

Announcements for  
**Friday, September 4, 2026**

**22nd Week of Ordinary Time**

1st Reading: 1 Corinthians 4.1-5

Gospel: Luke 5.33-39

Welcome • Itaomikskaonaotoni • Bienvenue

# Peace Prayer of St. Francis

Lord, <sup>make me an instrument  
of your</sup> Peace.

Where there is hatred, let me sow Love;

Where there is injury, Pardon;

Where there is doubt, Faith;

Where there is despair, Hope;

Where there is darkness, Light;

Where there is sadness, Joy;

O Divine Master, grant that I may not  
so much seek to be consoled as to Console;

to be understood as to Understand;

to be loved as to Love.

For it is in Giving that we receive;

in Pardoning that we are pardoned;

and in Dying that we are born to Eternal Life.



# Sunday Gospel Reading

## Matthew 18:15-20

**Leader:** *A reading from the Holy Gospel according to Luke*

**Response:** *Glory to you, O Lord.* (Tracing a small cross on forehead, lips, and heart)

Jesus said to his disciples, "If your brother or sister has sinned against you, go and point out the fault when the two of you are in private, and if he listens to you, you have won your brother. If you are not listened to, take with you one or two others so that the case may be decided by the evidence of two or three witnesses. If he still refuses to listen to them, tell it to the assembled Church. But if he does not listen to the Church, then regard such a one as a pagan or a publican.

"I say to you: whatever you bind on earth, heaven will keep bound; and whatever you unbind on earth, heaven will keep unbound.

"In like manner, I say to you: if on earth two of you are united in asking for anything, it will be granted to you by my heavenly Father. For where two or three are gathered in my Name, I am there among them."

**Leader:** *The Gospel of the Lord.*

**Response:** *Praise to you, Lord Jesus Christ*





**Welcome to St. Francis  
for the 2026-2027 school year.**

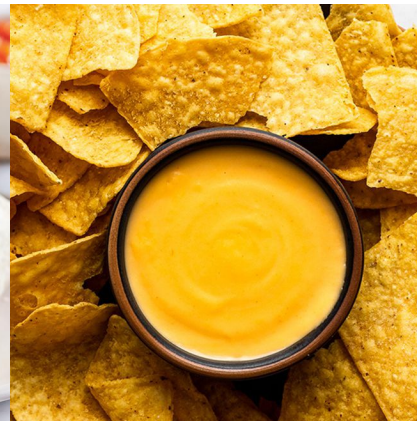


# Canteen

**The Canteen opens Sept 8th**

We have a selection of Hot food, Snacks, and Drinks available for purchase, as well as daily specials.

You can purchase items with Cash, Debit Card, or through School Cash Online/prepaid Canteen Cards.



# WILDCATS

## Sr. Volleyball

### Grade 9s

|                    |         |        |
|--------------------|---------|--------|
| Sr. Boys Practice  | Sept 8  | 6:00pm |
| Sr. Girls Practice | Sept 8  | 7:30pm |
| Sr. Boys Practice  | Sept 10 | 3:00pm |
| Sr. Girls Practice | Sept 10 | 5:30pm |

Practice times may change. Check the [SFJH Athletic Calendar](#) for up to date information.

# WILDCATS

## Jr. Volleyball

### Grade 8s

|                    |         |        |
|--------------------|---------|--------|
| Jr. Girls Practice | Sept 9  | 6:00pm |
| Jr. Boys Practice  | Sept 9  | 7:30pm |
| Jr. Boys Practice  | Sept 10 | 4:15pm |
| Jr. Girls Practice | Sept 10 | 6:45pm |

Practice times may change. Check the [SFJH Athletic Calendar](#) for up to date information.

# WILDCATS

## DV Volleyball Tryouts

### Grade 7s

|          |        |                 |
|----------|--------|-----------------|
| DV Girls | Sept 8 | 3:00pm - 4:30pm |
| DV Boys  | Sept 8 | 4:30pm - 6:00pm |
| <hr/>    |        |                 |
| DV Boys  | Sept 9 | 3:00pm - 4:30pm |
| DV Girls | Sept 9 | 4:30pm - 6:00pm |

Practice times may change. Check the [SFJH Athletic Calendar](#) for up to date information.



# TEAMWORK TRIATHALON

## SEPTEMBER 11TH

**Purpose:** Promote student fitness, student wellness, a sense of belonging and school spirit for our entire student body. Students will also be running/jogging/walking around Henderson Lake. Students who place in the top 12 of their grade will be asked to compete at the City Cross Country meet that will take place on Sept 29th.

Permission forms will be emailed out/sent home, & permission forms will need to be returned before students will be allowed to participate.

### Cross Country Practices

Mon - Thurs (3:00pm - 4:00pm) until Oct 8th

**NO PRACTICE SEPT 7**

# **TEAMWORK TRIATHLON**

Homerooms! Make sure to pick a class theme! Participation gains spirit points towards the end of the year field trip!



**EXAMPLES**





NOT PLAYING SCHOOL  
OR DIDN'T MAKE TEAM?  
*THIS LEAGUE IS FOR YOU!*

**REGISTRATION  
IS NOW OPEN!**

# YQL FALL LEAGUE

**YOUTH VOLLEYBALL**

*GROW. COMPETE. HAVE FUN.*

## AGE DIVISIONS & SCHEDULE

|                                                                                     |                            |             |
|-------------------------------------------------------------------------------------|----------------------------|-------------|
|    | <b>GRADE 1-3</b><br>CO-ED  | 1x per week |
|   | <b>GRADE 4-6</b><br>CO-ED  | 1x per week |
|  | <b>GRADE 7-8</b><br>CO-ED  | 2x per week |
|  | <b>GRADE 9-12</b><br>GIRLS | 2x per week |

 **LEARN FROM EXPERIENCE**  
Coached by experienced,  
passionate volleyball coaches.

 **SKILLS THEN GAME PLAY**  
Each week includes skill development  
followed by game play.

 **NEW FACILITY!**  
1272 30 St N, Lethbridge

**Fees from \$200-\$315 per session.**



SESSION 1: WEEK OF SEPT 14 • 5 METES  
SESSION 2: WEEK OF OCT 19 • 5 METES



**REGISTER NOW AT:**

<https://app.teamlinkt.com/register/find/yqlselectsvolleyball>



**Limited spots available.**



**YQL**  
Get Selected





**REGISTRATION IS UNDERWAY FOR  
2026/2027!**

**Spots fill quickly so don't delay!**

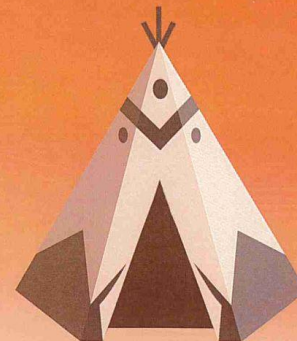
**See our website for more  
information!**

**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.**

**[www.lethbridgerechokey.com](http://www.lethbridgerechokey.com)**



Double Ball Give it a Try



Kick Ball Give it a Try



Lacrosse Tournament



4K + 7K Run



28K Trail Run



2K Archery Run



Cultural Activities



Blanket Exercise



Artisan Market



**SEPTEMBER 30TH**

**NATIONAL DAY FOR TRUTH  
AND RECONCILIATION**

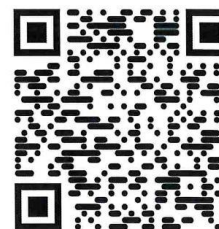
7:00 AM - Blackfoot Half-Marathon  
8:00 AM - Tipi Raising (Informal)  
10:00 AM - Opening Ceremony  
11:00 AM - Give-It-A-Try Events  
11:00 AM - 4K and 7K runs  
11:00 AM - Cultural Activities  
1:00 PM - Lacrosse Tournament  
1:00 PM - Artisan Market  
2:00 PM - Blanket Exercise  
2:00 PM - 2K Archery Run  
5:00 PM - Closing Ceremony



**NICHOLAS SHERAN**

**(NORTH OF THE SCHOOL,  
LAVAL & COLUMBIA BLVD)**

Everyone is invited. Come  
together to learn, experience, play  
and build connections through  
sport, culture and community.



LEARN MORE AND REGISTER FOR THE GIVE IT A  
TRY EVENTS, RUNS, AND LACROSSE TOURNAMENT

LETHBRIDGESPORTCOUNCIL.CA/BUFFALOGAMES

# **WELCOME BACK BBQ**

**September 21st**

5:30pm - New Family Blessing

6:00pm - Family BBQ

**\$5 per family** (to cover food & supplies.  
Price includes hot dogs, chips, and drinks).

**Donations are also welcomed.**





# *Picture Day*

**Friday, September 18th**

All students and staff will have their photos taken (no cost).



**Welcome  
back!**

**...come check out  
your library!**

## **LIBRARY FAQ'S**

**How many books can I check out at a time?**

*Three!*

**How long can I keep my library books?**

*3 weeks*

*(but you can renew the book if you need more time)*

**Where do I return my books when I am done?**

*In the book drop bin in the library.*

**What if Miss Rasmussen isn't there  
when I want to check out a book?**

*There is a self-checkout clipboard at her desk  
- Follow instructions and print neatly!*

**Do I have to be quiet in the library?**

*Yes Please! The library is a designated quiet space.*

### **Miss Rasmussen's Hours**

**Mondays 9:15-3:15**

**Tuesdays 12:30-3:00**

**Wednesdays 11:15-3:15**

**Thursdays 12:30-3:00**



**Esports meeting in the esports lab on  
Tuesday @lunch!**

**If you are interested in playing Mario Kart or  
Super Smash for our esports team, please  
come to get more info!**