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March 2023

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
			1	2	3	4
			March Hot Lunch Orders Due Goal Setting Review Meetings @ 4-7 PM	Grade 2/3V & T/Th ECS Mass at St. Augustine Church Goal Setting Review Meetings @ 4-7 PM School Council Meeting @ 3:45 PM	School PD Day – No School	
5	6 Lent: Prayer Service at 8:45 AM School Council Bake Sale @ 2:30- 4:00 PM No Buses Running	7 Thunder Athletics – Basketball & Badminton (3:15-4:15 PM)	8 SPT Choir (3:20- 4:00 PM) Student Retreat Day	Grade 4/5W & 2/3D Mass at St. Augustine Church Thunder Athletics – Basketball & Badminton (3:15-4:15 PM)	10	11
12	Spiritual Development Day – No School	Division PD Day — No School	Lent: Penance Prayer Service at 8:45 AM ECS Grad Photos SPT Choir (3:20- 4:00 PM)	ECS Grad Photos Pizza Hut Hot Lunch Thunder Athletics – Basketball & Badminton (3:15-4:15 PM)	Tarick's Wear Green	18
19	20 Lent: Almsgiving Prayer Service at 8:45 AM	Rock Your Socks Day! Thunder Athletics – Basketball & Badminton (3:15-4:15 PM)	22 SPT Choir (3:20-4:00 PM)	Thunder Athletics – Basketball & Badminton (3:15-4:15 PM)	Student Wellness Day @ School SPT Staff lead Stations of the Cross at St. Augustine Church	25
26	Lent: Fasting Prayer Service at 8:45 AM	Thunder Athletics – Basketball & Badminton (3:15-4:15 PM)	DQ Hot Lunch CEC Board Meeting @ 6 PM SPT Choir (3:20-4:00 PM)	Thunder Athletics – Basketball & Badminton (3:15-4:15 PM)	31	

SPIROCKS

March 2023



our Faith Action this month is forgiveness. We will be practicing the skill of letting go of anger or of being upset over a situation.

Energy Challenge for March
Turn your thermostat down, wear more layers.

Thank you to all the parents who have attended our Goal Setting Review Meetings. It was great to connect.





This month the Thunder
Athletes will learn
basketball then badminton
from Ms. Duncan.

Our One School One Book

Literacy Project has begun.

Please refer to Mrs. Firth's Newsletter for all the details.



Masses at St. Augustines Classes are going to Thursday Mass at 9:00. These are the classes going this month:

Mar 2 - T/THK & 2/3V Mar 9 - 4/5W & 2/3D

Our School will be hosting Stations of the Cross at the Church on Friday March 24th at 6:00 PM. Please come and join us.

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

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.

At Rock Time our classes will be leading Lent Liturgical Prayer services. Here is the schedule:

Feb. 27-4/5W

Mar. 6 - 2/3M

Mar. 15 - 4/5G

Mar. 20 - 1C

Mar. 27 - 1F





Mark your Calendars

- Mar. 1 Hot Lunch orders are due
- Mar. 1 & 2 Goal Setting Review Meetings
- Mar. 2 School Council Meeting 3:45
- Mar. 6 Bake Sale 2-4
- Mar. 8 Pulse Student Retreat
- Mar. 16 Hot Lunch Pizza Hut
- Mar. 17 St. Patrick's Day Wear Green

Lent has Begun



Lenten Dollar Days at SPT

- This Almsgiving Project will begin Mar. 15, more information to come.

Masson Normand and his team from Pulse Catholic School Retreats are here for our student retreat on March 8. It will happen all day in our school gym.







Our next School Council Meeting is scheduled for:

- Thursday, March 2nd @ 3:45 PM
 - Thursday, April 6th @ 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:

March 1st – March Hot Lunch Orders Due

March 2nd - School Council Meeting @ 3:45 PM

March 6th – School Council Bake Sale from 2:30-4:00 PM (Treats to be provided by Grade 2/3 Families)

March 16th – Pizza Hut Hot Lunch

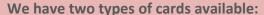
March 29th – DQ Hot Lunch

April 6th – April Hot Lunch Orders Due

April 6th - School Council Meeting @ 3:45 PM

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



- 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/calendars Follow us on Social Media:



St. Patrick School - Taber @spttaber





@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



We will be participating in "Rock your Socks" for World Down Syndrome Day on Tuesday, March 21st, 2023. This campaign encourages people to wear fun, mismatched, colorful socks to represent a celebration of differences. It is a way to build awareness and acceptance and remind us that different is beautiful and wonderful.

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, March 5, 2023 @ 9:00 AM

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



Lifetouch Kindergarten Graduation Photos Wednesday, March 15th and Thursday, March 16th

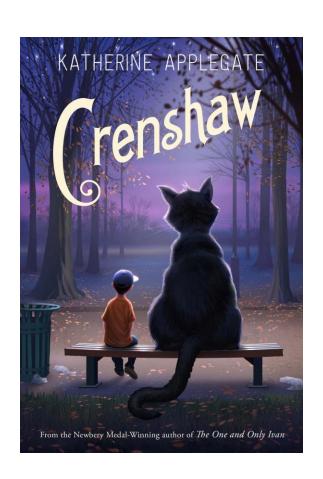
Hello SPT Families,

We are so excited about our One Book One School project, Crenshaw by Katherine Applegate! If you're reading along as a family we hope you're enjoying the story, and if not, ask your child what's happening and what they think about the book. It's a story that is sure to start some good conversations.

Save the Date March 30, 2023 for our family wrap up night! More details to come.

Also, if you have any library books kicking around, please return them to the school so that other students can enjoy them too. If you're still reading them, that's no problem. I'm happy to renew them until you're finished.

Happy Reading, Mrs. Firth

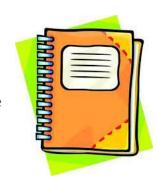


Important Reminders:



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 precooked. 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.



Psalm 23:6

St. Hildegard of Bingen 1098-1179 (Feast Day: September 17)

Abbess, artist, author, composer, mystic, pharmacist, poet, preacher, theologian-where to begin in describing this remarkable woman? Born into a noble family, she was instructed Pilgrims of for ten years by the holy woman Blessed Jutta. When Hildegard was 18, she became a Benedictine nun at the Monastery of Saint Disibodenberg. Ordered by her confessor to write down the visions that she had received since the age of three, Hildegard took ten years to write her Scivias (Know the Ways). Pope Eugene III read it, and in 1147, encouraged her to continue writing. Her Book of the Merits of Life and Book of Divine Works followed. She wrote over 300 letters to people who sought her advice; she also composed short works on medicine and physiology, and sought advice from contemporaries such as Saint Bernard of Clairvaux.

Hildegard's visions caused her to see humans as "living sparks" of God's love, coming from God as daylight comes from the sun. Sin destroyed the original harmony of creation; Christ's redeeming death and resurrection opened up new possibilities. Virtuous living reduces the estrangement from God and others that sin causes.

Like all mystics, Hildegard saw the harmony of God's creation and the place of women and men in that. This unity was not apparent to many of her contemporaries. In 2012, Hildegard was canonized and named a Doctor of the Church by Pope Benedict XVI. Her liturgical feast is celebrated on September 17.

Holy Moments In Our Schools

At their weekly Gospel reflection time, a blindfolded student had to stay focused on and follow the voice of God instead of the 'voice' of poor choices and turning away from God. (Matthew 4:12-17) Bringing faith to life happens at St.Patrick Fine Arts!

The Spiritual Works of Mercy – Lent

Hope

So far in this school year, we have explored a variety of the Spiritual Works of Mercy:

- Admonish the Sinner journey together while being supportive of others when they need correction. Learn to walk more closely with Christ.
- Counsel the Doubtful listen to counsel and instruction, witness to God's love in your actions. Accompany friends who are struggling by helping them reorient towards Christ.
- Pray for the Living and the Dead join together in praying for your fellow Christians in the Body of Christ, and the communion of the saints. Pray with and for
- **Instruct the Ignorant** be open to learning more about your faith. Look for ways to increase your formation and speak with others about our beliefs.
- Forgive Offenses while it can be difficult, we are called to forgive others as God forgives us. We are freed when we forgive.

As we continue through our Lenten days, we can draw inspiration from the saints as we engage in fasting, prayer, and almsgiving, and seek to grow in our own mercy towards others.

"Believing means entrusting oneself to a merciful love which always accepts and pardons, which sustains and directs our lives, and which shows its power by its ability to make straight the crooked lines of our history." (Lumen Fidei 13)

Sources:

St. Hildegard of Bingen The Fruit of the Holy Spirit: What Is Goodness? St. Hildegard's advice for building healthy self-confidence Home Page

The Fruit of the Spirit – Goodness

What exactly is goodness? The word 'good' is used so frequently in our everyday lives that it almost loses its meaning. For example, how many times a day do we say, "good morning" and "good luck" and "good work"? But, the Bible tells us that the word 'good' actually means holy, pure and righteousness. Literally goodness is godliness.

Goodness can often be seen in our actions, but our heart also has to be pure. The goodness of Christ is to be demonstrated in our lives every day. Psalm 23:6 says, "Surely goodness and mercy shall follow me all the days of my life, and I shall dwell in the house of the Lord forever."

God calls us to be filled with goodness from the inside out, being holy in what we do and say because Christians should have a heart that seeks goodness. We are not to just do good works, because doing good works without a good heart is empty. The 'goodness' described as a fruit of the Spirit is not merely moral behavior, but an excellence of character. This goodness is only possible through God's grace and mercy.

Goodness is not about doing elaborate things to gain recognition. Oftentimes, it is the small acts of goodness we do throughout our day that mean the most to those around us. Is your friend having a bad day? Write them a note to let them know how much you care about them. Is someone putting you down? Pray for them.

It is in these acts of goodness that we reflect Christ's character and possess the fruit of the Spirit. While it may seem like no one notices, God does. Ultimately, when we show

goodness, we bring glory to God's name.

"According to St. Hildegard...In the story of the creation of the world, God considers all his work—including humankind—to be very good."

- Marzena Devoud



Reflecting on the life of St. Hildegard...

St. Hildegard Showed "Goodness"

As a Benedictine nun, Hildegard advocated and practiced moderation and balance—two things we recognize today as being important for well-being. As we have seen, she was also "good" at a great many things! Sometimes, we may be hard on ourselves, and overlook the ways in which we are both good at things, as well as good - holy inside and out, in what we say and do. While she thought of each of us as a 'living spark', a glimpse of the radiance of God, we might not always feel the same.

In this article, the author delves into the effect that our mindset and beliefs can have on us when we think negatively, or lose the balanced sense of self. She references St. Hildegard of Bingen's sense of harmony between body, soul and mind, and how important it is to look at ourselves fairly but positively - the way that God sees us. As she writes,

In a letter addressed to her friend Father Bertulf and quoted in a book by Hildegard Strickerschmidt, the German abbess stresses the danger of self-criticism. She writes, "You remind me of a man who looks at his face in the mirror, but does not rejoice because he is overwhelmed by doubts about his beauty. Your heart then looks like a building visible from afar, but covered with fog ..."

The mental fog that St. Hildegard speaks of in the Middle Ages is a concept commonly used in contemporary psychology. Under the influence of negative thinking, we are unable to see our positive character traits.

Aren't we dissatisfied most of the time with our own appearance when we look in the mirror? This inferiority complex, which destroys the joy of who we really are, can also affect our spiritual and intellectual life.

In her letter, St. Hildegard describes the abbot's goodness, which was clear to everyone around him but which he himself was unable to appreciate. A little negative inner voice was poisoning his spirit, preventing him from making the most of his gifts.

According to St. Hildegard, we must seek the talents that lie dormant in us, rejoice in them, and cultivate them. God created humanity out of love, and made us his partners. In the story of the creation of the world, God considers all his work—including humankind—to be very good. St. Hildegard of Bingen, pray for us!

Gospel Readings

March 5, 2023

2nd Sunday in Lent

Gospel Reading: Matthew 17:1-9

"This is my beloved Son, with whom I am well pleased, listen to him."

— Matthew 17:5

During the Transfiguration, Jesus reveals his true glory to his closest friends. Similar to his baptism in the Jordan, the Father speaks from heaven to announce that Jesus is his "beloved Son." Like a proud parent, God the Father is telling us that he is delighted by his son. He also tells us to "listen to him," so we can follow Jesus and live how he lived: paying attention to the poor and the outcast, fighting for what is right, and bringing comfort to those who are hurting. If we listen to Jesus and follow him our hearts will get bigger and we will grow into everything God wants us to be.

Dear Lord, help us to walk in Jesus' footsteps, and to listen to him. Give us courage to follow him wherever he leads us!

How can you improve your listening skills, to better hear God's voice?

March 12, 2023

3rd Sunday in Lent

Gospel Reading: John 4:5-42

"Jesus answered and said to her, 'If you knew the gift of God and who is saying to you, 'Give me a drink,' you would have asked him and he would have given you living water." — John 4:10

We know that water is important in the Bible - it is used to cleanse, to baptize, to give life, and to promote growth. What Jesus was saying to the Samaritan woman, and to us, is that HE can cleanse us, HE baptizes us and removes our sin, HE gives life through his name, and that HE carries us through our growth in the sacraments and our love for him. Jesus is the living water that is poured into our hearts and reaches every corner of our being!

Dear Father, thank you for this living water that you offer so freely to us. May it bring us into a deeper love for you.

What are some of the ways water is used in our Church's rituals?

March 19, 2023 4th Sunday in Lent

Gospel Reading: John 9:1-41

"We know that God does not listen to sinners, but if one is devout and does his will, he listens to him." — John 9:31

Many of us want to make our requests known to Jesus and then we want him to answer them exactly the way we want. But that doesn't require much faith. In fact, it is almost as if we are blind to what it is that God may want for us. We choose only to see things the way we want. But Jesus wants us to open our eyes and take a step of faith, seeing him as the Son of God, who came to show us how to live and love. If we can step into that understanding of him, then we will be more willing to listen to his response to our prayers, even if it is not the answer we wanted. This is truly living out God's will in our lives.

Father in heaven, thank you for loving us so much so that your answer to our prayers is always what we need, even if it's not what we imagined. Please teach us to accept your answers with patience and gratitude.

Share a time when your prayers were answered. Then try to think of a time when they were not answered the way you wanted them to be. How did you feel about God in both these situations?

Gospel Readings

March 26, 2023

5th Sunday in Lent

Gospel Reading: John 11:1-45

"Martha said to Jesus, 'Lord, if you had been here, my brother would not have died. But even now I know that whatever you ask of God, God will give you." — John 11:21-22

When things are going your way and life seems good, it is easier to believe in Jesus, isn't it? But when things get tough and you are full of doubt, it may be easy to question Jesus. Martha shows us, in today's Gospel, what great faith looks like. She knew and loved Jesus very much. She saw how God had worked miracles through him. She saw how Jesus had brought peace and forgiveness to so many. No matter how hard her life seemed at the moment of her brother's death, she did not lose faith in Jesus. It made her believe even more. We, too, are called to this great faith. Whether things are good or tough, Jesus is always the same. He is always there for us and he loves us very much. We just have to have faith and believe.

Dear Lord, thank you for always being with us through good and difficult times. Please give us the faith to know you are with us even when we can't feel it.

Talk about a tough time in your life when you felt God's presence.

Download this month's Saint Prayer Card - St. Hildegard of Bingen



The Annunciation of the Lord

The feast of the Annunciation is celebrated on March 25, nine months before Christmas. This feast celebrates the day the Angel Gabriel appeared to Mary and asked her to be the Mother of Jesus. Mary was an ordinary girl from a simple town. Yet, God chose her from all time, and set her apart to be the mother of His Son. She was preserved from the stain of original sin from the very moment of her conception. This is the doctrine of *The Immaculate Conception*. Through her yes, Mary teaches us what our response to God should be. Being "Full of Grace" did not diminish Mary's ability to say no. She could have said no to the Angel but she freely chose to say yes.

"Mary showed complete trust in God by agreeing to be used as an instrument in his plan of salvation. She trusted him in spite of her nothingness because she knew he who is mighty could do great things in her and through her. Once she said "yes" to him, she never doubted. She was just a young woman, but she belonged to God and nothing nor anyone could separate her from him."



— St. Teresa of Calcutta —

March



Arise! <u>Pil</u>grims of Hope Journal

WEEK ONE

God helps us to persevere through our challenges. How were you able to focus on God this week?

Additional Sources:

The Annunciation: The Handmaid of the Lord



Mercy is the foundation of the Church's life. When did you receive a second chance this week?

Do not, O Lord, withhold your mercy from me; let your steadfast love and your faithfulness keep me safe forever.



WEEK THREE

The Eucharist reminds us that we are not isolated individuals, but one body. When did you taste the goodness of the Lord this week?



WEEK FOUR

Christ is "the light which conquers darkness, and we are asked to keep alight the little flame that was entrusted to us on the day of our Baptism." Pray for God's help in keeping your flame alight.



O God, by whose grace your servant Hildegard, kindled with the Fire of your love, became a burning and shining light in your Church: Grant that we also may be aflame with the spirit of love and discipline, and walk before you as children of light; through Jesus Christ our Lord, who lives and reigns with you, in the unity of the Holy Spirit, one God, now and forever. Amen. St. Hildegard of Bingen, pray for us

Rainbows For All Children



A program for all children ages 6-8 yrs of age, that helps children who are grieving the loss of a parent or guardian due to death, divorce, deployment, or trauma.



Rainbows can...

- ⇒ Help children to engage with their own individual journey -to identify, name, understand, manage, express and share their feelings
- ⇒ Provide a safe setting to tell and retell feelings and thoughts with trained listeners
- ⇒ Support to come to terms with loss and to integrate and adapt to loss in their lives
- ⇒ Allow them to have a shared experience and identification with others' feelings… "I'm not the only one."
- ⇒ Acknowledge the grief..."It's ok to be sad"
- ⇒ Support the rebuilding of self-esteem, trust, confidence and resilience
- It provides a model of coping and support for the future life of a child.

WEDNESDAYS, 4:00-4:30pm

1st set of sessions: April 26th - June 7th 2nd set of sessions: Sept 6th - Oct 18th

Taber FCSS -5404 50th Ave

REGISTRATION REQUIRED ~ Deadline date April 19th ~ maximum of 6



TO REGISTER Contact: Lauren - 403-331-1325; email <u>lauren.tams@fcss.ca</u> or Tanie - 587-370-0215; email tanie.reid-walker@fcss.ca

Rainbows For

All Children



A program for all children ages 8-10 yrs of age, that helps children who are grieving the loss of a parent or guardian due to death, divorce, deployment, or trauma.



Rainbows can...

- ⇒ Help children to engage with their own individual journey -to identify, name, understand, manage, express and share their feelings
- Provide a safe setting to tell and retell feelings and thoughts with trained listeners
- Support to come to terms with loss and to integrate and adapt to loss in their lives
- ⇒ Allow them to have a shared experience and identification with others' feelings… "I'm not the only one."
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- ⇒ Support the rebuilding of self-esteem, trust, confidence and resilience
- ⇒ It provides a model of coping and support for the future life of a child.

TUESDAYS, 4:00-4:45pm

1st set of sessions: March 21st - April 25th 2nd set of sessions: Sept 5th - Oct 10th

Taber FCSS -5404 50th Ave

REGISTRATION REQUIRED ~ Deadline date March 14th ~ maximum of 6

FCSS
Family & Community
Support Services
www.fcss.ca

TO REGISTER Contact: Tim - 587-370-4802; email tim.krahn@fcss.ca or Tanie - 587-370-0215; email tanie.reid-walker@fcss.ca

Rainbows For

All Children



A program for all children ages 10-12 yrs of age, that helps children who are grieving the loss of a parent or guardian due to death, divorce, deployment, or trauma.



Rainbows can...

- ⇒ Help children to engage with their own individual journey -to identify, name, understand, manage, express and share their feelings
- ⇒ Provide a safe setting to tell and retell feelings and thoughts with trained listeners
- ⇒ Support to come to terms with loss and to integrate and adapt to loss in their lives
- ⇒ Allow them to have a shared experience and identification with others' feelings… "I'm not the only one."
- ⇒ Acknowledge the grief..."It's ok to be sad"
- ⇒ Support the rebuilding of self-esteem, trust, confidence and resilience
- ⇒ It provides a model of coping and support for the future life of a child.

WEDNESDAYS, 5:00-5:45pm

1st set of sessions: April 26th - June 7th 2nd set of sessions: Sept 6th - Oct 18th

Taber FCSS -5404 50th Ave

REGISTRATION REQUIRED ~ Deadline date April 19th ~ maximum of 6

Family & Community Support Services www.fcss.ca

TO REGISTER Contact: Lauren - 403-331-1325; email <u>lauren.tams@fcss.ca</u> or Tanie - 587-370-0215; email tanie.reid-walker@fcss.ca

If you are interested but would like different options for dates or if sessions are full, please contact Taber FCSS. They are willing to create more groups and would love to find a place for you!

