

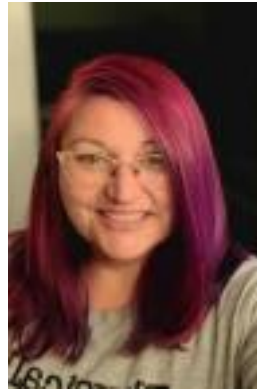
October 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 Worry Dragons	4 Meet the Teacher/Open House 5:30-7:30	5 Turkey trot (dress like a turkey)	6 Wear green for Cerebral Palsy day	7
8	9 Thanksgiving Day No School 	10 Worry Dragons Week 2	11 1pm Young Drums	12 9am 5/6A&1W going to Mass	13	14
15	16	17 Worry Dragons Week 3 Junior achievement for Gr.5 9:00-11:45	18 Picture Day in The gym 	19 reconciliation Retreat for Gr.2 Gr1/2& 2 going to Mass @9:00am	20	21
22	23 Division Collaboration Day No school for students	24 Worry Dragons Week4	25 Division Board meeting 1pm Young Drums	26 Adoration 10:15 at  CSM	27	28
29 Christmas fundraiser (wreaths& Purdies Chocolates) Wait for more details From School Council	30 Recognition Assembly Wear Your Team Color- Kindergarten Am Leads 6:30pm School Council meeting	31 Halloween Assembly am				

Welcome to our New Staff Members

Candace Bradford -- FNMI Support Facilitator

ki?su?k kyukyit / Oki / Tansi



I am a member of the Ktunaxa Nation. My home community is Yaq̓ it ?a·knuq̓i 'it also known as Tobacco Plains First Nation in Grasmere BC. My maternal family's last name is Gravelle. I am a mother to three amazing young men and my youngest child attended this school from K-5. I moved to Lethbridge to attend post-secondary school about 20 years ago and quickly found my second home here. I have been working with Children & Youth in many different capacities across my lifespan. I was an FNMI Liaison for School District 51& worked at It's a BLAST Program as a Team Leader to create a soft place to land for children in Care.

I am so excited to start the year working as Your FNMI Facilitator. Please feel free to stop in to see me in my office, send me an email, call, or text during school hours.

Let's work together to create positive memories and experiences during the time your child spends here.

Candace Bradford
FNMI Facilitator Children of St Martha Elementary School
Bradfordc@holyspirit.ab.ca
School phone (403)381-8110
Work cell phone (403)308-4531



Tanner Shurtz—Practicum Student U of L

Hello St. Martha students, staff, parents, and all other stakeholders. My name is Tanner Shurtz and I am so excited for the opportunity to join you all in September as a practicum student from the University of Lethbridge's addictions counseling program. My role at the school will be in supporting the family first facilitator and the school liaison counsellor. My wife and I have two wonderful children, a mischievous cat, and a very hairy Golden Retriever all of whom we love so much. I enjoy taking my dog on long walks while listening to books, going hiking all over Southern Alberta, and camping with my family. I play many different sports for fun and enjoy pretty much anything that involves a board under my feet. I cannot wait to begin my journey at St. Martha, and I am so grateful for this opportunity. See you all in September!!

Nicole Hoytos

Hello families of Children of St. Martha!

My name is Nicole Hoytos and I am joining this fantastic school as a kindergarten educational assistant! This will be my 4th school year as an educational assistant. I am so excited for this school year and to work with all the new fresh faces.

When I'm not at the school, you will find me with my husband and 2 children (11 & 9), camping, working on a good puzzle or playing with our dog Grey.



October

Build! Pilgrims of Hope



"To each is given the manifestation of the Spirit for the common good."

1 Corinthians 12:7

Saint Marguerite d'Youville 1701-1771 (Feast Day: October 16)

St. Marguerite d'Youville is the first native-born Canadian to become a canonized saint in the Catholic Church. She was born just outside of Montreal in 1701 into a growing family, but at the age of seven, her father died, which left the family impoverished. She left school to help work and take care of the family, and later married Francois d'Youville. Her marriage and family life were challenging; Francois was a dishonest businessman and did not care deeply for Marguerite, and four of their six children passed away at young ages. Upon Francois' death in 1730, a priest told Marguerite:

"Console yourself, Madame, God has destined you for great works, and you will rebuild a crumbling house."

Despite all of the sadness and challenges of her early life, Marguerite was convinced of God's presence in her life, and sought to make real to others his compassionate love. In 1737, Marguerite and some other women established a home for the poor in Montreal. Over time, the group became a religious order and took over the General Hospital in Montreal. The Grey Nuns, as they were commonly known, cared for the elderly, the ill, and the poor of the surrounding communities, and eventually spread to nearly every continent to feed the hungry and serve the common good.

"Building" In Our Schools

This year, the call in our Holy Spirit Catholic School Division Faith Plan is to *Build!* St. Patrick Fine Arts is celebrating all the ways community members can *build* others up through their words and actions. Students are encouraged to fill out a "Project BUILD Slip" when they've experienced or seen a kind word or action and place it in the "Project BUILD Box". During morning announcements, the slips are read as an encouragement to all, that we are created with a purpose and a calling to build God's Kingdom through service to others.



Corporal Works of Mercy

— Feed the Hungry —

So many people in our communities and world do not have enough food to eat. As we enjoy Thanksgiving this month, it is a good time to pause and reflect on how we may be blinded to our own waste or excess. On top of hunger, we also know about the expansion and impact of food insecurity. According to a Caritas study, only 19% of countries worldwide have full food security, and inside those we know that experiences vary drastically. As Pope Francis said,

"Consumerism has led us to become used to an excess and daily waste of food, to which, at times, we are no longer able to give a just value, which goes well beyond mere economic parameters. We should all remember, however, that throwing food away is like stealing from the tables of the poor, the hungry!"

What might some practical suggestions be?

- See to the proper nutrition of your loved ones
- Support and volunteer for food pantries, soup kitchens, and agencies that feed the hungry
- Make a few sandwiches to hand out as you walk through areas where you might encounter people in need
- Educate yourself about world hunger
- Avoid wasting food
- Share your meals with others

Pope's Prayer Intentions - For the Synod - Let us pray for the Church, that she may adopt listening and dialogue as a style of life at every level, allowing herself to be guided by the Holy Spirit towards the world's peripheries.

Catholic Social Teaching

— Common Good —

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.

All of the Catholic Social Teachings are embedded in our relationship with God and others. Because we each have inherent dignity, being created in the image and likeness of God, we are called to live, learn, and work together in community. We are built for relationship, in the same way that our triune God is a relationship. The Catechism of the Catholic Church notes that: "The good of each individual is necessarily related to the common good...The common good concerns the life of all."

There are three main elements required for the common good:

(1) Respect for the person; (2) Social well-being and development; and (3) peace. Lastly, "The dignity of the human person requires the pursuit of the common good. Everyone should be concerned to create and support institutions that improve the conditions of human life." (CCC 1905-1926)

As we build our societies, we are called to organize in ways that promote human dignity, and consider what is good for all human persons.

Resources:

[The Common Good](#) (The Religion Teacher)

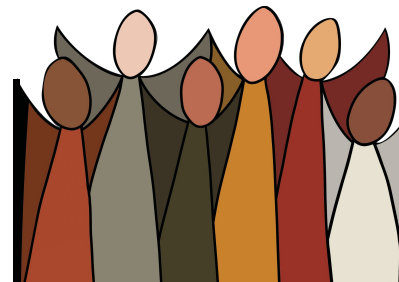
[The Common Good](#) (Caritas Australia)

[What exactly is the Common Good](#)

(Duquesne University)

[The Common Good](#) (CAFOD)

"The Lord calls us to share in his work of creation and to contribute to the common good by using the gifts we have received." (Christus Vivit 253)



Gospel Readings



October 1, 2023

26th Sunday in Ordinary Time

Gospel Reading: Matthew 21:28-32

“Do nothing out of selfishness or out of vainglory; rather humbly regard others as more important than yourselves, each looking out not for his own interests, but also for those of others.” — Philippians 2:3-4

In my family it is not always easy to think of others before myself. There are many days that I just want to do my own thing, and maybe even be left alone. But today’s scripture tells me not to be selfish—thinking only of myself—but to consider others as more important than what I want. Jesus taught us the same thing when he gave us the two great commandments. He told us to love God with all our heart, mind, and strength. He also taught us to love our neighbors as ourselves. This sounds easier than it is sometimes, but if we ask the Lord to help us, he always will.

What are some ways I can put others in my family first?



Prayer:

Lord, please teach me how to love those around me in a self-sacrificing way. As I do, I know I will grow closer to you.



October 8, 2023

27th Sunday in Ordinary Time

Gospel Reading: Matthew 21:33-43

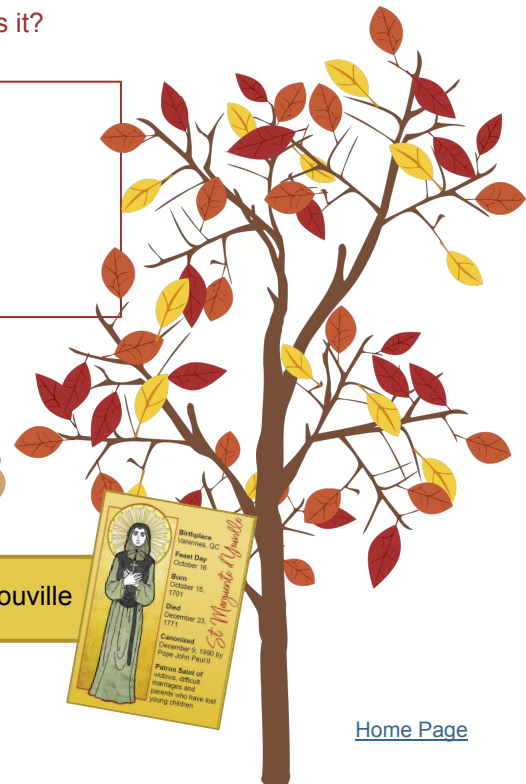
“...whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is gracious, if there is any excellence and if there is anything worthy of praise, think about these things.” — Philippians 4:8

There are many ways for us to be entertained these days: video games, movies, books, social media, television, and much more. It can be difficult sometimes to decide what we should and should not be taking in. Are all of these activities making me a better person? Today’s scripture helps us to have a holy focus. If we apply what it is telling us about being true, honorable, just, pure...then the things we use to entertain ourselves will help us grow closer to the Lord, not farther away from him.

Are you aware of any entertainment your family engages in that God may not like? What is it?
Can you substitute other activities that are more in line with today’s scripture?

Prayer:

*Dear Lord, help me to always be thoughtful about the things I let into my heart and mind.
May they always be things that will cause me to praise you.*



Download this month's [Saint Prayer Card](#) - Saint Marguerite d'Youville



Gospel Readings



October 15, 2023

28th Sunday in Ordinary Time

Gospel Reading: Matthew 22:1-14

“I can do all things in him who strengthens me.” — Philippians 4:13

There are times when a task makes me feel overwhelmed. I talk myself out of being able to even try it. I put it off until I convince myself that I can't do it. Today's scripture gives us hope that because we are children of God we can do ANYTHING because it is Christ who gives us what we need to do the task before us. When we feel defeated, we simply need to remind ourselves of the grace we received at baptism. Jesus is on our side, and he makes us stronger!

Name some times that you felt defeated, then asked God to help you.



Prayer:

Dear Lord, thank you for your overflowing grace that makes use strong, even when we feel down. Your love and grace are never ending.

October 22, 2023

29th Sunday in Ordinary Time

Gospel Reading: Matthew 22:15-21

“We give thanks to God always for all of you, remembering you in our prayers.” — 1 Thessalonians 1:2

It is common that people turn to God in their need, asking for help and for God to fix bad things. But today's scripture encourages us to always give thanks to God in prayer, for the good things and even the bad. Most especially, remember to pray for others and their needs. It can be a blessing to others to have someone praying for them, even if they are not aware of it. They may feel a little happier the day you pray for them, without knowing why. You could consider yourself a “secret agent of prayer” working for God.

Who are some of the people you can pray for on a regular basis?



Prayer:

Dear Lord, we thank you for all the special people you have put into our lives. Please bless them in a special way today.

October 29, 2023

30th Sunday in Ordinary Time

Gospel Reading: Matthew 22:34-40

“You shall love the Lord, your God, with all your heart, with all your soul, and with all your mind.” — Matthew 22:37

I really love watching TV. I also really love eating ice cream. I especially love getting presents. But this kind of love always leaves me wanting more and never feeling satisfied. Jesus gave us hints of how we could be truly fulfilled, by turning our focus to God and giving him all the love we have inside ourselves. By giving God all the love we have inside of us, we are able to give him the credit he deserves for all the good things in our lives, which in turn can also help us appreciate them more. What an awesome God we have, so deserving of all our love.

What are some things that you “love” that can get in the way of your love for God?



Prayer:

Lord, thank you for loving me more than I could ever understand. Please help me to love you with all the love I have, to show you how glad I am to be your child.

[Home Page](#)



Sources:

[St. Marguerite d'Youville](#)
[Marie Marguerite d'Youville](#)
[Saint Marguerite d'Youville](#)

[Practical Suggestions for Practicing the Corporal and Spiritual Works of Mercy](#)

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

 <p>Assumption Church Lethbridge</p> <p>Father Kevin Tumback Father Santiago Torres</p> <p>Mass (Saturday): 5:00 pm Mass (Sunday): 9:00 am (Live-streamed) 6:00 pm</p> <p>2405-12th Avenue S. Lethbridge, AB T1K 0P4 Tel: 403-327-8931</p>	 <p>St. Basil's Church Lethbridge</p> <p>Father Kevin Tumback Father Santiago Torres</p> <p>Mass (Saturday): 7:00 pm Mass (Sunday): 7:30 am 11:00 am</p> <p>604 13 Street N. Lethbridge, AB T1H 2S7 Tel: 403-327-8931</p>	 <p>St. Martha's Parish Lethbridge</p> <p>Father William Monis</p> <p>Mass (Saturday): 5:00 pm Mass (Sunday): 9:00 am 11:00 am</p> <p>355 Columbia Blvd. W. Lethbridge, AB T1K 5Y8 Tel: 403-381-8891</p>
 <p>Ss. Peter & Paul Parish Lethbridge</p> <p>Father Gary Sedgwick</p> <p>Mass (Saturday): 8:30 am Mass (Sunday): 10:00 am</p> <p>643 12B Street N. Lethbridge, AB T1H 2L6 Tel: 403-328-4753</p>	 <p>St. Ambrose Parish Coaldale</p> <p>Father Ian Gagne</p> <p>Mass (Sunday): 9:00 am 4:00 pm</p> <p>1523-23rd Avenue Coaldale, AB T1M 1E2 Tel: 403-345-3400</p>	 <p>St. Catherine Parish Picture Butte</p> <p>Father Ian Gagne</p> <p>Mass (Sunday): 11:00 am</p> <p>762 Crescent Avenue Picture Butte, AB T0K 1V8 Tel: 403-732-4433</p>
 <p>St. Augustine Parish Taber</p> <p>Father Philip Van Tinh Le</p> <p>Mass (Saturday): 5:00 pm Mass (Sunday): 9:00 am</p> <p>5009-48th Avenue Taber, AB T1G 1T4 Tel: 403-223-2226</p>	 <p>St. Michael's Parish Bow Island</p> <p>Father Wojciech Jarzecki</p> <p>Mass: 9:00 am</p> <p>1101-1st Street E. Blow Island, AB T0K 0G0 Tel: 403-545-2023</p>	 <p>St. Michael's Parish Pincher Creek</p> <p>Father Myles Gaffney</p> <p>Mass: 10:00 am</p> <p>958 Christie Avenue; Box 339 Pincher Creek, AB T0K 1W0 Tel: 403-627-3071</p>

Worry Dragon News

Welcoming your child into a Family Centre program
hosted at your school!

Who is Family Centre

We are a local non-profit organization offering family support programs including parent/child play, programs for children, and parent support and education programs. To learn more, check out our website: www.famcentre.ca

What is Worry Dragons

This program will be offered in your child's school and will help your child learn to identify their worries and provide them with tools to manage anxiety. They will learn about the types of dragons we all face. They'll explore how these dragons make our bodies feel and develop some coping tools they can use any time. Each week a parent newsletter will be sent home to give you insights into what your child is learning



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Worry Dragons News

Reminders

If you have more questions about what Family Centre can offer you, please call our Family Connector at 403 320 4232 ext 204 and ask to speak to Dolores

Message to the Parents

Thanks so much for allow Family Centre to provide you with information about children's worries and anxieties. We believe parents are children's first and foremost teachers. We are honored to support your family as you navigate life!

Facilitators at Ecole St. Mary's:

Dolores & Taylor

Facilitators at St. Martha's:

Jessica & Terri

