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Michelle Nevil, Principal • Mary Tilleman, Associate Principal

April 2023

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
2 SPT Choir sings at Mass	3 Wear Blue for Autism Awareness	4  Thunder Athletics Fitness (3:15-4:15 PM)	5 April Hot Lunch Orders Due Easter Mass @ St. Augustine Church @ 11 AM	6  Green Shirt/Jersey Day Thunder Athletics Fitness (3:15-4:15 PM)	7 Good Friday – No School	8
9	10	11	12	13	14	15
Easter Break – No School						
16	17 Back at School	18  Thunder Athletics Fitness (3:15-4:15 PM)	19 Boston Pizza Hot Lunch SPT Choir (3:20-4:00 PM)	20  Earth Day at SPT – Wear Blue/Green Thunder Athletics Baseball (3:15-4:15 PM)	21 Student Wellness Day @ School	22
23	24	25  Thunder Athletics Baseball (3:15-4:15 PM)	26 SPT Choir (3:20-4:00 PM) CEC Board Meeting @ 6 PM	27  Thunder Athletics Baseball (3:15-4:15 PM)	28	29
30	May 1 May Hot Lunch Orders Due	May 2  SPT School Council Mtg @ 3:45 PM Thunder Athletics Soccer/Golf (3:15-4:15 PM)	May 3 Hats on for Mental Health Day SPT Choir (3:20-4:00 PM)	May 4  Star Wars/Super Hero Day Grade 2/3D & 1C Mass at Church SPT School Council Bake Sale (2:30-4:00 PM) Thunder Athletics Soccer/Golf (3:15-4:15 PM)	May 5 Wear Red Day	May 6

SPT ROCKS

April
2023



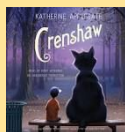
our Faith Action this month is justice. we will be practicing the skill of bringing peace to a situation and showing genuine respect for people.



Energy Challenge for April Plant a Plant



Thank you to all the families that came out for our movie night. It was a great success.



Mark your Calendars



- Apr. 3-SPT celebrates World Autism Day by wearing blue
- Apr 5 Easter Mass 11:00 st St. Augustine's ☀
- Apr 6 Jersey or Wear Green for Logan Boulet
- Apr 7-14 - Easter Break, No School
- Apr 20 - Earth Day at SPT Wear Blue or Green
- Apr 21 - SPT Student Wellness Day
- May 1- May Hot Lunch Orders due ☀



Please come and join us.

Thank you to all those who participated in our Lenten Dollar Days. So far we have raised \$914.15 for Chalice. Click on the image below and see what Chalice is all about.



Rock Time



Rock Time is our weekly assembly that happens the first day back from the weekend at 8:45 AM in our gym. You are welcome to join us if you like.

We will be celebrating Easter Season at Rock Time. Here are the Gospel readings of this month:

Matthew 21:1-11(Palm Sunday)

John 20: 1-9

John 20:19-22

Luke 24:30-34

John 10:1-9



**Our Easter Mass is
Wednesday, April 5 at 11:00.
All are welcome to join us.**



This month the Thunder Athletes will learn about fitness and baseball with Miss Paul, Mrs. Visscher, and Ms. Duncan.

Thank you to Riana De Schover who has been our school council chair for the last 3 years. She is stepping down from her position. We thank her for all she has done for our school. She led our council through covid and managed to make Phase 1 of our Natural Playground Project happen. We appreciate you.

SPT School Council

We are looking for a new school council starting September. If you would like to make a difference in our school please consider joining and reach out to Mrs. Nevil.Thanks

School Council News:

Our next School Council Meeting is scheduled for:

- **Tuesday, May 2nd @ 3:45 PM**
- **Thursday, June 1st @ 3:45 PM**

All parents are welcome and encouraged to attend our meetings to find out what's happening in our school community. Our school council advocates for all SPT students and staff.

Here are the important upcoming dates:

April 5th – April Hot Lunch Orders Due

April 19th – Boston Pizza Hot Lunch

May 1st – May Hot Lunch Orders Due

May 2nd – School Council Meeting @ 3:45 PM

May 4th – Final Bake Sale (ECS & Grade 1 families to provide the treats)

If you are interested in helping with Hot Lunch or have any questions regarding School Council meetings, please reach out to us at sptschoolcouncil@holyspirit.ab.ca

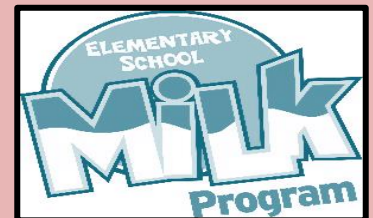
Milk and Juice Program: We are excited to be offering our milk and juice program again this year. The program will be run by our Grade 5 students with the help of Mrs. Gross and Mrs. Wickson. Milk and juice will be available for purchase during the 1st Nutrition Break. Milk cards can be purchased at the office or on SchoolCashOnline. **If you pay for a card online, please have your child come to the school office to request the card. Thank you.**

We have two types of cards available:

- 1) **\$10 punch card valid for 10 individual milk/juice purchases**
- 2) **\$20 punch card valid for 20 individual milk/juice purchases.**

If you don't want to purchase a punch card, students are also able to purchase milk or juice individually. Each drink is \$1.00

*****Proceeds from the milk program supplement our SPT Leadership Initiative & our Grade 5 Farewell. *****



Stay Connected:

Check out our school website: spt.holyspirit.ab.ca School Calendar: spt.holyspirit.ab.ca/school/calendars

Follow us on Social Media:



[St. Patrick School - Taber](https://www.facebook.com/St.PatrickSchool-Taber)



@[spttaber](https://www.instagram.com/spttaber)



@[SPTtaber](https://twitter.com/SPTtaber)

Superintendent's Blog:

Our Superintendent, Ken Sampson, shares the latest information in educational programming in his blog located at <https://blog.holyspirit.ab.ca/>

Board Briefs:

Each month, the School Division Trustees publish a summary of their meetings:

https://www.holyspirit.ab.ca/board_administration/board_of_trustees/board_meetings

Important Reminders:



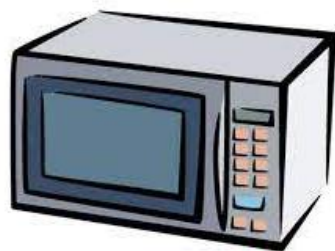
Late or Absent Students – Please call our school office by 9:00 AM if your child will be late or absent from school! Our phone number is 403-223-3352.

Agenda Notes – The agenda is an important communication tool between home and the school. If there are any changes in your child's schedule, a change in bus/kidzone schedule, or a change in who is picking up your child, please make note in your child's agenda. If the change occurs during the day, give our school office a call and we will pass on the message to the classroom.



Picking up Students During School Hours – Parents, if you are picking up your child during school hours, please check-in at our office to sign out your child. While signing out, the office will contact your child's homeroom teacher to have your child sent down to the office. Thank you in advance for your cooperation by helping us to continue to create a safe and supportive learning environment for all of our students.

Medical Notes/ Medication – If your child needs to take medication at school, please see Mrs. Mankow in the office to fill out the required paperwork. Additionally, please keep us updated on any allergies or medical changes the school should be aware of.



Microwave Use at Nutrition Times – Just a friendly reminder that if you are sending your child with a lunch/snack that needs to be heated, please ensure it is pre-cooked. Items like Mac N Cheese bowls, ichiban ramen, or anything that requires cooking time doesn't allow us to help all students and it doesn't allow your child to have adequate time to eat during our nutrition breaks.

Reusable Utensils for Nutrition Times – We have noticed an increase of students requiring a disposable spoon during nutrition break to eat their snacks such as yogurt, apple sauce, soup, etc. We are currently out of disposable utensils for our lunch room. We are asking that if your child's snack/lunch requires a spoon, fork, etc, to please send them with a reusable one from home that they can keep in their lunch kit.



St. Patrick School Choir

Students in Grade 4/5 are welcome to join our choir practices on Wednesdays after school from 3:15 – 4:00 PM. The choir gets together to practice and learn new songs to sing at 9 AM Children's Mass on the 1st Sunday of every month. If you have any questions, please reach out to Mrs. Gross or Miss MacRae.

Here are the upcoming dates:

St. Augustine Church – Sunday, April 2, 2023 @ 9:00 AM

St. Augustine Church – Sunday, May 7, 2023 @ 9:00 AM



St. Patrick School Council GROWING SMILES 2023 FUNDRAISER

Dear Parents,

St. Patrick School Council is excited to announce our Growing Smiles Fundraiser!

We will be selling a variety of plants which are shown on the order forms sent home.

Plants are provided by DeVry Greenhouses.

Here is their website if you'd like to learn more:

<https://stpatrikschool.growingsmilesfundraising.com/home>

Fundraising is always a vital part of ensuring the students have the best year possible. The money being raised is to help fund our natural playground, memorial garden, and year-end fieldtrips.

Important Notes:

*Cheques Payable to: **St. Patrick School Council**

*Please contact Riana De Schover at 587-436-9619 if you have any questions!

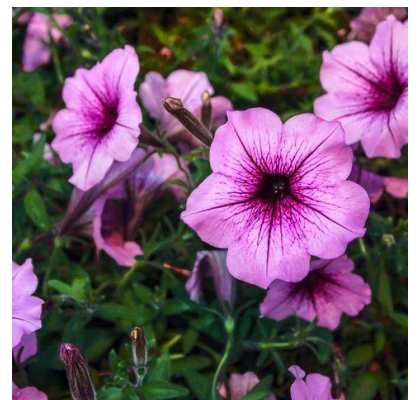
Important Dates:

April 6th – The fundraiser officially begins

May 9th – All money and order forms are due.

May 26th – Scheduled pick up date at SPT School.

Thank you for your support,
St. Patrick School Council





APRIL 2023



Breakfast Program Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
♡	♡ ³ Granola Bar Apple Sauce	♡ ⁴ Cereal Milk Fruit	♡ ⁵ Cookie Yogurt Fruit	♡ ⁶ Granola Bar Apple sauce	♡ ⁷ Good Friday No School	♡
♡	♡ ¹⁰	♡ ¹¹	♡ ¹²	♡ ¹³	♡ ¹⁴ No School ~ Easter Break!	♡
♡	♡ ¹⁷ Granola Bar Apple sauce	♡ ¹⁸ Cereal Fruit Milk	♡ ¹⁹ Egg Wrap Fruit	♡ ²⁰ Yogurt Berries Granola	♡ ²¹ Crackers Cheese Vegetable	♡
♡	♡ ²⁴ Crackers Cheese Vegetable	♡ ²⁵ Yogurt Berries Granola	♡ ²⁶ Toast Fruit	♡ ²⁷ Cereal Milk Fruit	♡ ²⁸ Trail mix Yogurt	♡
♡ May 2023 →	♡ ¹ Crackers Cheese Apple sauce	♡ ² Yogurt Berries Granola	♡ ³ Toast Vegetable	♡ ⁴ Cereal Milk Fruit	♡ ⁵ Smoothie Day!	♡
♡	♡	Notes: ★ We are a Nut-FREE Program ★				



Parent Letter

Dear Parents,

This year at **St. Patrick's School**

we are excited to announce a Spring

Fundraiser! We will be selling a variety of plants which are included on the Order Forms.

Our goal is to raise: **\$6000**

Why we Fundraise:

Fundraising is always a vital part of ensuring the students have the best year possible. The money raised is used to help cover costs for programs, equipment, resources, and extra-curricular activities. It also takes some of the financial burden off of the parents – allowing more kids to participate in these activities. With this fundraiser we are raising money for:

Natural Playground Expansion

Memorial Garden

Spring Field Trips

Important Dates to Remember

April 6, 2023 The fundraiser officially begins.

May 9, 2023 All money and order forms must be returned to the school.

May 26, 2023 Pick-up date from school.

Important Notes

- Please ensure customers make cheques payable to: **SPT School Council**
- Our team website is located at: **stpatrickschool.growingsmilesfundraising.com**
- Please try to sell only to your family, friends and close neighbors. (Parents may take order forms to work to collect sales if desired)
- We do not encourage young students soliciting door-to-door sales for safety reasons. If students are selling within their neighborhood they should always be accompanied by a responsible adult.
- Please contact: **Riana De Schover** at **587-436-9619** if you have any questions!
- Plants are supplied by DeVry Greenhouses.

Thank you for your support!

Warmest Regards,

SPT School Council



www.growingsmilesfundraising.com



1-866-806-1523



info@growingsmilesfundraising.com



St. Patrick's School

Spring Fundraiser



\$40

12' Premium Hanging Baskets
Our improved flower mixes are sure to be a big hit! These hanging baskets can be exposed to full sun with the best flowering and trailing plants. Come in a variety of mixes/colours.



\$40

12' Premium Patio Planters
All planters include an assortment of our top performing plant collections. Planters can be exposed to full sun areas. Perfect for creating a Spring patio or backyard paradise.



\$45

2 Gallon Patio Rose Planters
Planted in a 2 gallon pot, this perennial will add colour year after year. Floribunda roses are bred for their hardiness and can withstand colder temperatures.
Please note that colours cannot be selected.
May receive light pink, dark pink, white, or yellow.



\$30

11' Strawberry Basket
A kid favourite! Enjoy fresh strawberries all growing season long. Everbearing strawberries with different coloured blossoms in white or pink. Beautiful and delicious!



\$40

10-pack 4' Succulents
Fast-growing in popularity, succulents are versatile & low-maintenance. Ideal as house decor and gifts! This 10-pack offers excellent variety and textures from the Echeveria, Sedum, Sedeveria, and Senecio families.
Duplicates & substitutes may occur.



\$40

LETT'UCE GARDEN
10-pack 4' Herbs
An assortment of our finest herbs! Varieties include:
-Basil (Sweet) -Mint Mojito
-Basil (Thai) -Peppermint
-Thyme -Oregano
-Chives Onion -Parsley
-Chives Garlic -Rosemary
Duplicates & substitutes may occur.



\$40

LETT'UCE GARDEN
10-pack 4' Veggies
Grow your own food this year in a garden or planter box! Varieties include:
-Tomatoes (x4) -Cucumber
-Zucchini -Peppers (x2)
-Kale -Romaine
Duplicates and substitutes may occur.



\$40

10-pack 4' Zonal Geraniums
These easy-to-grow bedding plants add vibrant colour to your garden. Resistant to pests such as deer/rabbits.
Colours: Red, White Pink
Cannot mix & match colours in a flat.



\$40

wave PETUNIAS
10-pack 4' Wave Petunias
The popular cascading Wave petunias bring eye-catching colour to gardens, planter boxes, and hanging baskets.
Colours: Purple, White, Pink
Cannot mix & match colours in a flat.



\$35

10-pack 4' Marigolds
Marigolds add a pop of colour and brightness to enjoy all season. Excellent companion plants for many vegetables!
Only available in orange.



\$15

Premium Soil 30 L
A bag of organic potting soil, perfect for filling containers. This hearty mix helps plants grow to their full potential. Enriched with: compost, kelp, fish meal, peat moss, glacial rock dust, and rice hulls.



\$20

Fertilizer Shaker 18 kg
Enhance your garden with an easy-to-use fertilizer shaker. Made with organic granular kelp, this blend is great for both flowers and veggies.

St. Patrick's School

Spring Fundraiser

Student:

Order Deadline: May 9, 2023

Teacher:

Order Pickup: May 26, 2023

School: Cheques payable to: SPT School Council

Cheques payable to: SPT School Council

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Visit our website to place an order online:

stpatrickschool.growingsmilesfundraising.com

Have Questions? Contact: **Riana De Schover**

Phone: 587-436-9619

Email: sptschoolcouncil@holyspirit.ab.ca



April

Arise! Pilgrims of Hope



“...and raised us up with him and seated us with him
in the heavenly places in Christ Jesus.”

Ephesians 2:6

St. Augustine Zhao Rong 1746-1815 (Feast Day: July 9)

The Gospel likely reached China in the fifth century, with churches and missions being built in the centuries that followed. Beginning in the 1600s, there was increasing persecution of Christians and limitations on the practice of their faith, leading in many instances to the destruction of churches, and threats and punishments, from imprisonment to martyrdom. Many of those who were martyred over the course of the next three centuries were beatified, and in total, 120 were canonized as a group on October 1, 2000. Of this group, 87 were born in China, while 33 were missionaries from different orders born outside of China. These are sometimes referred to as St. Augustine Zhao Rong and Companions.

Augustine Zhao Rong was a Chinese soldier who accompanied a French Bishop (John Gabriel Taurin Dufresse) to his martyrdom in Beijing. While he accompanied Bishop Dufresse, he was struck by his patience and courage, and asked to become a Christian. Not long after his baptism, Augustine was ordained as a diocesan priest. Arrested shortly afterwards, he was martyred in 1815.

St. Augustine Zhao Rong and his fellow martyrs are a powerful tribute to the sacrifice of Christians and to the courage of humans moved by faith. When we read of such heroes, it is important to remember that they do not exist solely in history—there are, at this very moment, thousands of Christians around the world asserting their right to choose their faith against violent oppressors who want them to denounce it.



Holy Moments In Our Schools

Kindergarten students at École St. Mary School created a personalized rendition of our faith plan theme Arise! Pilgrims of Hope. We are all on this journey together! This theme was echoed in our Spiritual Development Day on March 13, 2023. Our guest speaker, Catholic musician and evangelist Jesse Manibusan, encouraged us to continue our walk together, to see the impact that we have on each other in our schools, and to ensure that all are welcome.



The Spiritual Works of Mercy – Bear Wrongs Patiently

Becky Eldredge notes that we often need to apply this work of mercy in our lives, for instance with a friend who is notoriously late, a colleague who continuously misses deadlines, a child who needs to be reminded often about picking up their clothes, or when a family member takes advantage of our relationship. She points out four tools we might use:

- **Naming our own wrongs:** Like most works of mercy, naming our own need for mercy is vital. The reality is we make mistakes, we sometimes hurt people or grate on another's nerves. Naming our own wrongs helps us soften our hearts towards others.
- **Remembering when mercy was shown to us:** We can reflect back on times in our life when we know we messed up and the person impacted by our mistake offered us patience instead of anger.
- **Praying:** Prayer not only grounds us in God's love and mercy for us, but it also provides us an outlet to honestly express our frustrations, hurts, and wrongs done to us. God transforms these areas of our lives.
- **Practice Pausing:** We can practice taking a pause before we reply or act. This allows us time to reflect on what's happening, turn to God, and then with God's help decide what we are being invited to do.

The Fruit of the Spirit – Kindness

True kindness is taught to us in Ephesians 4:31-32, “Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.”

But, what is kindness? It begins with caring, being tenderhearted and compassionate. The Greek word for 'kind' is *chrestos*—meaning 'useful.' This means that kindness involves action. Truly kind people will actively look for opportunities to show kindness.

Whether it's paying for someone's coffee at the drive-through behind them or writing a note of encouragement to a friend, kindness requires action. Of course, action can also include words—words of encouragement, comfort, courtesy and compliments can be heartwarming acts of kindness.

Jesus Christ practiced kindness that was considered radical for that time and culture. His kindness often extended to the people that were not treated well, including the sick, poor and social outcasts. He healed them, prayed with them and fed them.

Just like Jesus, we should practice kindness, even something as small as a smile at a passing stranger. We should continue to ripen our fruit of kindness in the footsteps of Jesus, who personified the greatest example of kindness.

(2) He is in you, he is with you and he never abandons you. However far you may wander, he is always there, the Risen One. He calls you and he waits for you to return to him and start over again. When you feel you are growing old out of sorrow, resentment or fear, doubt or failure, he will always be there to restore your strength and your hope..”

Christus Vivit



Reflecting on the life of St. Augustine Zhao Rong...

St. Augustine Zhao Rong Showed “Bear Wrongs Patiently”

Patiently bearing the wrongs that others do, especially to our families or ourselves, is very difficult indeed. We often feel driven to retaliate, even though Jesus exhorts us to “turn the other cheek.” We know that bearing these wrongs can be painful, and being patient in the midst of these adversities and wrongs can be challenging. But Christ shows us the way to be patient and to adhere to God’s will for us.

St. Augustine Zhao Rong also models this for us in his own life. After his conversion, he would surely have known, as did the other Chinese martyrs, that he would be facing persecution, and perhaps even death. And yet, he made the conscious choice to follow Christ and His example, answering this persecution, and enduring his martyrdom, in a way that turned the wrong into a positive end.

St. Augustine Zhao Rong and Companions, Pray for us!

“And God raised us up with Christ and seated us with him in the heavenly realms in Christ Jesus, in order that in the coming ages he might show the incomparable riches of his grace, expressed in his kindness to us in Christ Jesus.” (Ephesians 2:6-7)



St. Augustine Zhao Rong Showed “Kindness”

The discipline of kindness traces back to our childhood. From the very beginning, we are taught and conditioned to be kind to one another. However, kindness goes much farther than saying “please” and “thank you” to people you interact with. Those are manners.

Kindness comes from a heart posture of gratitude, but also sincerity in treating one another with respect and niceness. Kindness is more than an action when you interact with people. It’s how you present yourself amongst other people. Your character that shines through you can be dressed in the posture of kindness.

If you look through the Scriptures, you see that the word “kindness” is used within the contexts of mercy and humble servitude to one another, much like the verse in Ephesians 2:6-7. The “riches of [God’s] grace” is shown through the kindness shown to us through Jesus, who He was, what He did and the mercy and servitude-like love that was shown through His sacrifice for us.

St. Augustine Zhao Rong and his companions echoed this sacrifice in their martyrdom—the link between bearing wrongs patiently and kindness!

Gospel Readings

April 2, 2023

Palm/Passion Sunday

Gospel Reading: Matthew 26:14-27:66

“Hosanna to the Son of David; blessed is he who comes in the name of the Lord, hosanna in the highest.” — Matthew 21:9

The people waved palm branches for Jesus. At that time in Israel, palm branches were used as a symbol of ‘future glory’ or ‘better days ahead.’ You would think after Jesus’ triumphant entry into Jerusalem, the days ahead would be great. However, Jesus’ mission was not to make people comfortable, but to speak the truth of God. This made many people very upset; so upset that they would rather silence the truth than face their own sin. This meant that the following days for Jesus turned into days of pain and sadness instead of celebration. Today’s Gospel walks us through the Passion of our Lord. We are entering into the holiest week of the year. Let us listen to the story of what happened after Jesus entered Jerusalem and let it move our hearts closer to our Savior.

Dear Lord Jesus, may we walk through this week, allowing the story of the Passion to make us aware of the sinfulness in the world, and bring us deep gratitude for the price you paid when you became human.

What will you do this week to show gratitude to Jesus for his sacrifice?

April 16, 2023

2nd Sunday of Easter/Divine Mercy Sunday

Gospel Reading: John 20:19-31

“Receive the Holy Spirit. Whose sins you forgive are forgiven them, and whose sins you retain are retained.” — John 20:22-23

Now Jesus comes to his disciples. They have been hiding, afraid, lacking faith, thinking only of themselves. Jesus tells of a gift they will receive: the Holy Spirit. How often we act like the apostles by questioning and running. We are human just like they were. But in Jesus’ great mercy, he wanted his forgiveness to continue to be spread. He gave the disciples the power to forgive sins so that people would know God loves them so much he wants to give them the chance to start over again. Thank you Lord for your infinite mercy.

Father in heaven, thank you for giving all of us the opportunity to be forgiven as often as we fall, as well as the chance to forgive others when they fall.

Have you ever found it hard to forgive anyone? That’s normal. Even if you don’t feel like you want to forgive them, you can pray to have greater understanding and compassion for them, and you can pray for them and yourself to be able to come through the hurt.

April 9, 2023

Easter Sunday

Gospel Reading: John 20:1-9

“...they saw and believed.” — John 20:8

Can you imagine someone you know being wrongly accused? Being hurt very badly and then killed? If that person was someone you knew to be kind, peaceful, and full of love and you saw them treated so horribly you might be angry, scared, and worried. You might even want to run away or hide, not knowing what would happen to you. This is how the apostles felt after Jesus was killed. They were hiding, hoping no one would find them. They were full of all sorts of feelings. But then they heard with news of hope and wonder – that Jesus was no longer dead, HE IS RISEN!!! How could this be? So they ran to the tomb, and when they arrived, his body wasn’t there anymore. They saw. They believed. And soon Jesus came to them in person, showing he was truly risen from the dead.

He is Risen! Truly he is Risen! ALLELUIA!



Gospel Readings

April 23, 2023

3rd Sunday of Easter

Gospel Reading: Luke 24:13-35

"Then, beginning with Moses and all the prophets, he interpreted to them what referred to him in all the Scriptures...and it happened that, while he was with them at table, he took bread, said the blessing, broke it and gave it to them." — Luke 24:27, 30

In today's Gospel, we hear the story of two disciples who walk alongside Jesus without recognizing him. Until Jesus helped them understand the scriptures more fully and broke bread with them, they did not know it was him. In this Gospel reading, we are reminded that Jesus is always with us – even though many times we don't recognize him. Looking back, the disciples realized their hearts were burning within them as they talked to the person they thought was a stranger. Their burning hearts were a clue that something more was going on than they recognized at the time. It wasn't until Jesus broke bread with them at the table, as he had before, that they realized it was him.

Dear Lord, continue to open our eyes to how you are with us at all times so we can better recognize you.

When has your heart told you something really important was happening, even if maybe you didn't understand it all at the time?

Download this month's [Saint Prayer Card](#) - St. Augustine Zhao Rong



Easter and the Divine Mercy Chaplet

When we celebrate Christ's Resurrection at Easter, you will see on a liturgical calendar the term Easter Octave. This set of eight days is really like one single day. The Octave concludes on the second Sunday of Easter - what we call today Divine Mercy Sunday. In his role as Pope, St. John Paul II said that this day was meant to be a day of "thanksgiving for the goodness God has shown to man in the whole Easter mystery." This goodness, His divine and merciful love, is shown in the death, burial, and resurrection of Christ, the Paschal Mystery that we celebrate in the Eucharist.

Many Catholics will pray the Divine Mercy Chaplet as a novena beginning on Good Friday in preparation for Divine Mercy Sunday. This devotion comes to us through St. Faustina Kowalska, a Polish nun from the 1930s, to whom Christ appeared. She was canonized in 2000 by St. John Paul II as the first saint of the new millennium.

You can find more information about the Divine Mercy, including videos and how to pray the Chaplet using your rosary, [here](#).



All-powerful, ever-living God,
turn our weakness into strength.

As you gave Augustine Zhao Rong and the martyrs of China
the courage to suffer death for Christ,
give us the courage to live in faithful witness to you.
Grant this through our Lord Jesus Christ, your Son,
who lives and reigns with you and the Holy Spirit,
one God, for ever and ever. Amen.

St. Augustine Zhao Rong and Companions, Pray for us!

(From The Roman Missal)



Sources:

[Saint Augustine Zhao Rong and Companions](#) (Franciscan Media)
[Saint Augustine Zhao Rong and Companions](#) (Newman Ministry)
[Sts. Augustine Zhao Rong and Companions](#) (Saint Mary's Press)
[The Spiritual Works of Mercy](#)

April 30, 2023

4th Sunday of Easter

Gospel Reading: John 10:1-10

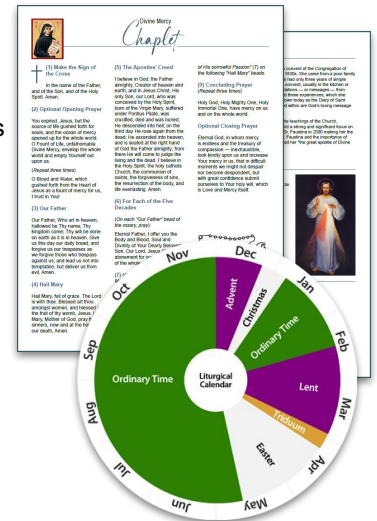
"I am the gate for the sheep. All who came before me are thieves and robbers, but the sheep did not listen to them. Whoever enters through me will be saved." — John 10:7-9

Sheep are the kind of animals that will only follow the voice of their shepherd because they know they can trust him. They feel safe with the shepherd and know they won't get harmed. Jesus wants us to follow his voice, which is telling us that we can trust him because he always wants what is best and most life-giving for us.

If someone was merely hired to watch the sheep, when danger came that person might run off to protect himself instead of the sheep. Jesus is saying that he will never abandon us, just like he didn't abandon his disciples.

Dear Good Shepherd, help us to trust you, listen to your voice, and know in our hearts you will never abandon us.

What are some ways Jesus shepherds you?



[The Fruit of the Holy Spirit: What Is Kindness?](#)
[Bear Wrongs Patiently](#)
[Fruit of the Spirit-Kindness](#)

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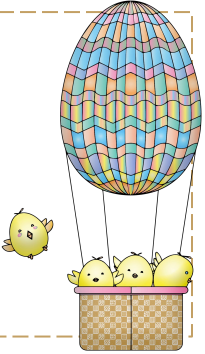
April



Arise! Pilgrims of Hope Journal

WEEK ONE

Who is one person you can serve in a unique way?



WEEK TWO

How did you show others compassion today?



WEEK THREE

What prayer have you seen answered recently?



*If in my name you ask me
for anything, I will do it.*

John 14:14

WEEK FOUR

What can you do today to be kinder?





“Share the Mission” Award Call for Nominations!

Nominations are now welcome for Holy Spirit Catholic School Division’s “*Share the Mission Award*.” This prestigious award recognizes community members, parents, students, and school staff who have:

- Offered outstanding or long term service for the benefit of our students;
- Accepted demanding challenges and set new standards for the rest of us to follow;
- Contributed, through action and deed, to the Catholic atmosphere of our schools;
- Demonstrated involvement and leadership in community / parish organizations;
- Reflected the Mission Statement of the Holy Spirit School Division in all actions:

*We are a Catholic faith community, dedicated to providing
each student entrusted in our care with an education rooted in the
Good News of Jesus Christ*

*Guided by the Holy Spirit, in partnership with home, parish and society,
our schools foster the growth of responsible citizens who will
live, celebrate, and proclaim their faith.*

Our Catholic faith is the foundations of all that we do.

If you know of an individual or group deserving of the “*Share the Mission Award*,” please forward their name to Rhonda Kawa at kawarh@holyspirit.ab.ca by June 9, 2023.

Nomination information is accessible on the division’s website or by clicking on this link:

[Share the Mission Award Nomination Form](#)



Sweet smiles: 7 tips to support your child's oral health

April is Oral Health month in Canada. It's a great time to brush up on what it means to have a healthy mouth. This year's theme is about **sugar intake and oral health**. It encourages families to learn about sugar and make informed choices for good oral health and overall health.

This April, help your child keep their sweet smile! Try these tips to limit sugar and protect their teeth from tooth decay (cavities):

Talk with your child about sugar and oral health

Sugary food and drinks increase your risk of tooth decay. Explain to your child that bacteria in our mouths break down the sugar we eat

and make acids that dissolve the surface of our teeth (enamel). This can lead to tooth decay. The good news is that when we eat and drink less sugar, we lower the risk of tooth decay.

Teach kids to be sugar detectives!

Show your child how to identify sugar on a product ingredient list. Words ending in "ose" (like *sucrose* and *fructose*), or words such as *syrup*, *honey*, *molasses*, *fruit juice*, and *puree concentrate* are sugar products. When these words appear near the beginning of the list, the food or drink is higher in sugar. Help them choose snacks and drinks without these ingredients.

Healthy Children

April 2023 Family Newsletter

As a family, consider limits on sugary food and drinks

Talk with your kids about cutting back on snacks with added sugar, like candy, chocolate, and desserts. As a family, consider setting limits on sugary drinks like pop, iced tea, chocolate milk, and slushy frozen drinks. Try setting a goal you can work towards together.

Keep low-sugar snacks on hand

Have tooth-healthy snacks in the fridge or pantry so kids can grab them on the go. Try whole fruits, raw vegetables, cheese cubes, hard-boiled eggs, plain yogurt, nuts, or seeds.

Put away the sugar bowl

Encourage your kids to avoid adding sugar to their food before they eat it. Here are some tasty, nutritious ways to swap out sugar:

- Top plain oatmeal with berries.
- Eat vegetables and fruits in their natural form, without sweetened dips or sauces.
- Replace syrup with unsweetened apple sauce or plain yogurt.

Make water your family's go-to drink

Try these tips to encourage your child to drink water throughout the day:

- Serve water with all meals and snacks.
- Encourage your child to keep a reusable water bottle with them at school.
- Remind them that water is the best way to quench thirst during physical activity or when it's hot outside—encourage them to skip sugary sport drinks and energy drinks.
- Replace sugary drinks with water.



Ask your dental professional about sugar and oral health

Limiting sugar is an important way to protect your child from getting tooth decay.

Book regular appointments for your child to see a dentist, dental hygienist, or other dental professional. Ask them for advice on keeping teeth healthy.

If your family needs help covering the costs of dental visits, go to ahs.ca/oralhealth.

For more information, go to:

- [All about sugar](#)
- [Oral health: sugar, fluoride and nutrition](#)
- [Time to tame that sweet tooth](#)