

Feast of St. Joseph Day
March 19th

Newsletter March 2026

Christensen's Corner: A Lenten Reflection

"The Lord is my shepherd; I have everything I shall want. He lets me rest in fields of green pastures and leads me to quiet pools of fresh water. He gives me new strength. He guides me in the right paths, as he has promised. Even if I go through the deepest darkness, I will not be afraid, Lord, for you are with me. Your shepherd's rod and staff protect me." (Psalm 23:1-4)

As we enter into the Lenten season and approach Easter, the most important season in the church's calendar, we are constantly reminded of the ultimate sacrifice that Jesus paid. He gave up His own life in order for us to be freed from sin—an amazing gift to each and every one of us.

What will YOU do with this gift?

Our Lenten Practices

As a Catholic community during Lent, we focus on the practices of fasting, praying, and almsgiving.

- **Fasting:** This can take many forms, from consciously abstaining from certain foods to removing things that fracture our relationship with God, such as selfishness, pride, or bitterness. Fasting helps us become more open to the Holy Spirit's guidance and strengthens our spiritual life.
- **Praying:** This is a time to strengthen the relationship between God and ourselves. Daily prayer invites peace, blesses our families, and helps us understand God's plan.

*In the spirit of finding rest in Him, we recall the words of **Matthew 11:29**: "Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls." Just as the Shepherd leads us to quiet pools, Jesus invites us to find true spiritual rest through His humility.*

- **Almsgiving:** The essence of charity—giving without thought of return. By sharing our time, treasure, or talent, we make a significant and long-lasting impact on our community.

Our Divine Purpose

In our Catholic schools, these Lenten practices take on a deeper meaning because we recognize the inherent dignity of every individual. We know that each person is created in the image of God and has an eternal destiny. When we fast, pray, and give, we are not just following tradition; we are honoring the divine spark within ourselves and others. Like Jesus in the desert for forty days and nights, we must prepare ourselves for the work ahead. By recognizing our eternal destiny, we prepare our hearts to stand ready to meet the resurrected Christ on Easter Sunday.

God Bless,
Brent Christensen

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 <i>2nd Sunday of LENT</i>	2 Practice Mon., Wed., & Friday The Mysterious Case of the Missing Ring	3	4	5 Face to Face Retreat	6 Wear Team Colors School Assembly @ 11:00am <i>12:30pm Basketball Workshop with Mrs. Baron</i>	7 SV Boys Zone Basketball Tournament @ Spring Glen
8 <i>3rd Sunday of LENT</i>	9 Practice Monday & Wednesday The Mysterious Case of the Missing Ring Coaldale Chaos @ 4:30pm	10 Junior High Badminton Tryouts @ 3:30pm Coaldale Chaos @ 5:00pm	11 NO CANTEEN Tim Hortons Hot Lunch Coaldale Chaos @ 5:00pm	12 Grades 4-5 Mass 8:45am-9:45am Junior High Badminton Tryouts @ 3:30pm	13 SPIRITUAL Development Day Stations of the Cross @ 7:00pm St. Ambrose Church	14
15 <i>4th Sunday of LENT</i>	16 Practice Mon., Wed., & Friday The Mysterious Case of the Missing Ring Coaldale Chaos @ 4:30pm	17 St. Patrick Feast Day <i>Wear Green</i>  Parent Council & Friends Meeting @ 6:00pm	18 Junior High Badminton Tryouts @ 3:30pm	19 SCHOOL WIDE MASS St. Joseph Feast Day BINGO BAKE SALE @ 11:30am	20 World Down Syndrome Day Wear Colorful Socks 25 Hour Famine Junior High Event Gr. 7-9 Stations of the Cross @ 7:00pm St. Ambrose Church	21 25 Hour Famine Junior High Event
22 <i>5th Sunday of LENT</i>	23 Practice Mon., Wed., & Friday The Mysterious Case of the Missing Ring	24 NO CANTEEN Pizza by the Slice 	25 The Annunciation of the Lord Elementary Gr. 1-6 Stations of the Cross 12:30pm-1:00pm	26 Grades 6-9 Mass 8:45am-9:45am Office Hours 5:00pm	27 Stations of the Cross @ 7:00pm St. Ambrose Church	28
29 <i>Palm Sunday</i> Youth Led Mass 4:00pm	30 Palm Sunday Liturgy Lenten Food Drive Ends <i>Thank you for your support!</i>	31 Grade 1-3 Presentations Speeding Spheros		April 2 Holy Thursday Mass @ 7:00pm St. Ambrose Church	April 3 Good Friday Mass @ 12:00pm St. Ambrose Church Easter Break Begins	April 4 Holy Saturday Mass @ 8:00pm St. Ambrose Church

LENTEN FOOD DRIVE

During the season of Lent we are asking for non-perishable food donations to help support the **Coaldale Food Bank**. We will be accepting donations up until **Monday, March 30, 2026**.

Donations can be brought to homeroom classes or dropped off at the office.

Thank you for supporting our Lenten Food Drive.



PRAY



FAST



GIVE

March Athletic Report

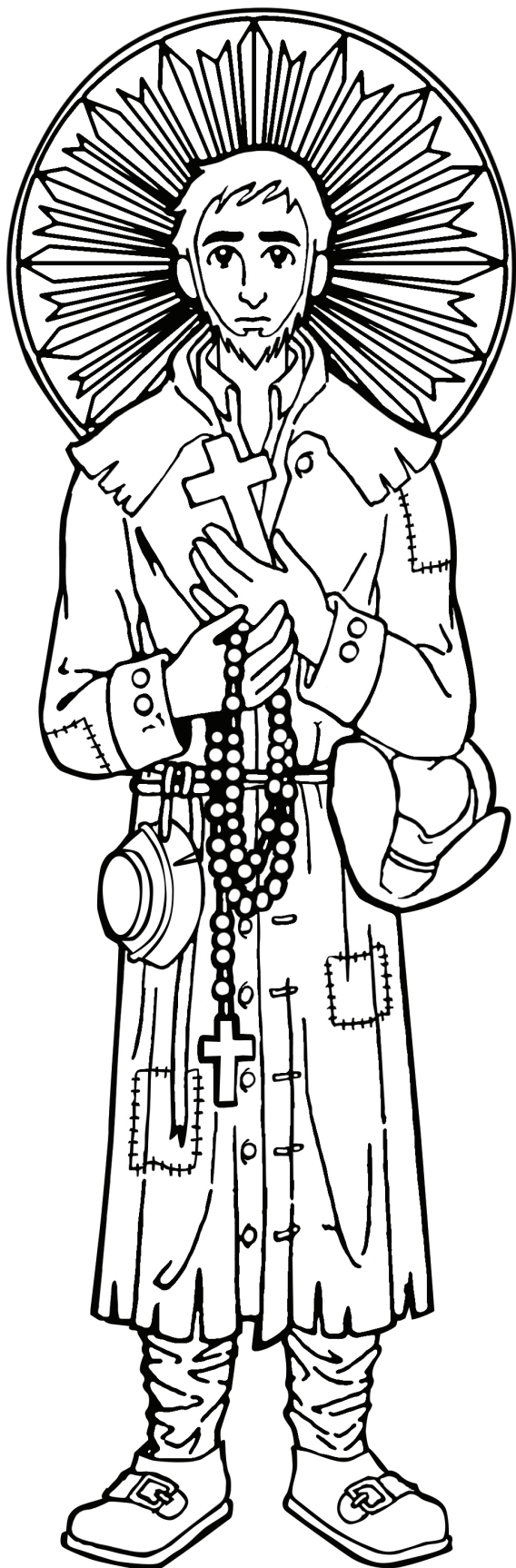
As we enter the last week of February, the basketball season has wrapped up for both of our JV teams with the Zone Championship tournament still remaining for our SV Boys team. What a great season it has been! Our JV Girls team continued to show improvement throughout the season and finished up with a very impressive showing at the League Championship Tournament. The girls put forth a great team effort and were able to win two of the three games they played in the final tournament. The JV boys team competed at PBHS for the League Championship Tournament and were able to take home a bronze medal. The boys had some very impressive wins and got contributions from every player on the team. Finally our SV Boys Team competed at St. Mary's for the League Championship Tournament and were able to win a Gold Medal. The boys played Coalhurst in the final, the only team to beat them in the regular season, and were able to get a victory. We wish our SV Boys luck as they will play in the Zone Championship Tournament on March 6th and 7th. Thanks to our coaches and staff liaisons for all of the dedication, time and effort put into our athletic program and helping our St. Joseph athletes improve and get the opportunity to be part of a team. As well, thanks to our scorekeepers and referees for all of their time and dedication to our athletics program. Go Jags!

Sincerely,

Bruce Gal
Associate Principal



St. Benedict Joseph Labre



Birthplace

Amettes (France)

Feast Day

April 16

Born

March 26, 1748

Died

April 16, 1783

Canonized

1881 by Pope Leo XIII

Patron Saint of

the homeless

St. Joseph Feast Day
Thursday, March 19th, 2026

BAKE SALE



Parents we appreciate your contributions to this event.
All Baked Items can be dropped off at the office the morning of March 19th.

Coaldale Figure Skating Club Presents:



CLASSIC CARTOONS CARNIVAL



March 21st, 1:00 PM
Coaldale Arena

(doors open at 12:30)
admission: \$5 (under 5 free)
50/50 tickets: 10 for \$5
raffle tickets: 3 for \$5
Cash Only



COMMUNITY HYMN SING

Sunday, March 15 at 3:00pm
Gem of the West (1306 20 Street) Coaldale

Vocal Quartet

Sharon Loewen	Barbie Paterson
Craig Loewen	Rob Budd
Kathy Heidebrecht	Randy Epp

Special Guests

Windy City Accordions



2026 Lethbridge Cougars Basketball Club TRYOUTS

***MUST BE ENROLLED AT A HOLY SPIRIT SCHOOL**

TRYOUTS WILL BE HELD AT:

Catholic Central High School - EAST CAMPUS: 405-18th Street S. (M-TH)

Catholic Central High School - WEST CAMPUS: 251 Britannia Blvd W. (F)

DIVISIONS OFFERED: U11 → Gr. 4-5, U13 → Gr. 6-7, U15 → Gr. 8-9, U17 → Gr. 10-11

Boys U11/13/15 *U17 Mon Only TRYOUTS MON. MAR. 23 & WED. MAR. 25	Girls U11/13/15 TRYOUTS TUES. MAR. 24 & THUR. MAR. 26	Boys/Girls U17 TRYOUTS @ CCH Campus West Friday March 27th
BOYS U11 5:00 - 6:30 PM	GIRLS U11 5:00 - 6:30 PM	BOYS: 1:00 - 2:30
BOYS U13 6:30 - 8:00 PM	GIRLS U13 6:30 - 8:00 PM	GIRLS: 3:00 - 4:30
BOYS U15/U17* 8:00 - 9:30 PM	GIRLS U15 8:00 - 9:30 PM	

IMPORTANT NOTES FOR TRYOUTS:

- TRY TO ENSURE YOU ARE AT **BOTH** TRYOUTS.
- ARRIVE **15 MINUTES** EARLY FOR REGISTRATION
- BRING YOUR WATER BOTTLE (LABELED WITH NAME) RUNNING SHOES, AND LCBC JERSEY IF YOU HAVE ONE.



- [Registration Deadline: MARCH 22, 2026](#)
- Sign up at: lethbridgecougars.ca
- Tryout Fee: \$10.00 DUE WITH REGISTRATION

CONTACT lethbridgecougarsbasketball@gmail.com for more information!

Building foundations and inspiring athletes to excellence on and off the court.

WANTED

U15 GIRLS

2026 OUTDOOR
SEASON

BIRTH YEARS
2011-2013



FEW SPOTS LEFT

Go to CoaldaleThunder.ca to register



COALDALE CHAOS BASKETBALL CLUB

TRYOUTS

U11 GIRLS March 10 | 5:00pm – 6:15pm
March 11 | 6:15pm – 7:45pm

U11 BOYS March 10 | 6:15pm – 7:45pm
March 11 | 5:00pm – 6:15pm

U13 GIRLS March 10 | 7:45pm – 9:00pm
March 11 | 7:45pm – 9:00pm

U13 BOYS March 9 | 6:00pm – 7:30pm
March 16 | 6:00pm – 7:30pm

U15 GIRLS March 9 | 4:30pm – 6:00pm
March 16 | 7:30pm – 9:00pm

U15 BOYS March 9 | 7:30pm – 9:00pm
March 16 | 4:30pm – 6:00pm

U17/U18 (Highschool)

Date, times and location to be determined.

All listed U11-15 Tryouts will be held at:

St. Joseph School
(1413 – 23rd Ave Coaldale)



Coaldale Clothing Fest

Clear Out Your Closet!

Coaldale Mennonite Church
is holding a Spring Clothing Fest ...

When? April 11, 2026 (10:00am - 1pm)

Where? Coaldale Mennonite Church Gym
(2316 – 17 Street)



Why? To help *support our community*

How? From the *generous donations and support of our community*

The clothing fest is a recycling program, which benefits many families in our community.

Pick out clothes at NO CHARGE.

Donations of clean clothing/shoes (of all sizes), toys & books in good condition
are greatly appreciated.

Donations can be dropped off at the Coaldale Mennonite Church
weekdays from 9am-12pm, starting March 23rd – April 9th (except Good Friday April 3rd).

Remaining items will be donated to local charities.

For more information or special arrangements or if you would like to help,
contact Jodi Reed at (403) 345-5956