



Notre Dame de Lorette Catholic Women's League

January 2019

Council #2985

2019

a year
with the LoRd

General Mtg:

January 9, 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

12 months of holiness,
52 weeks of joy and surrender to the Lord,
365 days of prayer,
8760 hours of good thoughts,
525,600 minutes of compassion,
31,536,000 seconds full of faith.

So we wish you a mighty New Year
Immersed in the presence of God








Our Spiritual Advisor
Reverend Fr. Charles Fillion

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

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, *Chair*

Micki Maxwell
Madelyn McConnell
Kathleen Messner
Suzanne Moore, *Past-President*
Carol Mravinec
Mary-Ann Novak
Marcia Poirier, *Secretary*
Jennifer Poitra
Marie-Ange Prevost
Mae Ross, *Chair*
Iris Swiderski
Joanne Touchette
Marilyn Toutant, *1st Vice, Chair*

January 2019

SUN	MON	TUE	WED	THU	FRI	SAT
The CWL Prays the Rosary for Peace on Wednesdays		1	2	3	4	5
					Adoration 6-7 Gisèle F.	
6	7	8	9	10	11	12
Prayers < Mass MaryAnn N.			CWL Gen. Mtg, 7:00 @ DTS 		Adoration 6-7 Madelyn M.	
13	14	15	16	17	18	19
Prayers < Mass Mae R.		Resolution Creation Mtg, 6:30 pm @ Suzanne's			Adoration 6-7 Irene B.	
20	21	22	23	24	25	26
Prayers < Mass Lacey B.					Adoration 6-7 Marcia P.	 Diocesan Executive Winter Meeting @ Holy Cross
27	28	29	30	31		
Prayers < Mass Suzanne M.						



Vigil

- Celebrated Fr. Charles's 15th anniversary of ordination with a spiritual bouquet
- Sent postcards against pornography during February
- Organized and participated in 12 hours of Prayer for Palliative Care
- Hosted speakers on Mental Health, Abortion (CCBR), Vocations and Palliative Care
- Hosted parish-wide screenings of *Vulnerable: The Euthanasia Deception, Over 18 (pornography) and Fatal Flaws (euthanasia)*
- Began offering free first year memberships for ladies wishing to try out the CWL
- Began doing online annual report filing
- Created and donated lap quilts to nursing homes, hospitals
- Donated angels to the Children's Hospital
- Began singing regularly at the Villa Youville in Ste. Anne
- Celebrated with Conrad Wyrzykowski at his reception of the Caritas Award
- Began celebrating birthdays with cards signed by members
- Began volunteering at the Grace Mennonite Church soup kitchen
- Travelled together to diocesan, provincial and national conventions
- Rolande Chernichan, our CWL sister became the provincial CWL president
- Two of our members assumed the responsibility of organizing the 2018 National Convention held in Winnipeg
- Five other members assumed committee chair roles for the national convention
- Scores of other members volunteered on committees and at the convention itself
- Members came out in force to help the diocese celebrate 200 years of Jubilation
- Tried our first soup breakfast/brunch as part of our CWL Sunday thank you to the parish for its support
- Tried our first poutine fundraiser instead of spud and steak/chicken fare
- Hosted a seniors' refresher driving course

Dear Fr. Charles & Ladies of the CWL:

Where did the time go?? This is the last of my messages as president of the Notre Dame de Lorette Council of The Catholic Women's League of Canada. It's been a blast, that's for sure.

A quick look back at some highlights of the last four years:

- Bade a farewell to Carol (Curtain) Summers when she was laid to rest
- Bade farewell to Yvette and Anne who moved away from us
- Our executive began having its meetings on Sunday mornings after 9:00 am mass with breakfast at Chicken Chef.
- Hosted the benefit socials for the Kolowca, Bonnefoy and Dupuis families
- Educated the parish and collected petition signatures re: euthanasia and physician-assisted suicide, palliative care, conscience protection of medical professionals
- Instituted Baptismal Passport mementos for children receiving the sacrament
- Instituted prayers before Sunday mass
- Instituted scheduled CWL representation during adoration on Fridays
- Revived and organized the parish picnic after a 20 year absence
- Began collection of toiletries, eye glasses, stamps and Campbell's Soup labels (no longer accepted by Campbell's), plastic bags, tabs for wheelchairs
- Established Mary's Corner after a 20+ year absence of votive candles in the parish
- Use the proceeds from Mary's Corner to support spiritual programs within the parish as well as diocesan vocation endeavours
- Produced and walked with our Pro-Life banner in the March for Life
- Participated in the 40 Days for Life Prayer

Doesn't that sound awesome! And do you know what? It wasn't all that difficult because our members and our executive are the best!

Speaking of which — thank you to those of you who have decided to try it out and let your name stand for election for the next two years. We will finalize the new executive at our January general meeting. There will be no nominations from the floor, so you are safe in attending this month's meeting. LOL

To our executive—you are wonderful!!

Lacey has been a faithful member of our council and has been willing to try new things. Her calm demeanour and her confidence will keep her in good stead as our new president, as was evidenced when she chaired some meetings.

Marcia has been an awesome secretary, keeping up with my frenetic pace during meetings! She also doubled as our council's representative on the parish council. We were very well served!

Jolene has been keen on learning the ins and outs of electronic bookkeeping. Her keen ideas on the executive have kept us moving in new, exciting directions. She gives our council new life (Reyella) in many ways!

I strong-armed Nettie into joining the executive, and I'm glad I did! Nettie lent her enthusiasm to us all and made our CWL more relevant in many ways. She also introduced us to advertising our events electronically.

Mae took her time in joining the executive during the last two years, and we are sure glad she came back (like the cat)! She is a powerhouse for the Lord and helps us come back to Him with all our hearts. Plus, her enthusiasm and dedication are unparalleled.

Our matriarch on the executive, Marilyn, helped to keep us on track, making sure we were not wasting time and were getting things "done". Her dedication to The League is much known, as well as her love of a good gathering!

Lucille's energy and enthusiasm for The League has been such a boon to our council. She has brought us to new activities, new ideas and new opportunities to learn. Her hard work and organizational skills are some things I admire the most.

Father Charles has undoubtedly been one of the most supportive spiritual advisors this old council has ever had. Not only is he our

(Continued on page 4)

Pope's Prayer Intentions for January 2019

Evangelization: Young People and the Example of Mary

That young people, especially in Latin America, follow the example of Mary and respond to the call of the Lord to communicate the joy of the Gospel to the world.



spiritual advisor, but he also doubles as the diocesan council's spiritual advisor. And for a few days during the past summer, he tripled as the provincial council's acting spiritual advisor. He uses vacation time annually to attend the annual national conventions. For our council, he lends us his wisdom, his humour and his teachings.

Thank you, everyone, for making my tenure as president so invigorating, fruitful and easy. I am totally confident in the new and as-yet-unknown executive. We have so much talent on our council that no one need worry about our council. Our Lady of Good Counsel guides us.

Suzanna

Happy New Year everyone.

Day 7 of the #12daysofaholidays is all about sports! Delaney's dream was to have a VIP experience with each of Winnipeg's sports teams - the Winnipeg Goldeyes Baseball Club, Winnipeg Blue Bombers, and Winnipeg Jets... and the teams absolutely delivered! Delaney had some incredible tours and got to meet so many of her favourite players.

Thank you to the incredible teams in our city who made Delaney's dream a truly special one! #winnipeg #manitoba #dreamfactorymb #dreamscometrue



NO CHILD ALONE DINNER

"No child who does not want to be alone, should ever have to be."

— Sister Geraldine MacNamara

WHEN **THURSDAY, JANUARY 24, 2019**
5:30 RECEPTION, 6:30 DINNER

WHERE **CANAD INNS DESTINATION CENTRE POLO PARK**
1405 ST MATTHEWS AVE.



KEYNOTE SPEAKER **NIIGAAN SINCLAIR**

*Award-winning activist, writer and
Winnipeg Free Press columnist*

Niigaanwewidam James Sinclair is Anishinaabe (St. Peter's/Little Peguis) and an Associate Professor at the University of Manitoba. He is an award-winning writer, editor and activist who was named one of *Monocle Magazine's* "Canada's Top 20 Most Influential People" and is currently a columnist with *The Winnipeg Free Press*. His first book on Anishinaabeg literary traditions will be coming out with the University of Minnesota Press in 2018.

Rossbrook House

In 1976 the late Sister Geraldine MacNamara and a group of inner-city young people created Rossbrook House, a neighbourhood drop-in centre with a simple vision: "No child who does not want to be alone, should ever have to be." Its mission is to provide a "safe place for children and youth to belong, play, learn and become..."

Located in the inner-city of Winnipeg; it offers children and youth a constant alternative to the destructive environment of the streets by keeping the doors open 365 days of the year and 24 hours every weekend & period of school holiday.

Staff are recruited from the young people who come to the centre on a regular basis. Self-help and self-referral are integral principles at Rossbrook House; it is a program of attraction.

Today, over 1,000 children and youth ages 6-24 years come through the doors annually and up to 80 participants on a daily basis.

Beyond being a safe place to be, Rossbrook has three alternative school programs, an afterschool homework club, young mom's group, sports and recreational activities, Aboriginal cultural activities, leadership activities, a music program and a healthy kitchen program that provides daily meals to participants while teaching them about healthy eating and cooking.

<https://www.rossbrookhouse.ca>

\$125 (\$75 tax deductible)
Ticket purchase at [rossbrookhouse.ca](https://www.rossbrookhouse.ca)
For more information call 204 949 4093



**Rossbrook
House
FOUNDATION**



Taché Christmas Hampers 2018



The Christmas Hamper committee is comprised of three groups in the RM of Taché. —one from Lorette, one in Landmark and another in Ste. Geneviève. The Lorette group under the direction of Mrs. Irene Bialek began their work in earnest on Monday and distributed the hampers Friday. From the photos you will note the tremendous amount of work involved in gathering the gifts, food and necessities lovingly included in each Christmas Hamper donation. Hundreds of

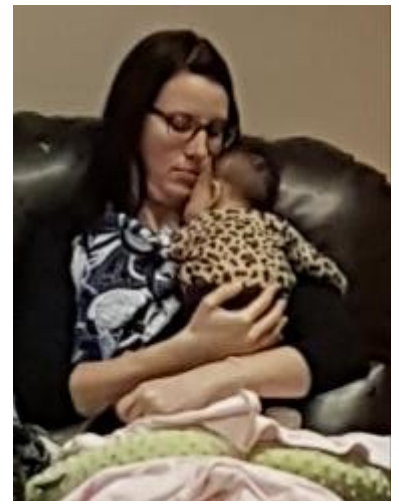
pounds of donated dry goods are sorted and packaged. Dozens of gifts are wrapped, labelled and individually personalized. Finally the meat, butter, eggs, cheese and other perishables are purchased from monetary donations received, and also included in each hamper. Dozens of volunteers are involved in this process. Several of these volunteers have been implicated for many years and dedicate themselves to the point of exhaustion. Their reward is knowing that everyone in our

community is special and cared for, especially at this time of the year.

This year the committee was successful in obtaining much needed space for the project through Pastor Brian Reimer and his congregation at Prairie Grove Church in Lorette. Congratulations and a huge thanks to all the benefactors and the volunteers involved with the Christmas hampers.

Armand Poirier

Our Advent Celebration 2018



CWL Prayer Partners 2019 - 2020

This Member	Is Praying for...
Lacey Bernardin	Joanne Touchette
Lynne Bernier	Suzanne Moore
Susan Bernier	Nettie Lambert
Irene Bialek	Crystal Chernichan
Valerie Bonnefoy	Lindsay Bouchard
Jacqueline Bouchard	Jaquelyne Cournoyer
Lindsay Bouchard	Marilyn Toutant
Jolene Capina	Heather Kolowca
Maryse Chartier	Irene Bialek
Lucille Chay	Janine Durand-Rondeau
Crystal Chernichan	Mary-Ann Novak
Monica Chernichan	Delaney Kolowca
Rolande Chernichan	Marcia Poirier
Jaquelyne Cournoyer	Valerie Bonnefoy
Patricia Danylchuk	Maryse Chartier
Suzanne Desmarais	Susan Bernier
Janine Durand-Rondeau	Jennifer Poitra
Gisèle Falk	Monica Chernichan
Constance Haas	Suzanne Desmarais
Susanne Johannesson	Kathleen Messner
Monique Johnson	Micki Maxwell
Delaney Kolowca	Mae Ross
Heather Kolowca	Jolene Capina
Nettie Lambert	Madelyn McConnell
Micki Maxwell	Patricia Danylchuk
Madelyn McConnell	Rolande Chernichan
Kathleen Messner	Lacey Bernardin
Suzanne Moore	Monique Johnson
Carol Mravinec	Jacqueline Bouchard
Mary-Ann Novak	Marie-Ange Prevost
Marcia Poirier	Lynne Bernier
Jennifer Poitra	Iris Swiderski
Marie-Ange Prevost	Gisèle Falk
Mae Ross	Lucille Chay
Iris Swiderski	Susanne Johannesson
Joanne Touchette	Carol Mravinec
Marilyn Toutant	Constance Haas



Suggestions for Prayer Partners:

- *Get to know your prayer partner, her life and her family.
- *Let each other know when you need special prayers.
- *Call or send cards on birthdays and anniversaries, Christmas, Easter, etc.
- *Meet for coffee once a month (you could meet at the CWL meeting!).
- *Offer a Mass for the intentions of your prayer partner.
- *Offer to pick her up for a CWL outing.

Let your imagination go

Always my
Sister
— — — — —
Forever my
Friend



The Catholic Women's League of Canada
Manitoba Provincial Council

2019-2020
National Theme
**CARE FOR
OUR
COMMON
HOME**

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: CanadInns 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

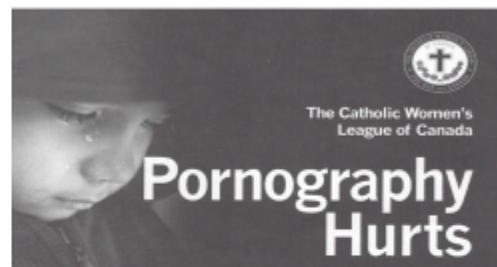
1:00 p.m. CWL GOES TO COURT

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

3:15 p.m. Evaluations
Closing Prayer



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**.



THE CATHOLIC
FOUNDATION
of MANITOBA

LA FONDATION
CATHOLIQUE
du MANITOBA

КАТОЛИЦЬКА
ФУНДАЦІЯ
МАНІТОБИ

Supporting Catholic Values - Always

200-614 Des Meurons Street
Winnipeg, Manitoba R2H 2P9

November 20, 2018

*"To keep a lamp burning,
we have to keep putting oil in it."*

Mother Teresa

Dear Friend,

Thank you for your past support of the Catholic Foundation of Manitoba whose mission is to support Catholic causes and values in this province. Thanks to generous donors like you, today the Foundation manages growing capital funds that exceed \$3.7 million. Since its inception, the Foundation has disbursed over \$1.6 million in grants from its permanent endowment fund program to various Manitoba charities. It is only through your generosity that the Foundation can continue to build on a tradition of community support by sharing God's blessings with those in need of help.

***"It's good to be
blessed. It's better to
be a blessing."***

***Your donation will help
us achieve our mission.***

As part of your charitable giving for the upcoming Advent and Christmas season, please consider making a gift to the Catholic Foundation of Manitoba. A gift need not be large to accomplish good.

Caritas = charity and compassion towards all people.

Our organization's Annual Caritas Award recognizes outstanding contributions in the province of Manitoba to the well-being of its citizens, or to the Catholic community through its support for Catholic education, the church and social agencies or other Catholic causes. Every year the Foundation presents the Caritas Award to a deserving recipient at its annual Caritas Dinner. In April 2018 the Caritas Award recipient was the Catholic Health Association of Manitoba (CHAM). Our long time Foundation Board member and Treasurer, Andre Blondeau, was selected the first recipient of the Service Award. On April 11th, 2019 we will be honouring Mrs. Joy Smith with the Caritas Award. She is a well-known advocate against human trafficking. Sister Carol Peloquin and Mr. Bo Gajda will be honoured with the Service Award for their calling to serve in prison ministry and to help ex-offenders lead productive lives. It will be a wonderful evening and I hope to see you there.

I invite you to visit our website at www.catholicfoundation.mb.ca for more information about our organization. May the good Lord bless you and your loved ones at Christmas and may you have a healthy, happy, and holy new year in 2019.

Yours sincerely,
Catholic Foundation of Manitoba

Nicholas Chubenko

Nicholas Chubenko,
President

A prayer for families to pray every day, by Mother Teresa



As Venerable Patrick Peyton famously said, “The family that prays together, stays together.” Prayer is vital to a united family life and is the surest way to keep everyone together, no matter what crisis comes your way.

St. Teresa of Calcutta knew this as well and urged families to pray on a daily basis. She

even composed her own prayer that can be prayed by families on a daily basis. If you are looking for a something new to add to your daily prayer time, try the following prayer.

*Heavenly Father,
you have given us the model of life
in the Holy Family of Nazareth.
Help us, O Loving Father,
to make our family another Nazareth
where love, peace and joy reign.
May it be deeply contemplative,
intensely eucharistic,
revived with joy.*

*Help us to stay together in joy
and sorrow in family prayer.
Teach us to see Jesus in the members of our
families,
especially in their distressing disguise.
May the eucharistic heart of Jesus
make our hearts humble like his*

*and help us to carry out our family duties
in a holy way.*

*May we love one another
as God loves each one of us,
more and more each day,
and forgive each other’s faults
as you forgive our sins.
Help us, O Loving Father,
to take whatever you give
and give whatever you take with a big
smile.*

*Immaculate Heart of Mary,
cause of our joy, pray for us.*

St. Joseph, pray for us.

*Holy Guardian Angels,
be always with us,
guide and protect us.*

Amen.

3 Lessons from the Holy Family to help our own families thrive in the coming year

No matter how big a mess surrounds us, a strong family will always overcome.

As I type this, my six children are in the midst of a post-Christmas frenzy. The toddler is jumping on a mini-trampoline while rocking a unicorn-themed dress. The baby has had it with various family gatherings and is vocally making her position known. The boys are using a remote-controlled tyrannosaurus

rex to attack an unsuspecting Lego beach village. Packages of batteries are everywhere. Shrieks of delight and holiday songs are intermingling with jealous fights over new treasures. I’m tuning it out and getting to down to work at my laptop. I have an ability to ignore the children that I consider a virtue, but I wouldn’t blame my wife if she considered it a vice, because I often miss very obvious moments when parental intervention would be inordinately helpful.

This is all to say that being a member of a family is a true blessing, but also has its

challenges. Siblings fall into disagreements, spouses have rough patches, people don’t

better?

Today is the celebration of the Holy Family, which is a helpful reminder that the family Christ was born into on Christmas morning had its own, intense set of challenges. Not only did they end up with the craziest home-birth story of all time, but they quickly ended up fleeing to Egypt as refugees. Anyone who has traveled with a small child knows it isn’t easy. Imagine the stress and danger of traveling by donkey with a



feel heard so they yell, kids test their limits and think their parents treat them unfairly. As we grow and mature together, we (hopefully) don’t fight over toys as much, but life still finds a way to test the familial bond. We love each other, but that doesn’t mean we don’t push every last button and get on every last nerve.

All families face difficulties. How do we stay together? Even more importantly, how do we not only stay together but thrive and enjoy each other? How can we grow together and make each other

screaming baby. Remember, too, that because of the way the pregnancy came about, Joseph and Mary had a misunderstanding that almost led to their engagement being called off. And Joseph learned soon enough that his future was going to be unique.

The Holy Family not only survived, however — they thrived. Here are some examples from their experience that will help us do the same ...

(Continued on page 11)

Give and deserve trust

The fact that we know our family better than anyone actually makes it hard to trust them sometimes because we tend to show the worst side of our personality to those closest to us. It's akin to the phenomena where your child stays at a friend's house and then helps wash dishes after dinner, when you know for a fact that *they have never ever dreamed of washing a dish at home*. It's a strange fact of life that we are more likely to behave negatively with those we should love the most.

However, the Holy Family shows that it doesn't have to be that way. They always gave each other the benefit of the doubt. Take, for instance, Joseph trusting Mary's explanation for her pregnancy, or their calm reaction after finding Jesus lost in the Temple. In our families, extending a little

trust goes a long way. On the other side, behaving towards our families in such a way to deserve that trust is a sign of respect that they deserve.

Encourage

I grew up with three brothers. Our life was a constant athletic competition, and I don't remember us encouraging each other so much as trying to achieve a dominating victory. Luckily, our parents helped us mature as we grew up. Our family board games still get feisty, but it isn't all-out warfare anymore, and when it comes to really important matters it's clear we want the best for each other.

In Mary, we find the perfect example of a mother who encourages her son. For instance, at the Wedding of Cana, she places her full confidence in him and even convinces the servants at the party to listen to him. In all the stories about the Holy Family, they're never jealous of each other or fighting for attention.

Always stay

In a family, the heroes are the ones who stay. No matter the argument, the frustration, the disappointment. A strong family never gives up on each other. We see this in how Mary is present at every moment in her son's life. She's there for the triumphs but also the tragedies. Family never abandons each other no matter how far one of the members falls. From this safe home environment, each of us is given the courage to go out into the world with confidence.

In the end, we stay together because we belong to each other, and no matter how big a mess surrounds us, a strong family will always overcome.

https://aleteia.org/2018/12/30/3-lessons-from-the-holy-family-to-help-our-own-families-thrive-in-the-coming-year/?utm_campaign=NL_en&utm_source=daily_newsletter&utm_medium=mail&utm_content=NL_en

Background: Week of Prayer for Christian Unity



WEEK OF PRAYER
FOR CHRISTIAN UNITY 2019



**Justice and only justice
you shall pursue.**

(Deuteronomy 16:18-20)

In 1908, Rev. Paul Wattson, then an Anglican religious in Graymoor, New York, began a Church Unity Octave with the support of Anglican and Catholic prelates, including Cardinal William O'Connell of Boston.

The octave began on January 18, then the Feast of the Chair of St. Peter in Rome, and concluded on January 25, the Feast of the Conversion of St. Paul.

The following year, Wattson and other members of his Society of the Atonement became Catholic, and in 1910, Wattson was ordained to the priesthood. Observance of the octave spread rapidly. In 1916, Pope Benedict XV, renaming it the Chair of Unity Octave, extended its observance to the entire Church.

The octave is now known as the Week of Prayer for Christian Unity. Since 1968, the Faith and Order Commission of the World

Council of Churches and the Pontifical Council for Promoting Christian Unity (formerly the Secretariat for Promoting Christian Unity) have jointly prepared materials for the week of prayer.

The theme of the 2018 Week of Prayer for Christian Unity is "Your right hand, O Lord, glorious in power" (Ex. 15:6), and the biblical text is Exodus 15:1-21. This year's materials were developed in the Caribbean.

In 1964, the Second Vatican Ecumenical Council issued its Decree on Ecumenism (*Unitatis Redintegratio*), and in 1995, St. John Paul II issued *Ut Unum Sint*, an encyclical letter on commitment to ecumenism. In a 2007 doctrinal note, the Congregation for the Doctrine of the Faith taught that

ecumenism does not have only an institutional dimension aimed at "making

the partial communion existing between Christians grow towards full communion in truth and charity." It is also the task of every member of the faithful, above all by means of prayer, penance, study and cooperation.

Everywhere and always, each Catholic has the right and the duty to give the witness and the full proclamation of his faith. With non-Catholic Christians, Catholics must enter into a respectful dialogue of charity and truth, a dialogue which is not only an exchange of ideas, but also of gifts, in order that the fullness of the means of salvation can be offered to one's partners in dialogue. In this way, they are led to an ever deeper conversion to Christ.

<http://www.catholicculture.org/news/headlines/index.cfm?storyid=34994>



Forget society's standards, here's the secret to a truly beautiful home

I have a friend who was recently diagnosed with stage 4 cancer. An awful diagnosis for anyone, at any stage of life. But as a 48-year old father of four, with two still in elementary school, it has shaken everyone in our community. He's now in a daily battle to stave off cancer, provide for his family, and both parent and husband well.

In preparing themselves for the long days and years to come, my friend and his wife decided to downsize their home – moving from 3,400 square feet to 1,800. They saw the move as an opportunity to save money, time, energy, and effort for the journey ahead – a journey that would require focus and intentionality.

They hadn't lived in their larger home for very long before the diagnosis. In fact, I still remember the first time I visited – Christmas, last year. It was for a party and their home was decorated immaculately. My wife and I arrived early for the party and offered our hosts the first thoughts that entered our mind, "Your new home is beautiful. Thank you for having us over."

As the party attendees continued to arrive that evening, I watched as many had similar greetings for their host and hostess, "Your house is gorgeous!"; "This is stunning!"; and "Your home is absolutely beautiful!" Customary greetings, I know, but these compliments were not empty words of praise – the houseguests were genuinely impressed with their hosts' home.

We are, after all, a culture and society that loves big houses and expensive furnishings and decorations. Most people spend their lives, and – if current stats on household debt are correct – their money pursuing bigger and bigger homes in nicer and nicer neighborhoods.

In fact, the average American home has nearly tripled in size over the last 60 years, all while the average American family has decreased in members. And if all this

increased space isn't enough, 10 percent of us rent offsite storage and 25 percent are unable to park even one car in our garage. "Bigger" and "more lavish" tend to be homes that are praised in our culture.

Sometimes I wonder if these bigger homes (and the increased furnishings and material possessions that go inside them) are actually benefiting our lives. And if they are not, are they worthy of our praise and admiration? Is it possible we are looking for "beauty" in all the wrong places?

The concept of home as an ideal for safety and comfort, of acceptance and belonging, is one that resonates with almost everyone. But somewhere along the way, we began chasing a different ideal. "Home" became a place to upscale, store an ever-increasing pile of possessions, and chase a never-realized perfection portrayed in Pottery Barn catalogs and on home-improvement reality shows.

But what is the purpose of home and what makes the concept beautiful in the first place?

Home is a place to come home to. It offers a place to relax, unwind, and rest. It provides an opportunity for interaction among family members – a safe harbor from the storms of life to find acceptance, security, and stability.

But home is also a port of departure when you're ready to brave the high seas of life again. Home offers us rest and security so we can live our best lives in the world outside – accomplishing the most good for the most amounts of people.

As John Shedd said, "A ship in harbor is

safe, but that is not what ships are built for."

These are the ideals we should strive for with the home we create: a safe harbor and effective port of departure. And when these ideals are being met, our home is beautiful. We do not need to constantly increase square footage, discounted (or not) furniture, or decorations.

In fact, often times, reducing the square footage and/or the number of possessions in our home allows us to better realize those ideals that make a house a home. When our money, time, and energy is not spent accumulating and caring for things that don't matter, we have more resources available for the things that do.

Last week, my wife and I dropped off dinner at our friends' new, smaller home. It had been a long day for them full of scans, doctor visits, diagnoses, and treatments. We did not intend to stay long – they needed rest as much as they needed a fresh meal.

However, while dropping off the food I asked my friend how he was liking his smaller home. He said, "It's great! I no longer have a mortgage payment because we removed that burden when we downsized. We're in a more stable position financially which is important to me. Sure, we're still adjusting to living in smaller quarters as a family. But this house is easier to clean and maintain and take care of so I can focus more on the things that matter. Most importantly, it's bringing us closer together as a family. And Joshua, that is the thing that means the most to me right now as I fight for my life and theirs."

I looked around the room one more time. I saw a family growing closer, better prepared in this smaller space for their difficult journey ahead. "Bob, I think it's beautiful."

<https://www.foxnews.com/opinion/forget-societys-standards-heres-the-secret-to-a-truly-beautiful-home>

Canada government pushes euthanasia ads in hospital waiting rooms

In yet more evidence of how far Canada has slipped down the euthanasia slippery slope, a hospital in Ontario is advertising "Medical Aid in Dying" in its urgent care waiting room.

M.A.I.D. that was shown in hospital

Wesley J. Smith of the Discovery Institute writes that a source sent him the above photograph of a public information announcement that appears on a large television screen in a William Osler Health System hospital urgent care waiting room. The same advert can be found on the health system's website.

Killing, not care

The advert tries to appear compassionate, with an image of a male doctor's hand gently resting on the arm of a woman in a hospital bed, and the promise to "help eligible patients fulfill their wish to end their suffering."

However, as Mr Smith points out, people in a hospital waiting room may be afraid, in pain,



or depressed, and so particularly vulnerable to the suggestion that having their lives ended is the best solution. The advert makes no mention of palliative care or genuine medical care to help alleviate suffering in ways that do not involve killing.

Just the latest example

This is not the first time health officials in Ontario have been accused of pushing euthanasia instead of life-affirming medical care and support. In March, Roger Foley, a man with an incurable neurological

disease started legal action against the attorney generals of Ontario and Canada for offering medically-assisted death without guaranteeing the option to receive proper care. He says the only options offered to him were to return to a healthcare team that provided substandard care, or medically assisted death.

Other developments which show how sanitised legal killing has become in Canada are proposals to take organs from living people who have chosen

euthanasia, and to extend it to the incompetent and mentally ill, and, horrifyingly, to children.

The advert shows that not only is deliberate killing being normalised, it is becoming a reasonable, and even preferred method of alleviating suffering.

<http://www.spuc.org.uk/news/news-stories/2018/november/canadian-hospital-advertises-euthanasia-in-waiting-room>

Pope shifts World Day of Migrants and Refugees to September

Pope Francis has shifted the Catholic Church's annual World Day of Migrants and Refugees from January to September, the Holy See spokesman, Greg Burke said in a statement on Nov. 20.

Pope Francis has shifted the Catholic Church's annual World Day of Migrants and Refugees **from January to September**, the Holy See spokesman, **Greg Burke** said in a statement on Tuesday.

"At the request of various Bishops' Conferences, the Holy Father has moved the World Day of Migrants and Refugees to the last Sunday of September," the statement read. "Thus, the next World Day of Migrants and Refugees, the 105th, will be celebrated on Sunday 29 September 2019." "As usual, the text of the Holy Father's Message will be released some months before the World Day," Burke added.

Origins

The origins of the World Day of Migrants and Refugees can be traced to **1914**, a



few months before the outbreak of World War I. Touched by the drama of millions of Italians who had migrated abroad since the beginning of the 20th century, Pope Pius X called on all Christians to pray for migrants.

A few months later, his successor **Pope Benedict XV** instituted the Day of the Migrant to support spiritually and economically the pastoral work for Italian emigrants.

In 1952, Migrant Day took on a broader and more international connotation and the particular Churches were called upon to choose a date to celebrate the day during the liturgical year.

St. John Paul II was the first pontiff who, since 1985, has issued a message each year drawing attention to some of the specific realities and difficulties of people on the move, calling the Church to action.

In 2004, the **Pontifical Council for the Pastoral Care of Migrants and Itinerant People** extended the day to refugees calling it the World Day of Migrants and Refugees.

At the behest of St. John Paul II, since 2005, the World Day of Migrants and Refugees has been celebrated by the Universal Church on the **2nd Sunday after the Epiphany**.

On the 104th World Day of Migrants and Refugees, January 14, 2018, Pope Francis announced the change in the date of celebration which will be the last Sunday of September.

<https://www.vaticannews.va/en/pope/news/2018-11/pope-francis-world-day-migrants-refugees-september-press->

A Priest's Warning: The Devil Always Fights Dirty

I remember an exorcist once telling me how difficult it was to deal with the devil because you cannot trust anything he says. The demons lie, lie, lie. They howl and whimper and say they are leaving the possessed person, but they are lying. They are still there. They hide. They blaspheme, but even that is a lie. It is a front. It is a ruse.

The difficulty is that we are not allowed to fight dirty in response. We have to play fair or we join the devil in his own game and as soon as we do, he wins.

What can we do in the face of such hate?

We can do only what the Lord did. We stand silent. As the sheep before the shearers is dumb.

Whatever we say will be twisted against us. Whatever we explain will be disputed. Our joy will be mocked. Our truth will be turned into a lie. Our virtue will be raped. Our nobility will be humiliated with torture until we scream for mercy. Our

righteousness will be revealed as hypocrisy and our faith will be punctured with the mockery of the crowd, "Where is your God now? Why doesn't he save you?"

So in the face of the powers of this world the true Christian will walk the way of the martyrs. This is what Christ the Lord means when he says, "To be my disciple you must take up your cross and follow me."

This is always therefore the sign of an authentic Christianity. It always stands trembling on the threshold of martyrdom. Do you see a church that is comfortable in this world? Do you see a church that has got into bed with the powers of the state? Do you see a church that has grown rich on the handouts of favor and privilege from the crown? Do you see a church that has invested happily in the banks and counting houses of the world? Do you see a church that dines richly with Caesar? There is the church of the antichrist.



This is why the Catholic love of the martyrs is always and everywhere a sign of authenticity. This is why the true Church always stands with the poor, the dispossessed, the homeless, the hungry and the lowest of the low.

We stand there because they are the "few, the faithful few, the band of brothers" in the perennial fight against evil.

<https://churchpop.com/2016/04/08/a-priests-warning-the-devil-fights-dirty/>



There have been a few times in my life where I really believed that God had orchestrated things for me, but I was wrong.

One time, we were looking into buying a house. We found one that we absolutely loved and saw it was for sale by owner. I called the wife and she gave me a price that was considerably higher than our budget. So, I hung up the phone and thought no more of it.

The next afternoon, I got a call back from the wife and she told me that she had given me the wrong price and that the

actual price was right in our price range! We were so excited. Surely, this was God's plan. I mean, the house was right across the street from our church. We thought for sure that God had set this up for us.

A couple weeks later, we had an inspection and the house failed...big time. A contractor told us that we would need to spend at least \$150,000 just to make the house able to pass inspection. \$150,000 in repairs!!!! That made the house WAY out of our price range and we had to back out. I was heartbroken. God wanted me to have this house, right? He had set everything up so perfectly!!

Well, maybe not. Maybe it was my own will that I was listening to and counting on.

Our own will can be a STRONG and LOUD voice. Sometimes we mistake it for God...because our own voice can be so powerful. Sometimes things just truly are

Listening for God's Voice

coincidence. Sometimes we think we are "under spiritual attack," but it's really just that we made poor decisions that got us into a precarious situation.

God's voice is going to sound different to each one of us. But in my own life, God has never had an overpowering voice. It is small. Soft. Never angry. Never promoting anger. Never pushy. But, almost always, what He is asking me to do makes me feel very uncomfortable...yet, makes the people I encounter because of my "yes" feel very at peace. I don't want to do it sometimes...that's how I know what He is asking is not my own will. My own voice is telling me "no." But God waits patiently for my fiat...my "yes" to Him.

Never be afraid to give God your "yes." Just make sure that the voice you are hearing is actually His.

Abby Johnson.

<https://m.facebook.com/abbyjohnsonprolife/>

What do you say to someone who claims that the Vatican houses the Church's riches?

Grand churches such as the Vatican are not for the benefit of the Church per se but rather for the people of God and to give glory and honor to God.

As Catholics we believe that faith involves the whole person, not just our words. Beautiful art and buildings are meant to inspire us and draw us visually and emotionally into the realm of faith. For example, my parish is a beautiful nineteenth-century church full of marble. When the people of my neighborhood come to Mass or to pray, they can escape the harsh realities of the outside for a little while and bask in the beauty of their parish, which reflects to them the beauty of God and faith.

Grand churches also reflect our values. If we claim that God is the center of our lives and the most important thing, shouldn't our buildings dedicated to God reflect that? As human beings we naturally associate importance with how much effort we put into something. If we pay little attention to the house of God and prayer, what would that say about the importance we place upon those things?

How much money the Catholic Church has is often exaggerated by legend and anti-Catholicism. In 2010, the Vatican had an

income of \$326 million and ran a \$13 million budget surplus, but in 2011 the Vatican ran a \$19 million deficit. And while some of that money obviously went to



maintaining church buildings and art, much of it also went to charitable causes.

Recent re-evaluations of Vatican assets show that the Vatican has approximately \$1 billion in total assets. For comparison, Harvard University's endowment is over \$30 billion. So, relatively speaking, the Catholic Church is not really wealthy, and no one blames museums for maintaining their art work and structures.

Money that is amassed merely for the

comfort and advantage of a few would obviously be immoral. That can and does happen sometimes; clergy are affected by original sin the same as everyone else, and the Church does its best to root it out when discovered.

The world spends billions on maintaining history, art, and beauty without an uproar over how else that money could be spent. People seem to have better perspective and practicality on secular matters, but the facts are the facts. The Church, compared to other institutions and organizations, is not all that wealthy and proportionally seems to do much more good with what it has.

Jesus doesn't need money, precious metals, or beautiful art. Those are not really the things we're giving to Jesus; we're giving our love and talent and giving thanks for the blessings we have received. When Jesus returns, I don't think he'll see the materials and money—he'll see the love and devotion that produced it. And, of course, in the places and times we did it for our own glory rather than his, he'll see that too.

<https://www.catholic.com/qa/is-the-vatican-rich>

The Feast of the Epiphany

The wise men listened to what the king said and then left. And the star they had seen in the east went on ahead of them until it stopped over the place where the child was. They were thrilled and excited to see the star. When the men went into the house and saw the child with Mary, his mother, they knelt down and worshiped him. They took out their gifts of gold, frankincense, and myrrh and gave them to him. Later they were warned in a dream not to return to Herod, and they went back home by another road.

The Feast of the Epiphany is celebrated on January 6. This feast commemorates the visit of the wise men to worship the baby Jesus. Tradition tells us that their names were Caspar, Melchior and Balthassar. The men were astrologers who were looking for the star that would lead them to the promised Messiah. This was prophesied in the Book of Micah.

According to the Gospel narratives, the wise men brought gifts of gold, frankincense and myrrh with them. These gifts were very meaningful. Gold was a precious and expensive gift and showed how important Jesus was. Frankincense is a sweet perfume which was often burned in the temple to worship God. It was a sign that Jesus should be worshipped. Myrrh was used to keep things fresh, and it was used by the women to anoint Jesus' body

when he died. By bringing it as a gift to Jesus, the wise men foretold his suffering and death.



Too Much Screen Time for Children Changes Their Brain



On average, children are exposed to over 60,000 hours of media by the time they are 17-years-old. As the digital age cements itself into culture, researchers have been investigating the effects of media on brain development in children for decades. A new study which the news program 60 Minutes investigated is showing some startling findings.

The National Institutes of Health plans to spend \$300 million to study 11,000 children between 9 and 10, for ten years to deduce what the effects of screen time are. Currently, researchers at 21 locations across the U.S. are finalizing interviews. As they investigate the first-round of brain scans for children researchers are already unearthing some telling results MRI results for the first wave of participants. "The MRI's found significant differences in the brains of some kids who use smartphones, tablets and video games more than seven hours a day."

These "significant differences" show that there's a premature thinning of the outer cortex of the brain. Dr. Gaya Dowling breaks this thinning down, "we don't know yet if it's a bad thing. It won't be until we follow them over time that we will see if there are outcomes that are associated with the differences that we're seeing in this single snapshot."

Dowling believes that this could be a matter of brain maturation, but only time will tell, "what we would expect to see

happening later, is happening earlier."

The digital age is reshaping our culture and the way we interact with media, creating a domino effect. Researchers are optimistic that the findings from the study will help to communicate if the children develop an addiction to screens, something Dr. Dimitri Christakis (Seattle Children's Hospital) is already learning about in depth. Dr. Christakis studies children under two years old, to see how they interact with screens, and the impact it has on their development. He notes, "what we do know about babies playing with iPads is that they don't transfer what they learn from the iPad to the real world, which is to say that if you give a child an app where they play with virtual Legos, virtual blocks and stack them, and then put real blocks in front of them, they start all over."

With the exception of brief video chatting, Dr. Christakis findings compelled him to assert that screen time is not beneficial to toddlers and babies because they cannot compute the difference between screen and reality. Additionally, Dr. Christakis highlights that the "experience of making something happen, is so much more gratifying" for someone under two than a teenager.

Former Google manager, Tristan Harris, goes so far as to call this screen phenomenon a "war for attention." Harris asserts that parents assume this type of

interaction is just what children do in 2018 but follows up that this is a major misconception. According to Harris, contrary to times before, teams of sophisticated individuals are consistently changing digital features to make them more enticing to consumers, and it's working. This idea is so prevalent in our culture that in recent months, an ad campaign highlighted the generational divide of screen interaction.

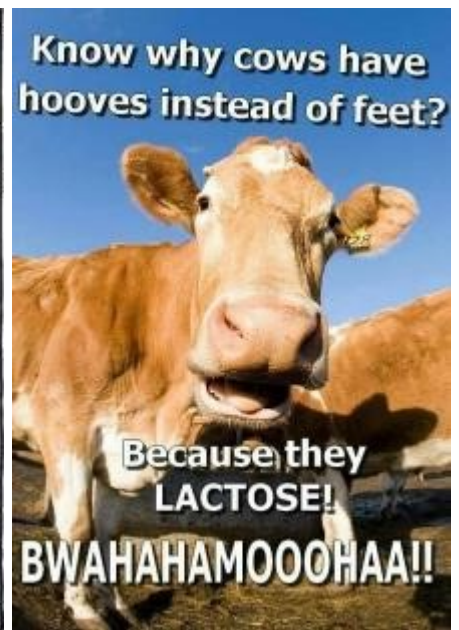
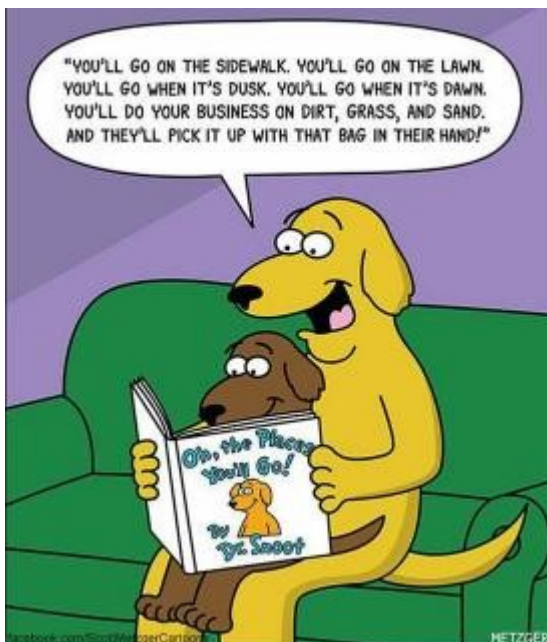
Anderson Cooper's coverage of the study concludes with Jean Twenge, a professor of Psychology at the UC San Diego. After five years of study of what she calls the "iGen" generation, Twenge urges, "you have to use it for what it's good for then *put it down*." This sentiment is also echoed in the book *The Culture-Wise Family* by Movieguide® founder Dr. Ted Baehr.

While there are features that allow smartphone users to monitor their screen-time usage, many parents don't realize those features are available or how to use them. As researchers gather more evidence of the negative impacts of screen time, we need to heed these findings and combat too much screen time with positive practices.

<https://www.movieguide.org/news-articles/too-much-screen-time-for-children-changes-their-brain-according-to-new-research.html>



Audrey Hepburn was the granddaughter of a baron, the daughter of a Nazi sympathizer, spent her childhood and teens doing ballet to secretly raise money for the dutch resistance against the Nazis, and spent her post film career as a goodwill ambassador of UNICEF, winning the presidential medal of freedom for her efforts...And history remembers her as pretty.



HOW WELL I SLEEP

