

February 2023



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Jan 30th Faith in Action Assembly 3:15pm Girls Basketball Practice 3:50-5:00pm	Jan 31st Boys basketball Game @CSM 4:15pm 6pm Family evening ADHD	I Winter walk Cormican Girls basketball Practice 3:45pm	2 Kindergarten Family Fun time1:30-3:30pm Boys basketball Practice3:45pm	3 Grade 6 selling Ice cream	4
5	Girls Basketball Practice 3:50-5:00pm	7 Boys basketball Game @ FLVT 4:15pm 6pm FFF Family Evening ADHD focus in the library	8 away game Girls Basketball Game @ St Pauls 4:15pm	98:20 girls Morning basketball shooting	10 Family Movie Night 6-8pm In the gym Grade 6 Selling Popcorn	11
12	Girls Basketball Game @ CSM 4:15pm vs SPFA	14 Red& Pink Day For color team Boys basketball Practice3:45pm To 4:45pm 1:30pm Feast of Valentine Liturgy	15 Girls Basketball Game @ CSM 4:15pm School board meeting 6:00pm District wide Pink Shirt Day!	16 8:20 girls Morning basketball shooting read with us done today Boys basketball Game @ CSM 4:15pm	17 Faith in Action Assembly11:00am Grade 6 ice cream sale	18
19	20 Family Day! No school for staff and students	21 No school	22 No school National Pink Shirt Day	23 No school	24 No school	25
26 First Sunday of	Girls Basketball Practice 3:50-5:00pm	28 Boys basketball Practice3:45pm To 4:45pm	March I Girls basketball game@ CSM 4:15 Winter walk Cormican 1st week of Lent liturgy 2:15pm	March 2 8:20 girls Morning basketball shooting Boys basketball Practice3:45pm To 4:45pm	March 3 No kindergarten Class todav	

PRINCIPAL MESSAGE FEBRUARY 2023

When I think of my role at CSM the word 'gratitude' comes to mind; to be grateful for all the blessings and happiness endured while serving our school community. I am truly grateful for such dedicated, passionate staff members who work diligently to ensure the best learning outcomes for our students while providing a safe and caring school environment. Our staff provide a strong foundation of care, connection and engagement that support our children's future successes. Part of my role as Principal is to be able to spend time in classrooms. In addition to my own teaching, I am afforded the opportunity to observe and take part in the learning that occurs on a daily basis. I can truly say that what I am seeing in classrooms is "off the charts FANTASTIC!"



I am also grateful for our wonderful parents and grandparents who support our educational

journey. We continually encourage each of you to feel comfortable enough to actively participate in all that we do at CSM. Our school council, although small in numbers, does an outstanding job adding to the positive culture and welcoming atmosphere CSM is known for by all who enter our school! And of course, I am so grateful for the opportunity to work with *such amazing children* that come to school each day with a smile on their faces and a willingness to do their very best!

Lucky Lucky ME!

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











MOVIENIGHT

FRIDAY, FEB. 10TH, 6PM in the CSM School Gymnasium

All families are welcome to join our school community for some Friday night fun!

There will be a small concession and monies raised from concession will help cover the cost of school council sponsored events including movie nights, school meals such as the Turkey Dinner, and school bingo events.

Movie title will be announced soon so stay tuned... SEE YOU THERE!

FAITH IN ACTION

January: Courage li yi ka ki maat





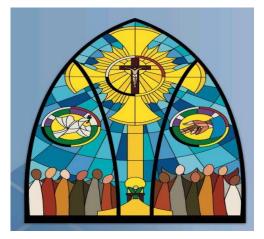














Meet our staff for February

Laurie McIntosh

My name is Laurie McIntosh and I am an author and Mom who is honored to teach full day kindergarten! I have been teaching since 2007. I was born and raised in Fort McMurray and taught in Lacombe for 11 years before moving here a few years ago. I am married to my husband Cody and we have three children; Molly who is 13, Casey who is 11 and Sadie who is almost 9. I am a huge fan of McDonald's, Jodi Piccoult books, ALL kinds of picture books, fostering puppies, blogging, writing and playing silly pranks. I love teaching here at CSM and I hope that shows in my work every day!



Lindsey Smith

My name is Mrs. Lindsey Smith and I am the Early Learning Program Leader. I am also a Certified Registered Yoga Teacher and I teach children and adult yoga classes in the community. My husband Kevin and I have two children. Our daughter Haley is 21 and is working full time at Chapters here in Lethbridge and our son Lukas is 20 and will be starting his apprenticeship for carpentry with Ward Bros Construction. We also have two dogs Shadow and Max. As a family we enjoy spending time outdoors camping, bike riding, and hiking.



Brenda Hungrywolf

Hello! My name is Brenda Hungrywolf. I have been an EA for 8 years, all at CSM. I currently help out in both grade 1/2 classes. I really enjoy being an EA and helping all the children in any way I can. I grew up in Nanton and moved to Calgary after high school to attend Mount Royal where I graduated with distinction from the Early Childhood Education program. I lived and worked in Calgary for 10 years before moving to Lethbridge to pursue a degree in Fine Arts, Multimedia at the U of L. I had planned to stay here only to finish my degree, but I met an amazing guy, fell in love, got married and had 2 kids. So here I am in Lethbridge, which I don't mind at all! I love reading, cross-stitching, cooking and most of all baking. I have a little side cake business which keeps me as busy as I want. I also enjoy camping and anything to do with water, most recently paddle boarding. I was born to be a beach bum, so maybe in retirement I can convince my husband to move to the tropics.













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.



SpacesEDU Informational Session for Parents!



On Thursday, February 16 at 6:00 pm, SPACES will be hosting a Parent Training & Information Session for all Holy Spirit parents who would like to attend. This will be a webinar format, and parents will get a walk-through of the platform so they can have a better understanding of how to navigate and what they are seeing. There will also be time for Q&A.

Families can sign up here:

https://myblueprint.zoom.us/webinar/register/WN_fDB9dpznQlWdsp9Vg RdrQ

Topic SpacesEDU & Holy Spirit Catholic School Division - Parent/Family Info Session

Description Join the SpacesEDU team to learn more about SpacesEDU Family Account

features and how to support your student on SpacesEDU!

Time Feb 16, 2023 06:00 PM in Mountain Time (US and Canada)



Alberta Education Assurance (AEA) survey

Annual survey that gathers feedback on behalf of schools and school authorities to understand what works well and what needs improvement.

The Alberta Education Assurance (AEA) survey gathers feedback on the quality of education provided by school authorities and their schools. Schools and school authorities use this information to understand how they are doing and plan for the future.

CSM Parents of students in grades 4-6 will receive information and a random access code directly from The Alberta Government.

Parents have two options: complete the survey online at https://public.education.alberta.ca/APOS/ using the 8-digit random access code included in the information from Alberta Education, or mail the paper survey back to Alberta Education.

Please take the time to review the information and complete the survey. We value the feedback we receive from parents and use the survey results to help us develop our school plans as well as the division's Annual Education Results Report and Three-Year Education Plan.

For more information about the survey and the Assurance Framework, https://www.alberta.ca/alberta-education-assurance-survey.aspx

The city of Lethbridge is asking for community engagement on the harmonizing of the current Playground and school zones.

Here is the project and survey link:

https://getinvolvedlethbridge.ca/harmonizedplaygroundzones

City of Lethbridge, school divisions looking to harmonize school and playground zones



Let your Voice be heard!

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

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

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

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



Hope

Holy Moments In Our Schools

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

The Spiritual Works of Mercy – Forgive Offenses

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

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

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

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

Sources:

Saint Josephine Bakhita ISt. Josephine Bakhita Fifth spiritual work of mercy: To forgive offenses willingly The Spiritual Works of Mercy Adapted from: Weekly Devotional: Fruit of the Spirit - Self-Control Home Page

The Fruit of the Spirit – Self-Control

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

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

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

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

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



"If we had no hope in the Lord, what would we do in this world?"

- St. Josephine Bakhita

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

Forgive Offenses

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

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

Self-Control

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

St. Josephine, in her extraordinary love and forgiveness, was known to have said:

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

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

Gospel Readings

February 5, 2023 5th Sunday in Ordinary Time

Gospel Reading: Matthew 5:16

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

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

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

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

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

February 12, 2023 6th Sunday in Ordinary time

Gospel Reading: Matthew 5:17-37

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

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

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

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

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

What is one good decision I have made already today?

February 19, 2023 7th Sunday in Ordinary Time

Gospel Reading: Matthew 5:38-48

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

— Matthew 5:39, 41

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

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

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

February 26, 2023

2nd Sunday in Ordinary Time

Gospel Reading: Matthew 4:10

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

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

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

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

Download this month's Saint Prayer Card - St. Josephine Bakhita



Traditional Lenten Practices



PRAYER

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

In short, prayer is how we communicate with God.



FASTING

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



AL MSGIVING

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

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WEEK ONE

What are you learning about God?

Arise! <u>Pil</u>grims of Hope Journal



Additional Sources: Prayer to St. Josephine Bakhita

February .

What experience do you treasure?



Arise! Pilgrims of Hope Journal



WEEK THREE

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



WEEK FOUR

What negative thoughts were you able to release today?



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

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

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

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

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



www.rollerhockeylethbridge.ca for more information and registration link

LETHBRIDGE ORCAS

Looking for the perfect summer activity for your child...

Come join the Lethbridge Orcas

Summer Swim Club.



Returning Swimmers – March 1
New Swimmers – March 15

Summer Swim Club runs from May 1st to Mid Aug for the 2023

Swimming is a lifelong sport that can be used to achieve personal growth and development physically, psychologically and socially. The Lethbridge Summer Swim Club is a local non-profit organization that offers a swim program presenting this opportunity for your child to experience.

Scan the QR Code or go to www.lethbridgeorcas.com for more information and to register today!











For more information please email orcasecretary@gmail.com

2023 OUTDOOR SOCCER REGISTRATION

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



www.lethbridgesoccer.com

403-320-5425

Boys and Girls

U4 - U7 (Co-Ed) **\$125.00**

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

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

Season will run April – June 2023

