



# Notre Dame de Lorette Catholic Women's League



Care for our  
**Common Home**

**June 2019**

**Currently  
collecting:**

*Tin for the Bin  
Pill Bottles  
Feminine Hygiene  
Products & Toiletries  
Tabs for Wheelchairs  
Used Eyeglasses*

## Prayer for *Father's Day*

God our Father,  
We give you thanks and praise  
for fathers young and old.  
We pray for young fathers,  
newly embracing their vocation;  
May they find courage and perseverance  
to balance work, family and faith  
in joy and sacrifice.  
We pray for Fathers around the world  
whose children are lost or suffering;  
May they know that the God of compassion  
walks with them in their sorrow.  
We pray for men who are not fathers  
but still mentor and guide us  
with fatherly love and advice.  
We remember fathers, grandfathers,  
and great grandfathers  
who are no longer with us  
but who live forever in our memory  
and nourish us with their love.

*Amen.*



The balance between authority and loving respect is not always easy for fathers to achieve. But if Jesus corrected his disciples for wanting to be in places of authority—at his right hand or his left in his kingdom—we dads need to figure out what the combined roles of father and servant look like. —Doug  
[Lorig from A Father's Heart: Rosary Meditations for Dad](#)

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

# June 2019

Sun

Mon

Tue

Wed

Thu

Fri

Sat

 <p>The CWL Prays the Rosary for Peace on Wednesdays</p>						1
2 Prayers < Mass MaryAnn N	3  Joanne & Raymond Touchette	4	5  Jennifer & Benjamin Poitra	6	7	8  CWL Provincial Convention in Thompson
9  CWL Provincial Convention Prayers < Mass Maryanne R	10	11	12 	13	14  BBQ, pg 5	15
16 Happy Father's Day! Prayers < Mass Suzanne Moore	17	18	19 	20	21  Singing @ Villa Youville, Ste. Anne, 2:45 pm	22
23 Prayers < Mass Rolande C	24  Carol Mravinec	25	26 	27  Monica Chernichan	28  Mass to our Intentions, Solemnity of Most Sacred Heart of Jesus	29  Jacqueline Bouchard
30 Prayers < Mass Charity McD						

Honour Guard, Feast of St. Boniface @ St. Boniface Cathedral, 7:30 pm; meet @ 7:00

# July 2019

Sun

Mon

Tue

Wed

Thu

Fri

Sat

	1	2  Jolene Capina	3	4	5	6
7  Suzanne Desmarais	8	9	10	11  Kathleen & Dan Messner	12	13
14  Suzanne & Leo Desmarais	15	16	17	18	19	20
21  Susan & Leo Bernier	22  Lynne Bernier	23	24  Suzanne & Cameron Moore	25	26	27
28	29	30	31			

# August 2019

Sun

Mon








Tue

Wed

Thu

Fri

Sat

				1  Marilyn Toutant	2	3
4	5  Mae Ross	6  Marie McCall	7	8	9	10
11	12	13	14	15	16	17
18	19	20  Joanne Touchette	21	22	23	24
25	26  Jacqueline & Gilbert Bouchard	27  Lucille & Ron Chay	28 Volunteering @ Soup Kitchen, 4:15 pm	29	30	31  Heather & Derek Kolowca

CWL National Convention in Calgary



# Lacey's Address

Happy June everyone!

Let's jump right in. Thank you to all our members who participated in the March for Life early in the month. Standing up for human life is an important aspect of what the CWL stands for. It's always great to see our members actively participating in activities such as this.

At the latest Annual CSE Banquet, nine of our members attended and were able to give their support to the CSE. (See page 8) The CSE is in desperate need of a new van in order to transport children to and from the summer camps this year. Their goal is to raise \$20,000. If you wish to donate, you can visit their website to learn how you can make a donation.

Special thank you to Mae Ross for organizing the 12 hours of prayer for palliative care and sanctity of life on May 3. A summary of the day can be found on page 12.

Also thanks to Mae and Valerie for setting up and looking after the month-long baby shower for Crisis Pregnancy Centre. A report of the items collected can be found on page 12.

A big thank you to all the ladies who helped out at the Mother's Day Mass. It was great to see the CWL represented in almost all the ministries. Keep up the good work!

Then we come to the Highway Cleanup. First, I would like to thank Lucille Chay for planning and organizing the event. We had 23 volunteers show up. Thank you everyone! It took longer than we thought it would but was still very satisfying getting the job done. We found some pretty interesting things out there and we also got some amazingly positive feedback from the community. See pages 9-11 for photos and more information. I'd also like to send a big thank you to the crew at Chicken Chef who hosted us after the cleanup. They gave us great services and deals.

Some events coming up for June and the rest of the summer:

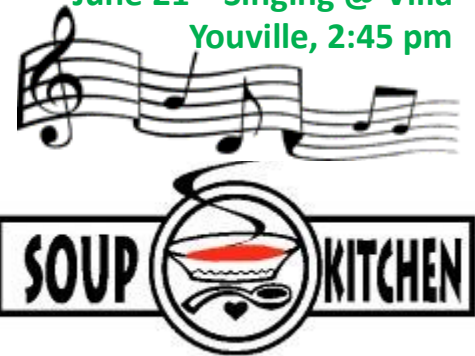
- First, you are all invited to participate in the Honour Guard for the Feast of St. Boniface at the Cathedral on June 5 @ 7:30. Please let me know if you are able to join us
- We are also still looking for a few volunteers to help out at the 11:00 am mass on Father's Day, doing the greeting and collection. If you are able to help out please let me know as soon as possible.
- Singing at the Villa Youville on Friday, June 21st, 2:45 pm
- Eight of our members are traveling Thompson for the Provincial Convention. Please send your prayer for their safe travels.
- Two very important upcoming dates are June 14th for our Windup, hosted by Connie and Elwood Haas. Don't forget to bring a salad or dessert! We will be having a special presentation that evening. See page 5.

- The second date is June 23rd. It is our Annual Parish Picnic and Corpus Christi Celebration. Mass starts at 10:00am and will be bilingual. Once back at the church, there will be some presentations, free food, games for the kids and the Cribbage Tournament. Come out and have some fun and celebrate the Farewell to Father Charles. See poster on page 6.
- Tuesday, August 27 we will be volunteering at the Grace Mennonite Church soup kitchen in Steinbach, beginning @ 4:15 and we would love to see you there!
- Safe travels to our ladies who will be attending the national convention in Calgary from August 18-21. Be sure to take pictures and tell us all about it!

Hope you all have a fun and safe summer!

*Lacey Bernardin*

**June 21—Singing @ Villa Youville, 2:45 pm**



**Tuesday, August 27, 2019 @ 4:15**

*Suzanne Desmarais received her 5-year pin; she delivered Monique Johnson her 5-year pin also*



## Pope's Prayer Intentions for June 2019

**The Mode of Life of Priests:** That priests, through the modesty and humility of their lives, commit themselves actively to a solidarity with those who are most poor.



## CWL Annual Wind-up and BBQ

Host:  
Lacey Bernardin, NDL President 204-392-3986

When:  
Friday, June 14 at 6:30 PM

Where:  
24019 Mun., 48 N., Ile-des-Chenes East, M.B.  
(Connie & Elwood's home on Dumaine Rd)

## Walk for L'Arche 2019



## Of This & That



**Tache Food Bank & Lorette Co-op team up in a cake fundraiser for the food bank.**

While there is no suggestion here that all such situations of poverty can be resolved by the parish, there is no doubt that an evangelizing Catholic community can be tested by its attitude to the poor and by the measures it takes to meet them and show them Christian love. —

*Francis Cardinal Arinze from The Evangelizing Parish*

Dear Notre Dame de Lorette CWL,  
we want to thank you so much for partnering with us this year through your donation.  
As you may know, the Archdiocese of St. Boniface now made following a Natural Family Planning class part of their Marriage Prep curriculum.  
We are glad to participate in this free event for Catholic engaged and married couples, and your donation helps us cover those costs, especially as we strive to spread God's treasure of NFP to the rest of MB!  
God's richest blessings on all your endeavors!  
Janella LaFrance  
— coordinator + teacher

Notre Dame de Lorette Parish

# 2019 ANNUAL PARISH PICNIC



And Farewell to  
Fr. Charles

TIME TO SAY  
GOODBYE

Sunday, June 23, 2019  
At the Church and Parish Hall



*Rain or Shine!*

Bilingual Mass at 10:00 am  
Corpus Christi Procession after Mass  
Picnic after Procession



FREE Hotdogs and Hamburgers  
FREE Coffee and Juice  
Children's Games  
Cribbage Tournament

**BRING YOUR LAWN CHAIRS & SNACKS**

Come for the Worship  
Stay for the FUN!  
<https://notredamedelorette.info/>

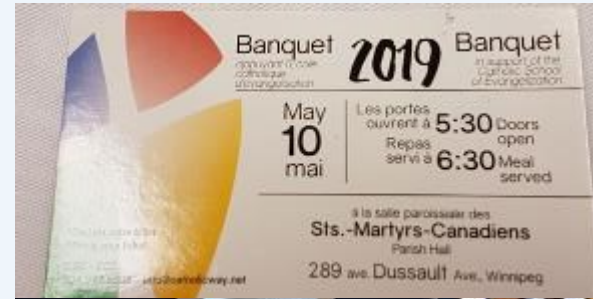


# March(es) for Life 2019



*We must offer people an opportunity to open their lives to Christ, and we must celebrate and support that decision by bringing them into the community and solid sacramental life. If we do this, our people will not wander in search of conversion, support, and community outside the [Catholic] Church. —André Regnier from Clear & Simple*

# CSE Banquet 2019



# Highway Cleanup, May 25, 2019

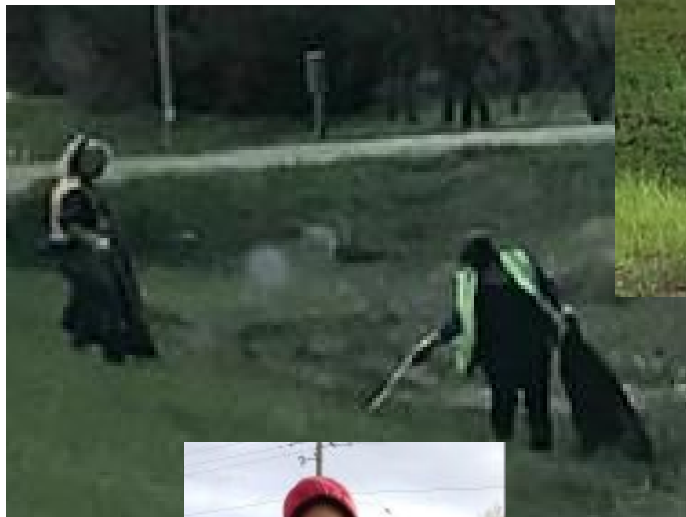


Nearly 100 bags of garbage collected !  
Thanks to everyone who helped out !



# What We Found

Broken eyeglasses  
Full set of car keys  
Raccoon carcass  
Jackrabbit  
Heavy duty chain  
2 containers of snuff  
Donut tire  
DVD's  
Brown and white curtain  
Shredded mittens gloves  
Stagette party favour  
Socks  
Cap  
Foxes  
Skunks  
Signs  
Tow rope  
Hockey stick  
Bath towel  
Rolls of toilet paper  
Car parts  
Cigarette butts  
Beer cans/bottle  
Urine filled bottles  
Plastic sheets  
Plastic bottles  
Liquor bottles  
Plastic gloves  
Plastic bags  
Cement blocks  
4x4 board plywood  
Hydro pole spindles  
Staking tomato cage  
Vape Holder  
Lighters  
Wine glasses  
Money  
McDonald's/Tim's  
Subway  
iTunes giftcard  
Diaper (full)  
Golf balls  
Beer cooler bags  
Deer (2)  
Badgers  
Styrofoam  
Banana peels  
Pop cans  
Comforter  
Shoes  
Canadian tire money  
Feminine hygiene items  
Large amounts of string  
Crime scene tape  
Magnifying glass  
Frisbees  
Metal Sign Holder



# The Buzz Around Town

Anyone else wondering why there are so many garbage bags down the 207? Looks like someone just threw them off a truck?

Lindsay Bouchard, Heather Kolowca and 22 others · 48 Comments

Like Comment

- Dawna Massey** I believe volunteers cleaned the highway.  
Like Reply · 22h · 17
- Amy Rose** Oh that makes sense then! I'm glad it wasn't just someone throwing their trash all down the road!  
Like Reply · 22h · 1
- Diana Grégoire** I believe it was the CWL who volunteered.  
Like Reply · 22h · 2
- Jennifer McKeag** Yes it was the volunteers cleaning up the ditches this morning. 😊  
Like Reply · 22h · 1
- Tobi Ann Baumgartner** I was going to come on here and comment. I was seeing the same thing and was so impressed by the volunteers! They were down by 206 when I saw them.  
Like Reply · 22h · 1
- Danielle Gauthier-Doherty** It's pretty sad how many garbage bags they were able to fill with litter...

- Amy Rose** Danielle Gauthier-Doherty yes I agree it's disgusting how many garbage bags they collected  
Like Reply · 22h
- Jennifer McKeag** Danielle Gauthier-Doherty my husband goes into our ditch at least once a week to pick up the litter. It is always full 😞  
Like Reply · 21h · 2
- Tobi Ann Baumgartner** I noticed it was all older people doing the work. Would be good to get the younger generations involved too.  
Like Reply · 20h · 2
- Kellie Chammartin** Tobi Ann Baumgartner they invited the church youth group and I believe Suzanne advertises on a few of the Lorette pages  
Like Reply · 19h · 1

- Amber Shipp** Great job! But who is CWL?  
Like Reply · 22h

- Mae Gill Ross** Catholic Women's League  
Love Reply · 22h · 7

- Jeannette Vandekeere** Thank you lady's  
Like Reply · 22h · 2

- Brigitte Morningstar** I was wondering the same thing 😊😊😊  
Like Reply · 21h

- Suzanne Moore** Close to 100 bags of garbage from the Landmark turnoff to McDougall Rd along Hwy 207. Still one km to do.  
Like Reply · 21h · 7

Suzanne Moore



- Katie Durand** Suzanne Moore when this sign went up I was over joyed, and actually happy.  
And when I seen just how much work was done in such short amount of time I was even more happy.  
How can one join??  
Like Reply · 14h

- Suzanne Moore** Thank you Katie Durand! We will be doing another cleanup in September and we would love to have more volunteers. Stay tuned for date and time.  
Like Reply · 1m

Suzanne Moore Our crew of volunteers.



- Heather Kolowca** A fabulous crew doing fabulous work! Well done!  
Like Reply · 20h

- Suzanne Moore** Heather Kolowca thank you! We had fun.  
Like Reply · 20h · 1

- Agathe Dorge Lacroix** Suzanne Moore great job ladies!  
Like Reply · 19h · 3

- Katie Durand** Suzanne Moore THANK YOU AND THE FELLOW VOLUNTEERS! AWESOME JOB!!! woot woot!! Go team!  
Please keep me posted on the next clean up day!  
👍 % awesome  
Like Reply · 14h

- Amy Rose** Great job. Thank you for helping to keep our community clean  
Like Reply · 1h

- Michelle Sorin** Thank you for all your hard work today!  
Like Reply · 21h · 4

- Suzanne Moore** Not bad for old ladies!  
Like Reply · 21h · 5

- Nettie Lambert** Suzanne Moore he who u calling old!! We had two kiddies and one teen plus a few middle agers! Lol  
Haha Reply · 20h · 2

Write a reply...

- Steve Stein** The Catholic woman's league had a event today.  
Like Reply · 20h · 3

- Steve Stein** They cleaned from McDougall road to 206  
Like Reply · 20h · 5

- Madelyn McConnell** Good job ladies! I was babysitting and took kiddos down our road and picked up several beer cans too  
Like Reply · 20h · 3

- Coreen Driscoll** Actually I saw a great bunch of people out there first thing this morning picking up all the trash that people carelessly litter through the winter  
So thanks to you all for making the land look amazing 😊 wish I had the time before work to help  
Hats off for all the hard work 😊  
Like Reply · 19h · 6

- Cindy Koivula** Great job everyone!!  
Like Reply · 19h · 2

- Kellie Chammartin** Sorry we couldn't make it various events throughout the day made it hard for us to make it work. Great job everyone!  
Like Reply · 19h · 3

- Erin Gelineau** Thank You!  
Like Reply · 19h · 1

- Steve Rempel** Thank you!!  
Like Reply · 19h · 1

- Nicole Benoit-Chartrand** Thx for cleaning our community it looks great  
Like Reply · 19h · 1

- Teresa Yestrau** Thanks so much for all of the work! Suzanne Moore if you need help next time let me know.  
Like Reply · 19h · 3

- Suzanne Moore** Teresa Yestrau will do!  
Like Reply · 15h

- Ruth Howatt Somerville** Fantastic JOB LADIES I Thank you  
Like Reply · 19h · 2

- Tobi Ann Baumgartner** Ruth Howatt Somerville I saw men too!  
Like Reply · 18h · 1

- Ruth Howatt Somerville** Great job to all the helping men too  
Like Reply · 18h

- Laurie Campbell** Thank you everyone!  
Like Reply · 18h · 3

- Brenna Smeal** amazing people cleaning up our ditches so the town looks great!! Pretty crazy how much garbage they found...great job to all that helped! I will definitely help next year. Didn't know it was happening until I drove by

- Suzanne Moore** Brenna Smeal stay posted. Another cleanup in September. Thank you for the kind words.  
Like Reply · 18h · 2

- Aldis Landry** Way to go 🎉🎉🎉  
Like Reply · 18h · 1

- Allison Tehir** Thank you!!  
Like Reply · 17h · 1

- Lana M Palmer** Thank you everyone for all the hard work. I would have helped but was throwing a party for my husband.  
Like Reply · 16h · 2

- Suzanne Moore** Lana M Palmer next time, perhaps. 😊  
Like Reply · 16h

- Yvonne Chomini** Cubs scouts cleaning  
Like Reply · 15h

- Actually, it was the friends and family of The Catholic Women's League of Lorette. The League's National theme is "Care for Our Common Home", and we thought this was a wonderful response as well as an opportunity to bring the community together. |

- Katie Durand** Lorette Community Discussion Board  
14 hrs · 1

Just wanted to thank the ladies that where out cleaning the ditches around 11am near the coop to golf course area... stretch of hwy 207 on Thursday, forgot to mention this so I'm doing it now. Thank you for your hard work! THANK YOU!

Nettie Lambert and 13 others · 1 Comment

Like Comment

- Suzanne Moore** You're welcome ❤️  
Like Reply · 17h

MTS 9:08 PM  
Marilyn >

Hi Suzanne! This is Marilyn Peters. I just drove the stretch between Lorette and Deacons and I got goosebumps and my heart sang to see the people cleaning the community!!!! THANK YOU!! Is this an annual event? I am not making promises but if it is, I would like to see if I can find some more helpers next year.

# 2019 Baby Shower Results

6 shoes  
2 winter wraps  
1 Baby Bullet system  
1 high chair  
2 strollers  
6 bibs  
48 handmade hats  
1 bottle rack dryer  
4 baby bottles  
2 sets seat belt covers  
2 safety door knob covers  
1 piggy bank  
5 cloth diaper liners  
8 cloth wipes  
20 girl outfits  
3 girl pants  
4 girl shorts  
1 girl hoodie  
3 knitted sets  
1 Moby wrap  
8 pks baby wipes  
1 laundry scent booster  
1 face & body lotion  
1 baby wash  
1 pkg Q-tips



1 butt cream  
1 toothbrush  
755 diapers  
12 onesies  
2 sleepers  
18 sample shampoos/conditioners  
10 boys' outfits  
3 diaper changing pads  
8 receiving blankets  
4 900 grm tins formula  
1 850 gm tins formula  
12 227 gm tins formula  
4 89 ml liquid formula  
1 964 gm tin formula  
3 237 ml ready to go formula  
7 235 ml ready to go formula  
2 pks rice cereal  
3 nipple & ring  
2 nipples  
12 large knitted/crocheted blankets  
9 Med sized knitted/crocheted blankets  
8 blankets  
1 baby book & teether  
1 picture frame  
1 pregnancy book  
1 car seat wrap

## May 3, Chaplet of Divine Mercy Reflections 12 Hours of Prayer for Palliative Care & Sanctity of Life

Charles was very sick with Food Poisoning! I did not expect him to be at the church, but he showed up, lit the candles and did the minimum he could do to consecrate the bread and wine and then to set out the monstrance and candles. Monique Jeanson was his Altar Server and Communion Minister. Poor Fr. Charles had such a swollen face, neck and very red eyes; he was not in a good state! The minute he put the Host in the Monstrance he left for home and his bed!

Sara Champagne and Mathieu Reimer offered to lead those present in singing O Saving Victim/O Salutaris Hostia!. Precious! There had to have been over 20 people there for Mass. There seemed to be at least 4 people for each

hour.

**The Way of the Cross: Reflections on Suffering in Sickness and Dying** - over 13 present - 12 noon. ~ This was taken from Salt and Light Media and was on our CWL website! So well done and perfect for reflecting! I loved it! Big THANK YOU to Lucille Chay for her willingness to share in reading the Stations and Reflections!!!  
*\*Several people told me they greatly appreciated it! - At the beginning we did not pause enough after the reflections. But we got better at the pausing after the 4th or 5th Station!*

**Divine Mercy Chaplet** - at least 5 present -

3PM.

**Prayer for the Protection of Human Life** - 5 present - 6PM.

Maryanne Rumancik reposited the Blessed Sacrament at 8:45PM - 5 present. Fr. Charles greatly appreciated Maryanne offering to do that for him!

Each time I left the church I felt filled with love, joy, peace and contentment! Such a beautiful feeling to spend time with Jesus for the intention of quality palliative care and for the sanctity of human life!

It was a most perfect day! Thanks be to God!!! Blessings and peace, Mae Ross



## CATHOLIC WOMEN'S LEAGUE (CWL)

**Our Mission:** The Catholic Women's League of Canada calls its members to grow in faith and to witness to the love of God through ministry and service.

**Meetings** are @ 7:00 pm, the 2nd Wednesday of the month, September to May at the Dawson Trail School staff room.

President: Lacey Bernardin Telephone: 204-392-3986

Contact person: [Suzanne Moore](#) Telephone: 204-878-3137(c)

### Newsletters

- ▶ May 2019 - Part 2
- ▶ May 2019 - Part 1
- ▶ April 2019
- ▶ March 2019
- ▶ February 2019
- ▶ January 2019

In response to the national theme of the CWL, *Care For our Common Home*, members of the Notre Dame de Lorette council of The Catholic Women's League in Lorette, Manitoba adopted and cleaned an 8km stretch of Highway 207 on May 26, 2019. Twenty-three members, friends and family removed nearly 100 bags of garbage along both sides of the highway. Many thanks for our wonderful crew of volunteers and, judging by the positive feedback on the *Lorette Community Discussion* on FaceBook, more people are interested in joining us in September for the next cleanup. The next time should be a breeze, now that the major cleanup has been done.



# Elections Manitoba



## Manitoba Voter Register



Check.



Register.

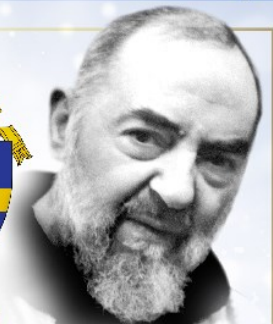


Update.

"A nation always gets the kind of politicians it deserves. If a time ever comes when the religious Jews, Protestants and Catholics ever have to suffer under a totalitarian state, which would deny to them the right to worship God according to the light of their conscience, it will be because for years they thought it made no difference what kind of people represented them in Congress, and because they abandoned the spiritual in the realm of the temporal."

Archbishop Fulton Sheen  
(The Catholic Hour)

## SAINT PIO COMES TO THE DIOCESE OF FARGO



WEDNESDAY,  
OCTOBER 23, 2019  
FROM 1 P.M. TO 9 P.M.

**CATHEDRAL OF ST. MARY**  
619 7TH ST N., FARGO, NORTH DAKOTA 58102

For information about the public veneration, please  
call (701) 235-4289, or send an email to  
[cathedral@fargodiocese.org](mailto:cathedral@fargodiocese.org)

A mass in honor of Saint Pio will be celebrated at  
12:10 P.M. by The Most Reverend John T. Folda,  
Bishop of Fargo

SPONSORED BY THE SAINT  **PIO**  
FOUNDATION



**vote**pro**life.ca**   
Powered by: Campaign Life Coalition

Congratulations! Here's the pro-life candidate in your riding:



**MP Ted Falk**  
Conservative Party | Provencher,  
MB

CLC rating: Pro-life, pro-family



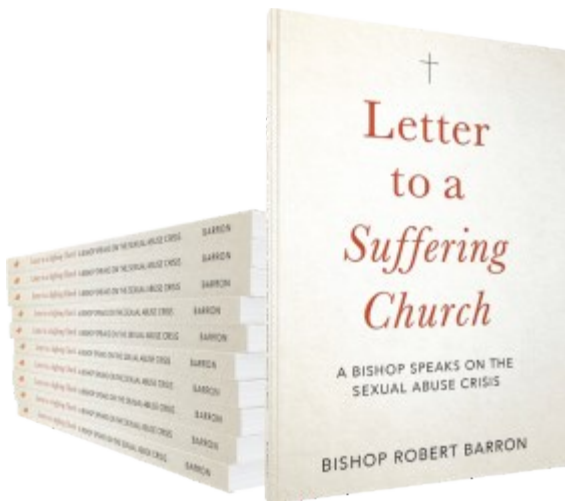
LIGHT RATING



VOLUNTEER!

# Letter to a Suffering Church

BISHOP BARRON SPEAKS ON THE SEXUAL ABUSE CRISIS



The sexual abuse scandal has gripped the Catholic Church for the past thirty years and continues to wreak havoc even today. It's been a diabolical masterpiece, one that has compromised the work of the Church in every way and has left countless lives in ruins. Many Catholics are understandably asking, "Why should I stay? Why not abandon this sinking ship before it drags me or my children under?"

In this stirring manifesto, Bishop Robert Barron, founder of Word on Fire Catholic Ministries and Auxiliary Bishop of the Archdiocese of Los Angeles, explains why this is not the time to leave, but the time to stay and fight. Reading the current crisis through the lenses of Scripture and Church history, Bishop Barron shows that we have faced such egregious scandals before; that the spiritual treasures of the Church were preserved by holy men and women who recommitted themselves to fighting evil; and that there is a clear path forward for us today.

For Catholics questioning their faith, searching desperately for encouragement and hope, this book will offer reasons to stay and fight for the Body of Christ.

Pre-Order your FREE book today <https://www.sufferingchurchbook.com/>

# A Priest Tells the Powerful Truth About What His REAL Job As a Pastor Is



I am your pastor...

You don't need me to be your buddy but your shepherd.

You don't need me on the barstool beside you but in the breach between you and the devil.

You don't me to spout pious platitudes but to offer comfort and truth.

You don't need me to be silent and turn a blind eye but to charitably correct and offer guidance.

You don't need me to be 'a regular person' but a fearless leader and shepherd.

You don't need me to tell you to be nice but to encourage you to be holy.

You don't need me to set the bar low so you will like me but to set the bar high and then help you reach the goal.

You don't need me to be hip, cool, or relevant by worldly standards but to be steadfast, accountable, and strong in the face of worldly standards.

You don't need me to be entertaining but to point to the transcendent.

You don't need me to be a Messiah...you need me to point to *the* Messiah.

I can be friendly, kind, charitable, empathetic to be sure. I can be bold, brave, and strong.

I know to do my job means you might get very mad at me. I can't be so afraid of that that I leave you to destructive forces.

I have to love you more than myself.

I have to lead you to holiness, not popularity.

You need me to be forthright and charitable.

You need to be able to trust that I want what is good and holy for you.

It is not easy.

My job in the parish is very much like the role of a dad in a family. My job is to be in the breach between the flock and what would prey on the flock. My place is where Christ placed Himself.

Pray that I do this job well...that I lead where Christ would have us go.

I want to go to heaven.

I want you to go there too.

I know the way there is a narrow and winding path.

Pray for the strength and perseverance to make each step as it comes.

<https://churchpop.com/2017/12/15/a-priest-tells-powerful-truth-real-job-pastor/>

## End your day in peace with this night prayer

*Look back over your day and prepare for the next, underneath God's watchful care.*

At the end of a long day, it can be difficult to fall asleep. We might have many things on our mind or we may even dread going to sleep because tomorrow will surely bring another uphill battle.

Yet, our days don't have to end with such desolation. Many saints encourage an evening routine where we examine the day that has passed and recognize the many blessings of the day. This exercise can put us in a much better disposition and reminds us of God's providential care.

Below is one such night prayer from the St.

*Vincent's Manual* that focuses in a particular way on the heart of Jesus. If you are looking for a new bedtime routine, try this prayer and rest in the peace of Christ.

*Let us enter in spirit into the adorable heart of Jesus; let us place ourselves in the presence of God; let us adore him and give him thanks for all the benefits we have received from him particularly this day.*

*God, we adore thee through the sacred heart of thy Divine Son, as our Creator and Sovereign Good; we give thee thanks for all thy mercies to us, spiritual and temporal, general and particular, but more especially for the favors bestowed on us this day. May thy holy name be eternally praised and glorified, and may we never be ungrateful for thy bounties.*

*We love thee, above all things, with our whole heart and soul, purely for thyself, and we desire to love thee, as the blessed do in*

*heaven. We also love our neighbor, for thy sake, as we love ourselves. And we sincerely forgive all who have injured us and ask pardon of all whom we have injured.*

*Sweet Jesus receive our souls! May the Blessed Virgin Mary, St. Joseph, and all the Saints and Angels, glorify and love the Sacred Heart of Jesus for us this night, and pray for us to our Lord, that we may be preserved during it from all sin and evil.*

*St. Michael, defend us in the day of battle, that we may not be lost at the dreadful judgment. O Angels of God, to whose care we are committed by the Supreme Clemency, enlighten, govern and defend us, this night, from all sin and danger.*

*Save us, O Lord, while we are awake and during our sleep, that we may watch with Christ, and rest in peace. Amen.*



## Catholic parish dos and don'ts from millennials

*If my focus group ruled the world, here's what they would probably enforce.*

A [Boston Herald story](#) announced, "Millennials making their way back to church," and focused on Catholic parishes in Boston that are seeing more millennials at Mass.

The report gave me an idea: Why not ask millennials that I know what attracts — or repels — them from parish life?

If my focus group ruled the world, here are the dos and don'ts of parish life that they would probably enforce.

**First: Don't schedule daily parish Masses only for retirees.**

"My generation hates when churches cater to the elderly and retired only," said one millennial. She cited Masses scheduled at 8 a.m. or later instead of before or after work hours.

Millennials told me that a parish with an 8 a.m. or later daily Mass is saying, loud and clear: "We don't want working people to attend our Masses."

Meanwhile, a recent [Gallup poll](#) that said membership in churches is continuing its 20-year drop (though religious sentiment is still strong). That is a natural consequence of church schedules that exclude working people.

**Do schedule Mass such that working people can attend.**

On the other hand, when a parish is willing to have an early or afternoon daily Mass, it sends its own message: "We will sacrifice to meet your needs, rather than demand you sacrifice for ours."

A bonus tip for parishes from my focus group:

Please, *please*, put your Mass times on your parish website, and make them "sticky" at the top of your Facebook page, particularly during special times like Holy Week.

**Second: Don't make service opportunities the fiefdoms of previous generations.**

Millennials also called out service opportunities at parishes. They tend to be run by older people who can't imagine doing something different from what was done before.

That means that young people who don't want to sell baked goods or can't sew or can't meet on Wednesday afternoons have no way to participate — and the parish has no intention of changing this, because of who is in charge.

**Do make the Church a place where millennials can serve their communities.**

Meanwhile, one of the great benefits of church membership is that it serves as a kind of antidote to the self-centered and isolating social media culture. Religion not only bonds you to God, it bonds you to your community through service to others.

If churches want to keep millennials, they need to "give them the keys to the car" and allow them to create parish service opportunities that suit their abilities and availability.

**Third: Don't only offer confessions one hour a week.**

Millennials tell me that the sacrament of confession feels like a sacrament built for them. It allows them to focus on their unique personal life story and how it intersects with God and the world, and get personalized help in making it better.

But working people have a hard time getting to confession on a Saturday, the day when all their errands have to happen also. Those with children find it even harder.

**Do offer confession in the evening.**

My parish does a great job at this, offering confession on Wednesday after work.

The popularity of the sacrament is obvious: You often see young people in line at the parish, and confession lines at Benedictine College, right next door, have quintupled in the last 10 years.

**Fourth: Don't only offer fellowship for older people.**

Often, the fellowship opportunities at a parish cater to particular categories of people — older people.

The only women's group might be a moms' group, for instance, or a divorce support group. The only men's group might be a service group made up mostly of retired men.

**Do allow young people to create their style of fellowship**

The [Boston Herald story](#) offered one example of a Boston parish that offers a 7 p.m. Sunday Mass with a potluck dinner afterwards.

At my age (49), I would never go to such a Mass or such a potluck. But that's exactly the point. Millennials would and do.

"There's something about being at the table with a bunch of people and laughing and joking — that's the connection that people like," said a parish worker.

More of that, please!

**Fifth: Don't try to be hip.**

Several years ago, I noticed an interesting generational divide in meetings about parish music. Young people wanted the traditional, "singable" hymns that are old chestnuts in our hymnals: "To Jesus Christ Our Sovereign King," "Holy God We Praise Thy Name," "Hail Holy Queen Enthroned Above," etc.

The 50 and older crowd wanted the hymns that were popular in the 1970s and 1980s: "On Eagle's Wings," "I Am the Bread of Life," and "Here I Am, Lord."

Often, when older people try to reach out to younger people, they ignore what younger people actually want, and default to the kinds of things *they* liked when they were young.

**Instead, do try to be authentic.**

"We want authenticity," one millennial told me. "When Catholic churches try to be youth-friendly — less smells and bells and more hip — it rings false."

She told me young people like Eucharistic adoration (make it available outside work hours!) and other traditional devotions, along with Bishop Robert Barron-style apologetics.

This maybe sums up all of the advice my focus group gave me. Don't try to be who you aren't — be who you are, but be that for all.

[https://aleteia.org/2019/04/29/catholic-parish-dos-and-donts-from-millennials/?utm\\_term=Autofeed&utm\\_campaign=english\\_page&utm\\_medium=aleteia\\_en&utm\\_source=Facebook#Echobox=1556836592](https://aleteia.org/2019/04/29/catholic-parish-dos-and-donts-from-millennials/?utm_term=Autofeed&utm_campaign=english_page&utm_medium=aleteia_en&utm_source=Facebook#Echobox=1556836592)



# An unconventional Spanish model shares the secrets of her success

*Marian Avila is a model with Down syndrome and has walked the runway during NYC Fashion Week*

One of the main themes in Marian Avila's story is hard work. It has taken immense effort to achieve her dream of becoming a great model. This young woman, who at the age of 21 has managed to walk the runway during Fashion Week in New York City, is an example to everyone who has dreams.

How did Avila achieve her goal? First, she has been able to rely on the unconditional support of her family. Also, she's shown a firm determination to give herself to others, overcome her fears, strengthen her self-confidence, and get up whenever she falls. She's done what it takes to embrace the lifestyle in order to be committed to her profession.

*My family gives me a lot of priority, and has supported me at all times. They want only the best for me!*

Marian has been able to reach her goals thanks to the unconditional support of her family. Starting when she was very young, they gave her the motivation, confidence, and love she needed — essential elements that helped her face the challenge of becoming a model.

In various interviews, she has said that she receives much affection from her family. "They are the ones who've helped me the most, since the beginning, to grow as a person," she said. Whenever she talks about this, she gets emotional. Her family is there to give her whatever she needs, in good times and in bad.

*I have my fears, but I'm overcoming them. I am the way I am.*

Marian is opening up an inclusive space in a landscape where it was impossible to show the beauty that all of us have in different ways. Fashion designer Talisha White, for whom Marian modeled during

Fashion Week, made the effort to choose models who aren't exactly what the fashion industry usually dictates.

Talisha believes that beauty comes from inside, and that women like Marian are changing the world, because not only are they revealing what beauty truly is, they're doing what they want to, "that's a very big difference, because it shows that it really is possible."

*If you fall, get up. Visualize your achievements, beginning with what's most important.*

Marian had a dream: to break all the barriers imposed by Down syndrome, and to make the fashion runway her way of life. Marian, who is originally from Valencia, shares her experiences on social networks, showing how each day she fixes her gaze on the goal. For her, the important thing is not to lose focus, and never to stop dreaming, because "dreams can become reality."

*Happiness is working in what you love most.*

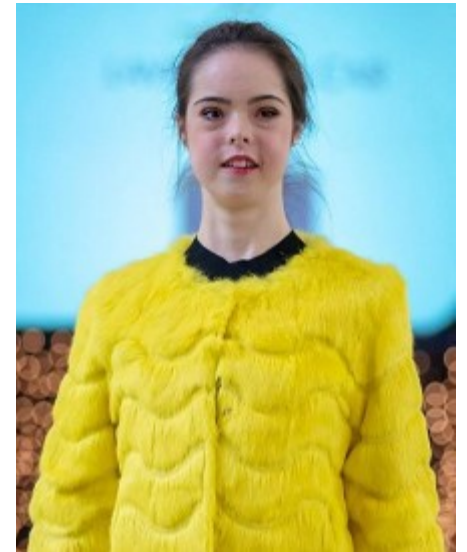
Walking the runway has been her dream since she was small. When she arrived in Madrid, she took several courses on professional modeling, and after participating in various fashion shows, she got her big break when an American model discovered her, and saw that she'd already done a great deal of hard work.

For Marian, it's important that we pay attention to our calling, as difficult as it may seem; we need to persevere in pursuing what we love, because that will make us happy. "When I saw the videos of my First Communion, I decided that I wanted to be a model, actress, and singer."

If we don't know how to look inside ourselves and listen to ourselves, so we can know ourselves and love ourselves, we won't be able to take advantage of all that we are. "I like myself the way I am. I'm a happy, joyful, affectionate, kind person, and I'm patient with everybody."

*Life is an adventure, and changes are for the good.*

Marian is always ready. She takes her profession as a model very seriously and embraces the necessary lifestyle changes in order to grow each day and achieve the



harmony in her body and her soul that she wants to transmit.

She prepares herself physically by doing exercise in the pool or with a personal trainer. "I take very good care of myself. I wash my face every day with special soap, and I put on my skin creams." She also follows a very healthy diet to keep herself strong.

<https://aleteia.org/2019/05/26/an-unconventional-spanish-model-shares-the-secrets-of-her-success/>

# Five Things you should never say to someone who's grieving

... and what you should say instead.

Comforting someone who's grieving can be tricky. People want and need different things: one person might want to talk about their grief while another might prefer to be distracted from it. Everyone has different religious beliefs, and sometimes, the bereaved may have complicated feelings about the deceased. We ourselves might be uncomfortable with loss.

It's a natural impulse to say something that we think would help us if we found ourselves in the same situation, but even if we've experienced the same "type" of loss, we have not experienced the same grief. Phrases that we think will help often don't, especially if the person we're talking to doesn't share our faith (and many times we simply don't know if that's the case).

These common refrains can be hurtful, even if you have the best intentions:

**"It's part of God's plan. Everything happens for a reason."**

Even if you know the other person shares your beliefs, this tired phrase doesn't help, and for non-believers, it *really* doesn't help. Being told that your pain is part of a masterful and beautiful plan — just as your entire world is falling apart — doesn't ease pain, it adds to it. It tells the person grieving that their pain is irrelevant in comparison to the destiny their loss fulfills — not exactly the compassionate response they need in a time of grief.

"In the grieving process, people need compassion, which literally means the willingness to share their suffering and accompany them as they need in their pain," says Fr. Roger Landry, national chaplain for Catholic Voices USA. "Spiritual bromides don't share another's pain but are directed toward minimizing or verbally taking that pain away. For that reason, in most cases, they not only don't work but can unintentionally increase the pain because the one grieving recognizes that the other doesn't really 'get' it."



"Any comment that suggests that it was God's will that your loved one is dead is not good and sounds sanctimonious. It is not helpful to hear," says Terry Bryan, a California-based drama instructor. "Don't try to act like you know something due to your wisdom or closeness to God that those grieving do not know or understand."

**"They're in a better place."**

Even for Christians, this is a hard phrase to hear when you're grieving the loss of a loved one. When Mary Lehr's adult son died, the California mother of nine found that hearing he was in a better place was just frustrating. "Well, no, actually, he should be here on Earth raising the children God gave him," she would think.

Hoping a loved one is in heaven doesn't necessarily ease the pain of those suffering without them. In any case, even the most devout Christians can't know what happens after death: Father Landry notes that, "Except in the case of a canonized saint or a baptized infant, we don't know for certain where someone who has died has gone" and that "some of the oft-repeated platitudes are not grounded in any knowledge that a human being can have."

This is also a particularly difficult statement to hear for non-believers, who don't necessarily believe there *is* a "better place" for their deceased loved ones.

**"God never gives you more than you can handle."**

When you are drowning in grief, barely able to put one foot in front of the other, the last thing you want to hear is that you're saddled with the "perfect" amount of pain, tailored especially for you. The truth is, grief is *always* more than we can handle, even if we do manage to go on putting one foot in front

of the other. You may say this as a way of encouragement, but it can often make the grieving person *more* angry with God.

"I particularly dislike being told that 'God never gives you more than you can handle,'" says Ashley Austrew, a freelance writer from Omaha, Nebraska. "Sometimes loss is more than I can handle, and there's nothing comforting to me in being told that I am or should be innately equipped to cope with my grief, or in the thought that God is up there measuring out the exact right amount of pain to throw my way."

**"At least they were old/lived a full life."**

When a close loved one dies, knowing that they lived a long or full life doesn't lessen the pain left in their wake. In fact, it only amplifies the very large hole left by their departure. It may help you deal with the loss, but for someone closer to the deceased it might bring even *more* pain. When Jennifer Lizza, a New Jersey based writer, experienced the passing of her grandmother, she was devastated by the loss, and felt she had lost one of her best friends. "So many people kept saying, 'Well at least she was old,'" she says. "It made me so mad. I just couldn't understand why her age should make me hurt any less."

**"It will get easier with time."**

Not only does this phrase *not* help while someone is suffering, it also isn't necessarily true. There is no set timetable for grief, and everyone's experience with grief is different. Sometimes grief is something we move past, but sometimes it stays with us for life, shifting and evolving over time. "Grief doesn't exist in the 'easy' or 'hard' paradigm," says Josh Nieuburt a teacher from Okinawa, Japan who heard this phrase in the wake of his father's death. "It's a multifarious expression of a wide

(Continued on page 19)

range of emotions. Grief never gets easier, only more manageable as time goes on. Grief will still exist as grief. But with time and experience the qualities of grief will also evolve with the individual."

It is very hard to find the right words to ease the heavy burden of grief, and sometimes the best thing you can do is realize that there is nothing you can say to make the situation "better." Grief is a process that doesn't follow a straight or predictable line, and there is no way of knowing the exact emotional space of someone following tragic news or loss.

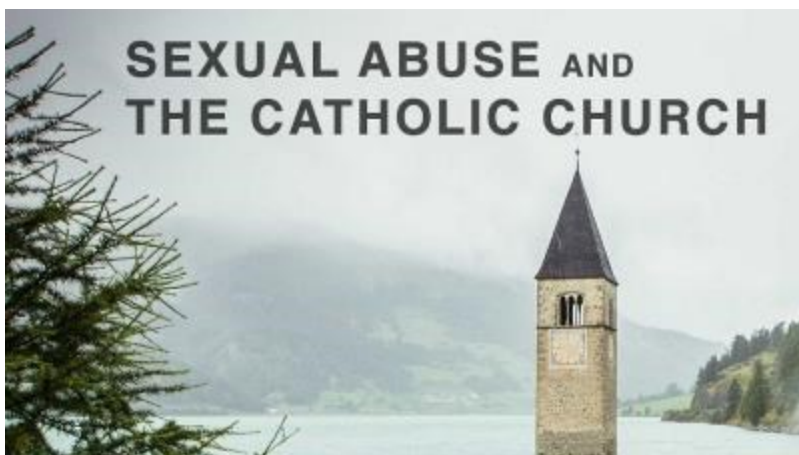
### So what *should* we say, when faced with a friend or loved one's grief?

The basics can never go awry: "I'm so sorry for your loss" can never be misinterpreted. And, if you know the person well, you can offer to call frequently, or deliver meals, or help them navigate the logistics and administration that follows a death. In the end, though, your sympathy and your presence alone may be the biggest comfort of all. As Father Landry says, "In many situations of grieving, the best thing we can do is just be there for and with those who are mourning. Our silent presence speaks that the person doesn't need to suffer alone. They will often perceive in our quiet presence a wisdom that grasps that there are

no "magic words" in those circumstances that can immediately whisk away their pain."

Try to hold emotional space for the person, whether that means praying for them or offering an "I'm thinking about you" for nonbelievers. It's important to let those grieving know that you haven't forgotten about them, even if you, like all of us, don't know exactly what to say.

[https://aleteia.org/2018/05/04/5-things-you-should-never-say-to-someone-whos-grieving/?utm\\_campaign=NL\\_en&utm\\_source=daily\\_newsletter&utm\\_medium=mail&utm\\_content=NL\\_en](https://aleteia.org/2018/05/04/5-things-you-should-never-say-to-someone-whos-grieving/?utm_campaign=NL_en&utm_source=daily_newsletter&utm_medium=mail&utm_content=NL_en)



## Pope issues new rules for handling sex-abuse complaints

May 09, 2019

Pope Francis has issued new canonical rules for the handling of sex-abuse complaints.

In a *motu proprio* made public on May 9, the Pope set out guidelines that require all Catholic dioceses to establish systems for the reporting of sex-abuse complaints. The guidelines also detail how complaints against bishops should be handled.

The new guidelines reflect the results of deliberations held at the Vatican in February, when the Pope met with the leaders of episcopal conferences from around the world to discuss the sex-abuse scandal and the proper ecclesiastical response.

In an accompanying letter, Pope Francis says that the papal document, entitled *Vos Estis Lux Mundi* ("You are the light of the world"), has as its goal "that these phenomena, in all their forms, never happen again."

"This responsibility falls, above all, on the successors of the Apostles, chosen by God to be pastoral leaders of his People," the Pope writes. The document spells out the duties of bishops to investigate all credible charges of abuse.

The new canonical rules make it mandatory for priests and religious to report evidence of sexual abuse. The rules also make it a canonical crime to cover up evidence of abuse, and mandate prompt reporting of any evidence of a cover-up, as well. The new document specifically prohibits "actions or omissions intended to interfere with or avoid civil investigations or canonical investigations."

Because the processes set forth in the *motu proprio* rely on the bishops to enforce them, the Pope has also set up new guidelines for handling complaints against the bishops themselves. In such cases, the investigation is entrusted to the archbishop of the metropolitan region—or, if the archbishop himself is the target of a charge, to the Holy See.

The rules require that victims of sexual abuse should be "welcomed, listened to and supported," specifically by the provision of spiritual, medical, and psychological assistance."

The *motu proprio* establishes ambitious standards for the prompt handling of sex-abuse complaints. In cases involving complaints against bishops, the rules require that an investigation must be organized within 30 days of receipt of a credible allegation, and that investigation should be concluded within 90 days.

The rules allow a prelate to enlist the help of lay specialists in carrying out an investigation and directs dioceses to set up a fund for payment of investigators.

<https://www.catholicculture.org/news/headlines/index.cfm?storyid=41734>



When you ask what it's like living in a small town in the bible belt, I give you exhibit A:



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