



# WELCOME TO HOLY FAMILY PARISH

1451 Strachan Road SE, Medicine Hat, Alberta T1B 4V3

Phone: 403-527-6933 Fax: 403-526-2482

email: [contact@holyfamilymh.ca](mailto:contact@holyfamilymh.ca) website: [www.holyfamilymh.ca](http://www.holyfamilymh.ca)

Office Hours: Monday to Friday - 8:30 am to 4:30 pm  
(closed Statutory Holidays)

Calgary Diocesan website: [www.rediocese-calgary.ab.ca](http://www.rediocese-calgary.ab.ca)

**Pastor** - Rev. Philip Le  
email: [frphilip@holyfamilymh.ca](mailto:frphilip@holyfamilymh.ca)  
**Associate Pastor** - Rev. Roque Pereira  
email: [frroque@holyfamilymh.ca](mailto:frroque@holyfamilymh.ca)  
**Deacon** - Rev. Mr. Robert Risling  
**Deacon** - Rev. Mr. Bill Schnitzler  
**Pastoral Care of the Sick**  
pager: 403-458-1445  
**NET Team email:**  
[medhatcatholicyouth@gmail.com](mailto:medhatcatholicyouth@gmail.com)

**Mass Times**

Saturday - 5:00 pm

Sunday - 8:30 am, 10:30 am and 6:00 pm

Reconciliation: Saturday 3:00 - 4:00 pm  
or by appointment

**Weekday Mass Schedule on Page 2**



*“Where is the child  
who has been born  
king of the Jews?  
For we observed  
his star at its rising,  
and have come  
to pay him  
homage.”*

The word *epiphany* is from a Greek word meaning “appearance or manifestation”. The emphasis is on the visit of the Magi which represents God’s self-revelation to non-Jewish nations.

**WELCOME!** *You have entered this church not as a stranger, but as a guest of God. Being a human, you enter this church as a creature of God; as a baptized person, you enter it as a son or daughter of the Father in Christ. This house of God is therefore your family home. Come in then with humility of mind, joy of heart and thanks on your lips. Acknowledge the Lord’s presence in the Tabernacle and adore Him. Come in and pause in prayer in the midst of your busy life and its many worries. Be grateful for those who, for the Glory of God, built this place of worship with faith and sacrifice, and sanctified it with their songs and prayers.*

*Anyone who wishes to practice the Catholic faith by attending this church may consider this parish as his/her own parish. You simply need to register. Please indicate whether you are a new parishioner or have moved and are providing a new address. Thank you.*

Name \_\_\_\_\_  
Spouse \_\_\_\_\_  
Address \_\_\_\_\_  
Postal Code \_\_\_\_\_ Phone \_\_\_\_\_  
Email \_\_\_\_\_

## PARISH SCHEDULE OF EVENTS & MASS INTENTIONS

The daily Mass may be cancelled in case of a funeral.

Friday Adoration of the Blessed Sacrament will be interrupted or cancelled if there is a funeral.

- Sun. Jan. 8 - Children's Liturgy will resume January 15  
First Communion and Confirmation catechism classes resume January 15  
UNCHAINED Youth Group for students in grades 10 to 12 resumes January 15
- Mon. Jan. 9 - **Baptism of the Lord: Mass - 9:00 am** (Intention for Bob Matisz +)  
Knights of Columbus Council #9502 regular meeting - Faith Room - 7:00 pm  
Circle of Friends Charismatic Prayer Group - St. Joseph's Home - 7:00 pm
- Tues. Jan. 10 - St. Vincent de Paul meeting - Hope Room - 4:00 pm (Please note time change.)  
**Mass - 7:00 pm** (Intention for Jim & Pam Ferris +)  
**Adoration of the Blessed Sacrament after Mass until 8:30 pm**  
C.W.L. regular meeting - Faith Room - after 7:00 pm Mass
- Wed. Jan. 11 - Women's Praise and Worship - Faith Room - 6:45 am  
**Mass - 9:00 am** (Intention for Don & Rita Booker +)  
Bible Study - Faith Room - 9:30 am  
**Mass at Monsignor McCoy High School - 11:00 am**  
Ministry to the Aged at Sunnyside Care Centre - 1:30 pm  
**Mass at the Riverview - 2:00 pm**  
Ministry to the Aged at Good Samaritan - 3:30 pm  
R.C.I.A. meeting - Faith Room - 7:00 pm  
Finance Council meeting - Hope Room - 7:00 pm  
Choir practice (for 6:00 pm Mass) - 7:30 pm
- Thurs. Jan. 12 - Men's Prayer Group - Charity Room - 6:30 am.  
**St. Marguerite Bourgeoys: Mass- 9:00 am** (Intention for Elizabeth & Carol Braat +)  
**Mass at the Wellington - 9:30 am**  
Rosary Guild - Charity Room - 1:30 pm  
**Holy Hour - Chapel - 6:00 pm**  
Choir practice (for 8:30 am & 10:30 am Masses) - 7:00 pm  
Knights of Columbus Council #7325 regular meeting - Faith Room - 7:30 pm
- Fri. Jan. 13 - **Mass - 9:00 am** (Intention for Josephine Ries +)  
**Adoration of the Blessed Sacrament in the Chapel after 9:00 am Mass until 4:00 pm**  
Ministry to the Aged at Meadowlands - 10:00 am  
Senior's Tea - Parish Hall - 2:00 pm  
EQUIP Youth Group for students in grades 6 to 9 - St. Patrick's Parish Hall - 7:00 pm  
Spanish Catholic Community meeting - Faith Room - 7:30 pm
- Jan. 14 & 15 - Fundraiser for Fr. Mario's Parish, St. Anthony's, Drumheller - raffle tickets in Greeting Area
- Sat. Jan. 14 - Benedictine Lay Group - 9:00 am (Please call 528-8999 or 527-7423 for location.)  
Catholic Girls League - Hope Room - 10:00 am  
**2nd Sunday in Ordinary Time: Mass - 5:00 pm** - 1 Baptism  
(Intention for Margaret Schafer +)
- Sun. Jan. 15- Parish Breakfast - Parish Hall - after 8:30 am and 10:30 am Masses  
**2nd Sunday in Ordinary Time: Mass - 8:30 am** (Intention for Wendlen Schafer +)  
**2nd Sunday in Ordinary Time: Mass - 10:30 am** (Intention for Holy Family Parish)  
First Communion catechism class - Faith Room - 10:10 am  
Confirmation catechism class - Faith Room - 5:20 pm  
**2nd Sunday in Ordinary Time: Mass: - 6:00 pm** - 2 Baptisms (Intention for Teresa Buzik +)  
UNCHAINED Youth Group "Movie Night" (grades 10 to 12) beginning with 6:00 pm Mass  
**Latin Mass - St. Patrick's Church - 6:00 pm**
- Tues. Jan. 17 - Parish Pastoral Council meeting - Hope Room - 7:45 pm  
**March 3 to 7 - Parish Lenten Mission with Bishop Frederick Henry**

**FR. MARIO'S PARISH**, St. Anthony's in Drumheller, is raising funds for renovate their parish hall. Because they are limited in size, we are helping them to raise funds. Members from St. Anthony's will be selling raffle tickets at the **5:00 pm Mass on Saturday, January 14 and at the 8:30 am and 10:30 am Masses on Sunday, January 15**. First prize is a \$5,000 vacation package to a destination of the winner's choice; second prize is \$2,000 cash; third prize is \$1,000 cash. Tickets sell for \$25 each or 5 tickets for \$100. Support Fr. Mario's parish and this great cause.

**MEDICINE HAT PRO-LIFE** meeting will be held on **Monday, January 9, 2012** in St. Patrick's Church Hall at 7:30 pm. Everyone is welcome. For more information, please contact George (403-527-7434).

**PARISH BREAKFAST**

hosted by Knights of Columbus Council #7325 on **Sunday, January 15** in the Parish Hall after 8:30 am & 10:30 Masses. Bring the family and enjoy great food and visit with your fellow parishioners.

**REDISCOVERING CATHOLICISM** sessions (5 in total) offered by Fr. Philip and the Pastoral Team will begin on **Thursday, February 16** from 7:00 - 9:00 pm in the parish hall. This is a great way to learn about the faith of the Catholic Church in a relaxed and fun atmosphere. The theme for next session will be **"Jesus in the Bible"**. We will look at (1) Jesus, the Prophet, (2) Jesus, the Teacher of the Parables, (3) Jesus, the Healer of the Body and Soul, (4) Jesus, the Mercy of God and (5) Jesus, the Ministry.

**PRAYERS FOR THE SICK & SUFFERING**

*We are celebrating a New Year and starting a new Prayer List for the Sick and Suffering.*

- If you would like to have someone included on the prayer list, please call the parish office.
- Please ask permission from the individual or family to have the name included on the list.
- Also, if the individual's circumstances should change, please make it your responsibility to call the parish office to update the list. Thank you.

**LECTOR'S WORKSHOP** will be held on **Saturday, February 4** from 12:00 - 2:00 pm with lunch included. All current Lectors and those interested in becoming Lectors are encouraged to attend. Children who have received the Sacrament of Confirmation are eligible to be Lectors and are welcome to attend the workshop.

**2012 SUNDAY MISSAL FOR YOUNG CATHOLICS**

is available at the Hospitality Desk. Cost is \$6.00 per missal. This missal, usually recommended for children in Grade 3 and older, explains the parts of the Mass and the gestures we use. It also answers questions such as "Why do we need a priest to celebrate Mass?", "What does the word 'Amen' mean?", and "What are trespasses?"

**SENIOR'S TEA**

**Friday, January 13** at 2:00 pm in the Parish Hall. All senior's are welcome to come and enjoy friendship and light refreshments.

**ST. JOSEPH SUNDAY MISSALS** are available at the Hospitality Desk at Saturday and Sunday Masses or at the parish office during the week. Cost \$3.00.

**OPERATING FINANCES**

**Last week (December 25 - 31, 2011)**

Cost to operate our church	
(Budget 2011 & Mortgage Amount):	\$18,970
General Collections:	\$15,797
Debt Reduction (Mortgage Fund):	\$61,686
Total:	\$77,483
Exceed/Shortfall:	\$58,513

Mission Mexico:	\$ 25.00
Together in Action:	\$720.00
Catholic Education:	\$ 10.00
World Missions:	\$ 55.00

**OPERATING FINANCES**

**This week (January 1 - 4, 2012)**

Cost to operate our church	
(Budget 2012 & Mortgage Amount):	\$16,000
General Collections:	\$11,860
Debt Reduction (Mortgage Fund):	\$ 4,818
Total:	\$16,678
Exceed/Shortfall:	\$ 678

Mission Mexico:	\$ 65.00
Together in Action:	\$1,870.00
Catholic Education:	\$ 10.00
World Missions:	\$ 65.00

*Thank you for your support!*



## KNIGHTS OF COLUMBUS

**2012 Memberships** for Knights of Columbus may be paid by putting the fee in a plain envelope (clearly marked with your name and K. of C. council number) and drop it in the collection basket.

**Knights of Columbus Council #9502:** If a member of the council is hospitalized, and would like to be visited by a Brother Knight, please call the parish office (403-527-6933) and leave the name and room number. Thank you.

**Knights of Columbus Council #9502** regular meeting will be held on **Monday, January 9** at 7:00 pm in the Faith Room.

**Knights of Columbus Council #7325** regular meeting will be held on **Thursday, January 12** in the Faith Room at 7:30 pm.



## CATHOLIC WOMEN'S LEAGUE

**CWL Memberships for 2012 are now due.** Memberships can be paid in the Greeting Area after all Saturday and Sunday Masses during the month of January.

**Catholic Girl's League** will meet in the Hope Room on **Saturday, January 14** from 10:00 am to 11:00 am.

**2012 CATHOLIC CONFERENCE:** *Open Wide the Doors - Welcome the New Evangelization* will be held **March 9 - 10, 2012** in Calgary. This conference brings together speakers from across the province exploring topics ranging from marriage, faith and culture to pastoral and palliative care and inter-church relationships. The keynote speakers at this year's conference are Archbishop Gerard Pettipas and Steve Angrisano. For more information or to register, please visit the website [www.acsta.ab.ca](http://www.acsta.ab.ca) or see the poster on bulletin board.

**BEQUESTS TO THE CHURCH:** The parish has been blessed to receive bequests from the estates of parishioners. We truly appreciate their thoughtfulness to include the church in their estate planning. The Holy Mass is offered for our patrons every last Saturday of the month. After prayerful consideration, you may wish to include the church in your estate planning.

## MEDICINE HAT CATHOLIC SCHOOLS' EDUCATION FOUNDATION

**Notice of Annual General Meeting**  
**Tuesday, January 17, 2012 at 7:00 pm**  
**at the Board Office**  
**(1251 - 1 Avenue SW)**  
**Public Welcome**

**THANK YOU to St. Francis Xavier School** for the Christmas gift - Canadian Tire money! Thanks for thinking of us.

**IDEAS, IDEAS, IDEAS WELCOME!** Do you have an idea to help the parish grow? The Parish Pastoral Council would like to hear your ideas. Spiritual, charitable, social, etc. - please send your suggestions to [holyfamilyideas@telus.net](mailto:holyfamilyideas@telus.net).

**PROJECT RACHEL** offers a journey of healing and reconciliation for people suffering distress from a past abortion experience. Two options are available: individual counselling or a small group retreat. For more information, please call Project Rachel on the toll-free and confidential line 1-877-597-3223.

**YOU CAN HELP YOUR MARRIAGE:** Do you feel alone? Are you frustrated or angry with each other? Do you argue or have you just stopped talking to each other? **Retrouaille** helps couples through difficult times in their marriage. For more information about the program beginning **February 17 - 19**, please call 403-218-5504 (daytime), 403-616-4976 (evenings) or you can email [coordinator@helpourmarriagecalgary.com](mailto:coordinator@helpourmarriagecalgary.com).

**CATHOLICS COMING HOME** begins **Tuesday, February 14** (and then 5 more Tuesdays) at 7:00 pm in the Hope Room. Confused Catholic? Inactive Catholic? Alienated Catholic? If you are away from the Church or drifting away, if you were hurt by the Church or angry because of your Catholic experience, please consider this an invitation to come and talk.

**"CRAZY POTLUCK COMMITTEE?":** One of the ideas for family gatherings in the parish is the "Crazy Potluck Committee". Basically the potluck luncheon or supper would include another activity - Best Blueberry Pie Contest, Best Chili Contest, Hot Dog Eating Contest for possible examples. Would you like to be part of this new and fun committee? For more information, please contact Gaston at 403-866-8724 or email [hfpotluckclub@telus.net](mailto:hfpotluckclub@telus.net).

## Fr. Philip's

Guess what? We survived the busy-ness of Christmas and New Year! Thanks be to God! We have celebrated Christmas and New Year's Day with joy and prayerful gratitude. I was happy to see so many people in church. I'd like to thank all of you especially those who participated in decorating the church, the cribs, in the liturgy... The celebration tells me that if we work together, if we give the Lord time and talents, if we sacrifice a little for the Lord, we can make the life of this parish better.

It also tells me there are many Catholics in this city who have not participated in the parish's life regularly especially in Sunday Masses. We need to reach out to them and pray for them that the blessings of the Lord in this New Year will bring them back, that the New Year may be a chance for them to make better New Year Resolutions.

I remember sometime ago, after Mass a man reached out to shake my hand joking: "*Father, you really inspired me with your sermon on how to start off the New Year. I've already made my Resolutions. Starting today I'm going to keep one commandment a week until I get through all ten.*" Half way through January, most people will already have forgotten their 'New Year's Resolutions.' Perhaps they should try again by following this 'recipe' for a happy new year, prepared by the best cook in the rectory.

Take twelve full-grown months, free from old memories of bitterness, hate and jealousy. Cleanse them completely from every clinging spite. Pick off the little specks of pettiness. See that these months are free and clean as when they came from the storehouse of time. Cut these months into thirty-one equal parts; the whole batch equals one year. If you try to make up the whole batch at once you may spoil the whole lot. Prepare one day at a time according to this pattern: into each day, put 12 parts of faith, 11 parts of hope, 10 parts of prayer, 9 parts of kindness, 8 parts of patience, 7 parts of work, 6 parts of fidelity, 5 parts of courage, 4 parts of generosity, 3 parts of quiet meditation, 2 parts of good humor, and a dash or two or three of fun and play. Put love into the whole batch and mix with enthusiasm. Garnish with smiles and sprig of cheer. Follow these directions and a HAPPY NEW YEAR IS GUARANTEED!

The Gospel in today's Feast of Epiphany doesn't tell us how many wise men, or Magi, journeyed to Bethlehem. Popular tradition holds that there were three – Caspar, Melchior and Balthazar. But, according to Henry Van Dyke, there is also a tradition of a fourth wise

man named Artaban. As Artaban prepared to set out and follow the star, he took with him a sapphire, a ruby and a pearl of great price as gifts for the newborn King, wherever he is to be found.

On his way to join the other wise men, Artaban stopped to care for a sick traveller. If he stayed, however, to help he would miss the rendezvous with his friends. He stayed anyhow, and the delay was just enough to make him late for the departure of the caravan. Now Artaban was alone and he needed transportation and supplies to cross the desert. So he sold the sapphire to purchase camels and supplies. He was saddened because the King would never have this precious gem.

Artaban journeyed onward and reached Bethlehem, but again he was too late. There were soldiers everywhere to carry out Herod's command that the children from 2 years old down should be slain. Artaban, therefore, took out the brilliant ruby to bribe the captain and save the children of the village in which he was staying. Children were saved, mothers rejoiced; but the ruby, also, would not reach the King.

For 33 years Artaban searched in vain, and finally found his way to Jerusalem on the day several crucifixions were to take place. Artaban hurried toward Calvary in order to bribe the Roman guards with the precious pearl and save the man called Jesus. Something told him that this was the King of kings for whom he had been searching all his life. Just then, a young woman being dragged along the street toward the slave market, called out to Artaban pleading for help. With only a slight hesitation, he gave the last jewel, the pearl of great price, for her ransom. Now Artaban had none of the precious gems he was going to present to the King.

Reaching the place where the crucifixions were to occur Artaban was heartbroken when he saw that he could do nothing to help Jesus. But then something remarkable happened. Jesus looked over toward Artaban and said to him:

"Don't be broken-hearted, Artaban.  
You've been helping me all your life.  
When I was hungry, you gave me food,  
When I was thirsty, you gave drink,  
When I was naked, you clothed me,  
When I was a stranger, you took me in."

Some say Artaban never found Christ. Others say he was the wisest of the wise men. What do you think?



# Bringing Home the Word



FEAST OF EPIPHANY

January 8, 2012

## Playing Our Part in the Great Story

By Diane M. Houdek

Today we celebrate the Epiphany. This is one of those feasts that has been linked in popular culture to the visit of the Three Kings to the child Jesus. We see men in luxurious robes and camels decked with gifts for the infant king, notably gold, frankincense and myrrh. The popular carol "We Three Kings" echoes in our heads and exotic images of the East swirl around us.

It's easy to distance ourselves from the story of the Epiphany, to see it as a movie set or a grand opera. But our tradition and our Scriptures remind us that we, too, have a part to play in the great story of salvation. Our roles might not be center stage, but we each

have unique gifts to offer the world. Today's solemnity of the Epiphany reminds us that we are called, first and foremost, to bring those gifts to the newborn King, the Messiah, the Christ child, the Lord of all who was born in a humble stable in Bethlehem.

The story from Matthew's Gospel shows us that the kingdom of God will always be at odds with the kingdoms of this earth. Were these visitors kings, wise men, astrologers, astronomers, philosophers? We don't know for sure. What we do know is that they were seekers. Their field of study had led them to an awareness of a great event taking place in a distant land, one that was worth a long and arduous journey, the journey of a lifetime.

Our reading from Isaiah, which Matthew uses in his Gospel account of the visit, suggests that God's covenant will be extended to the gentiles, that those far beyond the borders of Israel will come to recognize and honor Israel's God. Strange and exotic as these travelers must have seemed in Bethlehem, they, too, would become part of family of God.

These men, more likely sages and astronomers than kings, were following a star, but it wasn't some romantic flight of fancy. They worked hard at their profession and surely put a great deal of time into study and calculation and undertook this journey both

because they were called by God as they understood the divine and also because this was the direction in which their studies led them.

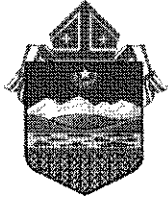
We might not immediately see how we fit into God's plan for the world. We can mistakenly see our very ordinary lives as insignificant, when in reality we are called to be little signs of God's life and love in a world that would perhaps be blinded by too great a light. And while we ourselves may have moments of insight and divine inspiration, most likely the effort we put into the work to which we have been called will allow us to grow into our work for God.

It helps to remember that in the Eastern churches, the feast of Epiphany primarily celebrates the baptism of Jesus in the Jordan, when he was clearly revealed as God's own son. The Wedding Feast at Cana is often included as a third part of this revelation as well. This reminds us that our experience of God's manifestation in our world is always grounded in the sacraments of baptism and Eucharist.

If we take away the costumes and the drama and the decorations of this feast, we see the story at its finest: the gifts we offer to God are transformed into something far greater than anything we could ever imagine: the gift of eternal life in communion with the divine. ✝

### REFLECTION QUESTIONS

- What is the point of the Magi story?
- Have you ever had a dream that seemed like a warning?
- Which Christmas gift is most precious to you?
- What is the connection between Isaiah's account of visitors from the East and the visit of the Magi in the Gospel?



# Roman Catholic Diocese of Calgary

Announcements from the Catholic Pastoral Centre for  
January 8th 2012, the Epiphany of the Lord.

## **Social Justice Office**

**“Ending Homelessness”** - Bishop Henry will be speaking at the 2012 Kick-Off of Theology on Tap on the topic of Ending Homelessness. The talk will be held on **Sunday, January 22<sup>nd</sup> from 7:00-9:00pm at James Joyce Irish Pub**. For more information, e-mail [theologyontapcalgary@gmail.com](mailto:theologyontapcalgary@gmail.com) and join the Theology on Tap Calgary Facebook page.

**Philippines Floods Appeal** - The Catholic Diocese of Calgary is participating in the appeal for aid in the southern region of the Philippines by forwarding all donated funds to the Canadian Catholic Organization for Development and Peace. Development and Peace is currently accepting donations towards humanitarian aid in the region. Donations can be made as follows:

- directly to Development and Peace by telephone (1-888-234-8533) or online at [www.devp.org](http://www.devp.org)
- by sending a cheque payable to your parish, earmarked “D&P - Philippines Floods”
- by sending a cheque payable to the RC Diocese of Calgary, earmarked “D&P - Philippines Floods” and sent to the Pastoral Centre at 120 17<sup>th</sup> Ave S.W., Calgary, AB T2S 2T2

**Chair of Christian Thought** is hosting Dr. John Rook to speak on **Homelessness** - Two talks will be given by Dr. John Rook, who holds a Master of Divinity and a doctorate in biblical studies, on the issues of Homelessness. The first presentation titled, “Am I My Sister’s and Brother’s Keeper? The Ethics of Homelessness and Programs that Work”, will be held **Monday, January 30<sup>th</sup> at 7:30pm at Grace Presbyterian Church** (1009 – 15<sup>th</sup> Ave. S.W.) and the second talk, “Homeless Shelter Residents: Who are They and What Are Their Needs In a Time of Rapid Economic Growth”, will take place on **Tuesday, January 31 at 12:30pm at Taylor Family Digital Library Gallery Hall (University of Calgary)**. For further information, call 403-220-5886 or visit the Chair of Christian Thought website at <http://www.ucalgary.ca/christchair/events>.

## **Religious Education Office**

Heads up!

Join us for the **2012 Catholic Conference: Open Wide the Doors...Welcome the New Evangelization**. To be held on **March 9-10, 2012 in Calgary, Alberta** the Catholic Conference brings together speakers from across the province exploring topics ranging from marriage, faith and culture to pastoral and palliative care and inter-church relationships. The keynote speakers at this year’s conference are Archbishop Gerard Pettipas and Steve Angrisano. For more information and to register please visit [www.acsta.ab.ca](http://www.acsta.ab.ca).

## **Stewardship Office**

**FaithLife: Stewardship Forum on Faith** will be held on **January 27<sup>th</sup> 2012 at St. Mark’s Parish** located on **5552 Madigan Drive NE, Calgary from 7:00pm to 8:30pm**. For more information please see the attached poster. With questions, please contact [stewardship@calgarydiocese.ca](mailto:stewardship@calgarydiocese.ca) or Eden D’Souza, Stewardship Coordinator at 403-218-5520.

## **Youth Office**

**2012 ONE ROCK** Tickets can be purchased on line at [www.onerock.ca](http://www.onerock.ca) The dates for One Rock are **August 17 & 18<sup>th</sup>, 2012**. You can also book your campsite early through the website.

## Office of Liturgy

**Initiation Ministry:** Are you a person of prayer with experience in initiation ministry and Catechesis? Are you committed to your own ongoing faith formation? Do you enjoy working as part of a team? If so, maybe you are called to serve on the Diocesan Forum on Initiation. Check our website for a description of the ministry and contact information:

<http://www.calgarydiocese.ca/liturgy/initiation.html>

## Life and Family Resource Centre (LFRC)

**Transitions** – a 15-week program for those newly separated/divorced. New program will start on **Monday, January 23, 2012**. For more information or registration call 403-218-5504.

**Effective Co-Parenting: Putting Kids First** will be offered on **Tuesdays** evenings from **7:00-9:00 pm.** on the following dates: **February 7, 14, 21, 28, and March 6.** This program provides tools to create effective communication skills for parents who are separated or divorced. It is recommended that parents do not enroll in the same course. For more information please call 403-218-5504.

The next **Calgary Catholic Medical Association** committee meeting will take place on **Saturday, January 14, 2012 at 9:45 am** at the Catholic Pastoral Centre. Please indicate your participation by contacting the Life & Family Resource Centre by phone or e-mail.

**Project Rachel** offers a journey of healing and reconciliation for people suffering distress from a past abortion experience. Two options are available: individual counseling or a small group retreat. For more information call Project Rachel at 218-5506 or toll-free 1-877-597- 3223.

**You Can Help Your Marriage** – Do you feel alone? Are you frustrated or angry with each other? Do you argue ... or have you just stopped talking to each other? Does talking about it only make it worse? Retrouvaille (pronounced retro-vi with a long i) helps couples through difficult times in their marriages. This program has helped tens of thousands of couples experiencing difficulties in their marriage. For confidential information about or to register for the Spring program beginning with a weekend on **Feb.17-19, 2012** please call **403-218-5504** (daytime) or **403-616-4976** (evenings) email: [coordinator@helpourmarriagecalgary.com](mailto:coordinator@helpourmarriagecalgary.com) or visit the web site at [www.HelpOurMarriage.com](http://www.HelpOurMarriage.com).

The **Marriage Preparation** program “For Better and For Ever”, has been adapted for couples in one or more of the following circumstances: living together, previously married, beginning marriage with children, couples 45+, or those who wish to have their marriage blessed in the Church. For information and/or to register call the Life and Family Resource Centre at 403-218-5504 email [lifeandfamily@calgarydiocese.ca](mailto:lifeandfamily@calgarydiocese.ca)

Because you believe in the sanctity of life, you should know that Calgary Pro-Life Association offers **FREE** programs intended to educate regarding respect for all life. Please go to [www.calgaryprolife.com](http://www.calgaryprolife.com) to print a membership and donation form today.

**Social Support Group at Catholic Family Service** - an ongoing social support group for men and women that focuses on bringing people together who would like to make connections to others and develop self-confidence in building relationships. New members are welcome the first Tuesday of every month. **Meetings are Tuesdays from 1:30 to 3:30 p.m.,** located at the Catholic Family Service office at 250-707 10 Ave SW. Fees are set on a sliding fee scale. Call 403.233.2360 to register or for more information.

**For Life & Family ministries, programs and events please visit our website at [www.calgarydiocese.ca](http://www.calgarydiocese.ca), or call 403-218-5504 for more information.**