

Announcements for
Friday, March 20, 2026

4th Week of Lent

1st Reading: Wisdom 2.1a, 12-22

Gospel: John 7.1-2, 10, 25-30

Welcome • Itaomikskaonaotoni • Bienvenue

The 5th Station: Simon of Cyrene Helps Carry the Cross



The 5th Station: Simon of Cyrene Helps Carry the Cross

Leader: We adore you, O Christ, and we bless you.

All: Because by your holy Cross you have redeemed the world.¹

Leader: "Whoever does not carry his cross with me is not worthy of me"

Simon, forced to help, learns the Gospel of the Cross. Help others bear their burdens—be Cyreneans for classmates in need.

The 5th Station: Simon of Cyrene Helps Carry the Cross

Leader: O Christ, give Simon-like dignity to carry your Cross; help us serve those crushed by illness, loneliness, or injustice. Amen.

All: Our Father, who art in heaven, hallowed be thy name. Thy kingdom come, thy will be done, on earth as it is in heaven. Give us this day our daily bread, and forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil.

Amen.



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 11 : 1 - 45

Now a man was ill, Lazarus from Bethany, the village of Mary and her sister Martha. Mary was the one who had anointed the Lord with perfumed oil and dried his feet with her hair; it was her brother Lazarus who was ill. So the sisters sent word to him saying, "Master, the one you love is ill." then Jesus heard this he said, "This illness is not to end in death, but is for the glory of God, that the Son of God may be glorified through it." Now Jesus loved Martha and her sister and Lazarus. So when he heard that he was ill, he remained for two days in the place where he was. Then after this he said to his disciples, "Let us go back to Judea." The disciples said to him, "Rabbi, the Jews were just trying to stone you, and you want to go back there?" Jesus answered, "Are there not twelve hours in a day? If one walks during the day, he does not stumble, because he sees the light of this world. But if one walks at night, he stumbles, because the light is not in him." He said this, and then told them, "Our friend Lazarus is asleep, but I am going to awaken him." So the disciples said to him, "Master, if he is asleep, he will be saved." But Jesus was talking about his death, while they thought that he meant ordinary sleep. So then Jesus said to them clearly, "Lazarus has died. And I am glad for you that I was not there, that you may believe. Let us go to him." So Thomas, called Didymus, said to his fellow disciples, "Let us also go to die with him." When Jesus arrived, he found that Lazarus had already been in the tomb for four days. Now Bethany was near Jerusalem, only about two miles away. And many of the Jews had come to Martha and Mary to comfort them about their brother. When Martha heard that Jesus was coming, she went to meet him; but Mary sat at home.



Sunday Gospel Reading

John 11 : 1 - 45 (cont.)

Martha said to Jesus, "Lord, if you had been here, my brother would not have died. But even now I know that whatever you ask of God, God will give you." Jesus said to her, "Your brother will rise." Martha said to him, "I know he will rise, in the resurrection on the last day." Jesus told her, "I am the resurrection and the life; whoever believes in me, even if he dies, will live, and everyone who lives and believes in me will never die. Do you believe this?" She said to him, "Yes, Lord. I have come to believe that you are the Christ, the Son of God, the one who is coming into the world." When she had said this, she went and called her sister Mary secretly, saying, "The teacher is here and is asking for you." As soon as she heard this, she rose quickly and went to him. For Jesus had not yet come into the village, but was still where Martha had met him. So when the Jews who were with her in the house comforting her saw Mary get up quickly and go out, they followed her, presuming that she was going to the tomb to weep there. When Mary came to where Jesus was and saw him, she fell at his feet and said to him, "Lord, if you had been here, my brother would not have died." When Jesus saw her weeping and the Jews who had come with her weeping, he became perturbed and deeply troubled, and said, "Where have you laid him?" They said to him, "Sir, come and see." And Jesus wept. So the Jews said, "See how he loved him." But some of them said, "Could not the one who opened the eyes of the blind man have done something so that this man would not have died?"



Sunday Gospel Reading

John 11 : 1 - 45 (cont.)

So Jesus, perturbed again, came to the tomb. It was a cave, and a stone lay across it. Jesus said, "Take away the stone." Martha, the dead man's sister, said to him, "Lord, by now there will be a stench; he has been dead for four days." Jesus said to her, "Did I not tell you that if you believe you will see the glory of God?" So they took away the stone. And Jesus raised his eyes and said, "Father, I thank you for hearing me. I know that you always hear me; but because of the crowd here I have said this, that they may believe that you sent me." And when he had said this, He cried out in a loud voice, "Lazarus, come out!" The dead man came out, tied hand and foot with burial bands, and his face was wrapped in a cloth. So Jesus said to them, "Untie him and let him go." Now many of the Jews who had come to Mary and seen what he had done began to believe in him.

Leader: *The Gospel of the Lord.*

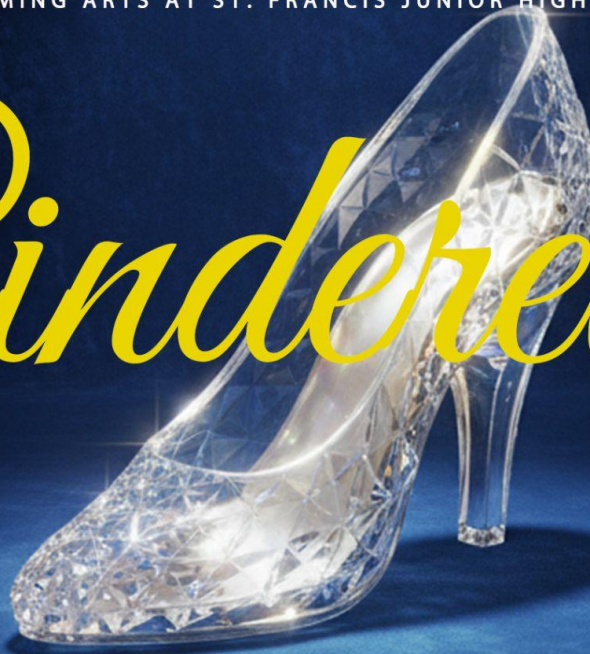
Response: *Praise to you, Lord Jesus Christ*





PERFORMING ARTS AT ST. FRANCIS JUNIOR HIGH PRESENTS

Cinderella



May 10th - May 14th

TICKETS ON SALE NOW

Check School Website For Details

A graphic for the Dungeons and Dragons Club. 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 on the graphic.

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!

NEW

Student Academic Support at Lunch

Academic Support will continue for the remainder of the year on Wednesdays & Thursdays. Please ensure you are meeting your academic responsibilities as a student!

If you are referred, you will remain in the library for the entire length of lunch.

A few reminders:

Slurpees and Energy Drinks are not permitted inside the school.

No exceptions.

Please remember that you should not be on your phones at lunch or during breaks.

Arts Alive and Well

If you're in Grade 9 and want the opportunity to have your art displayed in the Southern Alberta Art Gallery this Spring, please speak with Mrs. Ankermann **THIS WEEK!!!**

Artwork to be submitted can be: drawing, painting, sculpture, printmaking, collage, mixed media, textiles, pottery, jewellery, photography, or new media!

Inner Peace Practice

Field Trip **Monday!**

Meet at the front doors at 11:40.
Leaving at 11:45 sharp!

Bring: easy lunch to eat, yoga clothes, and walking shoes!



Inner Peace Practice

People who need to bring in paper forms:
Mysha, Ivanna, Zinah, Juliette, Elin, Selena,
Lorraine

People who need to sign permission click:
Mysha, Ivanna, Zinah, Juliette, Elin, Selena,
Lorraine



Wear Purple on Thursday, March 26th

MARCH IS EPILEPSY
Awareness Month



EPILEPSY
Toronto
See the Person

PURPLE
DAY
MARCH
26

Let's Celebrate Purple Day Together



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.

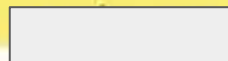
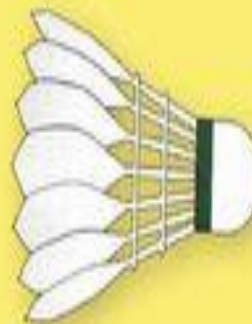
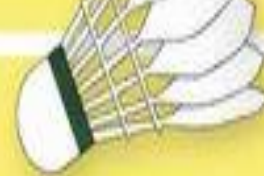


BADMINTON PHOTOS

Please bring jerseys!!!

Meet in Room 221 at Lunch!!!

NEXT WEEK
Grade 9 - Monday (March 23)





The Southern Alberta Technology Council (SATC) would like to invite students to the 2026 Lethbridge Regional Science Fair and Science Olympics taking place on April 10th (evening) and April 11th (whole day) at the University of Lethbridge Science Commons building.

The Science Fair and Science Olympics are open to all K-12 students.

Prior participation in a school fair is NOT a required prerequisite, so we encourage science-savvy students to submit their science projects.

For more information and to pre-register visit www.scifusion.ca.

We also provide regular updates through our [Facebook page](#).

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

TUESDAY & THURSDAY

5:30-7PM (COACHING)

SATURDAY

10:30-12PM (LTFC OPEN TRACK)

U OF L COMMUNITY STADIUM

SPRING MATH FAIR

Knots, bubbles, and surfaces.
An exploration of Topology

- Sunday, March 22
- 1pm-4pm
- Markin Hall,
M1035, University
of Lethbridge
- Parking in lot F

Fun math activities with bubbles
and knots, math games,
problems, and puzzles. Drop in
and have fun!




Free snacks and
refreshments.



Open to all
students K to 12.

**EDO
HOT
LUNCH**



14\$ per dish

[ORDER NOW](#)

School Cash Online

Our Leadership group will be hosting a Hot Lunch fundraiser from Edo Japan on March 26th, featuring chicken or beef with vegetables (carrots/broccoli/cabbage, no mushrooms), served over your choice of rice or Yakisoba noodles.

All proceeds go towards the purchase of supplies for school-wide Leadership assemblies, projects and activities.



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 accomodate 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 **





RITA'S RUN 2026 5KM & 10KM

Saturday May 9, 2026 @ 9:00AM

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Elks Compound
Lethbridge, AB

+ + + +

+ + + +

+ + + +

RUN FOR THE CAUSE
SUPPORTING MENTAL HEALTH

Registration Opens February 24!
www.ritasrun.weebly.com



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STORY WEAVERS TWEEN WRITING CLUB

**Tuesdays April 14 - May 26 | 4:30 - 6 p.m.
Main Branch**

Join our writing club to hone your skills and create a short story, which will be published in a zine at the end of the program! For grades 5 - 8.

Registration is open at lethlib.ca/events and is for the entire 7-week run.

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

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 if you have other questions or need more information

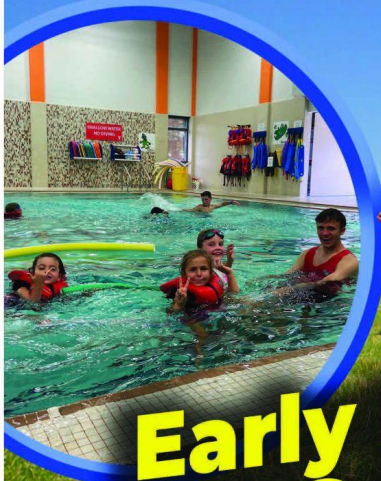
DAILY ANNOUNCEMENTS

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

 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)



Congrats to two of our esports teams that won their games yesterday!