



Catholic Action Montreal

"Using our Gifts to Serve our Neighbour"

Newsletter – March 2020



Dear readers, as you know, these challenging times when resources are being drained at a pace that our local stores can not keep up, the disadvantaged, have a greater need. Four major grocery chains yesterday had no eggs. For many of us this is an inconvenience but imagine those who rely on food banks to feed their families. Food banks are also feeling the bareness on their shelves. Catholic Action has been called upon to assist those people who rely on the food banks but are not the first on the list since they are not homeless. These were directed to us by the Archdiocese and we found an option and they were very grateful. This happens only when the food banks are short. This week it was not a problem.

As many of you are aware, we have set up a form that lets you share with us how you may want to assist those in need in our community using your gifts, based on your terms. Our form also allows you to share a need that we may be able to help you find a resource for. Please click on the link below, complete it and we will be able to work together to assist the underserved.

COVID-19 Mobilization Form: <https://forms.gle/FhR24eFMn3NXVDbJ7>

Some examples of our initiatives (and where you can help):

Catholic Action has been asked to:

- † assist hospital front line workers dealing specifically with Covid 19 patients by collecting travel size hand creams, healthy snacks, juices, 3 in 1 coffee, instant coffee
- † call seniors to check in and ensure they are well. As you can imagine seniors who normally gather with their friends are, as we all are, house bound. There is heightened concern for these community members. If a center had a membership of 300, a large number would need to “check in” call where previously they would not. This represents an important increase
- † food bank shelves are bare – Le Pont has reached out with a needs list that we have shared. Catholic Action has been in contact with their director and the need is weekly. As with our opening story, the food banks cannot keep up.
- † volunteer grocery shoppers for our members in Westmount and a bit of NDG and Downtown. We need people with cars only. Let me know if you have anyone.

Isolated Seniors

We have 2 new members in our coalition. We have been in constant contact with this group, sharing information, specific to the well being of seniors. We are having a “Google Meet” on April 2nd, where we will be able to see and share successes, and most importantly do a “NEEDS ASSESSEMENT” to ensure we protect this vulnerable community, our seniors.

Kingdom Mindset:

We held a Google Meeting with this group this passed Friday to ensure the well being of these new friends. Anxiety levels for the average person are heightened at this time of extraordinary protocols, so those diagnosed with this illness are more vulnerable. The group was thrilled to “see each other” and share their concerns. We prayed together which is always helpful. The Kingdom Mindset now has a Facebook page: <https://www.facebook.com/groups/213448613201270>

Adam has also chosen as a patron Saint, Saint St. Dymphna. Saint Dymphna is the patroness of those suffering nervous and mental afflictions. To learn more about Saint Dymphna click here. <https://franciscanmissionassoc.org/prayer-requests/devotional-saints/st-dymphna/the-story-of-st-dymphna/>

Prayer:

Hear us, O God, Our Saviour, as we honor St. Dymphna, patron of those afflicted with mental and emotional illness. Help us to be inspired by her example and comforted by her merciful help. Amen.



Lent



MESSAGE OF HIS HOLINESS POPE FRANCIS FOR LENT 2020

http://www.vatican.va/content/francesco/en/messages/len/documents/papa-francesco_20191007_messaggio-quaresima2020.html

Did you see Archbishop Lépine's Lenten Video Message:

<https://www.youtube.com/watch?v=5rVcPHA1WXc&list=PL1FW1Sj7s9W1RFP5D8eEVkFvIx8WpXfTE&index=7&t=0s>

Lent is more than saying no to dessert for 40 days. Lent is a time for us to change our lives and grow in holiness. Through the three pillars of Lent – fasting (giving up), almsgiving (giving to others) and prayer, we endeavor to develop a closer relationship to God. Our 40 days should be filled with reflection, service and prayer. We are hoping that part of your almsgiving might be in a donation to Catholic Action. We were already in need of a fundraising plan but now without the Late Sunday Mass as a source of revenue, we need your support. Please click on the link below to offer your gift of alms.

<https://www.canadahelps.org/en/dn/39224>



2 days left!! Join the virtual Lenten Mission hosted by the OEPS, and Pillars Trust. Click on this link to learn more:

<https://www.eventbrite.ca/e/pillars-trust-virtual-lenten-mission-tickets-101367924190?aff=erelexpmt>



The Archdiocese of Montreal has set up a Spiritual Support Line for anyone who needs a listening ear during this time of uncertainty. It will be available 7 days a week from 10:00a.m. to 4:00p.m. Anyone can call. If a person requires regular check in calls, we will match them with a volunteer for follow up.

Spiritual Support Line: 1-888-305-0994

PRAYER FOR SPIRITUAL COMMUNION My Jesus, I believe that you are present: In your Word, in your Church, and in a special way in the Sacrament of the Holy Eucharist. I love you above all things, And I desire to receive you into my soul. Since I cannot now receive you sacramentally, come now spiritually into my heart. I embrace you knowing you are already there, and I unite myself wholly to you. Give me your strength, your peace, and your love. Never allow me to be separated from you. Amen.

Please feel free to share this message with your friends and neighbours.



ENGLISH MASSES BEING OFFERED VIA VIDEO:

St. Jean Brebeuf: 10:00 AM Sundays <https://bit.ly/2IZxzH>

St Luke's: daily and weekend, once you click on this link, click on mass time to follow it: <https://st-luke.ca/cms/>

St. Monica's Parish: 10:00 am Sundays <https://www.kanefetterly.qc.ca/en/stmonica-mass.php>

St. Brenden & St. Aloysius Sunday, 11 a.m. – English https://www.saintaloyisus.ca/parish_videos.html

ST. IGNATIUS OF LOYOLA PARISH

Sunday, 11 a.m. - English

Be sure to subscribe and hit the notification bell to never miss a mass. You can view the mass anytime after the live-stream on our [YouTube Channel](#).

[St. Ignatius of Loyola Parish, Video Invitation](#)

[St. Ignatius of Loyola Parish, Follow Mass online](#)

ST. THOMAS Â BECKET PARISH

Sunday, 11 a.m. - English

Join Fr. Peter Sabbath and Fr. Jaison Joseph, MCBS for Sunday Mass via the link below.

[St. Thomas à Becket Parish, Video Invitation](#)

[St. Thomas à Becket Parish, Follow Mass online](#)

SALT & LIGHT DAILY TV MASS

Daily, times listed below- English

Salt + Light Media is pleased to provide its viewers the Daily TV Mass produced by the National Catholic Broadcasting Council four times a day at 6:30 a.m., 11 a.m., 3 p.m. and 10:30 p.m. (all times Eastern Standard Time).

[Salt & Light Daily TV Mass in English](#)

[Salt & Light Daily TV Mass in French](#)

Catholic Action's Community fund-raising project



As we shared last month, as with many new organizations the start up money, or seed funding carries the cause for a while, however as the work expands, so does the need for more resources. Of course, volunteers are our number one need, however we need funding this year. Maybe you cannot physically volunteer, this is an important way to support the work we do in the name of our Lord.

Catholic Action's fundraising project is calling on our community to work together. The challenge is simple, we need individuals or groups to raise \$1000 each by Giving Tuesday, Dec. 1, 2020. Imagine if just 100 people could raise \$1000 each over the next 8 months, that's \$125 a month!

We understand that in our Catholic Community there are many gifts. These gifts lead to great ideas for small groups to raise this money over a few months. People have offered a "change" challenge; different families challenge their family members, other families within their larger family or a friend group to donate their coins daily to a community jar in each of their homes.

If you have other simple fund raising ideas, please send them to jwong@catholicaction.ca and we can share them on our website and Facebook page. It is important that Catholic Action continues to be God's love working for our neighbours in need.

Please give so we can keep doing the Lord's work.

<https://www.canadahelps.org/en/dn/39224>



Please renew your 2020 membership
Please tell your friends about us
www.catholicaction.ca