

February

The Children of St Martha School



2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Jump Rope Kickoff	2 Ground Hog Day Pd Day No School for students	3
4	5	6	7	8	9	10
11	12	13 Red and White Day School run day for points Wear as much red and white as you can!	14 Valentine's Day gam Ash Wednesday Mass at church with St Pat's School	15 Kindergarten Family Play day Am 10-12& Pm1:45 -3:45	16 First WeekLentLiturgy During Gospel we will have the first liturgy for Lent	17
18 1 st Sunday of Lent 	19 Family Day No school all week for students	20 Family NO school for Students	21 Week No school for students	22 No No school for students	23 School No school for students	24
25 2 nd Sunday of Lent 	26	27	28 Pink Shirt Day Wear a Pink Shirt and collect points for your team Division Board Meeting	29 Team color Day Recognition Assembly lead by 1W in the am		



Holy Spirit Catholic School Division

...where students are cherished and achieve their potential

Dear Holy Spirit Catholic School Division Parents/Guardians,

The Holy Spirit Catholic School Division understands the importance of keeping our school community informed and connected, and wants to ensure that everyone receives the necessary information from both your school and the division in a timely manner. Recently, there have been concerns from some schools and families regarding our messaging, with reports of some families not receiving important emails or texts.

To address this issue, we have compiled a list of tips and potential fixes to ensure that you stay up-to-date with all the information being sent out:

Email:

1. Regularly check your junk/spam folder to ensure emails have not been filtered there.
2. If you are not receiving emails in your regular inbox or spam/junk folders, please contact your school to verify that you have not declined to receive emails by unsubscribing or have been blocked.
3. Ensure your email address is up-to-date and has been provided to the Holy Spirit Catholic School Division.

Text Messaging:

1. When filling out registration forms, ensure that a valid mobile phone number is entered in the mobile phone field on the parent contact form.
2. If you are unsure whether your mobile phone number has been added, please contact your child(s) school(s) to double check and update as necessary.
3. Confirm you have opted in to receive text messages from the schools/division. Please see insert on how to opt in for text messages for your convenience.

In addition, we would like to remind you that all important messages sent out to our Holy Spirit families are normally included on our social media channels (FaceBook, Instagram, Twitter) as well as on the Holy Spirit Catholic School Division website (www.holyspirit.ab.ca).

We hope that these steps provided above help maintain consistent and effective communication between our school community and our families. If you still experience issues after following the tips and information above, please do not hesitate to reach out to your school(s).

Your collaboration is paramount in fostering strong and seamless connections within our schools and division. Thank you.

Sincerely,

Sean Marks, Communications Coordinator
Holy Spirit Catholic School Division

The Holy Spirit Roman Catholic Separate School Division

St. Basil Catholic Education Centre, 620 12B Street North, Lethbridge, AB T1H 2L7
Phone: 403-327-9555 • Fax: 403-327-9595 • www.holyspirit.ab.ca



SCHOOLMESSENGER®

Stay Up-To-Date with Our Schools' Communication!

Holy Spirit Catholic School Division is reminding families to ensure you are set up to receive text (SMS) messages from our schools and division. This is one of multiple ways that we send out important messaging to both our families and staff. Please take some time to follow the steps below to ensure you're receiving our text (SMS) messaging.

In addition, for those who have not signed up or utilized our SchoolMessenger App, we've included step-by-step instructions on how to do so. SchoolMessenger helps our parents and families to access important notifications, receive school messages and set your communication preferences.

Text (SMS) Messaging

1) *Did you receive a text from us?*

When a new mobile number is entered by the school, within 24 hours, a text should be sent to that number asking if you would like to subscribe.

Simply respond with your preference:

- Type "Y" or "Yes" to receive messages by text.
- Type "N" or "Stop" if you'd prefer not to receive messages by text. You can do this to unsubscribe at any time.

2) *You haven't received a text and you'd like to?*

You can always subscribe to receive texts from the school by sending a "Y" to **978338**. You will receive a notification that your opt-in is complete if successful.

3) *Do you have a new or different device you'd like to receive texts to?*

First, make sure your child's school has this new number in their system! You should receive a message in 24 hours asking you to respond with a "Y." If you don't, send a "Y" directly to **978338**. You will receive a notification that your opt-in is complete if successful.



**While this service is free, standard message and data rates may apply. Please check with your device's data provider if you have any questions related to charges.*



SCHOOLMESSENGER®

SchoolMessenger App

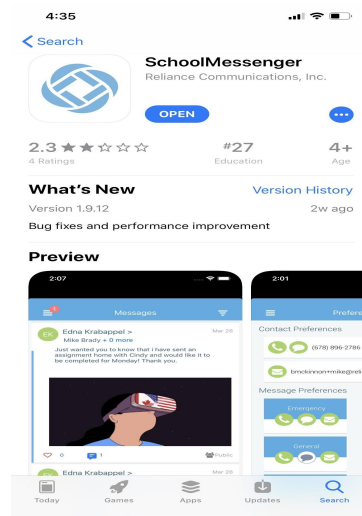
The School Messenger App allows parents to:

- Access important school notifications 24/7/365
- Set your communications preferences for calls, emails, texts, and more
- Receive all kinds of school messages in one single app (classroom and group updates, activity alerts, school and division notifications)
- Review your messages on any device (smartphone, laptop, etc...)

1) Download the School Messenger App:

Go to the GooglePlay or Apple Stores to download "SchoolMessenger" (the version with the blue logo).

You can also download the app, or set up your account, from <http://go.schoolmessenger.com>.



2) Sign up for an account:

Make sure you enter the email address that the school has on file for you. This will allow the app to find all of the students associated with you. Also, make sure you select "Canada" as your location.

Location

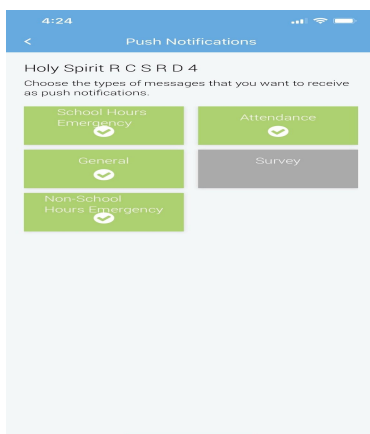
UNITED STATES

CANADA

3) Set your preferences:

When you first log in, click on the  icon in the upper left corner of your screen and select "Preferences." For each category, you can select how you would like to be notified:

- *School Hours Emergency* –For urgent messaging during school hours
- *Non-School Hours Emergency* - For urgent messaging before and after school hours
- *Attendance* – For calls regarding your child's attendance.
- *General* – Day to day information from the school.



4) Enable push notifications:

Even if you turn off most types of notifications (phone, text, email), you can still receive those messages through push notifications on your phone.

To set your push notifications, click on the  icon in the upper left corner of your screen. Select "Settings," then "Push Notifications."

Click on all of those boxes for which you would like to receive push notifications on your device.



We're participating in Jump Rope for Heart



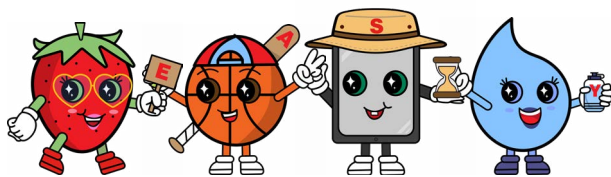
Dear Parents/Guardians,

Our school is excited to participate in Jump Rope for Heart this year! Students will discover fun ways to get active, practice healthy habits and learn about helping others while raising money to beat heart disease and stroke.

We love participating in Jump Rope for Heart because:

Students learn life-long habits:

Jump Rope for Heart is more than a fundraiser. It teaches students EASY Healthy Habits to help protect their heart and brain health – for a lifetime!



Eat fruits and vegetables

Active for 1 hour or more

Screens for 2 hours or less

Yes to water, no to sugary drinks

Students can earn Thank You Gift Cards:

As our heartfelt thank you for your support, students can earn one of five Thank You Gift Cards, plus a chance to win two great contests! Gift cards are from Toys "R" Us, Indigo, Amazon or Walmart – based on the fundraising levels. Learn more at jumpropeforheart.ca.

Jump is customizable for all abilities:

On our Jump Event Day kids can move their way by jumping, dancing, wheeling and more!

Kids feel good by doing good:

Students learn the importance of giving back as they collect donations that help fund critical research that saves lives, prevents heart disease and stroke, and supports survivors and their families. The funds collected help other kids like Julian, who suffered a pediatric stroke following his heart surgery.



Jump gives back:

Schools that raise a minimum of \$500 will receive 8% of their fundraising dollars back to put towards what we need most or we can donate it back to Heart & Stroke to make an even bigger impact.



Let's help Heart & Stroke save lives

Sign up online, visit jumpropeforheart.ca

Click Register

Search for our School Name or Copy & Paste School link below in your browser

Have Fun Customize their Fundraising Page and download their personal QR code!

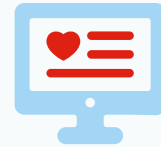
School Page Link :

Our Jump Event Day is on:

(Copy and paste this link into your internet browser)

Fundraising at your fingertips

New Downloadable QR Codes!



1. Take their fundraising to the next level. Download their personal QR code from their Participant Centre.



2. Save the QR code to your photos or print it, and let their imagination run wild as they decorate it to add a splash of color and make it uniquely theirs.



3. Encourage them to share their QR code with family and friends whenever to ask them to scan their code to donate.



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Today was our kickoff! Our school is participating in @HeartandStroke's **#JumpRopeForHeart** and making a difference! Please help our students raise money for lifesaving research and create a healthier future for kids across Canada:

<https://jumpropeforheart.crowdchange.ca/52231>

February

Build!

Pilgrims of Hope



"Jesus went throughout Galilee, teaching in their synagogues and proclaiming the good news of the kingdom and curing every disease and every sickness among the people."

Matthew 4:23

St. Dulce Lopes Pontes 1914-1992 (Feast Day: August 13)

When Maria de Souza Pontes was 13, her aunt took her on a trip to the poor area of her hometown. She was struck by the poverty and need that she encountered, and began to start to care for the homeless in her own neighbourhood. At 18, she joined a missionary order and became known as Dulce. Immediately, she began to serve the neediest in Salvador, supporting workers and housing those in need. Initially, this was done in abandoned homes and buildings, but each time they were evicted. Finally, she asked the permission of the convent to convert their chicken coop - which over time became a hospital. That hospital today serves more than 3,000 patients per day and is the largest free hospital in Brazil.

In 1959, she created a foundation known as OSID, which oversees the hospital, as well as other welfare and education services, and is a well known and respected organization in Brazil. It serves the homeless, elderly, children, those with addictions and disabilities and other marginalized groups. Dulce was nominated for the Nobel Peace Prize in 1988, and lived the last years of her life with respiratory problems prior to her death in 1992. St. Dulce Lopes Pontes was canonized by Pope Francis in 2019, becoming the first Brazilian female saint.

"Building" In Our Schools

At St. Joseph School in Coaldale, their Leadership class is spearheading a fundraising campaign for our divisional Chalice campaign. As they raise funds, through ice cream float and hot chocolate sales, they are visually tracking their contributions by adding bricks to their school diagram - building a school of kindness. What a great way to show solidarity with St. Odilia!



Corporal Works of Mercy

— Visit the Sick —

Those who are sick are often forgotten or avoided. In spite of their illness, these individuals still have much to offer to those who take the time to visit and comfort them. Consider one or more of these practical ways to show this work:

- Give blood.
- Take time on a Saturday to stop and visit with an elderly neighbour.
- Next time you make a meal that can be easily frozen, make a double batch and give it to a family in your parish who has a sick loved one.
- Spend quality time with those who are sick or homebound.
- Take the time to call, send a card or an e-mail to someone who is sick.

Pope's Prayer Intentions - For the Terminally Ill

Let us pray that the sick who are in the final stages of life, and their families, receive the necessary medical and human care and accompaniment.



Catholic Social Teaching

— Solidarity —

Through the course of this year, we will look each month at one of the Catholic Social Teachings. The aim of Catholic Social Teaching is to shine the light of the Gospel on our contemporary world, allowing us as disciples of Christ to look at the world around us with new eyes, and to take action.

Last month, we looked at the preferential option for the poor and vulnerable. We saw how keenly interested God is in those at the margins. When we act in ways that align with this, recognizing our interdependence, seeing ourselves in others and seeking to secure the good of others, we are showing solidarity. As St. Pope John Paul II wrote,

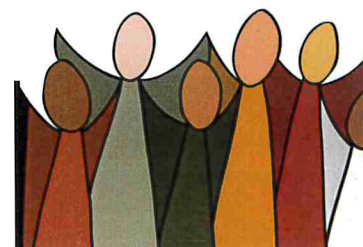
"[Solidarity] is not a feeling of vague compassion or shallow distress at the misfortunes of so many people, both near and far. On the contrary, it is a firm and persevering determination to commit oneself to the common good; that is to say, to the good of all and of each individual, because we are all really responsible for all."

Learn more about Solidarity with one of these resources:

CST 101 - [Solidarity](#)

Development and Peace - [Solidarity](#)

USCCB - [Solidarity](#)



"We are like a pencil with which God writes the texts He wants said in the hearts of men."

(St. Dulce Lopes Pontes)

Gospel Readings

February 4, 2024

5th Sunday in Ordinary Time

Gospel Reading: Mark 1:29-39

"All this I do for the sake of the gospel, so that I too may have a share in it." — 1 Corinthians 9:23

Do WHAT for the sake of the gospel? In today's scripture verse, we are called to do EVERYTHING for the glory of God. The Gospel tells of Jesus' life and how he tried to please God with all he did and said, the way he loved, the way he treated others, the way he did everything! We too are called to do everything in our lives to live out the Gospel. The word "gospel" means "good news." We want to have a share of this Good News, just like St. Paul did. All we have to do is live the Gospel in our own lives. So listen carefully to the scripture readings at Mass. They will guide you to live for God!

What do you think it would be like to have a share of the Good News?



Prayer:

*Dear Lord, we want to experience your Good News today and be with you in heaven someday!
Please help us to learn what we need to do to have a share in that gift.*

February 11, 2024

6th Sunday in Ordinary Time

Gospel Reading: Mark 1:40-45

"...Whether you eat or drink, or whatever you do, do everything for the glory of God." — 1 Corinthians 10:31

How could what I eat or drink glorify God? St. Paul reminds us in this reading to remember God and give him glory for all the normal, everyday things we do in our lives. It's easy to forget and take things for granted, but everything is a gift from God. Paul also reminds us to be kind to others in everyday situations. We can make choices like holding the door for others, when all we want to do is get into the place we are going. We can choose to be last in line, allowing others to go before us and offering that as a prayer. These are all small ways we can give glory to God—and show God's love—in our daily lives.

What are some ways you can show glory to God in your life every day?



Prayer:

Dear Lord, I don't always feel like I can do great things to show you my love. Please help me to find small ways every day in my own life to give you glory.

Download this month's [Saint Prayer Card](#) - St. Dulce Lopes Pontes



Gospel Readings

February 18, 2024

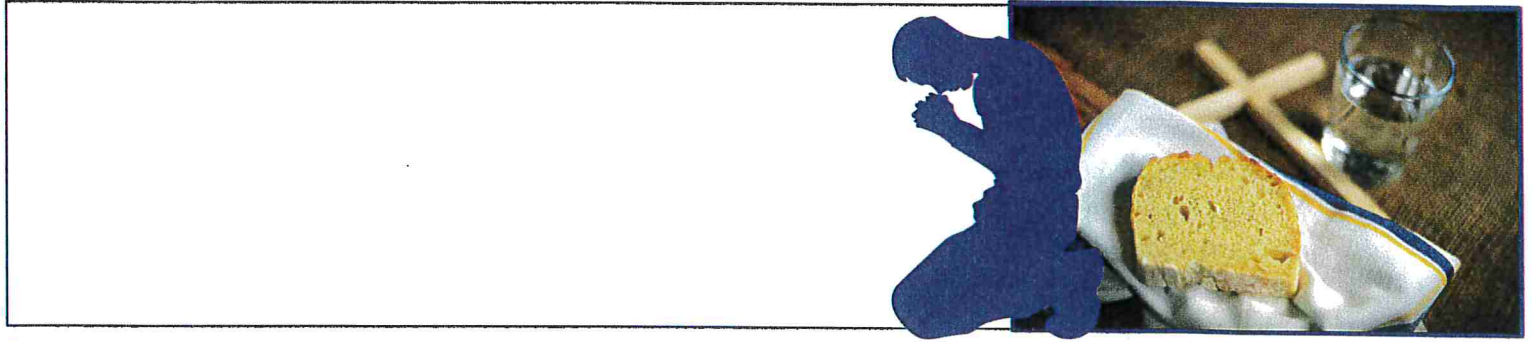
1st Sunday in Lent

Gospel Reading: Mark 1:12-15

"The Spirit drove Jesus out into the desert, and he remained in the desert for forty days, tempted by Satan." — Mark 1:12

Even Jesus was called for forty days to fast and pray. It was not easy for him. Satan was there whispering in his ear to try to get him to stop fasting and walk away from his prayer. He could have done that. He was God. But he chose the harder way. He chose to offer up his discomfort to glorify God and grow closer to him. We too are called to forty days of fasting and praying. We may even be tempted as Jesus was to walk away from the sacrifices. But just as the Spirit gave Jesus the strength to keep going, he will give us what we need to continue and grow closer to him.

What are some ways that you can fight off temptations? What are your favourite ways to pray?



Prayer:

Dear Lord, thank you for giving us the opportunity to join with you in this time of fasting and praying during Lent. Please give us the grace not to give in to temptation.

February 25, 2024

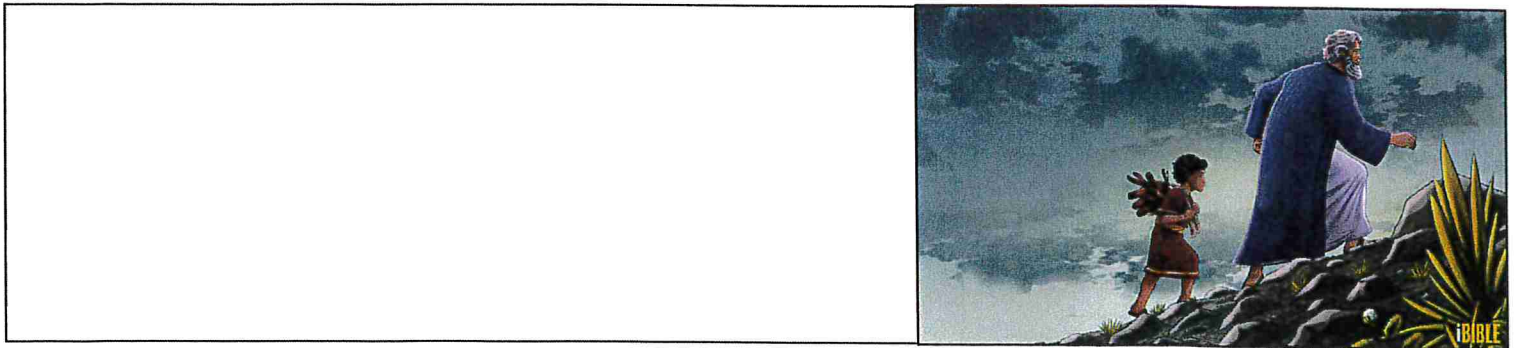
2nd Sunday in Lent

Gospel Reading: Mark 9:2-10

"Then God said: "Take your son Isaac, your only one, whom you love...there you shall offer him up as a holocaust..." — Genesis 22:2

Think of the one person you love the most in the world. Is it your mom, dad, a brother or sister? Maybe it's a best friend or a cousin. Can you imagine if you heard God ask you to give them up forever? That would be the hardest thing you'd ever have to do. Yet, in today's scripture, that is what God asks Abraham to do. Abraham is a great example of faith and trust in God. He didn't understand why God wanted him to give up his only son, whom he loved with all his heart. But he trusted in God. In the end, we learn that God didn't want him to give up his son, he just wanted to test Abraham's faith and trust. I think he passed the test, what about you?

Are there things in your life that God may want you to give up that would help you grow closer to him?



Prayer:

Lord, may we learn to have the same faith and trust in you that Abraham had, even when we don't understand your ways.

Sources:

[All about Blessed Dulce Lopes Pontes – the Good Angel of Brazil](#)

[Irmã Dulce](#)

[Dulce Lopes Pontes: From serving the sick to Nobel nominee](#)

[History, Prayer, and Phrases of Saint Dulce of the Poor](#)

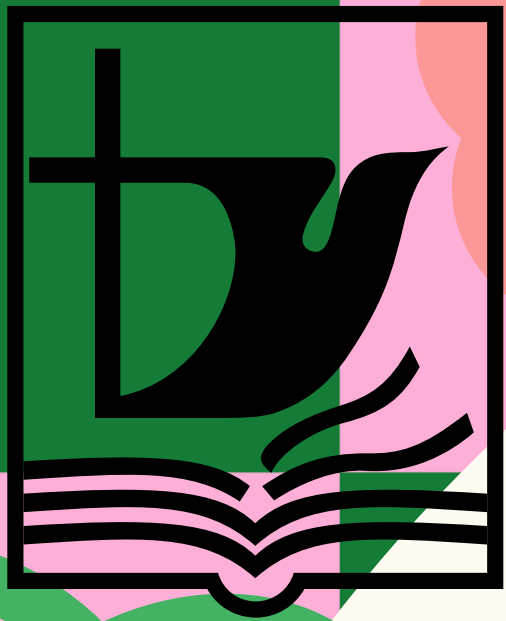
Image Source: [The Life of Isaac \(Part Two: The Sacrifice\)](#)

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 Santiago Torres 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 Santiago Torres 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



(I)SWAG Presents:

HEALTHY RELATIONSHIPS

Join us as Lethbridge Family Services presents while
you enjoy a complimentary dinner at a night of
exciting learning

Location
Anton's Ballroom

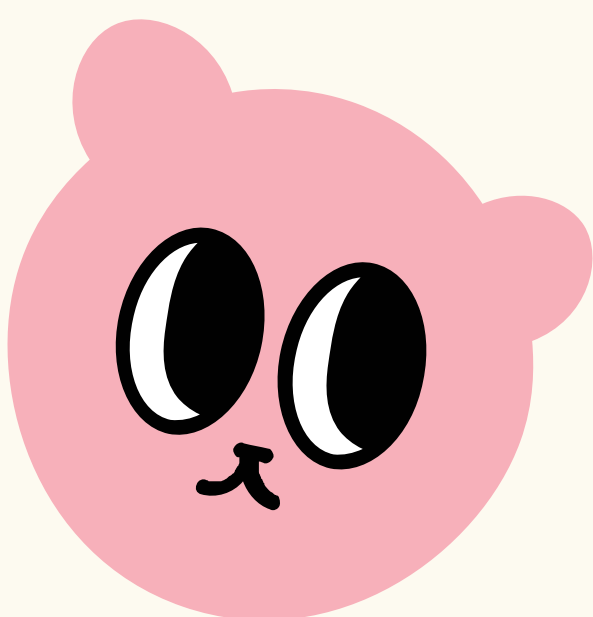
Sandman Signature, 320
Scenic Drive S, Lethbridge AB

February
15

5:30 – 8:00pm

Please RSVP at:

<https://www.surveymonkey.com/r/7R9L8CC>



Emily Williston



SWAG
Student Wellness Access Guide
Holy Spirit Catholic School Division
willistone@holyspirit.ab.ca
(403)308-2445

Billy Woitte



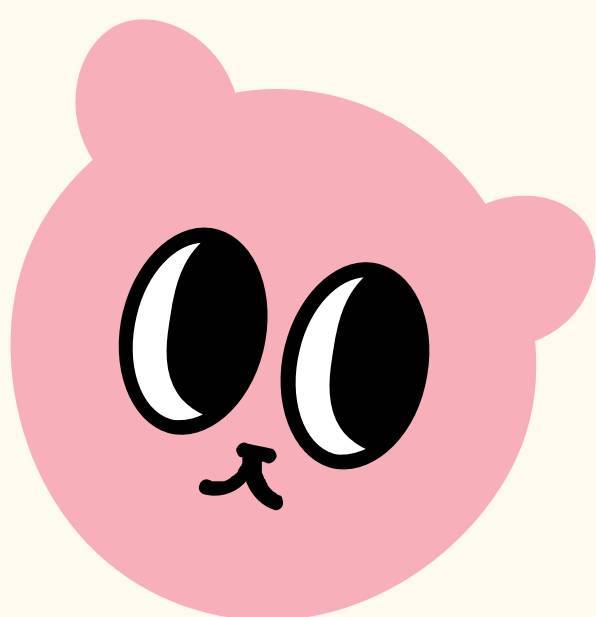
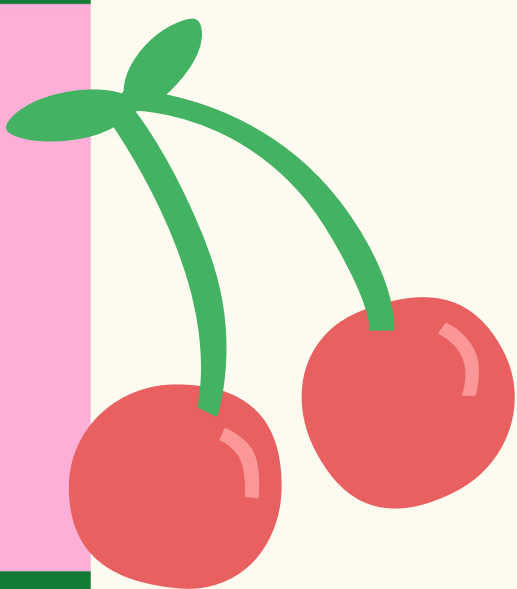
ISWAG
Indigenous Student Wellness Access Guide
Holy Spirit Catholic School Division
woitteb@holyspirit.ab.ca
(403)635-2415

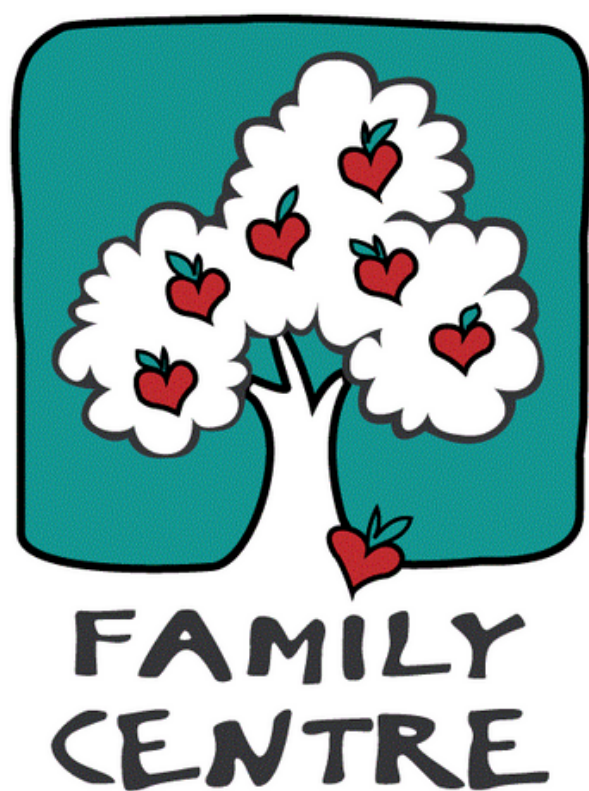
LETHBRIDGE FAMILY SERVICES

Lethbridge Family Services provides highly-accredited health and social services to over 9,000 individuals and families in more than 30 communities in southwestern Alberta. The Outreach and Education team works with individuals, caregivers and professional to facilitate insight, awareness and enhance skills.

This is a **FREE** event

Intended audience: parents, guardians, caregivers, aunts, uncles, grandparents, childcare providers, all school staff, bus drivers, parishoner's



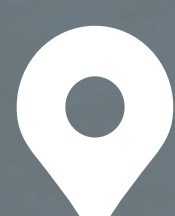


Navigating Life When Families Break Down

Information & Resources for those facing separation and/or divorce

 **Thursday January 18, 2024**

 **6:00pm-8:00pm**

 **Family Centre Downtown
Melcor Centre
#225, 200-4th Ave S**

Presentations by:

Legal - Lethbridge Legal Guidance

Putting Children First + Co+Parenting - Family Centre

Finances - Edward Jones

**Individual Ed + Personal Growth Groups - Lethbridge
Family Services**

Grief + Loss Recovery Program - Martin Bros.

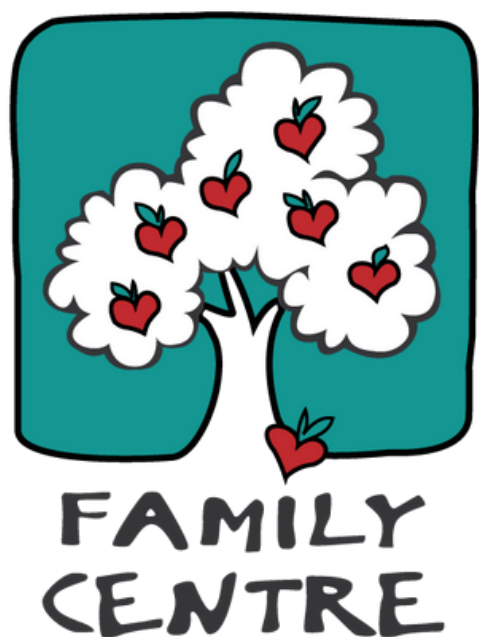


Free

**Register online famcentre.ca/programs
or call 403-320-4232**

Family Centre
Suite 225, 200 - 4 Ave. S.
Lethbridge, AB T1J 4C9
403-320-4232

Facebook: @lethbridgefamilycentre
Instagram: @familycentreyql
LinkedIn: @Family Centre Society of Southern Alberta
Website: www.famcentre.ca



Putting Children First During Separation & Divorce

IT'S OKAY
to get
Help?



The ending of a relationship is never easy, especially when children are involved.

These sessions will provide tips and strategies to support your children through this time, and provides information on co-parenting and creating a parenting plan that puts your children first.



Child care provided for in person sessions. Virtual option.

**Thursdays Jan 25 - Feb 8, 2024
6:00pm-8:00pm**

FREE

**Register online: www.famcentre.ca/programs
or call 403-320-4232**

Funded in part by:

Alberta Provincial Family
Resource Networks



Family Centre
Suite 225, 200 - 4 Ave. S.
Lethbridge, AB T1J 4C9
403-320-4232

- Website: www.famcentre.ca
- Facebook: @lethbridgefamilycentre
- Instagram: @familycentreyql
- LinkedIn: @Family Centre Society of Southern Alberta



STRENGTHENING PARENTS NETWORK

A MONTHLY SUPPORT GROUP FOR
PARENTS WHO HAVE CHILDREN WITH
NEURO DIVERSE NEEDS

**When: Thursday,
January 18, 2024**

Time: 6:00 pm - 7:30 pm

Where: Family Centre

Childcare provided for in person session. Virtual option.

FREE

Call 403-320-4232 to register

Offered in partnership with Family Centre, Family Ties, and Family Resource Centre



Family Centre
Suite 225, 200 - 4 Ave. S.
Lethbridge, AB T1J 4C9



AUTISM SOCIETY
ALBERTA

43+ Losses

There are at least 43 losses which can produce the range of emotions that we call grief.

The long list includes:

Death of a Loved One
Divorce, or the End of a Relationship
Loss of Health
Major Financial Changes
Moving, and many others

Grief is Normal and Natural

but many of the ideas we have been taught about dealing with grief are not helpful.

Moving Beyond Loss

If you have experienced one or more losses, and you wish to move beyond the pain, this program offers you the probability of a richer and more rewarding life.

For information about the program, contact:

Brian Magee 403-331-9078
Martin Brothers Funeral Chapels
403 328-2361

Everyone having experienced a loss is welcome.

Upcoming Program Schedule

January 16'24—Information and registration evening at Martin Brothers Riverview Chapel 7p.m.

January 23'24—Week one for both in-person and online 8-week Groups.

Please call for details or to pre-register. Numbers are limited.

ONLINE PROGRAMS

We are now offering our group programs online. This will provide more opportunities for accessing our programs with added flexibility in scheduling .

Please give us a call for details.

Grief in Separation and Divorce

“Grief is the conflicting feelings resulting from the end of or change in a familiar pattern of behaviour.”

Separation and divorce-Many endings and changes. Everyone affected is grieving.

Grief is primarily a matter of our emotions. We must learn how to move our grief work from our heads to our hearts.

1-It's never too soon to begin healing your heart.

Admit that you are grieving - name your losses,
permit your feelings
Don't confuse busy with better
Seek out help - Every loss deserves to be grieved

2- Incompletion with our past will result in a pattern-driven future

3-Time by itself does not heal - Correct actions taken within time make the difference

The Grief Recovery Method Program

Things we need to know
Things we need to let go of
Things we need to do
A safe, supportive environment



The Grief Recovery Method®
by The Grief Recovery Institute®

The Action Program For Moving Beyond Loss of Any Kind



Martin Brothers
Funeral Chapels Ltd.

403.328.2361
610 – 4 Street South
Lethbridge, Alberta T1J 4P3
mbfunerals.com

Grief

The Definition

Simply defined, grief is the normal and natural reaction to significant emotional loss of any kind. While we never compare losses, any list would include death and divorce as obvious painful losses. Our list also includes many others; retirement, moving, pet loss, financial and health issues, among them.

The range of emotions associated with grief are as varied as there are people and personalities. There is no list of feelings that would adequately describe one person's emotions, much less an entire society.

Grief is individual and unique. As every relationship is unique, so are the feelings and thoughts each person will have about the relationship that has been altered by death, divorce, or for other reasons.

The Problem

While grief is normal and natural, most of the information passed on within our society about dealing with grief is not normal, natural, or helpful. Grief is the **emotional** response to loss, but most of the information we have learned about dealing with loss is **intellectual**.

The majority of incorrect ideas about dealing with loss can be summed up in six myths which are so common that nearly everyone recognizes them. Most people have never questioned whether or not they are valid. The misinformation is best described in the following:

Six Myths

Time Heals All Wounds
Grieve Alone
Be Strong
Don't Feel Bad
Replace the Loss
Keep Busy

Just looking at the myth that "time heals" creates the idea that a person just has to wait and they will feel better. We have known people who had waited 10, 20, 30, and 40 years, and still didn't feel better. And, we know that they would tell you that not only had time not healed them, but that it had compounded the pain. The other five myths carry equally unhelpful messages.

The Solution

Recovery from loss is accomplished by discovering and completing all of the undelivered communications that accrue in relationships. We are all advised to "Let Go," and "Move On," after losses of all kinds. Most of us would do that if we knew how.

Completion of pain caused by loss is what allows us to Let Go and Move On. It is almost impossible to Move On without first taking a series of actions that lead to completion.

Before taking the actions to complete, it is important to look at and often dismiss some of the ideas, or myths, that we have tried to use with loss, but are not working.

Safety and Correct Actions

The Grief Recovery® Outreach Program creates the safety and the correct action choices that help people Move Beyond the pain caused by loss. It is an eight-week program, which creates a safe environment in which to look at old beliefs about dealing with loss; to look at what other losses have affected your life; and to take new actions, which lead to completion of the pain attached to a recent loss, or one that occurred long ago.

The Grief Recovery Handbook, The Action Program for Moving Beyond Death, Divorce, and Other Losses, (released by HarperCollins in 1998), and an accompanying format written by Institute founders, John W. James and Russell Friedman is used as the text for the Outreach Program.*

Commitment and Attendance

The Grief Recovery® Outreach Program is not an occasional, drop-in group. For the safety and success of all participants, commitment and attendance are essential. There is no fee for the program itself. It is necessary however to have a personal copy of **The Grief Recovery Handbook*.

Our Programs are led by Martin Brothers' staff members, Lorri Penner RSW, Trudie Slomp, and Brian Magee. Each has been trained and certified by The Grief Recovery Institute®. To ensure your success within this program, your facilitators have direct access to the expert resources of the Institute.

*Copies of the Grief Recovery Handbook are available at Martin Brothers for those participating in our programs.

43+ Losses

There are at least 43 losses which can produce the range of emotions that we call grief.

The long list includes:

Death of a Loved One
Divorce, or the End of a Relationship
Loss of Health
Major Financial Changes
Moving, and many others

Grief is Normal and Natural

but many of the ideas we have been taught about dealing with grief are not helpful.

Moving Beyond Loss

If you have experienced one or more losses, and you wish to move beyond the pain, this program offers you the probability of a richer and more rewarding life.

For information about the program, contact:

Brian Magee 403-331-9078
Martin Brothers Funeral Chapels
403 328-2361

Everyone having experienced a loss is welcome.

Upcoming Program Schedule

January 16'24—Information and registration evening at Martin Brothers Riverview Chapel 7p.m.

January 23'24—Week one for both in-person and online 8-week Groups.

Please call for details or to pre-register. Numbers are limited.

ONLINE PROGRAMS

We are now offering our group programs online. This will provide more opportunities for accessing our programs with added flexibility in scheduling .

Please give us a call for details.

Grief in Separation and Divorce

“Grief is the conflicting feelings resulting from the end of or change in a familiar pattern of behaviour.”

Separation and divorce-Many endings and changes. Everyone affected is grieving.

Grief is primarily a matter of our emotions. We must learn how to move our grief work from our heads to our hearts.

1-It's never too soon to begin healing your heart.

Admit that you are grieving - name your losses,
permit your feelings

Don't confuse busy with better

Seek out help - Every loss deserves to be grieved

2- Incompletion with our past will result in a pattern-driven future

3-Time by itself does not heal - Correct actions taken within time make the difference

The Grief Recovery Method Program

Things we need to know

Things we need to let go of

Things we need to do

A safe, supportive environment



The Grief Recovery Method®
by The Grief Recovery Institute®

The Action Program For Moving Beyond Loss of Any Kind



Martin Brothers
Funeral Chapels Ltd.

403.328.2361

610 – 4 Street South
Lethbridge, Alberta T1J 4P3
mbfunerals.com

Grief

The Definition

Simply defined, grief is the normal and natural reaction to significant emotional loss of any kind. While we never compare losses, any list would include death and divorce as obvious painful losses. Our list also includes many others; retirement, moving, pet loss, financial and health issues, among them.

The range of emotions associated with grief are as varied as there are people and personalities. There is no list of feelings that would adequately describe one person's emotions, much less an entire society.

Grief is individual and unique. As every relationship is unique, so are the feelings and thoughts each person will have about the relationship that has been altered by death, divorce, or for other reasons.

The Problem

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Dear, Children of St. Martha School:

My name is Jason Luddu; I am a coach of the Lethbridge Powerchair Soccer Program. I am reaching out to see if you have any students/ former students restricted to a wheelchair or with physical disabilities who would be interested in joining the program. Powerchair soccer is a sport for individuals with physical disabilities; it is played with powerchairs, bumpers and large balls. We can supply all three of these; personal powerchairs are also welcome. We are open to all age ranges and levels of ability. Our program is a place where individuals with physical disabilities can become athletes and join a community of individuals that was just like themselves. To try this program it is FREE of charge.

See attached for our poster and see this link to our Facebook page: <https://www.facebook.com/Lethbridgepowerchairsoccer>



LETHBRIDGE POWERCHAIR SOCCER

A SPORT FOR ALL LEVELS OF MOBILITY

 SUNDAYS 1-3 PM

 UofL North Gym

Contact:

 chase.petruska@uleth.ca

 403-371-8964









