



March 2023



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1st Sunday of Lent	<i>Girls</i> Basketball Practice 3:45-5:00pm	<i>Black History</i> Month <i>Celebration</i> 2pm Gr6 <i>Immunizations</i> <i>Boys Basketball</i> Practice 3:45pm	1 <i>Girls Game at</i> CSM 4:15 2:15pm 1st week <i>of Lent Liturgy</i> Kindergarten Winter walk	2 8:20 basket- ball players can practice in gym 9am Gr5 Fur Trappers <i>Boys Basketball</i> Practice 3:45pm	3 <i>no</i> Kindergarten class  Gr6 popcorn Sale 1.00	4
5 2nd Sunday Of Lent	6 <i>Girls Away</i> Game At <i>St Teresa</i> 4:15pm	7 <i>Boys away</i> game at SPFA 4:15 pm	8 2:45pm <i>2nd week of Lent</i> <i>liturgy</i> <i>Girls</i> Basketball Practice 3:45-5:00pm	9 <i>BB players can</i> practice in the <i>morning 8:20 am</i> 10:30 am Scientists in school gr1/2 M <i>Boys BB home</i> game vs <i>OLA</i> 4:15pm	10 Gr. 6 Ice cream sales \$1.00 ea	11
12 day light savings time  3rd Sunday of Lent	13 <i>Spiritual</i> Development Day No school for students	14 <i>Division</i> Collaborative Day No school for students	15 9am 3 rd week of Lent liturgy <i>Girls BB game</i> At <i>OLA 4:15pm</i>	16 <i>BB players</i> Can practice in the morning at 8:20 am, <i>Boys BB away</i> game vs <i>St Te-</i> resa 4:15pm Dental appts. @ 9:00am k-2	17 <i>Girls final</i> Basketball at CSM 12-4:00pm <i>Color team Day</i> wear green <i>Boys final at</i> SPFA 12-4 pm Gr6 popcorn	18
19 4th Sunday Of Lent	20	21	22 9:30am 4th week of Lent liturgy <i>School council</i> meeting 6 pm Gr6 going to FLVT for gr7 orientation	23	24 Gr6 ice cream sales \$1.00 ea.	25
26 5th Sunday Of lent	27 Spring photos and kindergarten grad Photos 9:30 am	28 Gr6 FLVT Parent information night 7-8pm at FLVT	29 10:15 5th week of Lent Liturgy 6pm HS Board Meeting Wednesday Kindergarten walk	30 5pm Celebration of Learning Parent/ Teacher interviews	31 9:00am Faith In Action Gr6 popcorn sale \$1.00 ea	

Associate Principal Message from Mrs. Janet Clamp

February was a short, busy month filled with much love. School council was able to host a family movie night in the gym. We celebrated Valentine's Day, shared Take What You Need Day with our community, acknowledged Pink Shirt day, and took a day of rest to recognize Family Day. It is somewhere in this busyness that each and every student and staff find a way to shine and share their talents. We are grateful for every opportunity we have to celebrate together.

As we begin the month of March we have many things to look forward to. The days are getting longer and the promise of spring is in the air. As Catholics we have also entered into the season of Lent. We know that Lent is a time to prepare ourselves for Easter. One of the most simple ways to deepen our connection with God during Lent is to turn to scripture. The Bible is more than just a book. It is our greatest teacher, it is the source of everything God wants us to know about him, his plans and his purpose. It is where we can learn everything we need to know in order to live our lives in his image, being an example and a light to those around us. If we take time this Lent to read scripture each day, to allow the Word to work through us, there will be no limit to what we can accomplish for the good and growth of his kingdom.

During Lent we are reminded how grateful we are to have the opportunity to journey and prepare together as a Catholic school community. Throughout Lent in our classrooms and as a community we will learn more about praying, fasting and almsgiving and how each of us, big and small can participate in these practices that bring us closer to God.



Important Dates

- First week of Lent Liturgy - Wednesday March 1 @ 2:15 PM
- Second week of Lent Liturgy - Wednesday March 8 @ 2:45 PM
- Third week of Lent Liturgy - Wednesday March 15 @ 9:00 AM
- Fourth week of Lent Liturgy - Wednesday March 22 @ 9:30 AM
- Fifth week of Lent Liturgy - Wednesday March 29th @ 9:15 AM
- Lenten Mass - @ St. Martha Parish - Wednesday April 5th @ 9:00 AM
- Student Retreat - Wednesday April 5th

Blankets of Hope

Starting in the first week of March the students will once again participate in the Blankets of Hope.

This is a project we were able to participate in for the last 5 years and are excited to be doing it again. Our students will be writing letters of hope and well wishes that we will wrap around the blankets. The blankets will be distributed through Streets Alive, to Parish members and to community members who could use a pick me up. It always fills our hearts to help!



Spring Photos and Kindergarten Grad Pictures

Spring Pictures and Kindergarten Grad Photos

Lifetouch will be here at the school to take graduation pictures of our kindergarten classes starting at 9:30 on March 27th

They will also take spring photos for the school and they will be available for purchase as they were in the fall. There is no obligation to order.

Any questions please phone the school office for information. 403 381-8110





SpacesEDU Parent Informational links from the session that was held in February:

Link to recording of parent session:

<https://www.youtube.com/watch?v=AgZka1e4sEY>

Email for Spaces Tech Support:

hello@spacesedu.com

Family Feedback Prompts/Conversation Starters:

https://spacesedu.com/wp-content/uploads/2020/02/Family_Feedback_Prompts_en.pdf

Submit an Idea for a Feature:

<https://portal.productboard.com/cmpff5sud4dyojty756hfrdh/tabs/2-coming-soon>

(click on the blue 'Submit idea' button in the top right)

Family Getting Started Guide:

https://spacesedu.com/wp-content/uploads/2021/10/SpacesEDU_Family_GettingStartedGuide_en.pdf

Family Privacy Kit:

https://spacesedu.com/wp-content/uploads/2022/09/Family_Privacy_Kit_en.pdf

March

Arise! Pilgrims of Hope



*"Surely goodness and mercy shall follow me all the days of my life,
and I shall dwell in the house of the Lord my whole life long."*

Psalm 23:6

St. Hildegard of Bingen 1098-1179 (Feast Day: September 17)

Abbess, artist, author, composer, mystic, pharmacist, poet, preacher, theologian—where to begin in describing this remarkable woman? Born into a noble family, she was instructed for ten years by the holy woman Blessed Jutta. When Hildegard was 18, she became a Benedictine nun at the Monastery of Saint Disibodenberg. Ordered by her confessor to write down the visions that she had received since the age of three, Hildegard took ten years to write her *Scivias* (Know the Ways). Pope Eugene III read it, and in 1147, encouraged her to continue writing. Her *Book of the Merits of Life* and *Book of Divine Works* followed. She wrote over 300 letters to people who sought her advice; she also composed short works on medicine and physiology, and sought advice from contemporaries such as Saint Bernard of Clairvaux.

Hildegard's visions caused her to see humans as "living sparks" of God's love, coming from God as daylight comes from the sun. Sin destroyed the original harmony of creation; Christ's redeeming death and resurrection opened up new possibilities. Virtuous living reduces the estrangement from God and others that sin causes.

Like all mystics, Hildegard saw the harmony of God's creation and the place of women and men in that. This unity was not apparent to many of her contemporaries. In 2012, Hildegard was canonized and named a Doctor of the Church by Pope Benedict XVI. Her liturgical feast is celebrated on September 17.



Holy Moments In Our Schools

At their weekly Gospel reflection time, a blindfolded student had to stay focused on and follow the voice of God instead of the 'voice' of poor choices and turning away from God. (Matthew 4:12-17) Bringing faith to life happens at St. Patrick Fine Arts!



The Spiritual Works of Mercy – Lent

So far in this school year, we have explored a variety of the Spiritual Works of Mercy:

- **Admonish the Sinner** - journey together while being supportive of others when they need correction. Learn to walk more closely with Christ.
- **Counsel the Doubtful** - listen to counsel and instruction, witness to God's love in your actions. Accompany friends who are struggling by helping them reorient towards Christ.
- **Pray for the Living and the Dead** - join together in praying for your fellow Christians in the Body of Christ, and the communion of the saints. Pray with and for others.
- **Instruct the Ignorant** - be open to learning more about your faith. Look for ways to increase your formation and speak with others about our beliefs.
- **Forgive Offenses** - while it can be difficult, we are called to forgive others as God forgives us. We are freed when we forgive.

As we continue through our Lenten days, we can draw inspiration from the saints as we engage in fasting, prayer, and almsgiving, and seek to grow in our own mercy towards others.

"Believing means entrusting oneself to a merciful love which always accepts and pardons, which sustains and directs our lives, and which shows its power by its ability to make straight the crooked lines of our history." (Lumen Fidei 13)

Sources:

[St. Hildegard of Bingen](#)

[The Fruit of the Holy Spirit: What Is Goodness?](#)

[St. Hildegard's advice for building healthy self-confidence](#)

[Home Page](#)

The Fruit of the Spirit – Goodness

What exactly is goodness? The word 'good' is used so frequently in our everyday lives that it almost loses its meaning. For example, how many times a day do we say, "good morning" and "good luck" and "good work"? But, the Bible tells us that the word 'good' actually means holy, pure and righteousness. Literally goodness is godliness.

Goodness can often be seen in our actions, but our heart also has to be pure. The goodness of Christ is to be demonstrated in our lives every day. Psalm 23:6 says, "Surely goodness and mercy shall follow me all the days of my life, and I shall dwell in the house of the Lord forever."

God calls us to be filled with goodness from the inside out, being holy in what we do and say because Christians should have a heart that seeks goodness. We are not to just do good works, because doing good works without a good heart is empty. The 'goodness' described as a fruit of the Spirit is not merely moral behavior, but an excellence of character. This goodness is only possible through God's grace and mercy.

Goodness is not about doing elaborate things to gain recognition. Oftentimes, it is the small acts of goodness we do throughout our day that mean the most to those around us. Is your friend having a bad day? Write them a note to let them know how much you care about them. Is someone putting you down? Pray for them.

It is in these acts of goodness that we reflect Christ's character and possess the fruit of the Spirit. While it may seem like no one notices, God does. Ultimately, when we show goodness, we bring glory to God's name.

"According to St. Hildegard...In the story of the creation of the world, God considers all his work—including humankind—to be very good."

- Marzena Devoud



Reflecting on the life of St. Hildegard...

St. Hildegard Showed “Goodness”

As a Benedictine nun, Hildegard advocated and practiced moderation and balance—two things we recognize today as being important for well-being. As we have seen, she was also “good” at a great many things! Sometimes, we may be hard on ourselves, and overlook the ways in which we are both good at things, as well as good - holy inside and out, in what we say and do. While she thought of each of us as a ‘living spark’, a glimpse of the radiance of God, we might not always feel the same.

In [this article](#), the author delves into the effect that our mindset and beliefs can have on us when we think negatively, or lose the balanced sense of self. She references St. Hildegard of Bingen’s sense of harmony between body, soul and mind, and how important it is to look at ourselves fairly but positively - the way that God sees us. As she writes,

In a letter addressed to her friend Father Bertulf and quoted in a book by Hildegard Strickerschmidt, the German abbess stresses the danger of self-criticism. She writes, “You remind me of a man who looks at his face in the mirror, but does not rejoice because he is overwhelmed by doubts about his beauty.



Your heart then looks like a building visible from afar, but covered with fog ...”

The mental fog that St. Hildegard speaks of in the Middle Ages is a concept commonly used in contemporary psychology. Under the influence of negative thinking, we are unable to see our positive character traits.

Aren’t we dissatisfied most of the time with our own appearance when we look in the mirror? This inferiority complex, which destroys the joy of who we really are, can also affect our spiritual and intellectual life.

In her letter, St. Hildegard describes the abbot’s goodness, which was clear to everyone around him but which he himself was unable to appreciate. A little negative inner voice was poisoning his spirit, preventing him from making the most of his gifts.

According to St. Hildegard, we must seek the talents that lie dormant in us, rejoice in them, and cultivate them. God created humanity out of love, and made us his partners. In the story of the creation of the world, God considers all his work—including humankind—to be very good. St. Hildegard of Bingen, pray for us!

Gospel Readings

March 5, 2023

2nd Sunday in Lent

Gospel Reading: Matthew 17:1-9

“This is my beloved Son, with whom I am well pleased, listen to him.” — Matthew 17:5

During the Transfiguration, Jesus reveals his true glory to his closest friends. Similar to his baptism in the Jordan, the Father speaks from heaven to announce that Jesus is his “beloved Son.” Like a proud parent, God the Father is telling us that he is delighted by his son. He also tells us to “listen to him,” so we can follow Jesus and live how he lived: paying attention to the poor and the outcast, fighting for what is right, and bringing comfort to those who are hurting. If we listen to Jesus and follow him our hearts will get bigger and we will grow into everything God wants us to be.

Dear Lord, help us to walk in Jesus’ footsteps, and to listen to him. Give us courage to follow him wherever he leads us!

How can you improve your listening skills, to better hear God’s voice?

March 12, 2023

3rd Sunday in Lent

Gospel Reading: John 4:5-42

“Jesus answered and said to her, ‘If you knew the gift of God and who is saying to you, ‘Give me a drink,’ you would have asked him and he would have given you living water.” — John 4:10

We know that water is important in the Bible - it is used to cleanse, to baptize, to give life, and to promote growth. What Jesus was saying to the Samaritan woman, and to us, is that HE can cleanse us, HE baptizes us and removes our sin, HE gives life through his name, and that HE carries us through our growth in the sacraments and our love for him. Jesus is the living water that is poured into our hearts and reaches every corner of our being!

Dear Father, thank you for this living water that you offer so freely to us. May it bring us into a deeper love for you.

What are some of the ways water is used in our Church’s rituals?

March 19, 2023

4th Sunday in Lent

Gospel Reading: John 9:1-41

“We know that God does not listen to sinners, but if one is devout and does his will, he listens to him.” — John 9:31

Many of us want to make our requests known to Jesus and then we want him to answer them exactly the way we want. But that doesn’t require much faith. In fact, it is almost as if we are blind to what it is that God may want for us. We choose only to see things the way we want. But Jesus wants us to open our eyes and take a step of faith, seeing him as the Son of God, who came to show us how to live and love. If we can step into that understanding of him, then we will be more willing to listen to his response to our prayers, even if it is not the answer we wanted. This is truly living out God’s will in our lives.

Father in heaven, thank you for loving us so much so that your answer to our prayers is always what we need, even if it’s not what we imagined. Please teach us to accept your answers with patience and gratitude.

Share a time when your prayers were answered. Then try to think of a time when they were not answered the way you wanted them to be. How did you feel about God in both these situations?

Gospel Readings

March 26, 2023

5th Sunday in Lent

Gospel Reading: John 11:1-45

"Martha said to Jesus, 'Lord, if you had been here, my brother would not have died. But even now I know that whatever you ask of God, God will give you.'" — John 11:21-22

When things are going your way and life seems good, it is easier to believe in Jesus, isn't it? But when things get tough and you are full of doubt, it may be easy to question Jesus. Martha shows us, in today's Gospel, what great faith looks like. She knew and loved Jesus very much. She saw how God had worked miracles through him. She saw how Jesus had brought peace and forgiveness to so many. No matter how hard her life seemed at the moment of her brother's death, she did not lose faith in Jesus. It made her believe even more. We, too, are called to this great faith. Whether things are good or tough, Jesus is always the same. He is always there for us and he loves us very much. We just have to have faith and believe.

Dear Lord, thank you for always being with us through good and difficult times. Please give us the faith to know you are with us even when we can't feel it.

Talk about a tough time in your life when you felt God's presence.

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



The Annunciation of the Lord

The feast of the Annunciation is celebrated on March 25, nine months before Christmas. This feast celebrates the day the Angel Gabriel appeared to Mary and asked her to be the Mother of Jesus. Mary was an ordinary girl from a simple town. Yet, God chose her from all time, and set her apart to be the mother of His Son. She was preserved from the stain of original sin from the very moment of her conception. This is the doctrine of *The Immaculate Conception*. Through her yes, Mary teaches us what our response to God should be. Being "Full of Grace" did not diminish Mary's ability to say no. She could have said no to the Angel but she freely chose to say yes.

"Mary showed complete trust in God by agreeing to be used as an instrument in his plan of salvation. She trusted him in spite of her nothingness because she knew he who is mighty could do great things in her and through her. Once she said "yes" to him, she never doubted. She was just a young woman, but she belonged to God and nothing nor anyone could separate her from him."

— St. Teresa of Calcutta —



March



Arise!
Pilgrims of Hope Journal

WEEK ONE

God helps us to persevere through our challenges. How were you able to focus on God this week?

Additional Sources:

[The Annunciation: The Handmaid of the Lord](#)

[Home Page](#)

WEEK TWO

Mercy is the foundation of the Church's life. When did you receive a second chance this week?

Do not, O Lord,
withhold your mercy
from me;
let your steadfast love
and your faithfulness
keep me safe forever.

Psalm 40:11



WEEK THREE

The Eucharist reminds us that we are not isolated individuals, but one body. When did you taste the goodness of the Lord this week?



WEEK FOUR

Christ is "the light which conquers darkness, and we are asked to keep alight the little flame that was entrusted to us on the day of our Baptism." Pray for God's help in keeping your flame alight.



O God, by whose grace your servant Hildegard,
kindled with the Fire of your love, became a burning and shining light
in your Church: Grant that we also may be aflame with
the spirit of love and discipline, and walk before you as children of light;
through Jesus Christ our Lord, who lives and reigns with you,
in the unity of the Holy Spirit, one God, now and forever. Amen.

St. Hildegard of Bingen, pray for us

Prayer Source:
[Novena To St. Hildegard Of Bingen](#)

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



Become a

HOMESTAY FAMILY

The BEST thing about memories...
is making them!

CONTACT US FOR MORE INFO

Donna Faulkner
Homestay Coordinator
Holy Spirit Catholic School Division
620 12B St. N.
Lethbridge, AB, T1H 2L7
Phone: (403) 330-7382
homestay@holyspirit.ab.ca

HOST FAMILIES PROVIDE...

- Private bedroom
- 3 wholesome meals/day +snacks
- Quiet, bright study space
- Access to common areas
- Laundry
- Emotional/Academic support
- Interaction with family members
- Participation in family activities
- Internet connection

HOST FAMILY BENEFITS...

- Learn another culture's traditions and customs
- Share Canadian culture with your student
- Create lasting memories and experiences
- Spend more family time together
- Develop a new friendship with your student
- Receive \$900 monthly to cover the expenses of hosting your student
- Build an interest in culture, language and future travel opportunities for your family



2023 Lethbridge Cougars Basketball Club TRYOUTS

***IF YOU ARE ENROLLED AT A HOLY SPIRIT ELEMENTARY, JUNIOR HIGH, or HIGH SCHOOL YOU ARE INVITED TO COME TRY OUT FOR, *Lethbridge Cougars Basketball Club*! TRYOUTS WILL BE HELD AT:**

Catholic Central High School - EAST CAMPUS: 405-18th Street South

Girls U11/13/15 TRYOUTS MON. MAR. 20 & WED. MAR. 22	Boys U11/13/15 TRYOUTS TUES. MAR. 21 & THUR. MAR. 23	Boys/Girls U17 TRYOUTS THURS MAR. 23 & FRIDAY MAR. 24
GIRLS U11 5:45 - 7:00 PM	BOYS U11 5:45 - 7:00 PM	BOYS: THUR. 4:30 - 5:45 PM
GIRLS U13 7:00 - 8:30 PM	BOYS U13 7:00 - 8:30 PM	FRIDAY: 3:00 - 5:00 PM
GIRLS U15 8:30 - 9:45 PM	BOYS U15 8:30 - 9:45 PM	GIRLS: FRI. 1:00 - 3:00PM

IMPORTANT NOTES FOR TRYOUTS:

- *PLEASE TRY TO ENSURE YOU ARE AT BOTH TRYOUT DATES.**
- *PLEASE ARRIVE AT LEAST 15 MINUTES EARLY FOR REGISTRATION**
- *BRING YOUR RUNNING SHOES, SHORTS, AND COUGAR JERSEY IF YOU HAVE ONE.**

EVERYONE IS WELCOME TO COME & TRY OUT. SEE YOU THERE! CONTACT lethbridgecougarsbasketball@gmail.com for more information



**Deadline to Sign up: Friday, MARCH 17th * TO SIGN UP FOR TRYOUTS:
LETHBRIDGECOUGARS.CA**

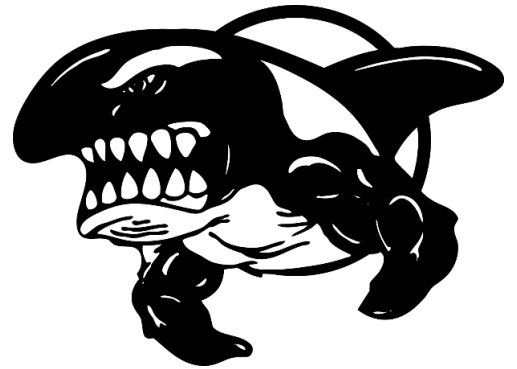
Building foundations and inspiring athletes to excellence on and off the court.



LETHBRIDGE ORCAS

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

Come join the Lethbridge Orcas Summer Swim Club.



2023 Registration Dates

Returning Swimmers – March 1

New Swimmers – March 15

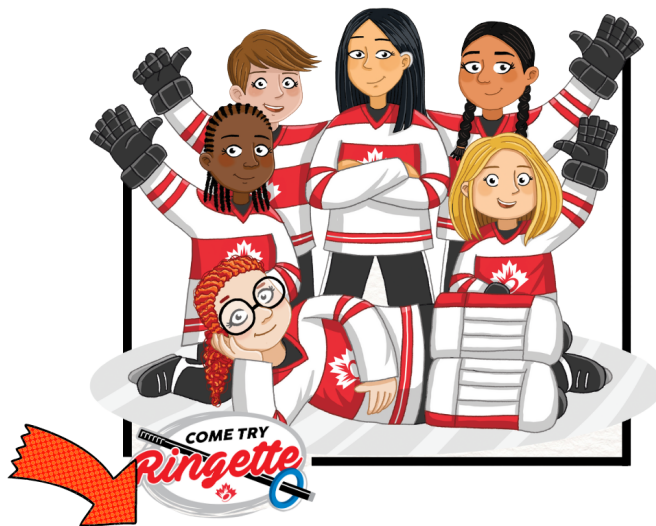
Summer Swim Club runs from May 1st to Mid Aug for the 2023

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



Lethbridge

March 11 from 11:15 am
ATB Centre

Registration and Dressing 11:15-11:45

ON ICE 11:45-12:45

Please register in advance @ cometryringette.ca

All ages and skill levels are welcome!

Meet our staff for March

Mrs. Snopek

Hello! My name is Allison Snopek and I have been lucky enough to have worked at The Children of St Martha since 2014. When I am not teaching, I am spending time with my husband, Kris, and our two sons. Milo is 5 and Quinn is 3. We enjoy spending time outdoors, tickle fights, and pretend play. I have enjoyed this year so far and can't wait for more great experiences to come!



Mrs. Marsh

Hi I'm Stephanie Marsh,
I've been blessed to be part of the Children of St. Martha family since 2020. I grew up in Dudley, West Midlands, England and immigrated to Canada in 2014. My family and I lived in Sylvan Lake for 5 years before moving to Lethbridge. Here I live with my husband Craig, our four children Charlie-Mai (16), Lexi (13), twins Archie and Alfie (11) and our dog Kobe. I love everything about Lethbridge except the wind. I hope to be here at CSM for a long time, it is a pleasure to call this place work! I love to come to school to see the smiling faces of our beautiful children every day. In my spare time I enjoy reading and hanging out with my family.



Mrs. Williams

Hi my name is Ms. Williams
I have 3 beautiful young adult children and 2 dogs! They are my world!
Over the years my passion has been travelling around the world for leisure and spiritual retreats! I have been blessed to spend time with elders from Peru and also elders from the Blackfoot culture!
Recently I was blessed with a Blackfoot name: MA KSO, KSI SS KS TA KI AKII
"Pretty Beaver Woman"
This has been life changing in my growth on this journey of life!
I meditate daily and have done many days of silent retreats!
Another passion of mine is the gift and blessing to be able to work in the school system with pre-k children! They are always teaching me, as well as the beautiful staff I have the pleasure of working with!



FAITH IN ACTION

FEBRUARY: LOVE ako mimm



University of
Lethbridge



MATH FAIR



**Sunday, March 19 | 9AM - 1PM | AH175, 176, 177
Anderson Hall**

Fun math activities for students in grades K-12

- * Platonic Solids
- * Math Games
- * Mathematical Colouring

Please drop in and have fun, everyone is welcome!

Free parking - Lot F



Pacific Institute *for the*
Mathematical Sciences

REGISTRATION NOW OPEN

REGISTER AT:

www.lethbridgeminorsoftball.com

REGISTRATION ENDS MAR 31ST

Lethbridge Minor Softballs goal is to grow the sport of softball while providing a great experience for kids ages 3-19 from Apr -Jun.

We also offer a competitive provincial team for players interested in challenging themselves further.

We believe you are never too old to play and regardless of experience we welcome you to come out and learn the sport of softball that provides fun with physical activity!

