

Dear St. Francis Families,

As we approach the final stretch of the school year, I want to express my gratitude for your continued support throughout this busy and blessed year of learning. June is packed with celebrations, important deadlines, and final assessments. Please take a moment to review the information and dates below so that you and your child are prepared for a successful end to the school year.

Important June Dates

This Week:

Check out our **social media channels** for daily updates on **Theme Days** – a fun way for our students to finish strong and stay connected!

- **Option Selection Forms Released**

- Please help your child complete their **Developmental Options (DO's)** form for the 2025–2026 school year.

- **Transportation Forms**

- If your child is eligible for transportation, please ensure your **transportation registration forms** are submitted this week.

Thursday, June 5 – Grade 9 Farewell at CCH

Join us as we celebrate our Grade 9 students! Please refer to the attached invitation for times and details.

Thursday, June 12 – Bluebird Café

Come enjoy an evening of amazing musical performances by our talented students. They've worked hard all semester and are ready to shine!

Tuesday, June 17 – Year-End Mass at 8:30 a.m. in the gym

All families are welcome to attend as we come together to celebrate the end of another school year with gratitude and prayer.

Wednesday, June 18 – Talent Show & Pool Party

- **Talent Show/ Athletic/Fine Arts Awards** 8:30–11:30 a.m.
- **Pool Party** at Henderson Pool: 12:00–3:00 p.m. (Lunch provided)
This will be the **official last full day of classes for students.**

Thursday, June 19 – Final Exams Begin

See the detailed **Final Exam Schedule** below. Note:

- Students only attend on their scheduled exam days.
- There is **no bussing** during exam days (June 19–25) other than the regular 3:00 p.m. time.
- Students must leave the building once they are finished their exam unless waiting for a ride.



Final Exam Schedule – June 2025



Previous Written Exams

- May 27 – FLA 9 PAT (Part A)
- May 29 – ELA 9 PAT (Part A)

Exam Days: June 19–25

- Students must arrive by 8:00 a.m. for attendance.
- Dismissal (earliest times):
 - Grade 7 – 9:30 a.m.
 - Grade 8 – 9:45 a.m.
 - Grade 9 – 10:00 a.m.
 - Extra time may be provided as needed.

Thursday, June 19

- ELA 9 PAT (Part B)
- ELA 7 & 8 Finals

Friday, June 20

- FLA 9 PAT (Part B)
- Math 7 & 8 Finals

Monday June 23

- Math 9 PAT
- FLA 7 & 8 Finals

Tuesday June 24

- Social 9 PAT
- Social 7 & 8 Finals

Wednesday June 25

- Science 9 PAT
- Science 7 & 8 Finals

We are incredibly proud of our students and all they've accomplished this year – from academic growth to artistic performances, athletic achievements, and spiritual development. Thank you to our staff, students, and families for making St. Francis a place of excellence, belonging, and faith.

Jackie Kraemer, Principal – St. Francis Junior High School

Canteen

The canteen offers regular menu items including hamburgers, chicken burgers & wraps, pizza subs, hot dogs, nachos, muffins, cookies, chips and various beverages. There are also exciting daily specials such as cheezy garlic fingers on Monday, mini pizza on Tuesday, etc. The daily special menus are posted on the daily announcements. Payment can be by cash, debit tap, or through buying prepaid canteen cards on [School Cash Online](#). Canteen cards can be purchased in increments of \$20.00. Your student can then purchase items at the canteen by just telling the canteen staff their name and that they have canteen funds. The staff will keep track of your student's spending and will let them know when funds are getting low.

CANTEEN **news**

Canteen Specials



Monday: Cheesy Garlic Fingers - \$5.25

Tuesday: Mini Pepperoni Pizza - \$5.75

Wednesday: Weekly Special

Thursday: Alternating each week, Beef and Cheese Tacos - \$5.00, and
Chicken Burgers - \$5.50

Upcoming Weekly Specials

June 4: Chicken Nuggets - \$5.00

June 11: Baked Spaghetti - \$4.50

June 18: No special this week

Wildcat Athletics News

Our programs are winding down for the year

All practices and games are on the

[St. Francis Athletic Calendar](#) (clickable link).

Refer to it often for up to date changes.

- **TRACK & FIELD:** June 3 - Zones, in Medicine Hat



School Fees

School Cash Online

Holy Spirit School Division uses [School Cash Online](#) for the payment of all school items such as fees, canteen cards, club/athletic fees and spirit wear.

Additional fees for upcoming option classes and co-curricular activities will be added as they are applicable.

If you have already registered for School Cash Online at another school in the Holy Spirit School Division, you will see the 2024-2025 St. Francis school fees in September. If you are new to Holy Spirit, you will need your student's ASN to register which can be found in PowerSchool.

If you prefer to pay by cash or cheque you can always do so by coming into the office. (Credit and debit cards are no longer accepted.)



St. Francis Junior High uses [PowerSchool](#) as its student information system. It provides parent and student portals which gives users access to real-time information including attendance, grades and assignment descriptions and report cards. Be sure to log in to your Parent PowerSchool portal often to monitor your student's academic progress. If you are unsure of how to access PowerSchool please contact the school at 403-327-3402.

UPCOMING EVENTS

CHECK OUT THE [SF SCHOOL CALENDAR](#)

June 5:	Grade 9 Farewell
June 12:	Bluebird Cafe
June 17:	Year End Mass - Last day of regular classes
June 21:	National Indigenous People's Day
June 19 - 25:	Final Exams
June 25:	Last Day of School for Students

GRADE 9 FAREWELL - JUNE 5TH, 6:00PM

Registration & Transportation Information

Reminder to complete your registration forms for the 2025/2026 school year.

Transportation Forms were sent out in May 2025

For more information please contact the school office, 403-327-3402

Please inform the office of any address changes as soon as possible!

YEARBOOKS - ON SALE NOW

\$30.00

**Order Yours
Today!**

**n Available in School
Cash Online.**

Place your orders before June 10th



In Full Bloom Concert Tickets – 2024/2025



Holy Spirit Catholic Schools

CCH Musical Arts Program presents, “In Full Bloom: A Musical Celebration”, an end of year concert featuring selections performed by our Concert Choir, Concert Band, Show Choir and Music Masterclass.

The concert will be held at The Evangelical Free Church on Wednesday, Jun 4, 2025 at 6:30pm. Tickets may be purchased through SchoolCash Online on the CCH website (please bring a copy of your receipt as proof of payment) or at the door (cash only).
\$10.00 per ticket

Proceeds from ticket sales will go to venue rental, instrument maintenance and repair, music purchase, accompaniment fees and music program costs.



*You are invited to the
Farewell Mass of*

**ST. FRANCIS
JUNIOR HIGH**



We cordially invite you to attend the Farewell Mass offered
for the Grade 9s of St. Francis Junior High.

Thursday, June 5, 2025

Mass begins promptly at 6:00 pm – CCH East Campus Gym

(Grade 9 students are asked to meet their homeroom
teachers at 5:45 pm in the CCH canteen area)

Sunday best attire is encouraged for this celebration.
As the gymnasium will become a place of worship, kindly
refrain from bringing in food & drink, and from wearing hats.

All cell phones are to be turned off during the mass.

Social to follow – St. Francis Junior High Gymnasium



‘LORD, MAKE ME AN INSTRUMENT OF YOUR PEACE...’

After mass, the Grade 9 students and their families are invited to the St. Francis gymnasium for a social reception. We ask the families of Grade 9 students to bring a shareable food item. Below is a list of what students from each homeroom are to bring:

9MV (Vander Wekken) - Small vegetable or fruit tray

9CH (Hartman) - Small Cheese and/or Deli Meat Tray & Crackers

9JH (Hay) - Dessert Squares (cut) or Cookies

9PK (Keating) - Dessert Squares (cut) or Cookies

9RB (Baraniecki) - Small Cheese and/or Deli Meat Tray & Crackers

9CS (Skauge) – Dessert Squares (cut) or Cookies

9AW (Williston) - Small vegetable or fruit tray

Please have food items on disposable trays or plates! All items are to be brought to the St. Francis canteen prior to mass. Water and coffee will be provided.



June 2025- Final Exam Schedule

Tuesday May 27th, 2025

- ❖ FLA 9 PAT (Part A): **9CH** - This will be written during regular school hours.

Thursday, May 29th, 2025

- ❖ ELA 9 PAT (Part A): **9JH, 9RB** Students will be writing in regular scheduled school hours.

June 19th, 20th, 23rd, 24th, 25th: (EXAM DAYS)

- Students must be in class for **8:00 am** for attendance and instruction
- **Students only attend on the days they have a scheduled exam.**
- **Staggered Dismissal:**
 - **Grade 7:** will be dismissed at 9:30**
 - **Grade 8:** will be dismissed at 9:45**
 - **Grade 9:** will be dismissed at 10:00**
- Students may stay longer to finish their exams if required. The above times are the earliest they will be dismissed.
- **Students are expected to leave the school when they have finished their exam. Students must leave the building once they leave the classroom. If rides are not available, students must stay in their homeroom until their ride comes.**
- **THERE IS NO BUSSING at this time - only at the regular end of day time (3:00 pm).**
- Exams are written in homerooms.
- Students must have a pencil/pen, eraser, calculator.

Thursday, June 19th, 2025

- ❖ ELA 9 PAT (Part B) - 9JH, 9RB
- ❖ ELA 8 Finals - all grade 8 classes
- ❖ ELA 7 Finals - all grade 7 classes

Friday June 20th, 2025

- ❖ FLA PAT (Part B): 9CH
- ❖ Math Finals - all grade 8 classes
- ❖ Math Finals - all grade 7 classes

Monday, June 23rd, 2025

- ❖ Math 9 PAT: (Part A & B) - 9CH, 9AW, 9CS, 9PK, 9MV
- ❖ FLA 8JR - Finals
- ❖ FLA 7HD - Finals

Tuesday, June 24th, 2025

- ❖ Social 9 PAT: 9CH, 9AW, 9CS, 9PK, 9MV
- ❖ Social 8 Finals: all grade 8 classes
- ❖ Social 7 Finals : All grade 7 classes

Wednesday, June 25th, 2025

- ❖ Science 9 PAT - 9JH, 9RB
- ❖ Science 8 Finals- All grade 8 classes
- ❖ Science 7 Finals - All grade 7 classes



“Share the Mission” Award Call for Nominations!

Recognizing Those Who Inspire – Nominate Someone Today!

Do you know someone who makes a difference in our school community? The **Share the Mission Award** is your opportunity to recognize those who go above and beyond to serve, lead, and inspire!

This prestigious award honors community members, parents, students, and school staff who:

- Provide outstanding service to students
- Set high standards through leadership and dedication
- Contribute to the faith-filled atmosphere of our schools
- Lead within the community and parish organizations
- Live out the values of the Holy Spirit Catholic School Division

Nominations are open until **Friday, June 6, 2025**. If you know someone who deserves to be recognized, submit your nomination today! The recipient will be honored at the division's Opening Mass.

Nominate now! Use the [online nomination form](#) or contact Rhonda Kawa at kawarh@holyspirit.ab.ca for more details.

Let's celebrate those who truly make a difference!



Mental Health Capacity Building Summer Program July 2025

SUN MON TUE WED THU FRI SAT

For registered events, vouchers will be available at the Family Outdoor Play events booths

All outdoor events will be weather pending. Updates will be shared on Holy Spirit Catholic School Division Facebook Page

		1 STAT	2 Family Play Outdoor Event Kick Off Legacy 5 pm-8 pm	3 Move your mood Surge fitness class Our Lady of Assumption 9:30-10:30 am	4 Mindful Friday	5
6	7	8 Family Outdoor Play Event Lakeview School park 10am-1pm	9 Creative Wednesday- Michaels' Registration Required 1:00-3:00pm	10 Move your mood Surge fitness class Our Lady of Assumption 9:30-10:30 am Family Outdoor Event Tot Lot Coalville 12-2 pm	11 Mindful Friday	12
13	14 The Guild Group A 10-2 registration required	15 Family Outdoor Play Event St. Martha's School 10am-1pm	16 The Guild Group B 10-2 registration required	17 Move your mood Surge fitness class Our Lady of Assumption 9:30-10:30 am Creative Thursday- Michaels' Registration Required 1:00-3:00pm	18 Mindful Friday	19
20	21 Evergreen Mini Golf Registration Required 11:00-1:00 pm	22 Family Outdoor Play Event Senator Buchanan 10am-1pm	23 Family Outdoor Play Event Nicholas Sheran School 5-8 pm Movie Mill Registration Required 12-2 pm	24 Move your mood Surge fitness class Our Lady of Assumption 9:30-10:30 am Creative Thursday- Michaels' Registration Required 1:00-3:00pm	25 Mindful Friday	26
27	28 The Guild Group A 10-2 registration required	29 Family Outdoor Play Event Our Lady of Assumption 10am-1pm	30 The Guild Group B 10-2 registration required	31 Move your mood Surge fitness class Our Lady of Assumption 9:30-10:30 am Creative Thursday- Michaels' Registration Required 1:00-3:00pm		

Summer

Mental Health Capacity Building Summer Program AUGUST 2025

SUN MON TUE WED THU FRI SAT

					1 Mindful Friday	2
3	4	5 Family Outdoor Play Event Mike Mountain Horse School Park 10am-1pm	6	7 Move your mood Surge fitness class Our Lady of Assumption 9:30-10:30 am Creative Thursday- Michaels' Registration Required 1:00-3:00pm	8 Mindful Friday	9
10	11 Coulee Climbing registration Required	12 Family Outdoor Play Event Chinook Lake Park 10am-1pm	13 Movie Mill 12-2 pm Family Outdoor Play Event Henderson Park 5-8 pm	14 Move your mood Surge fitness class Our Lady of Assumption 9:30-10:30 am Creative Thursday- Michaels' Registration Required 1:00-3:00pm	15 Mindful Friday	16
17	18 Evergreen Mini Golf 11-1 pm registration Required	19	20 Ready, Set, Go!	21 Ready, Set, Go!	22 Mindful Friday	23
24	25	26	27	28	29	30

For registered events, vouchers will be available at the Family Outdoor Play events booths

ALL OUTDOOR EVENTS WILL BE WEATHER PENDING. UPDATES/CHANGES WILL BE SHARED ON HOLY SPIRIT CATHOLIC SCHOOL DIVISION FACEBOOK PAGE



Critical Thinking

Collaboration

Managing Information

COMMUNICATION

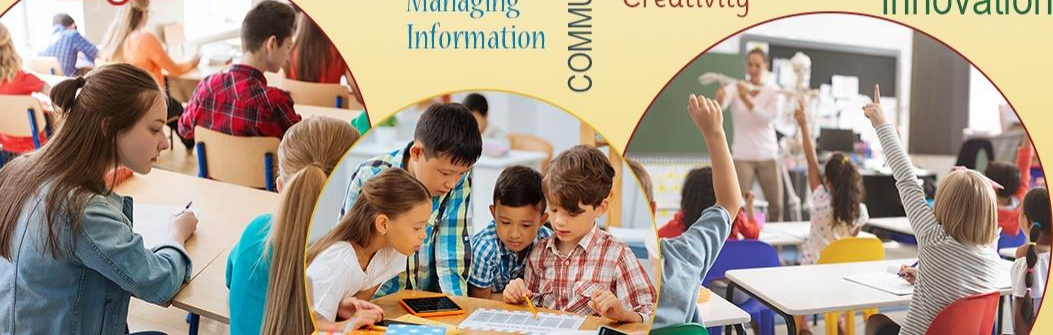
Problem Solving

Personal Growth & Wellbeing

Creativity

Innovation

Cultural & Global Citizenship



Teacher Clarity

Student Voice & Choice

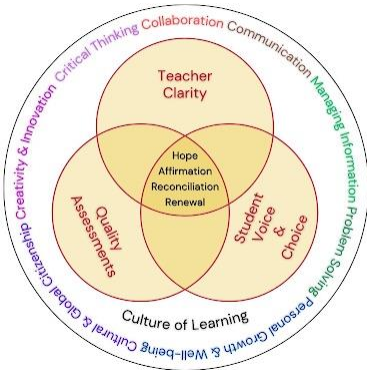
Quality Assessments

Hope Affirmation Reconciliation Renewal

Culture of Learning

Reflections On the 2024-2025 School Year — Chantel Axani, Superintendent

Learning Services — Celebrating Student Growth: End-of-Year Presentations of Learning



As we approach the end of the school year, it's the perfect time to reflect on and celebrate the growth, accomplishments, and learning journeys of our students. One meaningful way to do this is through Presentations of Learning (POLs) — a practice that encourages students to formally share what they know and can do, not just academically, but also how they've grown in their faith, socially, and emotionally. These presentations not only empower students to own their progress, communicate their thinking, and build pride in their learning but also align with many of the Catholic Social Teachings that guide our interactions with students.

Inspired by the work of Ron Berger and the EL Education model, Presentations of Learning are more than just year-end events — they are authentic moments for students to engage families, educators, and community members in the story of their learning. Presentations of Learning are opportunities for students to exercise their voice and choice in highlighting and reflecting on what they are most

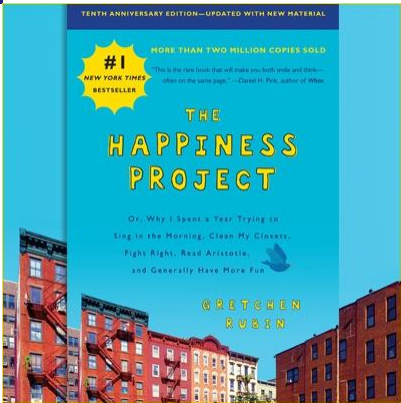
proud of in their learning journey this year. [CONTINUE READING...](#)

Support Services — Embracing Happiness

As we approach the summer break, it's an opportune moment to reflect on personal well-being and the pursuit of happiness. Gretchen Rubin's *The Happiness Project* offers a compelling narrative on intentionally cultivating joy in everyday life.

The Happiness Project by Gretchen Rubin

In *The Happiness Project*, Rubin embarks on a year-long journey to enhance her happiness without making drastic life changes. Each month, she focuses on specific themes—such as boosting energy, improving relationships, and pursuing passions—implementing practical strategies to foster joy and fulfillment. Her approach underscores that happiness can be found by making small, deliberate adjustments in our daily routines and mindsets. [CONTINUE READING...](#)





This year, our Niitsitapi team was dedicated to fostering a deeper understanding of the complex and essential themes of truth and reconciliation. Through our Division newsletters, we aimed to create a space where these themes can be explored thoughtfully, with the goal of promoting respectful relationships, cultural appreciation, and spiritual connections.

Our division is committed to reconciliation and the advancement of First Nations, Métis, and Inuit (FNMI) education. We are proud to share the progress, partnerships, and ongoing efforts that create inclusive, respectful, and empowering environments for all students. Here is some feedback from our Learning Leadership Team on what this looks like in their schools:

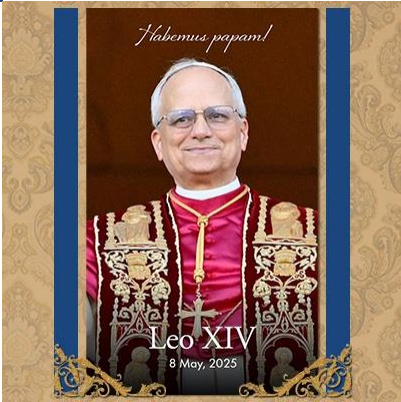
- FNMI education is embedded in all aspects of school life - growth plans, staff evaluations, and classroom observations - making it a shared responsibility.
- Indigenous perspectives are integrated across subjects, with offerings like Blackfoot language classes, Indigenous games in physical education, and accredited FNMI Visual Arts and Aboriginal

Studies courses at multiple grade levels. [CONTINUE READING...](#)

Department of Religious Education — Pope Leo XIV

Habemus Papam! On Thursday, May 8, we welcomed the news of the election of Pope Leo XIV. You can read more about Pope Leo here, learn more about his coat of arms and motto here, and find his prayer card here. We can take heart from his initial address to the faithful, known as an Urbi et Orbi blessing, where he greeted the world with the words:

"Peace be with you! Dear brothers and sisters, these are the first words spoken by the risen Christ, the Good Shepherd who laid down His life for God's flock. I would like this greeting of peace to resound in your hearts, in your families, among all people, wherever they may be, in every nation and throughout the world. Peace be with you!" [CONTINUE READING...](#)



"The Lord is my strength and my shield; in him my heart trusts; so I am helped, and my heart exults, and with my song I give thanks to him."

- Psalm 28:7



June

Proclaim!

Pilgrims of Hope



“First of all, then, I urge that supplications, prayers, intercessions, and thanksgivings be made for everyone, for kings and all who are in high positions, so that we may lead a quiet and peaceable life in all godliness and dignity.” — Matthew 3:3

St. Peter (Died 64 AD) and St. Paul (5 AD-64 AD) (Feast Day: June 29)

St. Peter and St. Paul are often celebrated together as they each played an important role in the early Church, and were separately martyred in Rome under Nero in roughly 64 AD. Pope Benedict XVI said of them that “Christian tradition has always considered Sts. Peter and Saint Paul to be inseparable: indeed, together, they represent the whole Gospel of Christ.”

However, the two of them were very different people, and likely did not spend much time together. They represent different components of the Church in some ways; St. Peter representing the established church and perhaps the heart or emotion, and St. Paul representing the missionary spirit of the church and the head or reason. They came from different backgrounds, Peter as a fisherman called by Christ during his life, and Paul as an educated Pharisee and Roman citizen called by Christ after his death. [As Pope Francis said in 2020,](#)

“We celebrate together two very different individuals: Peter, a fisherman who spent his days amid boats and nets, and Paul, a learned Pharisee who taught in synagogues. When they went forth on mission, Peter spoke to Jews, and Paul to pagans. And when their paths crossed, they could argue heatedly, as Paul is unashamed to admit in one of his letters (cf. Gal 2:11). In short, they were two very different people, yet they saw one another as brothers, as happens in close-knit families where there may be frequent arguments but unfailing love. Yet the closeness that joined Peter and Paul did not come from natural inclinations, but from the Lord. He did not command us to like one another, but to love one another. He is the one who unites us, without making us all alike. He unites us in our differences.”

You can learn more about Sts. Peter and Paul [here](#).

The Apostles’ Creed

“the resurrection of the body, and the life everlasting. Amen.”

We know that we are one — one whole body, spirit, and soul — and not separate components. Christ’s death, resurrection, and ascension opens the door for the same to happen to us — to die, but to be resurrected bodily. We don’t know how this will happen, or what our bodies will be like, but we do know that it will be as God has always intended.

And, while we don’t really understand heaven and its relationship to our earthly life, we do know that the eternal life is the one that we are created for. The Catechism of the Catholic Church (1024) says “Heaven is the ultimate end and fulfillment of the deepest human longings, the state of supreme and definitive happiness.”

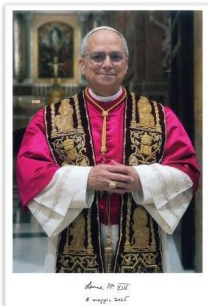
There is really no way for us (in our limited human understanding) to describe what this will be like — Scripture uses a variety of metaphors and analogies to help us to picture it. One thing that is clear, though, is that heaven will be union with God — and so we must live our lives seeking to align our will with His, to love as He loves, and to seek holiness so that our hearts are prepared for this union.

We conclude the Creed with Amen — so be it, I agree, I believe. When we end the Creed this way, it is one final affirmation of all that we have just proclaimed. It restates, in the shortest possible way, our belief, and our solidarity with those with whom we have proclaimed it — one another and all Christians through time and space.

“Proclaiming” In Our Schools

Habemus Papam! On Thursday, May 8, we welcomed the news of the election of Pope Leo XIV. You can read more about Pope Leo [here](#), learn more about his coat of arms and motto [here](#), and find his prayer card [here](#). We can take heart from his initial address to the faithful, known as an Urbi et Orbi blessing, where he greeted the world with the words:

“Peace be with you! Dear brothers and sisters, these are the first words spoken by the risen Christ, the Good Shepherd who laid down His life for God’s flock. I would like this greeting of peace to resound in your hearts, in your families, among all people, wherever they may be, in every nation and throughout the world. Peace be with you!”



Pope’s Prayer Intentions — That the world might grow in compassion

Let us pray that each one of us might find consolation in a personal relationship with Jesus, and from his Heart, learn to have compassion on the world.

Gospel Readings

June 1, 2025

The Ascension of the Lord

Gospel Reading: Luke 24:44-53

"Behold, I am sending the promise of my Father upon you." — Luke 24:49

Can you remember the first time you went to school and had to say goodbye to your parents? Or have you ever spent the night away from your family? Usually it's scary (a little or a lot!) to be away from the people who usually take care of us and we might feel alone. It can be a little easier if we have something with us to remind us of the people who love us. Some kids keep a picture of their parents in their backpack. Some take a favorite stuffed animal when they have to sleep somewhere away from home. Some might take a special rock or a good-luck item. It helps as a reminder that they aren't all alone.

Jesus knew his friends would feel scared and alone when it was time for him to leave them. So what did he do? He promised to send them the Holy Spirit to be with them forever! The Holy Spirit did come to them, and has never left this world. The Holy Spirit is still with us today, wherever we go, whether our friends and family are with us or we are by ourselves.

What helps to comfort you when you feel scared or alone? That's the Holy Spirit at work!



Prayer:

Holy Spirit, help us to remember you are always with us, no matter where we are.

June 8, 2025

Pentecost Sunday

Gospel Reading: John 14:15-16, 23b-26

"I will ask the Father, and he will give you another Advocate to be with you always." — John 14:16

Happy birthday to us! Today, Pentecost Sunday, is known as the birthday of the church. We celebrate that on this day almost 2,000 years ago, God sent the Holy Spirit to be with us always. Jesus' disciples saw tongues of fire come over each of them and suddenly they could speak and understand many different languages. They changed from people who were hiding out in fear to suddenly being brave and courageous in telling about Jesus's life and his teachings. Even though Jesus wasn't with them anymore as a real, live, walking and talking person, the Holy Spirit came to be with them and stay with them forever. With the Holy Spirit's help in spreading Jesus' story, suddenly many more people began to believe in him. All of those early believers became the first members of the church, which is why we say the church was born on Pentecost.

When have you felt brave, strong, or courageous in doing something that normally would be hard for you to do? (That's an example of the Holy Spirit with you!)

Prayer:

God, thank you for sending us the Holy Spirit to be with us wherever we go, for all of our lives. Help us to remember that with the Spirit's presence with us, we will never be alone.

"I will ask the Father, and He will give you another Helper, so that He may be with you forever..."

(John 14:16 NASB)



Download this month's [Saint Prayer Card](#) - Ss. Peter and Paul
[Saint Prayer Card](#) (black and white version for colouring)



Gospel Readings

June 15, 2025

Solemnity of the Most Holy Trinity

Gospel Reading: John 16:12-15

"When he comes, the Spirit of truth, he will guide you to all truth." — John 16:13

Being smart isn't the same as being wise. Some people are really smart when it comes to memorizing facts or solving math problems, but that doesn't mean they always make wise choices or focus on what's most important in life.

Jesus didn't have a lot of education compared to some of the "smart" people in his religion, but he was very wise. He knew how to listen to the truth that came from God that was in his heart, where the Holy Spirit speaks. In fact, the Bible sometimes compares the Holy Spirit to wisdom. So even if some people were mean or judgemental about other people, Jesus followed his heart and treated everyone with love, no matter what they looked like, how they talked, what kind of job they had, what they could or couldn't do with their bodies, or if they were religious or not. Whether or not we are smart in school and get good grades, we can all be wise if we listen to the Holy Spirit like Jesus did.

Who are the wisest people you know?



Prayer:

Jesus, help us to listen to and follow the voice of the Holy Spirit that leads us to do what is good and true.



June 22, 2025 Solemnity of the Body and Blood of Christ

Gospel Reading: Luke 9:11b-17

"Give them some food yourselves." — Luke 9:13

Have you ever noticed that sometimes adults will do things for you, but sometimes they ask you or tell you to do something for yourself? Why do you think that is? Sometimes they do something for you that you can't do for yourself yet—like driving you to sports practice. Sometimes they do something for you because they love you and want to do something nice, even though you could do it for yourself, like make your bed. Other times, they want you to do something for yourself to practice so you can do it on your own when they aren't with you in the future, like learning how to cook something.

Jesus was kind of like a parent to his twelve apostles. He wanted them to learn that they shouldn't always wait for him to do everything for them because if they tried, they could do amazing things too, like feed a huge crowd of people. He asked them to try first, and then he helped them, just like your parents do sometimes.

What can you do this week to feed or clothe others for Jesus?



Prayer:

Jesus, help us to do what we can to help others instead of waiting for you to do everything for us.

[Home Page](#)



Sources:

I Believe: Exploring the Apostles' Creed by Alistair McGrath
The Creed: A Catechist's Guide by Janet Schaeffler
The Apostles' Creed by Ben Myers

June 29, 2025

Saints Peter and Paul, Apostles

Gospel Reading: Matthew 16:13-19

"You are the Christ, the Son of the living God." — Matthew 16:16

Who are the people in your family who have a key to your house? When I was young, I did not receive a key until I showed that I could be responsible with it. If my parents saw that I left my house key outside or if I invited friends in when my parents were not home, I would lose the privilege of having my own key for a while. In today's Gospel, Jesus gives the "keys to the kingdom of heaven" to Peter. First, he asked Peter a question to be sure he would be able to use the keys wisely. He asked Peter if he knew Jesus' identity. Peter answered correctly. He said that Jesus is the Son of God. This showed that Peter truly believed in Jesus. Because of Peter's great faith, Jesus gave him the responsibility to lead his Church as our first pope. Each pope has the same task as Peter did—to listen carefully to God so they can lead us to know, love, and serve him.

Say a prayer today for our pope. He is human just like us and needs our prayers to serve as Jesus would want him to.



Prayer:

Thank you, Jesus, for giving us good leaders. Help them to always do what is best for your people in the Church.

Sources cont.'d:

What Christians Ought to Believe by Michael Bird
The Quest for the Creed by Fr. Dwight Longenecker
The Creed by Timothy O'Malley



CATHOLIC CENTRAL HIGH SCHOOL

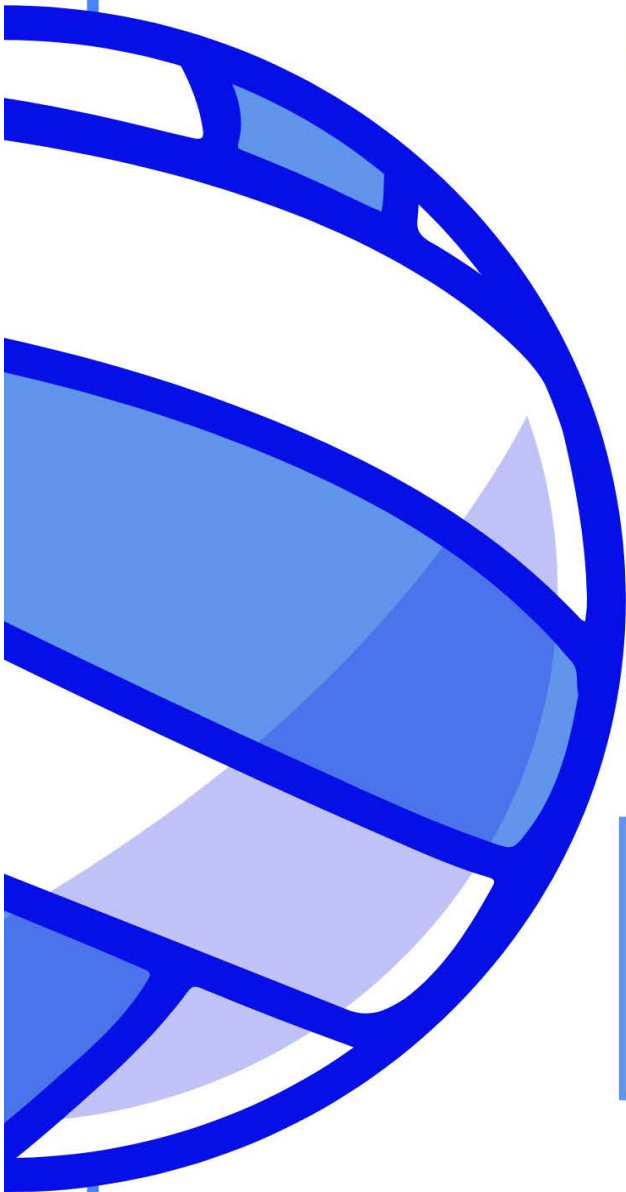
CALLING ALL FUTURE COUGAR VOLLEYBALL PLAYERS

**SPRING OPEN
GYMS**

**JUNE 9 & 10
3:30 - 5:30**

GIRLS: CAMPUS WEST

BOYS: CAMPUS EAST



LETHBRIDGE SPORT COUNCIL PRESENTS

SPORTFEST



JUNE 7 @ SERVUS SPORTS CENTRE

CALM BEFORE THE FEST - 9:00 - 10:00
REGULAR ADMISSION 10:00 - 4:00

FREE

SportFest is an interactive trade show for sport and active recreation.



Spots still available in the
following age groups:

5-7 (Born 2018-2020)

12-13 (Born 2012-2013)

14-17 (Born 2008-2011)

Interested in hockey but don't want the significant time or financial commitment that often comes with this great sport?

We offer an organized non-checking recreational hockey league for all genders aged 5-17. All skill levels are welcome.

One hour, once a week. Season runs from October to March.

Registration closes on September 15, 2025 - spots fill quickly so don't delay!

www.lethbridgerechockey.com





HOLY SPIRIT CATHOLIC SCHOOL DIVISION
INTERNATIONAL STUDENT PROGRAM

BECOME A

Homestay Family

**The Best Thing About
Memories Is Making
them!**

HOMESTAY FAMILIES PROVIDE:

- Private Bedroom,
- 3 Wholesome Meals A Day
- Study Space
- Emotional & Academic Support
- Participation in Family Activities
- WiFi Connection

HOMESTAY FAMILY BENEFITS!

- \$ 900 Per Month to Cover Expenses
- Learn Another Culture's Traditions and Customs
- Share Canadian Culture With Your Student
- Develop New Friendships and Family Ties
- Build an Interest in Culture, Language and Future Travel Opportunities

APPLY NOW

+1(403) 330 7382

homestay@holyspirit.ab.ca

Open Your Home. Enrich a Life. Become a Homestay Family!

The Holy Spirit Catholic School Division's International Student Program is welcoming students from Japan, Spain, Mexico, and Brazil and we're looking for kind, caring families like you to host them!

We are especially recruiting families from St. Mary's School (Taber) and St. Michael's School (Pincher Creek).

Students are aged 14–17 and will stay for 3-month, 5-month, or 10-month placements.

As a Homestay Family, you'll provide:

- A private bedroom and study space
- Three wholesome meals a day
- Emotional and academic support
- Participation in your family's daily life
- A Wi-Fi connection

In return, you'll receive:

- \$900/month to help cover expenses
- A chance to experience another culture
- A meaningful way to share Canadian values and lifestyle
- Lifelong friendships and lasting connections
- A new appreciation for language, culture, and travel

The best part of memories... is making them!

Interested?

Contact Natelli for an application:



(403) 330-7382



homestay@holyspirit.ab.ca

HEROES®

AGES
11+

12-20
HOURS

IN
CLASS

THE HEROES PROCESS



CONFIDENCE (Feelings) **Chapters 1-3**

Confidence increases when we strengthen our inner self through building our self-esteem, self-image, and self-dignity.



CHARACTER (Thoughts) **Chapters 4,5**

Positive choices are made based on who we are and not our circumstances; strengthening character, resilience, and our wellbeing.



INTEGRITY (Behaviour) **Chapters 6-9**

Positive behaviour stems from our inner confidence and strong sense of character.



PURPOSE (Conviction) **Chapter 10**

Living with confidence, character, and integrity provides the ability to live with purpose, resulting in a positive impact on the world around us.

Our vision is for every young person to have the tools and system of support they need to live a flourishing life.

Impact Society is a non-profit organization dedicated to increasing the resilience and well-being of young people through educational programs. Since 1994, we have developed curriculum resources for youth, educators, communities, and families to foster mental well-being and resilience.

Heroes® is a proven social-emotional program designed to build the resilience of young people. Specifically developed for ages 11 – 14, the Heroes program focuses on personal strengths rather than deficits, creating a safe and healthy environment where confidence can flourish and healthy risks can be taken. This program meets up to 76% Health & Life Skills outcomes.

Heroes 2, a follow-up of Heroes, empowering students to elevate their well-being, lead from their strengths, and plan impactful Passion 2 Action projects with a team, helping them realize their capacity to make a positive impact in their school and community.

Heroes are Warriors adapts the Heroes® program for Indigenous youth, aligning it with the Seven Teachings—love, wisdom, humility, respect, courage, honesty, and truth. Indigenous educators and leaders collaborated with us to shape the program, empowering youth and fostering a greater sense of community.

WHAT'S INCLUDED

- Instructor training
- Journals for every student
- Access for parents/guardians to Heroes @ Home
- Pre and post psychological strengths evaluation
- Flourishing Life Questionnaire Report for Educators

Empowering Families, One Backpack at a Time.



Ready, Set, Go! 2025

Join us for our annual back-to-school event, connecting over 500 families to community services and providing free school supplies to 1,500 students. For over ten years, local schools and charities have ensured every student is prepared for academic success and each family is supported.

To register your family for support with school supplies, register with MyCityCare using the link

lethbridgeymca.ca/ready-set-go

Event Details

August 20th | 12-6pm

YMCA of Lethbridge
140-74 Mauretania Rd W
Lethbridge, AB

August 21st | 12-6pm

MyCityCare
1401 28th St. N
Lethbridge, AB



Scan to
Register



MYCITYCARE



United Way
Lethbridge &
South Western Alberta
lethbridgeunitedway.ca

Division Parishes

“...not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day approaching.”

Hebrews 10:25

 Assumption Church Lethbridge Father Kevin Tumback Father Santiago Torres Mass (Saturday): 5:00 pm Mass (Sunday): 9:00 am 6:00 pm 2405-12th Avenue S. Lethbridge, AB T1K 0P4 Tel: 403-327-8931	 St. Basil's Church Lethbridge Father Kevin Tumback Father Santiago Torres Mass (Saturday): 7:00 pm Mass (Sunday): 7:30 am 11:00 am 604 13 Street N. Lethbridge, AB T1H 2S7 Tel: 403-327-8931	 St. Martha's Parish Lethbridge Father William Monis Mass (Saturday): 5:00 pm Mass (Sunday): 9:00 am 11:00 am 355 Columbia Blvd. W. Lethbridge, AB T1K 5Y8 Tel: 403-381-8891
 Ss. Peter & Paul Parish Lethbridge Father Gary Sedgwick Mass (Sunday): 10:00 am 643 12B Street N. Lethbridge, AB T1H 2L6 Tel: 403-328-4753	 St. Ambrose Parish Coaldale Father Ian Gagne Mass (Sunday): 9:00 am 4:00 pm 1523-23rd Avenue Coaldale, AB T1M 1E2 Tel: 403-345-3400	 St. Catherine Parish Picture Butte Father Ian Gagne Mass (Sunday): 11:00 am 762 Crescent Avenue Picture Butte, AB T0K 1V0 Tel: 403-732-4433
 St. Augustine Parish Taber Father Philip Van Tinh Le Mass (Saturday): 5:00 pm Mass (Sunday): 9:00 am 5009-48th Avenue Taber, AB T1G 1T4 Tel: 403-223-2226	 St. Michael's Parish Bow Island Father Wojciech Jarzecki Mass (Saturday): 5:00 pm Mass (Sunday): 9:00 am 1101-1st Street E. Blow Island, AB T0K 0G0 Tel: 403-545-2023	 St. Michael's Parish Pincher Creek Father Marino Infante Mass (Saturday): 7:00 pm Mass (Sunday): 10:00 am 958 Christie Avenue; Box 339 Pincher Creek, AB T0K 1W0 Tel: 403-627-3071