



Notre Dame de Lorette Catholic Women's League



Care for our
Common Home

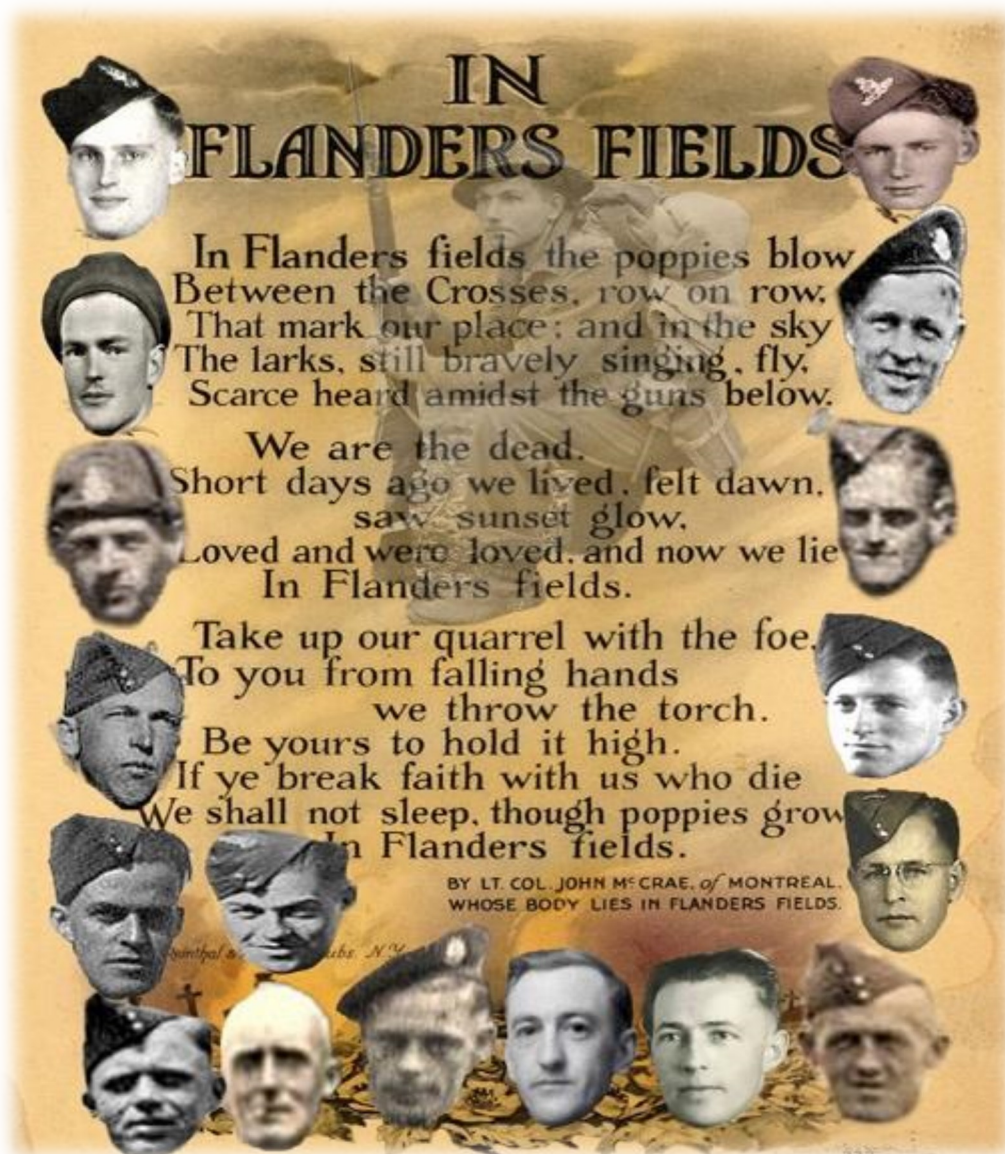
**November
2019**

General Mtg:

**November 13,
2019**

**Currently
collecting:**

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



Welcome to our newest member, Agatha Olayiwola!













Our Spiritual Advisor
Fr. Jorge Mario de 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
Agatha Olayiwola
Marcia Poirier
Jennifer Poitra
Marie-Ange Prevost
Mae Ross, *Chair*
Iris Swiderski
Joanne Touchette
Marilyn Toutant

November 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Reading the Bible should be a form of prayer. The Bible should be read in God’s presence and as the unfolding of His mind. It is not just a book, but God’s love letter to you. It is God’s revelation, God’s mind, operating through your mind and your reading, so your reading is your response to His mind and will. —Peter Kreeft from You Can Understand the Bible					1	2
Catholic theology takes literally the notion that ‘nothing unclean shall enter heaven’. From this it is inferred that a dirty soul, even if ‘covered’, remains a dirty soul and is not fit for heaven. It needs to be cleansed or purged of its dirtiness. The purging comes in purgatory. —Karl Keating from Catholicism and Fundamentalism					Adoration 6-7 pm Irene	
3  FALL CWL Sunday	4	5	6 	7	8	9  Iris & Louis Swiderski
Prayers < Mass Suzanne					Adoration 6-7 pm Gisele	
10	11  WE REMEMBER	12	13  CWL Mtg @ DTS, 7:00 pm	14  Marcia & Armand Poirier	15	16
Prayers < Mass Rolande					Adoration 6-7 pm Suzanne D.	
17  Kathleen Messner Suzanne Moore	18  Lindsay Bouchard	19	20 	21  Mass to CWL Intentions Memorial of the Presentation of Mary	22	23
					Adoration 6-7 pm Suzanne D.	
24	25	26	27  Madelyn McConnell	28  Patricia Danylchuk	29	30
Prayers < Mass Maryanne					Adoration 6-7 pm Nettie	



Lacey's Address

After hearing a personal telling of Mae's experiences visiting locations as part of the KIDS Organization and in response to the Water Challenge, our council made a donation to the Lemolo Detention Camp in Kenya to dig a borehole. Cat Ross's letter of thanks and pictures are in the newsletter.

CWL Sunday is this weekend, November 3. Thank you to the members who have volunteered to provide soup and baking and for helping with set-up, cleanup and serving. We can always count on you ladies for answering the call when asked for help. We asked for donations of soup and dainties and you answered in force. Thank you again.

Pastoral visit by Archbishop November 16 & 17. November 16 - 5:00 mass, followed by light supper organized by the CWL. November 17 - one bilingual mass @ 10:30, followed by Knights-sponsored soup lunch and Q&A with the Archbishop. If you would like to help with the supper, please let me know as soon as possible as I'm still looking for a little more help.

Don't forget to attend the Remembrance Day Ceremony on November 11th. This year it will be held indoors at the CLC at 10:30am. CWL will have a wreath presented as usual.

Don't forget to mark your calendars for our Advent Party on December 8th. Check your emails shortly for your invitations. It's always a fun celebration for the whole family. Good food and good company.

A few things to keep in mind as we move forward:

- Thank you to the members for their ongoing participation in Adoration and Prayers before mass on Sundays.
- The executive needs your help to plan, so two surveys have been sent to members: Spiritual Development and Fundraisers 2020. Thank you in advance for taking time to complete them. They take less than 2 minutes each.
- In support of life, Mae encourages members to view the following: [Take the time to watch the clip from a side meeting at the UN](#)

Status of Women conference earlier this year. It is certainly worth the time (9.41min). lifenews.com/2019/04/22/watch-lila-rose-slams-abortion-at-the-un-its-never-right-to-intentionally-take-a-human-life/ o If you haven't had a chance to watch/listen to Ben Shapiro: Hands Off Their Bodies video on Abortion, please try to make time for this in your own home! <https://www.youtube.com/watch?v=m8Jbmo3CYb0>

- We are collecting children's sacramental clothing for northern missions.

Thank you ladies for everything!

See you soon,

Lacey



Hello Fr. Mario and ladies of the CWL:

So, this past month didn't go according to plan due to the unfortunate weather conditions. In spite of the weather, we were able to deliver on the cabbage rolls and coleslaw. Thanks to Fr. Mario for stepping in and helping to do the coleslaw (150 lbs of cabbage) and making cabbage rolls (20 roasters - 18 for the fall supper and 2 for the Sisters of Charity). Also affected by the weather were our plans for the Highway Cleanup. Adopt-a-Highway cleanup is officially cancelled this fall. We will resume in the spring with tentative dates of June 6 & 13. If we have an early spring, that date could move to an earlier time.

Eight members attended Day of Reflection: topics included human trafficking in the Ukraine; abuse of Indigenous people. We had a presentation from the creator and supporters of NAASHI which is a house that cares for young girls that are escaping the possibility of being taken for human trafficking. The afternoon presenter gave a very emotional talk of her personal struggles growing up as a member of the indigenous peoples. Thank you for school supplies, rosaries and sacramentals that were gathered by the St. Boniface council and sent to the north via Fr. Shantha (pics in newsletter).

Villa Youville singing on October 25 went well and we thank Lucille for organizing, Gil Ross for playing bass, Charles Chilton for playing guitar and singing lead, and for the singing ladies who take the time to bring a little joy to the tenants and staff. (pics in newsletter)

CWL Advent Gathering



Sunday, December 8

12:30 pm

Invitations to follow



Pope's Prayer Intentions for November 2019

Dialogue and Reconciliation in the Near East

That a spirit of dialogue, encounter, and reconciliation emerge in the Near East, where diverse religious communities share their lives together.



Fall Supper Preparations



Elwood Haas develops a 10-minute method for coring cabbage! And the fabulous three cut the cabbage leaves ready for cabbage rolling. Leftover hearts made great mock cabbage rolls for Suzanne



Thanks to the guys (honourary CWL'ers) who lent a hand to help us get 'er done!



This year, our Fall Supper came close to being cancelled. We experienced a record breaking snowfall and power outage, which made it impossible to get in on Friday night to do our preparations. When the sun broke the next morning, Yvonne assured us the fall supper would go on. We contacted our ladies and received wonderful help to get everything done on time. The fall supper saw a sale of 775 adult plates and 75 children's plates. Whew! This one is for the history books!

Mae Ross presents our donation to Cat Ross, founder of KIDS initiative



To the Catholic Women's League – Notre Dame de Lorette,

On behalf of KIDS Initiative, I would like to personally thank each and every one of you for your HUGELY GENEROUS donation to our organization. Your generosity is essential to our success and we are very grateful for your support and dedication to the new and improved KIDS Initiative!

Your donation will enable us to continue to work with developing communities by facilitating sustainable solutions to enrich the lives of children. Most importantly, your donation is going directly to supporting our efforts in securing PHASE TWO of our water borehole for the Lemolo IDP Camp.

The water borehole project in Lemolo IDP Camp is our last sustainable solution for the program which, once implemented, will render the camp program fully sustainable and we will be able to retire this program and move on to others who need our assistance. We have begun the drilling for Phase One of this borehole project and your contribution has gone to the remaining funds required for this program so that we may see this camp reach sustainable status and be set up for success for years to come.

We're so grateful for the contributions that have been received and continue to come in to support providing life changing water access to a community who once started with nothing but the clothes on their back.

Please feel free to check out our newly revised website www.kidsinitiative.ca. Also, please follow us on Twitter, Instagram, and Facebook if you don't already!

Thank you once again for your generous support towards KIDS Initiative.

We wanted to ensure we provided a small token of our appreciation through this gift signifying the impact of your donation. THANK YOU!

Sincerely,

A handwritten signature in black ink, appearing to read "Cat Ross". The signature is stylized with a large, looped "C" and a long, sweeping underline.

Cat Ross
Founder/President
KIDS Initiative Inc.

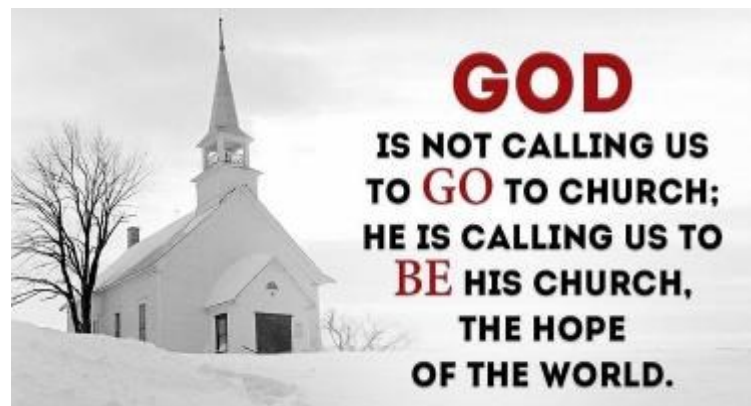
Day of Reflection, October 19, 2019



Singing at Villa Youville, October 25, 2019



**GOD IS NOT GOING TO
REWRITE THE BIBLE FOR
YOUR GENERATION.
STOP TRYING TO CHANGE
SCRIPTURE WHEN IT'S
WRITTEN TO CHANGE YOU.**





The Catholic Women's League of Canada

St. Boniface Diocesan Council Care For Our Common Home

October 25, 2019

Dear Reverend Fathers and CWL Members,

Greetings,

As part of the celebration of the 100th anniversary of The Catholic Women's League of Canada, councils were invited to participate in the following project: Collection of School Supplies and Religious items for Northern Missions in Manitoba.

On behalf of the St. Boniface Diocesan council I send my appreciation to all members for embracing this project and the overwhelming response who donated to our 100th Anniversary project.

A response from Fr. Shantha is as follows:

"Greetings from Fr. Shantha. I am so much touched by the school supplies. I received school supplies from Lucille this evening, I will take them to the communities as early as possible. I will surely let you know when someone comes to Winnipeg to get the remaining school supplies. I will surely send the pictures when I give the school supplies to the children. I am so grateful to all the donors, all those who supported in gathering these school supplies, special thanks to all the members of CWL from all the Parishes of St. Boniface Diocese.

I do assure my special prayers for you and to our CWL

Prayerfully,

Fr. Shantha, MSFS "

May God bless you as you continue your work "For God and Canada"

Blessings to all,

Paulette Chase

Paulette Chase,

President

St. Boniface Diocesan Council





On November 11, Canadian Pacific pays tribute to the more than 33,000 CP employees who served in the last century's two world wars, and to those who continue to serve today. This tradition continues every year, with every CP locomotive sounding its whistle at 11:01 a.m. local time, if safe to do so, to start a moment of silence.

Lorette Remembrance Day Service

10:30 a.m.

Monday, November 11, 2019


College Lorette Collegiate Gymnasium

"Christmas Wish List" Fair
Hosted by St Joseph the Worker CWL

Saturday, November 16th, 2019
10:00am to 3:00pm
Transcona Senior Centre
328 Whittier Ave W

Home Based Businesses participating in Fair:
31 Gifts, Avon, Barb's Crafts, Creative Crafts by Helen/Liz, Debbie's Treasures, Epicure, Holiday Headbands, Jangle Sisters Jewels, High Tied Beach Wear, Karen's Homemade Crafts, Knitted Mitts, North Star Banners, Norwex, Pampered Chef, Rag Treasure Doll Co., Steeped Tea, Sweet Leggs Sanford, Sunset Gourmet, Tiber River at Home, Tupperware, Vinarterta Cakes. Also: Bake Sale, Silent Auction and more.....Need more info, call Yvonne @ 204-777-5576

St. Joseph the Worker CWL
Invites you to hear
A speaker from Siloam
Mission
Tuesday, November 12, 2019
7:00 pm
505 Brewster St., Winnipeg

 **Canadian Blood Services**
Blood Donor Clinics Near You
November 4—
Steinbach Evangelical Mennonite Church
November 12—
Niverville Heritage Centre
November 28—
Ile des Chenes TransCanada Centre

WHAT ABOUT YOU?
WHAT'S YOUR BLOOD TYPE?

I'M A TYPO.

*TYPE O.

14^e
BANQUET ANNUEL
001

JEUDI LE 14 NOVEMBRE 2019
17 H 30 | RAFRAÎCHISSEMENTS
18 H 00 | BANQUET
CENTRE CULTUREL
FRANCO-MANITOBAIN
340, BOULEVARD PROVENCHER

THURSDAY, NOVEMBER 14, 2019
5:30 PM | COCKTAILS
6:00 PM | BANQUET
CENTRE CULTUREL
FRANCO-MANITOBAIN
340 PROVENCHER BOULEVARD

75\$

40^e
Centre Flavie-Laurent
001

The Catholic Women's League of Canada
Manitoba Provincial Council



Invites you to:

2019 Resolutions & Legislation Workshop

Saturday, November 16, 2019

9:30 a.m. – 3:30 p.m.

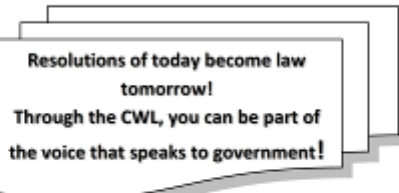
Archbishop's Residence

151 de la Cathédrale Avenue, St. Boniface

(Use rear entrance – someone will be at the door, if lost call 204-791-5229)
(parking available in the Cathedral parking lot across the street)

AGENDA

- ⑦ Discuss the "Whereas Clause" according to National.
- ⑦ Discuss the resolutions process, step by step.
- ⑦ Discuss the legislation process.



Deadline to register:

November 9, 2019

Questions:

Con Marks, Manitoba Provincial Contact for Resolutions
Phone: 204-586-4505 E-mail: conmarks.cwl@gmail.com
Cost: **\$15.00/person** (hot lunch, refreshments provided)

NB: Number of attendees must be confirmed & pre-paid for hot lunch order.

COME & BRING SOMEONE WHO IS INTERESTED IN SOCIAL ISSUES AND CONCERNS!
Workshop is open to all. Great training for resolutions and legislation chairpersons.

ANNUAL BANQUET

With Keynote Speaker Jonathon Van Maren

Jonathon Van Maren is a public speaker, writer, and pro-life activist. His commentary has been translated into more than eight languages and published widely online as well as print newspapers such as the Jewish Independent, the national Post, the Hamilton Spectator and others. He has received an award for combating anti-Semitism in print from the Jewish organization B'nai Brith. His commentary has been featured on CTV Primetime, Global News, EWTN, and the CBC as well as dozens of radio stations and news



outlets in Canada and the United States.

He speaks on a wide variety of cultural topics across North America at universities, high schools, churches and other functions with a specialty in pro-life strategy, among other topics. Jonathon holds a Bachelor of Arts Degree in history from Simon Fraser University, and is the communications director for the Canadian Centre for Bio-Ethical Reform.

Jonathon's first book, *The Culture War*, was released in 2016. His next books, *Seeing is Believing* and *A Guide to Discussing Assisted Suicide*, were released in 2017.

November 16, 2019

Holy Eucharist Parish Centre

460 Munroe Avenue

Doors Open: 5 PM

Dinner: 6 PM

Tickets: \$50, Tables of 8: \$375

Afternoon conference: 1:00-3:00 PM

Holy Eucharist Parish Centre



Please see the attached pictures of a bird house, bench and planter. These are some of the items the bags have been made into and received by the school. I didn't have a frisbee to take a picture of.

The bags are processed in Manitoba. The past two years Bag Up Manitoba has partnered with ReGen Composites : <http://www.regencomposites.com/> They're not currently accepting plastics from the general public, but they hope to be able to introduce that in the future.

Cheers,
Mark Lawson
School Principal
Rosser Elementary School

5 Myths About Purgatory That Too Many People Still Believe



It's probably safe to say that for most Protestant Christians, there are few doctrines more "Catholic" than Purgatory. Unfortunately, most people's understanding of Purgatory is fraught with myths and misconceptions.

First, here's how the *Catechism* describes Purgatory:

"All who die in God's grace and friendship, but still imperfectly purified, are indeed assured of their eternal salvation; but after death they undergo purification, so as to achieve the holiness necessary to enter the joy of heaven. The Church gives the name Purgatory to this final purification of the elect, which is entirely different from the punishment of the damned.

"This teaching is also based on the practice of prayer for the dead, mentioned in Sacred Scripture... From the beginning the Church has honored the memory of the dead and offered prayers in suffrage for them, above all the Eucharistic sacrifice, so that, thus purified, they may attain the beatific vision of God. The Church also commends almsgiving, indulgences, and works of penance undertaken on behalf of the dead..." (CCC 1030-1032)

Now here are 5 of the most common myths about Purgatory:

Myth 1: Purgatory is a second chance at salvation

Truth: At death, a person's eternal destiny is sealed: he will either spend eternity in heaven or hell. Purgatory is a temporary place that people who are already assured of heaven may go to in order to prepare for heaven. So, once in purgatory, a person can't alter their eternal destiny – there are no second chances after death.

Myth 2: Purgatory isn't in the Bible

Truth: In 1 Corinthians 3, St. Paul describes a period after death, but before heaven, in

which a Christian is purified with fire. That's Purgatory.

There is other biblical evidence, to name two: In Matthew 12, Jesus mentions the possibility of sins being forgiven after death, and in 2 Maccabees 12, the practice of praying for the dead (a practice Purgatory makes sense of) is commended. (For more, see this great article by [Catholic Answers](#).)

Myth 3: Purgatory is a way of being saved apart from Christ

Truth: As already mentioned, Purgatory is only for people who have died in friendship with Christ and are assured of heaven. Further, the purifying process of Purgatory is only through the grace of Jesus Christ. So rather than being something in competition with Christ, Purgatory is an occasion for the grace of Christ.

Myth 4: Indulgences are a way of buying salvation

Truth: An indulgence is something granted by the Church that limits or removes a person's need for Purgatory after death. Indulgences do not, however, determine whether a person goes to heaven or hell.

Further, while historically there have been abuses regarding indulgences, the selling of spiritual things is considered a sin by the Catholic Church ([simony](#)).

Myth 5: Praying for the dead is a late medieval corruption of the faith

Truth: Actually, praying for the dead was practiced by Jews prior to Jesus, as recorded in 2 Maccabees 12. It was also [practiced in the early Church](#).

<https://churchpop.com/2016/11/01/5-myths-about-purgatory-too-many-people-possibly->

Isn't hell incompatible with a loving God?

Question:

I know the Bible teaches there's a hell, but I don't believe it. Hell is incompatible with God's love.

Answer:

It's not, because God gave us the power to choose, which is essential to the ability to love. To choose God is heaven, to reject him is hell. Why? Because God is the source of all goodness, life, and happiness. If you turn away from him, you're turning away from these things too.

What kind of heaven would it be if God forced those who don't love him to spend eternity with him? Would that be loving? Would it be any less a torment for them than hell?

If you believe in a loving God who allows evil to exist in the world, you can't very well deny hell on the grounds God wouldn't permit it. If God allows bad things to happen to good people in this life, why shouldn't he allow bad things to happen to bad people in the next, especially if they choose it for themselves?

In deciding for or against God in this life, we're determining how our stories will end, what we'll finally be. It's not something which God forces upon us, but what we choose. As C. S. Lewis noted, the doors of hell are locked on the inside.

<https://www.catholic.com/ga/isnt-hell-incompatible-with-a-loving-god>

Examples of reasons why people are unaffiliated

Don't believe

- "Learning about evolution when I went away to college."
- "Too many Christians doing un-Christian things."
- "Religion is the opiate of the people."
- "Rational thought makes religion go out the window."
- "Lack of any of sort of scientific or specific evidence of a creator."
- "I just realized somewhere along the line that I didn't really believe it."
- "I'm doing a lot more learning, studying and kind of making decisions myself rather than listening to someone else."

DECEMBER 4 & 5

Norwood Hotel
Winnipeg, Manitoba

Breakout Sessions:

Breaking Down the Silos: Lessons in Collaboration from Social & Mental Health Services in Rural Manitoba

Just Keep Them Away from Me and My Children, Make Sure They Take Their Medication, and Restrain and Seclude Them

Crystal Methamphetamine in Manitoba: Impacts on Health and Justice

Legal Cannabis and Public Health: The importance of Substitution for Opioids and Other Drugs

My Son Danny - The Truth About Substance Use, Stigma & Overdose

and many more...

 **Sara Riel** inc. *presents*

A Conference on

MENTAL HEALTH & ADDICTIONS

Produced in conjunction with
Indigenous Training & Consulting Services

Promoting a journey of healing

Featured Keynote Speakers:

Joe Roberts, The Skidrow CEO

Mental Health and Addictions: Seeing Possibility not Probability

**Dr. Poulin, B.Sc., B.Sc (H.N.S.), RD, MD, CFPC (AM), CISAM, CMCBT, PLIC
AFM Medical Director**

The growing evidence and significant of addictions medicine in treatment responses and the dynamic canadian landscape of substance use trends, client and family impacts and promising strategies.

John Jackson, RPN, BScPN, MPN

Executive Director, Samaritan House Ministries

Substance Use and Addictions (Crystal Meth, Mental Health & Traumatization: Navigating the Complexities of Individuals who use Methamphetamines)

David Granirer, RPC, MPCC, M.S.M

Counselor, Stand-Up Comic and Mental Health Keynote

I'm OK But YOU Need Professional Help: Creating Recovery - One Laugh At A Time!

Who should attend?

Mental health and addictions professionals, support workers and families of anyone struggling in their recovery.

REGISTER TODAY AT

www.aboriginaltrainingandconsultingservices.com



Featured Keynote Speakers:



Joe Roberts, The Skidrow CEO

Mental Health and Addictions:
Seeing Possibility not Probability

In 1989 Joe was living on the streets of Vancouver as a homeless skid row addict. Through perseverance determination and his resilient human spirit, Joe pulled himself out of darkness and despair to become a highly respected business and community leader.



Dr. Ginette Poulin

Dr. Poulin is an engaging speaker passionate about improving the substance use systems in Manitoba and beyond and ensuring that responses are evidence based and lead to better patient health outcomes. Dr. Poulin will speak on the growing evidence and significance of addictions medicine in treatment responses and the dynamic canadian landscape of substance use trends, client and family impacts and promising strategies.

The 5 Most ANNOYING Things About Your Parish Being Revitalized in the Faith



[This article is written tongue-in-cheek, and is meant only in fun!]

You were minding your own business, enjoying your small faithless parish for decades, when all of a sudden, the rug was ripped right under you!

You're not alone. We know exactly what you're going through.

It all started with that new young priest showed up wearing a cassock and actually started talking about the doctrine of the Church. Doesn't he know we moved passed all

that at Vatican II?

Here are the 5 most *annoying* things you've had to endure at your "revitalized" parish:

1) You have to wait in long lines for Confession

You never went to Confession very often anyway. But whenever you wanted a good, encouraging chat with your priest, you knew he was always available during his 30 minutes of Confession scheduled each week. There was no line, of course, and you could just walk right in. Now you have to wait! Who are these other people? And why do they look so somber? They must be really repressed.

2) There's no place to park right before Mass starts

A great thing about having a small-and-getting-smaller parish was you didn't have to arrive early for Mass. You could roll into the parking lot just as the Second Reading was starting and easily get a spot right by the door. Now, if you

don't get there at least 10 minutes *before* Mass *even starts*, you have to park on the street!

3) Children disrupt your social time after Mass

You never really connected with the spirituality of the Mass. Your real communion came afterwards, getting to chat with your friends in the parish hall. Now, each week you're fending off little kids from *your* table!

4) Your priest exhorts you to stop sinning (!)

This is particularly bewildering. For one, all this talk of sin definitely makes you feel bad. Doesn't the priest know how tolerant God is? Second, didn't we get rid of all that at Vatican II?

5) Your felt banners don't get displayed anymore

You worked so hard on those banners. They really were an expression of your very self. Without the banners, it doesn't even feel like a real place for community anymore.

<https://churchpop.com/2018/08/27/the-5-most-annoying-things-about-your-parish-being-revitalized-in-the-faith/>

Can Catholics use or wear crystals for healing?



Is it possible to use a crystal for a health benefit without endangering your soul?

Alternative medicines have become extremely popular in the past few years, and using crystals for healing is one such trend. Many celebrities, such as Katy Perry, Lena Dunham, and Adele all claim they use crystals on a regular basis. This has led many health spas to promote their use, claiming that crystals can help heal physical ailments or relieve anxiety.

Are Catholics allowed to use them as well, provided they do so for healing purposes?

First of all, in the medical and scientific community, crystals have not been found to possess any concrete healing properties. According to [Live Science](#), "Scientifically speaking, there is no evidence that crystal healing can be used to cure diseases, because diseases have never been found to be the result of a so-called energy flow in the body. Furthermore, no scientific studies have shown that crystals and gems can be differentiated by

chemical composition or color to treat a particular ailment."

Crystals do not contain any traceable chemical effect that can produce healing or anxiety-reducing results. If anything, it may provide a temporary "placebo effect," which varies according to the individual. Most doctors and medical professionals advise against the use of crystals.

The dark side of crystals

One of the main reasons crystals are used for healing is because of a "spiritual connection" between crystals and the "energy field" that surrounds a human person. This belief is generally traced to mystic traditions in Buddhism or Hinduism. It is said that these crystals can help correct an "imbalance" that exists in a person's energy field.

The problem with this concept is that the crystals are **used to invoke spiritual powers outside of God**. Even if someone claims that the energy field is really the "Holy Spirit," and uses Christian prayer when applying crystals, the belief system behind crystals in demonic in nature.

The Vatican produced a document in recent years called, *Jesus Christ: The bearer of the water of life*, which denounces such practices as using crystals. The *Catechism of the Catholic Church* similarly warns against such practices as they tap into a spiritual realm that can have

harmful effects.

All practices of magic or sorcery, by which one attempts to tame occult powers, so as to place them at one's service and have a supernatural power over others — even if this were for the sake of restoring their health — are gravely contrary to the virtue of religion ... Wearing charms is also reprehensible. Spiritism often implies divination or magical practices; the Church for her part warns the faithful against it. Recourse to so-called traditional cures does not justify either the invocation of evil powers or the exploitation of another's credulity. (CCC 2117)

Often when a particular crystal does not work the alternative health practitioner may suggest other spiritual practices that tap into ancient "spiritual energies." This leads very quickly down a dark path where a person could potentially open themselves up to demonic influences.

This is not to say that all alternative medicines are evil, but those that invoke spiritual powers outside of God are highly suspect. Furthermore, if there is no scientific data to back up claims of physical healing, then there must be some other spiritual power at work that can negatively harm our soul.

<https://aleteia.org/2019/09/10/can-catholics-use-or-wear-crystals-for-healing/>

[utm_campaign=NL_en&utm_source=daily_newsletter&utm](#)

Here's why Advent isn't just for religious people



When we celebrate it fully, Christmas becomes even better ...

We all know the dreaded holiday weight gain. The lure of those snowman cookies is just too strong to resist. This wouldn't be a problem if Christmas cookies were only on offer at Christmas itself, but now that the feasting season starts off with a bang at Thanksgiving and extends solidly through December, it's too much.

In my middle age, I can no longer make the entire month of December a constant feast. I can't dive into a pool of candy canes like Scrooge McDuck, pour syrup on my spaghetti like Elf, or drink that extra high-fat version of egg nog like, well, me. I actually do that last one. Upon reflection though, I realize that a life full of constant feasting isn't the way to maximize physical and mental health.

Enter Advent.

Yes, there is a certain segment of committed religious families who absolutely adore Advent because of its spiritual meaning – full disclosure, my family is one of them – but you don't have to be religious to appreciate the benefits of celebrating Advent. The most obvious is that, by delaying the Christmas

feasting, it gives our waistlines a break. Beyond physical health, though, spending some time with Advent is a beneficial habit that promotes well-being and even adds to our enjoyment of Christmas.

Here are a few Advent benefits:

Reduce stress

A high number of people say they suffer from “Stressmas (and an anxious New Year)” Stress piles up when we try to make the season too perfect, shop too much, and eat too much. It can get so bad that the rate of heart attacks actually goes up at the end of December. It's called a Happy New Year Heart Attack. There is way less pressure during Advent. There are no parties, no gifts that absolutely must be perfect, and no feasting. Advent minimizes and contains the period of stress to a smaller portion of our lives, so we can not only survive another year but also enjoy the holidays far more.

Self-reflection

Leading up to the New Year is a natural time for some self-reflection. There are enormous benefits to taking a bit of time to slow down and think. These benefits range from learning from past mistakes to gaining a bit of perspective. Advent, with its themes of waiting and silence, is here to help. Ultimately, this is a great way to prepare for a happy Christmas because it helps us focus on what really matters as we approach the holidays and provides some breathing space before jumping into our celebrations.

Maximize family time

Because those of us who celebrate Advent

purposely hold off on wading into mountains of Christmas and movies and tuning into the 24-7 Christmas music radio station, we're able to focus on family time with fewer distractions. There are the typical traditions like lighting the candles on the wreath together, making a paper chain with different activities on the links, making cookies, and taking time to get the Christmas tree ready with the whole family. And there is also more time to drink hot chocolate by the fire and play games. By taking more time to ease our way into Christmas, we're able to appreciate it more along with the ones we love.

Delayed gratification

Christmas is amazing. That's why we all go wild on the day after Thanksgiving draping Christmas lights on every possible bush, tree, and window. It's why we dedicate entire rooms to our Santa figurine collection and watch *Home Alone* approximately 50 times per year. However, indulging so early in the festivities may be causing the joy to wear thin, and some people question how long and wearisome the season can become. By waiting a bit and celebrating Advent further into December, it isn't saying that Christmas is bad, it's a way of protecting how wonderful it is by not watering it down and by delaying gratification. The theory is that, if we wait a bit and exercise self-control, then the reward will be all the greater.

In other words, when we celebrate Advent, Christmas becomes even better.

https://aleteia.org/2018/12/02/heres-why-advent-isnt-just-for-religious-people/?utm_medium=aleteia_en&utm_campaign=english_page&utm_source=Facebook#Echobox=1543736550



Adam Savage From “Mythbusters” Explains Porn’s Harms To His Sons In This Genius Way

more degrading, extreme content.

Understanding the real-world negative effects of the global porn industry on individuals and society is important, but it requires some expertise and detailed explanation of some pretty complicated issues. That's not too hard for most of us, but if understanding the problems with porn requires a mostly-developed brain, how can we teach kids that porn has unavoidable downsides before they've already been exposed to some of the worst of what the internet has to offer?

(After all, the average age of first exposure is 9-12 years old and getting younger all the time.)

What should you say to kids who find porn?

That was the problem Adam Savage struggled with.

Savage, who you might know from the popular science-based TV show “Mythbusters,” discovered not long ago that his twin sons, whom he called “Thing 1” and “Thing 2” had been searching for internet porn. He describes the ordeal in a story-telling for the viral “The Moth” podcast, titled, “Talking To My Kids About Sex In The Internet Age.” In an awesome turn of events, Savage used this opportunity to talk to his sons about why he believes porn is harmful to society.

In explaining the approach he took with being open about sex with his sons from young ages,

(Continued on page 14)

Pornography. It's been directly linked to physical problems like early erectile dysfunction, depression, relationship issues, human trafficking, and sexual exploitation. There's a huge amount of information detailing the problems associated with porn, all of which are worth our attention.

These are all issues that have arisen alongside the internet, which has made porn both more available and affordable than ever and opened the physical and mental pathways to ever

Savage said, “We have a bunch more sex talks over the next few years, and they go fine!...I think I’m really getting to them. But the whole time, what I’m really thinking about, is how to approach this aspect of their lives that I didn’t have to deal with when I was a kid: the internet. We didn’t have the 24/7 delivery of porn to every device strapped to our bodies.”

Ever the analytical thinker, Savage approached one son (Thing 2) with what he called the “bad cop” approach after discovering he’d been searching for porn, forbidding his son from watching it, and went to the other with a softer take.

“What you did is totally reasonable,” said Savage to his son (Thing 1). “Being curious about what people look like naked is a rational and normal response to the world and it is a reasonable curiosity for you to have. No one’s in trouble and I’m not mad. Now, is there something you want to tell me?”

At that moment, his son (Thing 1) confessed, and they talked through his experience of what he’d been looking at. “I started to talk to him about what he saw, and how he felt about what he saw,” Savage said. “But again, all I’m thinking about really is the 800-pound gorilla in the room. Not what he saw, but about what he’s going to see. So, I tell him, ‘You’ve got to be careful out there.’”

Instead of focusing on why porn itself is “bad” and unhealthy, and expecting his young son to simply listen to him and never think of porn again, Savage tried a great idea: putting porn in a broader context and giving his son the tools to understand just *why* porn is so hurtful. He started off this way:

“The thing you’ve got to understand, bud, is the internet hates women.”

How does the internet “hate women?”

If that seems like a bold statement, it’s because it is. And while we as an organization can’t speak for the entire internet, while we can definitely speak to what we know about the online porn industry and its proven, deeply harmful effects in society and deeply disturbing portrayals of women.

It might seem a little crazy at first to think about, but read this: a few years ago, a team of researchers looked at 50 of the most popular porn films—the ones bought and rented most often. [1] Of the 304 scenes the movies contained, 88% contained physical violence and 49% contained verbal aggression. On average, only one scene in 10 didn’t contain any aggression, and the typical scene averaged 12 physical or verbal attacks. The amount of violence shown in porn is astonishing, but equally disturbing is the reaction of the victims. In the study, 95% of the victims (almost all of them women) either were neutral to the abuse or appeared to respond with pleasure.

The vast majority of porn—violent or not—portrays men as powerful and in charge; while women are submissive and obedient. Watching scene after scene of dehumanizing submission makes it start to seem normal. It sets the stage for lopsided power dynamics in couple relationships and the gradual acceptance of verbal and physical aggression against women. Research has confirmed that those who watch porn (even if it’s nonviolent) are more likely to support statements that promote abuse and sexual aggression toward women and girls.

And don’t forget that, right now, 70% of child sex trafficking takes place online. The internet has become the hub of global sex trafficking, which primarily exploits women and children, and is the platform that allows the buying and selling of people, the abuse of children, and other atrocities to real people too numerous to

count and too disturbing to describe.

Savage described the vast darkness of the internet this way, telling his story about talking to his kids: “If you could look into someone’s brain the way you search the internet, and the internet was a dude, that dude has a problem with women.”

He ended his story by saying about his sons, “If he is not part of the solution, he might very well be part of the problem. And I want him thinking, when he talks to women, ‘I’m one of the good ones.’”

Putting porn in context

Now, we’re not trying to say that the internet is terrible. It’s done untold good for the world, and the fact is, it is inescapably linked with the global porn industry.

Ultimately, Savage teaching his sons about the problems with porn wasn’t about teaching him about sex or porn; it was about putting porn into context as something huge, complex, hurtful, and potentially dangerous. If the internet were, in fact, someone’s brain, it would be easy to say that person had a problem with women and objectifying, degrading, and humiliating them. Being aware of this—fighting against the normalization of hate, abuse, and exploitation—is a central part of the fight against porn.

Being aware of the way that the internet makes porn possible is just a step in the fight for a safer society. If we can all work to understand that creating that world starts with respect for everybody, and that porn makes achieving that respect nearly impossible, we can make a difference around the globe.

https://fightthenewdrug.org/adam-savage-speaks-out-on-porns-harms/?utm_source=facebook&utm_medium=organic&utm_campaign=october&utm_term=adamsavage



Ever since I started dedicating myself to ministry through promoting the thought of St. Thomas Aquinas to the Masses, I’ve consistently said that catechists, religious

educators, and pastors *MUST* emphasize the intellectual rigor of the Catholic tradition. While I wish that I was wrong about why people leave the faith, it is nice to know that *the latest Pew Studies have confirmed exactly what I’ve been saying for years:*

The main reason why the Church has suffered an exodus of millennials from the faith is precisely because of the perceived conflict between the Catholic faith and human reason.

Here are few representative quotes from the study: Many Christians like to credit sinfulness or desire to live a lascivious lifestyle as the “real reason” why kids leave the faith and **while that does play a role, it’s just not a fair analysis....**

Because when we **actually ask those who have left the faith**, we find that **the #1 reason for disbelief is because they simply don’t think that Christianity is reasonable.** Again, while it’s great to know that my insights are vindicated by the latest and most up to date studies, I wish it weren’t true.

Now that we know this, what are religious
(Continued on page 15)

educators going to do? Well, if you look at *most religious ed programs or curricula*, what you will find is an overview of Christian basics or talking about our feelings and getting along with each other.

First, yuck. Second, that is about as ineffective as one could possibly get. What's worse is that most of the time, ***catechists are woefully unprepared to deal with the real issues that come up in working with youth***, not to mention the typical lack-luster presentation style they typically offer. Religious ed programs should *focus on answering the questions that participants are actually asking* rather than trying to *check off boxes on*

requirements made by some bureaucrat who is totally out of touch with the real needs of the Church.

Yes, middle school and high school kids should know the 10 commandments or 7 virtues....but they should know them because they remember them from when they learned them when they were 9! Little kids love memorizing stuff and are really good at it but a **13-year old wants to know how we can believe in God** when science tells us about the big bang, or *how to reconcile creation and evolution*, or why the Church teaches that marriage is only between one man and one woman.

Yes, those are all uncomfortable and difficult topics but it's *our job as mature*

Christians to at least have the resources to answer these questions and the courage to bear the discomfort of argumentative 13-year olds.

So, if you're a religious educator, pastor, theology teacher, or a parent then you have a grave responsibility to the youth entrusted to your care. ***How are we going to respond as a Church to this crisis in light of the latest and best studies?***

https://scottmsullivan.com/1-reason-for-the-continued-decline-in-belief-among-youth/?utm_campaign=prove-god-exist&utm_medium=email&utm_source=ontraport&utm_content=prove-god-exist-b-oct19&utm_term=all

Archbishop elected head of national body



Winnipeg Archbishop Richard Gagnon will head the Canadian Conference of Catholic Bishops. He says he is humbled by the confidence and trust placed in him.

For Winnipeg Archbishop Richard Gagnon, being elected president of the Canadian Conference of Catholic Bishops is a "great honour and privilege."

Gagnon, who leads the Archdiocese of Winnipeg, was elected to the top position during the Canadian Conference of Catholic Bishops (CCCC) annual meeting in Cornwall, Ont., last month. "It's a big responsibility," he said, adding he's humbled that his colleagues "have placed their confidence and trust in me."

As president, Gagnon will lead the national assembly of the bishops of the Catholic Church in Canada as it addresses various issues. "We don't issue orders," he said. "Our role is to provide guidelines" and assist the dioceses in "moving forward" on various issues. One of those issues is reconciliation with Indigenous Peoples, and whether the CCCC will invite Pope Francis to Canada to issue an apology for the church's role in residential schools. Such an invitation is "an ongoing discussion" Gagnon said, adding the Pope is "open to the idea." "I realize many people want him to come," he said. But "this

is not a box for him (the Pope) to tick off." A papal visit, he shared, would be just one part of the larger process of reconciliation happening in local dioceses across Canada, although he acknowledged it would be a "powerful symbol."

Another item on the agenda of the CCCC is clergy sexual abuse. "It's a very important subject," he said, adding it will continue to occupy their attention in the years ahead. The goal, he added, is to "create a culture of prevention, response and education" in the dioceses. This includes promoting its new guidelines, titled Protecting Minors from Sexual Abuse: A Call to the Catholic Faithful in Canada for Healing, Reconciliation, and Transformation, across the country. "We want people to be aware of (it), to make sure it is being put into effect... we want to be proactive and preventative," he said.

The CCCC will continue meeting with survivors, he said, adding he believes they and the CCCC are on the same page when it comes to "getting rid of the abuse of minors in the church and throughout society as a whole." With regards to requests from some survivors to release names of credibly accused priests — as has been done by some American bishops — Gagnon says it is under discussion. He does wonder, however, what that means, since "each case is different." "We need to clarify what that means to be credibly accused," he said, adding he wants to continue to work with survivors on this and other questions related to sexual abuse. "We want their input."

Another issue that will continue to get the attention of the CCCC is religious freedom in

Canada. This includes Bill 21 in Quebec. People of faith in that province "should be allowed to express it in public, not hide it," he said, adding the CCCC has no immediate plans to contact the Quebec or federal governments about it. "We could have more initiatives on this issue," he said.

Other issues he sees needing attention include the freedom of conscience of medical staff and Catholic hospitals around not participating in medical assistance in dying and exploring deeper interfaith relations and relations with other Christian groups.

One thing that will not be discussed by the CCCC is whether priests can marry — an issue that has received a lot of attention recently due to a request from bishops in South America's Amazon region. Despite the shortage of priests in Canada, especially in the North, "it is not on the agenda," Gagnon said.

For Gagnon, one of the chief concerns is finding ways to balance his work leading the Archdiocese of Winnipeg with his new national responsibilities. "Ask me six months from now how it's going," he joked, quickly adding he has great teams to work with both here in Winnipeg and at the CCCC. "I'm not on my own."

Gagnon is the third archbishop from Winnipeg to be elected head of the CCCC. The others were James Weisgerber, 2007-09; and George Flahiff, 1964-67.

<https://www.winnipegfreepress.com/arts-and-life/life/faith/archbishop-elected-head-of-national-body-563759142.html>

5 Steps to saying you're sorry (and meaning it) according to St. Chrysostom

Sometimes, I apologize out of weariness. The argument has been going on long enough, I'm tired of it, and realize my only escape is a quick apology. On the one hand, I suppose it's an act of humility. I don't particularly care anymore to insist on a need to be proven correct, or to see myself victorious against an antagonist. So I swallow my pride, say what needs to be said, and move on. On the other hand, my actions could certainly be interpreted as cynical. This, for those who know me, is the far more plausible explanation. I know I'm not really sorry, but I offer an insincere apology in the hopes that I can move on to a more pleasant activity.

It seems that there's a fine line between an apology as a peace offering and total insincerity. We all fall somewhere on that spectrum. Wherever you are on that sliding scale, though, I'm sure none of us would agree this is an ideal scenario — to offer a quick apology simply to end a disagreement. A true apology involves much more commitment and follow-through. That concept of "follow-through" can be vague, though. What exactly is involved with a true, sincere apology?

Recently, I found an excellent explanation of the fine art of apologizing while reading the work of St. John Chrysostom. John lived in the 4th century and, in addition to being a bishop, was a prolific writer and speaker. He was nicknamed *Chrysostom*, "golden-tongued," because of the fact that he was a world-famous preacher known for the eloquence of his words. I'm sure he could have talked his way out of anything with or without an apology. Instead, he chose to look below the surface level to understand the substance of what makes an apology truly sincere and effective.



According to John, here are the five elements of a good apology:

1. OWN THE MISTAKE

St. John Chrysostom says, "Render judgment on yourself." By this, he means that for an apology to be sincere we must admit the error.

The worst of all apologies, in my opinion, is the one where someone says, "I'm sorry what I said offended you." That phrase, notice, carefully absolves the speaker of actually doing anything wrong. The mistake is placed all on the victim — You misheard. You're too sensitive. You didn't react appropriately. For your mistake, I am sorry. Most people have caught on to this little trick and understand immediately that the apology is fake, so it doesn't do any good. Better to make an honest examination and clearly admit what part you actually played and what mistakes you need to own.

2. DROP ONGOING ILL FEELINGS

John urges us to "keep from bearing a grudge." A true apology must have some cost to it, which includes letting go of ill will and a sense of interior righteousness so we can at least attempt to see the other's point of view. Otherwise, the same argument will assuredly flare up again in the future. Even if we agree to disagree, it's vitally important to allow the apology to clear the air and not carry negative emotions forward in the relationship.

3. ASK FORGIVENESS

John advises that apologies include a request for forgiveness "from the bottom of your heart." The simple act of asking forgiveness

allows the other person to participate in the process. Often, in my life, I've found that it also works miracles in dissolving emotional tension, and the apology is quickly reciprocated.

4. MAKE RESTITUTION

John says that making restitution "has a great power, more than you can tell." To me, the best

restitution I can make is to take steps towards eliminating the issue that started the argument. It may be changing the way I speak, being more sensitive to how other people are feeling, or changing an offensive habit. A real apology is followed up by an actual change in behavior. This is the hardest part, but is vital to a true reconciliation.

5. MAINTAIN HUMILITY

I take it back; humility is the hardest part. John insists that it is necessary, though, saying it's just as important as "all the words that could be spoken." In my experience, he's exactly right. I notice that I am far more forgiving of flaws and mistakes in people who are humble and kind, probably because it is obvious they meant no offense. I, on the other hand, am not humble (I'm working on it), so my actions, even if I intend them to be benevolent, don't always seem so very kind. When it comes to making a true apology, humility is key because it allows us to both accept and receive apologies more readily.

Knowing the parts of what makes for a sincere apology helps us to think through exactly why we're apologizing and how to make it effective. For me, it helps keep me from quickly blurting out an apology before I've really thought through what it means and how I need to follow through on my words. For you, perhaps it will help you recognize and respond to a sincere apology. In the end, the point isn't the words themselves, it's the reconciliation.

https://aleteia.org/2019/09/08/5-steps-to-saying-youre-sorry-and-meaning-it-according-to-st-chrysostom/?utm_campaign=english_page&utm_medium=aleteia_en&utm_source=Facebook#Echobox=1567925540

ST. PETER: Why should I let you into heaven?

Me: Once, a coworker said "supposably" seven times in a meeting, and I just let her.

St. Peter: Get in here.

🐦@ABBYCOHENWL

«going up to receive communion on the tongue»
me: don't be weird about it don't be weird about it don't be weird about it
priest: The Body of Christ
me:



ACCURATE DESCRIPTION OF
SUGAR COATED PREACHING



We must all consider the good of others, and the good of the whole human family, in organizing our society – economically, politically, and legally. *Human Dignity* can only be realized and protected through our relationship with society-at-large. We must love our neighbour, locally and globally, and prioritize the good of the human family over commercial interests.

God intended the Earth with everything contained in it for the use of all human beings and peoples. Thus, under the leadership of justice and in the company of charity, created goods should be in abundance for all in like manner.

- Second Vatican Council, *Gaudium et Spes*, 69

The demands of the common good... concern above all the commitment to peace, the organization of the State's powers, a sound juridical system, the protection of the environment, and the provision of essential services to all, some of which are at the same time human rights: food, housing, work, education and access to culture, transportation, basic health care, the freedom of communication and expression, and the protection of religious freedom. Nor must one forget the contribution that every nation is required in duty to make towards a true worldwide cooperation for the common good of the whole of humanity and for future generations also.

- Compendium of the Social Doctrine of the Church, No. 166

Example in action:

DEVELOPMENT AND PEACE supports organizations that are seeking the good of the whole community, rather than any individual or company. Since 2003, DEVELOPMENT AND PEACE has supported and advocated for publicly owned water sources both at home and abroad. Traditionally, water was shared between local farmers, but there has been increasing pressure placed on countries by the World Bank and other international bodies to privatize the management of natural resources such as water. In Indonesia, one of DEVELOPMENT AND PEACE's partners promotes community-based water management, and works to strengthen public control and access to clean water in rural and urban areas. Their major advocacy focus is on water as a human right. Here in Canada, where we have access to safe drinking water and filtration systems, DEVELOPMENT AND PEACE has advocated for "Bottled-Water Free" zones, and in 2003 members visited municipal governments presenting them with a Water Declaration of 5 principles that recognizes people before profit, access to water as a basic human right and water as a common good – not a resource to be exploited for individual or corporate gain.



CANADIAN CATHOLIC ORGANIZATION FOR
**Development
and Peace**

devp.org

Sign of peace with your older brother



Perkatory

(pur kah tawr ē) n.
The anguished,
prolonged period
spent waiting for a
fresh pot of coffee
to be ready.



There is no god.

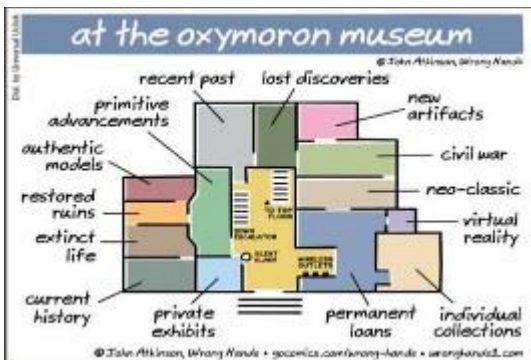
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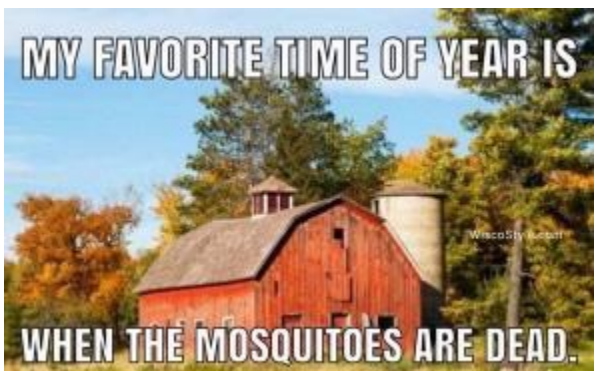
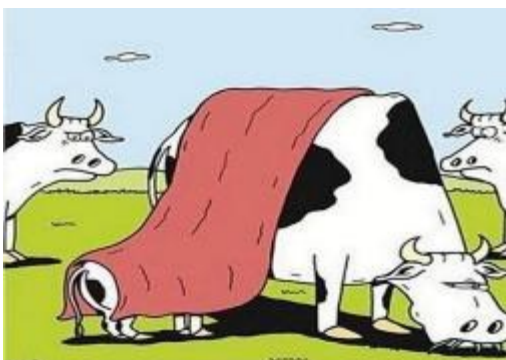


The EyePhone!



Captain's Log Day 39:

Roasted unicorn is delicious.



Wanted: a man has been stealing wheels of police cars
Police are working tirelessly to catch him

