



St. Michael the Archangel
Our Angel of Protection

St. Michael's School - BI

March 2024

"A Community of Faith Devoted to Students"



Cub Club

Cub Club is a chance for parents in the community to bring 3 & 4 year old children to St. Michael's Kindergarten classroom to enjoy activities together with their child.

The next FREE Cub Club meeting is March 14 from 10:30—11:30 a.m.

100 Days of School

The Grade 1/2 class celebrated their 100th day of school on February 28. As part of their alms giving for lent and to celebrate their 100th day they are collecting cans of fruits and vegetables to donate to the local food bank. They would like your help to collect at least 100 cans. Let's "CAN HUNGER" and build a wall big enough to "can" Mr. Kinahan in his office. We "can" do it with your help. Donations are welcome before March 8th.

Registration Forms

If you have not done so, please complete your 2024-2025 Registration Form update as soon as possible. This ensures we have the most up to date information on our students. Thank You.

Lent

The journey of Lent should include prayer, fasting and alms giving which prepares us for the Lord's resurrection at Easter . It is never too late to begin your journey. Here is a short prayer to get you started:

Heavenly Father, I'm truly sorry for the moments today where I missed the mark. I ask for your forgiveness and the strength to better follow Your call tomorrow. Amen.

Taken from Hallow.com

Mini Ball

The Mini-Basketball season for students in Grades 4, 5 & 6 is set to begin. See attached schedule.

We would like to thank our amazing refs for the past several years. Jake Van Roessel and Aidan Van Tryp have volunteered their time during many lunch hours to ref our Mini Ball programs. We will miss their time and talent as they will be graduating in June.

THANK YOU GENTLEMEN!

Dual Credit Program

St. Michael's has joined with Lethbridge Community College to offer our students a head start in their College program through a wide range of Dual Credit opportunities. To find out more about the courses we can offer you are invited to LCC for a Dual Credit Discover Night on March 7 from 6:00-8:00 p.m.



Hot Lunches

Popcorn Day for February and March birthdays will be March 5. Others can purchase popcorn that day if they wish.

Peter's Pizza day is March 7

Hot Dog Day is set for March 12

Parent Council FREE hot lunch will be served March 19. They will serve Shepherd's Pie and a fruit cup.

Rolling Pin Wrap day is March 21

Taco in a Bag will be served March 26. Profits will go toward Mission Mexico

PLEASE REMEMBER THE CONCESSION WILL ONLY BE OPEN FOR DRINKS AND SNACKS ON ALL HOT LUNCH DAYS

Office Hours

March Office Hours is set for March 27 from 4:00-5:00 pm. All teachers (K-12) will be available. Please connect with a teacher to set up a time either by phone or in person.

Sport Development Program (SDP)

SDP basketball has begun! Thank you to our community coaches, Stephanie Hlady and Briana Carlyon for lending their expertise to the program. Students in grades 4-9 are benefitting from this every Tuesday until Easter.

Loving God,

During the sacred season of Lent, bring me closer to you.

Prepare a place in my home and heart for silence and solitude, so that I may re-discover the grace of a prayer-full life.

Help me to fast from those things that threaten the well-being of body and soul and remind me of the grace of simplicity.

Enlarge my heart so that I give to those in need and, in so doing, re-discover the grace of gratitude and generosity.

May this season be a grace-filled time to rekindle my love for and faith in you.

Amen.

St. Michael's Church

Confession Dates:

March 29	St. Michael's Bow Island	7:00 pm
March 20	St. Patrick's Medicine Hat	4:00 pm
March 21	Holy Family Medicine Hat	6:00 pm

Easter Mass Schedule:

March 28	Holy Thursday	7:00 p.m.
March 29	Good Friday	3:00 p.m.
March 30	Easter Vigil	8:00 p.m.

AR Program

The AR Program currently has 46/54 students participating. They have passed 80/89 quizzes they've taken. Good Job Everyone!

Growing Great Kids

Students and staff gathered in the gym on February 27 for our monthly Birthday Assembly. We had many students called up for the great things they are doing for other students and staff. Congratulations to Westin Wudrich who won the \$25 Medicine Hat Mall gift card sponsored by the Conquerville Community Hall. Westin was recognized for often being heard saying good job and giving positive comments to his classmates. Great Job Westin! Thank you to the Conquerville Community Hall for your continued support.



March 2024

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5 Popcorn Day	6	7 S.M.I.L.E. Time Peter's Pizza Day School Council Meeting 5:30	8	9
10	11 No School Division Collaboration Day	12 Hot Dog Day	13	14 S.M.I.L.E. Time Cub Club	15 No School Staff PD Day	16
17 Happy St. Patrick's Day	18	19 FREE PAC Hot Lunch	20 Family Night "Bingo for Books"	21 S.M.I.L.E. Time Rolling Pin Wrap Day	22	23
24 Palm Sunday	25 School Council Meeting 5:30	26 Taco in a Bag Day	27 S.M.I.E. Time Office Hours Division Board Meeting	28 Holy Thursday Celebration S.M.I.L.E. Time "Can Mr. Kinahan"	29 Good Friday	30
31 Easter Sunday						

OFF-CAMPUS NEWS



Lethbridge College Events



Open House

March 2 · 10 am - 1 pm

Meet with instructors, find out more about your future career opportunities, enjoy a free lunch, **save 50% off the application fee** and if you pre-register you have a chance to win great prizes.

Register at: <https://lethbridgecollege.my.site.com/lcext1/event?form=a2TJA0000000AqL2AU>

Dual Credit Discovery Night

March 7 · 6 - 8 pm

Come discover the wide range of Dual Credit opportunities at Lethbridge College, as they highlight new courses, explore career pathways and tour exciting campus locations.

Register at: <https://give.lethbridgecollege.ca/event/dual-credit-discovery-night-2024/e561474>

Wind Turbine Discovery Night

March 7 · 4 - 7 pm

This event includes a career fair and open house in TT1951, in the Trades, Technologies and Innovation Facility. Stop by and explore the tools, equipment and technology used in the wind turbine industry, including their full-size, 309,000-pound nacelle. The \$100 application fee for programs in the School of Renewable Energy will be reduced by 50 per cent for those who attend. For more information contact:

windturbine@lethbridgecollege.ca

February Virtual Career Sessions

Psychologist - March 7 at 4:00pm

Air Traffic Controller - March 20 at 4:30pm

Art Gallery Curator— March 21 at 5:00pm

Roofer—March 26 at 5:00pm

Register for one or all of these sessions, or listen to past sessions, at:

<https://careersteps.ca>



Alberta Junior Forest Ranger

JFR is now accepting JFR Crew Member positions from Alberta High School students ages 16 - 18 years old. Applications will close on **April 1st**. Not only are you paid to be a JFR but you can earn up to 10 high school credits. For information and application forms go to: <https://alis.alberta.ca/junior-forest-rangers/applications/>



YQL Aviation Day

May 25, 2024 10:00 am—5:00 pm

at the Lethbridge Airport

Are you interested in a Career in Aviation? Then this day is for you! For more information go to: <https://www.lethbridgeairport.ca/aviationday>



Presented in Partnership by

**Lethbridge Airport &
CAREERS: The Next Generation**

The Off-Campus Team

Mark Boschee - Off-Campus Coordinator - Cell: 587-220-4258 or Email: hsoffcampus@holyspirit.ab.ca

Wendy Gurr - Career Practitioner - Cell: 403-593-2903 or Email: hsoffcampus@holyspirit.ab.ca



Mini-Basketball Schedule 2024



All games and practices start at 11:50 unless otherwise indicated.

Practices:

Date:	Teams:
Feb. 28	1 + 2
Mar. 04	3

Games:

Date:		Teams:
March 06		1 vs. 2
March 13		2 vs. 3
March 18		3 vs. 1
March 20		2 vs. 1
March 25		3 vs. 2
March 27		1 vs. 3

Finals:

1st vs. 2nd: Thursday, **March 28th** at **11:00.**

Mini-Basketball Rules:

- 4 on 4 play
- 15 minute game
- For the **final**: Half time after 8 minutes
- clock runs continuously
- everyone to see equal playing time
- no press (cannot check until offense has crossed the center line)
- 3 fouls and the player is out of the remainder of the game
- Coach(s) must be present for team to play



Mini-Basketball Teams

TBD – After Feb. 27th

Team 1	Team 2	Team 3	Team 4
Coaches:	Coaches:	Coaches:	Coaches:



DO YOU WANT TO FAST THIS LENT?

In the words of Pope Francis

- Fast from hurting words and say kind words.
- Fast from sadness and be filled with gratitude.
- Fast from anger and be filled with patience.
- Fast from pessimism and be filled with hope.
- Fast from worries and have trust in God.
- Fast from complaints and contemplate simplicity.
- Fast from pressures and be prayerful.
- Fast from bitterness and fill your hearts with joy.
- Fast from selfishness and be compassionate to others.
- Fast from grudges and be reconciled.
- Fast from words and be silent so you can listen.



*"Out of our common todays and yesterdays we are building for eternity.
No thought, no work of ours ever dies. We shall meet them all again,
and in the world to come shall find our gathered harvest."*

- St. Katharine Drexel

St. Katharine Drexel 1858-1955 (Feast Day: March 3)

Katharine Drexel was born into a wealthy American family, and despite some personal hardship, grew up in relative comfort, with private tutors and the ability to travel widely. Her family was also very dedicated to prayer and service; they supported the poor and needy of their community from their abundant wealth. During a family trip to the western states, Katharine saw the plight of the Indigenous peoples of the west, met the Sioux leader Red Cloud, and began to send financial support to western missionaries.

In a later visit to Europe, Katharine met Pope Leo XIII and, after describing what she had seen and experienced in the western United States, asked him to send more missionaries to that area. She was surprised when the Pope suggested that she become a missionary! After prayer and spiritual direction, Katharine indeed joined a religious order, later founding another order known today as the Sisters of the Blessed Sacrament. She used her wealth to finance the establishment of over 60 schools and missions across the United States that served the various First Nations and African-American communities, never hesitating to speak out against racial injustice and discrimination. Katharine passed away in 1955 at the age of 96. When Katharine was canonized, Pope John Paul II made specific mention of her courage and initiative in addressing social inequality, her perspective on the unity of all peoples, and her love of the Eucharist.



Build! Pilgrims of Hope

"Building" In Our Schools

Building in our schools and in our communities! On Tuesday, February 13th, students and staff at Children of St. Martha spread love and kindness to the community by hosting a "Take What You Need" event. The students created "heart art", which was placed on the fence in the bus loop. The community was invited to stop by and take whatever they wanted. Whether picking something up, or simply driving by, the art is a creative demonstration that we are all loved by God.



Corporal Works of Mercy — Clothe the Naked —

Living in southern Alberta in the wintertime is a clear reminder of our basic human need for clothing! When we think of Clothing the Naked, we often think of that literal level which is very important - but so also is the wider work of mercy that can be applied. This is outlined by Philip Kosloski in [this article](#) from the National Catholic Register. In it, he notes:

"When we search out the 'naked' of our local community, we shouldn't only be looking for those without clothes. We should also look for those who are rejected, alone, and forgotten. They too are 'naked,' without friends or family, stripped of all meaningful human relationships. They are like the man in the parable of the 'Good Samaritan.' He was not only stripped of his clothes, beaten and left for dead, but also completely alone. Numerous people passed him by and no one extended a hand. He was treated like he was invisible."

Consider one of the following suggestions from the McGrath Institute at Notre Dame:

- Give up a particular item that you might normally spend money on and donate the funds to an organization that might be in need.
- Donate clothing (new or in good condition)
- Hold a baby shower for a mom in need.
- Consider reaching out to organizations that help children who might be in foster care or living in a shelter.

Pope's Prayer Intentions - For New Martyrs

Let us pray that those who risk their lives for the Gospel in various parts of the world might imbue the Church with their courage and missionary drive.

For more Information: [Works of Mercy](#)

Catholic Social Teaching — Economic Justice —

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

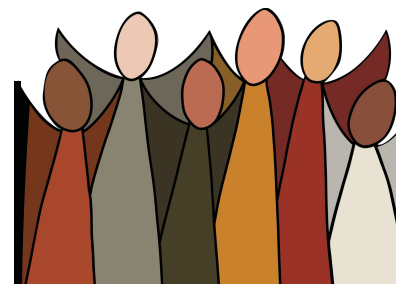
Last month, we looked at solidarity as the need to recognize our interdependence, to see ourselves in others and to seek to secure their good. One area in which we can see this specifically is economic justice. Many papal encyclicals that are now part of the magisterium of the church speak to economic justice. In 1891, with the release of the encyclical *Rerum Novarum*, Pope Leo XIII responded to the conditions of the Industrial Revolution by highlighting both the need for private property as well as the rights of workers to fair wages and unions. More recently, we have seen Pope Francis write encyclicals such as *Laudato Si* and *Fratelli Tutti*, in which he is critical of our 'throwaway culture' and speaks of a need for integral ecology in which to balance economic development with the environment. Throughout all of these encyclicals, we see the Church advocating for just economic systems that are rooted in the need to address both individual human dignity and the common good.

Learn more about economic justice with one of these resources:

[Rerum Novarum](#)

[Laudato Si](#)

[Fratelli Tutti](#)



*"...Whoever has two coats must share with anyone who has none;
and whoever has food must do likewise" (Luke 3:11)*

Gospel Readings

March 3 2024

3rd Sunday in Lent

Gospel Reading: John 2:13-25

"Take these out of here, and stop making my Father's house a marketplace." — John 2:16

Today in the Gospel we see that Jesus was angry with the way people viewed his Father's house. It makes me think about how we view God's house today. Would Jesus be happy with the way we act in church? Do we rush in and out because we have better things planned for our day, or do we take a few extra minutes to speak privately with Jesus? Do we prepare ourselves by the way we dress and quiet ourselves before we enter into the church knowing that Jesus is truly present there in the Eucharist? Do we genuflect out of respect? When we do these things we show God how much we love him.

What are some ways your family prepares for Mass? What could you change to prepare better?"



Prayer:

Dear Lord, we want to honor and worship you when we spend time in your house. Please give us the grace to fight off temptations of distraction so we may love and glorify you by our presence in church.

March 10, 2024

4th Sunday in Lent

Gospel Reading: John 3:14-21

"For God did not send his Son into the world to condemn the world, but that the world might be saved through him." — John 3:17

Some people think God is like an angry judge. They forget that he is a loving parent. He loves each one of us as his own children. Ask your parents how much they love you. It may be hard for them to express all the love they have for you in their hearts. But parents love their children a lot, wanting the best for them. God wants that for us, too. He saw that we needed to know his love, and the best way to show us was to send his Son. But he didn't stop there. He allowed his Son to show us God's love all the way to the cross. Jesus laid down his life for us, and then rose from the dead to love us even more. Our God really loves us a lot!

How do you view God? As an angry judge or a loving parent? Are you afraid of him or do you run into God's arms for love?



Prayer:

Dear Lord, thank you for being a Father who is willing to go to any length to show us, your children, that you love us.

Download this month's [Saint Prayer Card](#) - St. Katharine Drexel



[Home Page](#)

Gospel Readings

Gospel Reading: John 12:20-33

“Whoever loves his life loses it, and whoever hates his life in this world will preserve it for eternal life.” — John 12:25

Today’s scripture from the Gospel sounds kind of confusing. Most of us like our lives. It is hard to understand why we would lose it just because we like it. But I think that Jesus is looking deeper than what meets the eye. In different words, “whoever loves his life more than God will lose it and whoever puts God first will gain eternal life.” If we live our lives only to please ourselves, we lose out in the end. But if we learn to put God first in our lives, we take steps closer to being with him forever in heaven.

What are ways I put myself ahead of God? How can I make a change to start putting God before myself?



Prayer:

Dear Lord, help me to put you first, even before all the things I want. Teach me to seek you in all I do.

Gospel Reading: Mark 14:1-15:47

“...every tongue confess that Jesus Christ is Lord, to the glory of God the Father.” — Philippians 2:11

Today we reflect on Christ’s passion and death. In the midst of the story it is hard to believe that “every tongue will confess that Jesus Christ is Lord.” Most voices at this moment are condemning him. There are only a few people that are standing by him, suffering with him. There are times in life when we have the choice to be a person who stands for God, even it’s really difficult, or to be a person of anger, betrayal, and abandonment.

Which voice will you have in this week before Easter? Which side will you be on, Christ’s or the world’s?

Prayer:

Lord, you suffered because of your great love for us. Give me a voice to tell people how important you are to me!



Gospel Reading: John 20:1-18

“...he saw and believed.” — John 20:8

Those who went to the tomb to see that Jesus was not there—that he had risen—were indeed blessed. But Jesus said, “Blessed are those who believe without seeing.” That’s us! We believe because of the stories we have been told, the traditions that have been passed down to us, the experiences we have had through Holy Week and Easter. We are blessed to have the gift of faith to hear and believe that: Jesus Christ is Risen today! Alleluia!!!

What does God want to bring to life in you today?

Prayer:

Dear Lord, we praise you and thank for this Easter Sunday that reminds us of your gift of salvation. We are forever grateful for such a gift!



(I)SWAG Presents:

ADHD – UNDERSTANDING THE DIAGNOSIS AND TREATMENT STRATEGIES

Ft. Aleigha from True Balance Counselling

5:30pm to 8pm March 20th, 2024

Join us as Registered Psychologists Aleigha and Ashley from True Balance Counselling presents on ADHD while we enjoy a complimentary dinner and the chance to win some door prizes at a fun night of learning.

Please RSVP @



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

Location:

THE ESSIE'S BALLROOM

Sandman Signature,
320 Scenic Drive S,
Lethbridge AB



Emily Williston



SWAG

Student Wellness Access Guide

Holy Spirit Catholic School Division

willistone@holyspirit.ab.ca

(403)308-2445

Billy Woitte



ISWAG

Indigenous Student Wellness Access Guide

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ALEIGHA ARKSEY

True Balance Counselling

Aleigha is a Registered Psychologist who specializes in working with youth, anxiety, and grief and loss, but does work with individuals of all ages. Working with an open heart and open mind, Aleigha draws from a variety of approaches including Cognitive-Behavioural Therapy, Mindfulness, Play Therapy, Person-centered Therapy, Strength-based, and Solution focused.

This is a **FREE** event

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

drivers, parishoner's

Please RSVP @

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

