



Notre Dame de Lorette Catholic Women's League



Care for our
Common Home

April 2020

Currently collecting:

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

The Catholic Women's League of Canada

71st Annual Convention St. Boniface Diocesan Council April 25, 2020

*Hosted by St. Mary Parish Council
at St. Mary Church, 530 Atlantic Ave, Beausejour, MB*

THE CATHOLIC WOMEN'S LEAGUE OF CANADA WINNIPEG DIOCESAN COUNCIL 99th ANNUAL CONVENTION APRIL 17th & 18th, 2020

Care For Our Common Home

**KEEWATON THEAS
68th CWL ARCHDIOCESAN CONVENTION
May 22-23, 2020 The Pils, MB**

The Catholic Women's League of Canada

72nd Annual Convention MANITOBA PROVINCIAL COUNCIL

*Hosted by: St. Augustine, Brandon
May 29-30, 2020*



Our Spiritual Advisor

Fr. Jorge Mario de los Rios Londoño

Our Members

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Susan Bernier

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Mary-Ann Novak

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Marcia Poirier

Jennifer Poitra

Marie-Ange Prevost

Mae Ross, *Chair*

















Iris Swiderski

Cecilia Tsessaze

Joanne Touchette

Marilyn Toutant

April 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <p>Jesus, we thirst for You. You chose to enter this world as a vulnerable baby. Be with the most vulnerable now. Help us to continue to return to You with our whole hearts throughout this ordeal. Amen.</p>			1 	2	3	4
5  Susan Bernier 	6	7	8 Mae & Gil Ross  	9  Holy Thursday	10 	11 
12  CHRIST THE LORD IS RISEN TODAY!	13	14	15  Crystal Chernichar 	16	17	18
19	20	21	22 	23	24  Jennifer Poitra	25
26	27	28	29 Monique & Renald Johnson  	30		



Lacey's Address

Hello Fr. Mario and CWL Ladies:

I hope you are doing as well as possible in these trying times. Remember to keep in your prayers those who are on the front lines of this COVID 19 disease, the sick and elderly, those working to find a cure and as always, your Prayer Partners.

It might be a good time for you to not only offer daily prayers for all the mentioned, but to also reach out to your Prayer Partner and connect with her during this isolation. To find your Prayer Partner, see the February newsletter, pg 6: https://notredamedelorette.info/wp-content/uploads/2020/02/february_2020.pdf

A bit of an update: all conventions and meetings are cancelled for the foreseeable future. This includes the Provincial and National Conventions as well as all local meetings. Unfortunately, this means we also had to cancel our Anniversary Celebration. We will hopefully try to celebrate in another way at a later date. As for all other planned activities for the next few months, into summer, we are unsure where we will be at that time and you are urged to check your emails throughout the months for updates.

For those of you who had been planning on attending the CSE banquet, it too has been cancelled, however, they are planning an online fundraiser to take place the same day that the banquet was to happen. Also for those interested in the Caritas Banquet, it has been postponed until September 29th, 2020. Hopefully by this time it will be safe to celebrate and go out again!

One thing that we have decided to forward with is our C & S Garden Center Fundraiser. We are continuing in the hope that it

will get better and that we need to keep doing what we can. With the beautiful weather coming and gardening a great solitary past time, this might be a great idea for you to participate in while needing to be isolated.

Don't forget to read the entire newsletter (we know you have the time now!) to find many interesting and informative articles. Keep connected with family and friends through phone, email and social media, stay home and stay safe!

We are also asking for prayers for the newly elect in our parish—Charles, Trevor and Cary Chilton— and their godparents—Mae Ross, Joe Bernardin and Ray Lambert—who have been participating in RCIA sessions with Fr. Mario, Suzanne Moore and Lise Lavack. They participated in the Rite of Election at the Cathedral on March 1, as well as their first scrutiny in our parish on March 8. Because of the recent cancellations across the diocese, their scrutinies and sacraments of initiation will be postponed until a later date. In the meantime, they are asking for your prayers for growth in faith and fidelity to Christ and His Church.

As a last reminder, please don't forget to reach out to those who may not have family or friends to check on them or who you know may be struggling for various reasons.

I really hope to see you all as soon as possible.

Happy Anniversary, Happy Easter and Happy Spring!



RCIA Catechumens (Elect), their godparents and Fr. Mario with Archbishop LeGatt at the Rite of Election, March 1, 2020

2020 Pope's Intentions

April

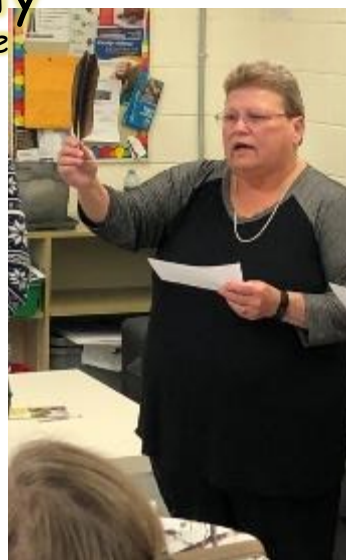
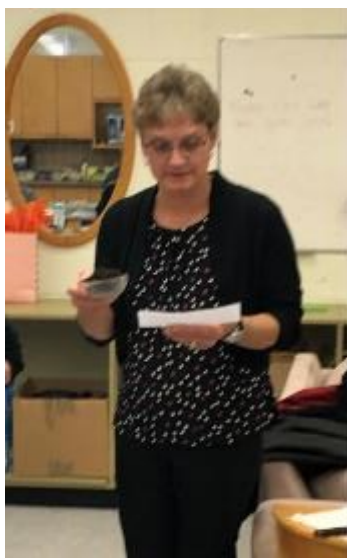
That those who suffer from addictions will seek help and find freedom in Christ.

Addictions

CWL-Sponsored Soup Sunday at Our Lady of Hope, Anola

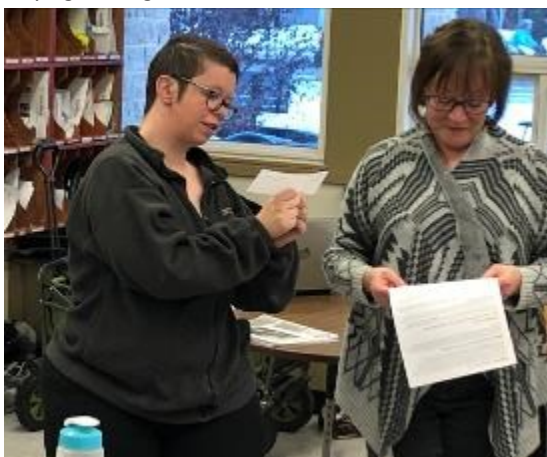


General Meeting Spiritual Activity 2020 Development and Peace, For Our Common Home



Sue: My adopted Sioux or Dakota grandmother and medicine woman Eva McKay chose to honour me and I very humbly accepted the name, ta dis kaw whey. In a private quiet ceremony following the tradition, she called the Great

Spirit and asked for the name to present itself to her. She told me that in Sioux, my name meant White wind woman. She said I am named for the white northern wind, the wind that brings healing. My adopted grandmother is adopted in the traditional way not the white person's way. She carried an eagle staff and was a respected elder in Sioux Valley near Brandon. She told me that because she carries the staff and has the eagle totem, I too would be expected to accept the eagle and continue to help heal others. She explained that whenever I saw an eagle, I should offer a prayer in respect but also because the eagle has the special job of carrying messages to the Creator.





Weathering COVID 19 in our Parish

God bless you, Fr. Mario!



Limited attendance at Mass (weekdays and weekends) - We are only allowed to have **4 people** in the church during the holy mass at one time with Fr. Mario - available by appointment with Fr. Mario. Mass will be 30 minutes maximum. You may also schedule

Day of Week	Mass	Adoration with Exposition of Blessed Sacrament	Prayer and communion (optional) But no holy Mass	Sacrament of Reconciliation
Monday	9 – 9:30 AM	9:30 – 10:30 AM	10:30 – 3:30 AM	9:30 – 10:30 AM
Tuesday	9 – 9:30 AM	9:30 – 10:30 AM	10:30 – 3:30 AM	9:30 – 10:30 AM
Wednesday	9 – 9:30 AM	9:30 – 10:30 AM	10:30 – 3:30 AM	9:30 – 10:30 AM
Thursday	9 – 9:30 AM	9:30 – 10:30 AM	10:30 – 3:30 AM	9:30 – 10:30 AM
Friday	9 – 9:30 AM	9:30 – 10:30 AM	10:30 – 3:30 AM	9:30 – 10:30 AM
Saturday	5 – 5:30 PM	none	3:00 – 4:30 PM	3:00 – 4:30 PM
Sunday	9 – 9:30 AM	none	9:30, 10:00, 10:30;	None
Sunday	11-11:30 AM	none	11:30 – 12:30 - communion but no Holy Mass.	none

Note: During prayer time a maximum of 10 people can be in the church and they need to maintain a distance of 2+ meters of contact (unless they are members of the same family).



Sacrament of Reconciliation – available by appointment with Fr. Mario (204-878-2221). He will be following the Government of Manitoba recommendation of maintaining at least 2 meters distance, so the sacrament will not be in the confessional.

Please also be aware that the financial needs of the Parish still exist... and even though we are not having masses, we still need your monthly contributions to keep paying our bills.

To do this, you may

- 1) mail a monthly donation to the parish, address on back page. (please only put cheques in the mail)
- 2) do an e-transfer to the office using our email address: info@notredamedelorette.info
- 3) you can sign up to do auto-withdrawals (please call office to sign up)
- 4) you can drop off your collection envelope during office hours.

a guide to HOLY WEEK

By Melinda McPherson

Palm Sunday



People of Jerusalem welcome Jesus as king as he triumphantly enters the city



Crowd waves palms and lays cloaks on the ground before him



Jesus rides in on a donkey to fulfill Old Testament prophecies



The liturgy begins with blessing of palms, an extra reading about Jesus' entry into Jerusalem, and a procession while the congregation waves palms to play the part of the crowds



Take the palms and place them in your home or workplace as a witness to faith in Jesus' Paschal Victory

Put yourself in the shoes of the people who first welcomed Christ as king, but in a matter of days, called for his crucifixion

What
Happened
That Day



What You'll
See at Church



How to Live
Out the Day



DIocese
of
LAFAYETTE-IN-INDIANA

dol-in.org | @diolafin

Though chronologically three days, the **PASCHAL TRIDUUM** is one liturgical day unfolding for us the unity of Christ's Paschal Mystery

Holy Thursday



Jesus celebrates the Last Supper with his Apostles



Jesus institutes the Eucharist and constitutes the Apostles as priests



Displaying great humility, Jesus washes the feet of his Apostles



Gives *mandatum*, command to love one another as he has loved them



During the agony in the garden, he accepts God's will, then is arrested



At the end of Mass the altar is stripped and all decorations are covered or removed. Even the tabernacle is emptied and all consecrated hosts are moved to an Altar of Repose to mimic the absence and loss felt by the disciples during Jesus' agony and death.

No final blessing as the liturgical day continues



Make a pilgrimage to visit seven churches in your area

Spend an hour in adoration

Good Friday



While Jesus was being questioned, Peter denies him three times



Pilate has Jesus scourged and a crown of thorns put on his head



Jesus carries his own cross to Calvary, where he is crucified



With the words, "It is finished," Jesus dies and darkness descends



Jesus is taken down from the cross and placed in the tomb



This is the only day of the year where no Masses are celebrated, and no sacraments are performed, unless it's an emergency

Candles are only lit during the liturgy when the Eucharist is present and during the Veneration of the Cross



Fasting and abstinence from meat

Pray the Stations of the Cross

Maintain silence during the hours Jesus was on the cross

Easter Sunday



Jesus rises, conquering death, and opening the path to new life!



Empty tomb is found first by the holy women, then by Peter and John



Jesus appears to multiple groups of disciples, they see and believe



Take part in a festive gathering with family and friends to honor this day as the highest of feasts

Start by blessing the table and home with holy water from the Easter Mass

Keep the celebration going during the Octave of Easter for eight days, and the Easter season for 50 days until Pentecost

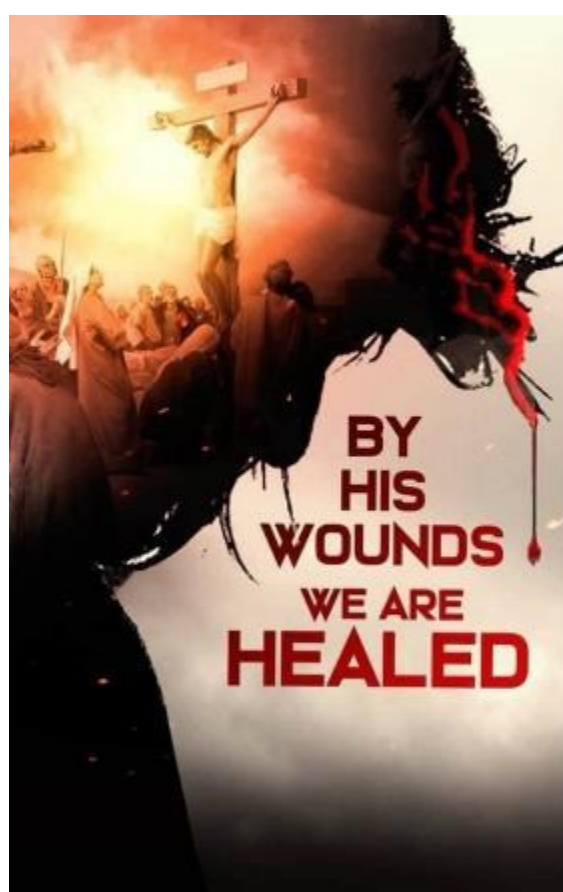


Catechumens receive sacraments of initiation, and the whole congregation renews baptismal vows

We sing Alleluia again for the first time since the beginning of Lent

The new Paschal candle is carried into the church and the congregations' candles are lit from it

Vatican publishes guidelines for Easter celebrations during coronavirus



The Vatican department for liturgy published guidelines Friday for bishops and priests on the celebration of Holy Week, the Triduum, and Easter liturgies during the coronavirus pandemic.

The document recommends that bishops postpone those liturgies which may be postponed. It also indicates how priests and bishops can offer those celebrations which cannot be moved, such as Easter, in places where public liturgies are suspended.

The Congregation for Divine Worship and the Discipline of the Sacraments published the “general indications” after receiving inquiries from several bishops.

The decree was signed by the congregation’s prefect Cardinal Robert Sarah and Secretary Archbishop Arthur Roche and authorized “by mandate of the Supreme Pontiff, for the year 2020 only,” meaning that the recommendations cannot be used in future years.

“Easter is the heart of the entire liturgical year and is not simply one feast among others,” the document states, and that the Easter Triduum “cannot be transferred to another time.”

The congregation’s document also says

that the bishop has faculties to postpone the Chrism Mass of Holy Week.

The Paschal Triduum is the three days leading up to and including Easter Sunday. It begins at sundown Holy Thursday and ends on sundown Easter Sunday.

The decree orders that, in the places where there are restrictions from civil and Church authorities, the bishop, in agreement with the bishops’ conference, may offer the liturgies of the Easter Triduum in the cathedral, and priests of the diocese may offer the liturgies in their parishes, without the physical presence of the faithful.

“The faithful should be informed of the times of the celebration so that they can prayerfully unite themselves in their homes,” it indicates, adding that live television or internet broadcasts are helpful in this situation.

Dioceses and bishops’ conferences should provide resources to support families and individuals in personal prayer, it adds.

The document also provides several suggestions for the offering of the particular liturgies by priests and bishops.

All priests may offer Holy Thursday’s Mass of the Lord’s Supper in a suitable place, without the public, it says, but the washing of the feet, which is already optional, should be omitted.

The procession of the Blessed Sacrament to the place of repose at the end of Mass should also be omitted and the Blessed Sacrament should remain in the tabernacle.

Good Friday’s service of the Passion of the Lord may be celebrated in cathedrals and parish churches, the congregation said, and the universal prayers should include an intention for the sick, the dead, and those who feel lost and dismayed.

The guidelines indicate that the Easter Vigil may only be offered in cathedrals and parish churches, “where, and in the measure that there is a real possibility of doing so, established by the one responsible.”

The preparing and lighting of the fire during the “Solemn Beginning of the Vigil or Lucernarium” is omitted, it says. The Paschal Candle is lit, the procession is omitted, and the Easter Proclamation (Exsultet) follows.

The Mass proceeds as usual, apart from the “Baptismal Liturgy,” where “the renewal of baptismal promises alone is necessary,” it explains.

The document states that “those who have absolutely no possibility of uniting themselves to the Paschal Vigil celebrated in a church should pray the Office of Readings for Easter Sunday.”

Processions and other devotions of popular piety that usually take place during Holy Week and the Easter Triduum can be transferred by the diocesan bishop to other days during the year, such as September 14 and 15, it states.

The executioners expected Jesus to cry, for everyone pinned to the gibbet of the Cross has done it before him. Cicero recorded that at times it was necessary to cut out the tongues of those who were crucified to stop their terrible blasphemies. Hence the executioners expected a word, but not the kind of word that they heard. Like some fragrant trees which bathe in the very axe which gashes them, the great Heart of the Tree of Love poured out from its depths something less a cry than a prayer—the soft, sweet, low prayer of pardon and forgiveness.”
Archbishop Fulton Sheen (Life of Christ)

Can't receive the Eucharist?

Here's how to make a spiritual communion

Saints often made an act of spiritual communion when they couldn't receive the Eucharist at Mass.

For various reasons we may be prevented from receiving the Eucharist at Mass. We may have broken the one hour fast, be in a state of mortal sin, or we could even be homebound, unable to leave our home to attend Mass.

In these cases, the Church encourages us to make an act of "spiritual communion," where we unite ourselves to God through prayer. It is a beautiful way to express to God our desire to be united with him when we are unable to complete that union in the reception of Holy Communion.

Countless saints incorporated this type of prayer into their daily lives, not being satisfied with receiving Jesus in the Eucharist once a week or even once a day. Making an act of spiritual communion for them was an essential part of life and drew them closer to God on a daily basis.

St. Josemaria Escriva encouraged everyone to make a spiritual communion as often as they could, "What a source of grace there is in spiritual communion! Practice it frequently and you'll have greater presence of God and closer union with him in all your actions."

Padre Pio also had a habit of making a spiritual communion throughout the day outside of the celebration of Mass. He desired to be always united with Jesus Christ in everything he did.

Below is a traditional prayer of spiritual communion that many saints have prayed over the years. It can be prayed if you find



yourself at Mass unable to receive the Eucharist, or even in the midst of your daily work, lifting up your thoughts to God.

The ultimate goal of our lives should be communion with God and an act of spiritual communion can help a person draw closer to that goal.

*My Jesus,
I believe that You
are present in the Most Holy Sacrament.
I love You above all things,
and I desire to receive You into my soul.
Since I cannot at this moment
receive You sacramentally,
come at least spiritually into my heart.
I embrace You as if You were already there
and unite myself wholly to You.
Never permit me to be separated from You.
Amen.*

<https://aleteia.org/2018/09/20/cant-receive-the-eucharist-heres-how-to-make-a-spiritual-communion/>



What does INRI mean?

The letters are frequently found on the top of crucifixes and are straight out of the Bible.

In the the first three Gospels of Matthew, Mark and Luke, it is narrated that after Jesus is nailed to the cross, the soldiers "placed over his head the written charge against him: This is Jesus, the King of the Jews" (Matthew 27:37).

The Gospel of John expands on this particular part of the Passion story of Jesus, explaining

how the Jewish leaders protested against this sign. Pilate is the one who orders the sign and ensures that it is written in multiple languages for all to read.

Pilate also had an inscription written and put on the cross. It read, "Jesus the Nazorean, the King of the Jews." Now many of the Jews read this inscription, because the place where Jesus was crucified was near the city; and it was written in Hebrew, Latin, and Greek. So the chief priests of the Jews said to Pilate, "Do not write 'The King of the Jews,' but that he said, 'I am the King of the Jews.'" Pilate answered, "What I have written, I have written." (John 19:19-22)

The inscription Pilate had written is depicted on crucifixes with the abbreviation INRI.

This refers to the Latin translation of Pilate's charge, *Iesus Nazarenus, Rex*

Iudaeorum (Jesus the Nazarene, King of the Jews). On occasion the first letter is rendered as a "J" instead of an "I," but the Latin is still the same.

Since the Catholic Church was initially located in the Roman Empire and Latin became the "official" language of the Roman Church, INRI was favored over the Greek or Hebrew words for the inscription.

The abbreviation reminds us that Pilate's charge, while meant to be mocking, is true: Jesus truly is our king, who came to save us from sin and death. His throne was the cross and he rules over us in love and mercy. Jesus is the one true king that we call all rally behind.

https://aleteia.org/2019/04/12/what-does-inri-mean/?utm_campaign=NL_en&utm_source=daily_newsletter&utm_medium=mail&utm_content=NL_en

Pope addresses what to do since many can't get to Confession

Francis cites the Catechism to encourage the faithful to express contrition, and make resolve to return to Sacrament as soon as it becomes possible

Pope Francis took up the question that many of the faithful are wrestling with as they are under lockdown with churches closed: What about confession?

The Holy Father addressed the issue March 20 during his homily at morning Mass.

The Pope introduced his homily saying that the verse from the First Reading from Hosea: "Return to the Lord, your God" always reminds him of a song sung by Carlo Buti some 75 years ago.

The Italian families in Buenos Aires used to listen to it. They liked it a lot. 'Return to your daddy, he will still sing you a lullaby.' Return. But it's your Father who tells you to return. God is your Daddy. He's not a judge. He's your Daddy. Go back home.

The Holy Father compared the message to that of the Parable of the Prodigal Son, saying that the father sees his son from a distance, "because He was waiting for him. How many times He went up the terrace day after day, month after months, perhaps years even. He waited for His son."

Francis said that the Father's tenderness, as seen in this parable, speaks to us especially during Lent.

[Lent] is the time to enter into ourselves and to remember the Father and return to our Daddy. 'But, Father, I'm ashamed to go back because, you know, Father I've ...done so many things wrong.' What will the Lord say? 'Return. I will heal their defection. I will love them freely; for my wrath is turned away from them (Hosea 14:4).' Return to your Father. The God of tenderness will heal us.

This Father will heal us of "so many of life's wounds," the pope affirmed. "Going back to God is going back to an embrace, the Father's embrace, It's not going to God. No, it's going back home."

But in lockdown?

This habit of returning home "takes flesh in the Sacrament of Reconciliation," the pope explained.

I know that many of you go to confession before Easter... Many will say to me: 'But Father...I can't leave the house and I want to make my peace with the Lord. I want Him to embrace me... How can I do that unless I find a priest?'

Do what the catechism says. It's very clear. If you don't find a priest to go to

confession, speak to God. He's your Father. Tell Him the truth: 'Lord. I did this and this and this. Pardon me.' Ask His forgiveness with all your heart with an act of contrition, and promise Him, 'afterward I will go to confession.'

You will return to God's grace immediately. You yourself can draw near, as the Catechism teaches us, to God's forgiveness, without having a priest at hand.

At the end of his homily, the Pope expressed the hope that the word "return" might "echo in our ears today" *Return to your Father. He's waiting for you, and He will throw a feast for you.*

For health care workers

The Holy Father was offering the Mass for health care professionals battling COVID-19 and for civil authorities.

Yesterday, I received a message from a priest from the Bergamo region who asked for prayers for the doctors working there.... They are at the end their strength...and are truly giving their lives to help those who are ill, to save others' lives.

https://aleteia.org/2020/03/20/pope-addresses-what-to-do-since-many-cant-get-to-confession/?utm_campaign=NL_en&utm_source=daily_newsletter&utm_medium=mail&utm_content=NL_en

Popular Novena App Crashes from So Much Use



Is this a good or a bad thing? 😊

The popular novena app, [Pray: The Catholic Novena App](#) crashed today after so much use.

ChurchPOP reported that this handy app encourages Catholics to pray novenas. It notifies users of the novena day, automatically puts together each day's prayer, and allows close friends to pray novenas

together.

App creator Devin Rose explained that **"we had downtime today on our Pray Catholic Novenas mobile app for multiple hours due to unprecedented prayer activity."**

The Catholic convert, blogger, and best-selling author added that "over the past several days, an **enormous number of Catholics** have flooded into the app and begun praying novenas (hooray!). That, of course, is a wonderful thing—the primary goal of our entire mission."

However, Rose said "technology-wise, **the database cluster** we use on our backend got **maxed out** and then hit a cascading failure that we could not immediately recover from."

The software developer said he immediately invoked the intercession of the 14 Holy Helpers, St. Rocco, Our Lady of Monte Berico, and St. Joseph because "we are battling a pandemic," wondering if it might be a demonic attack.

He realized the system overloaded, and "we couldn't just upgrade to the next level of database cluster. We needed to jump an entire tier upwards and go with a cluster that was **five times as powerful.**"

Rose said the app is up-and-running again, thanking users for "praying novenas right now."

<https://churchpop.com/2020/03/18/unprecedented-prayer-activity-popular-novena-app-crashes-from-so-much-use/?hsmi=84959713&hsenc=p2ANatz-8SP57r1ekXE55-dMMxjoLBFnGo4uf4BMtXur42oP7W7MHBSZqcce5b6GiXf->

Coronavirus, Mass and Catholic Life

Eight things for Catholics to know and share

The coronavirus/Covid-19 pandemic has produced many questions and controversies, including how it is impacting people's ability to attend Mass and receive the sacraments.

How dangerous is the virus? What should be our response as Catholics?

Here are eight things to know and share.

1) How dangerous is the coronavirus?

Nobody knows for sure. The virus only emerged a few months ago, so doctors are only now getting experience with it.

Some have compared Covid-19 to the flu, which is a well-understood and predictable disease.

It appears that Covid-19 is much more infectious than the flu. A person with the flu will infect an average of 1.3 other people, but a person with Covid-19 will infect an average of between two and 3.11 additional people. Covid-19 thus has the chance to spread much more rapidly.

Covid-19 is also much deadlier than the flu. In the United States, the death rate for the flu is usually around 0.1%. The death rate for Covid-19 is not yet well understood, but it appears to be between 1.4% and 2.3%—making it between fourteen and twenty-three times more deadly than the flu.

While it is true that—at present—more people are killed by the flu than by Covid-19, governments and health authorities are working to keep the latter from becoming as common as the flu.

There are around 27,000,000 cases of flu each year in the U.S., resulting in around 36,000 deaths. If Covid-19 became as common as the flu (and, remember, it's actually *more* infectious than the flu), there would be around 500,000 deaths.

This is what authorities are trying to prevent.

2) Is everyone equally at risk?

No. Covid-19 hits certain people much harder than others. People younger than sixty are much less likely to die because of the disease, though they can still catch and spread it.

They may even have it but not feel sick and yet spread it to others. In fact, a recent study suggests that more than eighty percent of



current cases were spread by people who did not know they had the virus.

People older than sixty are much more likely to die, and the risk increases with each decade of age.

People with other underlying conditions, such as high blood pressure, diabetes, and cardiovascular disease also have increased risk of dying.

3) Why are bishops cancelling Masses and dispensing people from their Sunday obligations? Aren't Christians called to be martyrs?

Christians are called to be martyrs when we are forced into the situation. If we are directly asked if we are followers of Christ, we cannot disown our faith. "If we deny him, he also will deny us" (2 Tim. 2:12).

However, this doesn't mean we are called to rush into martyrdom. In fact, Jesus said that we can flee persecution for our faith: "When they persecute you in one town, flee to the next" (Matt. 10:23).

The requirement to witness to our faith thus does not mean Christians can't take reasonable steps to protect themselves from physical danger.

If it is morally permissible to leave town to avoid one physical danger (being killed by people who hate our faith), so is staying home from Mass for a few weeks to avoid another physical danger (being killed by a plague).

4) Are bishops being too quick to cancel Mass?

The Eucharist is "the source and summit of the Christian life" (*Lumen Gentium* 11), so no bishop will take the decision to suspend Masses lightly.

The decision involves a prudential judgment call, so there is no single answer that obviously applies in all situations. This means the faithful should pray for the bishops as they wrestle with this issue and show respect for the difficult decisions they are having to make.

They also should bear in mind that:

- The conditions in some areas are much worse than others.
- In some places, bishops may not have much of a choice, as public authorities have prohibited public gatherings over a certain size.

- Epidemics grow exponentially, so the only way to stop them is to take early action—*before* the situation becomes severe. If you wait until an epidemic has gotten really bad in an area, it is too late.

5) When are people allowed to stay home from Mass?

People are allowed to stay home from Mass in three situations:

- When one has a *legitimate excuse* (e.g., because a person is at elevated risk of acquiring Covid-19)
- When one is *dispensed* by the competent authority (e.g., the pastor or bishop)
- When it is *impossible* to go (e.g., because Masses have been cancelled)

6) On what basis can pastors and bishops dispense a person?

The *Code of Canon Law* provides that the pastor of a parish can give a dispensation in individual cases, as can the superiors of religious institutes ([can. 1245](#)).

The bishop's authority is greater. He can "dispense the faithful from universal and particular disciplinary laws issued for his territory" by the Vatican ([can. 87 §1](#)). This is the category of laws that the Sunday obligation belongs to.

(Continued on page 11)

7) What should we do if staying home from Mass?

One is not legally obligated to do anything on these days. However, the Church strongly recommends that the faithful undertake another form of spiritual activity:

If participation in the eucharistic celebration becomes impossible because of the absence of a sacred minister or for another grave cause, it is strongly recommended that the faithful take part in a liturgy of the word if such a liturgy is celebrated in a parish church or other sacred place according to the prescripts of the diocesan bishop or that they devote themselves to prayer for a suitable time alone, as a family, or, as the occasion permits, in groups of families (can. 1248 §2).

Watching a Mass on television or the Internet also is a possibility, and some parishes and dioceses stream Masses on their web sites.

Participating in the Liturgy of the Hours is another possibility (can. 1174 §2), as are

reading the Bible and spiritual works.

8) What should I do if I'm not sure whether I'm getting sick?



Err on the side of caution. With many diseases, people are *most infectious* just before they start feeling sick and just after they start having symptoms. Therefore, if you think you might be getting sick, you may be at the point where you have the greatest chance of infecting another person.

Even if you do not feel sick, you may be able

to spread the virus to others, so it is important to follow safety practices even if you currently feel fine.

This applies especially if you have contact with older people or those with health conditions that put them at greater risk of dying from Covid-19.

Remember: We are not just protecting ourselves; we are protecting those around us.

If we don't *have* the virus, we can't *give* it to others. Even if we're young and healthy, we're protecting the more vulnerable. That is a physical work of mercy, and it's an act of love for others. As Jesus taught us, "You shall love your neighbor as yourself" (Mark 12:31).

https://www.catholic.com/magazine/online-edition/coronavirus-mass-and-catholic-life?utm_source=Catholic%20Answers%20Weekly&utm_campaign=bfb45b4837-CAWeekly032120&utm_medium=email&utm_term=0_854f87e44b-bfb45b4837-213208757&mc_cid=bfb45b4837&mc_eid=b70d22d586



Easter Cookies with the Kiddos

Set your oven to 300 degrees.

Give your kiddo some pecans (1 cup) in a Ziplock baggie and a wooden spoon and have them beat the pecans into small pieces. You explain to them that Jesus was arrested and beaten by the Roman Soldiers. (Read John 19:1-3).

Then you let them smell vinegar and explain when Jesus was thirsty on the cross he was given vinegar to drink. (Read John 19:28-30). Put 1 tsp. vinegar into a mixing bowl.

Add 3 egg whites to the vinegar. The eggs represent life. You explain that Jesus gave his life to give us life. (Read John 10:10-11).

Sprinkle a little salt into each child's hand and tell them to taste it, then brush the rest into the mixing

bowl. Explain that this represents the salty tears she'd by Jesus' followers, and the bitterness of our own sin. (Read Luke 3:27).

So far, the ingredients are not very appetizing.

Add 1 cup of sugar and explain that the sweetest part of the story is that Jesus died because he loves us. (Read Psalms 34:8 and John 3:16). Beat with a mixer on high speed for 12 to 15 minutes until stiff peaks are formed.

Explain that the color white represents the purity in God's eyes of those whose sins have been cleansed by Jesus. (Read Isa. 1:18 and John 3:1-3).

Fold in the broken nuts. Drop by teaspoon onto a wax paper covered cookie sheet. Explain that each mound represents the rocky tomb where Jesus' body was laid. (Read Matt. 27:57-60).

Put the cookie sheet in the oven, close the door and turn the oven OFF.

Give each child a piece of tape and seal the oven door. Explain that Jesus' tomb was sealed. (Read Matt. 27:65-66).

GO TO BED! Explain that they may feel sad to leave the cookies in the oven overnight. (Read John 16:20 and 22).

On Easter Morning, open the oven and give everyone a cookie. Notice the cracked surface and take a bite. The cookies are hollow! On the first Easter, Jesus' followers were amazed to find the tomb open and empty. (Read Matt. 28:1-9).



12 Catholic movies to watch during social distancing

A list of quality films that will inspire you as well as entertain you.

With movie theaters shutting down across the country to prevent the spread of the coronavirus pandemic, people are turning to streaming platforms to occupy their time during social distancing.

Make the most of your time by watching something that will not only entertain but lift your mind and heart to something higher. Here's a [list](#) of quality films that are perfect to engage Catholics in thoughtful reflection.

1. A Man for All Seasons

St. Thomas More was awesome, in the truest sense of the word. He held to his faith and conscience and refused to declare Henry VIII as head of the Church of England, even though he knew he would be executed for it.

This film won several Academy Awards including Best Picture, Best Director and Best Actor. Plus, it has an all-star cast with Orson Welles, Robert Shaw (or Quint from *Jaws*) and John Hurt (who holds the record for most on-screen deaths).

2. Judgment at Nuremberg

This Best Picture-nominated film centers on a fictional military tribunal and offers a glimpse at what happened to Nazis after World War II and their role in the Holocaust. Spencer Tracy leads an all-star cast including Burt Lancaster, Montgomery Clift, Judy Garland and William Shatner. The movie is also the first time Nazi concentration camp footage was used in a commercial film. *Judgment at Nuremberg* explores why we must value every single human life.

3. On the Waterfront

If Marlon Brando's stunning performance doesn't sell you, this Best-Picture winner tells the story of an uneducated former boxer who stands up against corrupt union bosses who have unmitigated power. Is it

anti-Communist? Yes. Does it include pro-Catholic teachings? Yes. Plus, it features one of the greatest lines in movie history. You'll know it when you get to it.

4. Henry V

This film adaptation of the Shakespeare play deals with themes of war and peace, brotherhood and leadership, manipulation and trust. But it's also an underdog story, as the British troops were outnumbered 5 to 1 against the French at the real, historic battle. And here is a future trivia answer for you: HBO's *Band of Brothers* gets its name from the Henry V line "We few, we happy few. We band of brothers."

5. The Mission

Robert De Niro stars in this movie about a Jesuit missionary evangelizing the native people of 18th-century South America. It was nominated for seven Oscars and won the Palm d'Or award at the Cannes Film Festival.

6. We Were Soldiers

Although violent, the battle scenes are accurate portrayals of the events that changed the course of the Vietnam War. The movie, starring by Mel Gibson, shows the men who dedicated and sacrificed their lives for God, country and their brothers.

7. Liberating a Continent

St. John Paul II's trip to Poland in 1978 brought hope to a continent split by the Soviet Union's "Iron Curtain." It's a story of real people, real lives, real consequences and the real power of prayer.

8. For Greater Glory

In the 1920s, Mexican Catholics were persecuted by their government, forcing them to fight for their lives and the right to practice their faith. Many were martyred during the conflict — including six Knights who were later canonized. The film's theme of religious liberty remains powerful, as Christians are still persecuted throughout the world today.

9. Shane

Dealing with themes of heroism, redemption and justice, the film centers on a former gunslinger who tries to help a family of farmers harassed by cattle ranchers who have hired their own gunfighter. *Shane* is a classic film, listed number 45 on AFI's 100 Years ... 100 Movies list.

10. Michael Collins

First he played Holocaust hero Oskar Schindler. Then he played Irish hero Michael Collins. Liam Neeson stars in this biopic about the Irish revolutionary, soldier and politician who struggled for Ireland's independence from the United Kingdom in the early 20th century. It was nominated for two Academy Awards (cinematography and score), and Neeson and the film won top prizes at the Venice Film Festival.

11. Katyń

If you're looking for a foreign film, put *Katyń* at the top of your list.

Nominated for Best Foreign Language Film at the 80th Academy Awards, it tells the story of Soviet atrocities against the Polish during the Second World War — including a mass execution and its cover-up. Although the characters are fictional, the Soviet actions are not.

12. Becket

Peter O'Toole and Richard Burton star in this classic film about the disintegrating relationship between King Henry II and St. Thomas Becket due to the latter's commitment to the Catholic Church.

Becket received 11 Oscar nominations, including Best Picture and two Best Actor nominations. (Although O'Toole and Burton didn't win, making it a combined 14 times they were nominated for acting but never won.)

Enjoy!

https://aleteia.org/2020/03/18/12-catholic-movies-to-watch-during-social-distancing/?utm_campaign=NL_en&utm_source=daily_newsletter&utm_medium=mail&utm_content=NL_en



Statement from the Canadian Conference of Catholic Bishops Regarding Jean Vanier

It is with a heavy heart that the Canadian Conference of Catholic Bishops (CCCBC) learned over the weekend of the shocking results of an independent inquiry, undertaken at the initiative of L'Arche International, to investigate allegations of abuse by its founder Jean Vanier. The inquiry uncovered disturbing allegations by women (non-disabled) who were abused emotionally and sexually. This news is all the more difficult and incomprehensible given that Mr. Vanier had a profound influence on the way people with mental and physical disabilities are perceived and treated today, and his writings have had a positive influence on people's lives within many different cultures and languages. Nonetheless, any harm that was done cannot be excused.

Victims of abuse suffer unspeakable harm and long-term consequences. The message of the Bishops of Canada to all victims-survivors is that abuse is an appalling manipulation of trust and is always to be condemned. In any form, it is unacceptable. The Bishops commend the courage of and pray for all victims-survivors who come forward with such painful experiences in order to seek justice and healing. Similarly, they laud the bold steps of L'Arche's leadership in initiating an independent inquiry into this question in an effort to seek greater clarity.

It is likewise crucial to acknowledge the overwhelming impact of the findings of this inquiry on the worldwide network of L'Arche communities; communities devoted to helping the intellectually disabled and their families based on the principles of love, friendship, community, and the dignity of the person. The Bishops of Canada pray for the success of the important task that now lies before the leadership of L'Arche to rebuild trust through their rigorous safeguarding policies and practices in order that the organization's mission to the disabled may continue in Canada and abroad. As sins and injustices are denounced, there is also an urgent duty to remember and acknowledge the life-giving, selfless and compassionate ministry which the members, volunteers and leadership of the organization have brought to the lives of so many and for decades.

For more information about the results of the independent inquiry as they become available, please visit the websites of [L'Arche International](https://www.larche.org/) and [L'Arche Canada](https://www.larche.ca/).

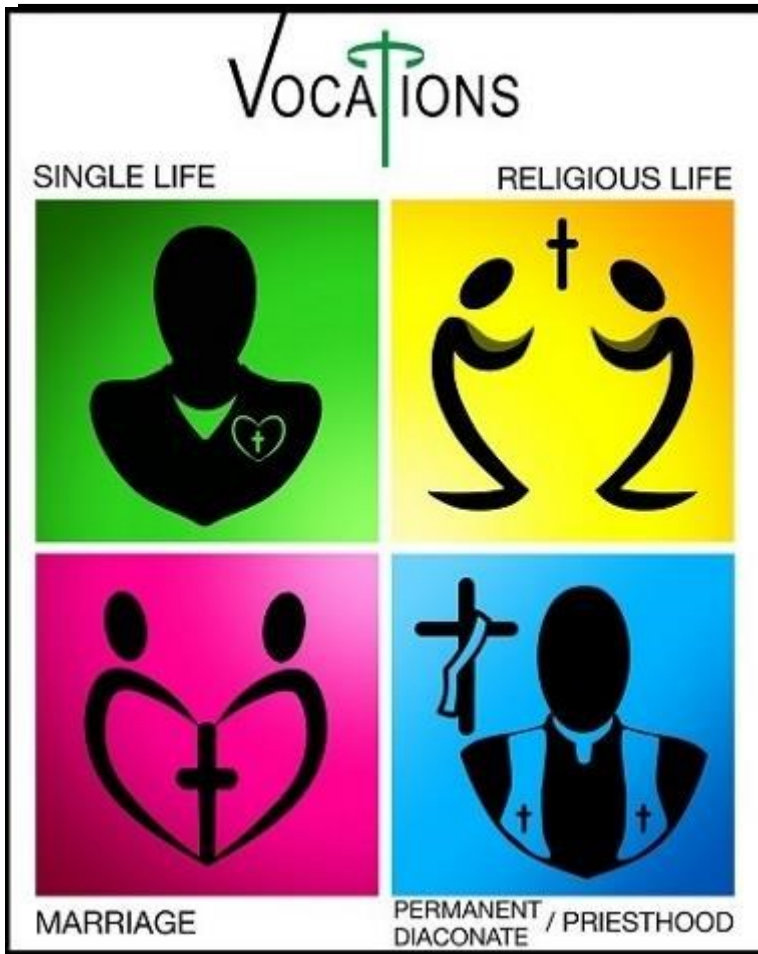


Walk with L'Arche

The 16th annual **Vickar Automotive Group's Walk with L'Arche** will take place on Sunday, May 3, 2020 at Oxford Heights Community Club, 359 Dowling Ave East in Transcona. Check-in tables open at 12:30 PM and the Walk starts at 2:00 PM.

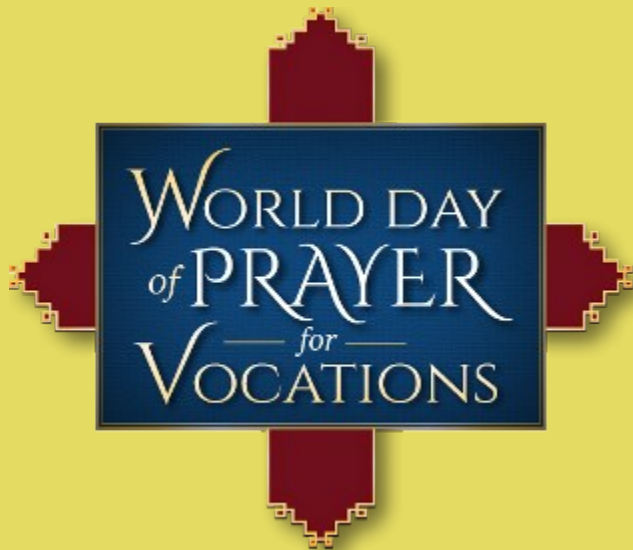
Support Lucille Chay from our Council who will be walking on May 3, God Willing!

2020 World Day of Prayer for Vocations, May 3



The purpose of the World Day of Prayer for Vocations is to publicly celebrate vocations to ordained ministry and religious life in all its forms. Many parishes and religious institutes commemorate this day with prayer for vocations and vocation promotion events. Considering that 73 percent of women and men professing final vows participated in one or more parish activities and 88 percent served in one or more parish ministries *before* entering religious life, our presence and participation in activities that mark this special day is essential. Consider asking parishes for opportunities to speak, pray, provide bulletin inserts, prayer cards, and conversation before and after Masses, in religious education programs, RCIA and confirmation formation classes on this day.

Dear friends, it is not always easy to discern our vocation and to steer our life in the right direction. For this reason, there needs to be a renewed commitment on the part of the whole Church – priests, religious, pastoral workers and educators – to provide young people in particular with opportunities for listening and discernment. There is a need for a youth ministry and a vocational promotion that can open the way to discovering God's plan, above all through prayer, meditation on God's word, eucharistic adoration and spiritual accompaniment.



Prayer for World Day of Prayer for Vocations

Holy Spirit, stir within us the passion to promote vocations to the consecrated life, societies of apostolic life, diocesan priesthood, and permanent diaconate.

Inspire us daily to respond to Your call with boundless compassion, abundant generosity, and radical availability.

Help us to remember our own baptismal call to rouse us to invite the next generation to hear and respond to Your call.

Inspire parents, families, and lay ecclesial ministers to begin a conversation with young Catholics to consider a how they will live lives of holiness and sacred service.

Nudge inquirers and motivate discerners to learn more about monastic life, apostolic life, missionaries, cloistered contemplative life, and evangelical Franciscan life.

Ignite our Church with the confident humility that there is an urgent need for religious sisters, brothers, deacons, and priests to live in solidarity with those who are poor, neglected, and marginalized.

Disrupt our comfortable lives and complacent attitudes with new ideas to respond courageously and creativity with a daily 'YES!' Amen.

Price and other details may vary based on size and colour

Showing results for *make down syndrome extinct*
Search instead for *make downs syndrome extinct*



let's make down syndrome extinct bigfoot 1

☆☆☆☆☆ ~ 4

More buying choices
£17.17 (1 new offer)

March 12, 2020 ([Society for the Protection of Unborn Children](#)) — A Scottish mother, who has a six-year old son with Down's syndrome, has slammed Amazon for selling t-shirts which read, 'let's make down syndrome extinct.' She said: "To target a group who are disabled is just disgusting."

Stacey Corrigan, aged 34 from Paisley has a six year old son with Down's syndrome named Daniel. Ms Corrigan slammed the t-shirt slogan as "hateful" and "disgusting", asserting that it should be treated as a crime.

She said: "I can't believe they have been allowed to sell this. Who even thinks up an idea to design this? Daniel is just perfect to us and we wouldn't change a thing about him."

"They wouldn't be able to write homophobic slogans or racists ones. It is so hateful and should be a crime. To target a group who are

The t-shirts were initially spotted by two mothers from England who filed a complaint to Amazon accusing them of promoting a hate-crime on their website.

The t-shirts have since been removed from Amazon, who have refused to comment on the situation.

Iceland Celebrates 'Eradicating Down's Syndrome'

In 2017, Iceland [celebrated](#) 'eradicating down's syndrome' after it was reported almost 100% of unborn children diagnosed with Down's syndrome were killed in the womb.

Such claims were criticised by SPUC who highlighted that the chromosomal condition of Down's syndrome was not being eradicated,

Amazon under fire for selling 'Make Down Syndrome Extinct' t-shirt

disabled is just disgusting and I am horrified Amazon gave them a platform to share their hate."

but rather almost 100% of the people being diagnosed with the condition were being killed.

Public Push Back Against Disability Abortion

Recent weeks have witnessed a [public backlash](#) against abortion following a disability diagnosis.

Over 1,800 people with Down's syndrome and their families have signed a letter to Prime Minister Boris Johnson, urging him to insure that abortion for disability will not be permitted in Northern Ireland.

Earlier this year, US states including Kentucky, Indiana, Ohio and Tennessee, urged federal appeal courts to uphold state laws which ban abortion following a diagnosis of Down's syndrome.

Published with permission from the [Society for the Protection of Unborn Children](#).

https://www.lifesitenews.com/news/amazon-under-fire-for-selling-make-down-syndrome-extinct-t-shirt?utm_source=LifeSiteNews.com&utm_campaign=9e634b6ac0-
[ProFam 3 17 2020&utm_medium=email&utm_term=0_12387f0e3e-9e634b6ac0-](#)

Children: The Crowning Glory of Marriage

May 10-17, 2020



National Week for Life and the Family

An initiative of the [Canadian Conference of Catholic Bishops](#)
Visit [www.cccb.ca](#) for resources and parish use guides



Bag Up started out as a small program to help students see how much plastic waste is generated in just one month. Now, many schools collect year-round and some communities even collect at their own waste management facilities to offload on us in the fall.

It takes so much donated staff time and labour from our partners to make this happen, the shipping company has to give us a staff member and trucks for free, as does the baling facility, and the recycler had to disrupt their system to integrate the bags etc.. etc... The more and more bags that are collected each year, the more of a burden we put on these partners, and the program has become overwhelming. In addition, it has gotten away from the original message which is that plastic bags should be refused and re-used whenever possible.

Our small non-profit is not a recycling company, and we just can't deal with millions of bags (and growing) every year while picking up the slack for local government who makes the recycling decisions.

You have some options for the shopping bags, here is a link showing where they can be donated and recycled throughout the year <https://simplyrecycle.ca/plastic-bags/bag-it-forward/>

We want Manitobans to reduce the number of single-use plastic bags they use. Can you help us reach our goal?

Here is how you can do your part:

- When a retailer offers a bag, just say "no." For one or two items, we often don't need any bag at all.
- Use a cloth or other re-useable bag when you go shopping.
- Re-use your "single use" plastic bags to hold household garbage, pet waste and other items.
- If you do use plastic bags, return them to a retailer that accepts them.
- Paper isn't necessarily the better choice. Paper bags take more natural resources to make than plastic bags do.

- Remember, **reduce** your use of plastic bags, and **reuse** and **recycle** the ones already in your home.

DO RECYCLE

- Grocery bags – return to retailer
- Empty bread and produce bags
- Brown paper bags

DON'T RECYCLE

- Used food or cling wrap
- Prepackaged food bags, including frozen wrappers
- Bio-based or compostable bags
- No film that has been painted or has excessive glue
- Plastic over-wrap and bubble wrap

TIPS

- Use plastic bags for packing material
- Use bags as trash can liners
- Use them to pick up animal waste or donate to put shelters
- Only take a bag when you really need it
- Utilize reusable bags when shopping
- Pack the bags as full as possible! Keep in mind that a plastic bag can hold up to 17 pounds of product – nearly 2,000 times its own weight

While you can't recycle them with other items in your blue box, plastic bags can be made into dozens of useful new products. From building and construction materials, fencing and deck materials, to new bags, many retailers in Manitoba will accept, collect and return single-use plastic bags.

I arise today through God's strength to pilot me; God's might to uphold me, God's wisdom to guide me, God's ear to hear me, God's word to speak for me, God's hand to guard me, God's way to lie before me, God's shield to protect me afar and anear, alone or in a multitude. —**St. Patrick** from *The Trials of St. Patrick*

Christ with me, Christ before me, Christ behind me, Christ in me, Christ beneath me, Christ above me, Christ on my right, Christ on my left, Christ when I lie down, Christ when I sit down, Christ when I arise, Christ in the heart of every man who thinks of me, Christ in the mouth of everyone who speaks of me, Christ in every eye that sees me, Christ in every ear that hears me. —**St. Patrick** from *The Trials of St. Patrick*

The life of St. Faustina is one of the most interesting things that has happened in the Church. She is a great gift to our times because of the charism that was received by this simple country girl from Poland who had only two winters of education. Her life is a testimony to the Lord's goodness, to his forgiveness, and to his mercy. —**Fr. Don Calloway, MIC** from *The Power of the Divine Mercy Chaplet*



There once was a man named George Thomas, pastor in a small New England town. One Easter Sunday morning he came to the Church carrying a rusty, bent, old bird cage, and set it by the pulpit. Eyebrows were raised as if in response. Pastor Thomas began to speak....

"I was walking through town yesterday when I saw a young boy coming toward me swinging this bird cage. On the bottom of the cage were three little wild birds, shivering with cold and fright. I stopped the lad and asked, "What do you have there, son?"

"Just some old birds," came the reply.

"What are you going to do with them?" I asked.

"Take 'em home and have fun with 'em," he answered. "I'm gonna tease 'em and pull out their feathers to make 'em fight. I'm gonna have a real good time."

"But you'll get tired of those birds sooner or later. What will you do then?"

"Oh, I got some cats," said the little boy. "They like birds. I'll take 'em to them."

The pastor was silent for a moment. "How much do you want for those birds, son?"

"Huh?? !!! Why? You don't want the birds, mister. They're just plain old field birds. They don't sing. They ain't even pretty!"

"How much?" the pastor asked again.

The boy sized up the pastor as if he was crazy and said, "\$10?".

The pastor reached in his pocket and took out a ten dollar bill. He placed it in the boy's hand. In a flash, the boy was gone. The pastor picked up the cage and gently carried it to the end of the alley where there was a tree and a grassy spot. Setting the cage down, he opened the door, and by softly tapping the bars persuaded the birds

out, setting them free. Well, that explained the empty bird cage on the pulpit, and then the pastor began to tell this story:

One day Satan and Jesus were having a conversation. Satan had just come from the Garden of Eden, and he was gloating and boasting. "Yes, sir, I just caught a world full of people down there. Set me a trap, used bait I knew they couldn't resist. Got 'em all!"

"What are you going to do with them?" Jesus asked.

Satan replied, "Oh, I'm gonna have fun! I'm gonna teach them how to marry and divorce each other, how to hate and abuse each other, how to drink and smoke and curse. I'm gonna teach them how to invent guns and bombs and kill each other. I'm really gonna have fun!"

"And what will you do when you are done with them" Jesus asked?

"Oh, I'll kill 'em," Satan glared proudly.

"How much do you want for them?" Jesus asked.

"Oh, you don't want those people. They ain't no good. Why? You'll take them and they'll just hate you. They'll spit on you, curse you and kill you. You don't want those people!!"

"How much? He asked again.

Satan looked at Jesus and sneered, "All your blood, tears and your life."

Jesus said, "DONE!" Then He paid the price.

The pastor picked up the cage and walked from the pulpit..

I keep up the Holy Hour . . . to grow more and more into His likeness. . . . We become like that which we gaze upon. Looking into a sunset, the face takes on a golden glow. Looking at the Eucharistic Lord for an hour transforms the heart in a mysterious way. — [Venerable Fulton J. Sheen](#) quoted in Jeanette Flood's book [Eight Ways of Loving God](#)

Jesus commands us to love our enemies. [MATTHEW 5:43-48](#)

The first reason we love our enemies is because this is the best way to test the quality of our love. Love is not primarily an emotion, but an act of the will. It is willing the good of the other as other.

A second reason to love your enemies is that they tell you about yourself. There is a very good chance that the people who most bother you are those who most reveal to you unsavory truths about yourself.

Third, perhaps the person you consider your enemy is actually pointing out to you the inadequacy of your own life. Maybe he is right and good, and it's you who are off-center. Could it be that your enemy is in fact a kind of saint who is indirectly indicating your own weakness and lack of moral courage?

A final reason to love your enemies: you might win them back.

Bishop Robert Baron

Easter Sunday

Church Parking Lot

**IF EVERYONE CAN STOP MAKING PALM
CROSSES AND LISTEN TO THE HOMILY**

THAT WOULD BE GREAT

**Not going to church because
of the "hypocrites" is like**

**not going to the gym because
of "out of shape people"**

WE ALL MAKE FUN OF CATHOLICS

UNTIL WE NEED AN EXORCISM

**WELL BEHAVED WOMEN RARELY MAKE
HISTORY**

FALSE. THE VIRGIN MOTHER.

**YOU GET TO HOMESCHOOL!
AND YOU GET TO HOMESCHOOL!**

EVERYBODY GETS TO HOMESCHOOL!

**CLIMATE
CHANGE**

GEN Z

BOOMERS

CORONAVIRUS

GEN Z

BOOMERS

**TED AND MARCIA JUST BACK FROM
THEIR WONDERFUL HOLIDAY IN ITALY**

Self-Quarantine To-Do List:

- ☐ Work on your side hustle
- ☐ Binge [insert favorite show here]
- ☐ Start that book you bought 5 years ago
- ☐ Rack up some much-needed nap time
- ☐ Learn a new Tik-Tok dance.

WHEN THEY ANNOUNCE

**FREE REFRESHMENTS
AFTER CHURCH**

www.CleanMemes.com

**Who'd like to offer the
closing prayer?**

DON'T MOVE!

SHE CAN'T SEE US IF WE DON'T MOVE.

**Rational
thinking**

**Absolute
chaos**

Society

SERIOUSLY?