



ST. PATRICK FINE ARTS ELEMENTARY SCHOOL

January 2025

www.spfa.holyspirit.ab.ca
School/Newsletters/SPFA Newsletters

SUN	MON	TUE	WED	THU	FRI	SAT
Sunday gos- pel readings listed below:			1	2	3	4
5 Jan 8 pizza order closes <i>Matthew 2: 1-12</i>	6 1st day back to school 	7	8 Pizza Lunch Artist Workshops Round 1 begins School Council Meeting @ 6:30	9 Booster Juice order deadline	10	11
12 <i>Luke 3: 15-16, 21-22</i> 	13 1M to the Galt Museum 2025-2026 Re-Registration starts	14 1T to the Galt Museum 	15	16 Booster Juice Lunch 	17	18
19 <i>John 2: 1-11</i>	20 Jan 29th pizza order opens	21 4SF & 2/3N to the Galt Museum 	22 3B & 4B to the Galt Museum Divisional Board Meeting	23 (I)SWAG hosts Family Bingo Night 6:00-7:30pm 	24	25
26 Jan 29th pizza order closes <i>Luke 1: 1-4, 4:14-21</i>	27 Joey's Fish Shack Lunch order opens	28 2F to Galt Museum Boys Basketball— at Father Leonard van Tighem	29 Pizza Lunch Girls Basketball— at Father Leonard van Tighem	30 Wellness Day / Jump Rope for Heart Safety Patrol skate with the Hurricanes	31 Professional Development Day—no school for students	



ST. PATRICK FINE ARTS ELEMENTARY SCHOOL

February 2025

www.spfa.holyspirit.ab.ca
School/Newsletters/SPFA Newsletters

SUN	MON	TUE	WED	THU	FRI	SAT
Sunday gos- pel readings listed below:						1
2 <i>Luke 2:22-40 or 2:22-32</i> 	3 Girls Basketball - Ecole St. Mary at SPFA 2025-2026 New Student Registration starts	4 Boys Basketball— Children of St. Martha at SPFA 	5 Girls Basketball— St. Paul at SPFA School Council Meeting @ 6:30 pm	6 Boys Basketball – at St. Paul  Joey's Fish Shack order deadline	7	8
9 <i>Luke 5:1-11</i>	10 Girls Basketball— at St. Teresa of Calcutta 	11 Boys Basketball— at Ecole St. Mary 2F & 2/3N to Helen Schuler Nature Centre	12 Girls Basketball— at Children of St. Martha  Joey's Fish Shack Lunch	13 Boys Basketball— Our Lady of Assumption at SPFA	14 Valentine's Day	15
16 <i>Luke 6:17, 20-26</i>	17 Family Day School Closed Feb 26 pizza order opens	18	19	20 SWATCA	21 SWATCA	22
NO SCHOOL FOR STUDENTS						
23 Feb 26 pizza order deadline <i>Luke 6:27-38</i>	24	25 Boys Basketball— at St. Teresa of Calcutta 	26 Girls Basketball— Our Lady of Assumption at SPFA Pizza Lunch Divisonal Board Meeting	27 	28	

January 2025



ST. PATRICK FINE ARTS



LEARN ACTIVELY - GROW SPIRITUALLY - LIVE CREATIVELY

www.spfa.holyspirit.ab.ca 403.327.4386

Facebook/Instagram: @spfaschool #hs4

Message from the Principal

Happy New Year! May 2025 bring you more growth, more blessings and more time to talk with God about the future He has planned for you and yours!

January at St. Patrick Fine Arts promises to be a very busy month with much more than traditional learning on the menu. The African proverb of 'It takes a village to raise a child' has never been more true, and your school can serve as a hub for all types of learning! This month, grade 4-6 students will start Artist Workshop option classes on Wednesday to expand their learning, and grade 6 basketball kicks off a new season. Grade 6 students have the chance to join the U of L's Destination Exploration 'Science Sizzle' after school club, and a number of our older students will also join personal wellness clubs put on by Big Brothers, Big Sisters called 'Go Girl!' and 'Game On!'. Later this month, grade 5 and 6 students will connect with the 'Building Better Communities' team with the City of Lethbridge and Lethbridge Police Service to learn more about online safety. With all of these partners, we are raising children equipped to contribute with confidence!

At the end of the month, we will host Wellness Day, where students explore a wide range of topics around physical, mental, spiritual and social health led by community members and supported by School Council. This concludes with a celebration of 'Jump Rope for Heart', a long-standing tradition of charitable support encouraging healthy habits and knowledge for a lifetime. If you haven't yet registered your child to be a JRFH donation collector, why not help them get started as a health advocate!? Information is included in this newsletter in case you lost your info sheet. We've also included some info about choosing healthy lunches and snacks for the kids; it is always good to do a check-in on kids' nutrition!

January also means looking ahead for the future of Holy Spirit Schools in Lethbridge. Please consider attending a public consultation gathering on Wednesday, January 29 at 7 pm at Father Leonard van Tighem School to begin mapping out necessary boundary changes with a new elementary school being built in The Crossings in a few years. This will have an impact on our school, and the Board wants to ensure everyone's thoughts are considered.

I am beginning January with immense gratitude for everyone who made our Christmas celebrations so special. Even in the rush of the season, the kids' smiles and giggles slowed things down enough to better notice what is truly most important in the work we get to do every day. Happy 2025!

Mrs. Kathy Jones-Husch



Please send your thoughts/feedback to spfaoffice@holyspirit.ab.ca

Growing in Faith



As we enter the new year, we are reminded of God's infinite love and mercy, which always invites us to begin again. January is a time of fresh starts and renewed commitments—not just to our goals, but also to our faith. In Philippians 4:13, we are assured that “I can do all things through Him who strengthens me.”

This new season gives us the opportunity to reflect on how we can better live out Christ's call to serve others. Through our upcoming fundraiser for St. Odilia's School in Africa, we are living the Gospel by caring for our brothers and sisters in need, regardless of how far away they are.

From January 27 to February 14, we will be selling *Cuppers Coffee* to support St. Odilia's School in partnership with Chalice. Coffee will be ready for pick-up before Ash Wednesday.

To participate, you can place your coffee order through School Cash Online. If you would prefer to make a direct donation to St. Odilia's, please do so [here](#).

We encourage our students to share their gifts by participating in our coffee label art contest. The winning artwork will symbolize the connection between their creativity and our shared mission of service. On Ash Wednesday, all students will participate in a Day of Service, with projects picked just right for their grade level. May this kick off an entire year of service to others!

As we begin this new year together, let us embrace each day with gratitude, hope, and a renewed commitment to walking in the footsteps of Jesus. Let us keep Christ at the center of all we do, remembering His words in Matthew 25:40: “*Whatever you did for one of the least of these brothers and sisters of mine, you did for me.*”

May God bless you and your families as we move forward in faith and love!





School Council Update



Happy New Year SPFAE Families!

I hope you had an amazing break celebrating and the enjoying the company of family and friends.

First of all, thank you to everyone who supported our bacon fundraiser! It was another great success that ensures School Council can support the staff, students and community of SPFA. Another thank you to our local Sunridge Tim Horton's for the generous donation of hot chocolate and the cookies for our Winter Wonderland event. We loved having Mr. and Mrs. Clause join us and we were able to donate a large box of donations to the Lethbridge Polytechnic Food Bank. For our Turkey Dinner, we are grateful for our partnership with Prime Catering and to so many parents who bought extra plates to ensure all staff and students could eat lunch together! And, as always, thank you to our many volunteers who helped make this night so much fun for everyone!

This month our regular School Council Meeting will be on January 8th at 6:30pm at the school, or you can join us virtually at <http://meet.google.com/esi-gwiq-uhz>. Hear a report from Mrs. Jones-Husch, learn how we can advocate for our students and staff, and be part of the exciting plans to make the remainder of this year fun and memorable!

Also coming up this month we have hot lunch from Booster Juice on Thursday, January 16th. Watch School Cash online to order!

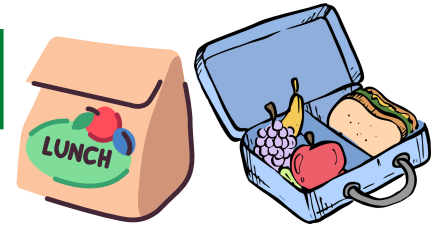
Mark your calendars and join us for Family Bingo at the school hosted by the division's iSwag team on Thursday, January 23rd. This will be a fun night for the whole family with some great prizes! Can't wait to see you there.

Here's to a fabulous 2025!

~Catherine Furukawa, School Council Chair



General Information



Nutritious Snacks and Lunches are Within Reach

How often do you think about the food your child eats at school? Would you be surprised to learn about the lack of nutrition in many of our students' common snacks and lunch items? Going into a new year, we want to encourage all of our families to engage in as much healthy eating as possible. Yes, some foods are expensive to buy regularly, but there are many healthy, affordable choices that can keep your child fueled, energized and satisfy their taste buds, too.

Every child is different - some are grazers, others like set meals, and some never seem to be hungry at all. No matter what, kids need high-nutrient foods to build strong bodies and to keep their blood sugar regulated so that their brains are ready to learn. Find out how many calories your child actually needs in a day for health, and do a close examination as to where their calories and nutrition come from. You might be surprised when you actually check! Of course, most kids love sweets and high fat foods. As their parents, however, it is up to you to role model healthy, balanced choices and to put limits around what they eat so that they build a healthy relationship with food.

Strategies to encourage healthy eating include involving your child in filling their lunchbox. If they are in the habit of having 'junk food' at school, restrict that to once or twice a week, or save those for weekend treats only. Give your child choices that are win-win; for example, you can have raw veggies or you can have some fruit. Both are high in fiber and vitamins, but the child may have a daily preference with a goal of more veggies in the week. Breakfast is important! Make time for a high-protein and nutrient-dense breakfast. Some ideas include whole grain hot cereal like oatmeal (fruit for sugar or some cinnamon spice or maple syrup for flavor), eggs any way with a piece of toast, or a smoothie with any kind of fruit or greens from your fridge along with a big spoon of peanut butter if your child can have it. Those are all going to add to a full belly that starts the day, reduces the need for any sort of snack, and maybe adds to his or her independence in the busy morning minutes.

Instead of this.....

potato chips
cookies
granola bars
fruit by the foot

Try this....

rice crackers or rice cakes
pieces of fruit, especially apples, small bananas or berries
homemade protein bites or granola bars....can actually be cheaper!
raisins, dates or other high-flavor dried fruit

Did you know? When students forget their lunch or needs an extra snack in the afternoon, we have a supply of healthy snacks (including fruit) and bagged lunches available as part of a Nutrition Grant and as a partner with the Lethbridge Food Bank. These are meant to be accessed 'once in a while' or as part of regular programs for some students. Please make sure your child eats all of the food you send with them...if it comes home, it might be time to change up their lunches with some other appealing, healthy options.

For more information about building healthy lunches, please visit:
<https://food-guide.canada.ca/en/tips-for-healthy-eating/parents-and-children/>



Canada Food Guide Healthy Plate... how does this translate into a lunchbox meal? What about a snack?

Children aged 4-12
need
approximately 1500
calories per
day...which varies
by body size and
energy output.

Water is the best drink
for everyone - not milk
nor juice because of the
added sugar. And, of
course, water is free!
There are new cultural
considerations in the
guide, too!

Nutrition Facts	
50 servings per container	
Serving size	1 package
Amount per serving	
Calories	160
% Daily Value*	
Total Fat 10g	13%
Saturated Fat 1.5g	7%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 15g	6%
Dietary Fiber 1g	5%
Total Sugars less than 1g	
Protein 2g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.6mg	2%
Potassium 350mg	6%
Vitamin C	6%
Not a significant source of added sugars.	
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



INGREDIENTS: POTATOES, VEGETABLE OIL (CANOLA, CORN, SOYBEAN, AND/OR SUNFLOWER OIL), AND SALT.

Lay's Plain
Potato Chips

Bear Paws Sandwich Cookies Chocolate	
Nutrition Facts	
Per 1 pouch (28 g)	
Calories 140	% Daily Value*
Fat 6 g	8 %
Saturated Fat 2 g	10 %
+ Trans 0 g	
Carbohydrate 19 g	
Fibre 2 g	7 %
Sugars 5 g	5 %
Protein 2 g	
Cholesterol 0 mg	
Sodium 100 mg	4 %
Potassium 50 mg	1 %
Calcium 10 mg	1 %
Iron 4 mg	22 %
*5% or less is a little, 15% or more is a lot	

Nutrition Facts	
Serving size	1 package
Amount per serving	
Calories 250	
% Daily Value*	
Total Fat 9g	12%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 510mg	22%
Total Carbohydrate 28g	10%
Dietary Fiber 2g	6%
Total Sugars 4g	
Includes 3g Added Sugars	6%
Protein 14g	24%
Vitamin D 0mcg 0% • Calcium 420mg 30%	
Iron 2mg 10% • Potassium 190mg 4%	
Vitamin A 150mcg 15%	
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Lunchables
Pizza

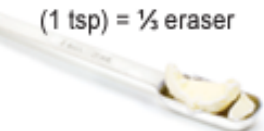
30 g	Servings Size
Nutrition Facts	
Servings Size	15 pieces (30 g)
Amount per serving	
Calories	90
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Sodium 25mg	1%
Total Carbohydrate 22g	8%
Dietary Fiber 0g	0%
Total Sugars 13g	
Includes 11g Added Sugars	22%
Protein 1g	
Vitamin A 230mcg	25%
Vitamin C 23mg	25%
Vitamin E 3.8mg	25%
Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium.	
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Welch's Fruit
Snacks

Food Guide Serving Sizes for 5 to 11 Years

As children grow and become more active, the quantity of food they eat will increase. Offer a variety of nutritious foods from all food groups and encourage your child to eat until comfortably full. Parents and caregivers should be role models of healthy eating. *Eating Well with Canada's Food Guide* recommends serving sizes and amounts for ages 2 to 51+.

Number of Servings Each Day		Food Group	What One Food Guide Serving Looks Like Each		
Girls & Boys 5 – 8 years	Girls & Boys 9 – 11 years				
5 servings	6 servings	Vegetables and Fruit - Eat at least one dark green & one orange vegetable per day. - Fresh, frozen or canned are all good choices. - Choose vegetables & fruit prepared with little or no added fat, sugar or salt. - Choose vegetables & fruit more often than juice. - Limit juice to one food guide serving a day 125 mL / ½ cup.	Cooked vegetables 125 mL (½ cup) = 1 hockey puck 	Fresh or soft cooked vegetable slices 125 mL (½ cup) = 1 hockey puck 	Leafy salad vegetables 250 mL (1 cup) = 1 baseball 
			1 medium fresh fruit = 1 tennis ball 	Diced fresh, frozen or canned fruit 125 mL (½ cup) = 1 hockey puck 	100% unsweetened juice 125 mL (½ cup) = 1 hockey puck 
4 servings	6 servings	Grain Products - Choose whole grains at least half of the time. - Choose grains that are lower in fat, sugar or salt.	Roll, dinner, whole wheat (28 g) = 1 tennis ball 	Rice or pasta 125 mL (½ cup) = 1 hockey puck 	Bannock (2.5" x 2.5" x 0.75") (6 cm x 6 cm x 2 cm) = 1 hockey puck 
			Roll, hamburger, mixed grain = 1 puck 	Hot cereal 175 mL (¾ cup) = 1 tennis ball 	Cereal (corn bran) 250 mL (1 cup) = 1 baseball 
2 servings	3 to 4 servings	Milk and Alternatives - Depending on age, 2 to 4 servings of milk or fortified soy beverage help meet vitamin D requirements. - Select lower-fat milk alternatives.	Milk or fortified soy beverage 250 mL (1 cup) = 1 baseball 	Cheese 50 g (1 ½ oz) = 2 erasers 	Yogurt 175 g (¾ cup) = 1 tennis ball 

Number of Servings Each Day		Food Group	What One Food Guide Serving Looks Like Each			
Girls & Boys 5 – 8 years	Girls & Boys 9 – 11 years					
1 serving	1 to 2 servings	Meats and Alternatives • Have meat alternatives such as beans, lentils and tofu more often. • Eat at least 2 servings of fish per week. • Choose lean meat and alternatives prepared with little or no added fat or salt.	Cooked fish, poultry, lean meat, wild meat 75 g (2.5 oz) = 1 hockey puck 	2 eggs 	Cooked legumes such as beans or lentils 175 mL (¾ cup) = 1 tennis ball 	
			Tofu 175 mL (¾ cup) = 1 tennis ball 	Peanut butter 30 mL (2 Tbsp) = 1 golf ball 	Nuts and seeds 60 mL (¼ cup) = 2 golf balls 	
What About Oils & Fats? Offer 30 – 45 mL (2 to 3 Tbsp) unsaturated fat each day. This includes oil used for cooking, salad dressings, margarine & mayonnaise.		Oils and Fats • Limit butter, hard margarine, lard and shortening.	1 serving is: Oil (such as canola, olive & soybean) 5 mL (1 tsp) = ½ eraser 	1 serving is: Non-hydrogenated margarine/oil 5 mL (1 tsp) = ½ eraser 	1 serving is: Salad dressing 15 mL (1 Tbsp) = 1 eraser 	Nutrition Facts: 4 g fat = 1 tsp fat = ½ eraser
Quench Thirst with Water!			Drink water regularly. Drink more water when you are more active or in hot weather.			

What about other foods & beverages high in calories, fat, sugar or salt (sodium)?

Limit foods and beverages such as cakes and pastries, chocolate and candies, cookies and granola bars, doughnuts and muffins, ice cream and frozen desserts, french fries, potato chips, nachos and other salty snacks, fruit flavoured drinks, soft drinks, and sweetened hot or cold drinks. Caffeinated beverages and sport or energy drinks should not be given to young children.

How often should I provide food for my child?

Offer small nutritious meals and snacks throughout the day since children have small stomachs and need to eat often. Serve 3 meals and 2 – 3 snacks throughout the day. Active children need to refuel often.



Should I restrict how much fat I give my child?

No. Offer a variety of nutritious foods which are naturally high in fat such as nuts, avocados and fatty fish.

Why are family meals so important?

Eating together as a family has been shown to improve healthy food choices, lifestyle habits and overall health in young children and preteens.





Presenting Partner



Dear parents/guardians,

Our school is participating in Jump Rope for Heart – an event that will encourage our students to get active, build healthy habits and give back to our community.

Here are the top reasons why we're participating in Jump Rope for Heart:

1. Money raised by our school helps drive important heart and brain health research that will save lives, prevent heart disease and stroke, and support families living with these conditions.
2. Jump is an inclusive event that ensures all students can move in their own way by jumping, dancing, wheeling and even hula hooping – encouraging students to discover new and exciting ways to get active.
3. Students learn the EASY Healthy Habits that they can use to keep their hearts and brains healthy and help reduce their risk of developing heart disease and stroke later in life
4. Jump gives back to schools and students! If our school fundraises more than \$1,000, we will receive 5% of our fundraising dollars back to put towards what we need most – or we can donate it back to Heart & Stroke. Students also can earn Thank You gift cards from *Indigo*, *Amazon* or *Walmart* based on their fundraising levels as a heartfelt thank you for their hard work.

Join our school's team to help Heart & Stroke save lives Register online by clicking on the school page link below or by visiting jumpropeforheart.ca/registration and searching for our school.

To access the EASY Online Challenge, fundraising tips, emails and social templates, visit jumpropeforheart.ca.

Our Jump Event Day is on:

Thursday, January 30

School Page Link:

[St Patrick Fine Arts School](#)



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January

Proclaim! Pilgrims of Hope



*"In this life no one can fulfill his longing, nor can any creature satisfy man's desire.
Only God satisfies, he infinitely exceeds all other pleasures.
That is why man can rest in nothing but God."*
- St. Thomas Aquinas

St. Thomas Aquinas 1225-1274 (Feast Day: January 28)

St. Thomas Aquinas, patron saint of academics, students, and Catholic schools and Doctor of the Church, is widely considered to be one of the most influential theologians in Catholic history. Living in the 1200s, Aquinas was born in what is now Italy, into a powerful and wealthy family. He had an extensive education in his youth, and at the age of 19 decided to join the Dominican Order. His family made many efforts to prevent him from following through on this choice, but his persistence was unstoppable. In 1245, he went to continue his studies at the University of Paris, where he met Dominican scholar St. Albert the Great. He completed his education there, becoming a prolific writer as well. For the remainder of his life, he continued to teach and to write, composing hymns that are still sung today alongside many philosophical volumes. The largest and most well known of these is his *Summa Theologica* (Summary of Theology), which was written as a guide of the Catholic theological basics. This gave rise to the theological approach known as Thomism. Thomism focuses on the complementary nature of faith and reason, the virtues as a framework for moral life, and uses logical reasoning for the existence of God. G.K. Chesterton referred to this view as a philosophy of common sense. St. Thomas Aquinas died in 1274, with his *Summa Theologica* left unfinished after a mystical experience caused him to abandon it. He was canonized by Pope John XXII in 1323, and proclaimed a Doctor of the Church in 1567.

The Apostles' Creed

"...[He] descended into hell..."

In the biblical word, 'hell' is the scriptural description for the place of all the dead. The Catechism of the Catholic Church explains (CCC 633-634) that Jesus had to "free the just who had gone before him." This meant that he was able to spread salvation and redemption to the holy men and women who had gone before him in time. His death and resurrection, which we profess at Mass and which are the cornerstone of our faith, were shared as much with those who died before him as with us today. Further, when Christ is resurrected, he arises in a whole new way — just look at some of the things that he does. The Gospels report that people like Mary Magdalene and Clopas did not at first recognize him, that he bore the marks of his crucifixion wounds, and that he ate with his disciples after the resurrection! This might seem like a little thing, but as Janet Schaeffler writes,

Perhaps the problem with the years of Jesus' physical life on earth was that he seemed so human that people couldn't

believe he was God. Now, in his risen state, it is tremendously important that people remember that he is human...the resurrection doesn't mean that finally Jesus went back to being God again. He never ceased being God. But he never ceases being human.

As St. Athanasius said, "we no longer die as those condemned but as those who will arise." This gives our three year faith plan theme — **Arise! Pilgrims of Hope** — a whole new meaning.

As we seek to become *Pilgrims of Hope* this year, let us continue to contemplate the Creed, and how our proclamation of the Creed unites us to one another and to all Christians through time and space.

"Proclaiming" In Our Schools

In late November, Pope Francis announced that during this year the Church will be canonizing two new saints, who you will be familiar with from our journeys with the saints in the past two years. Both Blessed Carlo Acutis and Blessed Pier Giorgio Frassati are going to be joining the ranks of the saints! Throughout this year, there will be Jubilee celebrations for many different groups within our Catholic communities, from police to deacons, marching bands to migrants. Blessed Carlo Acutis will be canonized during the Jubilee of Teenagers (April 27), and Blessed Pier Giorgio Frassati will be canonized during the Jubilee of Young People (August 3). Both of these saints-to-be are great witnesses to our faith and models for us all. For more information on the Jubilee, you can visit the official website [here](http://www.jubilee2020.org).



Pope's Prayer Intentions — For the right to an education

Let us pray for migrants, refugees and those affected by war, that their right to an education, which is necessary to build a better world, might always be respected.



January 5, 2025

Epiphany of the Lord

Gospel Reading: Matthew 2:1-12

"They prostrated themselves and did him homage. Then they opened their treasure and offered him gifts of gold, frankincense and myrrh." — Matthew 2:11

Today we celebrate the feast of the Epiphany. Epiphany means "manifestation," in which Christ is shown to the whole world, as represented by the magi. The magi (sometimes called the Wise Men or the Three kings) were people from another country and religion who followed the star to Bethlehem to worship the baby Jesus as the King of the Jews. This special day reminds us that we also are called to go out and tell the world about Jesus. This can be very hard to do. At those times, we can do what St. Francis suggested: "Preach the Gospel at all times. If necessary, use words." There are many ways every day we can live out the Gospel, even if we aren't talking about Jesus. Then people will see that we are Christians by how we love and other people can come to know him.

Who are the people I could share Jesus with, that I do not share him with right now?
What are some ways that I can share Jesus with others?



Prayer:

*Dear Lord, please help us to bring you with us into the lives we live outside of church.
Please give us the courage to share you with all we meet.*



January 12, 2025

The Baptism of the Lord

Gospel Reading: Luke 3:15-16, 21-22

"...a voice came from heaven, "You are my beloved Son; with you I am well pleased." — Luke 3:22

Baptism is an important sacrament! It welcomes you into the body of Christ, the Church. It is a time when the Holy Spirit comes upon you and allows you to receive the gifts of grace God offers. Many of us were baptized as babies, but God keeps giving us gifts as we get older. These gifts are "super-powers" that allow us to do more of what God wants than we could have on our own. Jesus was baptized to set the example for us and help us see what we could do with our gifts. He wanted to show us that we should spend our whole life on earth helping to do good in the world and bring others closer to God. **What a special gift!**

Do you remember your baptism? Ask your parents to tell you about it.

Who are your godparents? How are they special to you?



Prayer:

Father in heaven, thank you for the sacrament of baptism. We are so blessed to receive your Holy Spirit so we can make a difference in the world.



Download this month's [Saint Prayer Card](#) — St. Thomas Aquinas
[Saint Prayer Card](#) (black and white version for colouring)



[Home Page](#)



Gospel Reading: John 2:1-11

"To each individual the manifestation of the Spirit is given for some benefit." — 1 Corinthians 12:7

All of us are blessed to receive the Holy Spirit twice in our lives in special ways: once at baptism, and then again at confirmation. Jesus even received the Holy Spirit when John baptized him. What does it mean to receive the Holy Spirit? The Scriptures tell us that the Spirit is given to each of us for some benefit, but doesn't explain exactly what that means. Think of it as any skill or talent you have as a gift of the Holy Spirit that you can use to help someone. If you are good at math or science, then you might be able to use that gift to be a doctor and help sick people. If you are good at farming or gardening, you can use that gift to help feed people. If you are good with babies or children, you can use that gift to be a childcare worker or a teacher. The Holy Spirit is a gift that God gave us to help us know how we can hear and respond to God with the gifts we are given.

Have I ever felt led by the Holy Spirit? How did I know it was the Spirit?
How can being still and quiet help us hear the Lord?



Now we have received not the spirit of the world, but the Spirit that is from God, so that we may understand the gifts bestowed on us by God. (1 Corinthians 2:12)

Prayer:

Dear Lord, teach me how to quiet myself so that I may hear and respond to how the Holy Spirit wants to lead me in my life.



Gospel Reading: Luke 1:1-4; 4:14-21

"As a body is one though it has many parts, and all the parts of the body, though many, are one body, so also Christ...If one part suffers, all the parts suffer with it; if one part is honored, all the parts share its joy." — 1 Corinthians 12: 12,26

This passage from St. Paul helps us understand the body of Christ (the Church), and how we are dependent on others. It also applies to family life. The members of a family make up one body. When one person is sick or hurting, all the members feel the hurt. If one person is happy or celebrating, all the members join with them in their joy. This is especially true because Jesus is present in each family member. He guides our hearts to be loving, compassionate, and understanding with one another, making family life all it was designed to be. We are like a "little body of Christ" inside the greater body of Christ.

Are there obvious differences in us as family members?
How can we work together to be "one body" more often?



Prayer:

Father of us all, please help us to be a family that is centered in Jesus. Help us accept his grace and love, so that we can be a positive presence within our family.

Sources:

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

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

January 2025 Newsletter - Jubilee Year

This year, the Catholic Church celebrates the **Jubilee Year 2025**, with the theme “**Pilgrims of Hope.**” A Jubilee is a special time for spiritual renewal, forgiveness, and growing closer to God. As “pilgrims,” we are called to embark on a journey of faith, hope, and service, embracing God’s boundless love and sharing it with others.

The Jubilee offers opportunities for prayer, reconciliation, and acts of charity, inspiring us to be a hopeful presence in the world. Families are encouraged to reflect on this theme and integrate its message of hope into their daily lives.

We invite you to pray the **Jubilee Prayer** with us as we walk together on this journey:

*Father in heaven,
may the faith you have given us
in your son, Jesus Christ, our brother,
and the flame of charity enkindled
in our hearts by the Holy Spirit,
reawaken in us the blessed hope
for the coming of your Kingdom.*

*Make us attentive and courageous pilgrims,
so that, faithful to your designs for the Church and the world,
we may joyfully collaborate in bringing about
a new humanity in Jesus Christ, our Savior.*

Amen.

Let us embark on this holy journey together, as a school community of hope and faith.





Bright Futures Begin Here

Holy Spirit Catholic

School Division



2025/2026 REGISTRATION



Re-Registration Starts January 13, 2025

Families with students currently enrolled in our system should expect an email during the week of January 13-17, 2025 asking that the online "Registration Update Form" be completed for each child attending one of our schools in the 2025/2026 school year.

Parents/guardians who are hoping to register younger siblings new to the division will also have the opportunity to do this at the same time that they re-register older students.

New Student Registration Starts February 3, 2025

All Early Learning to Grade 12 students who are new to the division and wish to enroll for the 2025/2026 school year are invited to register online starting on Monday, February 3, 2025.

- Through play, our **Early Learning Program** is designed to stimulate the growing curiosity of children 3 and 4 years of age.
- **Kindergarten** is designed for children 5 years of age on, or before, December 31, 2025.
- **Grade 1** registrants must be 6 years of age on, or before, December 31, 2025.
- **French Immersion** is also available. Enrollment starts:
 - in Kindergarten/Grade 1 at École St. Mary in Lethbridge.
 - in Grade 1 at St. Michael's School in Pincher Creek.



For More Information

Contact our Early Learning Supervisor to discuss Early Learning or your child's specialized programming requirements by phone (403-381-8495) or email (earlylearning@holyspirit.ab.ca).

To inquire about Kindergarten, you can contact your local school.

Contact our French Language Consultant to discuss French Immersion programming by phone (403-331-4458) or email (urquhartw@holyspirit.ab.ca).

Contact your child's school, or visit the division's website (holyspirit.ab.ca), if you need assistance with the online registration process or have any questions.



Holy Spirit Catholic School Division

...where children are cherished and achieve their potential.

TECH TALK:

Understanding Your Child's Digital World

Holyspirit School Division Parent Information Night

Let's explore apps, gaming and online safety
information for elementary aged kids.



The Children of St. Martha School

Date: January 30, 2025

Time: 6:00pm - 7:30pm

Registration Required

[Click Here to Register](#)

SCAN
ME

