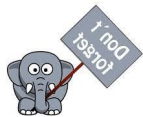


Snow is falling
and books are
calling...

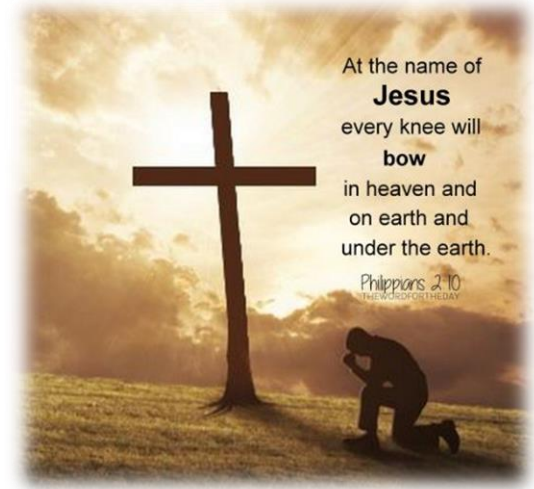
January 2023



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 	2 Christmas holidays until the 9th	3 Christmas holidays until the 9th	4 Christmas holidays until the 9th	5 Christmas holidays until the 9th	6 Christmas holidays until the 9th	7 Christmas holidays until the 9th
8 Christmas holidays until the 9th	9 first day back for students & staff	10	11 Baptism of the Lord Liturgy 1-2 pm Cormican Wednesday walk 2:45	12	13	14
15	16 Read With Us Book Study 	17 FFF Family evening ADHD focus in the Library 6-7:30	18 School Council 6:00pm Cormican Wednesday walk 2:45	19 Gr5 virtual Field trip w/ Canadian Museum of History 11 am	20 No Kindergarten 	21
22	23	24	25 Board Meeting Cormican Wednesday walk 2:45	26 Gr5 virtual Scientists 12:45-2:00pm 	27 School Pd day No class for students	28
29	30 Faith in Action 3:15pm	31 Student Retreat day  Youth Ministry FFF Family Evening ADHD Focus 6:00pm	Feb 1 Cormican Wednesday walk 2:45			

Principal Message: January 2023

The month of January is dedicated to the **Holy Name of Jesus**. "In the name of Jesus every knee should bow, of those that are in heaven, on earth and under the earth" (Phil 2:10). Christ's name is chosen in heaven, and the Angel Gabriel announces it when he informs the Blessed Virgin of the incarnation: "Behold thou shalt conceive in thy womb and shalt bring forth a son, and thou shalt call his name Jesus". It is a name that has marvelous implications, for it means "**savior**." The very name bespeaks the magnitude of His mission, His infinite love, a love that will cause Him to offer Himself up for us. The first ten days of January fall during the liturgical season known as Christmas which is represented by the liturgical color white. The color of light, a symbol of joy, purity and innocence. The remaining days of January are the beginning of **Ordinary Time**, which is represented by the liturgical color green. This symbol of **hope** is the color of the sprouting seed and arouses in the faithful the hope of reaping the eternal harvest of heaven, especially the hope of a glorious resurrection. (<https://www.catholicculture.org/>).



I would like to extend a warm welcome back and Happy New Year to you all! I hope that each of you were able to enjoy some quality time with family and friends over the Christmas break. The month of January will be exciting to say the least! We have so many wonderful learning opportunities as the New Year unfolds. The reveal of this year's book for our annual school wide book study will happen on Monday, January 16th. Our exploratory and CTF option classes are back up and running on Friday's. Scientists in Schools will continue to visit our classrooms, and there are many fieldtrips and collaborative activities once again occurring within our classrooms. Basketball practices for grades 5 & 6 students will begin January 11th and practice/games schedules will be provided after our league meeting on Thursday, January 12th, 2023.

One of our school goals is to provide a venue for open communication as well as keep all community members informed. Therefore, we are continually celebrating and sharing forth all the great offerings at CSM, in a variety of ways. Information about CSM can be found in our newsletters, through celebratory letters sent home; through social media; as well as through our new SPACES assessment platform.

Below are a few links to our CSM pages:

CSM website calendar: <https://csm.holyspirit.ab.ca/school/calendars>
CSM Facebook page <https://www.facebook.com/childrenofstmartha/>
CSM Twitter page <https://twitter.com/CSMhs4>

In the months of January and February, there will be two opportunities for parents to provide input for our future planning at The Children of St. Martha Elementary. The first piece of data collection will be, from Alberta Education, in the form of an annual survey that is sent to parents of students in grade 4-12 (across the Province). This survey allows parents the opportunity to answer questions based on your experiences **with our school**. The Annual Assurance Survey will be sent to CSM grades 4-6 parents and is an annual check-up on the education system. The direct link to our CSM data can be found on our school website: https://csm.holyspirit.ab.ca/resources_publications/reports_plans

We will also, once again, be planning an evening for *all parents* to openly share thoughts and ideas in the form of round table discussions. From there, we will take all of the feedback shared, compile it and include this information as part of our ongoing future planning process. Included in the round table evening, will be an opportunity for our community to ask questions or provide feedback on our new SPACES assessment platform.

As we head into the month of January, we are hoping to share joy, happiness and excitement of this New Year with all of you!

Blessings,
Mrs. Shannon Collier *Mii ss ta Ki an nis Ki a Kii*
CSM Principal

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).

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

Contact your child's school, or visit the division's website (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.

December: Charity Ais pooo moo



Our January Staff members

Mrs. Scott-Perry

Happy New Year!

My name is Mrs. Elizabeth Scott-Perry, and this year I'm here part-time teaching Music, and Literacy Intervention. I started teaching at CSM last January and I'm SO proud to call it my school. When I'm not here, I'm usually spending time with my husband and our boy, playing video games, building, or adventuring outdoors.



Mrs. Cathy Kortt

Hi, I am Cathy Kortt. I am the Administrative Assistant at Children of St. Martha School. This is my 4th year here. I really enjoying working here. The staff is wonderful to work with. As busy as days can get, there is nothing more rewarding than hearing students throughout the School to put a smile on my face.

My husband, Rick and I have 2 grown children; Robert and Melissa. Neither of them lived here anymore. Rick and I have lived here all are lives and we enjoy spending as much time outdoors as we can.

As Administrative Assistant I am part of a collaborative team-based structure who carry out day to day tasks as assigned to effectively and efficiently run the school office.



Mrs Platt

Hi my name is Mrs. Platt as most of you may know. I have had the pleasure of working with many wonderful children over my 23 years as an Educational assistant in the Holy Spirit Division.

Half of my career as an EA I have spent at St. Francis Junior High and the other half at St Martha school.

As of recently I am very excited and grateful to say that I am now the Librarian at Children of St Martha's school.

I can't wait to spend time your children and books in the Library.

I have a husband who works in Health Risk Assessment and Safety and we have one son who is in his 20's if you can believe it and he is a Heavy-Duty mechanic.

I have two fur babies one is a Bichon/Poodle and the other is a Bichon/Shih Zstu and they are a big part of our family. I enjoy books, music, dance, travelling and animals.

We also enjoy camping in the summer at our place in BC. I also enjoy seeing all the children's smiling faces at school every day, makes my day!!





ADHD Parent Sessions

This is a program designed for caregivers of children who have been newly diagnosed or suspected of ADHD that want to learn more about ADHD. This is a 4 consecutive week closed group.

Being hosted by: AHS Children's Mental Health and Addiction

Sessions will include: What is ADHD? ADHD and medication. How to talk to children about their ADHD and understanding self-regulation. Tools for effective parenting of children with ADHD. ADHD and navigating the school system. ADHD and nutrition, sleep and exercise.

Location: Children of St. Martha's School
(library)

Dates: Tuesdays, January 17th - Feb 7th

Time: 6-7:30pm

Childcare provided if needed.

If you are interested in attending please
contact:

Kristine Savage

Family First Facilitator

403-894-2643

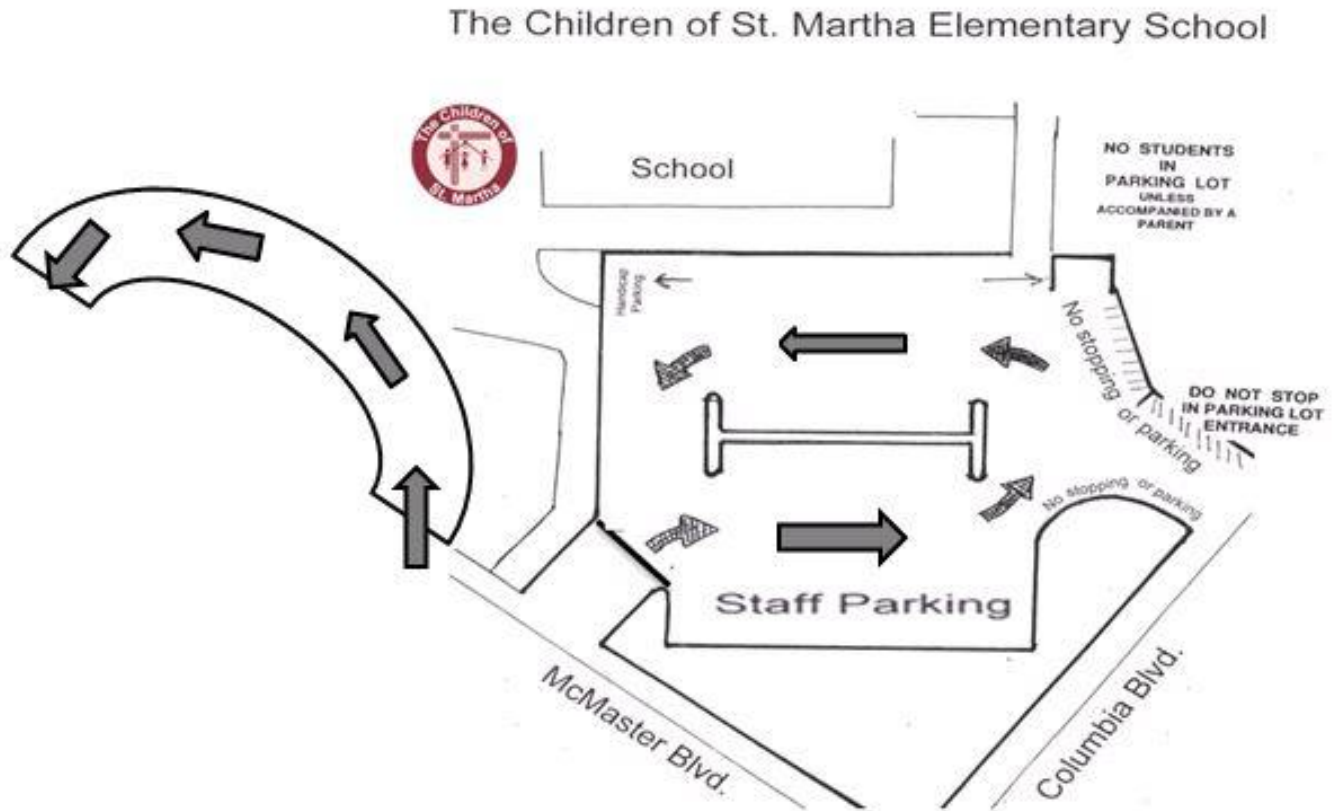


Parking Lot & Loop Procedures:

At the start and end of the school day, our parking lots as well as the loop become congested. We need your assistance to keep things going without incident. Please be mindful that “stopping” in the main parking lot has the potential to back up traffic and cause congestion. We ask that if you are choosing to use the parking lot that you park your vehicle instead of stopping to let your child(ren) out. The loop is a safer alternative for those that would like to stop for a shorter period of time while dropping or picking up children. You will notice that both our parking lot and loop are “one way”. It is important for everyone to follow the proper direction in both the parking lot and the loop. Also, we have a few stalls, closer to the school, which are designated as handicap parking. Permits are required to use those stalls.

St. Martha Parish has indicated that families are more than welcome to park in their lot (across the street) for school functions and during times of congestion.

We are truly grateful for your support while keeping our parking lot and loop a safe and friendly environment.



January

Arise!

Pilgrims of Hope



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

Ephesians 4:2

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

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



Holy Moments In Our Schools

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



The Spiritual Works of Mercy – Instruct the Ignorant

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

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

Sources:

[The Spiritual Works of Mercy](#)

[Instructing the Ignorant](#)

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

[Home Page](#)

The Fruit of the Spirit – Gentleness

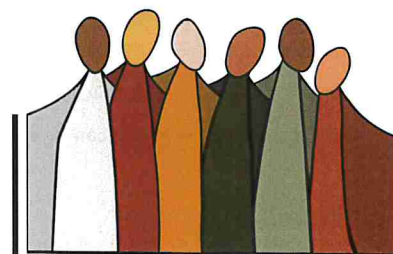
When we think of gentleness, we might think of quietness, submission, softness or shyness. In the original Greek, the translation is closer to meek, which we might think of from the Beatitudes (...“the meek shall inherit the earth”). It turns out that we may be misguided if we think of only this version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

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

- Philippians 4:5a

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

- St. Ignatius of Loyola



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

Instruct the Ignorant

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

Simplified 5 Steps of the Examen

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

St. Ignatius of Loyola, pray for us!



Gentleness

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

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

- Jeremiah 29:12-14

Gospel Readings

January 8, 2023

Epiphany of the Lord

Gospel Reading: Matthew 2:1-12

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

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

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

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

January 9, 2023

The Baptism of the Lord

Gospel Reading: Matthew 3:13-17

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

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

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

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

January 15, 2023

2nd Sunday in Ordinary Time

Gospel Reading: John 1:29-34

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

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

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

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

Gospel Readings

January 22, 2023

3rd Sunday in Ordinary Time

Gospel Reading: Matthew 4:12-23

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

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

Dear Lord, show me how to 'catch people' for your glory.

How do you try to "catch" others for Jesus?

January 29, 2023

4th Sunday in Ordinary Time

Gospel Reading: Matthew 5:1-12a

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

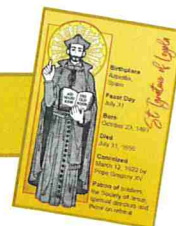
— Matthew 5:12

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

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

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

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



January



Arise! Pilgrims of Hope Journal

WEEK ONE

How is God trying to get your attention?



Additional Sources:

[The 5-Finger Daily Examen](#)

[Praying the Examen with Children](#)

[Examen for Children](#)

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

[Home Page](#)



January

Arise!
Pilgrims of Hope Journal



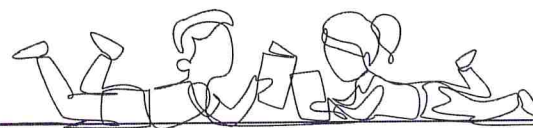
WEEK TWO

Describe a teacher or mentor who has impacted your life?



WEEK THREE

What book are you most grateful for?



WEEK FOUR

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



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



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

Division Parishes

*"...not neglecting to meet together, as is the habit of some, but encouraging one another,
and all the more as you see the Day approaching."*

Hebrews 10:25

 Assumption Church Lethbridge Father Kevin Tumback Father Derek Remus Mass (Saturday): 5:00 pm Mass (Sunday): 9:00 am (Live-streamed) 6:00 pm 2405-12th Avenue S. Lethbridge, AB T1K 0P4 Tel: 403-327-8931	 St. Basil's Church Lethbridge Father Kevin Tumback Father Derek Remus Mass (Saturday): 7:00 pm Mass (Sunday): 7:30 am 11:00 am 604 13 Street N. Lethbridge, AB T1H 2S7 Tel: 403-327-8931	 St. Martha's Parish Lethbridge Father William Monis Mass (Saturday): 5:00 pm Mass (Sunday): 9:00 am 11:00 am 355 Columbia Blvd. W. Lethbridge, AB T1K 5Y8 Tel: 403-381-8891
 Ss. Peter & Paul Parish Lethbridge Father Gary Sedgwick Mass (Saturday): 8:30 am Mass (Sunday): 10:00 am 643 12B Street N. Lethbridge, AB T1H 2L6 Tel: 403-328-4753	 St. Ambrose Parish Coaldale Father Ian Gagne Mass (Sunday): 9:00 am 4:00 pm 1523-23rd Avenue Coaldale, AB T1M 1E2 Tel: 403-345-3400	 St. Catherine Parish Picture Butte Father Ian Gagne Mass (Sunday): 11:00 am 762 Crescent Avenue Picture Butte, AB T0K 1V0 Tel: 403-732-4433
 St. Augustine Parish Taber Father Philip Van Tinh Le Mass (Saturday): 5:00 pm Mass (Sunday): 9:00 am 5009-48th Avenue Taber, AB T1G 1T4 Tel: 403-223-2226	 St. Michael's Parish Bow Island Father Wojciech Jarzecki Mass: 9:00 am 1101-1st Street E. Blow Island, AB T0K 0G0 Tel: 403-545-2023	 St. Michael's Parish Pincher Creek Father Myles Gaffney Mass: 10:00 am 958 Christie Avenue; Box 339 Pincher Creek, AB T0K 1W0 Tel: 403-627-3071