



Notre Dame de Lorette Catholic Women's League



Care for our
Common Home

October 2019

General Mtg:

October 9, 2019

**Currently
collecting:**

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

Prayer at Harvest and Thanksgiving

O God, source and giver of all things,
You manifest your infinite majesty, power and goodness
In the earth about us:
We give you honor and glory.
For the sun and the rain,
For the manifold fruits of our fields:
For the increase of our herds and flocks,
We thank you.
For the enrichment of our souls with divine grace,
We are grateful.

Supreme Lord of the harvest,
Graciously accept us and the fruits of our toil,
In union with Jesus, your Son,
As atonement for our sins,
For the growth of your Church,
For peace and love in our homes,
And for salvation for all.
We pray through Christ our Lord. Amen.

Our Spiritual Advisor
Fr. Jorge Marion of Los Rios Londono

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, 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
Micki Maxwell
Marie McCall

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

October 2019

Sun

Mon


Tue

Wed

Thu

Fri

Sat

		1	2 	3	4 Adoration 6-7 pm Irene	5 8:00 am Arena 
6 Prayers < Mass Suzanne	7	8 Cutting Cabbage Leaves @ Connie's, 6:00pm	9   General Mtg @ DTS, 7:00 pm	10	11 Cabbage Rolls & Coleslaw @ Hall, 7:00pm Adoration 6-7 pm Lucille	12
13 FALL SUPPER Prayers < Mass MaryAnn	14 	15  Heather Kolowca	16  Pastoral Council Mtg, 7:00 pm	17	18  Lacey & Joe Bernardin Adoration 6-7 pm Kathleen	19  Diocesan Day of Reflection (pg 6)
20 Prayers < Mass Mae	21	22	23  Marcia Poirier 	24  Jaquelyne Cournoyer	25  Singing at Villa Youville Adoration 6-7 pm Jaquelyne	26
27 Prayers < Mass Kathleen	28	29	30  	31	1  All Saints Day Adoration 6-7 pm Irene	2  All Souls Day



Lacey's Address

at our 9 general meeting.

The very next day, we were able to host a viewing of Unplanned at the Parish Hall. We had a good turn in spite the rain. Thanks to Suzanne M.

for hosting the viewing and providing so many delicious snacks. The movie was at times very intense and shocking, but overall an amazing movie and a must see for everyone.

So, what's in store for this upcoming month?

First off, we have the Highway Cleanup on October 5. Hopefully the rain will hold off to allow this event to happen. We will meet at the arena at 8am. Following the cleanup, we have been offered a special priced breakfast at Chicken Chef. Thank you once again to Lucille for taken this under her wing and planning everything.

On October 8, we will be meeting at Connie's at 6:00 pm to do the cabbage leaf cutting and then on Friday the 11th, we will meet in the hall at 7:00pm to roll the cabbage rolls and make the coleslaw. Everyone is welcome and snacks will be served afterwards.

Our general meeting will be held Wednesday, October 9 at 7:00pm at the Dawson Trail School staffroom.

The Day of Reflection is being held on October 19th in Ste. Anne this year. It's not too late to register if you are interested. Look on page 6 for details of the day. Our council will pay the \$8 registration which leaves \$17 for you to pay. There are reimbursements available for transportation if you meet the requirements. Information on this topic will be mentioned at the meeting. This year we have been asked to bring donations for northern missions: school supplies, rosaries, crucifixes, prayer cards, etc.

Join us in singing at the Villa Youville again

this month on October 25, from 2:45 - 3:45. You are asked to be there for around 2:30 for a quick rehearsal.

November 3rd, we'll be hosting our CWL Sunday. A sign-up sheet will be passed around at our general meeting for soups, desserts, buns and fruit salad help.

As a last note, a reminder that we will continue to collect children's Sacramental Clothing up to the beginning of Advent. You can bring any items to me or to Lucille.

Hope you all have a wonderful Fall (if it ever stops raining) and Happy Thanksgiving to you all.

Lacey Bernardin

Faith is an attitude of trust in the presence of God. Faith is openness to what God will reveal, do, and invite. It should be obvious that, in dealing with the infinite, all-powerful person who is God, we are never in control.

One of the most fundamental statements of faith is this: your life is not about you. You're not in control. This is not your project. Rather, you are part of God's great design. To believe this in your bones and act accordingly is to have faith. When we operate out of this transformed vision, amazing things can happen, for we have surrendered to "a power already at work in us that can do infinitely more than we can ask or imagine." Even a tiny bit of faith makes an extraordinary difference. - Bishop Barron

The unity of the Church rests on four columns. Prayer, Catholic doctrine, love for Peter, and mutual charity must become the priorities of our soul and of all our activities. —Cardinal Robert Sarah from The Day Is Now Far Spent

Hello Fr. Mario and ladies of the CWL:

Let's start right off with some great news. As most of you know, we have a new priest in Lorette. A few weeks ago, some members of the executive and I met with Fr. Mario to get to know each other and to inform him of our CWL Council. With one simple request for Fr. to be our Spiritual Advisor, he readily agreed. So, Welcome to Fr. Mario as our new soon to be Spiritual Advisor!



I would like to offer a great big THANK YOU to each and every one of you who participated in any way in making our Applebee's Fundraiser a success. To those you bought or sold tickets as well as those who attended. A special thanks to Suzanne M., Jolene, Mae, Marcia, Lucille, Nettie and Rolande who were able to donate their time as servers and ticket sellers. We will be revealing the results of the fundraiser

Pope's Prayer Intentions for October 2019

A Missionary "Spring" in the Church

That the breath of the Holy Spirit engender a new missionary "spring" in the Church.







Unplanned,
the Movie
September 29, 2019



The Catholic Women's League of Canada
St. Boniface Diocesan Council

**SCENT
FREE
EVENT**

ANNUAL DAY OF REFLECTION
SATURDAY, OCTOBER 19, 2019

Host Councils: Saint Anne des Chenes CWL Parish Council

PLACE: Club Jovial, 157 Central Avenue
Saint Anne des Chenes, Manitoba

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

AGENDA

- | | | |
|------------|---|--|
| 9:30 a.m. | Welcome, League Prayer,
Morning Liturgy | |
| 10:00 a.m. | Keynote Speakers - Savilia Curniski and Andrew Allsort
Nashi (Diverting at risk youth from human trafficking in Ukraine) | |
| 11:15 a.m. | HEALTH BREAK | |
| 11:30 a.m. | Nashi (continued)
Questions/Answers | |
| 12:00 noon | LUNCH | |
| 12:45 p.m. | Bev Harvey – One Indigenous Woman's Life's Journey
(Survivor of residential school's system, drug addiction,
sexual abuse and human trafficking) | |
| 2:00 p.m. | HEALTH BREAK | |
| 2:15 p.m. | Bev Harvey (continued)
Questions/Answers | |
| 2:45 p.m. | CWL Video/Life Member's Testimonies/Strategic Plan update | |
| 3:15 p.m. | Evaluations/Closing Prayer | |

SEE YOU ON **OCTOBER 19** AND BRING A FRIEND!
THERE WILL BE SOMETHING FOR EVERYONE!

COST: \$25.00 per person (\$8.00 Registration fee/\$17.00 Lunch)

DEADLINE for registration: **October 12, 2019**

Travel subsidy may be provided. A minimum of two or three persons per vehicle is requested.



Care for our
Common Home



In keeping with the national theme, please bring
your own coffee mug and/or water bottle.





100th Anniversary of The Catholic Women's League of Canada in Montreal Quebec August 9-12, 2020

Booking early and sharing a room would cut down on the costs. Members may have reward air miles to use if they book their flight early enough.

The convention will be held at Le Centre Sheraton Montreal Hotel and the direct line to the hotel is 1-514-878-2000. The cost of the room is \$229.00 per night.

Organizers are expecting over 1200 to attend, so members should consider booking early.

How Did the Church Fathers Explain the Perpetual Virginity of Mary?

Catholic Answers senior apologist Jimmy Akin

The earliest theory we have on record that explains how Mary remained a virgin, and yet how there are individuals in the New Testament who were described as Jesus' brothers and sisters, is recorded in a document from the second century. The document is known as the *Protoevangelium of James*.

It's also sometimes called the Infancy Gospel of James, or even just the Gospel of James. And it deals with the early life of the Virgin Mary. That's why it's called the *Protoevangelium* or First Gospel. It deals with the series of events before the actual birth and ministry of Christ.

According to the *Protoevangelium of James*, Mary was a consecrated virgin. She had been pledged to the temple by her parents and served at the temple in Jerusalem.

But when she reached a certain point in her life, she began to be ritually unclean under the Jewish laws, and consequently she couldn't stay at the temple.

She needed therefore a guardian, but because she was a consecrated virgin, she needed a guardian who wasn't going to be



interested in leading a normal married life with her.

And so, a selection process was begun, and, as a result, Joseph, an elderly widower who already had a family and therefore wasn't looking to raise another one, was deemed a suitable guardian for a consecrated virgin such as Mary.

According to this theory, according to the *Protoevangelium* therefore, the "brethren of Christ" were his stepbrothers through Joseph rather than the cousin idea that is commonly heard today.

Now, the *Protoevangelium of James* was written probably around the year 150—sometime in the middle of the second century—within a century of the Virgin Mary's own life.

So, even though it's not part of the Bible, and the Church does not consider it

inspired writing, it nevertheless may contain some accurate traditions regarding Jesus' family. And this could be one of them.

The second theory was popularized by St. Jerome when a conflict broke out in his day in the early 400s regarding Mary's virginity. And according to St. Jerome, the "brethren of Christ" who are mentioned in Scripture are actually cousins or other relatives of that kind.

There is some support for this theory in the fact that Aramaic—the language spoken in Jesus' day—does not have a word for *cousin*. You have to use circumlocutions such as "the son of my uncle" or "the daughter of my aunt" or things like that.

And some have suggested that the words *brother* and *sister* may have, at times, been used as synonyms for *cousin*. But that's somewhat speculative.

In any event, St. Jerome popularized the "cousin" theory, and it's one of the most common today.

https://www.catholic.com/video/how-did-the-church-fathers-explain-the-perpetual-virginity-of-mary?utm_source=Catholic%20Answers%20Daily&utm_campaign=0b8e1fbd34-CADaily052319&utm_medium=email&utm_term=0_6b4f9e3af2-0b8e1fbd34-212576237&mc_cid=0b8e1fbd34&mc_eid=b70d22d586

This map illustrates 500 years of Mary's apparitions



Created by National Geographic, it details which apparitions are approved and which are still under investigation.

The Blessed Virgin Mary has appeared to countless individuals since the very beginning of Christianity. Many of these visions have been recognized by the Church, while most are only accepted locally or eventually discovered to be not worthy of veneration.

It wasn't until the Council of Trent in the 16th century that a more formal method of approving apparitions was established, which has been further refined during the past century. This has allowed the Church

the ability to properly discern which apparitions are supernatural in nature and worthy of belief.

Even if the Church recognizes an apparition as *worthy of belief*, no Catholic is obligated to believe in any private revelation, such as an apparition. The Church simply says that a person can find spiritual aid from an apparition, if he or she so chooses.

Catholic writer and researcher Michael O'Neill has dedicated his life to compiling all of this information on his website [Miracle Hunter](http://www.miraclehunter.com), which contains a detailed catalogue of Marian apparitions and other miraculous events throughout history. National Geographic used the information O'Neill compiled to create a [single map](https://www.nationalgeographic.com/news/2015/11/151113-virgin-mary-sightings-map/#/big-world.jpg) that contains all of the reported Marian apparitions that have occurred over the past 500 years.

Furthermore, [National Geographic](https://www.nationalgeographic.com/news/2015/11/151113-virgin-mary-sightings-map/#/big-world.jpg) created a legend for the map that explains which apparitions are approved by the Vatican. Interestingly, they also highlight the dramatic increase in reported apparitions that occurred during the past 60 years. This reached an apex near the end of the 20th century, likely due to all the various "prophecies" about the end of the millennium.

The map is a useful guide for those interested in learning about the various locations of Marian apparitions and seeing how the Virgin Mary has appeared all over the world.

<https://www.nationalgeographic.com/news/2015/11/151113-virgin-mary-sightings-map/#/big-world.jpg>

The Eucharistic miracle of Sokolka: The host is tissue from heart of a dying man

Laboratory analyses confirm that the structure of the cardiac muscle fibers and the structure of the bread are intertwined in a way impossible to reproduce by human means.

Every day, on the altars of Catholic churches around the world, the greatest miracle possible takes place: the transformation of bread and wine into the true Body and Blood of Christ.

Nonetheless, when we receive Communion, we can only touch its true nature with our faith, because our senses only perceive bread and wine, physically unaltered by the consecration.

What are the implications, then, of the Eucharistic event in Sokolka, Poland?

It took place on Sunday, October 12, 2008, two weeks after the beatification of Servant of God Fr. Michael Sopocko.

During the Holy Mass celebrated at the parish church of St. Anthony in Sokolka, at 8:30 a.m., a consecrated host fell from the hands of one of the priests during the distribution of Communion, next to the altar. The priest interrupted the distribution of Communion and picked up the host, and, in accordance with liturgical norms, placed it in a small container of water—in this case, one found in some churches beside the tabernacle, where the priest may wash his fingers after distributing Communion. The host was expected to dissolve in the water, which would later be disposed of properly.

Sister Julia Dubowska, of the Congregation of the Eucharistic Sisters, was the parish sacristan. At the end of the Mass, at the request of the pastor, Fr. Stanislaw Gniedziejko, she poured the water and the host into another container. Knowing that the consecrated host would take some time to dissolve, she placed the new container in the safe located in the parish sacristy. Only she and the pastor had the keys to the safe.

A week later, on October 19, Mission Sunday, when the pastor asked her about the condition of the host, Sister Julia went to the safe. When she opened the door, she noticed a delicate aroma of unleavened bread. When she opened the container, she saw, in the middle of the host—which was still largely intact—a curved, bright red stain, like a blood stain: a living particle of a body. The water was untainted by the color.

The sister immediately informed the priest, who brought in the other priests at the parish and the visiting missionary, Fr. Ryszard Gorowski. They were all amazed and left

speechless by what they saw.

They kept a discreet and prudent silence about the event, considering its importance; this was a consecrated host which, by the power of the words of Christ at the Last Supper, was truly His Body. From a human point of view, it was



difficult at that point to define if the altered form of the remainder of the host was the result of an organic growth, a chemical reaction, or some other cause.

They immediately notified the metropolitan archbishop of Bialystok, Edward Ozorowski, who went to Sokolka with the chancellor of the Curia and other diocesan officials. They were all deeply moved by what they saw. The archbishop ordered that the host be protected while they waited to see what would happen.

On October 29, the container with the host was transferred to the Divine Mercy Chapel in the rectory and placed in the tabernacle. The next day, by decision of the archbishop, the stained host was taken out of the water and placed on a small corporal, which was then put back in the tabernacle. The host was kept this way for three years, until it was solemnly brought to the church on October 2, 2011. During the first year, it was kept secret. During that time, the Church authorities reflected on what to do, since they were dealing with a sign from God which needed to be interpreted.

By mid-January of 2009, the altered fragment of the host had dried out naturally and remained like a blood stain or clot; since then, its appearance has not changed. That same month, the archbishop requested histopathological studies be done on the host. On March 30, he created an ecclesial commission to study the phenomenon.

A piece of the altered host was taken and analyzed independently by two experts, Prof. Maria Sobaniec-Lotowska, MD, and Prof. Stanislaw Sulkowski, MD, in order to ensure the credibility of the results. Both are histopathologists at the Medical University of Bialystok. The studies were carried out at the university's Department of Pathomorphology.

The specialists' work was governed by the scientific norms and obligations for analyzing any scientific problem in accordance with the directives of the Scientific Ethics Committee of the Polish Academy of Sciences. The studies were exhaustively described and photographed. The complete documentation was given to the Metropolitan Curia of Bialystok.

When the samples were taken for analysis, the undissolved part of the consecrated host had become embedded in the cloth. However, the red blood clot was as clear as ever. This transformed part of the host was dry and fragile, inextricably interwoven with the rest of the fragment, which had kept the form of bread. The sample that was taken was large enough to carry out all the necessary studies.

The results of both independent studies were in perfect agreement. They concluded that the structure of the transformed fragment of the host is identical to the myocardial (heart) tissue of a living person who is nearing death. The structure of the heart muscle fibers is deeply intertwined with that of the bread, in a way impossible to achieve with human means, according to the declaration of Prof. Maria Sobaniec-Lotowska.

The studies proved that no foreign substance was added to the consecrated host; rather, part of the host took the form of heart muscle of a person near death. This kind of phenomenon is inexplicable by the natural sciences. At the same time, the Church teaches us that the consecrated host becomes the Body of Christ, by the power of His own words at the Last Supper, repeated by priests during the consecration of the Mass.

The results of the histopathological studies, dated January 21, 2009, were included in the dossier given to the Metropolitan Curia of Bialystok.

In its official communiqué, the Metropolitan Curia of Bialystok stated: "The Sokolka event is not opposed to the faith of the Church; rather, it confirms it. The Church professes that, after the words of consecration, by the power of the Holy Spirit, the bread is transformed into the Body of Christ, and the wine into His Blood. Additionally, this is an invitation for all ministers of the Eucharist to distribute the Body of the Lord with faith and care, and for the faithful to receive Him with adoration."

<https://aleteia.org/2017/09/23/the-eucharistic-miracle-of-sokolka-the-host-is-tissue-from-heart-of-a-dying-man/>

Reconciliation

Through Education & Understanding

A Conversation on Reconciliation and Workshops
Thursday, October 24, 2019

Lighting of the Sacred Fire - 1:00 pm

Within the old walls of the St. Boniface Cathedral

Cultural and Educational Workshops

Université de Saint-Boniface - All welcome. No charge.

1:00 PM - 2:15 PM

Ashley Richard - award-winning student, co-founder of Red Rising Magazine and Manitoba representative for Taking it Global

James Lavallee - Canada Games multiple medalist, member of the Canadian Junior National Kayak Team and Inspire Award recipient
Will share inspiring, self-empowering personal stories of their journeys

2:30 PM - 4:00 PM

Lisa Raven - CEO of Returning to Spirit

Will share information on Camp Morning Star in Hollow Water First Nation and as she describes it "Reconciliation in Action"

Brenda Arakaza - St. Boniface Cathedral Pastoral and Faith Education Officer
Will talk about her work in creating community with the youth in St. Boniface

Conversation on Reconciliation

St. Boniface Cathedral - All welcome. No charge.

5:00 PM - 6:30 PM

Moderated by **Kevin Lamoureux** - National leader and speaker on Reconciliation

Participants:

Leslie Spillett - Leslie Spillett, community activist and advocate and currently a Knowledge Keeper for the Rady Faculty of Health Sciences at the UofM

Archbishop Murray Chatlain - Member of the Canadian Catholic Aboriginal Council, Chair of the Northern Bishops of Canada and Co-Chair of Our Lady of Guadalupe Circle

Followed by the Communal Feast (ticket required)

For more information contact the Archdiocese of St. Boniface at:
204-237-9851, ext 100



Catholic School of Evangelization 2019-20 MINISTRY CALENDAR

Supporter Appreciation Event

Saturday, October 19, 2019, 11 am to 2 pm, Holy Cross Parish Hall, 252 Dubuc St., Winnipeg

Every year, we like to take some time to share with you the amazing fruits your support of the CSE has yielded!

This will be a casual afternoon gathering with fellowship, food, and joy. Anyone who has contributed to the mission and vision of the CSE, through financial contribution, volunteering, prayer or any other way is cordially invited!

In order to allow us to plan for enough food, please RSVP by Tuesday, October 15th.

For more information or to RSVP: Brianne Ouellette, brianne@catholicway.net 204.347.5396

Family Advent Retreat November 30, 2019, 9 am to 4 pm, Catholic School of Evangelization

Join us as we unpack the mysteries of the Advent season with all new activities designed for the whole family! All are welcome!

Investment is \$65(2 people) per family, +\$5 per child or grandparent.

To register: Brianne Ouellette, brianne@catholicway.net 204.347.5396

2020 Discernment Retreat January 10-12, 2020, Catholic School of Evangelization

Amazing retreat experience for young adults between 17 and 35 years of age. This retreat will promote the discovery of the beauty of all vocations, to the priesthood, to the married life, and to the religious life.

The investment for this retreat is \$50, and includes all retreat materials and food.

For information/to register: Anita Van Der Aa, anita@catholicway.net, 204.347.5396

2020 Winter Camp Season Weekend camps in January - February 2020

Check out this amazing opportunity for kids ages 5 to 17! We offer amazing week-

end camps for age groups between 8 and 17. Check out our winter camp page and register your child today! Early Bird deadline is **December 6th, 2019.**

2020 Virtual Lenten Retreat February 26 - April 12, 2020

Join us and hundreds more from around the world as we journey together through the high holy days of Lent. Daily meditations based on the day's readings, designed to be completed from the comfort of your own home, within 10 minutes. Meditations written by various members of our local Catholic community.

Join us at

www.cselentenretreat.wordpress.com

Also, click the "Follow" button on the bottom-right corner to sign up for daily reminders right in your email inbox!

What's this item about? What makes it interesting? Write a catchy description to grab your audience's attention...

2020 Triduum Retreat

April 9 - 12, 2019, Catholic School of Evangelization

The Easter Triduum retreat is an experience focused on living out the Paschal Mystery in a warm and welcoming community setting, through the celebrations of the different Triduum liturgies, prayer times, and activities planned throughout the weekend. Journey through the Lord's passion and resurrection in a powerful way. Celebrate the Triduum celebrations like never before.

For more information or to register: Brianne Ouellette, brianne@catholicway.net 204.347.5396

2020 CSE Annual Banquet April 17, 2020, Parish Hall of Sts-Martyrs-Canadiens Parish, 289 Dussault Avenue, Winnipeg

Our annual banquet is our most important fundraising initiative of our ministry year. You are partners in our mission. Celebrate with us what we have accomplished together. We hope to see you and your friends there.

For information or tickets: Brianne Ouellette, brianne@catholicway.net 204.347.5396

2020 Mother Daughter Retreat May 2-3, 2020, Catholic School of Evangelization

This will be a beautiful weekend retreat for mothers and daughters of all generations! Bonding, prayer, and loads of fun will have you going all weekend! This will be beautiful time of sharing, bonding, and fun between daughters, mothers, and grandmothers!

Investment: 14 years and older: \$40 per person; Under 14: \$30 for first, and \$10 for all others of the same family

For more information or to register: Brianne Ouellette, brianne@catholicway.net 204.347.5396

2020 Father-Son Retreat May 29 -31, 2020, Roseau River campground

Come out to this amazing camping weekend! Boys only! Beautiful weekend of bonding, activity, and prayer between fathers and sons. Dad can't make it? God-fathers, uncles or male role models are welcome!

For more information or to register: Brianne Ouellette, brianne@catholicway.net 204.347.5396

2020 Summer Camps Week-long camps in July and August

Check out this amazing opportunity for kids ages 5 to 17! We offer amazing week-long camps for age groups between 8 and 17, and day camps for 5 to 7 year olds. Check out our summer camp page and register your child today!

Staff & Parish Worker Retreats Through the school year

Have your catholic school parish staff and volunteers come out to the CSE for a day of teaching, team working, and prayer! These retreats are run upon request in September and October.



MYTH:

"If you have the flu antibiotics will clear it up."

BUSTED:

Antibiotics work well against bacteria, but they aren't effective for a viral infection like the flu. Some people develop a bacterial infection as a complication of the flu, such as pneumonia, so you should see your doctor if your symptoms worsen.

MYTH:

"No one ever died from the flu."

BUSTED:

Influenza is still the leading infectious cause of hospitalization and death in Canada.

MYTH:

"I never get sick, I don't need a flu vaccination."

BUSTED:

About one in five people can have the virus and have no symptoms whatsoever.

That means you may be unwittingly passing the bug along to your co-workers or, worse, your baby, your diabetic friend or your elderly grandmother

MYTH:

"There's nothing I can do to prevent the flu."

BUSTED:

1. Get immunized! Many people can get the vaccination for free.
2. Steer clear of people who have the bug.
3. Wash your hands frequently and thoroughly to wash the virus away. You do not need to use anti-bacterial soaps.

Tiny virus, big impact!

Worldwide



Every year there are

1 billion flu cases

250,000 to **500,000** people die

3 to **5** million result in severe illness

result in severe illness



In Canada



Each year influenza causes

12,000 hospitalizations



2,000 deaths (more than any other infectious disease)

Local impact

The number of patients with influenza who need to be admitted to the hospital can vary from year to year – each influenza season is different.



The **2015/16** flu season

In the GTA **2,021** people were admitted to hospital with the flu. More than **100** of those patients died.



MYTH:

"The last time I had a flu vaccination, it gave me the flu."

BUSTED:

Impossible. While the flu vaccination may give you a sore arm or make you feel achy for a day or so, it can't actually give you the flu, because it's made from a dead form of the virus.

MYTH:

"For most people it's not a serious illness"

BUSTED:

The Flu makes about 5 million Canadians sick every year: that's one in every six of us. For many people it is a very serious illness.

MYTH:

"I'm so sick I need a doctor!"

BUSTED:

Many people do not need a doctor. Call Telecare for advice before you go to a clinic where you might spread the germs.

MYTH:

"I can't have the flu, I'm not nauseated."

BUSTED:

Contrary to common belief, stomach and intestinal complaints aren't generally a feature of the flu, except in small children. The flu is a respiratory illness, and the lungs are the major site of symptoms.



October 19, 2019

5 Alternatives to Yoga that Catholics can try



Experts cannot say enough about the benefits of stretching, breathing, and mindfulness. But don't be misled into the thinking that yoga is the *only* choice out there for engaging your body, mind, and soul in exercise. In the last few years, a number of exercise programs have popped up that provide Christians all the benefits of yoga but without the things that most concern them — namely yoga's philosophical incompatibility with Christian teaching.

One of the most recent newcomers to this field, which is now being used in Catholic schools, is a program called PrayerMotion, developed by a medical doctor in Arizona, Anne Borik, who came up with the program to help

her grandmother recover from a stroke. Not exactly exercise, but more of a relaxation, stress-relief, and focusing technique, the program uses a combination of music, breathing and hand "signing," all based on 5th-century Benedictine monastic prayer.

"There is an area in the human brain responsible for feeling anxious and jittery that is activated when we are not thinking about anything," says Dr. Borik. "But when we intentionally concentrate on a word and then bring it out in motion, that specific activity disables the anxious area in the brain, and we become more focused."

At a time when yoga is being introduced in schools to help children with stress, focus, and behavioral issues, PrayerMotion is showing initial success in Catholic schools, but also works for people of all ages who want to stay grounded in a Catholic

identity. <https://vimeo.com/260333837>

Here are a few other mind/body programs that keep God and prayer centermost, even in the gym:

Catholic FIT

Developed by a sports medicine expert and Catholic Dave Reddy, the program (used mostly in schools) runs on the philosophy that we need to be physically fit in order to go out in the world and take care of others. While not technically a mind-body program, it enhances physical education, sports and religious education classes by showing a clear connection between fitness and faith goals. <https://youtu.be/D7T3kNYAqkl>

Pietra Fitness

It may look like yoga — and this program does incorporate many of the physical movements and stretches used in yoga — but no one exercise program alone can claim ownership to the body's own

Spanish bishops say that Zen meditation and mindfulness movement are not Christian prayer

76265Madrid, Spain, Sep 24, 2019 / 12:00 am (CNA).- The Spanish bishops' conference said that the "mindfulness" movement and other eastern meditation techniques cannot be considered a "properly Christian" practice of prayer.



The Spanish bishops' commission on doctrine approved, April 3 "My soul thirsts for God, for the living God": A doctrinal orientation on Christian prayer." The document was officially published Sept. 3.

The bishops' document discusses the "nature and richness of prayer, and the spiritual experience rooted in Christian Revelation and Tradition."

The document also aims to offer "criteria to discern which elements of other widespread religious traditions can be integrated into a Christian praxis of prayer."

In particular, the bishops noted that "the thirst for God accompanies each and every human being," while "today's culture and society, characterized by a secularized mentality, hinder the cultivation of spirituality and everything that leads to the encounter with God."

"Our rhythm of life, marked by activism, competitiveness, and consumerism, generates emptiness, stress, anguish, frustration, and multiple concerns that fail to alleviate the means that the world offers to achieve happiness," the bishops wrote.

In this context, "not a few feel a pressing desire for silence, serenity, and inner peace."

The bishops warned, however, that "we are

witnessing the resurgence of a spirituality that is presented in response to the growing 'demand' for emotional well-being, personal balance, enjoyment of life or serenity to face challenges."

That spirituality, they said, is too often "understood as the cultivation of one's own interiority so that man finds himself, and which often does not lead to God."

"To this effect, many people—even those who grew up in a Christian environment—resort to meditation, prayer techniques and methods that have their origin in religious traditions outside Christianity and the rich spiritual heritage of the Church."

"In some cases, this is accompanied by the abandonment of the Catholic faith, even inadvertently. In other cases, people try to incorporate these methods as a 'supplement' of their faith to achieve a more intense experience of it. This assimilation is frequently done without proper discernment about its compatibility with the Christian faith, the anthropology that derives from it and with the Christian message of salvation," the bishops warned.

The bishops warned that "in many spheres of our society, the desire to find inner peace has favored the diffusion of meditation inspired

by Zen Buddhism."

"The reduction of prayer to meditation and the absence of a you as its end, turn meditation into a monologue that begins and ends in the subject itself," the bishops said.

"The Zen technique consists in observing the movements of one's own mind in order to pacify the person and bring them into union with their own being."

The meditation technique described by the bishops is often referred to as "mindfulness" in the West.

But techniques focused on the self "can hardly be compatible with Christian prayer, in which the most important thing is the divine You revealed in Christ," the bishops said.

"Many times, these meditation techniques, such as mindfulness, try to hide their religious origin and spread in movements that could be described as 'new age,' because they are proposed as an alternative to the Christian faith," the bishops said.

They also explained that such techniques often disregard the difference "between the self and what is outside, between the sacred and the profane, between the divine and the created" and "the personal face of the Christian God cannot be recognized."

"When the divine and the world are conflated, and there is no orientation towards another, any kind of prayer is useless."

<https://www.catholicnewsagency.com/news/spanish-bishops-say-that-zen-meditation-and-mindfulness-movement-are-not-christian-prayer-14166?hsenc=p2ANqtz-8sP1ecYvzb/LNXHH4V8Xr6Bil-yGbji89NnKu-veGhchrUNdrMT-eHPIInNF5OGcZ6XnxClvTTh6PqsUnrlFqhwDyNYQ&hsmi=77203544>

(Continued from page 13)

5 Alternatives to Yoga

natural movements and tendencies. Pietra Fitness incorporates many of these time-tested techniques into its own Catholic-based classes. Christian prayer and music are integrated in the program to not only help the body but refresh the soul.

<https://youtu.be/5VuXuYV2ANU>

SoulCore

The approach pairs core strengthening, stretching and isometrics with the prayers of the Rosary. For example, the warm-up stretches are done while reciting the Apostle's Creed, and pushups are done through each of the Our Fathers. Classes are offered in select locations across the country as the movement catches on, but you can also sign up for classes online or through downloads. <https://youtu.be/E0h6HmCRrQU>

Cathletix

This DVD is a series of stretches and strengthening exercises done to the Luminous Mysteries of the Rosary, invigorating your prayer life as well as your body. <https://youtu.be/Jndc3bfB4oU>

<https://aleteia.org/2018/07/07/5-alternatives-to-yoga-that-catholics-can-try/>

Why envy comes to us from Hell, with the devil's choosing it right after pride

This one of the 7 deadly sins is a poison without an antidote

Which is worse—envy or jealousy?

That's a bit of a trick question. People use them interchangeably, so it's like asking, "Which is more round—an orb or a sphere?"



Only a person of clear mind and sterling character can resist being offered free stuff in exchange for the small price of a vote. That's how mobs are made and tyrants rewarded. History is replete with bloody examples of what happens when envy sets a populace aflame.

Envy is listed as one of the seven deadly sins. The present catechism states: "Envy refers to the sadness at the sight of another's goods and the immoderate desire to acquire them for oneself, even unjustly. When it wishes grave harm to a neighbor it is a mortal sin."

Jealousy and envy differ significantly. Put simply: Envy is someone angrily staring at people eating. Jealousy is violently driving away the one who is staring. I also think that envy is the worse of the two. This illustration may help to explain why.

I attended a backyard birthday party for a 5-year-old boy. Mikey's parents seemed to have bought the first five aisles of the toy store for the occasion. Mike was the first out the door, running from package to package, squealing with delight. Things got ugly when the other children ran into the yard with him, equally delighted with the packages. He ran from child to child, grabbing packages and yelling, "MINE!" He was becoming overloaded. At the far end of the yard was the Grand Prize: a battery-powered jeep with enough room for Mikey and his loot—his getaway car! He piled packages into the front and back seats and looked to make his escape. To his horror, he saw that he would not be able to get all of his goodies into his car. There were just too many children to fend off, and not enough space for all the goodies. In despair he yelled: "NOOOOOOO!" I thought to myself: "If Dante had seen this, there would have been another canto in the *Inferno*."

Envy is worse, because it's an ever-expansive poison. Jealousy might say, "I don't want you to have what I have!" Envy says: "I want to have what you have (without earning it)!" At its worst, envy says, "I don't want you to have what you have." St. John Vianney had these terrifying words to say about envy:

Envy, my children, follows pride; whoever is envious is proud. See, envy comes to us from Hell; the devils having sinned through pride, sinned also through envy, envying our glory, our happiness. Why do we envy the happiness and the goods of others? Because we are proud; we should like to be the sole possessors of talents, riches, of the esteem and love of all the world! We hate our equals, because they are our equals; our inferiors, from the fear that they may equal us; our superiors, because they are above us.

In the same way, my children, that the devil after his fall felt, and still feels, extreme anger at seeing us the heirs of the glory of the good God, so the envious man feels sadness at seeing the spiritual and temporal prosperity of his neighbor. We walk, my children, in the footsteps of the devil; like him, we are vexed at good, and rejoice at evil.

Envy is not rational; it does us no good. Satan is the perfect illustration of that truth. Yet envy can be a very effective political strategy: "The 'Haves' have because you are the 'Have-Nots'! Vote for me and I will take from them and give to you!"

At the farthest extreme, envy can lead to violence. More commonly, envy leads to resentment, debt, and the loss of ability to enjoy anything that is good. The Old Testament offers many such warnings. Here are just a few:

A heart at peace gives life to the body, but envy rots the bones. (Proverbs 14:30)

Resentment kills a fool, and envy slays the simple. (Job 5:2)

The New Testament urges us to raise our hearts above trivialities:

You desire but do not have, so you kill. You covet but you cannot get what you want, so you quarrel and fight. You do not have because you do not ask God. (James 4:2)

Sin is an expression of the irrational desire to place some good above the supreme good who is God. Envy is especially repulsive because it generates spite—an inclination to say (and, worse, bring about): "If I (and I alone) can't have that—then no one can!"

Set your mind on the things that are above, not on the things that are upon the earth. (Colossians 3:2)

Let's have an examination of conscience this week and see if the idol of envy has a shrine in our hearts. And then let's go to confession.

https://aleteia.org/2019/09/11/why-envy-comes-to-us-from-hell-with-the-devils-choosing-it-right-after-pride/?utm_medium=aleteia_en&utm_campaign=english_page&utm_source=Facebook#Echobox=1568182711

THE PRINCIPLES OF CATHOLIC SOCIAL TEACHING

Catholic Social Teaching covers all spheres of life – the economic, political, personal and spiritual

With human dignity at its centre, a holistic approach to development founded on the principles of CST is what Pope Paul VI called 'authentic development'. Explore the Catholic Social Teaching principles and how they guide the work of DEVELOPMENT AND PEACE.

DIGNITY OF THE HUMAN PERSON

COMMON GOOD

SOLIDARITY

PREFERENTIAL OPTION FOR THE POOR

STEWARDSHIP OF CREATION

SUBSIDIARITY & THE ROLE OF GOVERNMENT

PARTICIPATION

RIGHTS & RESPONSIBILITIES

ECONOMIC JUSTICE

PEACE



CANADIAN CATHOLIC ORGANIZATION FOR
Development and Peace

devp.org

DIGNITY OF THE HUMAN PERSON



The foundation of all Catholic Social Teaching is the inherent dignity of the human person, as created in the image and likeness of God. The Church, therefore, calls for Integral Human Development, which concerns the wellbeing of each person in every dimension: economic, political, social, ecological, and spiritual.

A just society can become a reality only when it is based on the respect of the transcendent dignity of the human person. The person represents the ultimate end of society. The social order and its development must invariably work to the benefit of the human person... not the other way around.

- Compendium of the Social Doctrine of the Church No. 132

Examples in action:

In response to crises, DEVELOPMENT AND PEACE works with local organizations not only to provide emergency supplies, such as shelter, bedding, food, cooking supplies, hygiene kits, etc., but to also provide for the emotional needs of those affected, for instance with psycho-social and post-trauma counselling services to deal with the trauma of conflict or natural disasters. It also seeks to make communities less vulnerable to future disasters by addressing the poverty that made communities so vulnerable in the first place.

Emergency relief is never without a long-term vision that seeks to re-establish livelihoods and sustainable development projects, such as the distribution of seed and farming tools, cash-for-work programs, distribution of fishing boats and livestock, and training on housing rights. In respect of the dignity of those with whom we work, the rebuilding process is led by local leaders, and the community participates in decisions that affect them throughout the recovery process.

Support to women is a constant concern for DEVELOPMENT AND PEACE in promoting human dignity. Providing opportunities such as micro-financing and technical training for women in places where their rights are not recognized allows women to become more autonomous, to have their skills recognized and to participate fully in society. One such program is run through the Afghan Women's Resource Center, which helps women to become literate, teaches them about their rights, provides them with skills training and helps them launch small businesses.

The Amazon and its people are under threat

The Amazon is the world's largest tropical rainforest, spanning nine countries. It serves as the lungs of the planet, absorbing carbon emissions and providing 20% of the oxygen we breathe. It helps stabilize the climate of the Earth, our common home.

Yet, we permit the plunder of the Amazon for the sake of resources such as:

- Lumber → Oil
- Minerals → Hydroelectricity

For our
**COMMON
HOME**

**A future for the Amazon,
a future for all**

These resources feed our growing consumer needs, but the consequences are devastating for the people of the Amazon and all of humanity.

Some scientists reckon deforestation is already causing the Amazon to emit more carbon than it absorbs, further warming the planet instead of cooling it. Deforestation also compromises the forest's capacity to recharge groundwater reserves, increasing the risk of drought and hunger.

Profit-driven exploitation also impoverishes Indigenous peoples and violates their rights. Those who resist it and seek to defend their lands are harassed, persecuted, forcibly displaced and sometimes even killed. As its rightful residents suffer, the Amazon continues being stripped away.

Recognizing the importance of the Amazon for all of humanity, Pope Francis has called for a Special Assembly of the Synod of Bishops for the Pan-Amazon Region, which will ask how the Church can respond to the cry of the Earth and the cry of the poor of this territory. See more at devp.org/seasonofcreation.

A future for the Amazon, a future for all

There is no place on Earth like the Amazon rainforest. It is home to:

- 1/2**
of all living plants and animals
- 1/10**
of the world's known species
- 1/5**
of the planet's fresh water
- 1/3**
of the Earth's forests
- 30 million**
people
- 380**
Indigenous groups
- 140**
groups living in voluntary isolation

In the Amazon, Indigenous, riverside and forest peoples lead sustainable lives, taking only what is needed to maintain their livelihoods. Their caring use of the land ensures that the woodlands and waterways of this rainforest are preserved for future generations.

Protecting the Amazon is a matter of survival not only for them but also for all of us, because we and all the Earth are interconnected.

We must all care for our Common Home.

"The native Amazonian peoples have probably never been so threatened on their own lands as they are now."

— Pope Francis, Puerto Maldonado, Peru, January 2018



New highways and railroads clear the forest and facilitate mass resource extraction.



Logging strips the land, which is then used for cattle ranching and industrial agriculture.



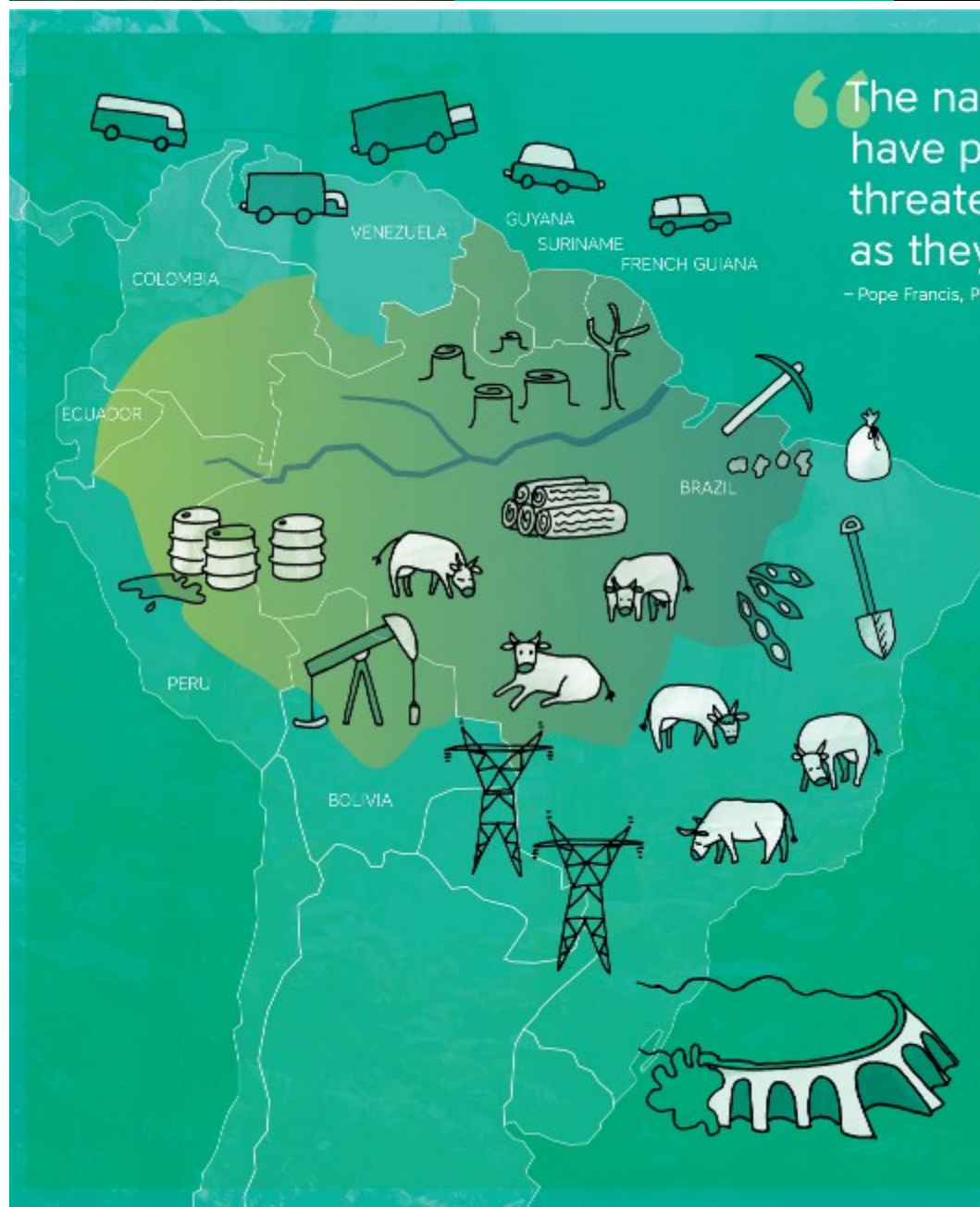
Oil extraction and mining (e.g., for gold and iron) pollute the land, air and waterways.

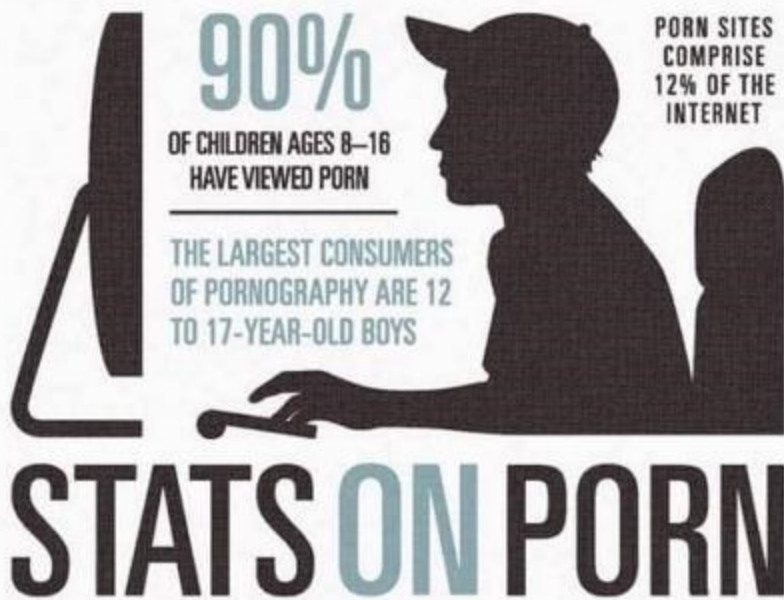


Hydroelectric dams impede the river, cause unseasonable floods, devastate aquatic life and disrupt riverside communities.

The Amazon's rivers and forests must be protected so that Indigenous and traditional peoples can maintain their sustainable way of life, which will prevent further biodiversity loss and mitigate climate change.

17% of forest cover has been lost in the last 50 years.



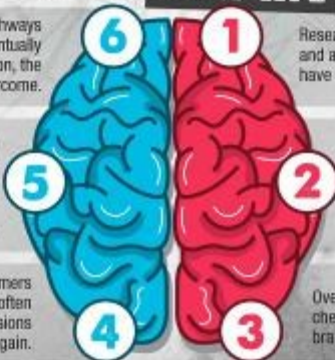


THE EFFECTS OF PORNOGRAPHY IN THE BRAIN

The good news is that if porn pathways aren't reinforced, they'll eventually disappear. As any addiction, the addiction to porn can be overcome.

The images are burned so deeply into the mind that the person will remember them for a long time to come, maybe the entirety of their life.

Just like an addict, regular consumers will end up turning to porn more often or seeking out more extreme versions to feel excited again.



Researchers have found that internet porn and addictive substances like tobacco have very similar effects on the brain.

Like other addictions, porn activates the part of the brain called the "reward center", triggering the release of a cocktail of chemicals that give you a temporary buzz.

Over time, excessive levels of these chemicals cause the porn consumer's brain to develop tolerance.

A Prayer for Anyone Addicted to Pornography

For my eyes are fixed on you, Sovereign Lord. (Psalm 141:8)

I made a covenant with my eyes not to look lustfully at a young woman. (Job 31:1)

My eyes are ever on the Lord, for only he will release my feet from the snare. (Psalm 25:15)

Turn my eyes away from worthless things; preserve my life according to your word. (Psalm 119:37)

It is God's will that our sexuality be holy and heavenly, attainable only through His grace and His precepts. God created our sexuality in the first place. It is His brilliant idea. He loves romance because it is the closest analogy of the Real Thing. The love of a man and a woman is a shadow of the love between God and His Beloved.

Pornography is a ploy of the enemy to cause us to expect what is ultimately out of our reach. It is addictive, destructive, and causes chemical and neurological changes to the brain – indeed it damages the brain. Sadly, our society ebbs away as an epidemic of pornography seeks to take over.

God, help us.

If you are addicted to pornography and want to be free, pray this prayer today.

Father,

I have been living a fantasy. I hardly feel the prick of conscience anymore. I have become numb and dumbed down in my humanity. I repent of this addiction to pornography. It alienates me from those I love and it alienates me from You, my God. It's a lie, a trick of the devil. I receive the power of your blood that not only forgives me but cleanses me.

Please do forgive me. Please cleanse me. Drive out my sin. And help me to walk in the light, to experience the blessing of my sexuality under the safeguard of your heavenly standard.

Give me encouragement and accountability. Set me free from my chains. I receive Your Holy Spirit's power to control my base impulses and to become the human being you have made me to be, ruling over myself and this world with you.

Amen

<https://www.beliefnet.com/columnists/prayerplainandsimple/2015/12/a-prayer-for-deliverance-from-pornography.html#7Hqh6f6cfjMSyLD.99>

