

# Wolf Weekly

Week of January 8 -12, 2024

**Welcome to the Wolves' den. Be prepared to run with the pack!**

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## St. Francis News

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### THANK YOU !!

The staff of St. Francis would like to extend the most grateful thank you to our parent community! You truly spoiled us yesterday - your generosity & kindness is unmatched. We are wishing you all the merriest of Christmases and cannot wait to see what 2024 will bring to our pack.

# Christmas Mass Times

## St. Mary's Parish

Christmas Eve - Sunday, December 24  
 @ 9:00 & 11:00 a.m.  
 @ 4:30 p.m. - Christmas Pageant  
 @ 5:00, 7:30 & 10:00 p.m. Christmas Eve Mass  
 12:00 midnight Mass

Christmas Day - Monday, December 25  
 @ 10:00 a.m.

New Year's Eve - Sunday, December 31  
 @ 9:00, 11:00 a.m. and 7:00 p.m. mass

## SACRED HEART PARISH

Christmas Eve - Sunday, December 24  
 @ 4:00 & 7:00 pm  
 12:00 midnight Mass

Christmas Day - Monday, December 25  
 @ 9:00 & 11:00 a.m.



### Schedule for Christmas Services Розклад різдвяних богослужінь

St. Vladimir Ukrainian Catholic Church  
 Українська Греко-Католицька Церква св. Володимира  
 3932 - 46 street, Red Deer, Alberta T4N 1M1

Date / Дата	Time / Година	Service / Богослужіння
Sunday / Неділя 12.24.2023	10:00 am	<u>Christmas Eve / Навечір'я Христового Різдва</u> Divine Liturgy / Служба Божа
	8:30 pm	Complines / Велике Повечір'я (Літія).
	9:00 pm	Divine Liturgy / Служба Божа
Monday / Понеділок 12.25.2023	10:00 am	<u>Christmas Day / Різдво Христового</u> Divine Liturgy / Служба Божа
Tuesday / Вівторок 12.26.2023	10:00 am	<u>Synaxis of the Theotokos</u> <u>Собор Пресвятої Богородиці</u> Divine Liturgy / Служба Божа Caroling in Red Deer / Колядування в Ред-Дірі
Sunday / Неділя 12.31.2023	10:00 am	Divine Liturgy / Служба Божа Carols & Coffee / Колядки та кава
<b>HAPPY NEW YEAR! / ЩАСЛИВОГО НОВОГО РОКУ!</b>		
Friday / П'ятниця 01.05.2024	6:00 pm	<u>Навечір'я Богоявлення (піст)</u> Divine Liturgy & Jordan Water Blessing Служба Божа і Йорданське освячення води.
Saturday / Субота 01.06.2024	10:00 am	Divine Liturgy & Jordan Water Blessing Служба Божа і Йорданське освячення води.
Sunday / Неділя 01.07. 2024	10:00 am	Divine Liturgy / Служба Божа Parish <i>Kutia</i> Potluck / парафіяльний обід: Кутя

**Christ Is Born! Let Us Glorify Him! Христос Раждається! Славте Його!**

Fr. Jim Nakonechny / о. Яким Наконечний  
 780.239.2558

Let us remember the  
true reason for the  
Christmas season and  
rejoice in the birth of  
our Lord

*We wish you a*

**MERRY  
CHRISTMAS**  
*and a*  
**HAPPY NEW YEAR**



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## STF January New Year Newsletter 2024

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### Important Dates

- January 6 Epiphany
- January 7 Baptism of the Lord
- January 8 School Resumes & Cafeteria will be closed
- January 10 Epiphany Mass @ St. Mary's (10:30 AM)
- January 13 Junior 1 Boys & Girls Bball Tournament @ HHHS
- January 13 Sr Boys & Girls Bball Tournament @ LTHS
- January 13 Frozen Jr. Saturday Rehearsal @ STF
- January 15 School Council Meeting @ 7:00 PM
- January 17 Ski Club at Canyon
- January 18-26 Prayer for Christian Unity
- January 27 Family Literacy Day
- January 27 Junior 2 Boys & Girls Bball Tournament @ STJHS
- January 29 Grade 9 Discovery Day @ high schools
- January 31 Ski Club at Canyon



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# Wolves Athletics

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## Basketball Practices/Games

- Junior Boys 1 & 2 teams - January 8 @ 7:15 a.m.
- Senior Boys - January 8 @ 3:30 p.m.
- Senior Girls - January 9 @ 7:15 a.m.
- Junior 1 Girls **Basketball game** @ St. Thomas - January 9 @ 4:00 p.m.
- Senior Boys - January 10 @ 7:15 a.m.
- Junior 1 Boys **Basketball game** @ Camille - January 10 @ 4:00 p.m.
- Junior 2 Boys **Basketball game** @ home vs. La Prairie - Jan 10 @ 4:00 p.m.
- Junior 1 & 2 Girls - January 11 @ 7:15 a.m.
- Senior Boys **Basketball game** @ Thurber 1 - January 11 @ 4:00 p.m.
- Senior Girls **Basketball game** @ home vs Thurber 1 - January 11 @ 4:00 p.m.
- Senior Girls - January 12 @ 7:15 a.m.
- Junior 1 Boys & Girls Tournament @ Hunting Hills - January 12 & January 13
- Senior Boys & Girls Tournament @ Thurber - January 12 & January 13



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## Faith News

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### Friday Faith

- The fourth Sunday of Advent will be on December 24th this year. This day, we will light all four candles in our Advent Wreath.
  - On this Sunday, we think about the Peace that Jesus brought to the world and our own hearts.
  - This fourth candle, is also called the Angel's candle, and reminds us of the Angel's message to us "Peace on Earth, Goodwill towards all men (women)"
  - On December 24, we will also light a white candle in the middle of the wreath, called the Christ candle and represents the life of Jesus. The colour white is symbolic of purity - because Christ is considered our sinless, pure Saviour.
- Merry Christmas Everyone!!!

### Sacraments

The sacraments are pivotal and meaningful events in a person's journey of faith. Preparing and celebrating the sacraments deepen the faith of children and youth, and of the families, those involved in preparing them—including the sponsors—the Catholic school community and all Christ's faithful in a given territory (parish). For more information on sacramental preparation, please see [our Parishes](#)



## Community Information

# FAMILY NIGHT OUT

Join friends and family from St. Francis of Assisi Middle School as the Red Deer Rebels take on the Prince Albert Raiders!

Use the Promo Code **STFRANCIS** for a special offer!

\$12 Youth tickets and \$19 Adult tickets

Pick your own seat in the reserved section to sit with your classmates

To take advantage of this great offer, simply go to [www.ticketsalberta.com](http://www.ticketsalberta.com).

AND as a special bonus... if there are more than 100 tickets sold, the Red Deer Rebels will donate \$1 per ticket sold back to your school!

**SATURDAY, JANUARY 20<sup>th</sup>**

Doors open at 6:00 pm | Puck drops at 7:00 pm

*\*Woolly Bully's Birthday & Post Game Skate\**



Tickets may be purchased online up until 5:00 pm on game day.  
All children must be accompanied by an adult. Children under 2 do not need a ticket for entry, but do not get a seat.  
No refund or exchanges can be made on group tickets.

# Wellness Exchange Free Workshops



**Who:** Any adult interested in improving their skills to cope with change, manage daily stressors, and increase their overall well-being.

**What:** Five different skill-building workshops - one topic per workshop. Attend any topic that interests you or attend all five.

**Where:** Red Deer Public Library, Downtown Branch, Snell Auditorium, 4818 49 St, Red Deer, AB T4N 1T9.

**When:** Each workshop runs from 5:30 p.m. to 6:45 p.m.

Jan 8: Problem Solving  
Jan 15: Positive Activities  
Jan 22: Managing Reactions  
Jan 29: Helpful Thinking  
Feb 5: Healthy Connections

To register: click [here](#)

or us this QR Code



Workshops are facilitated by AHS staff in partnership with community agencies. Workshops are not group therapy nor are they a substitute for the advice of a qualified health professional. For more information, [rania.page@ahs.ca](mailto:rania.page@ahs.ca)

## MOVE YOUR MOOD FEBRUARY 2024 FAMILY CHALLENGE



This FREE Family Challenge is open to all families and all ages.

During the challenge you will learn ways to connect as a family by: practicing mindfulness, moving your bodies, fueling your bodies, expanding your mind and building healthy relationships.

Register between January 1 - January 31, 2024. Your family will receive 4 weeks of challenge ideas. The first week will begin February 5th, 2024.

Complete family challenges for a chance to win fun family prizes!

To register visit: [www.moveyourmood.ca/challenges](http://www.moveyourmood.ca/challenges) and click on the register in the February 2024 Challenge. Or send your e-mail address to [move.yourmood@ahs.ca](mailto:move.yourmood@ahs.ca)



# Winter Warm Up



**Paint the Town Positive is inviting children & youth, together with their families, to share the gift of warmth.**

Simply bring **NEW** mittens, toques or socks between January 2nd -12th to any Red Deer Public Library.

Paint the Town Positive groups will then donate the items to those in need in the City of Red Deer.

SPARC Red Deer is a non-profit coalition that promotes and educates our community about the '40 Developmental Assets'. In 2019, SPARC launched an initiative to Paint the Town Positive (PTTP) with local youth. Through involvement with PTTP, youth have opportunities to build resilience, experience a sense of belonging and get involved. These are important elements to build healthy, resilient, caring individuals and helps kids grow up great!



For more information:  
[sparc40rd@gmail.com](mailto:sparc40rd@gmail.com)



**St. Francis of Assisi Middle School**

STF