FATHER LEONARD VAN TIGHEM SCHOOL
25 Stoney Cres. W, Lethbridge, AB T1K 6V5
https://flvt.holyspirit.ab.ca/
Principal: Shannon Collier
Associate Principals: Justin Molas & Cason Machacek
Phone: 403-381-0953 Email: flvtoffice@holyspirit.ab.ca

Honest
Accepting
Wise
Kind
Spiritual

ADMINISTRATIVE MESSAGE:

NOVEMBER 2026



As the calendar turns to November, the autumn shift in season naturally invites our school community to pause, seek warmth, and reflect on the many blessings surrounding us. Looking back on where we have been, we are profoundly grateful for the resilience, unity, and deep-seated faith that continue to define Father Leonard Van Tighem School.

This year, our division calls us to focus on Year Two of our Faith Plan: "Love God," under the overarching theme Open Wide the Doors! Sent To Share Christ's Love. In his commentary on the Eucharist, Pope Francis reminds us of the importance of slowing down amidst the busyness, noise, and digital distractions of modern life so that we can nourish our lives with true presence and community (Dilexit Nos, 84). In the early Church, the faithful "devoted themselves to the apostles' teaching and fellowship, to the breaking of bread and the prayers" (Acts 2:42).

This scripture provides a meaningful framework for our students, staff, and families this November. Just as the early Christians found strength in gathered fellowship, we are reminded that no one walks alone. In our classrooms, athletic courts, and hallways, we build spaces of trust, authentic connection, and mutual support. Furthermore, in a fast-paced world filled with constant screens and media, creating intentional moments for quiet reflection, prayer, and gratitude allows us to hear God quietly guiding our steps. In alignment with Mark 16:15 ("Go into all the world and proclaim the good news"), every challenge or growth opportunity becomes a chance for personal formation, teaching our students that showing up with an open heart, kindness, and hard work reflects Christ's love to those around them.

As we begin this new month, let us embody a spirit of love, gratitude, and intentionality in our school and in our homes. We invite our students, staff, and families to reflect together on two guiding questions:

- How can I pause and create space in my daily routine to encounter God's presence and peace?

  -And in what small ways can I 'open wide the doors' and share Christ's love and kindness with someone who needs it this week?

We are truly blessed to walk alongside your children and families in faith and education. Thank you for your continued grace, partnership, and dedication to our shared mission. May your November be filled with peace, gratitude, and the enduring warmth found in Christ Jesus.

Mr. Machacek

Holy Spirit Catholic School Division

...where students are cherished and achieve their potential

SafeArrival
(How to Report an Absence)

What is Safe Arrival?

https://www.holyspirit.ab.ca/safe-arrival

SafeArrival is an absence management system that improves student safety and makes it easy for you to let the school know about your child's absence. You are asked to report your child's absence in advance whenever possible using one of these convenient methods!

SM Home Mobile App: To download and use the free SchoolMessenger Home mobile app:

- Provide your email address to the school during registration.
- Get the app from the Apple App Store or Google Play Store (or from the SchoolMessenger Canada website).
- Tap Sign Up to create your account.
- Select Attendance from the menu, and then select Report an Absence.

Website: To use the web or mobile version:

- Provide your email address to the school during registration.
- Go to the SchoolMessenger website. Users in Canada can access the SchoolMessenger Canada Website.
- Click Sign Up to create your account. Select Attendance from the menu, then select Report an Absence.

Toll-Free phone (833) 225-4644: Absences can be reported in advance: 24 hours a day, 7 days a week! For any school day in the school term, any time up till the cut-off time on the day of the absence.

NEED TO FIND INFORMATION FOR FATHER LEONARD VAN TIGHEM FOR THE 2026-2027 SCHOOL YEAR

FLVT website: **https://flvt.holyspirit.ab.ca/**

(Please note: information for students attending St. Kateri Elementary School, Early Learning to Grade 5, can be found on their website https://sks.holyspirit.ab.ca/)

Safe Arrival - Reporting Absences, Lates, Early Departures, etc:
https://home.schoolmessenger.ca/

FLVT Bell Times: **https://flvt.holyspirit.ab.ca/bell_times**

FLVT Calendars
School based events: **https://flvt.holyspirit.ab.ca/calendar**
Co-curricular Athletics: **Athletic Calendar**
Co-curricular Performing Arts: **https://flvt.holyspirit.ab.ca/performing_arts**

Bussing Information: **https://flvt.holyspirit.ab.ca/transportation**

Fee Payments: **https://holyspirit.schoolcashonline.com/**

FLVT School Supplies: **https://flvt.holyspirit.ab.ca/supply_lists**

FLVT School Council Meeting Dates & Minutes:
https://flvt.holyspirit.ab.ca/school_council

Divisional Website: **https://www.holyspirit.ab.ca/**

FLVT Facebook: **https://www.facebook.com/flvthawks/**

FLVT Instagram: **https://www.instagram.com/flvthawks/**

FLVT Student Handbook: **https://flvt.holyspirit.ab.ca/student_handbook**

HONEST HAWKS ACCEPTING WISE KIND SPIRITUAL
FATHER LEONARD VAN TIGHEM

Hello Families!

Exciting news! Your online gallery from your school Catch Up photo session is now live!

- Please visit this link to access the gallery: https://vando.imagequix.com/K9L3W9Z
- The login code to access your images is on the yellow QR flyer your child was given on photo day. Please check with them.
- Any active email address can be used to login.
- **Your order deadline is: November 9 2026**
- All orders will be shipped to the school. **If you miss the deadline, your order will be shipped directly to your home with a shipping fee applied.**

Missing your login code? No problem!

- Visit https://www.mountainwest.ca/support-for-families
- Click on "Looking for your login code?
- Enter the information required.
- Your code will be emailed within 1 business day.

Click Here to find out more about ordering.

Phone: 1.888.644.4494
Email: help@mountainwest.ca

HALLOWEEN WRITING CONTEST: WINNERS!!



TRICK
OR
TREAT

Happy Halloween

GRADE 6 CAMP FUNDRAISER
BEN'S BEEF JERKY & KERNELS POPCORN FUNDRAISER
NOVEMBER 2-27, 2026

Bens's Beef Jerky is $25 a bag (225 grams).
Flavor choices are: Sweet & Spicy; Smoky River; Original and Teriyaki.

Kernels Popcorn is $3.00 a bag.
Flavor choices are: White Cheddar; Butter Salt; Salt & Vinegar; Dill Pickle; Air Caramel; Creamy Caramel; Say Cheese; Ketchup; Jalenpo Jack; Thai Sweet Chili and Cheesy Dill.

Please ensure you are using School Cash online to place your order https://holyspirit.schoolcashonline.com/



FLVT School Council Winter Plant Fundraiser
November 1-16

https://fatherleonard.growingsmilesfundraising.com/home#products

















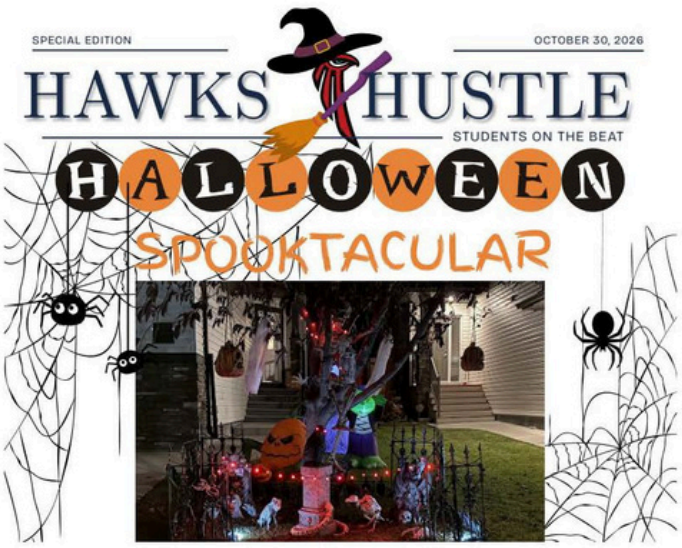


10 Quick Facts on... In Flanders Fields

1. Lieutenant Colonel John McCrae was the Canadian army doctor who wrote the world famous poem In Flanders Fields.
2. John McCrae was born in Guelph, Ontario, on 30 November 1872.
3. He attended the University of Toronto Medical School. He liked to write and some of his poems and short stories were published in a variety of magazines. He completed his degree in 1898.
4. He led a battery with the Canadian Field Artillery during the South African War.
5. When the First World War broke out in 1914, McCrae was 41 years old. He enlisted and was appointed as a medical officer with the First Brigade of the Canadian Field Artillery.
6. In April 1915, McCrae was stationed near Ypres, Belgium, in the area called Flanders.
7. On 2 May 1915, McCrae's friend, Lieutenant Alexis Helmer, was killed in action and buried in a makeshift grave. Wild poppies were already beginning to bloom between the crosses marking the many graves and he was inspired to write In Flanders Fields the next day.
8. In Flanders Fields was first published in England's Punch magazine in December 1915. Within months, this poem came to symbolize the sacrifice of all who were fighting in the First World War.
9. Lieutenant Colonel John McCrae died on January 28, 1918, of illness and is buried in Wimereux Cemetery, near Boulogne, France.
10. Today, people around the world continue to recite the famous poem.


FLVT/ST.KATERI
REMEMBRANCE DAY
CELEBRATION
YOU ARE CORDIALLY INVITED TO HONOR OUR
HEROES AT FLVT/ST.KATERI'S
REMEMBRANCE DAY CELEBRATION.
THIS WILL BE AT FLVT SCHOOL,
25 STONEY CRESCENT WEST,
NOVEMBER 10, 2026,
AT 10:40AM.
WE HOPE TO SEE YOU THERE!
LEST WE FORGET

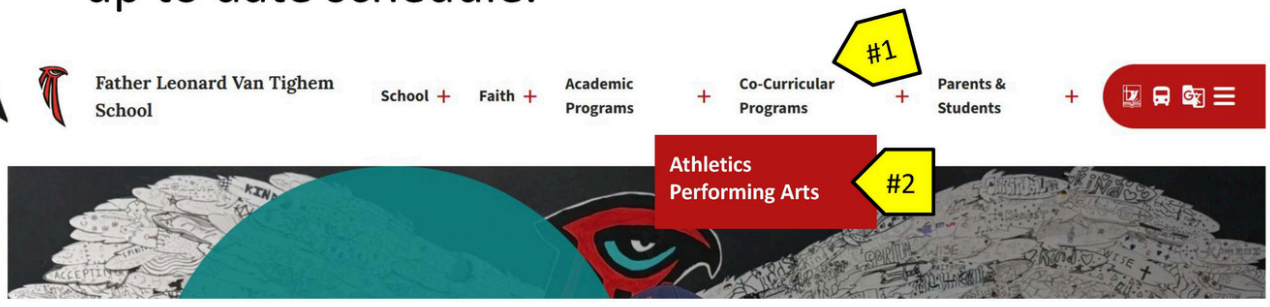
Hawks Hustle - Halloween Edition
Students on the Beat



HAWKS HUSTLE – HALLOWEEN EDITION – STUDENTS ON THE BEAT

HAWKS CO CURRICULAR CALENDAR

FLVT Basketball Tryouts Coming Mid November…
Please see the co curricular calendar for the most up to date schedule.



FLVT Hawks Co-Curricular Calendar ←Click Here #3

TAKE FLIGHT
WITH THE
HAWKS COMMUNITY!

FLVT 2026-2027 Parent Teacher Interviews

November 18th and 19th 5:00-8:00 p.m.
https://vantighem-leth.schoolsoft.com/login.jsf
Once the school year has begun and initial marks are getting established, if you have concerns about your child's mark(s), please book an interview with the subject teacher. Conference Manager will is now open and will close November 16th.
We advise that you bring your child to the interviews. Not only can they lead you to the classrooms/teacher but interviews are more productive and helpful for the student when the student is part of this interview process.
Please note that we ask all parent to stick to the schedule time slot as these evenings are very busy. Thank you



School Fees

SchoolCashOnline
KEVGROUP

School Fees are Now Due!

School Fee are now available on SchoolCash Online.
Please ensure that your child's fees have been fully paid. If you have any questions regarding this, please do not hesitate to contact the office! We would be happy to help.

Please login to SchoolCash Online.
The Holy Spirit School Division uses School Cash Online which provides you with the convenience of paying online for school items such as school fees, trips, co-curricular fees, etc.
Go to https://holyspirit.schoolcashonline.com/ to register online. Once you have registered your child, you will be able to see all fees owing for your student. All fees are posted on the website, under the "Our School" tab on our main page.
Having troubles finding your child's student number for SchoolCash Online? Send an email with your **child's full name (and grade level)** to flvtoffice@holyspirit.ab.ca

https://holyspirit.schoolcashonline.com

Now Due!

SCHOOL COUNCIL

NEXT MEETING



NOVEMBER 17, 2026

7PM - FLVT LIBRARY

ALL ARE WELCOME!

SCHOOL COUNCIL

October Update

SCHOOL COUNCIL FALL SUPPORT:
X-COUNTRY PIZZA DAY
TERRY FOX RUN
VIRTURE VOUTURES

UPCOMING: FALL FUNDRAISER

GROWING SMILES CHRISTMAS
PLANTS & ARRANGEMENTS
HELPS SUPPORTS SCHOOL ONGOING SCHOOL INITIATIVES
ORDERING DATES NOVEMBER 1-16

CANTEEN MENU

MEALS

HOT DOG	$2.50
HAMBURGER	$4.50
CHEESE BURGER	$5.00
NACHOS & CHEESE	$5.00
PIZZA SUB	$5.00
CUP OF SOUP	$2.50

SALADS & WRAPS

CHICKEN CAESAR SALAD	$7.00
GRILLED CHICKEN VERMICELLI SALAD	$7.50
TACO SALAD	$7.50
DILL PICKLE PASTA SALAD	$4.00
CHICKEN WRAP (RANCH, CAESAR, BUFFALO)	$5.00

SNACKS & TREATS

MUFFINS	$2.50
CINNAMON BUNS	$2.50
APPLE TURNOVERS	$2.50
CANDY BAGS	$2.00
STRAWBERRY PARFAIT	$3.50
ICE CREAM	$2.50
POPSICLES	$1.00

DRINKS

CHOCOLATE MILK	$2.50
GATORADE	$3.00
WATER	$1.00
ICE TEA	$2.00
FLAVOURED WATER	$1.50

☆ *Check newsletter for daily specials!* ☆

LUNCH CREDITS/TAB AVAILABLE!

Wondering how to pay for lunches and/or snacks in the canteen?

Lunch credits/tab will be available again this year!

The students use the credit to purchase their food & drinks.

PAYMENT OPTIONS INCLUDE:

School Cash Online, cash, cheques payable to Kayla Knowles or pay by e-transfer to **kkchapman15@gmail.com** and "Debit tap" is also available.

♥ *Thank you for supporting our school canteen!* ♥

FATHER LEONARD VAN TIGHEM SCHOOL

Many Hands Building a Better World

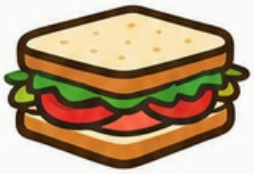
HAWKS SOCIAL JUSTICE CLUB

Wednesdays at the start of lunch

In our club, we will:



Help others in our community with fundraisers.



Make sandwiches.



Spread awareness about different issues in our community.

Bring your friends and make a difference in the lives of others!

"The Church teaches us that we are one human family and that we have a responsibility to care for one another, especially those who are most in need."

– CATHOLIC SOCIAL TEACHINGS



"Whatever you did for one of the least of these brothers and sisters of mine, you did for me."

MATTHEW 25:40





TRADES4U

NOVEMBER 25, 2026

OPEN TO 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 Oct 31, 2026
Registration closes on Nov 15th, 2026



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


LETHBRIDGE
Family Life
FAMILY & YOUTH
Get Connected
Faith
Community
Friendship
Food + Fun
Family Events
Open To All
Families of Any Size
A time to come together
make connections
form meaningful comunity
Scan to get Connected
Youth Events
Open To All
Grade 6 - 12 Students
Helping young people
to learn and live like Christ
and live life to the fullest!
Scan to join our Youth Ministry
NEVER MISS AN EVENT
Add our digital calendars right to your phone
Family Events
Grade 6 - 8
Grade 9 - 12
ALL FAMILY & YOUTH EVENTS
ARE FREE TO ATTEND
THAT'S RIGHT. NO HIDDEN FEES, NO COLLECTION PLATES,
AND NO AWKWARD TIPPING SCREENS!
(UNLESS DIRECTLY STATED)
GET IN CONTACT
403-327-8931
allsaintslethbridge.org
familylife@allsaintslethbridge.org
@lethbridgefamilylife


Candlelit
FAMILY ADORATION
THE THIRD SUNDAY OF EACH MONTH
HOSTED AT ASSUMPTION CHURCH
7:15 - 8:00PM (AFTER THE 6PM MASS)
LETHBRIDGE FAMILY LIFE
MANY CHURCHES ONE FAMILY
All Saints


LETHBRIDGE FAMILY LIFE YOUTH MINISTRY
MANY CHURCHES ONE FAMILY
Manna
COME AND KNOW THE LORD IS GOOD
MOST WEDNESDAYS
6:15 - 7:30 PM
OPEN TO ALL STUDENTS
GRADE 6 - 8
HOSTED AT
ASSUMPTION
REGISTER BY
SCANNING THIS
QR CODE
GROWTH
LEARN TO LIVE
LIKE CHRIST
COMMUNITY
MEET PEOPLE
MAKE CONNECTIONS
FUN
LEARN HOW TO LIVE THE
JOY OF THE GOSPELS
"THE WORLD OFFERS YOU COMFORT,
BUT YOU WERE NOT MADE FOR COMFORT; YOU WERE MADE FOR GREATNESS"
- POPE BENEDICT XVI -


LETHBRIDGE FAMILY LIFE YOUTH MINISTRY
MANY CHURCHES ONE FAMILY
Illuminate
LIVE FOR MORE. BE THE LIGHT
MOST SUNDAYS
7:10 - 8:30 PM
(AFTER THE 6 PM MASS)
OPEN TO ALL STUDENTS
GRADE 9 - 12
HOSTED AT
ASSUMPTION HALL
REGISTER BY
SCANNING THIS
QR CODE
GROWTH
LEARN TO LIVE
LIKE CHRIST
COMMUNITY
MEET PEOPLE
MAKE CONNECTIONS
PURPOSE
LIVE FOR MORE
THAN GOOD ENOUGH
"THE WORLD OFFERS YOU COMFORT,
BUT YOU WERE NOT MADE FOR COMFORT; YOU WERE MADE FOR GREATNESS"
- POPE BENEDICT XVI -

November

All Saints Roman Catholic Parish

Faith Formation

About the Lethbridge's Parish's

Catholic worship in Lethbridge is anchored by two Roman Catholicparishes: AllSaints Parish, which serves the local community across its worship sites at Our Lady of the Assumption on the south side, St. Basil's on the north side, and the reopened St. Patrick's Church, and St. Martha's Parish, which serves the west side community. Together, these vibrant faith communities foster active sacramental life, youth ministry, and local outreach across the city.

Mass Times @ All Saints

All Saints Parish:

- ***Assumption- 2405-12 Ave. S.***
- ***St. Basil's- 604-13 Street N.***
- ***St. Patrick's- 917- 4th Ave. S.***

Mass Times:

Saturday
- 5:00 p.m. - Assumption
- 7:00 p.m. - St. Basil's

Sunday
- 7:30 a.m. - St. Basil's (Incense may be used)
- 9:00 a.m. - Assumption
- 11:00 a.m. - St. Basil's
- 6:00 p.m. - Assumption

Monday
- 7:00 p.m. - St. Basil's

Tuesday
- 7:00 p.m. - Assumption

Wednesday
- 12:05 p.m. - St. Basil's

Thursday
- 12:05 p.m. - Assumption

Friday
- 9:00 a.m. - Assumption

Open for Prayer: Assumption Church will be open for prayer Monday to Friday from 9:00am - 4:00pm except for holidays.

Eucharistic Adoration

- Tuesday at Assumption Church from 8 - 10:00 pm
- Every first Friday at Assumption. Adoration will begin following the 9:00am Mass and end with Benediction at 7:45pm

Mass Times @ St. Martha's

St. Martha's Parish

- ***St. Martha's Church- 355 Columbia Blvd W.***

Mass Times:

- Mon, Wed-Fri: 9:00am
- Tue: 7:00pm
- Sat: 5:00pm
- Sun: 9:00am & 11:00am

Open for Prayer

- Rosary: 40min before Mass
- Divine Mercy Chaplet: Fridays at 3:00pm
- Liturgy of the Hours: Wednesdays, Thursdays, Fridays at 8:05am

Eucharistic Adoration

- Wednesdays: 9:30am-3:00pm
- Fridays: 9:30am-8:00pm (schedule permitting)

Reconciliation

- Saturday: 4:00pm or by appointment

Reconciliation

- Monday: 6:00-6:30 p.m. at St. Basil's
- Tuesday: 8:00-10:00 p.m. at Assumption
- Saturday:
  - 3:30-4:30 pm at Assumption
  - 6:00-6:30 p.m. at St. Basil's
- Sunday: 4:30-5:30 pm at Assumption

Or by appointment, please phone the parish office.

All Saints Roman Catholic Parish

Faith Formation

What's happening in our Parishes this month:

Event: Mass of The Angels
Date: November 19th, 2026
Time: 7:00 PM
Location: Our Lady of Assumption



Advent (End of November)
Advent is a four-week liturgical season of prayer, hope, and joyful anticipation as we prepare our hearts and homes to celebrate the birth of Jesus at Christmas. This year, Advent begins on Sunday, November 29, and lasts for 26 days through Christmas Eve on Thursday, December 24. Stay tuned for more information in December's release.

Podcasts & More

- ***FORMED:***
  - The premier Catholic "Netflix," offering thousands of video studies, feature films, and audiobooks to enrich family faith life.
- ***Sunday Homilies with Fr. Mike Schmitz:***
  - Fast-paced, inspiring weekly homilies that bridge Scripture with practical, real-world application for daily life.
- ***All Things Catholic with Dr. Edward Sri:***
  - Clear and insightful reflections exploring Catholic theology, Scripture, and practical virtues to deepen your everyday walk with Christ.
- ***Taste & See by Paradisus Dei:***
  - Weekly guided meditations and reflections on the upcoming Sunday Mass readings, helping prepare your heart for the Eucharist.
- ***Abiding Together:***
  - Warm, living-room-style conversations hosted by Sister Miriam, Michelle Benzinger, and Heather Khym, offering a place of rest, encouragement, and connection in Christ.
- ***The Catechism in a Year & The Bible in a Year:*** Transformative daily journeys guided by Fr. Mike Schmitz that unpack Sacred Scripture and Church teaching step-by-step over 365 days.



St. Ambrose Turkey Dinner - Sunday, Nov. 8, 3:00-6:00pm at St. Joseph's School, Coaldale. Adults $25; Seniors & Youth (7-12) $20; Children under 6 are free; Immediate Family up to 6 people $65; Take out containers $25. For more information or to reserve your tickets call Tracey at 403-393-4381 or Ellen at 403-634-7677. Tickets will also be sold at the door, cash only.

Formation Groups

CWL meet every 2nd **Thursday (NOTE THE CHANGE)** of the month, **at 7:00 pm**, in the KofC Hall.

The Legion of Mary meets every **Wednesday, at 6:00 pm**, in the basement of St. Martha's Church (meeting room #3). All are welcome!

The Mothers' Rosary group will be meeting weekly downstairs at St. Martha's for prayer and fellowship, **every Wednesday from 9:30-11:30**. Mothers are looking for a volunteer to babysit their children: contact the parish office if you are available!

Facebook group "Women's Rosary Group - Lethbridge" Women of the parish, you are invited to join the group, for information on weekly gatherings and other events to build faith and community for those from both Lethbridge parishes.

Abiding Together Podcast group for adult women is **Wednesdays from 6:30pm - 8:00pm** in the gathering space at St. Martha's. For info email Shanice scharchun@gmail.com

Hobby prayer group meetings on **Mondays** at **1:30pm**

Hopeful Hearts: the Journey Forward: a bereavement support group for everyone coping with loss. Meetings are on the 3rd Tuesday of the month at 1pm.

NOVEMBER



The Liturgy of the Word

Holy Spirit
CATHOLIC SCHOOL DIVISION

The Liturgy of the Word (Part 1)

When the scriptures are read to us at Mass, the reader proclaims the Word of God. This means that God himself is speaking to us. Typically, the first reading will come from the Old Testament (unless it is the Easter season), while the second reading will come from the New Testament. Sunday readings follow a three year cycle:
Year A - focuses on the Gospel of Matthew
Year B - focuses on the Gospel of Mark
Year C - focuses on the Gospel of Luke
The Gospel of John is often highlighted during the Easter season in the cycles.
This year we are in Year A until Advent, when we will move to Year B.



The First Reading
The reading from the Old Testament is chosen to prepare us for what is coming in the Gospel. It is said that what is hidden in the Old Testament is revealed in the new; God has not only been working from the beginning of time to call to us today, but He also placed foreshadowing and preparation for Christ specifically into the Old Testament that is made real when Christ comes. We respond to the reading by saying “Thanks be to God.”

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The Liturgy of the Word (Part 1)

The Psalm
Sometimes called the responsorial psalm, this is often (but not always) sung. The psalms themselves are ancient Jewish hymns that express the whole range of human emotions, from joy to anguish. An interesting thing to think about in the psalms is that Jesus, himself raised in the Jewish tradition, would have spoken these exact same words! The response in the psalm that we reply with is usually also connected to the theme of the day’s readings.



The Second Reading
In a weekday Mass, there is no second reading, but on Sundays, we follow the psalm with a reading from the New Testament; usually from a letter (sometimes called an epistle) that is written to an early Christian community to held to guide their faith and behaviour. These communities went through all of the same challenges that we do today - so the lessons are true throughout time. We respond to the reading by saying “Thanks be to God.”

The Gospel
When it comes time to the Gospel, things change in the Mass. We stand, called by the Gospel Acclamation - this is a series of Alleluias around an excerpt of the Gospel text or message. While this is occurring, the priest or deacon will process from the altar to the Ambo with the Book of the Gospels.

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The Liturgy of the Word (Part 1)

The Gospel (cont'd)
The priest or deacon will then begin by greeting us again - "The Lord be with you!", to which we reply "and with your spirit." As he tells us which book the Gospel is drawn from, you will see people tracing a cross on their foreheads, lips, and hearts. During this, people are praying that the word of God will be in their mind, on their lips, and in their heart as a way of opening themselves to receive the Gospel. At the conclusion, the priest or deacon will close by saying "The Gospel of the Lord," to which we reply "Praise to you, Lord Jesus Christ."



The Homily
Typically, the congregation will then be seated and the priest or deacon will deliver a homily, which is a message that explains the meaning of the readings and how we can live out that theme. This ends when the person delivering the homily sits, creating a brief moment of time where we pause in silence before the next part of the Mass.





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Reflections

"The readings for each Sunday's Mass follow the pattern of salvation history. They begin with the Old Testament, move to the New Testament, and culminate in the proclamation of the Gospel. In each liturgy we are intentionally made to reread and and relive the great moments of our salvation, the salvation for which we give God thanks and praise in the Mass." (Binz, The Mass, 70)

The reading mentions that Mass helps us relive the 'great moments of our salvation.' What is one story from the Bible—either from the Old or New Testament—that helps you remember how much God loves you, and why?



"Our experience of the biblical text can be life transforming because we receive the Scriptures "not as a human word but as what it really is, God's word" (1 Thess 2:13). Through the liturgical proclamation of the word of God, Jesus Christ is present in the midst of the assembly, just as surely as he is present in the sacrament of his body and blood." (Binz, The Mass, 70)

The quote highlights receiving the Bible 'not as a human word but as what it really is, God's word.' What is one practical step you can take to open your heart to hear God's voice when the Scriptures are read this week?

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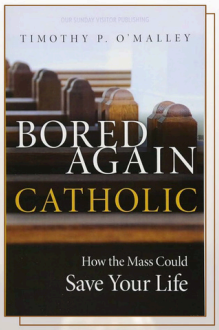
Conversations

In his book "Bored Again Catholic," Timothy O'Malley says the following:

"God … isn't just a God who enters into our lives once upon a time. God is active here and now. Through reading the Bible, we come to see how my story is actually being shaped by the story of salvation told in the Church."

Before you go to your next school or weekend Mass, try reading the readings in advance. Try to determine the link between the Old Testament reading and the Gospel. Talk about this with a parent, teacher, or friend.



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Conversations

In his book "Bored Again Catholic," Timothy O'Malley says the following:

"Homilies are not sermons or lectures; they are sharing. The word 'homily' comes from the Greek word homelein, which means to 'interact verbally' with a person. If we don't interact, it is not a homily."



Have you ever had the experience of really interacting with or being moved by a homily at Mass?

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Sacred Heart of Jesus

"A human word is, in a sense, the extension of a person to others; the divine Word is God's reaching out, seeking to share his divine being, sharing eternal love with creation. A human word reveals hidden thoughts; the divine Word reveals the hidden nature of God, demonstrating that God is loving, caring, and forgiving…As the gospel of John tells us throughout, this is the intimate love of God that Jesus wants us to share through him."
(Binz, The Sacred Heart of Jesus 58).



When have I felt most close to God?
In what way was it like resting close to God's heart?

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Dilexit Nos



43. Although the Scriptures preserve Jesus' words, ever alive and timely, there are moments when he speaks to us inwardly, calls us and leads us to a better place. That better place is his heart. There he invites us to find fresh strength and peace:

"*Come to me, all who are weary and are carrying heavy burdens, and I will give you rest.*" (Mt 11:28)

In this sense, he could say to his disciples,

"*Abide in me.*" (Jn 15:4)

101. The pierced heart of Christ embodies all God's declarations of love present in the Scriptures. That love is no mere matter of words; rather, the open side of his Son is a source of life for those whom he loves, the fount that quenches the thirst of his people. As Saint John Paul II pointed out,

"*the essential elements of devotion [to the Sacred Heart] belong in a permanent fashion to the spirituality of the Church throughout her history; for since the beginning, the Church has looked to the heart of Christ pierced on the Cross*".

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Eucharistic Miracles



Eucharistic miracles reveal to us the real presence of Christ in the Eucharist, consistently showing traits such as the presence of human cardiac tissue (the heart) and type AB blood. Prior to his death, St. Carlo Acutis catalogued many of these miracles on a website.

A lesser known Eucharistic miracle from 1906 occurred in Tumaco, Colombia. On January 31, 1906, a huge earthquake hit the ocean floor near Colombia. It caused a giant sea wave called a tsunami to rush toward the land. The ocean water began covering the beaches, and a huge wall of water was about to flood the small island town of Tumaco. Scared for their lives, the people ran to their priest, Fr. Gerardo Larrondo, and asked him to pray for God's help.

Fr. Larrondo took the Sacred Host, held it up, and walked down to the water with another priest and the townspeople. Right as the giant wave was about to crash onto the shore, he made the sign of the cross over the sea. Witnesses said the wave suddenly stopped moving forward, turned around, and went back out to ocean, saving the town from being destroyed.

For Catholics, this points to the central belief that Jesus is truly present—Body, Blood, Soul, and Divinity—in the Eucharist, even when this presence cannot normally be seen with our eyes.

Eucharistic Miracles of the World: Eucharistic Miracle of Tumaco

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Our Ancestors



Our ancestors are never distant or forgotten. In a Blackfoot worldview, the ancestors are close at hand. Knowledge, values, and identity are carried across generations through oral tradition, sharing stories, songs, and teachings. Listening closely to these stories keeps us connected to where we come from and teaches us how to live well together with the relations we have been put here with (*ihpi'po'to'tsspisti*).
When we practice kindness, respect, and care, our ancestors continue to live and breathe through our daily actions.

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Sacred Words

In the Mass, during the Liturgy of the Word, we stand and listen as scripture is proclaimed, hearing God's living voice speak to our hearts today. In Blackfoot tradition, Creator's teachings are kept alive through storytelling and passing down guidance and truth from generation to generation.

Both Catholic and Blackfoot traditions teach us that sacred words are not just static history from the past; they are living encounters that guide our choices, shape our character, and call us into deeper relationship with Creator and one another.



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Sacred Words

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"Obey your leaders and submit to them, for they are keeping watch over your souls and will give an account."

(Hebrews 13:17a)

Conversations

What is a special story, piece of advice, or memory from an Elder, grandparent, or loved one do you carry with you?

What do you think those words were meant to teach you today?

How can you share that lesson with a younger sibling, a classmate, or your community?

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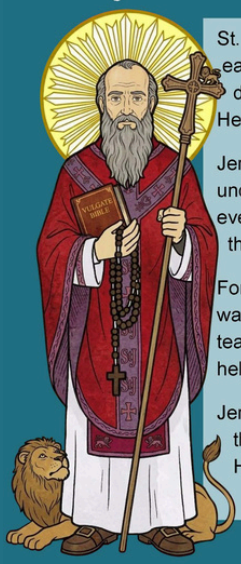
St. Jerome

Born between 342-347 (Feast Day: September 30)



St. Jerome (c. 347–420) was a priest, biblical scholar, translator, and one of the great teachers of the early Church. Born in the Roman province of Dalmatia, he received an excellent education and developed a deep love for Sacred Scripture. His desire to understand the Bible led him to study Hebrew and Greek so that he could engage with the biblical texts in their original languages.

Jerome spent many years studying and translating Scripture. At the request of Pope Damasus I, he undertook a revision of the Latin biblical texts being used by Christians in the Western Church. His work eventually became known as the Vulgate, which became the principal Latin version of the Bible used in the Catholic Church for centuries.

For Jerome, studying Scripture was not simply an academic exercise. He believed that the Word of God was essential to Christian life and that encountering Scripture meant encountering Christ. His famous teaching, "Ignorance of Scripture is ignorance of Christ," expresses his conviction that knowing the Bible helps us know Jesus.

Jerome's life reminds us that the Liturgy of the Word is much more than a reading that happens before the Eucharist. When Scripture is proclaimed at Mass, the Church gathers to listen to God speaking to His people. We are invited not simply to hear the words, but to receive them, reflect upon them, and allow them to shape the way we live.

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St. Jerome and The Liturgy of the Word



St. Jerome helps us understand why we should approach the Liturgy of the Word with attention, reverence, and openness. At Mass, Scripture is proclaimed aloud so that the whole community can hear God's Word together. The readings tell the story of God's relationship with His people and ultimately lead us toward Jesus.

Jerome's dedication to studying Scripture also reminds us that God's Word deserves our attention. When we listen to the readings, we can ask ourselves: What is God saying to me today? How is Jesus inviting me to live?

The Liturgy of the Word prepares us to encounter Christ more deeply in the Eucharist. We first listen to God's Word with our minds and hearts, and then we receive Christ in the Eucharist. In this way, the two parts of the Mass are deeply connected: God speaks to us, and we respond by offering ourselves to Him.

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St. Jerome Prayer

O Lord,
show Your mercy to me
and gladden my heart.
I am like the man on the way to Jericho
who was overtaken by robbers,
wounded and left for dead.
O Good Samaritan, come to my aid.
I am like the sheep that went astray.
O Good Shepherd,
seek me out and bring me home
in accord with Your will.
Let me dwell in Your house
all the days of my life and praise You
for ever and ever
with those who are there. Amen.
St. Jerome — Pray for us!

A Prayer of Saint Jerome for Christ's Mercy

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YQL
SELECTS
VOLLEYBALL CLUB

Boys TRYOUTS 2026

Come Get Selected

U15 (BOYS TRYOUTS)



SUNDAY NOV 29
4:30-6:30 PM

TUESDAY DEC 1
5:30-7:00 PM

LOCATION:
1272 30 St N

$25.00
Bring copy of your VA tryout registration

REGISTER ON WEBSITE
UNDER Tryouts TaB

REGISTER TODAY AND SECURE YOUR SPOT!

https://leagues.teamlinkt.com/yqlselects

YQL
SELECTS
VOLLEYBALL CLUB

WINTER TRYOUTS 2026

Come Get Selected

U13 & U14 (Girls Only)



U13 TRYOUTS (Girls Only)

- Sunday, Nov 29, 2026: 10:00 AM - 12:00 PM
- Monday, Nov 30, 2026: 5:00 PM - 6:30 PM

U14 TRYOUTS (Girls Only)

- Sunday, Nov 29, 2026: 1:00 PM - 3:00 PM
- Tuesday, Dec 1, 2026: 7:30 PM - 9:00 PM

GET REGISTERED TODAY to secure your spot!

LOCATION:
1272 30 St N

$25.00
Bring Volleyball Alberta tryout registration

REGISTER TODAY AND SECURE YOUR SPOT!

https://leagues.teamlinkt.com/yqlselects


Gr. 6 HAWKS
VOLLEYBALL
Autumn, Olivia, Rikkelle, Raylyn, Evie, Lyncoln, Norah, Piper, Evangeline, Maisy, McKinlee, Lami, Arabelle, Leiticia


Gr. 6 HAWKS
VOLLEYBALL
Jace, Eli, Beckett, Mark, Emmerson, Everett, Jackson, Carter, Matthew, Hendrix, Omotola, Carter T., Easton, Hudson



Zenyn, Isla, Hannah, Silver, Alena, Scarlett, Asheli, Charlotte, Gracie, Mollie, Kyra, Sadie



Abdallah K, Nathan, Serhii, Coach Hannah, Theo, Abdallah A, Seth, Walker, Volodymyr, Viktor, Zander, Jonathan



Aubree, Marlie, Charlotte, Marianna, Katherine, Mayumi, Ajack, Karlee, Nisheli, Sariah, Kadence



Jack, Asher, Jason, Diego, Jaxon, Nathaniel, Everett, Alex, Parker, Grayson Missing Alex C.



Olivia, Grace, Jacey, Makena, Grace D. , Iyah, Myla, Kennedy, SaigeLee, Ahlia, Patricia



Quinn, Levi, Brekken, Nigel, Andres, Deng, Emmett, Riley, Macky, Roman, Nixon

November 2026 -
FOOD DRIVE MONTH

Mon	Tue	Wed	Thu	Fri	
1 BEN'S KERNELS **AllSaints Day**	**2** **AllSouls'Day** **Grade 6 Camp Fundraiser STARTS** Gr7 Chess @12 Cheesy garlic fingers $5.50	**3** **Jr. Vball Quarter Finals** **Sr. Vball Quarter Finals** Mini pepperoni pizza $5.50	**4** Reading Club @12 Gr7 Chess @12 Drama Club 4-5pm **Jr. Vball Quarter Finals** **Sr. Vball City Championships** Kraft Dinner $3.00 add pulled pork $2.50	**5** JH CommuniTEA **Last Day Q1 Options** **Jr. Vball City Championships** Chicken burgers $5.50	**6** **FLVT Games Club 11:30-1:00** **Vball Zone Champs wknd**	**7** **FLVT/SKS Food Drive** DONATE what you CAN
8 **School Council Growing Smiles Plant Fundraiser Nov 1-16**	**9** **Grade 6 Camp Meeting @7pm** **JH Quarter 2 Starts** Gr7 Chess @12 Cheesy garlic fingers $5.50	**10** **Color Day Wear Black** **Remembrance Day Service 10:40** Mini pepperoni pizza $5.50	**11** **Remembrance Day** **NO SCHOOL** No School	**12** **NO SCHOOL** **-PD Div PD Day** No School	**13** **NO SCHOOL** **-PD School PD Day** No School	**14** DONATE what you CAN
15 **Basketball Tryouts - see co-curricular calendar**	**16** Gr7 Chess @12 **Growing Smiles Plant Fundraiser Ends** Cheesy garlic fingers $5.50	**17** FLVT School Council - 7PM Mini pepperoni pizza $5.50	**18** Reading Club @12 Gr7 Chess @12 Drama Club 4-5pm **Parent Teacher Interviews 5-8pm** ChickenNuggets(8) $5.50	**19** **Theme Day - Wear Plaid** JH CommuniTEA **Parent Teacher Interviews 5-8pm** Chicken burgers $5.50	**20** **FLVT Games Club 11:30-1:00** **Gr 6 Vball year end Jamboree**	**21** DONATE what you CAN
22 DONATE what you CAN	**23** Gr7 Chess @12 Cheesy garlic fingers $5.50	**24** **November is food drive month at FLVTSKS... Donate what you CAN** Mini pepperoni pizza $5.50	**25** **E3CareerFieldTrip E3 (9L&9C)** ReadingClub@12 Gr7 Chess @12 CEC Board of Trustees Public Meeting 1-4pm Taco in a bag $6.50 (pre order)	**26** **Career Field Trip (9B&9H)** JH CommuniTEA Chicken burgers $5.50	**27** **Grade 6 Camp Fundraiser ENDS** E-Sports Club 11:30-1:00	**28** KERNELS BEN'S
29 DONATE what you CAN	**30** Gr7 Chess @12 **Food Drive Ends** Cheesy garlic fingers $5.50					

The most up to date events calendars can be found on our website
https://flvt.holyspirit.ab.ca/
The most up to date co curricular calendar can be found on our website
Co-curricular Calendar