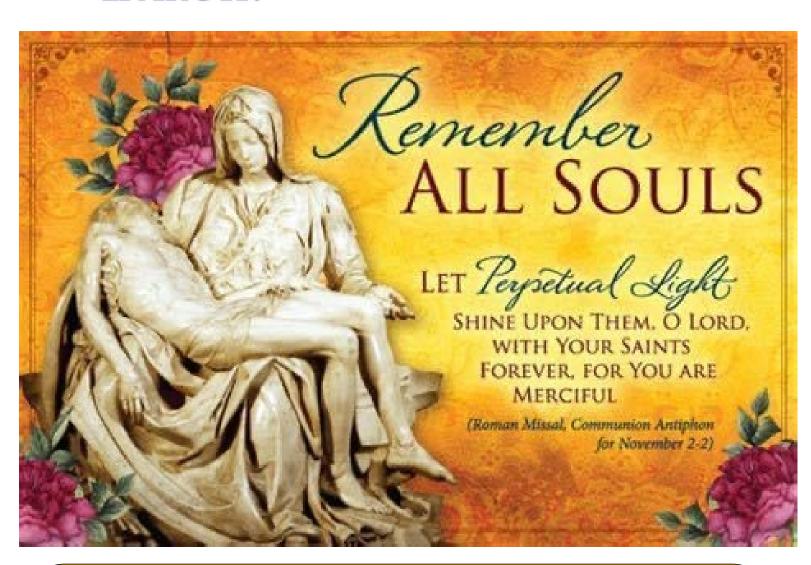


Notre Dame de Lorette Catholic Women's League

CATHOLIC and LIVING IT!

November 2022



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Marilyn Toutant

Lucille's

Dear Sisters in The League & Fr. Mario,

Like all of God's creatures, we are also preparing for the coming of much colder and shorter days. This could be viewed as very depressing in many ways but, as a group of Catholic women committed to our faith and longing to see justice in the worl

committed to our faith and longing to see justice in the world, we embrace it as a time to continue actively working to make our parishes, our communities and our country better for all.

One of the ways in which we can accomplish this is by identifying gaps in services and/or critically analyzing current topics of contention and developing a resolution to address how one or the other could be better managed or resolved. As you read the newspaper or listen to the news, I invite you to jot down to share with us your thoughts about some of the issues that speak to your hearts.

A big shout-out to all the members and their families who came out to help with the **Fall clean-up** of our 8 km stretch of Highway 207 on October 1st! We had perfect weather with no mosquitoes and were done in 1.5 hours! This was followed by a lovely breakfast together at Chicken Chef.

Father Mario will preside over the **Installation Of Officers** immediately after the 9 am mass on Sunday, November 6th. I encourage all of you to attend this particular mass that weekend as a show of support for your executive and as a way to promote the CWL to the parish. I also encourage you all to wear your pins and scarves (if you have them) so that the CWL members can be easily identified.

Membership dues for 2023 are being collected now. Please remit \$45.00 to myself or Suzanne or e-transfer the funds to cwllorette@gmail.com

Archbishop LeGatt has invited us to start small faith groups within our parishes. At our November general meeting, we will hear a short presentation on the **Households of Faith** initiative.

I was unable to attend the **Day of Reflection** but I am looking forward to hearing some feedback from attendees at our general meeting.

The CCCB has developed a toolkit for Catholic parishes on palliative care called **Horizons of Hope**. Any member

Letter

interested in palliative care is encouraged to attend a 4-part series hosted by Mary Mother of the Church, Thursday evenings in November from 6:30 – 8:30 pm.

Thank you to the CWL members who helped with making the **coleslaw for the parish dinner**.

Our **Advent celebration** is scheduled for Sunday, December 4th at the Bles d'Or. We will be discussing this in more detail at the general meeting.

On Saturday, November 5, the St. Boniface Diocesan Council will be hosting a **workshop on the changes in the CWL** and how it will affect our councils going forward. This free event will take place at Mary Mother of the Church hall from 10:00—12:00. Lacey Bernardin will be leading this informative event.

Lastly, I wish to extend sincere condolences to the family and friends of Con Marks who passed away on October 9th. Con was very involved with the CWL and she will be greatly missed.



Membership Dues are now \$45.00 due to the increase at the national level.

\$45.00

3 ways to pay your fees:

- 1: Cash—to treasurer Suzanne Moore
- 2: Cheque payable to CWL and given to Suzanne Moore
- 3: eTransfer \$45 to cwllorette@gmail.com and comment, "membership fees"

Due: December 31, 2022

November

2022 Pope's Intentions

Children Who Suffer

We pray for children who are suffering, especially those who are homeless, orphans, and victims of war; may they be guaranteed access to education and the opportunity to experience family affection.



NOVEMBER 2022



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Send me, Lord, wherever you please, for when I am sent by you, then I am quite sure that you will help me —in whatever situation I find myself— to fulfill what you ask. Amen. —St. Francis de Sales from his prayer collected in the YOUCAT: Youth Prayer Book		1 All Saints' Day	2 All Souls' Day	3	4	Workshop at MMOC re: CWL changes 10—12 pm
Installation of officers after 9:00 am mass	7 Monique Jeanson	Feast of the Dedication of the Lateran Basilica - Mass to CWL Intentions	Holy Mass At 6:15, Mtg at hall to Sollow	10 Iris & Louis Swiderski	11 (C.S.N.)	12
13	Marcia & Armand Poirier	15	16	Kathleen Messnet Suzanne Moore	Lindsay Bouchard	19
20 Mass Intentions for deceased CWL members	21	22	23	24	25	26
Madelyn McConnell First Sunday of Advent	28 Patricia Danylchuk	29	30	who know they are saints. Your entra spiritual sickne qualify? —Peter F	vo kinds of people in sinners, and sinners nce card to Doctor Joss; He treats only the creeft from his book ark's Gospel Answers	s who think they are esus' office is your e needy. Do you The Man Who Left

This past Saturday I took part in the 207 Highway cleanup with the Lorette CWL. It was another successful ditch cleanup with many in attendance to help!

Adopting this stretch of highway is just one of the many amazing things the CWL has done for our community! Last year they were prize recipients of the Premier's Award for Excellence in Volunteering from Volunteer Manitoba, what an accomplishment! I was so honoured to be part of the whole process and be present when they received their award last spring.

A huge Thank You goes out to all the ladies of the Lorette Catholic Women's League for all you continue to bring to our community and surrounding areas. You are truly an example for everyone and we are very lucky to have your organization in Taché and all through Manitoba!

Armand Poirier, Facebook post, October 4/2022

Highway Clean-up, October 1, 2022







God bless the work we are about to do...



























Making Coleslaw for the Parish Fall Supper









Praying for Life







Diocesan Day of Reflection, October 15, 2022



















Fr. John Sianchuk and Lesia Sianchuk - Shrine and Museum Administrator. Presented on Blessed Vasyl Velychkovsky Martyr Shrine

Fr. Francois Paradis presented on his life's work amid the indigenous people of Manitoba and his work with Returning to Spirit

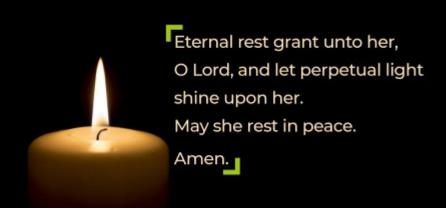
Jason Cegayle from Mary Mother of the Church Youth Choir provided music. They are raising funds to attend World Youth Day in 2023 in Portugal

Thank you, St. Emile Council for hosting us so well!

CONSTANCE MARIE MARKS (CON) (nee SAWATZKY)

July 5, 1956 – October 9, 2022





Manitoba Provincial President Crystal Reiter and Con Marks, Manitoba CWL President-Elect, at the CWL AMM in Kelowna, August 2022

HOPE'S CRADLE



A GEMS FOR GEMS INTIATIVE TO SUPPORT THE SAFE SURRENDER OF INFANTS

(Left to right) Sheila and Trevor Braun, Allan Rau and Susan Penner (Submitted photo)

The fire hall in Landmark will soon offer a safe site for any mother wanting to surrender their newborn child.

Susan Penner of Steinbach is the Executive Director for Life Culture Canada. She says the Landmark Fire Hall will become the first Hope's Cradle safe surrender site in all of Manitoba. Only one other site exists in Canada: that one opened last year in Strathmore, Alberta.

Penner explains that Hope's Cradle is an anonymous and safe place where an infant can be safely surrendered. Inside is a temperature-controlled bassinet and documentation that informs the parent, usually the mother, of her rights, how the process works, a form to send in about medical history, and a list of resources. Once the door is opened, the parent has two minutes to place the baby in the cradle and vacate the site before a silent alarm is sent to first responders.

"This is really a last resort for women in desperate circumstances," notes Penner.

She says there is a period of time where if she changes her mind, she can come forward and claim the baby as her own.

"Whether it's because maybe she's in danger, that might be a reason if she needs a safe place for the baby temporarily," explains Penner. "Or, if she just can't manage it, that's also an option and then she will be surrendering the baby."

Landmark Fire Hall to open safe surrender site of newborn babies



Tache Fire Chief Allan Rau says this has been a collaborative effort.

"Earlier this year, I was approached by Trevor Braun, a member of Tache Fire and was asked if we could place a Hope's Cradle in the Landmark Fire Station," says Rau. "I researched the subject and was immediately in favour of the idea. The proposal was presented to Council and approved. Couldn't be prouder of the RM of Tache."

The \$20,000 needed to install the cradle will be raised through Life Culture Canada. Penner anticipates the cradle will be up and running by

December or January.

Earlier this spring, a newborn baby girl was found in a dumpster in Winnipeg. Penner says that this tragic situation brought to light that an anonymous, safe surrender site was needed in Manitoba.

"The fact is, we only know about the abandoned babies that are found," she says. "There are others that are abandoned that we don't even know about."

As for placing the Hope's Cradle in Landmark, research from Hope's Cradle indicates that parents are more comfortable surrendering their infant in a rural location due to the perception of anonymity.

"Landmark is a great central location," notes Penner. "It is 30 minutes from Winnipeg and Steinbach, with many communities in between. Although located in Landmark, this is really a regional project. I am hoping that individuals, businesses, and churches in the region will get on board with supporting this initiative."

 $\underline{https://steinbachonline.com/articles/landmark-fire-hall-to-open-safe-surrender-site-of-newborn-babies?}$

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Canada has become a world leader in euthanasia



Alex Schadenberg Executive Director, Euthanasia Prevention Coalition

Kevin Yuill, who authored the book, the Secular case against assisted suicide, wrote an article explaining how <u>Canada has become the world leader in euthanasia</u> that was <u>published</u> on October 26 by Spiked.

Yuill explains that in March 2023, Canada will permit euthanasia for mental illness alone. This would be the second expansion since Canada legalized euthanasia. He wrote:

On 17 March 2023, Canadian law will change to make people whose sole underlying medical condition is mental illness eligible for what Canada refers to as 'medical assistance in dying' (MAID). MAID covers both euthanasia and assisted suicide, although the vast majority of cases in Canada are euthanasia, which means that a doctor actively ends a person's life, rather than giving that person the means to do so him or herself.

17.3 per cer loneliness' a 35.7 per cer they were a caregivers'.

Yuill then we euthanasia to bor John Mal when a pati

This will be the second expansion of euthanasia since it was legalised in 2016. In March 2021, <u>Canada</u> made a new category of patients eligible for MAID. Before then, only those whose death is 'reasonably foreseeable' were eligible. '<u>Track Two'</u>, however, is available to those with a 'serious or incurable condition' for whom death is likely but not imminent. Patients are now said to qualify for MAID if they suffer from a condition or disability which '<u>cannot be relieved under</u> conditions that they consider acceptable '.

Yuill tells the stories of Mitchell Tremblay and a Veteran living with PTSD. He writes:

The next expansion could lead to a 'rush for the doors'. These are the words of 40-year-old Mitchell Tremblay, who is hoping to take advantage of the law change. Tremblay was diagnosed with severe depression as a teen and also suffers from anxiety, alcoholism, personality disorders and continual suicidal thoughts. He can't work and lives on a disability payment of just under \$1,200 (£800) a month. 'You know what your life is worth to

you', he told interviewers recently, 'and mine is worthless'.

Tragically, MAID is increasingly being seen as a solution to people's distress, no matter the cause. Some doctors and counsellors are even recommending it to certain patients and clients. In August, for example, an army veteran seeking treatment for post-traumatic stress disorder and a traumatic brain injury was rightly outraged to be offered MAID by an employee of <u>Veterans Affairs Canada</u>, entirely unprompted.

Yuill states that its not surprising that the number of euthanasia deaths has increased so quickly. He writes:

Last year, euthanasia accounted for 3.3 per cent of all deaths, a third more than in 2020. Statistics from <u>Health Canada</u> show that social reasons for wanting euthanasia are already important and will likely climb as the criteria for eligibility expands. In 2021, for instance, 17.3 per cent of people cited 'isolation or loneliness' as a reason for wanting MAID. In 35.7 per cent of cases, patients believed that they were a 'burden on family, friends or caregivers'.

Yuill then writes about the expansion of euthanasia to people with mental illness:

<u>Dr John Maher</u>, a psychiatrist, was shocked when a patient recently discussed the possibility of MAID with him 'because of his belief no one will ever love him'. No wonder it rattled him. Psychiatrists get up in the morning to help those in mental distress and to prevent suicide – not facilitate it.

Until recently, the Canadian public had been broadly sympathetic to MAID's original goal – of alleviating suffering among the dying and seriously ill. But there is no majority support for allowing MAID for mental-health conditions. In a poll conducted this year, fewer than half of all Canadians supported extending MAID to adults diagnosed with a serious mental illness.

Yuill continues by commenting on the recent proposal to extend euthanasia to infants and those who are "tired of living":

<u>Dr Louis Roy</u> of the Quebec College of Physicians recently recommended to Canadian lawmakers that MAID be 'offered' to children born with severe disabilities up to the age of one. This disturbing proposal was unsurprisingly met with fierce criticism. But another of Roy's shocking suggestions went almost unnoticed: that MAID should be provided for those elderly people who are 'tired of being alive'.

Yuill then comments on the euthanasia lobby's past connection to eugenics.

These and other arguments marshalled in favour of euthanasia in Canada bear a striking resemblance to those made in the past to justify eugenics. At the turn of the 20th century, the most fierce proponents of euthanasia and eugenics were physicians and academics. In the US, Dr Ella K Dearborn cheerfully called for 'euthanasia for the incurably ill, insane, criminals and degenerates'. Dearborn thought it entirely reasonable that everyone should pass an examination allowing them to continue living. In 1906, one sociologist noted in the Minneapolis Journal: 'I would personally rather administer chloroform to the poor, starving children of New York, Philadelphia, Chicago and other American cities, than to see them living as they must in squalor and misery.'

The steady expansion of Canada's euthanasia laws has echoes of this dark eugenicist vision. Take the case of Amir Farsoud, an impoverished 53-year-old with a chronic back condition, who is about to be made homeless. Farsoud has applied for MAID not because he wants to die, but because he fears the future. 'I don't want to die', Farsoud said, 'but I don't want to be homeless more than I don't want to die'. He already has one of the two doctor's signatures required.

Yuill ends the article by suggesting that Canada's euthanasia law should cause other countries to reject euthanasia. He writes:

But perhaps Canada is also doing the world a favour. In six short years, it has shown that the initial justification for MAID – people's freedom to alleviate their own suffering from terminal illness – is only a more palatable precursor to something much darker. What we're seeing in Canada today is what happens when a country convinces itself that lethal injections are a normal part of healthcare. It is what happens when death is treated as a solution to life's problems. This anti-human movement must be resisted.

Kevin Yuill is a long-time writer on issues related to euthanasia and assisted suicide.

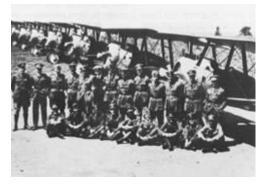
https://alexschadenberg.blogspot.com/2022/10/canada-has-become-world-leader-in.html

Lest We Forget



Whom Do We Remember?

As the artillerymen swung three abreast down Main Street, traffic stopped and people watched from the sidewalks. Some stood in silence. A few wept. Some cheered a bit or called out to soldiers they knew—to an officer who had for years devoted his spare time to the militia battery, to a genial giant from the slums, to a farmboy from Taylor Village, to a man with a police record, to a teenager



leaving the prettiest girl in town. $\frac{3}{2}$

RCAF pilots in front of Sopwith F.I. Camel aircraft during First World War. (Library and Archives Canada PA 2792)

When war has come, time and again Canadians have been quick to volunteer to serve their country. From farms, small towns and large cities across the country, men and women signed up, motivated by reasons like patriotism, ideological belief, family tradition, the seeking of adventure, or just to escape unemployment. They join Canada's war effort prepared to defend, to care for the wounded, to prepare materials of war, and to provide economic and moral support.

War has always meant death, destruction, and absence from loved ones. But in the initial surge of patriotic fervour, these play a secondary role. For the men and women who rally to support their nation's cause, the threats of war seem far away and unreal. For example, in the fall of 1914, as the First Contingent of Canadians left the shelter of the St. Lawrence for the open Atlantic, some of the realities came into focus. Nursing Sister Constance Bruce wrote:

Those who came forward had not stopped to count the cost, for the excitement was thrilling, the lottery alluring, and the cause glorious; but now that the confusion was passed, and the fulfilment of vows alone remained to be faced, things took on a more sombre aspect \dots ⁴



Workers assembling instrument panels for "Ram" tanks, July 1942.

(Library and Archives Canada PA 116080)

How could they have known that four long years of death and destruction were ahead?

Again, in 1939 when the mobilization orders came for the Second World War, Canadians flocked to enlist. The new troops included Veterans of earlier wars, boys still in high school, and thousands of unemployed. The recruits came from many regions and from varied backgrounds. Eighteen-year-old Aubrey Cosens, a railway section hand at Porquis Junction, Ontario, was rejected by the Royal Canadian Air Force (RCAF), but did get into the Argyll and Sutherland Highlanders. Robert Gray joined the Navy as soon as he graduated from the University of British Columbia. John Foote, a 35-year-old Presbyterian minister, joined the chaplain corps. All were typical Canadians and all distinguished themselves by earning the Victoria Cross.

Even while immersed in the brutality of the



war, some men take time to question the forces that bring the hostility between countries to such terrible ends, and to ask whether life can ever return to normal. Donald Pearce wrote these words from a front line dugout:

An airman prior to the Dieppe Raid (*Library and* Archives Canada PA 8227)

When will it all end? The idiocy and the tension, the dying of young men, the destruction of homes, of cities, starvation, exhaustion, disease, children parentless and lost, cages full of shivering, starving prisoners, long lines of civilians plodding through mud, the endless pounding of the battle-line.⁵

Those who experienced the blood and carnage of battle believed that their efforts had made the world a safer place. Yet only a few years after the end of the Second World War, Canadians were again called to uphold the cause of peace and freedom. From 1950 to 1955, Canadian men and women served under the United Nations flag in Korea. They included new recruits as well as Veterans from the previous war. Along with various army units, the navy and the air force provided vital support and endured months of hardship in the hope of maintaining world peace.

Since the end of the overt hostilities in Korea some 60 years ago, Canadian soldiers have come to play a different, yet essential, role on the world stage. Our commitment and skills as peacekeepers has gained Canada respect and influence the world over.

For all of these conflicts fought in far-off lands, there is much to remember. Foremost are the people, the men and women who served wherever they were needed. They faced difficult situations bravely and brought honour to themselves, to their loved ones and to their country. They were ordinary Canadians who made extraordinary sacrifices.



Canadians in a front line trench during the First World War, February 1918. (Library and Archives Canada PA 2468)



HMCS Swansea in rough seas, during the Battle of the Atlantic, January

(Library and Archives Canada PA 116839)



A man being operated on in a Canadian Field Ambulance within an hour of being wounded, October 1916. (Library and Archives Canada PA 988)

5 Myths about Purgatory

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 of the Catholic Church describes Purgatory:

Final Purification of the Elect

"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)

Myth 1: Purgatory is a second chance at

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 is not 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

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://msf-america.org/blog/257-5-mythsabout-purgatory



PRAYER FOR THE SOULS OF THE DEPARTED

V. Eternal rest grant unto them, O Lord. R. And let the perpetual light shine upon them.

And may the souls of all the faithful departed, through the mercy of God, rest in peace. Amen.



The first hyper-realistic body of Christ based on the Holy Shroud is on exhibit in Spain

Starting today, Salamanca Cathedral is hosting the exhibition of the first hyper -realistic recreation of the body of Christ based on data obtained from the Shroud of Turin.

The sculpture, made of latex and silicone, weighs about 165 pounds.

The posture is of the deceased Christ in rigor mortis. The legs are somewhat bent, hands crossed at the level of the pubis. There is no false modesty in the figure. The

entire body of the man on the Shroud is visible, nothing omitted, including circumcision.

The hair that has been used is human and can be seen all over the body, from the feet to the head with all realism, without leaving out a detail.

When one approaches the figure — with hands behind one's back in accordance with exhibit rules for visitors — one can observe every pore of the skin, freckles, eyelashes, and eyebrows.

The back is slightly raised, making apparent the lacerations on the head caused by the crown of thorns, and there is a kind of small braid that ties the hair on the back of the head. Also seen are the bruises on the shoulders due to carrying the weight of the cross.

On the skin you can see each of the tearing wounds produced by the scourging and the traces of the nails in the hands and feet, as well as the one between the fifth and sixth ribs on the right side. The nose is broken and the right eye bruised.

Bishop Jose Luis Retana Gozalo of Salamanca said that this hyper-realistic representation does not imply a "theological conflict," because the Mystery has become flesh. On the contrary, "it will be an aid to see the



Mystery, a call towards the Mystery."

In addition to the figure representing the crucified





Christ, there is a preliminary exhibit that puts the viewer in context about the reality of the scourging and crucifixion and the research into the Holy Shroud.

The hyper-realistic sculpture tries to present before the viewer a "body of human quality without artistic movement," without interpretation, made from multidisciplinary scientific data based on studies on the Holy Shroud.

The curator of the exhibition, Álvaro Blanco, who dedicated more than 15 years of research into its realization, gives a lengthy prior explanation of the historical and scientific data that culminates in the hyperrealistic body.

Blanco confessed during the presentation of



the exhibition in the sacristy of the Cathedral of Salamanca that at the moment of seeing the finished body he was convinced that "he was before Jesus, he was before the image of the body of Jesus of Nazareth."

A group of artists created the sculpture under Blanco's direction.

"The Mystery Man," presented by ArtiSplendore, a company specializing in cultural and artistic patrimony exhibitions and tourism, is scheduled to remain in Salamanca between four and six months.

"In the next 20 years we want to go to churches around the world," said the company's executive director.

https://www.catholicnewsagency.com/news/252551/the -first-hyper-realistic-body-of-christ-based-on-the-holyshroud-is-on-exhibit-in-spain?utm_campaign=CNA% 20Daily&utm medium=email& hsmi=229816215& hsen c=p2ANqtz-_IA39h7PWNJwzw7pdstG8N-Rd-w0RwCt-7MCb2v6_pPQ2Y2qm2qwGlaWjBxEk7Pod2P5i9mDJdxTu 6ZKq3E61AqHxCZA&utm_content=229816215&utm_sour_ ce=hs email



Dr. Marcellino D'Ambrosio

Have you ever had one of those days when you just wish God would show up, snap his figures, and work miracles? The people of Israel had about five hundred years' worth of days like that, groaning under the oppression of one tyrant after another. The book of Isaiah gives voice to these sentiments:

"O that you would rip open the heavens and come down, with the mountains quaking before you!" Isaiah 63:19

The problem is that he answered their prayer. He showed up, in person, working miracles beyond anyone's wildest expectations. But they failed to recognize him. In fact, they crucified him.

How could this have happened? The analysis of Jesus is that they were asleep on the job (Mark 13:33-37). Sure, they busied themselves with a variety of activities, including pious practices. But constant movement can lull you to sleep, like a baby on a long car ride. Asleep means unconscious. Unaware. Lethargic.

"There is none who calls upon your name, who rouses himself to cling to you."

Isaiah 64:6

Lip service is not enough. Making God a manageable part of one's life is not enough. He demands to be worshiped, which is to say that he must take center stage, be at the top of the priority list. We are not just to believe he exists, but to avidly pursue him.

Advent Means "Coming"

He promises to come again. But this time it won't be in a hidden way. He won't be wearing swaddling clothes, but judge's robes. Advent first and foremost is a time to remember that he's coming back and that we must be better prepared for his second coming than the Israelites were for his first.

So what has our society done with Advent? It has turned it into the shopping days before Christmas. As if we weren't already distracted enough from the things of God, now it's time to totally drown out the still, small, voice with the "fa-la-la-la" of Christmas carols. Between the frenzy at the mall and the party at the office, it is easy to get anesthetized, numbed to the true reason for the season.

Busy-ness

Have you heard the joke about the young priest who rushes into the pastor's office and says "The Lord has been spotted walking up the aisle of the church. What do we do?" The pastor looks up with alarm and says: "For God's sake, Father, look busy! Look busy!"

Jesus in Mark's Gospel (13:33-37) makes it clear that it won't be a pretty sight if he shows up only to find us spiritually snoozing. The proper approach to Advent is not a question, though, of just being busy, but being busy with the right things, busy pursuing God and doing his will.

Practical Tips *Before* Advent Begins

1) Planning Christmas Parties

Christmas parties at work, school, neighborhood and home are certainly good things. The problem is that they usually don't occur during the twelve days of Christmas (December 25-January 5) or Epiphany (traditionally January 6) but during Advent. The Christian approach is always first the fast, then the feast. The world's approach is first the feast, then the hangover. We shouldn't be grinches or Puritans and refuse to attend Christmas parties before December 25. But if we have a say in planning a Christmas party for family, neighbors, Catholic school or parish, why not try to make it a Three Kings party and celebrate the Epiphany? Or a Twelve Days of Christmas party after the twenty-fifth?

2) Advent Angel

You may be familiar with Advent Angel tradition whereby everyone in a class, or family, or small discipleship group picks a name from a hat and intercedes for the person picked, doing acts of kindness and service in hidden ways. It is an awesome way for both children and adults to prepare the way of the Lord during Advent. Here's a little twist from our family tradition: Set up a manger scene at the beginning of Advent, minus the baby Jesus. Buy a bag of FlorCraft Decorative Nativity Straw (can be bought online) and put it in a bowl beside the manger. Each time an Advent angel prays a prayer or does a good deed for their special intention, he or she may put a piece of straw in the manger scene. This is highly motivating for kids but even fun for adults!

3) Jesse Tree

The ancient custom of the Jesse tree helps us retrace the people and moments in salvation history leading up to the first coming of Christ. Before Advent, Set up a tree or branches with or without leaves. For the ornaments, you can either buy a Jesse Tree kit or just craft them yourself. Traditionally, there is one ornament for each day of Advent. You start at the base of the tree with Adam and Eve. At the top of the tree, at the very end of the season, comes a crib representing the baby Jesus. There's a brief Scripture reading for every symbol. If you read these readings and contemplate them and the symbols to which they are linked, by December 25 you and your family, class or small group will have a much deeper understanding of the history of salvation and the meaning of Christmas! For a list of ornaments and readings, see "Jesse Tree: An Advent Tradition."

4) Advent Wreath

So often, several days after Advent has started we are still scrambling to find the Advent wreath we packed away last January. And then we realize that we don't have fresh Advent



candles! Let's be ready this time to hit the ground running on the first Sunday of Advent. But this year, let's also discover and use in our home or school the official liturgical blessing of an Advent tree which can be led by a lay person. You can find this brief service in the *Shorter Book of Blessings*. If you don't have one, get one. You can order it online here.

5) Prayer Resources

Procure resources before the start of the season that will enrich your experience of Advent. First and foremost, put yourself in a position to feast on the great sources provided by the liturgy. If you have a smart phone, be

sure you've installed an app which provides you with the Mass readings of the day, but also the Liturgy of the Hours, particularly the Office of Readings which is especially rich during Advent. Several good-quality apps are iBreviary, Laudate, and Universalis. If you don't use a smart phone, these apps have websites that contain the same texts. If you prefer paper, get a Daily Roman Missal or the Magnificat for the daily Mass readings. The only way to get the Office of Readings in book form is to buy the four volume set of the Liturgy of the Hours (Catholic Book Publishing Co). Consider it a life-time investment in your spiritual life.

6) Music

Some radio stations begin playing Christmas music the day after Thanksgiving. Switch the station! And if you select your own recorded music via iTunes, Spotify or another service, avoid Christmas playlists.

What to Do During Advent

1) Music

Try putting Christmas music on hold until at least the third if not fourth Sunday of Advent. The first few weeks of Advent are really more about longing for Christ's second coming than dwelling on his first coming. Gregorian chant is awesome Advent music. So is Handel's Messiah, which was specifically written as an Oratorio to be performed during Advent. Want a special Advent treat? Plan to go with friends or family to a local live performance of Handel's Messiah. And before you leave, look up the lyrics, which are all Scripture quotes, and print out a copy for each of the concertgoers. Make of it not just an aesthetic experience of great music, but a contemplative experience of the mystery of Advent.

2) Fasting

In our society, it is very difficult to fast from all treats during Advent, since anticipatory Christmas goodies are served everywhere you go. Perhaps the most effective fasting during this season would be to fast from noise, franticness and media. Try to cut back on news, sports, entertainment, politics, frantic errands and other avoidable distractions, to open up some more space for prayer.

3) Manger

If you take advantage of the Advent angel suggestion above, you'll need to set up the manger before the first Sunday of Advent. In this case, bless it with the Manger Scene Blessing found in the Book of Blessings or online here.

4) Christmas Tree

In more traditional Catholic society, the Christmas tree was often not set up and decorated until Christmas Eve. Consider this, especially if you have a Jesse Tree, which you would replace with the Christmas tree. If not, at least try to delay the setting up of the tree until the third or fourth week of Advent. And perhaps you could at least consider not lighting the lights until Christmas Eve. Whenever you do set it up and decorate it, gather the family or class and use the Blessing of the Christmas Tree service found in the Book of Blessings or online here.

5) Advent is a season of Hope

As Israel longed for the coming of the Messiah, so we joyfully anticipate and yearn for his Second Coming. Hope, however, is the most neglected of the theological virtues. Dedicate your Advent to strengthening the virtue of hope. On the first day of Advent, read the two pages dedicated to this virtue in the *Catechism* (CCC 1817-1821). Then read two paragraphs per day for the rest of the season from Pope Emeritus Benedict's encyclical on Hope, *Spe Salvi*. You can buy a paper copy or read it free online here.

6) Rosary

Essentially, the Rosary is entering in to our mother's prayer. Mary "pondered all these things in her heart." During Advent, use the book called the scriptural Rosary which makes meditation easier by inserting a short Scripture verse between each Hail Mary. You can purchase a copy in your local Catholic



bookstore or online here. In the first three weeks of Advent, which focus on the second coming, heavenly glory, and the preparation for the coming of the kingdom through the ministries of John the Baptist and Jesus, favor the Luminous and Glorious Mysteries with the Sorrowful on Friday. During the fourth week of Advent, favor the Joyful mysteries. If your class, small group, or family does not have time to do a full scriptural Rosary together, consider just one decade at a time. Kids, by the way, love to read the Scripture verses between the Hail Mary's and thus, lead

the group in prayer.

7) Liturgy of the Hours

If you are not currently praying the Office of Readings, become determined to pray it daily throughout Advent. Though morning (Lauds) and evening (Vespers) prayer are the most important of the hours, the Office of Readings inserts you into the Catholic Tradition in a particularly wonderful way since it gives you a full page from the Bible and a page from non-biblical Catholic authors, usually the Fathers of the Church. These are seasonal, so the biblical and patristic readings will provide you with an incredibly rich contemplation of the themes of Advent. If you followed tip number five for what to do before Advent begins, you are already set up to do the Office of Readings.

8) Daily Mass

If you can get to Mass daily, great. If not, be sure to read the daily Mass readings together with your class or family, or in your personal prayer time. These readings are seasonal. These together with the Office of Readings provide us with the Church's official Advent Bible study.

9) Confession

John the Baptist's cry was "Prepare the Way of the Lord!" Valleys must be filled in— mountains must be brought low. Plan to receive the sacrament of penance and reconciliation sometime during the season, preceded by a good examination of conscience. And why not invite someone to go with you?

10) Christmas Shopping List

What if, this year, the Christmas gifts you bought for at least some on your list, actually had the potential to bring them closer to Jesus, the reason for the season? Some of the people on the list are not super religious? Still, they might like literature or movies. Books like the Chronicles of Narnia (C.S. Lewis) and the Lord of the Rings (J.R.R. Tolkien) are powerful ways to get people thinking about virtue and the most important things of life. Or stories of inspiring people who just happened to be disciples of Jesus—A Man for All Seasons (about St. Thomas More), Unbroken (about a World War fll hero), The Judge (about Ronald Reagan's closest aid, Bill Clark). This sort of Christmas shopping fits into the meaning of Advent, preparing the way of the Lord!

https://

media.ascensionpress.com/2018/10/02/wake-up-call-september-has-ended-and-advent-is-near/?fbclid=IwAR1QUM-uHwAMff5Nao0aOCD_WGaTXw5rqjRMoZrlzUsq_rYNBHuAy_LjXOY



55 years of successes fighting injustices!

This October marks the 55th anniversary of <u>Development and Peace — Caritas</u>
<u>Canada</u> as the Catholic Church in Canada's official international solidarity organization.
That means we have been fighting to give a voice to our marginalized sisters and: brothers in the Global South since 1967! Here is an overview of some of our **notable campaigns**and accomplishments:

In 1969, we launched the <u>1%</u>
Program with the Catholic

Women's League of Canada to support marginalized women in the Global South—a program that is active to this day.

We sent Christmas cards to political prisoners in South Africa in 1978 and advocated alongside Nelson Mandela for an end to apartheid in South Africa from 1988 to 1989.

In the late 1990s, we supported the Canadian Ecumenical Jubilee Initiative's campaign to cancel the foreign debt of the 50 poorest countries, and around 650,000 signatures were gathered in Canada (485,000 thanks to Development and Peace).

Since 2006, we have repeatedly called for <u>responsible mining practices</u> by Canadian companies in their overseas operations.

We acted to protect <u>our common</u>
home in solidarity with the people of the Global South in 2015 and 2019.

So far, we have gathered over 24,000 signatures for our <u>petition for</u> mandatory due diligence

<u>legislation</u> to prevent and address Canadian corporations' overseas abuses of human rights and the environment.

None of this work would have been possible without your support. Thank you from the bottom of our hearts!

Celebrate with us, join the movement!
People power can change the world, and when you are a member of Development and Peace, you are part of that change. Let's be the change we want to see! Take action for global justice! To find out how you can become involved, contact our local contact for Manitoba and Thunder Bay:

St. Boniface/ Winnipeg/ Thunder Bay/ Ukrainian Catholic Archeparchy of Winnipeg Jason Cegayle

icegayle@devp.org
Diocesan Centre, Archdiocese of St. Boniface
151, av. de la Cathédrale
Winnipeg, MB R2H 0H6
T. 204 231-2848

How do you dispose of old sacramentals?

When your rosary breaks or your crucifix falls apart, what should be done?

Catholics who frequently use sacramentals (brown scapulars,St. Benedict medals,blessed rosary beads, etc.) often run into a problem when the object breaks or wears out. What should be done with these holy objects? Is it okay to simply throw them in the trash?

To briefly summarize, sacramentals are anything set apart or blessed by the Church for the purpose of sanctifying our lives and leading us to the sacraments. They are sacred signs and provide for us grace

(spiritual help) through the intercession of the Church.

Sacramentals used at home can be any number of religious items that have been blessed by a priest or deacon — a rosary, medal, crucifix, or even a candle.

Regardless of what it is, if it has been blessed by a member of the clergy, then it needs to be treated with due care (cf. Canon 1171).

As Catholics we believe that blessings from

ordained ministers have real spiritual power. This is most evident in the seven sacraments, where the words of the priest can bring about



a spiritual transformation. The obvious example is the Eucharist, where through the priest's words, the bread and wine at Mass become the Body and Blood of Christ. It is a miracle that God brings about through words said by his chosen ministers.

On a much lower but analogous level, we believe that when a priest or deacon blesses a religious object, something changes. We may not be able to see it, but at times we may feel the spiritual weight of a sacramental that has

been blessed.

Consequently, Catholics are instructed to dis-

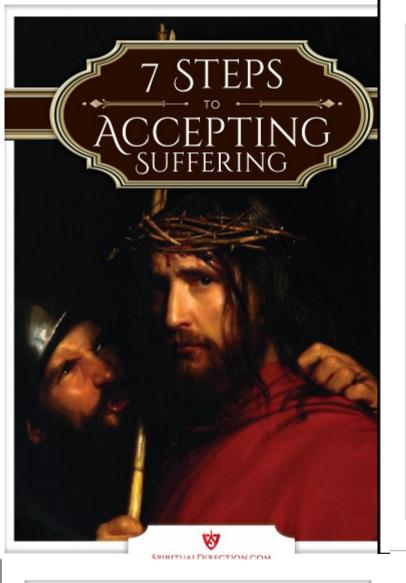
pose of old sacramentals in a way that shows due reverence. All sacramentals can be either burned or buried in order to properly dispose of them. This type of disposal honors their sacred purpose and returns them to the earth in a dignified way. If a person is unable to do either, the sacramental may be dropped off at the parish office and someone on staff can take care of it.

We often forget that the physical things we see are only one part of a

much larger universe. There exists a spiritual world around us that we cannot see, but which constantly affects our daily life. By treating sacramentals with respect, we recognize this basic truth and honor the heavenly blessing that was placed on the object by a priest or deacon.

https://aleteia.org/2017/10/06/how-do-you-dispose-of-old-sacramentals/?

fbclid=IwAR0yJrM4sPE60AI5qiYbIUjpFbdQZjHoK6AJa60zfZ-ZaYNMN4InSdkRiNs&utm_campaign=english_page&utm_ medi-





ACKNOWLEDGE

Acknowledge these sufferings before God. Pray something like this from your heart: "Lord, I know you are present to me. These are the sufferings that I have experienced over the last (year/month/week etc.) I know you have not left me alone in all of this."



ACCEPT

Accept these sufferings. This must be done by one's self alone, in a spirit of prayer and resignation. What is better, although harder, is to embrace one's sufferings. Pray, "In Jesus' name I accept (embrace) these sufferings" and name them once again.



OFFER UP

Offer up to God each of the specific sufferings that you have just reflected on, named, and accepted. This is key: A person cannot offer up what they have not accepted. You cannot give up what you don't own, and acceptance indicates possession and ownership. Once you can pray, "Lord, I offer You all these sufferings (which can be named again) which I have just accepted," your sufferings have now become sacrifices. You might say, "Lord, these are my sacrifices given to You. I offer them for [people or situations you desire to offer your sufferings for). I join them with the sufferings of Christ for my salvation, and those whom I love."





ENTER

Enter into God's presence. Come before Him and beg Him for the grace to understand your suffering and to lean into it—for the sake of your salvation and those whom the Lord has placed under your care.



REFLECT

Reflect prayerfully on which life events or circumstances have been causing you pain, whether emotional, physical or spiritual. Identify how long you have been carrying this cross.



NAME

Name the suffering you have been experiencing. Is it disappointment? Failure? Grief? Loneliness? Frustration? Anxiety? Illness? Desperation? Depression? You may name one or perhaps a litany of sufferings. It is often helpful to write these down and get them out of your head onto a piece of paper.





RECOGNIZE

Recognize that although you are really only offering God a mite, God Himself will multiply and magnify your humble gift. He will pour it out upon the needs closest to your heart and upon the entire world in the abundance of His grace. In this mysterious and marvelous way, you participate in the Lord's redemption of His people and the restoration of all things under Jesus Christ.

A LASTING PEACE

This powerful process can be done at any time. However, know that when you offer your sacrifices and sufferings during the Offertory at Mass—which is what we should be doing at that point in every Mass—there is a powerful opportunity to be a catalyst for an outpouring of grace. This has an immediate effect on a soul who worthily receives the Eucharist after offering up their personally accepted sufferings.

Having taken these steps, you can be absolutely certain that while the suffering may remain, you are no longer alone and that God is with you in your struggles. God responds by granting the grace of the peace of Christ. Now we must receive and guard this peace as Jesus said, "My peace I leave with you, my peace I give you, not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid." (Jn 14:27)

Recall that Jesus taught, "Come to me, all you who are weary and find life burdensome, and I will refresh you. Take my yoke upon your shoulders and learn from me, for I am gentle and humble of heart. Your souls will find rest, for my yoke is easy and my burden light." (Matt 11: 28–30) This is because Jesus is now yoked with you to help you carry the load of your suffering.

You may find that you are unable to make an act of acceptance on your own. In this case, you can ask God for help when you pray, "Lord, help me to accept these sufferings which I desire to offer up to you," God, who is generous and knows your limitations, will always assist you.



A new survey shows priests are happy in

their vocation but struggle with burnout. Here's how you can help.

There's good news in a major new survey done with US Catholic priests: the majority of them are happy in their vocation. But the study, which surveyed 3,516 priests from 191 US Catholic dioceses, also showed that many priests display signs of burnout — especially younger priests. And diocesan priests fare worse than those who belong to religious orders.

Priests surveyed also said that they find significant support in their lay friends — so that should motivate us to think about how we can be better friends to the priests we know and love. We should never assume that they have the support they need, so here are a few ideas to consider.

Stop and chat with him after Mass

Instead of rushing out the door after Mass,

7 Ways to support your priest

stop and talk to your priest. Share something about yourself, ask him a question, comment positively on his homily, or share a good joke. Friendly and enjoyable social conversation is a nice way to start building rapport.

Ask him out for coffee or tea

It doesn't take a great deal of time to grab a coffee and have a chat together. Ask him what days and times could work and put something on the calendar — or consider being spontaneous about it. Even if his schedule is too full, the gesture shows your interest in getting to know him as a person.

Invite him for a family dinner

It used to be commonplace to invite your parish priest over for dinner, but these days we often think we need to have a fancy meal or perfectly-behaved children to do it. Not at all. Priests enjoy seeing the real lives of the people they serve, and it allows them to get to know our families.

Include him in a party or event

The next time you're having a party or gather-

ing, whether it's with relatives or friends, consider inviting your priest. He may enjoy an evening out, and your guests may enjoy getting to know him just as much as you do.

Invite him as a guest to a sports game, concert, play, etc.

Does a priest you know enjoy sports, music, or the theater? Consider getting an extra ticket and inviting your priest along for the evening.

Find out his important anniversaries (birthday, ordination day, baptismal day, etc.)

Make a point to acknowledge or honor the special days in a priest's life. You might give him a gift or card, or just mention it when you see him. But it's a wonderful thing to have others celebrate important days with you — and priests appreciate that as much as anyone also

Ask him what he needs and how you can help

https://aleteia.org/2022/10/26/7-ways-to-support-your-priest/? fbclid=lwAR26v8h8bxHKK0duT8RBDMjlk20wij84lJ1KTNv80L6Na y ROSKTTxNKCTU&utm_campaign=buffer&utm_content=buffer2393 9&utm_medium=social&utm_source=facebook.com

I Was Agnostic, Now I'm a Catholic Priest – Don't Let Pride Keep You From Confession

Nowhere in the Gospels did Jesus enable, look over, ignore, or otherwise gloss over someone's sins.

Jesus **never** simply patted anyone on the head and sent them on their merry way, telling them to not worry about being sorry for their sins.

In other words, the Jesus many have concocted and cobbled together as an oversized stuffed animal sitting there and smiling an empty smile, comforting them without judging, is **not** the Jesus of the Gospel.

Nor is He the 'sinners in the hands of an angry God' who is just waiting for you to sin so He can laugh as you drop into hell.

No. The Jesus of the Gospels is quite different.

He is a Jesus calling us to turn from sin and embrace holiness. He desires to show mercy. He wants to forgive. He is pained by those who place themselves above His mercy.

He makes clear that those who have no sorrow for their sins or desire to change will cheat themselves of His mercy and be left with His judgement.

Remember, His judgement is merely an



affirmation of the choices we've made.

Who would choose to go to hell?

Those who have no sorrow for their sins. Those who place themselves beyond mercy through pride or despair.

Christ calls us from sin **because** He loves us. He knows the wounds sin leaves in our lives and in the lives of those around us. He knows the deep damage and scars that result. He knows our sin upends all possibility of peace, joy, and ultimately, of love.

He knows our sin leaves us resentful and feeling helpless. Would not the God who created us want better for us?

At one time in my life, I was a de facto agnostic.

I did not believe in a personal God. I had seen so much sin, scandal, and hurt in my 1980s seminary years, that I could not bring myself to believe that a God who cares could allow such things.

For the better part of four years, I wandered in that desert. I was the epitome of the old U2 song, "I Still Haven't Found What I Am Looking For." The further I got away from God, the more lost and abandoned I felt.

As I drifted back to faith, one of the key moments was my understanding that God allows our free will.

All that I saw...every scandalous behavior, every act of inhumanity, every act of violence – it all boiled down to embracing sin for selfish gain. I was doing it too.

It hit me that God wasn't part of the problem and He didn't answer to me. No, I was part of the problem and I needed to answer to Him before I had to answer to Him.

There are fewer moments in my life more cathartic than when I went to confession and

(Continued on page 17)

opened the floodgates: the floodgates of my sorrow and floodgates of Jesus' mercy.

It was then that I started to understand that a god who never challenged me would never be a god that loved me.

A God who challenged me was a God who loved me...a God who saw something worth redeeming and saving, even if it came at the sacrifice of His Son.

Jesus is God who sees what I can be for now gives His grace; so, it is incumbent on me to

use that grace.

My brothers and sisters: Don't let pride nor despair keep you from confession.

Don't look for a false god who will appease you and accompany you straight to the gates of hell. Don't fool yourself into thinking you have no room for growth and no need for forgiveness.

The big reason I asked the Fathers of Mercy to come preach a mission on mercy is because I, as a pastor, want to see the entirety of my flock in heaven.

and eternity, and challenges me to live that. He Willful ignorance, self-destructive pride, and indifference will be the source of your eternal

condemnation!

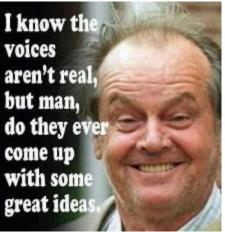
Hear the voice of Christ calling you to that eternal familial covenant bond. Be like the leper who says to Jesus, "Lord, you can cleanse me if you are willing." (Matt. 8:2)

Be assured Jesus is waiting to say to you as He did to the leper (and to me in that confessional all those years ago), "I am willing. Be clean!" (Matt. 8:3)

https://www.churchpop.com/2022/10/26/i-was-agnostic-now-im-a -catholic-priest-dont-let-pride-keep-you-from-confession/? utm_campaign=ChurchPop&utm_medium=email&_ hsmi=23144190 9& hsenc=p2ANqtz--XA bCBxcHjo2PpEMIpmjsv2Y4VvS95-7vdTJQnH8d8YC9lVhfXbxTgPfwZdiMKAVGAMxi6kfSWv1fgsgG24Np keTZ3Q&utm content=231441909&utm source=hs email

And Now for a Little Bit of Humour



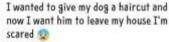






Looks like someone couldn't get a babysitter for girls night...











When you're single and people tell you there's plenty of fish in the sea but your inbox looks like:







A little humor for the day _ 2

How to catch a Canadian.

THE DIFFERENCE BETWEEN A BIG SISTER AND A BIG BROTHER.



WOMEN'S MAGAZINES BE LIKE:



PAGE 14: YOU'RE BEAUTIFUL THE WAY YOU ARE PAGE 15: HOW TO LOSE WEIGHT FAST **PAGE 16: CAKE RECIPE**



There's always that one sister.



Honestly, how fast could he have been going? Someone must have pulled his car back one too many clicks and vroocom he was off to the races.



I'M BIG, BUT I'M NOT THAT BIG! GET

A SMALLER SIZE

I'm DONE with IKEA furniture...I just lost the lichtensteinenbürgen and and now I can't screw the früdlegångenhüber to the toåsterströödledôôdle





Does anyone else feel like their being watched?





Disappointed that the new Elvis movie doesn't show when Forest Gump taught him to dance.



This is what happens when you don't flick the straps and say "That's not going anywhere".





