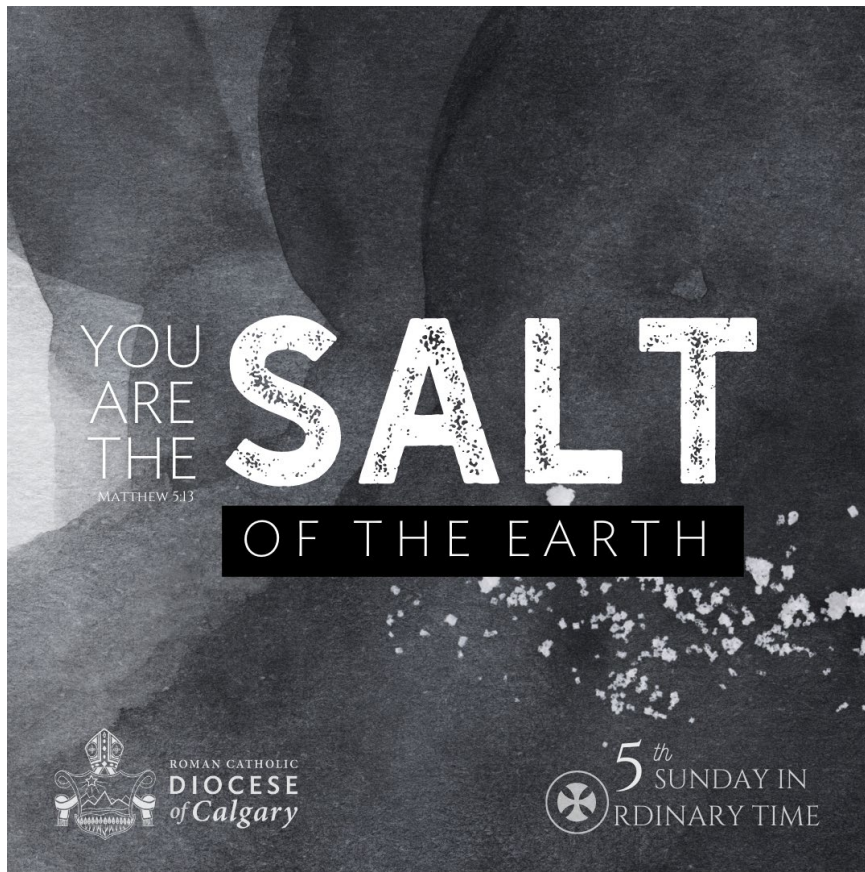


Fifth Sunday in Ordinary Time



Visit the [Diocesan Event Calendar](#)

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Weekly reflections can be found here:

[Vatican News](#) | [The Sunday Website](#)
[Sunday Connection](#)

Daily and Sunday Mass Prayers & Readings: [CCCB Daily Readings](#) (pick the desired date)

Full schedule of Parish Livestream Masses: <https://www.catholicyc.ca> | TELUS Optik TV Ch. 877 (choose Diocese of Calgary tile logo). For other online Masses, visit [Salt+Light TV](#), [Shalom World TV](#), [EWTN](#) and [Vision TV](#)

Resources

- [Sacraments & Liturgies](#)
- [Spiritual Resources](#)
- [Sacrament Preparation](#)
- [Online Formation Opportunities](#)

Kid's challenge this week: If we love other people and do what we can to help them, then other people will see how great God's love is. We will be like the light that shines and is not covered up, so that everyone can see. How will you be like a shining light this week? (Source: CAFOD)

- [Colouring page this Sunday](#)
- [Kid's Bulletin for this Sunday](#)
- [Sunday Connection for the 5th Sunday in Ordinary Time \(Gr. 1-8\)](#)
- [Children's Liturgy of the Word this Sunday](#)
 - [Children's Liturgy sheet for leaders/parents](#) (CAFOD) | [Illustration](#)
 - [Children's Liturgy of the Word with Miss Heidi](#) (Catholic TV)

Pastoral Care Ministry Training

The Diocese of Calgary is offering a Pastoral Care Ministry Training for those who feel called to assist their parish in a healing ministry to the sick, elderly, dying, homebound and bereaved members.

- **Session 1:** Friday, March 24 (7 to 9 pm) to Saturday, March 25 (9:30 am to 4 pm)
- **Session 2:** Friday, March 31 (7 to 9 pm) to Saturday, April 1 (9:30 am to 4 pm)

Location: Catholic Pastoral Centre (120 17 Ave SW, Calgary)

Registration Fee: \$50/person (Covers training costs, lunch for both sessions, and refreshments). Fee should not be a deterrent. No one will be denied participation. Please contact Anthony to make other arrangements.

For more information or to register, visit catholiccyc.ca/pastoralcare

World Day of Prayer for the Sick | Feb 11



The World Day of the Sick is celebrated each year on **February 11**, the liturgical memorial of Our Lady of Lourdes. It is an occasion to pray for individuals who are suffering, and to find concrete ways to draw nearer to them.

Resources for World Day for the Sick:

- **Download resources** to promote 2023 World Day of the Sick in your parish:
 - In English: [Communications Toolkit - World Day of the Sick](#)
 - In French: [Trousse de communications – Journée mondiale du malade](#)

For more news/events, visit catholiccyc.ca/news

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- Please add any of the following petitions in the **Universal Prayer** on Feb 11 and the weekend of Feb. 11/12:
 - For the sick, lonely and abandoned, may the closeness and saving mercy of Christ bring consolation and peace, let us pray to the Lord.
 - For families caring for loved ones through illness, loneliness, and old age, may relationships be nurtured, and that leaning on others to share their burden is made more possible, let us pray to the Lord.
 - For volunteers who accompany the sick, may they continue to be valued and cherished in care settings as they listen and provide steady companionship, a reminder of God to those who need it most, let us pray to the Lord.

Other Resources & Events

1. Sunday Bulletin shorts, free to use

- Jesus employs the images of salt and light to make a crucial point also made in the two previous readings for today: the way you live expresses or obscures the truth of God's love and mercy. In the words of the Redemptorist Priest Fr. Leo English, "you may be the only Bible someone reads today, so act it." God is to be manifest in all we do, think, and feel, as well as in the attitudes and motives which govern our behaviour.
 - How do you try to be "salt of the earth"?
 - Is your light hiding under a bushel basket or sitting on a lamp stand for all to see?
 - Who do you look up to, who lives a good "salty" life? How do they shine forth with the light of God in our world?

(Source: Diocese of Saskatoon)

2. Resources for children

- **Kid's challenge this week:** If we love other people and do what we can to help them, then other people will see how great God's love is. We will be like the light that shines and is not covered up, so that everyone can see. How will you be like a shining light this week? (Source: CAFOD)
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3. Solidarity Sunday will be celebrated on March 26

On Solidarity Sunday all parishes will be collecting funds in support of Development and Peace – Caritas Canada and its projects in the Global South. If you have not

already done so, in support of your parish collection, please order materials at <https://www.devp.org/en/order-lent/> for Solidarity Sunday and beyond! Questions? Contact local representative Carol Hollywood at caroljhollywood@gmail.com or call Carmen Michaud, Animator for Alberta and the Northwest Territories at 1-844-480-3387

4. **Month of the Holy Family**

February is traditionally devoted to the Holy Family, an ideal time to strengthen our own family and its connection to Jesus's family. Here are [12 ways you can align your family to the Holy Family this February](#).

5. **Pastoral Care Ministry training course in March**

The Diocese of Calgary will be facilitating a Pastoral Care Ministry Training Course over two sessions: **Session 1:** Weekend of **March 24/25**; **Session 2:** Weekend of **March 31/April 1**. To receive a certificate of completion, participants must attend both sessions. Register now at catholiccyyc.ca/pastoralcare or call Sr. Mariflor at 403-218-5521.

6. **CCMA Breakfast with the Bishop | Feb 11**

The Calgary Catholic Medical Association invites all healthcare professionals to enjoy a **Breakfast with the Bishop**. Come and meet other like-minded people in the community. Visit catholicmedyyyc.wordpress.com for tickets and more information. When: **Saturday, Feb. 11 at 9 to 11 am**, Heritage Park, Calgary (Railway Orientation Centre,).

7. **Renewal of Hope with Sisters of Divine Mercy | Feb 11**

Sisters of Divine Mercy invites you to a day of healing and renewal of hope. The day will include Mass, talks, Adoration, prayer time, and a chance for confession and fellowship with others. When: **Saturday, Feb. 11** at the Divine Mercy Centre. To register, contact 587-755-1019 or online at sistersofdivinemercy.org

8. **Ash Wednesday Mass with Bishop McGrattan | Feb 22**

Bishop McGrattan will celebrate the Ash Wednesday Mass on **Feb. 22 at 5 pm**, St. Mary's Cathedral. All are welcome.

9. **Come and See the life of the Franciscans | Feb 23-26**

Young men (18-40) discerning their vocation are invited to experience Franciscan life at St. Francis Friary in Edmonton. Transportation is available and all meals included. When: **Feb. 23-26** at St. Francis Friary in Edmonton. [More info here](#) or contact Fr. Dan Gurnick at friardan47@gmail.com

10. **Salvation Army's Behind the Shield needs volunteer**

With the temperature dropping, it's important to remember those who don't have a safe space to stay warm this winter. The Salvation Army's Behind the Shield: Warming Stations is an incredible initiative working tirelessly to provide a warm, safe and clean space for the vulnerable this frigid winter. Let's come together and support

this worthy cause - consider helping them out today. [More information here](#) - or email cscalgary.volunteerservices@salvationarmy.ca

11. Feb/March 2023 Calendar Highlights

- **Feb 6** | [Gathering the Scattered Fragments](#) - FCJ
- **Feb 6** | [Introduction to Christian Meditation](#) - Zoom
- **Feb 8** | [The Praises of God Living in Harmony](#) - Mount St. Francis
- **Feb 8** | [Vespers: Evening Prayers](#) - FCJ
- **Feb 11** | [Renewal of Hope: A Day of Healing and Renewal](#) - Divine Mercy Sisters
- **Feb 11** | [CCMA Breakfast with the Bishop](#)
- **Feb 11** | [Rosary for Our Lady of Lourdes Feast](#) - Zoom
- **Feb 14** | [Valentine's Day Dinner for Couples](#) - Our Lady of Fatima
- **Feb 16** | [Savouring the Spiritual Exercises of St. Ignatius](#) - FCJ
- **Feb 17** | [Vespers & Study of the Rule of St. Benedict](#) - Online
- **Feb 18** | [Taize Prayer](#) - Martha Retreat Centre
- **Feb 20** | [Lenten Ignatian Retreat: Will you make the time?](#) - FCJ
- **Feb 21** | [Simeon & Anna: Waiting, grasping the signs; finding our story - with Fr. Tim](#) - St. Martha Letbridge or Online
- **Feb 21** | [Directory for Catechesis Study Group](#) - Zoom
- **Feb 22** | Ash Wednesday Mass with Bishop McGrattan at 5 pm - St. Mary's Cathedral
- **Feb 23-25** | [Come and See the Life of the Franciscans](#)
- **Mar 3-5** | [Retrouvaille Marriage Program](#)
- **Mar 3-4** | [Gift of Hope - Retreat for the Unemployed](#) - FCJ
- **Mar 6-12** | [6 Day Lenten Silent Retreat](#) - FCJ
- **Mar 8** | [Lent Retreat - Day Away: Advocate for the Poor](#) - Mt. St. Francis
- **Mar 8** | [Fill Our Hearts with Your Love Retreat](#) - Mt St. Francis
- **Mar 9** | [Laudato Si with Pope Francis - Lenten Reflection](#) - FCJ
- **Mar 11** | [Rising from Ashes - Heroic Men Summit](#) - Online
- **Mar 24** | [Live-In Retreat](#) - Okotoks
- **Mar 25** | [Lenten Reflection](#) - Divine Mercy Sisters
- To **submit your parish/lay association events** - go to catholicyc.ca/news and click "Add Event" (please submit description + poster/graphic in JPEG/PNG)

Worth sharing

Subscribe to Faithfully

If you haven't already, please subscribe to the [Diocesan publication Faithfully](#) - to keep you updated with what's happening in our Diocese. Faithfully gives a snapshot

of faith at work in the lives of everyday people in our Diocese and provide us with opportunities to spread the Good News of Christ beyond the walls of our churches. New release is coming up this Monday! Subscribe at catholicyc.ca/faithfully

National Synodal Report

We invite everyone to read the Synod on Synodality reports.. To read the Diocesan,

Western Region and National reports, visit catholiccycc.ca/synod

World Youth Day 2023

For information re: SFXC group that will be travelling to Lisbon, Portugal for [World Youth Day in 2023](#), contact SFXC at sfxc@calgarydiocese.ca

The War in Ukraine

Ukraine and its people are still in crisis. Let us renew our efforts to pray, fast, and act. Kindly donate through your local parish or online at www.cnewa.org/c and www.devop.org

Pastoral Care: Accompanying in Conflict and Complicated Situations

Join Fr. Timothy Boyle in a monthly reflection on ministry, pastoral care, and the art of accompaniment, inspired by the teachings of Pope Francis. When: Tuesday, Feb. 21 at 10:30 am at St. Martha's Church in Lethbridge, or join via livestream: stmarthasparish.ca

Feed the Hungry resumed sit-down dinners

The first Feed the Hungry sit-down meal in more than two years was a smashing success on Thanksgiving weekend as guests and volunteers were eager to participate again in the beloved program in the heart of Calgary. Read story at catholiccycc.ca/blog

Need a short-term and meaningful opportunity for your school / organization / workplace to do good work for the community? Consider volunteering for Feed the Hungry (or sponsor a dinner). Visit feedthehungrycalgary.com

For more news/events, visit catholiccycc.ca/news

Pastoral Letter for Young People (CCCB)

The Canadian Conference of Catholic Bishops (CCCB) has issued a Pastoral Letter to Young People in honour of the anniversary of the death of Blessed Carlo Acutis, the first beatified millennial. Read now at catholiccycc.ca/blog.

Bishops of Canada deepen commitments for healing and reconciliation

The Canadian Conference of Catholic Bishops (CCCB), gathered in the Plenary Assembly last week, agreed upon a series of next steps related to the painful legacy of residential schools. This work builds on previous commitments to promote access to records, educate clergy on Indigenous cultures and spirituality, and contribute \$30 million to healing and reconciliation initiatives across Canada. Read more at ccc.ca

National Synodal Report

We invite everyone to read the Synod on Synodality reports, which is the culmination of a sincere listening exercise that occurred in every diocese across the country. To read the Diocesan, Western Region and National reports, visit catholiccycc.ca/synod

Faith Formation Courses

These formation opportunities will help you with your faith journey and to help you grow closer to Christ. Find a list of webinars and courses on our diocesan website [here](#).

Catechesis webinar recordings from CCCB

The webinar recordings, PowerPoint presentations and guides for reflections are available [here on the CCCB website](#). They represent a rich collection of resources that can be used in diocesan/eparchial and parish settings for the formation of catechists and leaders in evangelization. Past Webinars:

- [Directory for Catechesis](#)
- [Nurturing Friendship: The Directory for Catechesis in Dialogue with the Encyclical Letter *Fratelli Tutti*](#)
- [Encounters of Hope: The Process Of Evangelization In Our Daily Lives](#)
- [For a Synodal Church: Communion, Participation and Mission](#)

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Daily and Sunday Mass Prayers & Readings: [CCCB Daily Readings](#) (pick the desired date)

Livestreams

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The map shows the southern portion of Alberta, Canada, shaded in orange. It is labeled 'SOUTHERN ALBERTA' at the bottom. The map includes several Indigenous nations: Stoney Nation Chiniki (Morley), Stoney Nation Bears paw (Eden Valley), Piikani Nation, Kainai Nation, Tsuutina Nation, and Siksika Nation. Major cities are marked: Banff, Calgary, Medicine Hat, and Lethbridge. The map is divided into 'TREATY 7' territory (the main orange area) and 'TREATY 4' territory (a grey area to the east, labeled 'SASKATCHEWAN').

THE DIOCESE OF CALGARY IS IN
TREATY 7 TERRITORY



ROMAN CATHOLIC
DIOCESE
of Calgary

We acknowledge that Treaty 7 territory, on which we stand, is the ancestral land of the Indigenous peoples and is common home to everyone in virtue of God our Creator's gracious gift.