



From the Desk of Mr. Muldoon

I hope the holidays were very relaxing for you and your family. They certainly were for me. I had the opportunity to enjoy a wonderful time with my family and friends, as well as relax and do a little skiing.

However, the holidays are over and we now think about the new term and year. With this new beginning, the mind turns to resolutions and asking God for the things that we want to change in life. However as Lynne Chapman wrote in Christian Living, it is possible that God can't give us what we truly need until we let go of old habits. She has decided that she is going to start the new year by listing some needs that she will eliminate from life.

She is asking our Father in Heaven to take away:

- **The need to be appreciated.** I don't need praise from those around me. My God is the only one I want to impress. It is His approval that counts. John 12:43
 - **The need to 'fit in'.** Romans 12:2 and 1 Peter 1:14 tells me that I am not to conform to the pattern of the world around me but I must be transformed by the renewing of my mind.
 - **The need to appear smart.** I don't need to be a great speaker to share the good news of Jesus Christ. The power is in the message of the gospel, not in my words. 1 Corinthians 1:17-21
 - **The need to be physically attractive.** Other people look at physical appearance, but they don't see what the Lord sees. He sees my heart. 1 Samuel 16:7
 - **The need to be first.** Paul writes that I shouldn't look for what is good for me, but I should be concerned with what is good for others. 1 Corinthians 10:24
 - **The need to be wealthy.** Luke 16:13 tells me that God and money cannot both have first place in my life. Luke 16:19-26 tells a story that warns against putting too much value on possessions. I'll put God first and leave the rest to Him.
 - **The need to be strong.** My own strength is never enough but the Bible tells me that God's power can be displayed best when I am weak. 2 Corinthians 12:9&10
- The need to be 'good enough.'** I always try to be good and do what is right, but no matter how hard I work at it, I always fail. I will always fall short of God's glory. The amazing thing is that by His grace and through the work of Jesus Christ. I can rest in the fact that I am good enough. Romans 4:25 and Romans 6:18-19

<http://www.bellaonline.com/articles/art38887.asp>

St. Francis School News

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All
God's
Children

Excellence
in
Learning

Sacramentality

Our
Collaborative
Community

Ministry

Stewardship

Religious Reflection

CONFIRMATION 2010

The sessions for Confirmation candidates (accompanied by a parent) begin: *Wednesday, January 13th, 2010*. You can still register at the All Saints Parish Office. Registration Deadline is: *Friday, January 8th, 2010*.

FIRST COMMUNION

The Parish preparation process for 'First Eucharist' begins early in the New Year: *Thursday and Tuesday, January 14th and 19th*. These first two sessions are for PARENTS ONLY! The Child/Parent Workshops begin: *Thursday, February 4th*. All Sessions are at 7 p.m., in the All Saints Parish Hall (Assumption Church).

You can still register at the All Saints Parish Office. Registration Deadline is: *Friday, January 8th, 2010*.

BAPTISM PREPARATION for Infants & Toddlers: January 2010

The *January* sessions for the Baptism Preparation of babies and toddlers are: *Thursdays, January 21st and 28th*, at 7 p.m. in St. Basil's Church Hall. All are welcome!

REGISTRATION FOR SACRAMENTAL PREPARATION

Parents you can still register your children for 'First Communion' (Grade 2 & older) and/or 'Confirmation' (Grade 7 & older). Please pick up and complete a Registration Form at the All Saints Parish Office (2405 - 12th Avenue South).

Registration deadline is: *Friday, January 8th, 2010*. For further information please call Gary @ 403-327-8931.



Prayer for the New Year

Faithful companion,

In this new year I pray:

To live deeply, with purpose,

To live freely, with detachment,

To live wisely, with humility,

To live justly, with compassion,

To live lovingly, with fidelity

To live mindfully, with awareness,

To live gratefully, with generosity,

To live fully, with enthusiasm.

Help us to hold this vision and to daily renew it in our hearts, becoming ever more one with You, our truest Selves.

Amen

-J.Rupp

Out of the ordinary

Destination Ski Hill

SFJH Ski Trip schedule:

Grade 9— Jan 27/10

Grade 7— Feb. 10/10

Grade 8— Feb. 24/10

Those wild and wacky ski guys, Mr. Saler and Mr. Leclaire are once again taking the students to Castle Mountain Ski Resort for an exciting day of skiing and snowboarding.

Students will be departing at 6:30 a.m. sharp! They will be arriving back at the school around 5:30 p.m. You will have to arrange for your child to be picked up from the school at this time.

Information sheets were sent home Dec 16, 2009. Please note information about the ski trip is available online. Under "Our School" you will find a link to the same information sheet that was sent home.

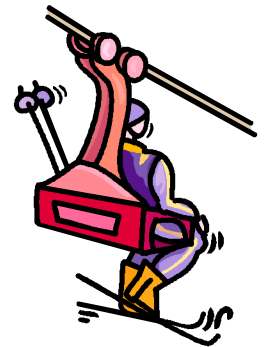
www.holyspirit.ab.ca/st.francis

Please note the deadlines for registration forms:

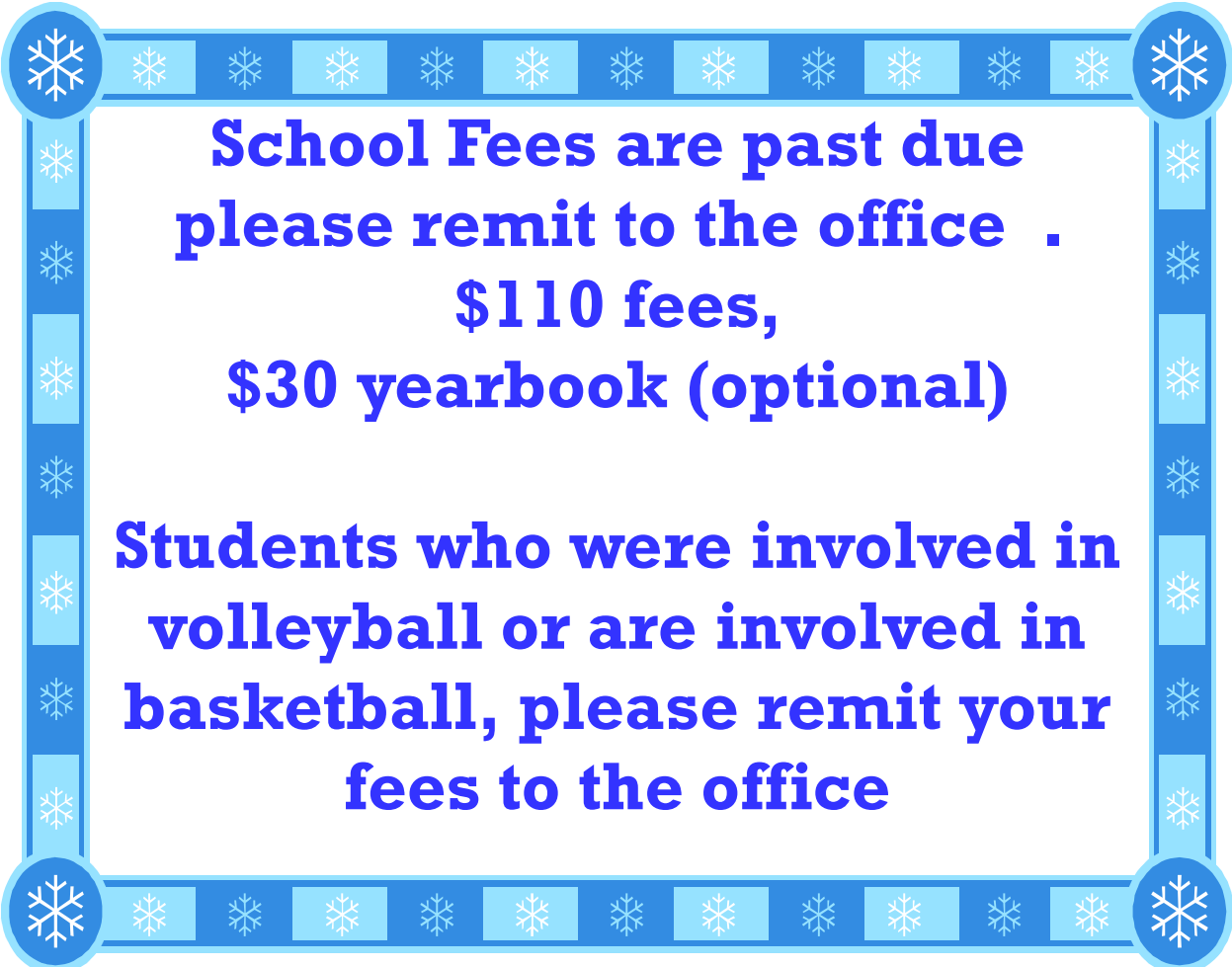
Grade 9—noon January 15, 2010

Grade 8—noon February 12, 2010

Grade 7—noon January 29, 2010



*Please remember that there will be regular scheduled classes for students that choose to not participate in the ski program.



**School Fees are past due
please remit to the office .
\$110 fees,
\$30 yearbook (optional)**

**Students who were involved in
volleyball or are involved in
basketball, please remit your
fees to the office**

**A HAPPY
NEW YEAR**

A reminder to all students and parents:

Students return to classes January 4, 2010

**Parent council meets January 19 at 7 p.m. in the li-
brary.**

**Semester 1 will end January 20, semester 2 and the
3rd quarter begin January 21 and progress reports
will**

Be handed out January 28th.

Interviews will take place February 4.

**Our grade 9's will be headed to the slopes January
27th.**

A prevention program for parents

The ***Kids and Drugs*** program goes beyond providing parents with basic drug education by addressing some of the important protective factors for youth substance abuse.

The program focuses on important aspects of effective parenting in four core areas:

- *The power of parents* looks at risk and protective factors for substance abuse, and the importance of parental role modeling.
- *Talking with your kids* looks at communication skills, such as conducting a discussion about drugs, and effective listening and response skills.
- *Helping your child make good decisions* addresses the areas of critical thinking skills, and setting clear boundaries and expectations for children's behaviour.

What parents need to know about drugs provides information on commonly used drugs and the risks related to their use, as well as reasons kids use drugs, and the signs and symptoms of a developing problem

These can be challenging times, youth are expected to make some critical decisions, but fortunately, parents can have a powerful and positive influence on their children and the choices they make.



Don't know what to say..?

Learn more at:

Kids and Drugs, a **free** workshop series
for parents interested in drug use prevention

When: January 13,20,27, February 3

Where: St. Francis Jr. High(6-8:00 PM)

(A light meal will be provided)

For more information or to register, contact:

Anita Lethbridge-Counsellor
403.327.3402

PLEASE REGISTER