



## Newsletter January 2026

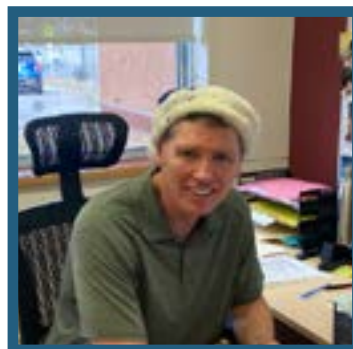
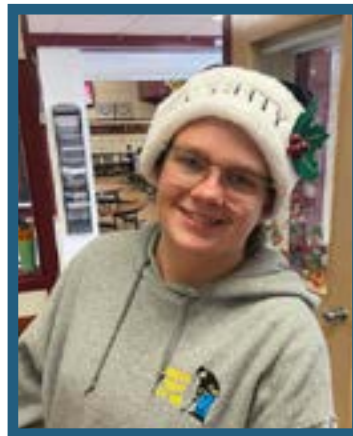
*Happy New Year blessings to you and your family. May we continue to follow Christ's light together in our homes, our school, our parish, and our community.*

**Prayer for Family Protection and Good Health**

Heavenly Father,  
I come before You with a humble heart, asking for Your divine protection over my family.  
Shield us from harm, danger, and any illness that may come our way.  
Surround us with Your angels, guarding our home and our hearts.  
Grant us good health—body, mind, and spirit.  
Strengthen our immune systems and heal any ailments we may face.  
Fill our lives with Your peace and comfort, especially during times of uncertainty.  
Thank You, Lord, for Your unfailing love and mercy.  
We trust in Your grace to keep us safe and well.  
In Jesus' name, we pray,  
Amen.

The graphic features a central illustration of Jesus Christ with a halo, seated in a golden, circular frame. Below him, a family of four (a man, a woman, and two children) is shown in a warm, protective embrace. The background is a soft, ethereal glow with faint angelic figures. The entire scene is framed by an ornate, gold-colored border with a cross at the top center. The bottom right corner of the graphic is decorated with white lilies and red berries.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
		Christmas Break December 19 <sup>th</sup> , 2025– January 4 <sup>th</sup> , 2026			1 New Year's Day Solemnity of Mary, the Holy Mother of God	2 Feast of St. Basil the Great	3
4 Epiphany of the Lord 	5 Back to School Students and Staff 	6	7	8	9 JV Girls Basketball @ DA Ferguson	10 JV Boys Basketball @ DA Ferguson	
11 Baptism of the Lord 1st Sunday of Ordinary Time	12 	13	14 Pizza by the Slice <b>HOT LUNCH</b> 	15 Grades 1-3 Mass 8:45am-9:45am	16 Backwards Day Leadership Event SV Boys Basketball Tournament @ Nobleford	17	
18 2nd Sunday of Ordinary Time	19 LAST DAY to Order EDO's 	20	21 Board Meeting	22 Grades 4-5 Mass 8:45am-9:45am	23 Beach Day Leadership Event 	24	
25 3rd Sunday of Ordinary Time	26 PD Day No School for Students	27 <b>NO KINDERGARTEN</b> Edo's Restaurant <b>HOT LUNCH</b>	28 MADD Presentation Gr. 8 & 9	29 Grades 6-9 Mass 8:45am-9:45am Office Hours 3:30pm-5:30pm	30 Quarter 2 Ends	31	



## January Athletic Report

The 2025/26 basketball season started a little later this year than usual, due to the extension of the volleyball season. Even in this short period of time, we have completed tryouts, held regular practices, played some league games and every team has competed in, at least, one tournament. It was excellent to see the excitement and enthusiasm of our student athletes to begin the season! We are looking forward to a season where student athletes can grow and learn and enjoy the opportunity to play a team sport. As we look ahead to January, it will certainly be action packed with many practices and league games and more tournaments for all of the teams. I want to thank all of our scorekeepers, referees and coaches for dedicating their time to ensure that our athletes can have a basketball season. I also want to recognize the many other athletes in our school, who play sports outside of the school setting. I know that these athletes spend a considerable amount of time working at their chosen sport. I would like to wish everyone in our school community a blessed Christmas break, spent with family and friends and we look forward to welcoming everyone back in January to enjoy the rest of the basketball season.

Sincerely,

Bruce Gal



Ugly Sweater and  
Door Decorating Winners



*A huge THANK YOU to EVERYONE who volunteered for our  
SJS coordinated Youth led Mass on December 14,  
and to all of the families who joined us at school for our Christmas Party.  
The church was overflowing with enthusiastic kiddlets praising the Lord  
on the Third Sunday of Advent – FULL of JOY!*

*We enjoyed good food, good fellowship, and sweet treats from Santa!*

*A special THANK YOU to those who donated product, funds,  
or helping hands for this event:*

*Coaldale Food Market, Coaldale Pharmasave, Dennis Dirtworx,  
Evan's Trucking, Hostess Frito Lay, Kinsmen, Kustom Auto Body, McDonalds,  
Onyx Realty, Real Canadian Superstore, Real Canadian Wholesale Club,  
Red Apple Store, Save-On Foods, St. Ambrose CWL, St. Ambrose K of C,  
Tim Hortons, and Western Tractor!*

*May you all be Blessed for your generosity!*

*Special Thanks to Father Iqbal for being our professional photographer!*

*We will email the pictures to you in the New Year♥*

**The next SJS coordinated Youth led Mass will be on  
SUNDAY, FEBRUARY 1, 2026, 4:00 p.m. at St. Ambrose Church.**

We will need readers, greeters, gift bearers, altar servers, ushers, singers, and musicians!

Volunteer forms will be available at the SJS Office and emailed to all parents in the New Year.

**Please mark your calendar as we will have two practices in preparation for this Mass:**

Friday, January 23 & 30, 2026, 12:20 p.m. to 1:10 p.m. in the Choir Loft at St. Ambrose Church.

*If you have any questions, please contact Mrs. Pat Mastel at 403-892-4207.*

*Give your hands to serve and your hearts to love.*

*Saint Mother Teresa of Calcutta*





### St. Ambrose Mass Times

#### Mass

Sunday ..... 9 am & 4 pm  
Mon & Thur.....8:45 am  
Tuesday..... 6 pm  
Saturday ..... 5 pm  
(starting Aug 30th)

#### Adoration

Friday..... 1st Friday 9am-1pm

#### Reconciliation

Saturday ....3:30-4:30 pm



#### Sunny South Lodge

Mass—starting Sept.  
1st & 3rd Thur at 2:30 pm



### St. Ambrose Parish

1513 - 23 Avenue, Coaldale, AB T1M 1E2  
website—[www.stambroseparish.ca](http://www.stambroseparish.ca)  
email—[office@stambroseparish.ca](mailto:office@stambroseparish.ca)

### St. Ambrose Office Hours

Tuesday ... 9 am-4:30 pm  
Thursday.. 9 am-4:30 pm  
Friday..... 10 am-4:30 pm  
Phone: 403-345-3400

After hours / emergency  
Fr. Iqbal: 587-434-1937

Pastor—Fr. Iqbal Khurshid: [pastor@stambroseparish.ca](mailto:pastor@stambroseparish.ca)  
Deacon—Peter Lilienthal: [deacon@stambroseparish.ca](mailto:deacon@stambroseparish.ca)

# Youth Led Mass—Sunday, February 1, 2026



*St. Joseph School will be coordinating the  
4:00 p.m. Mass at St. Ambrose Church for  
Sunday, February 1, 2026!*

**We need readers, greeters, gift bearers, ushers,  
altar servers, singers, and musicians!**

If YOU would like to participate, please complete the attached volunteer form, or pick one up at the school office, then email it to Mrs. Pat Mastel, [mastelp5657@gmail.com](mailto:mastelp5657@gmail.com) or snap a picture and text it to her at 403-892-4207, or drop it off at the school office by Friday, January 16<sup>th</sup>.

*If you have any questions, please contact Mrs. Mastel at 403-892-4207.*

**We will only have 2 practices in preparation for this special Mass.  
Both will be at St. Ambrose Church from 12:20 to 1:10 p.m. on  
Friday, January 23, and Friday, January 30, 2026**

*\*We will meet in the Gathering Space after school & walk to the church together\**



## **FEBRUARY 1, 2026 YOUTH LED MASS VOLUNTEER FORM**

**Student's Name:** \_\_\_\_\_  
*Please PRINT First and Last Name* *Grade* *Teacher*

**Parent's Phone/Cell Numbers:** \_\_\_\_\_

**Parent's Email Address:** \_\_\_\_\_

**I would like to share my talent as a:**

\_\_\_\_\_ Reader                      \_\_\_\_\_ Altar Server  
\_\_\_\_\_ Greeter                      \_\_\_\_\_ Usher  
\_\_\_\_\_ Gift Bearer                      \_\_\_\_\_ Choir Member



**Student's Signature:** \_\_\_\_\_ **Parent's Signature:** \_\_\_\_\_

*Give your hands to serve and your hearts to love.  
Saint Teresa of Calcutta*



Musical Performance  
by Father Paolo Cervantes



Valentine



Spaghetti Supper

Sponsored by St. Ambrose Church Hall Committee  
Sunday, February 8, 2026 at St. Joseph School,  
1413 23 Avenue, Coaldale AB

Tickets: \$50/ Family, \$30 Adult, \$10 Children  
Under 6 FREE

*Come enjoy the artistic talent of Father Paolo!*

Doors open at 4:30pm

Tickets available from Tracey Nadeau: 403-393-4381  
Ellen Wagner: 403-634-7677

*Menu: Spaghetti Bolognese, garlic toast, tossed green salad and dessert*

Located at Twisted Steel  
Fitness Centre in Coaldale

# YABBA youth fitness program

6 week program starting  
Jan. 22<sup>nd</sup>

Youth fitness classes help kids 🙌

- Build confidence and self esteem
- Develop strength, balance and coordination
- Teach discipline, teamwork and perseverance
- Provide a healthy outlet for energy
- Increase brain power and improve focus with the help of exercise
- A place where they feel welcomed and supported

**Teens session** ages 8-14: Thursdays  
at 4-4:45pm \$126 for 6 session

**Kids session** ages 3-7: Thursdays at  
5-5:30pm \$94.50 for 6 session

To register email  
[yabbafitnessprogram@gmail.com](mailto:yabbafitnessprogram@gmail.com)






Lethbridge  
Competitive  
Climbing


# 2026 OPEN HOUSE


## Discover How Your Young Climber Can Reach Great Heights!

 Date: Sunday, January 18, 2026

 Time: 5-7pm

 Location: Coulee Climbing, 1-1602 3 Ave S

 Ages: 8-14 years

 Cost: FREE

Scan to Register or Talk to the  
Coulee Climbing Front Desk



### What's Happening

- Competition Style Technique Building
- Coaching & Support for New Athletes!
- Parent Info Session | Learn about LCC and Discover Provincial and National Opportunities for your Kids

### Why Attend

- Experience the Excitement of Competitive Climbing
- Discover what Separates Competition Climbing from Climbing Classes
- Discover how YOUR kids can Develop their Skills and Confidence!
- Connect with Our Community

**No Pressure, Come to Have Fun Climbing and Learn More about LCC!**

Sponsored by:



Supported by:



Email [lethbridgeclimbing@gmail.com](mailto:lethbridgeclimbing@gmail.com) with any questions or visit [www.lethbridgecompetitiveclimbing.com](http://www.lethbridgecompetitiveclimbing.com)



# LETHBRIDGE LITTLE LEAGUE

2026 Spring House League Registration Open  
January 6 - February 28

Lethbridge Little League is the governing association for Little League Baseball within the City of Lethbridge. Players who are interested in playing baseball in Lethbridge should register using the information below. We are excited for another exciting season of Little League Baseball.

**Register online at: [www.lethbridgelittleleague.com](http://www.lethbridgelittleleague.com)**

<u>AGE</u>	<u>DIVISION</u>	<u>FEE</u>	<u>GAME DAYS</u>
4-5	T-Ball	\$165	Mon/Wed
6-7	Coach Pitch	\$165	Tue/Thurs
7-8	Rookie	\$225	Mon/Wed
9-11	Minor	\$285	Tue/Thurs
10-12	Major	\$285	Mon/Wed
13-14	Teenage	\$285	Tues/Thurs
15-16	Teenage	\$285	Mon/Wed

\*\*Make up games and special events may be scheduled on Friday-Sun.

\*\*\* Please note **residency and school attendance eligibility rules** apply: **Players can play in the league where they either live or go to school.** Please email [info@lethbridgelittleleague.com](mailto:info@lethbridgelittleleague.com) to learn more about eligibility rules.

**HOUSE LEAGUE  
BASEBALL REGISTRATION  
JANUARY 6<sup>TH</sup> TO FEBRUARY 28<sup>TH</sup>**

**REGISTER NOW AT: [www.lethbridgelittleleague.com](http://www.lethbridgelittleleague.com)**