## February 2023

 Michael's School—BI
## "A Community of Faith Devoted to Students"

## Welcome

We would like to welcome Miss Sarah Cymbaliuk to our teaching staff. Miss Cymbaliuk will be teaching Jr. and Sr. High English along with Math $5 / 6$. Please introduce yourself to her when you visit the school.

## Report Cards

Report Cards for all Jr. and Sr. High students will go out Friday, February 4. Semester 2 begins January 31. A DRAFT copy of the Semester 2 timetable is attached.

## Concession

Please be aware, effective February 1, 2023 our milk price will be increasing to $\$ 1.25$. Milk cards can be purchased for $\$ 12.50$. The increase is as a result of higher prices from our supplier. Thank you for your understanding.

## Hat Day

Hat Day is set for Thursday, February 2. Proceeds from Hat Day will be donated to Chalice, a Canadian Catholic international aid charity focused on child, family, and community development for the underprivileged.

## 2023/24 School Registrations

All families of our current students should have received an email from the Division office advising that the 2023/24 Registration Update forms are now available for you to complete. Please complete your forms as soon as possible. It is a simple process and is required to maintain accurate information. Parents who are hoping to register siblings who are new to the school can also do this.

Registration for new students opens February 1. If you have any questions please contact the school.

## What Do You Value

School Council along with administration would like to better understand the value of our community in order to make responsible, transparent decisions to give our students the best educational opportunities possible. Please help us by answering a short survey regarding your own experience at our school. Watch for an email with the survey attached.

## First Communion/First Reconciliation

If you or someone you know is interested in receiving First Communion or First Reconciliation, preparations and study are beginning for receiving these Sacraments in June. The next meeting is scheduled for February 24 at St. Michael's Church. If you have questions or are interested, please contact Tina at 403-308-4391.

## Hot Lunches

Peter's Pizza lunch will be served on Thursday, February 2nd. Proceeds go towards the 2023 Grad Class. Thank you for your support.

Hot Dog Day is set for Tuesday, February 7. Profits will be split equally between Chalice and our concession.

PAC FREE HOT LUNCH will be served on Tuesday, February 14. On the menu is Spaghetti, Caesar Salad, Garlic Toast and a whipped dessert. Thank you to Mrs. Kielstra for organizing these amazing hot lunches.

The Pita Pit Day will be Thursday, February 16. Proceeds support our Athletic programs. Winners of the one free item are Alexis Weatherhead, Mary Remijn, Karista Kielstra and Aidan Van Tryp. Orders are due no later than February 9.

Taco In a Bag will be served on Tuesday, February 28. Proceeds go to help with our Year End Awards.

Thank you to everyone who continues to support hot lunches.

## Parent Council

The next Parent Council meeting is February 9 at 5:00 p.m. Everyone is welcome and babysitting will be provided. Please find the minutes of the January meeting attached as well as the feedback from the Board Priority survey.

## Basketball

Basketball is well underway with some exciting games won and lost. Thank you to our Sr. High coaches Stephanie Hlady and Brianne Carlion as well as our Jr. High coaches Sarah Crooymans and Scott Mastel. Your time and talents are greatly appreciated.

## SAVE THE DATE

 GRAD 2023
## Breakfast Program

Thank you to all those donating to our breakfast program. All the students enjoy this nourishing treat on Tuesday and Thursday mornings. Special thanks to Jamie Pahl, Brenda Kornelson, Sara Weatherhead, Cindy Hansen, Melinda Mastel, Nora Van Tryp and Ms. Matulin for donating towards this. If anyone is interested in manning the concession, giving out smiles and goodies between 8:00-8:25 a.m. on Tuesdays and Thursdays, we would be happy to include you in the rotation as a volunteer. If you are interested in donating food or volunteer time please let the office know.

Sun


# Holy Spirit CATHOLIC SCHOOL DIVISION 

## REGISTRATION BEGINS FEBRUARY 1, 2023

Registration for the 2023/2024 school year will open online Wednesday, February 1, 2023 for families of students new to the school division - including those interested in our amazing Early Learning and Kindergarten Programs!

- The Early Learning Program is designed to stimulate the growing curiosity of children 3 and 4 years of age.
- Kindergarten is designed for children 5 years of age on, or before, December 31, 2023.

To discuss our Early Learning and Kindergarten Programs, or your child's specialized programming requirements, contact the Coordinator of Early Learning at earlylearning@holyspirit.ab.ca or 403-381-8495.

If you need assistance with the online registration process or have any other questions, visit the division's website (www.holyspirit.ab.ca) or contact your neighbourhood school:


St. Michael's School Early Learning to Grade 12 302-2nd Avenue East, Bow Island, AB Phone: (403) 545-2131 https://smbi.holyspirit.ab.ca

| BLK 1 | Gr |  | Monday | Rm, |  | Tuesday | Rm | TE | Wednesday | Rm\# | TE | Thursday | Rmt |  | Friday | Rm\# |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | K |  |  |  | AK | K-Routines | 31 |  |  |  | AK | K - Routines | 31 |  |  |  |
|  | 1 | SC | LA 1/2 | 5 | SC | LA 1/2 | 5 | SC | LA 1/2 |  | SC | LA 1/2 | 5 | SC | LA 1/2 | 5 |
|  | 2 | SC | LA 1/2 | 5 | SC | LA 1/2 | 5 | SC | LA 1/2 |  | SC | LA 1/2 | 5 | SC | LA 1/2 | 5 |
| 8:30 | 3 | NG | LA 3/4 | 7 | NG | LA 3/4 | 7 | NG | LA 3/4 |  | NG | LA 3/4 |  | NG | LA 3/4 | 7 |
| 9:12 | 4 | NG | LA 3/4 | 7 | NG | LA 3/4 | 7 | NG | LA 3/4 |  | NG | LA 3/4 | 7 | NG | LA 3/4 | 7 |
|  | 5 | MM | LA 5/6 | 6 | MM | LA 5/6 | 6 | MM | LA 5/6 | 6 | MM | LA 5/6 | 6 | MM | LA 5/6 | 21 |
|  | 6 | MM | LA 5/6 | 6 | MM | LA 5/6 | 6 | MM | LA 5/6 | 6 | MM | LA 5/6 | 6 | MM | LA 5/6 | 21 |
|  | 7 | AAN | Math 7/8 | 21 | AAN | Math 7/8 | 21 | AAN | Math 7/8 | 21 | AAN | Math 7/8 | 21 | AAN | Math 7/8 | 21 |
| 8:30 | 8 | AAN | Math 7/8 | 21 | AAN | Math 7/8 | 21 | AAN | Math 7/8 | 21 | AAN | Math 7/8 | 21 | AAN | Math 7/8 | 21 |
| 9:15 | 9 | DA | Math 9/10 | 15 | DA | Math 9/10 | 15 | DA | Math 9/10 | 15 | DA | Math 9/10 | 15 | DA | Math 9/10 | 15 |
|  | 10 | DA | Math 9/10 | 15 | DA | Math 9/10 | 15 | DA | Math 9/10 | 15 | DA | Math 9/10 | 15 | DA | Math 9/10 | 15 |
|  | 11 | SC | Eng 20/30 | 20 | SC | Eng 20/30 | 20 | SC | Eng 20/30 | 20 | SC | Eng 20/30 | 20 | SC | Eng 20/30 | 20 |
|  | 12 | SC | Eng 20/30 | 20 | SC | Eng 20/30 | 20 | SC | Eng 20/30 | 20 | SC | Eng 20/30 | 20 | SC | Eng 20/30 | 20 |


| BLK 2 | K |  |  |  | AK |  | 31 |  |  |  | AK |  | 31 |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | 1 | SC | LA 1/2 |  | SC | LA 1/2 | 5 | SC | LA 1/2 |  | SC | LA 1/2 |  | SC | LA 1/2 | 5 |
|  | 2 | SC | LA 1/2 |  | SC | LA 1/2 | 5 | SC | LA 1/2 |  | SC | LA 1/2 |  | SC | LA 1/2 | 5 |
| 9:12 | 3 | NG | LA 3/4 | 7 | NG | LA 3/4 | 7 | NG | LA 3/4 |  | NG | LA 3/4 | 7 | NG | LA 3/4 | 7 |
| 9:54 | 4 | NG | LA 3/4 | 7 | NG | LA 3/4 | 7 | NG | LA 3/4 |  | NG | LA 3/4 | 7 | NG | LA 3/4 | 7 |
|  | 5 | MM | LA 5/6 | 6 | MM | LA 5/6 | 6 | MM | LA 5/6 |  | MM | LA 5/6 | 6 | MM | LA 5/6 | 6 |
|  | 6 | MM | LA 5/6 | 6 | MM | LA 5/6 | 6 | MM | LA 5/6 |  | MM | LA 5/6 | 6 | MM | LA 5/6 | 6 |
|  | 7 | AAN | Math 7/8 | 21 | AAN | Math 7/8 | 21 | AAN | Math 7/8 | 21 | AAN | Math 7/8 | 21 | AAN | Math 7/8 | 21 |
| 9:15 | 8 | AAN | Math 7/8 | 21 | AAN | Math 7/8 | 21 | AAN | Math 7/8 | 21 | AAN | Math 7/8 | 21 | AAN | Math 7/8 | 21 |
| 10:00 | 9 | DA | Math 9/10 | 15 | DA | Math 9/10 | 15 | DA | Math 9/20 | 15 | DA | Math 9/10 | 15 | DA | Math 9/10 | 15 |
|  | 10 | DA | Math 9/10 | 15 | DA | Math 9/10 | 15 | DA | Math 9/20 | 15 | DA | Math 9/10 | 15 | DA | Math 9/10 | 15 |
|  | 11 | SC | Eng 20/30 | 20 | SC | Eng 20/30 | 20 | SC | Eng 20/30 | 20 | SC | Eng 20/30 | 20 | SC | Eng 20/30 | 20 |
|  | 12 | SC | Eng 20/30 | 20 | SC | Eng 20/30 | 20 | SC | Eng 20/30 | 20 | SC | Eng 20/30 | 20 | SC | Eng 20/30 | 20 |


| BLK 3 | K |  |  |  | AK |  | 31 |  |  |  | AK |  | 31 |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | 1 | NG | Rel 1-3 | 7 | NG | Rel 1-3 | 7 | NG | Rel 1-3 | 7 | NG | Rel 1-3 | 7 | NG | Rel 1-3 | 7 |
|  | 2 | NG | Rel 1-3 | 7 | NG | Rel 1-3 | 7 | NG | Rel 1-3 | 7 | NG | Rel 1-3 | 7 | NG | Rel 1-3 | 7 |
| 10:09 | 3 | NG | Rel 1-3 | 7 | NG | Rel 1-3 | 7 | NG | Rel 1-3 | 7 | NG | Rel 1-3 | 7 | NG | Rel 1-3 | 7 |
| 10:51 | 4 | JW | PE 4-6 | 1 | JW | PE 4-6 | 1 | JW | Health 4-6 | 19 | JW | PE 4-6 | 1 | JW | PE 4-6 | 1 |
|  | 5 | JW | PE 4-6 | 1 | JW | PE 4-6 | 1 | JW | Health 4-6 | 19 | JW | PE 4-6 | 1 | JW | PE 4-6 | 1 |
|  | 6 | JW | PE 4-6 | 1 | JW | PE 4-6 | 1 | JW | Health 4-6 | 19 | JW | PE 4-6 | 1 | JW | PE 4-6 | 1 |
|  | 7 | MM | Soc 7/8 | 20 | MM | Soc 7/8 | 20 | MM | Soc 7/8 | 20 | MM | Soc 7/8 | 20 | MM | Soc 7/8 | 20 |
|  | 8 | MM | Soc 7/8 | 20 | MM | Soc 7/8 | 20 | MM | Soc 7/8 | 20 | MM | Soc 7/8 | 20 | MM | Soc 7/8 | 20 |
| 10:02 | 9 | SC | Eng 9/10 | 19 | SC | Eng 9/10 | 19 | SC | Eng 9/10 | 19 | SC | Eng 9/10 | 19 | SC | Eng 9/10 | 19 |
| 10:47 | 10 | SC | Eng 9/10 | 19 | SC | Eng 9/10 | 19 | SC | Eng 9/10 | 19 | SC | Eng 9/10 | 19 | SC | Eng 9/10 | 19 |
|  | 11 | DA | Math 20/30 | 15 | DA | Math 20/30 | 15 | DA | Math 20/30 | 15 | DA | Math 20/30 | 15 | DA | Math 20/30 | 15 |
|  | 12 | DA | Math 20/30 | 15 | DA | Math 20/30 | 15 | DA | Math 20/30 | 15 | DA | Math 20/30 | 15 | D | Math 20/30 | 15 |

## Recess 15 minutes

| BLK 4 | K |  |  |  | AK |  | 31 |  |  |  | AK |  | 31 |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | 1 | SC | PE 1-3 | 1 | SC | PE 1-3 | 1 | SC | PE 1-3 | 1 | SC | PE 1-3 | 1 | SC | PE 1-3 | 1 |
| $\begin{aligned} & \text { 10:51 } \\ & 11: 33 \end{aligned}$ | 2 | SC | PE 1-3 | 1 | SC | PE 1-3 | 1 | SC | PE 1-3 | 1 | SC | PE 1-3 | 1 | SC | PE 1-3 | 1 |
|  | 3 | SC | PE 1-3 | 1 | SC | PE 1-3 | 1 | SC | PE 1-3 | 1 | SC | PE 1-3 | 1 | SC | PE 1-3 | 1 |
|  | 4 | AAN | Rel 4-6 | 21 | AAN | Rel 4-6 | 21 | AAN | Rel 4-6 | 21 | AAN | Rel 4-6 | 21 | AAN | Rel 4-6 | 21 |
| $\begin{aligned} & 10: 47 \\ & 11: 33 \end{aligned}$ | 5 | AAN | Rel 4-6 | 21 | AAN | Rel 4-6 | 21 | AAN | Rel 4-6 | 21 | AAN | Rel 4-6 | 21 | AAN | Rel 4-6 | 21 |
|  | 6 | AAN | Rel 4-6 | 21 | AAN | Rel 4-6 | 21 | AAN | Rel 4-6 | 21 | AAN | Rel 4-6 | 21 | AAN | Rel 4-6 | 21 |
|  | 7 | MM | Sci 7/8 | 20 | MM | Sci 7/8 | 20 | MM | Sci 7/8 | 20 | MM | Sci 7/8 | 20 | MM | Sci 7/8 | 20 |
|  | 8 | MM | Sci 7/8 | 20 | MM | Sci 7/8 | 20 | MM | Sci 7/8 | 20 | MM | Sci 7/8 | 20 | MM | Sci 7/8 | 20 |
|  | 9 | SC | Eng 9/10 | 19 | SC | Eng 9/10 | 19 | SC | Eng 9/10 | 19 | SC | Eng 9/10 | 19 | SC | Eng 9/10 | 19 |
|  | 10 | SC | Eng 9/10 | 19 | SC | Eng 9/10 | 19 | SC | Eng 9/10 | 19 | SC | Eng 9/10 | 19 | SC | Eng 9/10 | 19 |
|  | 11 | DA | Math 20/30 | 15 | DA | Math 20/30 | 15 | DA | Math 20/30 | 15 | DA | Math 20/30 | 15 | DA | Math 2030 | 15 |
|  | 12 | DA | Math 20/30 | 15 | DA | Math 20/30 | 15 | DA | Math 20/30 | 15 | DA | Math 20/30 | 15 | DA | Math 20/30 | 15 |


| 11:33-11:48 |  |  | Break |  |  | 11:48-12:09 |  |  |  |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| BLK 5 | Gr |  | Monday | Rm; | TE | Tuesday | Rm\# | TE | Wednesday | Rm\# | TE | Thursday | Rm\# | TE | Friday | Rm\# |
|  | K |  |  |  | AK |  | 31 |  |  |  | AK |  | 31 |  |  |  |
|  | 1 | SC | LA 1/2 | 5 | SC | LA 1/2 | 5 | SC | LA 1/2 | 5 | SC | LA 1/2 | 5 | SC | LA 1/2 | 5 |
|  | 2 | SC | LA 1/2 | 5 | SC | LA 1/2 | 5 | SC | LA 1/2 | 5 | SC | LA 1/2 | 5 | SC | LA 1/2 | 5 |
| 12:12 | 3 | NG | Math 3/4 | 7 | NG | Math 3/4 | 7 | NG | Math 3/4 | 7 | NG | Math 3/4 | 7 | NG | Math 3/4 | 7 |
| 12:54 | 4 | NG | Math 3/4 | 7 | NG | Math 3/4 | 7 | NG | Math 3/4 | 7 | NG | Math 3/4 | 7 | NG | Math 3/4 | 7 |
|  | 5 | AAN | Math 5/6 | 21 | AAN | Math 5/6 | 21 | AAN | Math 5/6 | 21 | AAN | Math 5/6 | 21 | AAN | Math 5/6 | 21 |
|  | 6 | AAN | Math 5/6 | 21 | AAN | Math 5/6 | 21 | AAN | Math 5/6 | 21 | AAN | Math 5/6 | 21 | AAN | Math 5/6 | 21 |
|  | 7 | SC | Eng 7/8 | 20 | SC | Eng 7/8 | 20 | SC | Eng 7/8 | 20 | SC | Eng 7/8 | 20 | SC | Eng 7/8 | 20 |
|  | 8 | SC | Eng 7/8 | 20 | SC | Eng 7/8 | 20 | SC | Eng 7/8 | 20 | SC | Eng 7/8 | 20 | SC | Eng 7/8 | 20 |
| 12:12 | 9 | MD | O.L | 19 | MD | OL | 19 | MD | O.L. | 19 | MD | O.L. | 19 | MD | O.L. | 19 |
|  | 10 | DA | $\begin{array}{lll} \text { Chem } 20 & \text { Sci } \\ 24 \end{array}$ | 15 | DA | $\begin{aligned} & \text { Chem } 20 \text { Sci } \\ & 24 \end{aligned}$ | 15 | DA | $\begin{aligned} & \text { Chem } 20 \text { Sci } \\ & 24 \end{aligned}$ | 15 | DA | $\begin{aligned} & \text { Chem } 20 \text { Sci } \\ & 24 \end{aligned}$ | 15 | DA | $\begin{aligned} & \text { Chem } 20 \text { Sci } \\ & 24 \end{aligned}$ | 15 |
| 12:57 | 11 | DA | $\begin{array}{lll} \text { Chem } 20 & \text { Sci } \\ 24 \end{array}$ | 15 | DA | $\begin{aligned} & \text { Chem } 20 \text { Sci } \\ & 24 \end{aligned}$ | 15 | DA | $\begin{aligned} & \text { Chem } 20 \text { Sci } \\ & 24 \end{aligned}$ | 15 | DA | $\begin{aligned} & \text { Chem } 20 \text { Sci } \\ & 24 \end{aligned}$ | 15 | Da | $\begin{aligned} & \text { Chem } 20 \text { Sci } \\ & 24 \end{aligned}$ | 15 |
|  | 12 | MD | O.L | 20 | MD | O.L. | 20 | MD | O.L. | 20 | MD | O.L. | 20 | MD | O.L. | 20 |


| BLK 6 | K |  |  |  | AK |  | 31 |  |  |  | AK | Music K | 3 |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | 1 | SC | Math 1/2 | 5 | SC | Music 1/2 | 5 | SC | Math 1/2 | 5 | SC | Math 1/2 | 5 | SC | Math 1/2 | 5 |
|  | 2 | SC | Math 1/2 | 5 | SC | Music 1/2 | 5 | SC | Math 1/2 | 5 | SC | Math 1/2 | 5 | SC | Math 1/2/ | 5 |
| $\begin{aligned} & \text { 12:54 } \\ & 1: 36 \end{aligned}$ | 3 | NG | Soc. 3/4 | 7 | NG | Math 3/4 | 7 | NG | Soc. 3/4 | 7 | NG | Soc. 3/4 | 7 | NG | Soc. 3/4 | 7 |
|  | 4 | NG | Soc. 3/4 | 7 | NG | Math 3/4 | 7 | NG | Soc. 3/4 | 7 | NG | Soc. 3/4 | 7 | NG | Soc. 3/4 | 7 |
| 12:57 | 5 | MM | Sci. 5/6 | 6 | MM | Art 5/6 | 6 | MM | Sci. 5/6 | 6 | MM | Sci. 5/6 | 6 | MM | Sci. 5/6 | 6 |
|  | 6 | MM | Sci. 5/6 | 6 | MM | Art 5/6 | 6 | MM | Sci. 5/6 | 6 | MM | Sci. 5/6 | 6 | MM | Sci. 5/6 | 6 |
|  | 7 | AAN | Rel. 7-9 | 21 | AAN | P.E. 7-9 | 21 | AAN | P.E. 7-9 | 21 | AAN | P.E. 7-9 | 21 | AAN | Rel. 7-9 | 21 |
|  | 8 | AAN | Rel. 7-9 | 21 | AAN | P.E. 7-9 | 21 | AAN | P.E. 7-9 | 21 | AAN | P.E. 7-9 | 21 | AAN | Rel. 7-9 | 21 |
|  | 9 | AAN | Rel. 7-9 | 21 | AAN | P.E. 7-9 | 21 | AAN | P.E. 7-9 | 21 | AAN | P.E. 7-9 | 21 | AAN | Rel. 7-9 | 21 |
| 1:42 | 10 | DA | $\begin{aligned} & \text { Chem } 20 \text { Sci. } \\ & 24 \end{aligned}$ | 15 | DA | $\begin{aligned} & \text { Chem } 20 \text { Sci } \\ & 24 \end{aligned}$ | 15 | DA | $\begin{aligned} & \text { Chem } 20 \text { Sci } \\ & 24 \end{aligned}$ | 15 | DA | $\begin{aligned} & \text { Chem } 20 \text { Sci } \\ & 24 \end{aligned}$ | 15 | DA | Chem 20 <br> Sci 24 | 15 |
|  | 11 | CS | $\begin{aligned} & \text { Chem } 20 \text { Sci. } \\ & 24 \end{aligned}$ | 15 | DA | $\begin{aligned} & \text { Chem } 20 \text { Sci } \\ & 24 \end{aligned}$ | 15 | DA | $\begin{aligned} & \text { Chem } 20 \text { Sci } \\ & 24 \end{aligned}$ | 15 | DA | $\begin{aligned} & \text { Chem } 20 \text { Sci } \\ & 24 \end{aligned}$ | 15 | DA | Chem 20 <br> Sci 24 | 15 |
|  | 12 | MD | O.L. | 19 | MD | O.L. | 19 | MD | O.L. | 19 | MD | O.L. | 19 | MD | O.L. | 19 |

Recess $15 \mathrm{~min} / 2 \mathrm{~min}$. transition Jr./Sr.

| BLK 7 | K |  |  |  | AK |  | 1 |  |  |  | AK |  | 31 |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | 1 | SC | Sci. 1/2 | 5 | SC | Sci. 1/2 | 5 | SC | Sci. 1/2 | 5 | SC | Art 1/2 | 5 | SC | Sci. 1/2 | 5 |
|  | 2 | SC | Sci. 1/2 | 5 | SC | Sci. 1/2 | 5 | SC | Sci. 1/2 | 5 | SC | Art 1/2 | 5 | SC | Sci. 1/2 | 5 |
| 1:51 | 3 | NG | LIM 3/4 | 7 | NG | Sci. 3/4 | 7 | NG | Art 3/4 | 7 | NG | Music 3/4 |  | NG | Sci. 3/4 | 7 |
| 2:34 | 4 | NG | LIM 3/4 | 7 | NG | Sci. 3/4 | 7 | NG | Art 3/4 | 7 | NG | Music 3/4 |  | NG | Sci. 3/4 | 7 |
|  | 5 | MM | Soc. 5/6 | 6 | MM | Art 5/6 | 6 | MM | Soc. 5/6 | 6 | MM | Soc. 5/6 | 6 | MM | Soc. 5/6 | 6 |
|  | 6 | MM | Soc. 5/6 | 6 | MM | Art 5/6 | 6 | MM | Soc. 5/6 | 6 | MM | Soc. 5/6 | 6 | MM | Soc. 5/6 | 6 |
|  | 7 | SC | CTF/LA 7/8 | 20 | SC | CTF/Music 7/ | 20 | SC | CTF/LA 7/8 | 20 | SC | Art 7-9 | 19 | SC | CTF/LA 7/8 | 20 |
|  | 8 | SC | CTF/LA 7/8 | 20 | SC | CTF/Music 7/ | 20 | SC | CTF/LA 7/8 | 20 | SC | Art 7-9 | 19 | SC | CTF/LA 7/8 | 20 |
| 1:44 | 9 | MD | O.L. | 19 | MD | O.L. | 19 | MD | O.L. | 19 | MD | O.L. | 20 | MD | O.L. | 19 |
| 2:30 | 10 | JW | P.E. 10-12 | 1 | JW | P.E. 10-12 | 1 | JW | P.E. 10-12 | 1 | JW | P.E. 10-12 | 1 | JW | P.E. 10-12 | 1 |
|  | 11 | JW | P.E. 10-12 | 1 | JW | P.E. 10-12 | 1 | JW | P.E. 10-12 | 1 | JW | P.E. 10-12 | 1 | JW | P.E. 10-12 | 1 |
|  | 12 | JW | P.E. 10-12 | 1 | JW | P.E. 10-12 | 1 | JW | P.E. 10-12 | 1 | JW | P.E. 10-12 | 1 | JW | P.E. 10-12 | 1 |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| BLK 8 | K |  |  |  | AK | P.E. K/1/2 | 1 |  |  |  | AK |  | 31 |  |  |  |
|  | 1 | SC | Soc. 1/2 | 5 | SC | Soc. 1/2 | 5 | SC | Soc..1/2 | 5 | SC | Art 1/2 | 5 | SC | Soc. 1/2 | 5 |
|  | 2 | SC | Soc. 1/2 | 5 | SC | Soc. 1/2 | 5 | SC | Soc. 1/2 | 5 | SC | Art 1/2 | 5 | SC | Soc. 1/2 | 5 |
| 2:34 | 3 | NG | Sci. 3/4 | 7 | NG | Sci. 3/4 | 7 | NG | Art 3/4 | 7 | NG | Sci 3/4 | 7 | NG | Sci. 3/4 | 7 |
| 3:17 | 4 | NG | Sic. 3/4 | 7 | NG | Sci. 3/4 | 7 | NG | Art 3/4 | 7 | NG | Sci 3/4 | 7 | NG | Sci. 3/4 | 7 |
|  | 5 | SC | Comp 5/6 | 20 | SC | Math 5/6 | 20 | SC | Music 5/6 | 20 | AAN | Math 5/6 | 20 | SC | LIM 5/6 | 21 |
|  | 6 | SC | Comp 5/6 | 20 | SC | Math 5/6 | 20 | SC | Music 5/6 | 20 | AAN | Math 5/6 | 20 | SC | LIM 5/6 | 21 |
|  | 7 | AAN | P.E. 7-9 * | 1 | AAN | Rel. 7-9 | 21 | AAN | Rel. 7-9 | 21 | SC | Art 7-9 | 21 | AAN | P.E. 7-9 | 1 |
|  | 8 | AAN | P.E. 7-9* | 1 | AAN | Rel. 7-9 | 21 | AAN | Rel. 7-9 | 21 | SC | Art 7-9 | 21 | AAN | P.E. 7-9 | 1 |
| 2:30 | 9 | AAN | P.E. 7-9* | 1 | AAN | Rel. 7-9 | 21 | AAN | Rel. 7-9 | 21 | SC | Art 7-9 | 21 | AAN | P.E. 7-9 | 1 |
| 3:17 | 10 | DA | CALM 10 | 15 | DA | CALM 10 | 15 | DA | CALM 10 | 15 | DA | CALM 10 | 15 | DA | CALM 10 | 15 |
|  | 11 | MD | O.L. | 19 | MD | O.L. | 19 | MD | O.L. | 19 | MD | O.L. | 19 | MD | O.L. | 19 |
|  | 12 | MD | O.L. | 19 | MD | O.L. | 19 | MD | O.L. | 19 | MD | O.L. | 19 | MD | O.L. | 19 |


| Mrs. Krauss |
| :--- |
| Mrs. Weatherhead |
| Mrs. Gutfriend |
| Ms. Matulin |


| Mr. Allen |
| :--- |
| Mrs Alma-North |
| Miss Crooymans |
| Mis Cymbaliuk |

Mr. DeJong
*During Sport Development - March 31, the
PE 7-9 in am, Rel. 7-9 in pm
*** after Easter

| FEBRUARY 2023 |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| 29 | 30 | 31 | 1 | 2 | 3 <br> no ice (dryland Multiplex 2-3) Bball - <br> 2:30-3:15pm | 4 |
| 5 | $6$ <br> Hockey -1:45-3:45pm Bball - 2:30-3:15pm | 7 | 8 | 9 | 10 <br> Hockey -1:45-3:45pm Bball -2:30-3:15pm | 11 |
| 12 | 13 <br> Hockey -1:45-3:45pm Bball - <br> 2:30-3:15pm | 14 <br> Valentine's Day | 15 | 16 | 17 <br> Hockey -1:45-3:45pm Bball - <br> 2:30-3:15pm | 18 |
| 19 | 20 <br> Family Day No School | $21$ <br> No School | $22$ <br> No School | 23 <br> Teacher's Convention No school | 24 <br> Teacher's Convention No school | 25 |
| 26 | 27 <br> Hockey -1:45-3:45pm Bball - <br> 2:30-3:15pm | 28 | 1 | 2 | 3 | 4 |


| MARCH 2023 |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| 26 | 27 | 28 | 1 | 2 | 3 <br> Hockey -1:45-3:45pm Bball -2:30-3:15pm | 4 |
| 5 | 6 <br> Hockey -1:45-3:45pm Bball -2:30-3:15pm | 7 | 8 | 9 | 10 Hockey -1:45-3:45pm Bball -2:30-3:15pm | 11 |
| 12 | 13 <br> No School Spiritual Dev' $\dagger$ Day | 14 | 15 | 16 | $17$ <br> No School - PD Day | 18 |
| 19 | 20 <br> Hockey -1:45-3:45pm Bball - <br> 2:30-3:15pm | 21 | 22 | 23 | 24 <br> Hockey -1:45-3:45pm Bball -2:30-3:15pm | 25 |
| 26 | 27 <br> Hockey -1:45-3:45pm Bball - <br> 2:30-3:15pm | 28 | 29 | 30 | 31 <br> Hockey -1:45-3:45pm Bball -2:30-3:15pm | 1 |

## St. Michael's School Council Meeting

Date: January 12, 2023 (not yet approve)

Attendance: Stephanie Hlady, Nora Van Tryp, Erin Stelmaschuk, Mrs. Jill Weatherhead, Cassandra Kielstra, Mr. Tom Machacek, Mr. Mark Dejong, Mildred Thurston, Melinda Mastel, Cindy Hansen, Mitch Hansen, Justin Weatherhead

Call to Order: 5:35pm

1A. Opening Prayer and Treaty Acknowledgement
B. Approval of Agenda- No additions. Nora approves agenda. Cassandra seconds. All in favour.
C. Approval of last meetings minutes-Mildred approves December minutes. Melinda seconds. All in favour.

2A. Student Council Report- No Report this month.

## B. Principal Report-Mr. Mark Dejong

-New Teacher Hire-Hired Ms. Sarah Cymbaliuk to fill the Semester 2 teaching position. Ms. C has recently graduated from the University of Lethbridge with a degree in Biology and Secondary Education. She was born and raised in Vegreville.
-Assurance Framework measures: The Assurance Framework is essentially composed of both survey data and PAT and Diploma exam results depending on the school. The surveys are given out to parents, teachers, and students a varying grades depending on the size of the school. For more information please access: https://www.alberta.ca/accountability-education-system.aspx -Open campus 7\&8: St. Michael's will be moving to open campus for grades 7 and 8 starting the first day of the new semester Jan. 31st. Notice will be provided to parents via a letter from the principal.
C. Associate Principal Report-Mrs. Jill Weatherhead
-SDP Update- One day so far. Many students excited for the opportunity. For those that did not choose hockey or basketball, Jill will run an exercise class.
-Breakfast Program Update-started up again this week. Offering a variety of options and did a grocery run with other items under Alberta Nutrition Guidelines.
-Values Survey-looking to get out the third week of January.
D. Chairperson Report-Mrs. Stephanie Hlady
-Stephanie will speak to most of the items in Old and New Business. Big thank you to other Executive members.
E. Treasurer Report

Balance Sheet
ATB- \$53, 086.45

2 GIC \$35,000
Total Assets \$88, 086.45
Kim makes a motion to accept Financial Report. Cassandra seconds. All in favour.

## F. Trustee Report

- Board is working on budget for next year, Division has about 300 teachers and 220 support staff, 5,324 kids registered in 16 schools.
- Bd Office is working on improving the booking of subs for Teachers-mostly Lethbridge
- 2 Trustees attending the Team Lethbridge Event and trip to Edmonton
- Division to receive major grant support from Province for Mental Health-2-3 Staff, how much time would they spend here?
- ? raised at last SMBI mtg re recycling of computers, being looked into
- ? about First Aid Training, I was told that the Principle is training and can expand on question
- Trustees to attend a Faith Retreat Jan 13
G. Teacher's Report-Mrs. Jill Weatherhead reporting for Mrs. Andrea Krauss
-Thank you to Mrs. Pollock and all Staff for a wonderful Christmas Concert.
-Student Council- Last week Spirit Christmas week and activities
-PAC Hot Lunch-Ham, perogies, corn. Went over very well
-Advent gatherings throughout December
-Grade 3/4 Mystery Readers come in
-Basketball starting up Junior and Senior High
-Potentail March Ski Trip at Hidden Valley
-School Dance well attended from Community. Students planned everything.
-Christmas Mass Father came in and was enjoyed by all.


## 3. Fundraising Commitee-Mrs. Michelle Maclean

-Committee met after the last Council Meeting and the final number fundraised was $\$ 36,000$.
Thank you letters were distributed to all Sponsors and Donors with just a few remaining due to missing information.
-Final Food Bank number was $\$ 875$ plus the food.
-Commentator interview has been completed and the story will soon be in the paper -Committee will be looking for people interested in helping with item collection, thank you letter distribution and decorating along with other tasks. Volunteers won't have to formally join the Committee but just volunteer a couple of hours at Auction time or following the Auction depending on the task. A more formal communication will be out for Spring and again in the Fall when the Auction planning ramps up again.
4. Hot Lunch Program-Mrs. Cassandra Kielstra
-December Hot Lunch well recieved
-January 24 Beef on a Bun
-Operating Procedures-Executive members attended an online workshop January 10 by ASCA. They are almost complete. Just looking at some Board Policy and confirming some items . Hoping to bring forward to the February meeting.

New Business
-Feedback on Board's priorities-all in attendance provided feedback on current Board Policy, what is working well in our school, what could be improved, and comments on future priorities. Review of discussions attached.
-Scoreboard-not working properly and in need of a new one. Justin makes a motion to spend up to $\$ 15,000$ on Score Board and Installation. Erin seconds. Majority agree. -GIC-With the purchase of. Scoreboard it leaves $\$ 20,000$ in GIC. Cassandra makes a motion to put $\$ 10,000$ Cashable GIC, $\$ 10,000$ in 12 month Redeemable. Justin seconds. All in favour.

Next Meeting February 9 @ 5:30pm
Adjournment 7:30pm

# OFF-CAMPUS NEWS 



Friday, Feb. 10, 2023 9:30 a.m-2:45 p.m.
Are you a high-school student considering a future in business? This conference will introduce you to mentorship support, provide job market advice and give you a crash course in management. You'll also meet current Dhillon School of Business students and get a glimps of what it would be like to be a student at ULethbridge. Breakfast and lunch included.

Conference limited to 40 students.
Free admission for high-school students made possible by CPA Alberta.
San QR code for more information and registration:


CPA D DHOMLDN

## Upcoming Career Transitions

## Virtual Career Exploration Sessions

Join these sessions to hear professionals discuss their profession and educational background.

Tuesday, February 7 @ 4:30pm - Realtor
Wednesday, February 8 @ 5:00pm - General Practitioner Oncologist

Thursday, February 9 @ 4:00pm - Speech Language Pathologist
To register for these or to watch numerous recorded past career sessions go to : careersteps.ca/exploration-sessions/

Horatio Alger Association of Canada Scholarships
This association has a number of different scholarships available. They are offering 160-\$5,000 scholarships for students in grade 11 and scholarships for students going into the trades. For more information go to:
https://horatioalger.ca/en/scholarships/about-our-scholarships-programs/

Caremin Dual Credit Opportunity
Winter Session Courses being offered by Olds College for February 27 to May 192023 are:

Accounting Principles
Veterinary Practice: The Team Connection
Agriculture Electronics and Control Systems
Applied Ecology
Accommodation Management
Agriculture Electronics and Control Systems
Training for Performance
Deadline to apply is February 7, 2023
For more information about these courses or the Dual Credit program Contact Mr. Boschee or Mrs. Gurr.

Lethbridge College Winter Open House
10 a.m. to 1 p.m. Saturday, February 11
Explore over 60 academic programs and meet expert instructors. Learn about support services that will help you be a successful student.

Register in advance to win one of three amazing prizes, including an e-scooter!

Register at: https://explorelc.ca/

## Highschool Youth Research Summer (HYRS)

 July 7—August 18, 2023 at the U of $\mathbf{L}$The HYRS program is for students in grade 11 and who want to:

- participate in hands-on work with research groups
- join a team of PhD, Master and Bachelor students
- work on multidisciplinary projects which may include: genetics, neuroscience, bioengineering, molecular imaging

Deadline to apply is March 17, 2023
For more information and to apply go to: https://www.ulethbridge.ca/node/2982

## Your Off-Campus Team

Mark Boschee - Off-Campus Coordinator Cell: 587-220-4258 or Email: boscheem@holyspirit.ab.ca Wendy Gurr - Career Practitioner - 403-327-4596 Ext 312 or Email: gurrw@holyspirit.ab.ca

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

Mark 11:25

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

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

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

## Holy Moments In Our Schools

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

## The Spiritual Works of Mercy Forgive Offenses

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

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

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

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


## Sources:

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

## The Fruit of the Spirit - Self-Control

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

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

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

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

With God's help, you can increasingly conquer your temptations and learn to embrace the fruit of self-control. The more we pray, study the Bible and draw closer to God, the more we will have the ability to demonstrate our own self-control.
"If we had no hope in the Lord, what would we do in this world?"

- St. Josephine Bakhita


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

## Forgive Offenses

Josephine endured unimaginable hardships in her life, but she showed mercy. "If I were to meet the slave traders who kidnapped me and even those who tortured me," she once said, "I would kneel and kiss their hands, for if that did not happen, I would not be a Christian and religious today. The Lord has loved me so much. We must love everyone." In the face of inhuman trials, she only saw the face of Christ. Pope John Paul II, speaking in Sudan after her beatification:
"She thus became a model of virtue and holiness of life for Christians. To religious believers everywhere she speaks of the value of reconciliation and love, for in her heart she overcame any feelings of hatred for those who had harmed her. She learned from the tragic events of her life to have complete trust in the Almighty who is always and everywhere present, and therefore she learned to be constantly good and generous to everyone."

## Self-Control

The circumstances of St. Josephine's life were marked with trauma, so much so that she forgot her birth name. The name that was ironically given to her, Bakhita (fortunate), became over time a marker of her identity as a child of God.
St. Josephine, in her extraordinary love and forgiveness, was known to have said:
"If I were to meet those who kidnapped me, and even those who tortured me, I would kneel and kiss their hands. For, if these things had not happened, I would not have been a Christian and a religious today."

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

## Gospel Readings

# February 5, 2023 5th Sunday in Ordinary Time 

## Gospel Reading: Matthew 5:16

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

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

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

What are some things in my life that are blessings from the Lord?
Are there times I don't feel grateful for God's blessings? Why?

## February 12,2023 6th Sunday in Ordinary time

Gospel Reading: Matthew 5:17-37
"...he has set before you fire and water to whichever you choose, stretch out your hand." - Sirach 15:16

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

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

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

Dear Jesus, help us to choose to obey God in all we do.
What is one good decision I have made already today?

## February 19, $2023 \quad$ 7th Sunday in Ordinary Time

## Gospel Reading: Matthew 5:38-48

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

- Matthew 5:39, 41

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

Dear Lord, send your Holy Spirit to us so we can love even those who are hardest to love.
Has someone done something for me that was extra loving - more than I deserved or expected?

## Gospel Readings

February 26, $2023 \quad$ 2nd Sunday in Ordinary Time
Gospel Reading: Matthew 4:10
"...Jesus said to him, 'Get away, Satan!' It is written: 'The Lord, your God, shall you worship and him alone shall you serve."' - Matthew 4:10
During the season of Lent, we try to make extra sacrifices to show God that we love and serve him above all other things in our life, like our possessions. This can really help us to grow closer to God, but Satan does not want us to be close to God. He will tempt us to take the easy road instead of the right road. We must guard our hearts and minds against these temptations so we don't start believing that money and power and identity are better than living like Jesus taught us. We can do that by talking with our family about what we will give up during Lent or what extra good things we want to do more of during Lent. That way we can help remind each other of what we promised to do or not do for these next 6 weeks. Lent can be a time of coming to understand God and the love he has for us and for everyone else, so, don't let Satan steal that away from you.

Dear Lord, you made the ultimate sacrifice for us by giving up your son and allowing him to die. Please give us the grace to embrace our sacrifices this Lent so that you may know and feel our gratitude.
How have you been tempted in your life? What can you do to resist temptation?

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

## Traditional Lenten Practices



PRAYER
The Catechism of the Catholic Church defines prayer as, "...the rising of one's mind and heart to God or the requesting of good things from God." (CCC 2559) In short, prayer is how we communicate with God.


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


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


Prayer to St. Josephine Bakhita

WEEK TWO
What experience do you treasure?


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


## WEEK FOUR

What negative thoughts were you able to release today?


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

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

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

Help all survivors find healing from their wounds. We ask for your prayers


