

Announcements for  
**Friday, March 6, 2026**

**2nd Week of Lent**

*1st Reading: Genesis 37.3-4, 12-13a, 17b-28*

*Gospel: Matthew 21.33-43, 45-46*

Welcome • Itaomikskaonaotoni • Bienvenue

# Peace Prayer of St. Francis

Lord, *make me an instrument*  
*of your* 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

## John 4 : 5-42 (cont.)

The woman said to him, “Sir, give me this water, so that I may not be thirsty or have to keep coming here to draw water.” Jesus said to her, “Go call your husband and come back.” The woman answered and said to him, “I do not have a husband.” Jesus answered her, “You are right in saying, ‘I do not have a husband.’ For you have had five husbands, and the one you have now is not your husband. What you have said is true.”

The woman said to him, “Sir, I can see that you are a prophet. Our ancestors worshiped on this mountain; but you people say that the place to worship is in Jerusalem.” Jesus said to her, “Believe me, woman, the hour is coming when you will worship the Father neither on this mountain nor in Jerusalem. You people worship what you do not understand; we worship what we understand, because salvation is from the Jews. But the hour is coming, and is now here, when true worshipers will worship the Father in Spirit and truth; and indeed the Father seeks such people to worship him. God is Spirit, and those who worship him must worship in Spirit and truth.” The woman said to him, “I know that the Messiah is coming, the one called the Christ; when he comes, he will tell us everything.” Jesus said to her, “I am he, the one speaking with you.” At that moment his disciples returned, and were amazed that he was talking with a woman, but still no one said, “What are you looking for?” or “Why are you talking with her?”



# Sunday Gospel Reading

## John 4 : 5-42

**Leader:** *A reading from the Holy Gospel according to John* **Response:** *Glory to you, O Lord.* (Tracing a small cross on forehead, lips, and heart)

Jesus came to a town of Samaria called Sychar, near the plot of land that Jacob had given to his son Joseph. Jacob's well was there. Jesus, tired from his journey, sat down there at the well. It was about noon. A woman of Samaria came to draw water. Jesus said to her, "Give me a drink." His disciples had gone into the town to buy food. The Samaritan woman said to him, "How can you, a Jew, ask me, a Samaritan woman, for a drink?"

- For Jews use nothing in common with Samaritans. -

Jesus answered and said to her, "If you knew the gift of God and who is saying to you, 'Give me a drink,' you would have asked him and he would have given you living water."

The woman said to him, "Sir, you do not even have a bucket and the cistern is deep; where then can you get this living water? Are you greater than our father Jacob, who gave us this cistern and drank from it himself with his children and his flocks?" Jesus answered and said to her, "Everyone who drinks this water will be thirsty again; but whoever drinks the water I shall give will never thirst; the water I shall give will become in him a spring of water welling up to eternal life."





# Sunday Gospel Reading

## John 4 : 5-42 (cont.)

The woman left her water jar and went into the town and said to the people, "Come see a man who told me everything I have done. Could he possibly be the Christ?" They went out of the town and came to him. Meanwhile, the disciples urged him, "Rabbi, eat." But he said to them, "I have food to eat of which you do not know." So the disciples said to one another, "Could someone have brought him something to eat?" Jesus said to them, "My food is to do the will of the one who sent me and to finish his work. Do you not say, 'In four months the harvest will be here'? I tell you, look up and see the fields ripe for the harvest. The reaper is already receiving payment and gathering crops for eternal life, so that the sower and reaper can rejoice together. For here the saying is verified that 'One sows and another reaps.' I sent you to reap what you have not worked for; others have done the work, and you are sharing the fruits of their work." Many of the Samaritans of that town began to believe in him because of the word of the woman who testified, "He told me everything I have done." When the Samaritans came to him, they invited him to stay with them; and he stayed there two days. Many more began to believe in him because of his word, and they said to the woman, "We no longer believe because of your word; for we have heard for ourselves, and we know that this is truly the savior of the world."

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

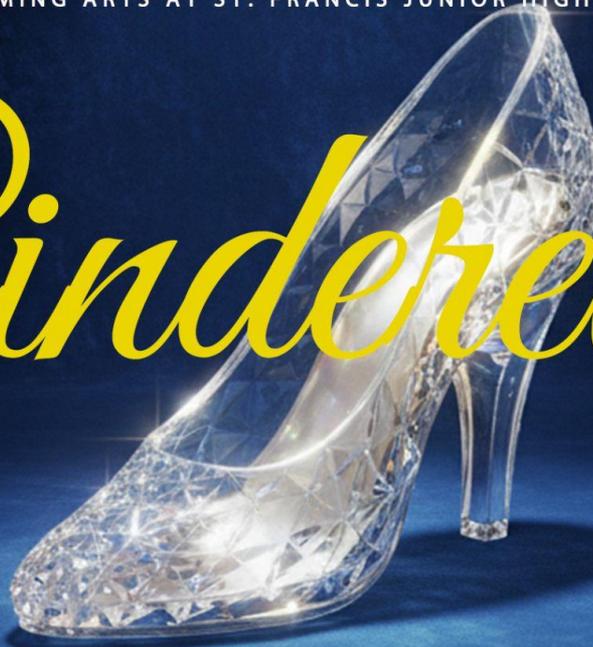
**Response:** *Praise to you, Lord Jesus Christ*





PERFORMING ARTS AT ST. FRANCIS JUNIOR HIGH PRESENTS

# *Cinderella*



***May 10th - May 14th***

**TICKETS ON SALE NOW**

**Check School Website For Details**

# Taco in a Bag



Next Wednesday - March 11th

\$6.55

**Please order thru School Cash Online**



HAPPY INTERNATIONAL  
**Women's  
Day!**

March 08, 2026

"Some women can easily get lost in the fire,  
but strong women are built from it."



Learn about some of the amazing women out there from the books in your library.

*Come check out the display and grab a free bookmark!*

# WILDCATS

## Basketball Games

**TODAY**      **JR Grade 8 Girls**  
**ZONES @ Raymond**



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



*Friday & Saturday*

*Senior Boys ZONES @ SF and CCH  
East*

*Senior Girls ZONES @ LCI*



## **Badminton Practices**

**Monday:**

Grade 7s      3:00 - 4:15

Grade 8s      4:15 - 5:30

Grade 9s      5:30 - 6:45

**Tuesday:**

Grade 8s      3:00 - 4:15

Grade 9s      4:15 - 5:30

Grade 7s      5:30 - 6:45

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



# Baseball Academy

Tryouts for CCH are going to be Tuesday after school for the grade 9's.



Some personal items have been turned into the office recently.

**Are you missing anything?**

**Please check the lost & found in the office & by the back stairs near the gym if you are missing any personal items!**



## **2026 Outdoor Soccer Registration Open until March 22nd**

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**Printouts of the details are available  
in the hall outside of the office**

WWW.ZEPHYRSOACHING.COM  
coach.robdrup@zephyrscoaching.com

**COACHES**

Danny Robdrup  
Lucas Authier  
Brooklyn Filipenko



ZEPHYRS  
TRACK CLUB

TRACK  
TRACK  
TRACK  
TRACK

# ZEPHYRS TRACK CLUB

Costs:  
\$90 for Outdoor Season April 14th through June  
\$20 Singlet

Details:  
Tue/Thu 6-7:15pm @ CIVIC TRACK | Ages 8+  
Train for:  
Sprints - Mid/Long Distance - Long/Triple Jump -  
Run Jump Throw Wheel - Discus/Javelin



Starting April



# **OUTDOOR REGISTRATION**

***IS OPEN!***

[WWW.LETHBRIDGETRACK.CA](http://WWW.LETHBRIDGETRACK.CA)

**TUESDAY & THURSDAY**

**5:30-7PM (COACHING)**

**SATURDAY**

**10:30-12PM (LTFC OPEN TRACK)**

**U OF L COMMUNITY STADIUM**



# DAILY ANNOUNCEMENTS



## TRADES4U

APRIL 1, 2026  
6:30PM - 8:30PM



### OPENTO STUDENTS IN GRADE 9 TO GRADE 12

- Hands-on experience to try a trade
- Spend an evening learning from local skilled tradespeople
- Evening event to accommodate parents/guardians
- Limited spots per business

**REGISTER TODAY!**

Registration opens on March 7, 2026  
Registration closes on March 21, 2026

\*\*For more information, please contact your Divisions Off Campus Coordinator \*\*

Does your child love swimming? Looking for a summer cross-training opportunity? Want to make new friends, set and achieve goals, develop skills, and have a LOT of fun doing it in a flexible and supportive team atmosphere?

**Come swim with us!**

# **LETHBRIDGE ORCAS**

## **SUMMER SWIM CLUB**

### **2026 Registration**

**Registration Begins March 1st.**  
**Early bird pricing until April 15!**

Check out our registration evenings for more information or view the 2026 parent handbook on our website:  
[lethbridgeorcas.com](http://lethbridgeorcas.com)

**Wednesday March 11th - 5:00 - 7:00pm**

**Thursday March 12th - 5:00 - 7:00pm**

**@Nicholas Sheran Arena Lobby**

**Suitable for swimmers of all levels, ages 5+**

**Paraswimmers Welcome**

Please email [orcasecretary@gmail.com](mailto:orcasecretary@gmail.com) if you have other questions or need more information

**DAILY ANNOUNCEMENTS**

Since 1993

# Soccer Day Camps



...more than just a soccer camp!



**Early Deals,  
Big Savings,  
Ends March 31, 2026**

- ✓ July & August weeks
- ✓ Morning & Full Day sessions
- ✓ Ages 5 to 13
- ✓ Before & After Care available

For more  
information:

 [royalsoccer.com](http://royalsoccer.com)

 800-427-0536

For location & registration details visit our website.

**Mornings** Starting from **\$165**\*/week

**Full Days** Starting from **\$249**\*/week

\* Limited time, discounts vary, see website  
Additional discounts for week 1 & 6 ( 4 day weeks)

A graphic for the Dungeons and Dragons Club announcement. It features a black silhouette of a dragon flying against a background of wavy, horizontal bands of purple, red, and orange, resembling a sunset or a stylized landscape. The text is centered and reads: "Dungeons and Dragons Club", "Want to come and play on Fridays after school? Sign up in room 122!", and "\*No experience or materials necessary!".

**Dungeons and Dragons Club**  
Want to come and play on Fridays after school? Sign up in room 122!  
\*No experience or materials necessary!

There will be DND this week from  
**12:30-2:30.**  
**New DMs** please be ready to play!



**Congrats to our Grade 9 esports team that won their game yesterday!**