



Notre Dame de Lorette Catholic Women's League

February 2019

Council #2985



General Mtg:

February 13, 2019
7:00 pm @ DTS

Currently collecting:

Plastic Grocery Bags
Pill Bottles
Feminine Hygiene
Products & Toiletries
Tabs for Wheelchairs
Used Eyeglasses
Children's
Sacramental Clothing
Tin for the Bin

CWL Prayer for Renewal

God of new beginnings, ever faithful God,
we thank You for your constant care for the women of
The Catholic Women's League of Canada.
We have sought to serve You in faith
by service to Your people.

Under the guidance of the Holy Spirit
and with the help of Our Lady of Good Counsel,
we continue to discern Your call to seek justice
and build Your Kingdom on Earth each day.

We ask your guidance as we plan the evolution of
The Catholic Women's League of Canada.
Grant us wisdom, the grace of discernment, and strength.
May each of us open her heart and mind to Your will
and welcome the new life You bring to the League.

We ask this through Jesus, Your beloved Son and Our Lord,
Who lives and reigns with You and the Holy Spirit,
God forever and ever.












Our Spiritual Advisor
Reverend Fr. Charles Fillion

Our Members
Lacey Bernardin, *President*
Lynne Bernier
Susan Bernier
Irene Bialek
Valerie Bonnefoy
Jacqueline Bouchard, *Vice Pres, Chair*
Lindsay Bouchard
Jolene Capina, *Treasurer*
Maryse Chartier
Lucille Chay, *President-Elect*

Crystal Chernichan
Monica Chernichan
Rolande Chernichan
Jaquelyne Cournoyer
Patricia Danylchuk
Suzanne Desmarais
Janine Durand-Rondeau
Gisèle Falk
Constance Haas
Sue Johannesson
Monique Johnson
Delaney Kolowca
Heather Kolowca
Nettie Lambert

Micki Maxwell
Madelyn McConnell
Kathleen Messner
Suzanne Moore, *Chair*
Carol Mravinec
Mary-Ann Novak
Marcia Poirier, *Secretary*
Jennifer Poitra
Marie-Ange Prevost
Mae Ross, *Chair*
Iris Swiderski
Joanne Touchette
Marilyn Toutant

FEBRUARY 2019

| SUN | MON | TUE | WED | THU | FRI | SAT |
|---|--|---|---|-----|--|--|
| <p><i>One of the most fundamental statements of faith is this: your life is not about you. You're not in control. This is not your project. Rather, you are part of God's great design. To believe this in your bones and to act accordingly is to have faith. When we operate out of this transformed vision, amazing things can happen, for we have surrendered to "a power already at work in us that can do infinitely more than we can ask or imagine." Even a tiny bit of faith makes an extraordinary difference. Bishop Robert Barron</i></p> | | | | | 1 Adoration 6-7 Valerie B. | 2 |
| 3 Prayers < Mass MaryAnn N. | 4 | 5  Nettie Lambert | 6  | 7 | 8 Adoration 6-7 Lacey B. | 9  Provincial Day of Celebration (pg 5) |
| 10 Prayers < Mass Suzanne M. | 11 | 12  Angel & Roger Prevost | 13  CWL General Mtg @ DTS, 7:00 pm Speaker  | 14 | 15 Adoration 6-7 Rolande C. | 16 |
| 17 Prayers < Mass Maryanne R. | 18 | 19 | 20  | 21 | 22 Adoration 6-7 Carol & Lucille | 23  Constance & Elwood Haas |
| 24  Installation of New Exec Prayers < Mass Lacey B. | 25  Irene & Clarence Bialek | 26 | 27  | 28 | CWL prays the Rosary for Peace on Wednesdays | |



Lacey's Address

Hello Father Charles and my Sisters in the League!

I would first like to thank everyone for their congratulations and well wishes on my new appointment of being President. I believe it will be an interesting and very educational next two years.

I would also like to introduce and thank very much, the very lovely ladies who agreed to serve on this terms Executive Council.

President Elect & Organization: Lucille Chay

Vice President & Education and Health: Jacqueline Bouchard

Treasurer: Jolene Capina

Communications & Parish Activities: Suzanne Moore

Christian Family Life: Mae Ross

Also a big thank you to Father Charles for continuing on as our **Spiritual Advisor.**

We are a small executive this term

but we are a mighty team and I believe we will do great things.

Already this past month we've been hard at work. We have been hard at work on a new resolution idea that was put forth by Crystal Chernichan. The resolution is almost complete and will be presented at our General meeting in March.

We've almost completed the transference of information from 2018 to 2019 at the National and Diocesan levels. There have been many changes online and more to come as the CWL moves into the electronic age.

We will start our general meeting this month with Denise Poettcker, a guest speaker about Women's Heart Health. I encourage to come out to hear her speak.

There are many more activities that are being planned out for throughout the year by our very capable chair people. I look forward to working with all of you for the next two years.

At your service,

Lacey Bernardin



Bible Art Journaling Workshop

Introductory Bible Art Journaling workshop with Tish Hildebrand.
 Date: Saturday **March 30, 2019**
 Time: 10 am – 2 pm
 Location: Notre Dame de Lorette Parish Hall
 Cost: \$30/person (cheques payable to Maryanne Rumancik), includes snacks, light lunch and supplies)
 Registration or questions:
 Maryanne 204-878-3901 or mnrumancik@mts.net
 Space is limited – “first come, first serve.”

Participants will need to bring a Bible (with wide margins), OR, a piece of heavy letter sized paper, OR, a notebook with heavy paper.

Participants will need to decide on a scripture passage that they are drawn to for the workshop. No art training is necessary as we will not be focusing on the finished “product” but rather, the process of connecting with the Word of God. Bible art journaling is a meditative and prayerful way in which we allow God to speak to us through scripture.

Mid Winter FUN !

Parish Family Games Night

Saturday, March 9, 2019

Lorette Parish Hall

Beverages & Snacks provided by Parish Hospitality

Children’s Games organized by the CWL

Bring your cards, favourite games and love of fun!

Looking forward to spending fun time with you and your family!

Pope’s Prayer Intentions for February 2019

Human Trafficking

For a generous welcome of the victims of human trafficking, of enforced prostitution, and of violence.



Annual Report 2018 3 Highlights

Spiritual Development — Mae Ross

1. Our council organized 12 Hours of Adoration for Palliative Care and the Sanctity of Human Life on May 11, 2018 beginning with a Mass at 9:00AM followed with Exposition of the Blessed Sacrament, Divine Mercy Chaplet prayed at the 3 o'clock Hour, ending with Benediction at 9:00PM. Members of our council signed up to spend an hour with Jesus. It was well advertised and attended by members of our parish... and even outside of our parish.
2. A PowerPoint presentation was presented for Catholica 200 featuring the history of the Archdiocese and the legacy of its eight Bishops/ Archbishops.
3. Video, "Why Remain a Catholic" by Bishop Robert Barron, on the abuse crisis within our Catholic Church at our general meeting. Animated discussion followed with intentions to continue to pray for the victims, our priests, and the church.



Communications — Suzanne Moore

1. Published a monthly newsletter, except for June
2. Highlighted pornography to members via newsletter articles, sending *Pornography Hurts* postcards in February, and sending link to *Fight the New Drug* videos
3. Promoted family appropriate movies, videos, TV programs and publications at meetings and through the newsletter



Treasurer — Jolene Capina

1. By establishing a separate account for Mary's Corner, we were easily able to focus more donations towards spiritual endeavours/vocations throughout the year.
2. We were able to enjoy the fruits of our long-term planning by using our 10-year GIC to financially support 2/3 of our membership to attend Manitoba Nite at National convention.
3. We continue to learn new skills and have a balanced budget by working closely together as a team (President, Treasurer, President-Elect) via Excel Spreadsheets in a shared Dropbox.



Past-President — Suzanne Moore

1. Acted as president for our council
2. Promoted our council to the parish and community
3. Filled the roles of vacant positions



Christian Family Life — vacant

1. Members participated in Pro-life activities: 40 Days for Life, March for Life, National Week for Life and Family events, pro-life dinners, pro-life vigils
2. Hosted two viewings of *Fatal Flaws* video to the parish
3. Hosted Pro-Life speaker from CCB, Kyle Coffey at our council meeting, as well as provided coffee and refreshments at the CCB presentation at the hall



Resolutions — vacant

1. Created two resolutions, which were passed at the diocesan level:
 - A. Honour Guard Attire Protocol
 - B. Spiritual Advisor's Message Within a Meeting
2. Members participated in the resolutions dialogue at the national level
3. We published the 2018 National resolutions in our monthly newsletter



Education & Health — Lucille Chay

1. Focussing on the National CWL theme of Mental Health, we hosted a speaker from the Southeast region of Manitoba who spoke about living with mental health issues
2. In May, our council co-hosted a Mature Driver Workshop to help seniors hone up on their driving skills
3. Our council continued with our outreach of going to sing at a local personal care home every 4 months.



Community Life — Nettie Lambert

1. Our members participated in working at Grace Mennonite soup kitchen again this year. The meal is served Tuesdays and Fridays
2. Our council had the honour to lay a wreath on behalf of the Catholic Women's League for Remembrance Day
3. Our council had a very successful winter clothing drive for a grateful Roseau River Community; four truckloads were delivered



Annual Report 2018 3 Highlights

Notre Dame de Lorette Council #2985 of The Catholic Women's League of Canada Three Highlights 2018

The National Convention of The Catholic Women's League of Canada was the main focus for our council in 2018. Our council was heavily involved in the planning and execution of the highly successful convention, serving as provincial president, chairs of the convention, chairs of committees and members of committees. Our spiritual advisor, Fr. Charles, acted as provincial advisor during convention when Fr. Paul was unable to attend. Our council was also able to sell all its 50 raffle books per year leading up to convention. Every year, our council deposits money into a GIC so that, after 10 years, there is a nest egg available to help our members with the cost of attending national convention when it occurs in Winnipeg. This year, our council decided to use those monies to sponsor 19 of our members to attend Tuesday's Manitoba Nite.

The 200th anniversary of the Church in Western Canada was another focus of our council. In preparation, our Spiritual Development chair used a PowerPoint presentation to help us study the history of our archdiocese through the various bishops who have shepherded the people. Our Provincial President and the national convention co-chair participated in the Honour Guard Procession for the Jubilation 200 celebration on July 15. Many of our members also participated in the honour guard and worked in the Volunteer area for the celebration.

We responded to the call from the National Executive of the CWL to focus on Mental Health. In addition to including articles in our monthly newsletter, our council led three singalongs with the tenants at the Villa Youville in Ste. Anne. In May, we hosted Anne Thompson-Courchaine, a mental health worker with the Eden Housing and Supports in Steinbach who has been working with people with mental health concerns.

By working together and participating in these events this year, our sisters have grown even closer in love of God and of each other.

Organization — Lacey Bernardin

1. 200 Catholica Jubilation Celebration: Our council participated in the procession and honour guard on July 15, and worked in the volunteer centre
2. National Convention: Our council was heavily involved in the organization of, and working for, the very successful CWL National Convention held in Winnipeg in August
3. CWL Recruitment Soup Sunday: We spoke at all masses, offered free first-year memberships to the ladies of the parish and treated parishioners to a soup, buns, fruit and dainties lunch after both masses



Legislation — Marilyn Toutant

1. We kept members informed about legislation affecting Catholic lives through discussion at meetings and through newsletter articles
2. Members sent letters to the federal government and signed online petitions protesting summer jobs funding attestation



The Catholic Women's League of Canada
Manitoba Provincial Council

20th ANNUAL DAY OF CELEBRATION
SATURDAY, FEBRUARY 9, 2019

Host Councils: Winnipeg Diocesan Council/St. Edward's Parish Council

THEME: CARING IS SHARING

You are invited to bring H.U.G. items to support women's shelters.

PLACE: Canad Inns Polo Park

1405 St. Matthews Avenue, Winnipeg, MB R3G 3P7

TIME: Registration & Gathering - 9:30 a.m. - 10:00 a.m.

WORKSHOP - 10:00 a.m. - 3:30 p.m.

AGENDA

- 10:00 a.m. Welcome, League Prayer, Morning Liturgy
- 10:30 a.m. Pornography - Over 18 video
- 11:45 a.m. Alpha House - Historical Presentation
- 12:00 noon LUNCH
- 1:00 p.m. CWL GOES TO COURT
- 1:15 p.m. CWL Strategic Planning
- 1:50 p.m. HEALTH BREAK
- 2:00 p.m. Janet Zacharias Keynote Speaker
- TOPIC: Pornography Harmful to One's Health
- Questions and Answers
- Evaluations
- Closing Prayer
- 3:15 p.m.

BRING A FRIEND!

THERE WILL BE SOMETHING FOR EVERYONE!

COST: \$25.00 per person DEADLINE for registration: February 1, 2019
Travel subsidy may be provided. A minimum of three persons per vehicle is required to qualify for the subsidy. Members are encouraged to car pool if possible.

Contact cwlmanitoba@gmail.com for additional information.

This is a SCENT FREE EVENT.



Simple secularists still talk as if the Church had introduced a sort of schism between reason and religion. The truth is that the Church was actually the first thing that ever tried to combine reason and religion. There had never before been any such union of the priests and the philosophers. —G. K. Chesterton from *The Everlasting Man*

THE CATHOLIC WOMEN'S LEAGUE OF CANADA



70th Annual St. Boniface Diocesan Convention *SATURDAY, APRIL 27, 2019*

Hosted by: St. John the Evangelist Parish
at the

Access Event Centre, Morden
2nd Street North

(Building is at the end of the street and is not numbered)

AGENDA

- 8:00 a.m.** Registration and Morning Refreshments
9:00 a.m. Opening of Convention and Day's Business
Noon LUNCH
1:00 p.m. Afternoon Program Speaker
2:00 p.m. Resume Business
5:00 p.m. **CELEBRATION OF THE EUCHARIST at**
St. John the Evangelist 2 Academy Drive, Morden
6:30 p.m. Gathering Time – Access Event Centre
7:00 p.m. **BANQUET**

Please send completed forms with payment to:

Denise Aune
481 Nelson St.
Morden, MB. R6M 1P8

Contact Denise 204-822-5331 or
Yvonne at (204) 237-0978

Due Date: April 1st 2019

This is a scent free convention
Wheelchair Accessible

Round-trip bus transportation to
Morden: \$25.00

To book your seat:

smooregaap@gmail.com

Costs for Convention to be sent
to Denise:

| | |
|----------------------|---------|
| Registration: | \$10.00 |
| Lunch: | \$20.00 |
| Banquet: | \$45.00 |

Spreading the Joy of the Gospel, One Guitar Strum at a Time

Well known for his love of country and gospel music, Father Armand Le Gal, omi, will once again take guitar in hand to give a concert at a local parish – this time at Christ the King parish on February 9. Fr. Armand gave us an opportunity to get to know how music has played a role in his personal and priestly life.

It seems that throughout the diocese of St. Boniface, in both French and English parishes, you're known for your guitar playing, and your use of country and gospel music, even at mass...

That's true! I was raised on a farm near Sainte Rose du Lac. Our radio dial was always tuned to CKDM in Dauphin. The station played country music, which became my favourite kind of music.

Beyond my personal tastes, I've found that certain country songs can help proclaim the message of Jesus. Religiously themed country songs express quite well what we live at different times of our life. And if they're chosen with thought and purpose, they can reinforce the message contained in the readings of a liturgical celebration.

When did you first pick up a guitar?

I started playing when I was 22. At the time, I was at the Oblate Scholasticate in Battleford, Saskatchewan. I would borrow a fellow seminarian's guitar and practice during recess. I bought a guitar using some money I had received when I was ordained, in the fall of 1971.

And you've been playing ever since... Yes. Music helps me express my feelings and brings me great joy. I suppose that's

showed since I began to play, because people have been asking me to play for different meetings and events. I left the seminary in 1972. During my first year as a priest, I served in Toutes-Aides, which is about 40 kilometers north of Sainte Rose du Lac. In 1973, a fiddle player from



Rorketon asked me to join his band. We played at curling banquets, wedding anniversaries, etc. I played with the band for about five years.

Playing concerts is a lot of fun. I'm comfortable with a crowd and I like inviting people to sing along and have fun. I appreciate an audience that participates. And one that laughs. I use a lot of humour during a concert.

Still, it's in the context of faith that your music seems to reach most people... True. Fun and faith can go together quite easily. Music, songs and my guitar have served me well. They're great tools for pastoral events and meetings for young and old. When my priesthood brought me to First

Nations communities, the Aboriginals appreciated my religious songs, especially if they were in the country music vein.

You often play with Jeannine Guyot, as you will be doing on February 9.

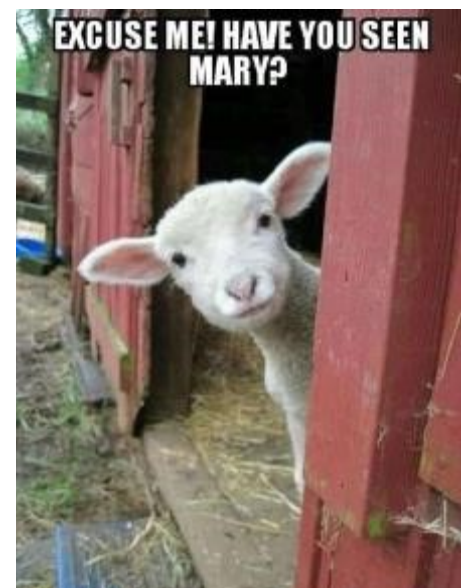
When I was priest at Notre-Dame-de-la-Nativité parish in Somerset, between 2011 and 2016, Maurice and Ilene Thévenot encouraged me to record a CD. Jeannine Guyot is a pianist and a singer. I asked her to help me record the songs. Since then, we've organized country gospel concerts. We also play popular tunes.

And we always have a lot of fun. Music is a joyful experience. When people compliment me for my playing and my singing, I tell them that they come from God. I don't read music, so I learn everything by ear. The Lord has given me a good memory and a good ear to help me learn new songs. My talent doesn't come from me. When I reflect on that, I think, "Thank you Lord for your blessings!" I'm often amazed at how God uses me to reach people through songs and music. To Him all praise!

Presented by the Christ the King CWL, A Musical Soirée with Fr. Armand Le Gal & Jeannine Guyot will take place February 9 from 7:30 to 8:30 PM at 847 St. Mary's Rd. Light refreshments after the performance. Tickets: \$ 20. Call: 204-421-0422 (Margaret), 204-255-0159 (Odile), 204-255-4288 (Yvette).

<https://www.archsaintboniface.ca/media/Histoires-de-foi-Our-Faith-Stories-Treasures-to-Share/>

YOUR FACE AT MASS AFTER YOU SHAKE HANDS & SAY : "PEACE BE WITH YOU!"



Through the Years

Canada's Food Guide

1942—2019

1942

CANADA'S FOOD RULES

Developed by the Canadian Council on Nutrition

THESE ARE THE FOODS FOR HEALTH. EAT THEM EVERY DAY. DRINK PLENTY OF WATER

- Milk**—Adults, $\frac{1}{2}$ to 1 pint. Children, $\frac{1}{2}$ pints to 1 quart.
- Fruit**—One serving of citrus fruit or tomatoes or their juices; and one serving of other fruit.
- Vegetables**—At least one serving of potatoes; at least two servings of other vegetables, preferably leafy, green or yellow, and frequently raw.
- Cereals and Bread**—One serving of a whole-grain cereal and at least four slices of Canada Approved Vitamin B bread (whole wheat, brown or white) with butter.
- Meat and Fish**—One serving of meat, fish, poultry or meat alternates such as beans, peas, nuts, eggs or cheese. Also use eggs and cheese at least three times a week each, and liver frequently.

A fish liver oil, as a source of vitamin D, should be given to children and expectant women, and may be advisable for other adults.
Iodized salt is recommended.

1949

A Pattern For Meals

(following Canada's Food Rules, as given on the other side)

Breakfast
Citrus fruit
Whole grain cereal with milk
Bread with butter or fortified margarine
Egg or other protein food (if desired)
Beverage—milk for children

Dinner
(at noon or at night)
Meat, fish or poultry
Other vegetable(s)
Bread (if desired)
Fruit or fruit dessert
Beverage—milk for children

Supper or Lunch
Cheese, egg or other protein food
Vegetable
Bread with butter or fortified margarine
Dessert
Beverage—milk

Printed 1953
Revised 1954
Reprinted 1955, 1957, 1958

1949

Canada's FOOD RULES

These foods are good to eat. Eat them every day for health. Have at least three meals each day.

Milk
Children (up to about 12 years) at least 1 pint
Adolescents at least $1\frac{1}{2}$ pints
Adults at least $\frac{1}{2}$ pint

Fruit
One serving of citrus fruit or tomatoes or their juices;
AND
one serving of other fruit.

Vegetables
At least one serving of potatoes;
AND
at least two servings of other vegetables, preferably leafy, green or yellow and frequently raw.

Cereals and Bread
One serving of whole grain cereal,
AND
at least four slices of bread (with butter or fortified margarine).

Meat and Fish
One serving of meat, fish, poultry, or meat alternates such as dried beans, eggs and cheese.
Use LIVER frequently.
In addition:
EGGS and CHEESE at least three times a week each.

VITAMIN D—At least 400 International Units daily for all growing persons and expectant and nursing mothers.

Approved by the Canadian Council on Nutrition, 1950
Ministry of Health
Department of National Health and Welfare, Ottawa

1961

CANADA'S FOOD GUIDE

THESE FOODS ARE GOOD TO EAT. EAT THEM EVERY DAY FOR HEALTH. HAVE THREE MEALS EACH DAY.

MILK
Children up to about 11 years: 2 1/2 cups (500 ml)
Adolescents: 4 cups (1000 ml)
Adults: 1 1/2 cups (375 ml)
Expectant and nursing mothers: 4 cups (1000 ml)

FRUIT
Two servings of fruit or juice, including a satisfactory source of vitamin C (preferably wild such as oranges, tomatoes, concentrated fruit juice).

VEGETABLES
One serving of potatoes;
Two servings of other vegetables, preferably yellow or green and often raw.

BREAD AND CEREALS
Bread (with butter or fortified margarine).
One serving of whole grain cereal.

MEAT AND FISH
One serving of meat, fish or poultry. Eat liver occasionally.
Eggs, cheese, dried beans or peas, may be used in place of meat.
In addition, eggs and cheese each at least three times a week.

VITAMIN D—400 International Units daily for all growing persons and expectant and nursing mothers.

APPROVED BY THE CANADIAN COUNCIL ON NUTRITION, 1961
NUTRITION DIVISION, DEPARTMENT OF NATIONAL HEALTH AND WELFARE, OTTAWA

1977

Canada's Food Guide

Eat a variety of foods from each group every day

milk and milk products
Children up to 11 years: 2-3 servings
Adolescents: 3-4 servings
Pregnant and nursing women: 3-4 servings
Adults: 2 servings

meat and alternates
2 servings

fruits and vegetables
4-5 servings
Include at least two vegetables.

bread and cereals
3-5 servings
Whole grain or enriched

Health Canada
Department of Health
Ottawa

Canada's Food Guide

Eat a variety of foods from each group every day

milk and milk products
Children up to 11 years: 2-3 servings
Adolescents: 3-4 servings
Pregnant and nursing women: 3-4 servings
Adults: 2 servings
Skins, 2%, whole, buttermilk, reconstituted dry or evaporated milk may be used as a beverage or as the main ingredient in other foods. Cheese may also be chosen.
Examples of one serving: 250 ml (1 cup) milk, yogurt or cottage cheese; 45 g (1 1/2 ounces) cheddar or process cheese.
In addition, a supplement of vitamin D is recommended when milk is consumed which does not contain added vitamin D.

meat and alternates
2 servings
Examples of one serving: 60 to 90 g (2-3 ounces) cooked lean meat, poultry, liver or fish; 60 ml (4 tablespoons) peanut butter; 250 ml (1 cup) cooked dried peas, beans or lentils; 80 to 250 ml (1/4-1 cup) nuts or seeds; 60 g (2 ounces) cheddar, process or cottage cheese; 2 eggs.

bread and cereals
3-5 servings
Whole grain or enriched. Whole grain products are recommended.
Examples of one serving: 1 slice bread; 125 to 250 ml (1/2-1 cup) cooked or ready-to-eat cereal; 1 roll or muffin; 125 to 200 ml (1/2-3/4 cup) cooked rice, macaroni, spaghetti.

fruits and vegetables
4-5 servings
Include at least two vegetables.
Choose a variety of both vegetables and fruits—cooked, raw or their juices. Include yellow or green or green leafy vegetables.
Examples of one serving: 125 ml (1/2 cup) vegetables or fruits; 125 ml (1/2 cup) juice; 1 medium potato, carrot, tomato, peach, apple, orange or banana.

Health and Welfare Canada
Service à l'ensemble social
© Minister of Supply and Services Canada 1982
Cat. No. H59-2/1982-21

1982

Canada's Food Guide

Eat a variety of foods from each group every day

milk and milk products
Children up to 11 years: 2-3 servings
Adolescents: 3-4 servings
Pregnant and nursing women: 3-4 servings
Adults: 2 servings
Skins, 2%, whole, buttermilk, reconstituted dry or evaporated milk may be used as a beverage or as the main ingredient in other foods. Cheese may also be chosen.
Examples of one serving: 250 ml (1 cup) milk; 175 ml (3/4 cup) yogurt; 45 g (1 1/2 ounces) cheddar or process cheese.
In addition, a supplement of vitamin D is recommended when milk is consumed which does not contain added vitamin D.

meat, fish, poultry and alternates
2 servings

fruits and vegetables
4-5 servings
Include at least two vegetables.

bread and cereals
3-5 servings
Whole grain or enriched. Whole grain products are recommended.
Examples of one serving: 1 slice bread; 125 ml (1/2 cup) cooked cereal; 175 ml (3/4 cup) ready-to-eat cereal; 1 roll or muffin; 125 to 175 ml (1/2-3/4 cup) cooked rice, macaroni, spaghetti or noodles; 1 hamburger or waffle iron.

Health and Welfare Canada
Service à l'ensemble social
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Cat. No. H59-2/1982-21

1982

Canada's Food Guide

Energy Balance

Needs vary with age, sex and activity. Balance energy intake from foods with energy output from physical activity to control weight. Foods selected according to the Guide can supply 4000–6000 kJ.

Moderation

Select and prepare foods with limited amounts of fat, sugar and salt. If alcohol is consumed, use limited amounts.

milk and milk products
Children up to 11 years: 2-3 servings
Adolescents: 3-4 servings
Pregnant and nursing women: 3-4 servings
Adults: 2 servings
Skins, 2%, whole, buttermilk, reconstituted dry or evaporated milk may be used as a beverage or as the main ingredient in other foods. Cheese may also be chosen.
Examples of one serving: 250 ml (1 cup) milk; 175 ml (3/4 cup) yogurt; 45 g (1 1/2 ounces) cheddar or process cheese.
In addition, a supplement of vitamin D is recommended when milk is consumed which does not contain added vitamin D.

meat, fish, poultry and alternates
2 servings
Some examples of one serving: 60 to 90 g (2-3 ounces) cooked lean meat, fish, poultry or liver; 60 ml (4 tablespoons) peanut butter; 250 ml (1 cup) cooked dried peas, beans or lentils; 125 ml (1/2 cup) nuts or seeds; 60 g (2 ounces) cheddar cheese; 125 ml (1/2 cup) cottage cheese; 2 eggs.

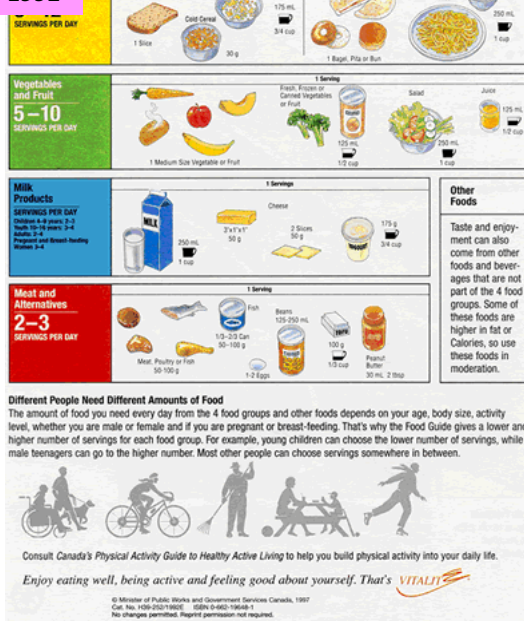
bread and cereals
3-5 servings
Whole grain or enriched. Whole grain products are recommended.
Examples of one serving: 1 slice bread; 125 ml (1/2 cup) cooked cereal; 175 ml (3/4 cup) ready-to-eat cereal; 1 roll or muffin; 125 to 175 ml (1/2-3/4 cup) cooked rice, macaroni, spaghetti or noodles; 1 hamburger or waffle iron.

fruits and vegetables
4-5 servings
Include at least two vegetables.
Choose a variety of both vegetables and fruits—cooked, raw or their juices. Include yellow, green or green leafy vegetables.
Some examples of one serving: 125 ml (1/2 cup) vegetables or fruits—fresh, frozen or canned; 125 ml (1/2 cup) juice—fresh, frozen or canned; 1 medium-sized potato, carrot, tomato, peach, apple, orange or banana.

Health and Welfare Canada
Service à l'ensemble social
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Cat. No. H59-2/1982-21



Canada

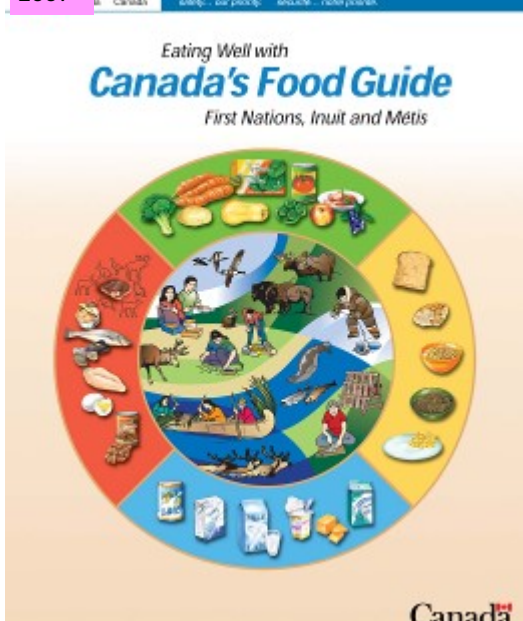


Different People Need Different Amounts of Food
The amount of food you need every day from the 4 food groups and other foods depends on your age, body size, activity level, whether you are male or female and if you are pregnant or breast-feeding. That's why the Food Guide gives a lower and higher number of servings for each food group. For example, young children can choose the lower number of servings, while male teenagers can go to the higher number. Most other people can choose servings somewhere in between.

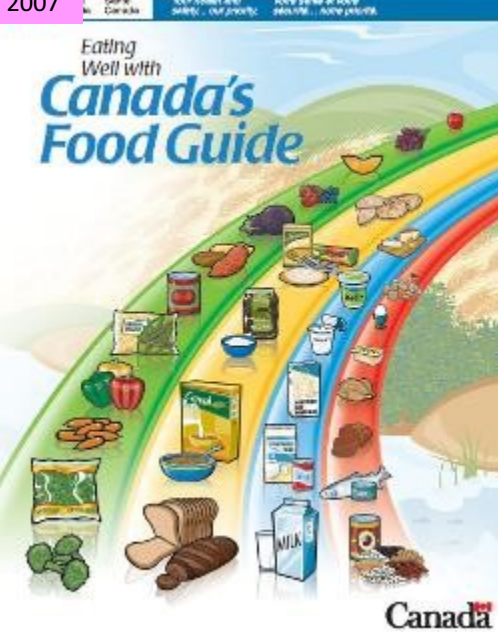
Consult Canada's Physical Activity Guide to Healthy Active Living to help you build physical activity into your daily life.

Enjoy eating well, being active and feeling good about yourself. That's **VITALITY**.

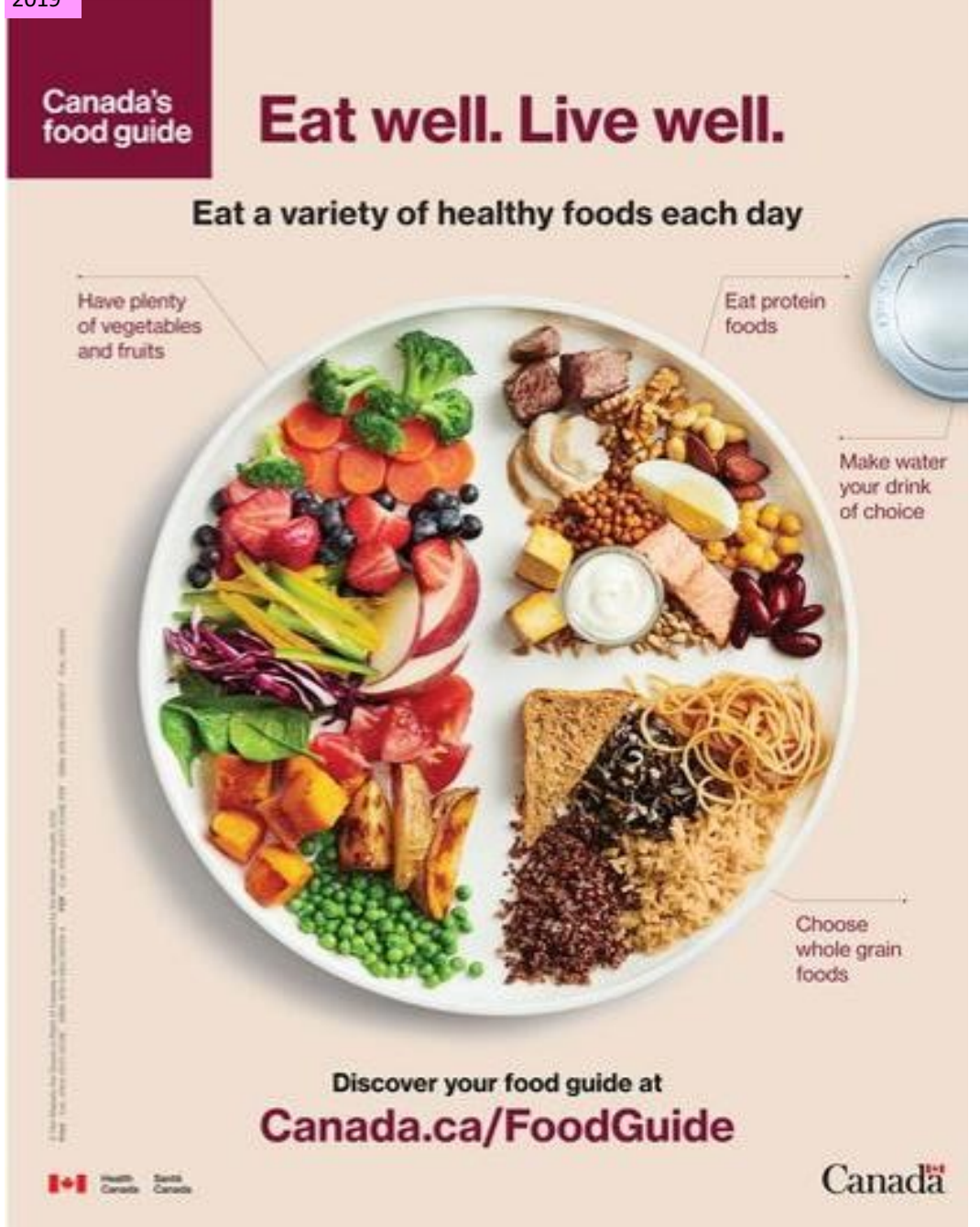
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Canada



Canada



Health Canada

Canada



The Catholic Women's League of Canada

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Saskatchewan
Margaret Schwab

Executive Director
Kim Scammell, CA

January 30, 2019

The Right Hon. Justin Trudeau
Prime Minister of Canada
House of Commons
Ottawa, ON K1A 0A6

Dear Mr. Prime Minister,

The Catholic Women's League of Canada, representing more than 80,000 women across Canada, in every province, territory and the military, wishes to extend appreciation on behalf of its members for the changes made to the attestation requirement of the 2019 Canada Summer Jobs Program. Concern was expressed by the League in a letter dated February 17, 2018 that the attestation infringed on the rights of freedom and conscience enshrined in the *Canadian Charter of Rights and Freedoms*.

The federal government has a duty to respect and protect all of its citizens. Freedom of speech and of conscience are inherent to being Canadian. The respect for all viewpoints, including the right of freedom of religion and freedom of conscience, is non-negotiable.

League members appreciate that their concerns and those of thousands of other like-minded citizens were listened to and acted upon by the minister of employment, workplace development and labour. Gratitude is also expressed for the two opportunities for the national president at the time, Margaret Ann Jacobs, to be part of round table discussions convened by the minister.

The Catholic Women's League of Canada thanks you for the many hours spent meeting with and listening to the Canadian people on this important topic. Giving as many students as possible opportunities to engage in a wide variety of experiences will prepare them for future employment in careers of their choice.

Sincerely,

Anne-Marie Gorman
National President

MR/ks

Cc: The Hon. Patty Hajdu, Minister of Employment, Workplace
Development and Labour

Canada Summer Jobs Program Revised, but Questions Remain

Sebastian Gomes, Producer

Salt & Light TV

January 15, 2019

In December, Federal Labour Minister Patty Hajdu announced revisions to the Canada Summer Jobs Program. In the 2018 program, applicants were asked to tick a box attesting that their core mandate respects sexual and reproductive rights, and the right to access safe and legal abortions. The attestation was so highly contested by faith groups and others as a violation of freedom of conscience, belief, and expression that the Government removed it.

In its place, the Government lists projects and job activities that make an applicant ineligible for 2019. These include projects or job activities that:

- restrict access to programs, services, or employment, or otherwise discriminate, contrary to applicable laws, on the basis of prohibited grounds, including sex, genetic characteristics, religion, race, national or ethnic origin, colour, mental or physical disability, sexual orientation, or gender identity or expression
- advocate intolerance, discrimination and/or prejudice
- actively work to undermine or restrict a woman's access to sexual and reproductive health services.

Last week, the Canadian Conference of Catholic Bishops issued a response to this revision, calling it "a step in the right direction." However, the bishops point to ambiguity in the revised language:

"An area of concern remains in the 'eligible activities' section of the application with language relating to 'restricting or undermining rights' and how this wording will be interpreted for applicants."

It is clear the Government wishes to protect equality rights in the summer jobs program. It is also clear the Government believes some "pro-life"



activities are in violation of those equality rights. But the revisions for 2019 do not specify what those activities are. This is the question that remains unanswered. *What exactly are the activities the Government is trying to filter out of the program?*

Let's say, for example, a "pro-life" group's core mandate is to educate Canadians about abortion with the ultimate goal of persuading Canadians to adopt restrictive laws. Let's say that education is done primarily through group seminars, lectures, and public rallies. Do these activities "restrict or undermine" rights according to the Government? It's unclear.

It should be noted that the vast majority of faith-based applicants, including Catholic organizations, will welcome the removal of the 2018 attestation, and can, in good conscience, apply for the program.

But the debate around the summer jobs program will continue because underneath it lies a more fundamental question about Charter Rights in Canada, namely, what is the relationship between *fundamental freedoms* (conscience, belief, expression) and *equality rights* (equal protection and benefit of the law without

discrimination)? How this question relates to sexual and reproductive rights, including the right to access safe and legal abortions further complicates it. There is no constitutional right to abortion in Canada. It is legal because constitutional restrictions on abortion were struck down by the Supreme Court in 1988.

It is abundantly clear from the public debate over the summer jobs program that this issue remains highly contested in Canada. A few groups on either side have drawn a line in the sand, while the majority of Canadians fall somewhere in the middle.

Based on the 2018 attestation and the 2019 revisions, it seems the current Government has chosen a side. For that reason the onus should be on them to specify exactly how they interpret the Charter of Rights and Freedoms as it applies to activities deemed ineligible for application to the summer jobs program. All Canadians, regardless of their opinion on this issue, would welcome a clarification.

<https://saltandlighttv.org/blogfeed/getpost.php?id=88396>



THE CATHOLIC
FOUNDATION
OF MANITOBA

LA FONDATION
CATHOLIQUE
DU MANITOBA

КАТОЛИЦЬКА
ФУНДАЦІЯ
МАНІТОБИ

Caritas

Award Dinner 2019

April 11, 2019

RBC Convention Centre Winnipeg,
375 York Avenue,
Reception 6 p.m., Dinner 7 p.m.

Caritas Award Honouree and Keynote Speaker: Joy Smith

A leading advocate against human
trafficking worldwide, and a champion
of women's rights.



Joy Smith

Service Award Honourees

Recognizing their numerous years of devotion and
dedication to prison ministry, and supporting released
offenders to integrate back into the community and lead
productive lives.



Carol Peloquin, snjm



Bo Gajda

Tickets: \$110 (tax receipt \$55) available on-line at
www.catholicfoundation.mb.ca or at 204-233-4268.
All tickets must be purchased in advance. Assigned seating.

Fundraising Draw - Proceeds raised at the dinner will be
dispersed to a draw winner, Future Hope Home and the
Joy Smith Foundation.



2019 Charity of Choice Future Hope Home

Future Hope oversees three linked
programs - Next Step, Quixote House
and Massie House - in an effort to bring a
stable community-oriented environment
into the lives of those in need.

HOW LONG UNTIL IT'S DECOMPOSED?

IF ONE BOTTLE OF WATER MADE IT INTO THE SEA, HOW LONG WOULD IT TAKE TO FULLY DECOMPOSE?



Plastic bags collected by students transformed into benches

Hundreds of thousands of plastic bags collected by schools in Manitoba have been transformed into benches as part of an annual program promoting recycling.

The benches were created as part of Bag Up Manitoba, a program run by Take Pride Winnipeg! and Multi-Material Stewardship Manitoba.

This year, 154 schools took part across Manitoba, collecting over 866,000 plastic bags for recycling.

On Tuesday, one of those benches had its debut at General Byng School in Winnipeg before a crowd of excited students.

General Byng is one of 14 of the schools that participated in the bag collection program that will be receiving the benches.

Tom Ethans, executive director of Take Pride Winnipeg!, said the program shows students how they can make a difference in a tangible way.

"The reaction of the students of the schools we've been to has been incredible," he said.

"They are so wowed by the bench and by the fact that they've taken something that they know is a plastic bag and now it's something tangible like a bench like that. They are in awe."

The hope is that students will take that enthusiasm home and encourage their parents to be environmentally conscious as well, Ethans said.

The benches were made by local company ReGen Composites out of recycled plastic bags and other materials including end-of-life plastic bins, pool plastic, lawn furniture and wood chips.

<https://www.cbc.ca/sitemap>

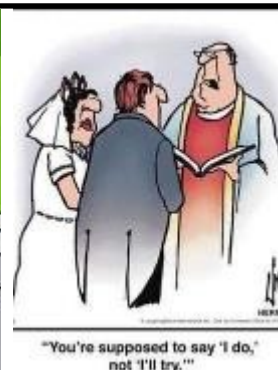


Your cell phone has already replaced your watch, camera, calendar, and alarm clock. Don't let it replace your family.



Alzheimer's Communication

1. Never **Argue**. Instead **Agree**.
2. Never **Reason**. Instead **Divert**.
3. Never **Shame**. Instead **Distract**.
4. Never **Lecture**. Instead **Reassure**.
5. Never say **"Remember."** Instead **Reminisce**.
6. Never say **"I Told You."** Instead **Repeat**.
7. Never say **"You Can't."** Instead say what they **Can Do**.
8. Never **Demand**. Instead **Ask**.
9. Never **Condescend**. Instead **Encourage**.
10. Never **Force**. Instead **Reinforce**.



Reading The Bible Doesn't Have To Be Hard

Sixteen Bible-Reading Rules Everyone Should Know (Plus One)

Rule 1: The Bible's human authors were not divine stenographers. Everything asserted in Scripture is asserted by the Holy Spirit, but God allowed the human authors of Scripture to incorporate their own words, ideas, and worldviews into the sacred texts.

Rule 2: The Bible's human authors were not writing scientific textbooks. Scripture does not assert a scientific description of the world, so details in the Bible that utilize "the language of appearances" are not erroneous.

Rule 3: The Bible contains many different literary styles. The Bible contains many different genres, some of which communicate true, historical facts through the use of poetic, nonliteral language.

Rule 4: Check the original language. Some Scripture passages are only difficult because they have been mistranslated. Examining the original language can help us better understand the sacred author's intended meaning.

Rule 5: The Bible is allowed to be a sole witness to history. Ancient nonbiblical historians could make mistakes or fail to record events. Therefore, it is not necessary to require biblical events to be corroborated by nonbiblical sources.

Rule 6: Read it in context! Sometimes biblical

passages only sound bad because they are isolated from their original context. Find the context and you'll usually find the explanation of the passage.

Rule 7: Consult a reliable commentary. Commentaries provide details or facts not found in Scripture that can help explain Bible difficulties.

Rule 8: Evaluate Scripture against the whole of divine revelation. Interpret Scripture in light of what God has revealed in natural law as well as through his Church in the form of Sacred Tradition and the teaching office of the Magisterium.

Rule 9: Differing descriptions do not equal contradictions. The authors of Scripture may have differed in their descriptions of an event's details, but not in the essential truths they were asserting about those events.

Rule 10: Incomplete is not inaccurate. Just because the sacred author did not record something another author recorded does not mean his text is in error.

Rule 11: Only the original texts are inspired, not their copies. Errors that came about through the copying process do not fall under the doctrine of inerrancy and can usually be located and corrected with ease.

Rule 12: The burden of proof is on the critic, not the believer. If a critic alleges that Scripture is in error, he has the burden of proving that is

the case. If the believer even shows a possible way of resolving the text, then the critic's objection that there is an intractable contradiction is refuted.

Rule 13: When the Bible talks about God, it does so in a nonliteral way. Because God is so unlike us, Scripture must speak about him with anthropomorphic language that should not be taken literally.

Rule 14: Just because the Bible records it doesn't mean God recommends it. The Bible is not an instruction book for how we should live, though sometimes it teaches us life lessons through stories that show us what not to do.

Rule 15: Just because the Bible regulates it doesn't mean God recommends it. God progressively revealed himself to mankind over several centuries. During this progression, the authors of Scripture regulated sinful practices in order to help God's people eventually reject them in the future.

Rule 16: Life is a gift from God and he has complete authority over it. It is not morally impermissible for God to take away the mortal life he freely gave us.

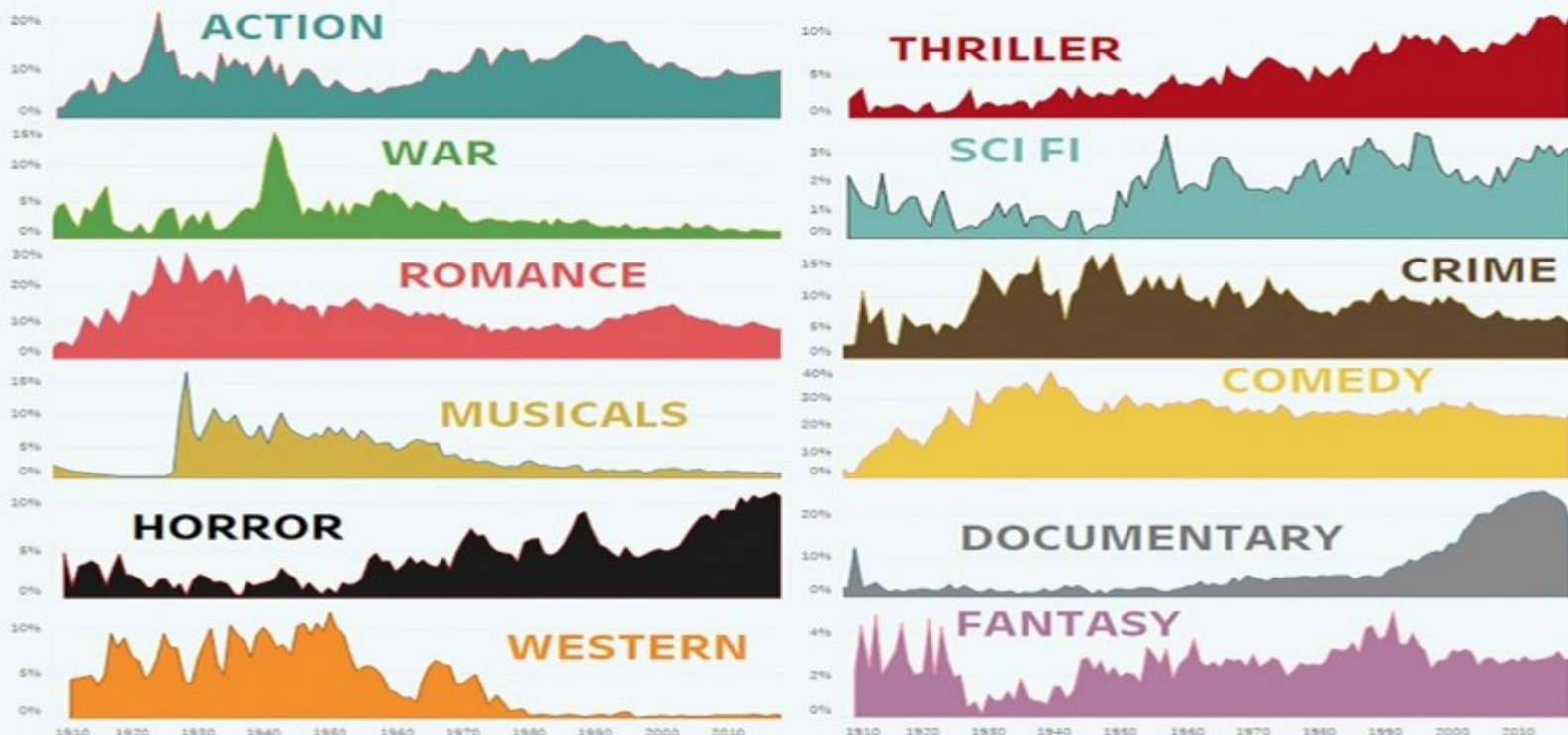
As our discussion draws to a close, I'd like to leave you with one last rule:

Give God's word the benefit of the doubt.

insider@catholic.com

FILM GENRE POPULARITY 1910-2018

This graphic shows film genre popularity over time, represented as the percentage of all films released that year with the specified genre tagged on IMDb. Each genre has a different axis range, so these lines show popularity relative to other years, not necessarily relative to other genres.



Bishop Barron on the Internet and Satan's Game

When you're about to make a comment, ask yourself a very simple question

By now the entire country has seen a video of a supposedly racist confrontation, in front of the Lincoln Memorial, between a grinning young high school student and a Native American elder, chanting and beating a drum. The immediate and ferocious judgment of the internet community was that the boy was effectively taunting and belittling the elder, but subsequent videos from wider angles as well as the young man's own testimony have cast considerable doubt on this original assessment.

My purpose in this article is not to adjudicate the situation, which remains, at best, ambiguous, even in regard to the basic facts. It is to comment, rather, on the morally outrageous and deeply troubling nature of the response to this occurrence, one that I would characterize as, quite literally, Satanic.

When the video in question first came to my attention, it already had millions of views on Facebook and had been commented upon over 50,000 times. Eager to find out what this was all about, I began to scroll through the comments. They were practically 100% against the young man, and they were marked, as is customary on social media, by stinging cruelty. As I continued to survey the reactions, I began to come across dozens urging retribution against the boy, and then dozens more that provided the addresses and email contacts of his parents, his school, and his diocese. I remember thinking, "Oh my goodness, do they realize what they're doing? They're effectively destroying, even threatening, this kid's life."

At this point, my mind turned, as it often does today, to René Girard. The great Franco-American philosopher and social commentator is best known for his speculations on what he called the scapegoating mechanism. Sadly, Girard maintained, most human communities, from the coffee klatch to the nation state, are predicated upon this dysfunctional and deeply destructive instinct.

Roughly speaking, it unfolds as follows. When tensions arise in a group (as they inevitably do), people commence to cast about for a scapegoat, for someone or some group to blame. Deeply attractive, even addictive, the scapegoating move rapidly attracts a crowd, which in short order becomes a mob. In their common hatred of the victim, the blamers feel an ersatz sense of togetherness.

Filled with the excitement born of self-righteousness, the mob then endeavors to

isolate and finally eliminate the scapegoat, convinced that this will restore order to their roiled society. At the risk of succumbing to the *reductio ad Hitlerum* fallacy, nowhere is the Girardian more evident than in the Germany of the 1930s. Hitler ingeniously exploited the scapegoating mechanism to bring his country together—obviously in a profoundly wicked way.

Girard's theory was grounded in his studies of Shakespeare, Dostoevsky, and other literary figures, but his profoundest influence was the Bible, which not only identified the problem, but showed the way forward. Take a good, long look at the story of the Woman Caught in Adultery in the eighth chapter of John's Gospel to see what Girard saw regarding both the sin and the solution. It is surely telling that one of the principal names for the devil in the New Testament is *ho Satanas*, which carries the sense of the accuser. And how significant, thought Girard, that it is precisely *ho Satanas* who offers all of the kingdoms of the world to Jesus, implying that all forms of human community are tainted, at least to a large degree, by the characteristically Satanic game of accusation, blaming, scapegoating.

All of which brings me back to the incident in Washington and the nasty reaction to it on the internet. I have used the internet to great positive effect in my evangelical work for many years; so I certainly don't agree with those who denounce it in an unnuanced way. However, there is something about social media comboxes that make them a particularly pernicious breeding-ground for Girardian victimizing. Perhaps it's the anonymity, or the ease with which comments can be made and published, or the prospect of finding a large audience with little effort—but these forums are, increasingly, fever swamps in which hatred and accusation breed.

When looking for evidence of the Satanic in our culture, don't waste your time on special effects made popular by all of the exorcism movies. Look no further than your computer

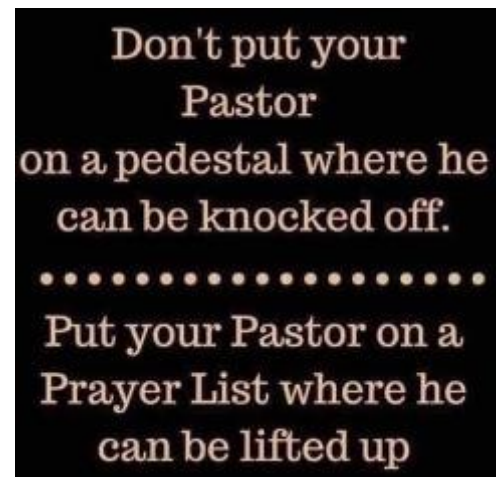


and the twisted "communities" that it makes possible and the victims that it regularly casts out.

A few weeks ago, the Wall Street Journal published a piece on me and my work. The author referred to me as "the Bishop of the Internet," a title which I find more than a little strange. But for the moment, I'm going to claim it, only so I can make a pastoral pronouncement to all those who use social media. When you're about to make a comment, ask yourself a very simple question: "Am I doing this out of love, out of a sincere wish for the good of the person or persons I'm addressing?" If not, shut up. If it becomes clear that your comment is simply spleen-venting, scapegoating, or virtue-signalling, shut up.

The internet can be a marvelous tool, and it can be a weapon used for Satanic purposes. Applying the test of love can very effectively undermine the scapegoating mechanism and drive the devil out.

https://aleteia.org/2019/01/22/bishop-barron-on-the-internet-and-satans-game/?utm_medium=aleteia_en&utm_campaign=english_page&utm_source=Facebook#Echobox=1548231644



How the ProLife Movement Made Me Catholic

I entered college as a fresh-faced, enthusiastic evangelical Protestant. I was eager to change the world for Christ. At my large public university, many campus groups offered ways to fulfill those plans. My freshmen year I tried a number of them, such as Campus Crusade for Christ and Navigators, two evangelical “para-church” organizations. Neither, however, scratched my itch to make an impact on the world.

Then, near the end of my freshman year, my sister invited me to attend a meeting of the campus pro-life group. This simple invitation would lead to a series of events that would radically change *my* world.

I wasn’t a member for long before I became deeply committed. Although the pro-life group boasted a large membership roll, the number of truly active members was much smaller—less than a dozen. I soon discovered that I was the only Protestant among the ranks of the “active” members; the others were practicing Catholics. This inner circle welcomed me without reservation—no one questioned my pro-life convictions.

However, there was a natural distance between the Catholic members and me. When we went to the abortion clinic to pray, I stood off to the side fingering my pocket Bible while the others prayed a rosary. When everyone else attended Mass on Sunday, I was trekking down to the local evangelical church for some praise and worship.

Together in the trenches of pro-life activism (this was the early ’90s, at the height of the Operation Rescue movement), it was natural that we all became close friends. Even though we loved to strategize about the most effective ways to combat abortion, we also just hung out and debated every topic under the sun, from Buckeyes versus Hoosiers to which economic system was best. Unsurprisingly, since we were all serious about our faith, the discussion often turned to the differences between Protestants and Catholics. Many nights were spent arguing issues such as purgatory, the role of Mary, and transubstantiation, to name a few frequent topics.

As intense as the debates could get, one thing I never doubted: my Catholic friends were *Christian*, and darn good Christians at that. I, fortunately, had never fallen into the trap of believing that Catholics were not Christian or were under the sway of the Whore of Babylon or any such nonsense. I went into



college thinking Catholics were odd and esoteric in their beliefs but still Christian, nonetheless.

My experience with my pro-life Catholic friends only fortified that belief. I saw how much they loved Jesus and wanted to serve him, and, to me, an evangelical Protestant, that was the most important thing. So, even though our debates could get heated at times (I remember a particular debate that degenerated into a yelling match in the late hours of the night), I always knew that our differences didn’t negate our shared love for the Lord.

As I became more involved in pro-life work, I also became more uncomfortable with my own Protestant denomination, the United Methodist church. At this time, the official position of this denomination was pro-abortion: it supported abortion as a moral choice in many instances. This scandalized me, and I decided to leave the denomination of my birth. This sent me on a search for another Protestant denomination.

But then I discovered the ever-changing nature of various denominations’ teachings. For example, I was impressed with the Southern Baptists—they unapologetically proclaimed Jesus and were unabashedly pro-life. But I learned that in the initial years after *Roe v. Wade*, they were pro-abortion, changing their position only in the 1980s. So, I wondered, “What’s to prevent them from changing their position *again* in the future?” In fact, what’s to stop *any* denomination from changing its position on *any* fundamental Christian teaching in the future? This led me to an almost existential crisis.

While I wrestled with this problem, I approached one of my pro-life Catholic friends and asked him, “How do you know that the Catholic Church won’t change its position on abortion in the future?” He looked at me as if I had just asked him about an alien invasion from the planet Vulcan. The question was simply inconceivable to him, almost like a four-sided triangle. He then simply answered, fully

confident, “It just won’t.”

Although his answer likely won’t go down in the annals of history’s great apologetic moments, it had a profound impact on me. I realized then that the way the Catholic Church operates is far different from how a Protestant denomination operates. It doesn’t rely on men and women voting to determine truth; it instead hands on what it has been given since the time of the apostles. The first-

century Catholic document *The Didache* condemns abortion as immoral, giving evidence that the Church has always—and *will always*—oppose the killing of innocent children in the womb. That teaching will never change, and one can count on it as much as one can count on the sun rising in the east.

Many more factors led me to become Catholic but this was a major moment in the timeline of my conversion. In the Catholic Church, I saw a rock that could be counted on in times of trouble. Instead of worrying about what my denomination might teach tomorrow, I knew the Church would stay steady in the midst of the storm.

The abortion holocaust is a tragedy whose magnitude is hard to comprehend. Yet even during such a horror, God still works to bring out good. I am eternally grateful for being led into the pro-life movement, and especially for my college friends who were led into it and who then helped lead me into the Catholic Church.

https://www.catholic.com/magazine/online-edition/how-the-pro-life-movement-made-me-catholic?utm_source=Catholic%20Answers%20Daily&utm_campaign=35074bd965-CADaily011519&utm_medium=email&utm_term=0_6b4f9e3af2-35074bd965-212576237&mc_cid=35074bd965&mc_eid=b70d22d586



**THERE’S NO
SADDER SIGHT
THAN A BUNCH
OF WOMEN
MARCHING FOR
THE RIGHT TO KILL
THEIR OWN
CHILDREN**

All Christians are called to be hospitable. But it is more than serving a meal or filling a bed, opening the door—it is to open ourselves, our hearts to the needs of others. Hospitality is not just shelter, but the quality of welcome behind it.

—DOROTHY DAY

Human Sex Trafficking Claiming North Bay, ON girls as Young as 13



'Local girls are put on the circuit from Windsor to Quebec and another circuit that extends up to Timmins and Cochrane'

It's a dangerous game.

Human sex trafficking is the fastest-growing crime in Canada, and North Bay women are being enticed to give it a try.

Girls as young as 13 are being promised cash, pampering in hair and nail salons, as well as health and dental care, but it all comes at a cost – a steep one.

Last year, Victim Crisis and Assistance Referral Service helped 12 women. All had different stories, many horrific.

"Women forced to service their customers 10 times a day. Women are being threatened, beaten, brainwashed and housed in horrible conditions. They're poorly fed and drugged," said Carolyn Couchie, executive director of Victim Crisis and Assistance Referral Service.

One woman who confided in Couchie said she was housed in a basement with no windows for 10 days, only given water to drink, yet forced to perform for her male clients.

"Sure they're treated well in the beginning, but they're broken over a period of time. These pimps take away the women's cellphones and their identification, and they're isolated," Couchie said.

"Many of the girls who I've talked to have no idea where they are, some don't even know where North Bay is. Local girls are put on the circuit from Windsor to Quebec and another circuit that extends up to Timmins and Cochrane."

Couchie said the girls are seen as a lucrative commodity, earning on average \$280,000 annually for their handlers.

"Why sell a bag of weed or cocaine one time when you can sell a girl a number of times?"

Couchie and North Bay Police officer Sue Solman offered a glimpse into the world of human sex trafficking during the second of six Civilian Police Academy sessions at North Bay Police headquarters.

They shared stories of women who defied the odds and left the game while others are too scared to report their perpetrators to police.

Some of the stories came from police officers who infiltrated the game, reaching women who otherwise wouldn't have had the chance to get help.

Undercover police officers go through online advertisements identifying girls who are being controlled.

Programs like Northern Spotlight perform what is known as knock and talks. Undercover police officers set up a date with a sex worker, and once they gain entry they explain to the woman her rights and ask if she needs help.

Following the chat, the women are given a tote bag with necessities like shampoo, pyjamas, safe sex products and underwear.

Couchie shed some light on the local situation.

She said opiates and cocaine are "rampant" in North Bay, and violent assaults and overdoses where police or

emergency services are not called often occur.

"Non-local offenders are moving in and local girls are provided their drug of choice for sex work."

Gangs like North Preston's Finest, an East Coast gang which forces young girls and women to work in the sex trade, have infiltrated this area.

Couchie said women she's spoken with are tagged or tattooed with slogan's like "daddy's girl" or "daddy's money-maker," which show ownership and control.

"Our goal is to build trusting relationships where they've had no trust," Couchie said.

Solman said police have had contact with numerous girls, but they're not willing to tell their story.

Organizations aiming to help the girls have their own challenges, such as wait lists for safe shelters and housing.

"We have to offer better than what their pimp is offering," Couchie said.

<https://www.nugget.ca/news/local-news/human-sex-trafficking-claiming-north-bay-girls-as-young-as-13>



FAST FACTS ON THE PUBLIC HEALTH HARMS OF PORNOGRAPHY

- **Young Age of First Exposure:** A study of university students found that 93% of boys and 62% of girls had seen Internet pornography during adolescence. The researchers reported that the degree of exposure to paraphilic and deviant sexual activity before age 18 was of "particular concern."¹
- **Both Genders:** While hardcore pornography users are typically male, use among younger females use is increasing. Teenage girls and young women are significantly more likely to actively seek out porn than women 25 years old and above.²
- **Detrimental Impacts on the Brain:** Since 2011, there have been 30 peer-reviewed studies which reveal pornography use has negative and detrimental impacts on the brain³
- **Decreased Brain Matter in Key Regions:** A 2014 study of the brain scans of 64 pornography users found that increased pornography use (i.e. pornography dosage) is linked to decreased brain matter in the areas of the brain associated with motivation and decision-making, and contributed to impaired impulse control and desensitization to sexual reward.⁴
- **Pornography Induced Dysfunction:** Historically, erectile dysfunction (ED) has been viewed as an age-dependent problem, with rates in men ages 18–59 as low as 2–5%.⁵ In 2011, among males aged 18–40 the Global Study of Sexual Attitudes and Behavior (GSSAB) found ED rates of 14–28%.⁶ This dramatic increase in ED rates among young men coincides with the sharp increase in the availability and accessibility of Internet pornography tube sites.
- **Teaches Users that Women Enjoy Sexual Violence and Degradation:** Analysis of the 50 most popular pornographic videos (those bought and rented most often) found that 88% of scenes contained physical violence, and 49% contained verbal aggression.¹² Eighty-seven percent of aggressive acts were perpetrated against women, and 95% of their responses were either neutral or expressions of pleasure.⁷
- **Link to Sexual Offenses and Accepting Rape Myths:** A meta-analysis of 46 studies reported that the effects of exposure to pornographic material are "clear and consistent," and that pornography use puts people at increased risk for committing sexual offenses and accepting rape myths.⁸

Like other public health issues, not all exposed have the same response. However, science and research are revealing a wide range of harm caused by pornography.

Once a social or health issue involves problems that affect individuals or groups beyond their capacity to correct, responsibility shifts from individual accountability to holding the forces and influences that cause it accountable.

To learn more visit EndSexualExploitation.org/PublicHealth.

Teach Him Virtue": This Priest's Epic Response to Gillette's 'Toxic Masculinity'



I am going to step into this whole toxic male thing just to say this:

If you are Catholic and want to raise a young man, teach him virtue.

Teach him prudence so he knows how to be wise and forthright in his decision making.

Teach him temperance so he knows he is not a

slave to his bodily urges and how to right order his appetites to be in union with holiness.

Teach him justice so that he is attentive to what others need and to treat with respect and dignity the people in his life.

Teach him fortitude so that he is courageous and can be counted on to do the right thing despite what sacrifice might come of it. Teach him the necessity to be noble.

Teach him faith so that he doesn't allow the corrosive morality of this world to destroy his relationship with God. That relationship, if strong, will positively impact every other relationship.

Teach him hope so that he can look beyond the immediate moment and to the long term. Teach him so he doesn't allow himself to be

enslaved by what is popular now.

Teach him love so that he embraces the selflessness necessary to being a real man.

Teach him to be a hero. Where love is absent, so is true heroism.

Do this, and you will raise a boy into a man who will not objectify others, use others, bully others, or destroy others. You will raise a man and not an overgrown boy.

Do this and you will raise the kind of men we need to be great leaders, great husbands and dads, and great priests!

https://churchpop.com/2019/01/16/teach-him-virtue-this-priests-epic-response-to-gillettes-toxic-masculinity-ad/?fbclid=IwAR2s_UnRPB9L57sHOndGlaIH3J3O9-4bWPsj8aY4Svf_Q7KnsZT4gydPJc

5 Tips for Praying at Mass While Taking Care of a Toddler



A lot of things change when you have your first baby, including your experience of going to church.

For the most part babies are easy to soothe and you will be able to pray during Mass. Then one day your sweet, easy to soothe baby at church turns into a toddler.

The toddler prefers to be moving continually throughout all of Mass, and she does not quite grasp the concept of a whisper. Sometimes she throws herself across the pew and announces loudly, "I AM A FISH!" Other times she repeats, "Donuts? Donuts?" for the entire hour. All the time you are either pacing in back, struggling in the pew, or resigned to sitting in the cry room. And you ask yourself, what happened to praying at church?

Well, have no fear! Here are a few ideas to help you learn how to pray while tending to toddlers at Mass:

1) Don't stress about the quality of your prayer

Prayer is different now that you have a toddler to take care of. You are not going to be able to kneel with your eyes closed focusing on every word.

But you can be mindful of what is happening in the liturgy, and work on being calm. If you

were called to contemplative prayer at every Mass, then you would not be taking care of a toddler.

2) Practice putting yourself in the presence of God throughout your day

St. Francis de Sales in *The Introduction to the Devout Life* gives very practical tips for prayer. One of the things he recommends, which is particularly adaptable to the lay life, is to recall your mind to the presence of God throughout the day. He says to frequently "retire into the solitude of your heart, even whilst you are externally occupied in business or society," and that "this mental solitude need not be hindered though many persons are around you, for they do but surround your body, not your heart, which should remain alone in the presence of God."

When you are stressed, internally place yourself in God's presence. When you are washing dishes or cooking dinner, place yourself in God's presence. When you are stuck in traffic and running late, place yourself in God's presence.

Learning to put yourself in the presence of God, even while surrounded by screaming children, will greatly increase your ability to pray at Mass with a toddler.

3) Take time for quiet prayer outside of Mass

Finding time for prayer while parenting a toddler is difficult, but fortunately they need more sleep than we do. Taking even 10 minutes a day to focus on quiet, mental prayer, will bring you closer to God and make it easier to pray when you are not in quiet solitude. Prayer books like St. Francis de Sales' *Introduction to the Devout Life* or Fr. Michael Gaitley's *Consoling the Heart of Jesus* are a good way to learn how to develop a

simple and focused life of prayer.

The more you pray outside of your weekly obligation of church, the better, and less frustrating, praying at Mass will be.

4) Participation does not mean the same thing for everybody

As a parent of a toddler, you quickly realize that the way you are to participate in Mass is much different than the way people with no or grown kids are to participate. You may not always get to stand when everyone else stands, you may be standing and pacing when everyone else is sitting or kneeling, or you may spend huge chunks of Mass outside the church doors, in the bathroom, or in the basement keeping your child from disrupting all of Mass.

What matters is that you are still there. The Lord knows that you are there and that you are trying. He also knows why you are not always in the pew in deep, contemplative prayer. He gave you this toddler, and He knows.

5) The Mass will go on

The best thing we can learn from taking a toddler to Mass is that the liturgy does not require us to pray as best we can every week. The liturgy needs to the priest to say the prayers and a server to aid the priest and say responses, but if some of the Body of Christ needs to live their vocation to parenthood, even at Mass, it does not keep the liturgy or the Sacrifice from happening.

So, just do your best, dear parents of toddlers. One day the toddlers will be quiet and grown, but for now, don't sweat it. Your part of the Body of Christ is to be there with your child.

<https://churchpop.com/2015/05/28/5-tips-for-praying-at-mass-while-taking-care-of-a-toddler/>

TIDBIT'S

FROM

*Bishop
Robert
Barron*

What is so important about worship? To worship is to order the whole of one's life toward the living God, and, in doing so, to become interiorly and exteriorly rightly ordered. To worship is to signal to oneself what one's life is finally about. It's nothing that God needs, but it is very much something that we need.

Jesus identifies us as his disciples. So, what do we discover about ourselves? First, that we are a chosen race. Our culture puts a huge premium on choice, our choice, personal choice. We care, above all, about freedom, self-direction, and autonomy. But the Bible is eminently clear that what matters above all is not our choice but God's choice. We Christians, we followers of Jesus, have been chosen by God for God's purposes. And this choice is not a matter of reward, as though we are being singled out because of our gifts. Just the contrary. Your life is not about you. Your will nestles in an infinitely higher will. Your mind is an ingredient in an infinitely more capacious mind. And so, the primary question of your life is not, "What do I want?" but rather, "What does God want?"

**THE GROUNDHOG
SAID SIX MORE
WEEKS OF WINTER...**

So I ATE HIM.



when the car you used to draw in kindergarten pull up on you



Kick my seat again, and I'll tell TSA I smelled drugs in your carry-on.

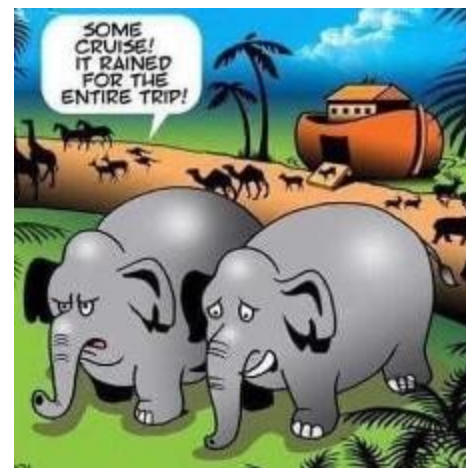


I'm pretty sure Moms are part of some sort of scientific experiment to prove that sleep is not a crucial part of survival



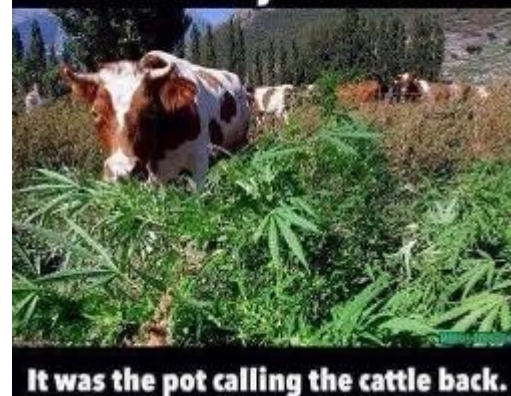
**DON'T TELL SECRETS
IN THE GARDEN.
THE POTATOES HAVE
EYES, THE CORN
HAS EARS, AND THE
BEANSTALK**

This is an age test.
Unfortunately, I passed it with flying colors.



**The Officer Said,
"You're Staggering"
I Said, "You're Quite
Handsome Yourself"
We Just Laughed
And Laughed.
I Need Bail Money.**

**Why did the cows return
to the marijuana field?**



It was the pot calling the cattle back.