

# St. James Catholic Parish

338060—32nd Street East, Okotoks, AB T1S 1A2 — 403 938 3122 — stjamesparishokotoks.ca

St. James Church (Okotoks) & St. Michael's Church (Black Diamond)



## REJOICE

AND BE GLAD, FOR  
YOUR REWARD IS  
GREAT IN HEAVEN

MATTHEW 5:12



ROMAN CATHOLIC  
DIOCESE  
of Calgary



**SUNDAY, JANUARY 29, 2023 ~ 4TH SUNDAY IN ORDINARY TIME**

### **EUCCHARISTIC CELEBRATIONS**

#### **WEEKEND CELEBRATIONS:**

Saturday: 5:00 pm (St. James Church, Okotoks)

Sunday: 9:00am, 11:00am & 5:00pm (St. James Church, Okotoks)

Sunday: 9:00am (St. Michael's Church, Black Diamond)

#### **WEEKDAY CELEBRATIONS:**

Monday - Saturday: 9:00am (St. James Church, Okotoks) 7pm returning Feb. 14th

### **SACRAMENT OF RECONCILIATION/CONFESSION**

Tuesday: 6pm - 7pm & Saturday: 9:30am - 10:30am (St. James Church, Okotoks)

Or by appointment

### **ADORATION OF THE BLESSED SACRAMENT**

Monday - Saturday: 6am - 9am / Monday - Friday: 5pm - 7pm (St. James Church, Okotoks)

	<b>Mass Intentions</b>		<b>Events at the Parish</b>
<b>Saturday January 28</b>	9:00am 5:00pm	† Broedy van Oirschot Michelle & Tom Diment	Low Gluten Eucharist is available at every Mass
<b>Sunday January 29</b>	9:00am 9am(BD) 11:00am 5:00pm	† Mary Timko † Roger Vold John Siqueira The People of the Parish	After 11am Mass - Soup and Bun hosted by Coffee Sunday (Hall)
<b>Monday January 30</b>	9:00am	Shirley Mutschler	7-8:30pm - Catherine's Choir Practice 7-9pm - Horizon's of Hope Workshop (St. Raphael)
<b>Tuesday January 31</b>	9:00am	† Richard Nilsen & Greg & Tracy Gutek	9:30am & 4pm - Catechesis (Atrium) 6pm - RC Encounter additional prayer (Church)
<b>Wednesday February 1</b>	9:00am	Layla Varcoe	10am - Catechesis (Atrium) 7pm - Knights of Columbus Meeting (St. Raphael) 7pm - RCIA Session (St. Andre)
<b>Thursday February 2</b>	10:00am	James & Jennifer Peloso	7:45am & 7:45pm- Meditation Sessions 10am Mass - Students attending 11am - Rosary Making (St. Martha) 7-9pm - RC Encounter Group (St. Andre) 7:30-9:30pm - HIS Choir Practice (Church)
<b>Friday February 3</b>	9:00am	Steve Cudnik & † Rowynn MacPhee	1:30pm - Catechesis (Atrium) 7pm - Marriage Prep Session (St. Andre)



May YOU know the deep love and support of our community through our thoughts and prayers. Please contact the Parish Office to have your name or the name of a loved one placed here.

**OUR SICK & INFIRM - ESPECIALLY...**

Dennis S., Margaret B., Armand L., Annalise K., Owen K., Ray K.

**OUR BELOVED DEAD**

Isabelle Colacci, Greta Gould, Ted (Edward) Tatem, Helen Bondar

**OUR SEMINARIANS**

Peter A., Andre B., Joshua C., Bennet C., Solomon I., Samuel O., Bemjamin T., Santiago T., Joshua W.

**PRAYER CHAIN** If you would like to request prayers or be included in our prayer chain, please email: Vi Lake-vilake276@gmail.com

**SICK OR INFIRM PARISHIONERS** If you know of parishioners who are hospitalized or confined to their homes, please notify the office at 403.938.3122 to arrange hospital or home visitation. It is also important to arrange to receive the Sacrament of Anointing of the Sick before any surgery.

**SVDP Okotoks: 403.938.0562 / SVDP Black Diamond: 403.933.4955**

# ST. JAMES PARISH - SACRAMENTAL PREPARATION

Registration is now open for all sacraments. <https://www.stjamesparishokotoks.ca/faith>

## CONFIRMATION

Grade 6 and up (\$30)

Sessions take place on  
Wednesdays from 6:30pm-8pm:

Session #2: February 8th

Session #3: March 1st

Session #4: March 15th

Session #5: March 29th

Session #6: April 26th

Retreat: Saturday, April 29th  
@ 10:00am-6:00pm

## FIRST COMMUNION

Grade 2 and up (\$25)

PARENT ONLY RETREAT: Wednesday,  
March 22nd @ 7:00pm

Sessions take place on  
Wednesdays from 6:30pm-8pm:

Session #1: April 19th

**Commitment Mass: Saturday,  
April 22nd @ 5:00pm**

Session #2: May 3rd

Session #3: May 17th

Session #4: May 31st

Retreat: Saturday, June 3rd @  
10:00am-1:00pm

First Communion Sacramental  
Mass - All masses the weekend of  
June 10th and 11th, 2023

## RITE OF CHRISTIAN INITIATION

Registration is ongoing for those interested in learning more about the Catholic Faith. Inquirers are instructed in the Catholic Faith and introduced to the life of the Church. The Rite of Christian Initiation is for those who would like to join the Catholic Church.

We have programs for all ages:

RCIC (age 7-11)

RCIT (age 12-17)

RCIA (age 18 and up)

[https://www.stjamesparishokotoks.ca/  
online-sacrament-registration-form](https://www.stjamesparishokotoks.ca/online-sacrament-registration-form)

Contact our Religious Education Coordinator, at the Parish Office for more information.

Phone: 403-938-3122 or email: [religionsedu@stjamesparishrc.com](mailto:religionsedu@stjamesparishrc.com)

**BAPTISM PREPARATION** Registration takes place at the Parish Office and a meeting is booked with one of our Parish Priests. A Baptism Preparation session is required for the baptism of your first child. **Cost is \$20.**

Please see the website for our registration form and required documents. <https://www.stjamesparishokotoks.ca/baptism>

Session dates:

March 1st, 2023 / April 19th, 2023 / June 7th, 2023

**MARRIAGE PREPARATION** Phone the Parish Office at least **6 months before marriage and make an appointment.**

Marriage preparation sessions are mandatory for those preparing for marriage. **Cost is \$150.00 per couple.**

Sessions run Friday @ 7-9pm and continue Saturday @ 9am-4pm. Follow up meetings with a Sponsor couple take place after the weekend on your own time. <https://www.stjamesparishokotoks.ca/marriage>

Session dates:

February 4th, 2023 / April 21st/22nd, 2023

## Mass Intentions

To book a mass intention please fill out this form and return "attn: Jocelin" the office or place into the collection basket with a \$10 donation. Additional forms are available in the Narthex and at the Parish Office. For more information contact Jocelin at [bulletin@stjamesparishrc.com](mailto:bulletin@stjamesparishrc.com).

Requested By: \_\_\_\_\_

Name: (Indicate Living or deceased) \_\_\_\_\_

Date Received \_\_\_\_\_ · Paid Y/N

### IMPORTANT REMINDER

Please sign in at the office when you are at the church during business hours.

### OFFICE HOURS

Monday - Friday 9:30am - 4:00pm\*  
Closed for lunch 12:30-1:00pm

Main Office 403 - 938 - 3122  
Emergency 403 - 869 - 7382

# Fundraising and Finances

## Help the parish with no additional cost to your family!

If you spend \$600/month on groceries, and buy \$600/month of grocery gift cards, the church will make approximately 6% profit to help with the operational costs of the parish.

Monthly: 6% of \$600 is \$36

Yearly: \$36/month x 12 = \$432

Now, if 500 of our parish families did the same,

Yearly: \$432 x 500 families = \$216,000

This benefit to the church creates no additional cost to you, our parishioners!

Please help us maximize this amazing potential, and participate in the grocery gift card program.



## 2022 TAX RECEIPTS

In an attempt to save on printing, paper, envelopes & postage, we are offering the option of receiving your 2022 tax receipt via email. Please ensure we have the correct email on file in order to accomplish this.

You can update your information on our website

<https://www.stjamesparishokotoks.ca/change-of-address-form>

or by emailing

[office@stjamesparishrc.com](mailto:office@stjamesparishrc.com)



**SUNDAY MISSALS \$5.00 EACH**

**YOUNG CATHOLICS MISSALS \$8.00 EACH**

2023 Donation

Envelopes are ready for pick up in the Narthex.

If you would like some for next year or If you give automatically, and want the special collection envelopes, please let the office know.

If you would like to switch to automatic donations, please see our [website](#).

## ST. JAMES FINANCIAL UPDATE

### Sunday Collections

Jan. 22, 2023

Collections: \$6,444.40

Online: NA

Preauthorized: \$3,646.92

Total: \$10,091.32

Budget: \$10,621.15

Jan 15, 2023

Collections: NA

Online: NA

Preauthorized: NA

Total: NA

Budget: NA

Children's

Collection 2023

Week: 110.00

Year To Date: \$351.75

### Building Fund

Jan. 22, 2023 NA

Month to date: NA

Monthly Payment: \$6,196

Mortgage Balance: \$146,903

### December Grocery Gift Cards

Sobeys: \$14,150

Save-On: \$0

Total: \$14,150

Proceeds to Church: \$849

### Together in Action

Weekly Goal: \$901

Date: Jan. 22 NA

YTD Collections: \$603

2023 Goal: \$46,860

To setup preauthorized donations or to donate online, please visit: [www.stjamesparishokotoks.ca/donate](http://www.stjamesparishokotoks.ca/donate)

We now accept e-transfers at: [donations@stjamesparishrc.com](mailto:donations@stjamesparishrc.com)



# Events and Announcements



## HORIZONS of HOPE

A TOOLKIT FOR CATHOLIC PARISHES ON PALLIATIVE CARE

Horizons of Hope is an educational resource to help understand and reflect upon end-of-life issues and to promote the need for excellent palliative care. It will assist in clarifying misinformation, and reverse the deceptive messaging found in this increasing culture of death. We invite you to attend the 4-module workshop program being offered in January 2023.

- The Horizons of Hope program has been designed for:
- People seeking to learn more about palliative care and Catholic Church teaching on end-of-life;
  - Individuals recently diagnosed with serious and/or terminal illness;
  - Family members and friends seeking guidance and access to resources as they accompany the loved one faced with a serious or terminal illness;
  - Medical professionals, caregivers;
  - Members of pastoral care teams and other parishioners; and
  - Parishes seeking to form a Compassionate Community program.

### SCHEDULE

- Monday, Jan 9 (7 to 9 pm)  
Module 1: Understanding the Human Experience of Dying and Death
- Monday, Jan 16 (7 to 9 pm)  
Module 2: Discerning and Making Decisions at the End of Life
- Monday, Jan 23 (7 to 9 pm)  
Module 3: Accompanying Those at the End of Life
- Monday, Jan 30 (7 to 9 pm)  
Module 4: Supporting and Integrating Within the Wider Community

### WORKSHOP LOCATIONS

- Pick from the following sites:
- Catholic Pastoral Centre (120 17 Ave SW, Calgary)
  - Ascension Parish, Calgary
  - St Gerard Parish, Calgary
  - All Saints, Lethbridge
  - Holy Family, Medicine Hat
  - St James, Okotoks

FOR MORE INFORMATION  
CATHOLICCYC.CA/  
HORIZONSOFFHOPE

### REGISTRATION

To attend, register online at  
[catholiccyc.ca/horizonsoffhope](http://catholiccyc.ca/horizonsoffhope)



Or call 403-218-5500



## PASTORAL CARE MINISTRY

*Save the Date*

We are happy to inform you that the Catholic Pastoral Centre will be facilitating a Pastoral Care Ministry Training Course.

The course will be provided over two sessions:

- Part 1: Friday, March 24 and Saturday, March 25
- Part 2: Friday, March 31 and April 1

To receive a certificate of completion, participants must attend both Part 1 and Part 2.

The registration form and more details will follow soon.



## UPDATE

## Parish Photo Directory



THIS IS OUR LAST CALL TO BE INCLUDED IN THE PARISH DIRECTORY.

IPC Photography is coming back Feb. 17th and 18th.

Please stay tuned for specific information on how to have you and your family signed up for a quick session to be included.

There will be a draw of 3 prizes for all families who have submitted a photo. We have created a committee of 7 people working on this project behind the scenes. We are so sorry for the long delay of the publishing. This directory will showcase the entirety of St. James Parish including history, schools, all of our ministries and much more.

As an alternative you can also submit your personal photo, email [office@stjamesparishrc.com](mailto:office@stjamesparishrc.com) by January 31st.

Join us in the St. Raphael Room



## COFFEE SUNDAYS NEEDS YOUR HELP!

Coffee Sundays is working to get back!

Please join us in the Parish Hall after the 11am mass! Coffee Sunday will run weekly.

We are in great need for volunteers or for families willing to donate snacks and help serve. If you are able to assist please contact the office for more details.



## "Rivers of Living Water"

ST. James, Charismatic Prayer Ministry  
Meets 2nd Thursday of each month  
Thurs. February 9th at 7pm



ALL ARE WELCOME!

Drop in & join us for music / singing praise & worship, scripture, intercessory prayer time followed by fellowship with coffee and light refreshments.

St. Martha Room, Enter through Main Church doors

SOUP & BUN SUNDAY  
HOSTED BY THE COFFEE SUNDAY TEAM  
(BY DONATION)

Come join fellow parishioners  
Sunday, January 29th  
after the 11am mass, in the hall.

We will have 4 different soups to try  
and games and activities for the kids.  
If you would like to contribute to this  
festive afternoon, please bring a snack  
or dessert to share!

## Stewardship Reflection

"Blessed are the poor in spirit, for theirs is the kingdom of heaven." MATTHEW 5:3  
The phrase "poor in spirit" can be confusing. Think of it in this sense – poor in spirit means depending on God's providence and not depending on our own self-reliance. Being detached from earthly things (power, money, and comfort) and being attached to heavenly things (charity, sacrifice, and mercy). Denying ourselves from satisfying our desires and helping others obtain their basic needs.

# Youth / Ministries

## **FREE THROW COMPETITION**

Hosted by The Knights of Columbus

Sunday, February 12th  
at the HTA gym

Registration at 1:30  
Event starts at 2pm

Winners will progress to area  
championships.  
This event is open to boys and girls  
ages 9-14.

### **Special Announcement from Fr. Vincent Regarding Formation of the Parish Pastoral Committee**

I'd like to announce the appointment of Dorothy White as the Chair of the Parish Pastoral Council, Stephanie Krueger as Vice Chair, Jocelin Oliver as Secretary and Howard Heffernan, Rysa Catapang, Don Bechtel, and Ron Nelson as Executive members.

#### Introducing the Chair, Dorothy White:

My name is Dorothy White, and I am excited to be the Parish Council Chair for St. James and St. Michael's churches.

I've lived in Turner Valley for the last 31 years. I had the privilege of working for Christ the Redeemer school division for 24 years; first as a primary grade teacher, and then as Principal of Holy Spirit Academy in High River. When I wasn't in the classroom, I was mom to my two sons, Mike and Ryan and wife to my late husband, Terry.

The Parish Pastoral Council is a consultative body which works closely with the Priests regarding all matters pertaining to the pastoral life of the parish as an advisory board. The Council is deeply committed to helping our Pastors guide the parish towards fulfilling the mission of the Church in its call to stewardship and evangelization.

### **The Canadian Christian Meditation Community invites you to AN INTRODUCTION TO CHRISTIAN MEDITATION A SIX-WEEK COURSE**

This course provides an opportunity for those interested in finding out about Christian Meditation to experience the practice in a small group, to learn about its origins and to discover its relevance as a form of prayer for our contemporary world

**Tuesday evenings starting February 21<sup>st</sup> ending March 28<sup>th</sup>, 2023  
7:15 – 8:15 pm St. James Church, Okotoks**

For more information contact Andrea Siqueira  
Email: [andreat711@gmail.com](mailto:andreat711@gmail.com) / 403-999-3398



## **CATECHESIS OF THE GOOD SHEPHERD ATRIUM**

**Space  
available!**

Level 1 Group A:  
Tuesdays 9:30-11:30am

Level 1 Group C:  
Tuesday after school 4-6pm



Level 1 children must be 3 as of  
September 30, 2022 and not older  
than 6 as of September 1, 2022

For registration please  
contact the office or  
hospitality desk.

## **Children's Choir**

If your child  
would like to sing in the  
children's choir (2nd Sunday of  
each month at the 11am mass),  
please contact Jennifer Rorke at  
[jrorke@redeemer.ab.ca](mailto:jrorke@redeemer.ab.ca)



## **Children's Liturgy**

School aged children are invited  
to join Children's Liturgy at the  
9am and 11am masses on Sundays.



We are calling out for parents and guardians  
to volunteer during Children's Liturgy to help  
make it a great experience for everyone.

**Please note:** If your child is new to a school  
setting, or younger than pre-school, we ask  
that a parent or guardian attends with them.

**GREAT LEARNING STARTS HERE!**

## **LITTLE FLOWER PRE-KINDERGARTEN**



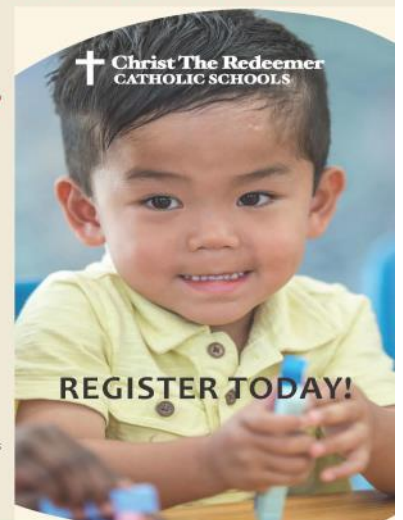
**TWO  
LOCATIONS IN  
OKOTOKS**

St. Mary's School  
École Good Shepherd

Program Options:  
**FIVE DAYS A WEEK**  
Morning Program  
(Monday to Friday)

Accepting Catholic and  
non-Catholic students

Pre-Kindergarten students must be 4 years  
of age or older by December 31, 2023



**REGISTER TODAY!**



TO REGISTER VISIT

St. Mary's School - 403-938-8048  
<https://stmarys.redeemer.ab.ca/littleflower>

École Good Shepherd - 403-938-4318  
<https://goodshepherd.redeemer.ab.ca/littleflower>



# Information

Faith Begins at Home

## Project Nazareth



Are you longing to deepen your faith and that of your children? St. Augustine knew what he was talking about when he said: "Our hearts are restless until they rest in You." Coming February 19, 2023 the Parish will be offering a fantastic opportunity to help you and your family grow together in faith and love. No matter where you are on your spiritual journey, cradle Catholics and converts alike, you will find the knowledge, skills, and activities you need to instruct your children in the faith while deepening your own faith.

Please register at  
<https://www.evangelizeboston.com/project-nazareth/>

## EASTER VIGIL CHOIR INFORMATION

Easter choir rehearsal will begin Sunday, February 26th from 7-9pm Rehearsals will run every Sunday until Easter.

Please contact Catherine Klug at [cklug4@icloud.com](mailto:cklug4@icloud.com) to sign up or for more information.

Sing praise to The Lord

**Calling all musicians and singers!**

All you need to bring is your singing voice!

## Ministry Opportunity

When: at the end of each Sunday 9am / 11am & Saturday 5pm mass for up to 30 mins.

We are looking for people to serve once weekly at any of the masses listed. Multiple people needed!

Full training and support is included.

**What's involved: Monitoring the hospitality desk and providing assistance to parishioners as needed. Selling gift cards (cash, credit and debit responsibility) Answering parishioner questions. Directing people to various locations**

This position takes place at the end of mass, in the Narthex.

St. James Parish



For more information or to sign up please contact the office at 403-938-3122 or [bulletin@stjamesparishrc.com](mailto:bulletin@stjamesparishrc.com)

## The Praises of God

Living In Harmony

International Day of Human Fraternity

Wednesday, February 8, 2023

9:00 am – 3:00pm

Mount St. Francis Retreat Centre  
41160 Retreat Rd. (Cochrane)

In 2020 the UN Declared February 4 as the *International Day of Human Fraternity*. In conjunction with *World Interfaith Harmony Week* (Calgary) and in recognition of *International Day of Human Fraternity*, Mount St. Francis Retreat Centre invites you to a day of prayer honoring the God of relationship.

Coffee & Muffins - 9:00 am

Prayer and Reflection - 9:30 am

Liturgy - 11:30 am

International Luncheon (Cost: \$20)

Prayer and Reflection - 1:30 pm

Closing Ritual and Sharing - 2:30 pm

The day is structured around times of shared prayer and personal prayer based on *The Praises of God* written by St. Francis.

Register Early - limited spots.  
[mtfrancis@shaw.ca](mailto:mtfrancis@shaw.ca) 403-932-2021



## MEDITATION MINISTRY

WHEN: Every Thursday from 7:45 -8:45 am in-person (St. Andre room) & 7:45-8:45 pm online (Zoom)

AM session will continue to take place in the St. Andre room

**\*\*PM session takes place via an online zoom link\*\***

Register in advance for this meeting:

[https://us02web.zoom.us/join/register/1ZYudeuqjls1tZ49\\_250JMdCLHG7MocP7KI](https://us02web.zoom.us/join/register/1ZYudeuqjls1tZ49_250JMdCLHG7MocP7KI)

After registering, you will receive a confirmation email containing information about joining the meeting.

## PARISH STAFF

**Fr. Vincent TuanHa**, Pastor |  
pastor@stjamesparishrc.com

**Fr. Vijaya Bathineni**, Associate Pastor |  
associate@stjamesparishrc.com

**Armand Lafond** | Deacon |  
deaconarmand@stjamesparishrc.com

**Leanne Plamondon**, Rel Ed. Coordinator & Bookkeeping |  
religiousedu@stjamesparishrc.com |  
403-938-3122 ext. 105

**Jocelin Oliver**, Receptionist |  
bulletin@stjamesparishrc.com  
\*\*\*Submission deadline for the bulletin is  
end of day Wednesdays\*\*\*

**Tania Keller**, St. Michael's Church  
Custodian

**Parish (Mailing) Address: Site 7 Box  
41 RR 2, Okotoks, AB, T1S 1A2  
(Physical): 338060 - 32nd Street. E.  
Okotoks, AB T1S 1A2**

**St. Michael's Church  
402 Government Road  
Black Diamond, AB T0L 0H0**

## MINISTRY CONTACT

*Liturgy*

**EMHC:** Tara Epp | [tepp@redeemer.ab.ca](mailto:tepp@redeemer.ab.ca)

**LECTOR:** Jayme Crawford |  
[jcrawford@redeemer.ab.ca](mailto:jcrawford@redeemer.ab.ca)

**MUSIC:** Catherine Klug | [cklug4@icloud.com](mailto:cklug4@icloud.com)

**ALTAR SERVERS:** Maria-Theresa Allen |  
[mtallen06@icloud.com](mailto:mtallen06@icloud.com)

**USHERS:** Mark Congram |  
[congramm@mac.com](mailto:congramm@mac.com)

**CHILDREN'S LITURGY:** Jocelin Oliver |  
[bulletin@stjamesparishrc.com](mailto:bulletin@stjamesparishrc.com)

**LITURGY COMMITTEE:** Catherine Klug |  
[cklug4@icloud.com](mailto:cklug4@icloud.com)

*Social Justice / Outreach*

**ST. VINCENT DE PAUL (OKOTOKS):**  
Greg Boland | [gregbolandjoinery@yahoo.com](mailto:gregbolandjoinery@yahoo.com)

**ST. VINCENT DE PAUL (BLACK DIAMOND):**  
John Walsh | 403-933-4955

**PRAYER CHAIN:** Vi Lake |  
[vilake276@gmail.com](mailto:vilake276@gmail.com)

**BEREAVEMENT MINISTRY:** Barbara Zimmer |  
[zimmb@shaw.ca](mailto:zimmb@shaw.ca)

**PASTORAL CARE - OKOTOKS:** Mary  
McGinness | 403-995-0202

**PASTORAL CARE (BD):** Brian Frank | 403-  
830-8441

## PARISH LIFE

**PARISH COUNCIL:** | 403-938-3122

**FINANCE COUNCIL:** Andrew Keller |

**YOUTH MINISTRY:**  
[youth@stjamesparishrc.com](mailto:youth@stjamesparishrc.com) | 403-938-  
3122

**CATHOLIC WOMEN'S LEAGUE:**  
Leanne Kilcommons  
[lmkilcommons@gmail.com](mailto:lmkilcommons@gmail.com)

**KNIGHTS OF COLUMBUS - OKOTOKS:**  
Patrick Brown-Harrison

**KNIGHTS OF COLUMBUS - BLACK DIA-  
MOND:** Daniel Mullaghan | 825-994-2719

**COUPLES FOR CHRIST MINISTRY:** Jaya-  
man Lama | 403-890-8001 |  
[jaya17@hotmail.com](mailto:jaya17@hotmail.com)

**LIGHT OF JESUS FAMILY MINISTRY:** Jerry  
& Belinda Aquino

**ADORATION:** Stephanie Foran |  
403-455-5768 |  
[stephanie.foran@rogers.com](mailto:stephanie.foran@rogers.com)

**RIVERS OF LIVING WATER PRAYER  
GROUP:** [rolwinfo@shaw.ca](mailto:rolwinfo@shaw.ca)

**ST. MICHAEL'S CHRISTIAN FELLOWSHIP:**  
Jennifer Gill | 403-931-1509

**STEWARDSHIP:** Colleen Mortimer |  
[colleenmortimer6@gmail.com](mailto:colleenmortimer6@gmail.com)

**MEDITATION MINISTRY:** Andrea Siqueira  
| [andreat711@gmail.com](mailto:andreat711@gmail.com)

**PPAC:** Keith Hartman

## CWL / KofC

**Knights of Columbus (KofC) - St. James**  
Meetings take place the 1st Wednesday  
of each month.

**Next Meeting:**

**February 1st @ 7:00pm**



**Catholic Women's League of  
Canada (CWL) - St. James**

We invite all Women of St. James and St.  
Michael's Parishes to

**JOIN us Every 2nd Wednesday at 7pm in the St. Raphael  
Room.**

**Next meeting: February 8th**

**CWL is excited to present**

## Fatal Flaws

**A video production from the  
Euthanasia Prevention Coalition**

We are proud to announce that special guest Dr. Eric Wasylenko, a member of St. James Parish will be available to answer questions. A recently retired palliative care physician and Clinical Ethicist, Dr. Wasylenko has been extensively involved with the challenges around the intersection of end of life care and assisted death in Alberta and Canada.

This evening is intended for an adult audience, as the content might be unsuitable for younger attendees.

**February 16th, from 7:00-9:00  
in the Parish Hall.**





## **FINDING OUR SAINTHOOD IN THE BEATITUDES**

In this Sunday's Gospel reading, we get a glimpse of our own sainthood. The eight Beatitudes in Matthew 5:1-12 describe the holiness of those who imitate Jesus. The first four deal with our relationship with God; the last four deal with our relationships with others.

How can we call ourselves saints? Remember that you are a saint, as imperfect as you are at this time on your journey, because God has sanctified you through your baptism, thanks to what Jesus did for you on the cross. This means that he has blessed you. And blessed are you because you love as Jesus loves.

Everything that God blesses is made holy! Therefore, any person who lives the lifestyle of the Beatitudes (which is the lifestyle of Jesus) is blessed by God and can rightfully be called a saint: the poor in spirit who recognize that they need God's love, those who mourn and turn to the Holy Spirit for comfort, those who meekly (i.e., without arrogance) stand up for what is right because they love God, and so on down the list of Beatitudes. Meditate on each blessing and notice your sainthood and the challenge to become more saintly by improving how well you imitate Jesus.

The Church canonizes Saints (which we signify with a capital "S") so that we have role models. Even though we've not reached their level of holiness, we belong to the same communion of saints. A saint is anyone who is following Christ toward heaven, with or without a lay-over in purgatory. As we strive to improve, we can ask the Saints for help and receive their spiritual guidance.

Looking over the list of the Beatitudes, which do you implement best? Which do you need to improve? Which one do you find least desirable? How do you avail yourself of help from the Saints? How does this help you grow in holiness?



# DIOCESAN SUNDAY UPDATES

THE FOURTH SUNDAY IN ORDINARY TIME

**Horizons of Hope - Jan 30** All are invited to join *Horizons of Hope* to learn and reflect upon end-of-life issues, as well as to promote the need for excellent palliative care. Please join the next workshops: **Monday, Jan. 30 (7 to 9 pm)** | Module 4: *Supporting and Integrating Within the Wider Community*.

You will be able to choose one of the six following locations: Catholic Pastoral Centre (120 17 Ave SW, Calgary); Ascension Parish, Calgary; St Gerard Parish, Calgary; St. Martha, Lethbridge; Holy Family, Medicine Hat; St James, Okotoks. Register at [catholicyc.ca/horizonsofhope](http://catholicyc.ca/horizonsofhope)

**Pastoral Care Ministry Training in March 2023** The Diocese of Calgary will be facilitating a Pastoral Care Ministry Training Course over two sessions: Part 1: Friday, **March 24** and Saturday, **March 25**; Part 2: Friday, **March 31** and **April 1**. To register, visit [catholicyc.ca/pastoralcare](http://catholicyc.ca/pastoralcare) or call Sr. Mariflor at 403-218-5521.

**The Seekers Group: Discernment for Unmarried Women | Jan 29** Women seeking to know how to discern the Will of God in their lives are invited to learn how to listen and discover God's call in their life. We will be engaging in Lectio Divina prayer and exploring how to discern using the Ignatian method of discernment. When: **Sunday, Jan. 29 at 2 pm** at the Catholic Pastoral Centre - 120 17 Ave SW, Calgary. For more information, contact Sr. Dianne at 403-218-5504

**Pray for Consecrated Life** World Day for Consecrated Life will be celebrated in the Church on **Thursday, Feb. 2**, and in parishes over the weekend of **Feb. 4-5**. Please pray for all those who have made commitments in the consecrated life, and be sure to thank them on their special day. May they continue to be inspired by Jesus Christ and respond generously to God's gift of their vocation.

**The Praises of God Living in Harmony | Feb 8** In conjunction with World Interfaith Harmony Week (Calgary) and in recognition of International Day of Human Fraternity, Mount St. Francis Retreat Centre invites you to a day of prayer honoring the God of relationship. When: **Wednesday, Feb. 8 at 9 am to 3 pm**, Mount St. Francis Retreat Centre. For more info, call 403-932-2012.

**World Day of Prayer for the Sick | Feb 11** The Holy Father's 2023 message for the World Day Prayer for the Sick is entitled: **"Take care of him" - Compassion as a synodal exercise of healing**. *In light of the Church's synodal journey, Pope Francis invites us "to reflect on the fact that it is precisely through the experience of fragility and illness that we can learn to walk together according to God's style of closeness, compassion and tenderness." Let us pray: For the sick, lonely and abandoned, may the closeness and saving mercy of Christ bring consolation and peace, we pray to the Lord, let us pray to the Lord.*

**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 [catholicmedyc.wordpress.com](http://catholicmedyc.wordpress.com) for tickets and more information. When: **Saturday, Feb. 11 at 9 to 11 am**, Heritage Park, Calgary (Railway Orientation Centre).

**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 [sistersofdivinemeracy.org](http://sistersofdivinemeracy.org)

**Valentine's Day Dinner** Seeds of the Word Community invites couples to the Valentine's Day Dinner to spend some time together and to receive formation. When: **Feb. 14** at Our Lady of Fatima Parish, Calgary. The evening begins at 5:30pm, will consist of Mass, dinner, and formation, and wrap up at 9:30pm. Childcare available! Contact 403 616-8579 for more info.

**Competition for the Jubilee 2025 Hymn** The Dicastery for Evangelization is calling for entries for the Hymn for the Holy Year 2025, encouraging those interested to set to music a provided text which expresses the essence of the Jubilee event. Learn more at [jubilaeum2025.va/en/inno](http://jubilaeum2025.va/en/inno) | [Watch video](#)

**Natural Family Planning Association of Alberta upcoming events** | [billingslife.ca](http://billingslife.ca) **NFP Teachers Training** - Jan 30 from 6 to 9 pm (online) **Billings Ovulations Method** - Jan 31 from 8 to 9 pm (online)

**Catholic Women's Leadership Foundation Transformational Leadership Program** This is an excellent opportunity for Canadian Catholic women from all walks of life, who are committed to making a difference in society, by developing their leadership skills, facilitated by the Providence School of Transformational Leadership and Spirituality at [Saint Paul University](http://Saint Paul University) will run from May 2023 to June 2024, with both face-to-face and online courses. Learn more and apply at <https://www.cwlfcanada.ca/participate>

**Career opportunities** Assistant Care Coordinator (full time) at Elizabeth House in Calgary. Caretaker (part time) at Canadian Martyrs Parish in Calgary. Assistant Coordinator (casual) at Feed the Hungry, Calgary. Please visit [catholicyc.ca/careers](http://catholicyc.ca/careers) for more information and application details.

**Wanted: Used/Unused Christmas Cards** With your support, the Mission Council raised \$5300 to help our brothers and sisters in our home and international missions. Please consider putting aside your used and unused greeting cards for donation to the Mission Council card-making program. You can drop off the cards at your Parish Office or Catholic Pastoral Centre (120 17 Ave SW, Calgary) during business hours.

**Sunday Bulletin shorts, free to use** The Beatitudes are well-known among both Christians and non-Christians. They have become the signature of the Christian message, forming the substance of Jesus' teaching. To call the poor, the mourning, the hungry, the persecuted "blessed" seems at first reading ludicrous – another upside-down move on God's part. When we realize that Jesus makes these pronouncements from the perspective of God's glory in which he himself shares, we realize that the poor, the mourning, the hungry, the persecuted are all identified with the Son of God who died on the cross: poor, despised and falsely condemned. It is Jesus' capacity to hold divinity and humanity in loving tension in his moment of death, which makes us truly blessed in all our afflictions. Which Beatitude connects to a real experience for you? How do you see blessedness operate in the experiences of life mentioned in the Beatitudes? Read Luke's version of the same event – Luke 6: 20-26 – what are some similarities and differences, compared to Matthew's version? (Source: Diocese of Saskatoon)

**Resources for children. Kid's challenge this week:** In today's Gospel, Jesus teaches the eight beatitudes, or happiness. This week, talk as a family about what it means to be happy or to be blessed. Make a list of traits that you would associate with a happy person. Better yet, print this leaflet from the [Kid's Bulletin](#) for your daily inspiration. (Source: Loyola Press & The Kid's Bulletin) Colouring page this Sunday [Kid's Bulletin for this Sunday](#) Sunday Connection for the 4th 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)

**Save the date: 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 [catholicyc.ca/pastoralcare](http://catholicyc.ca/pastoralcare) or call Sr. Mariflor at 403-218-5521.

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**Discernment Retreat | Feb 3** The Seeds of the Word invites you to a Discernment Retreat with theme: "What am I to do, Lord!". When: **Feb. 3 - 5** at St. John Paul II House in Calgary. Register at <https://bityli.com/discernmentretreat>

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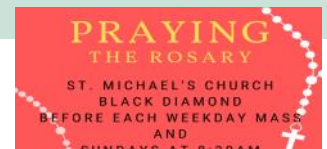

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 Group C - Tuesday after school.

For registration please contact the office or hospitality desk.




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