger people

For more information please go to the parish website – AllSaintsLethbridge.org



Are you an Indigenous person that has questions about Alberta Health Services, has a concern, or needs to find help or navigation?

• Patient Concerns

- Referrals • Cultural Support • Primary Care Support
- Addiction Mental Health Support • General Indigenous AHS Support

1-800 Indigenous Support Line:

Walk with me, Talk with me, Learn with me.

Call: 1-844-944-4744



ahs.ca/ISL





Interested in hockey but don't want the significant time or financial commitment that often comes with this great sport?

We offer an organized non-checking recreational hockey league for all genders aged 5-17. All skill levels are welcome.

One hour, once a week. Season runs from October to March.

Registration closes on September 20, 2023 - spots fill quickly so don't delay!

www.lethbridgerechockey.com



Come TRY it! FEMALE Hockey

Discover what **GIRLS HOCKEY** is all about in a **FUN** 1 hour on-ice session.



Saturday June 17 @ 1:45 pm
Cavendish Farms Centre
(formerly ATB Centre)

Registration is **FREE**, participants will need skates, a helmet and stick which can be provided if needed.

Register at: <https://forms.gle/66xH6jTuitKCaKux7>



We have female teams at all age levels, in addition to our introductory **Future Olympian** program.

If you have any questions about the event or female hockey, please email us at governor@lethbridgecyclones.com



Lethbridge & District 4-H Clubs are looking for new members to join their clubs in the fall!!

4-H IS A YOUTH DEVELOPMENT PROGRAM WITH A LONG, RICH HISTORY IN ALBERTA AND AROUND THE WORLD.

LOOKING FOR MEMBERS 9 – 20 YEARS OF AGE
SOME CLUBS OFFER THE CLEAVER KIDS PROGRAM - 6 - 8 YEARS OF AGE
NO EXPERIENCE REQUIRED

4-H is a dynamic program whose projects encompass everything from **active living, arts, science and technology, crafts, cooking, agriculture** and **so much more!**

The 4-H program gives **URBAN** and **RURAL** youth and adults life-long skills such as co-operation, leadership, interpersonal relations, critical thinking, decision making, organization, public speaking and community service.

Check out the 4-H website for more information – www.4hab.com

Contact one of the clubs in the Lethbridge District

Green Acres Dairy 4-H Club – greenacresdairy4h@gmail.com – Toby Kleinsasser
Project: dairy

Lethbridge Coaldale 4-H Beef – tdaniels@telus.net or call/text 403-308-7191 – Kim Daniels
Project: beef – Check out their Achievement Day June 9th & 10th – Lethbridge Exhibition

Lethbridge Northern 4-H Beef – treena4h@gmail.com – Treena Van Hierden
Project: beef – Check out their Achievement Day May 31st

Readymade 4-H Multi Club - readymade4hclub@gmail.com – David Hodge
Projects: beef, sheep, arts, crafts, cats, shooting sports – Check out their Achievement Day June 2nd & 3rd – Lethbridge Exhibition

TNT 4-H Multi Club – melanie.daniels84@gmail.com or 403-635-0564 – Melanie Daniels
Projects: pheasants, crafts, foods, wood turning, shooting sports, fishing & more - Check out their Achievement Day June 2nd & 3rd – Lethbridge Exhibition

Turin 4-H Club – turalbert4h@gmail.com or 403-360-4808 – Chelsea Nieboer
Projects: sheep, beef, sewing – Check out their Achievement Day June 3rd 9 AM Picture Bute

Wild n Woolly 4-H – www.sheep@gmail.com or 403-634-7297 – Marina Grant
Project: sheep - Check out their Achievement Day June 2nd & 3rd – Lethbridge Exhibition



Learn To Do By Doing



**READY TO CREATE.
READY TO EXPLORE.
READY TO DISCOVER.**



DO YOU HAVE A YOUNG ATHLETE, DANCER, SCIENTIST, MOUNTAIN BIKER, CHEF, BUILDER OR GAMER IN YOUR HOME?

Now's the time to register them for the hands-on and fun-focused summer camps for children and teens at Lethbridge College.

From Claymation Creators to Forensic Explorers to Kodiaks Camps and more, your kids will make new friends and make it a memorable summer with a week or more at Lethbridge College's challenging, creative and confidence-building summer camps.

GET ALL THE DETAILS AND REGISTER TODAY AT:

lethbridgecollege.ca/summercamps



Healthy Farms Farm Smart #OFD23

FAMILY FUN **LEARNING CENTRES** **CRAFTS & GAMES** **SCAVENGER HUNT**

ALBERTA OPEN FARM DAYS HOST

ENGAGE IN AGRICULTURE

AUGUST 19 • 11 AM - 3 PM

BBQ Lunch \$5
Register for a Crop Tour 11:00 am or 1:30 pm
Visit Learning Centres

FARMING SMARTER

DETAILS AT FARMINGSMARTER.COM



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behind Lloyd Nolan ball field

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www.lethbridgebmx.com

The sport where nobody sits on the bench

Come try BMX Racing
Must wear pants, runners and a long sleeve shirt. We have everything else you need to try.
Message us on social media if you have questions and to find the schedule.

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