



Catholic Action Montreal

*"Using our Gifts to Serve our Neighbour"*

## Newsletter – February 2020



**Late Sunday Mass:** Blessings come in many ways. We are blessed to have **Cathy Albano** lead this ministry since the start of the Late Sunday Mass. Her organization skills are a blessing. Her gifts continue to be many and widely shared. As Cathy steps away from this work we wanted to remind you of her commitment to her faith. She is a beloved

child of God first, then wife and mother of five (2 on earth and three in heaven) with a full-time career in the Financial Industry. Cathy became a Salesian Cooperator of Saint John Bosco in May 2004 and has been serving in various ministries at her home parish of Missione Maria Ausiliatrice in Rivière-des-Prairies. She has always had a passion to serve the young and the poor in the Salesian spirit. Her involvement in the catechesis of young children for 16 years, coordinator of the lector ministry at her parish for seven years and member of the English choir, has led her to serve in several diocesan-level works including Lector Coordinator for the Late Sunday Mass for the past five years. Aside from Saint John Bosco, Saint Teresa of Avila, Saint Ignatius of Loyola is one of the saints from whom she draws great strength and lives by through the Ignatian spirituality of "seeing God in everyone and in everything." Over the years, one particular verse has resonated throughout her ministries and still moves her today to serve as God call her to do: "You did not choose me, but I chose you and appointed you so that you might go and bear fruit—fruit that will last—and so that whatever you ask in my name the Father will give you", John 15:15. Catholic Action is truly grateful for her commitment and wish her success as she continues her faith work.

If you recall in last month's newsletter, **Stuart John Tigchelaar** replied, "It will be my honour and privilege to be part of this ministry. Stuart John - *OB OSB Mount Saviour Monastery* At the Easter Vigil, April 2009, Stuart John was received into the Catholic faith at Saint Patrick's Basilica, coming from a lifetime in the Christian Reformed Church. He said that this decision was not made lightly but given after much consideration and prayer. At Saint Patrick's he serves as a Eucharistic Minister, Server and Lector.

In 2004 he was received as a novice Oblate at the Mount Saviour Benedictine Monastery and confirmed an Oblate in 2005. Since 1994, he has been practicing and teaching Christian Meditation having received his training at Unitas, the former Montreal Benedictine Prior. He was a founding member of the Montreal Lay Monastic Community whose focus was on the teaching of Christian Meditation. For the past 6 years he has been and continues to be in the study of Contemplative Living at the Montreal Ignatian Center.

When asked what he has learned the most from this practice, he replied: "The stillness, silence, solitude and simplicity that leads to a fuller appreciation of God's presence in all. And to quote the psalmist, Truly I have set my soul in silence and in peace." John sees the Late-Night Mass as an opportunity to bring people together to celebrate the Mass in the quiet of the Sabbath evening

## Asylum Seekers:

We delivered the new baby clothes from Saint Patrick's to the organizations that needed them. We received some beautifully hand made knitted items and have shared them accordingly. We have shared our coalition information with a new partner LaSalle Multicultural Centre.

We continue our collaboration with various organizations that serve related needs of these new neighbours. We have truly evolved to being a hub of resources for the many needs of these new neighbours.

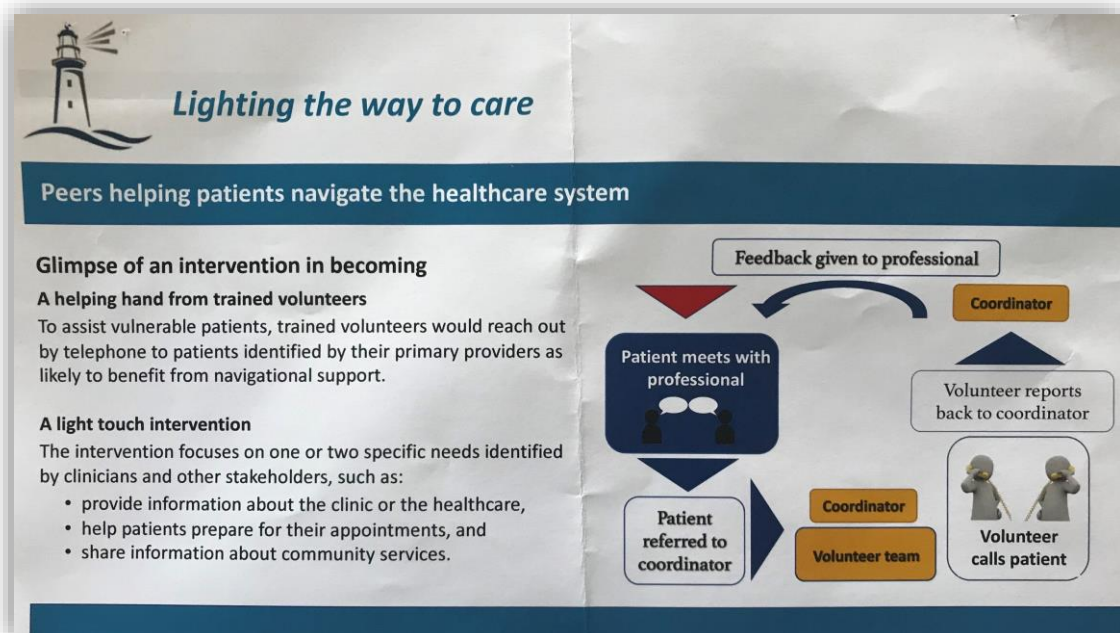
**NICE STORY:** A young woman from France, walked in off the street to the Catholic Centre – her apartment had burned and was destroyed. She has no where to go, her faith brought her to our door. She needed housing for 2 months with a \$400 budget. We helped her find a new lodging that same day



## Isolated Seniors

We were introduced to a new program called "Lighting the Way to Care", peers helping English patients navigate the healthcare system. This could be a new offering to the English speaking seniors and they will share their program and are delighted to be invited to attend our next "One Voice" meeting.

Stay tuned !



## LaSalle Multicultural Centre

We were introduced to this group through their relationship with the LaSalle D & D 50+ senior center. The LaSalle Multicultural Centre was developed in response to the paucity of culturally relevant client centered English services in LaSalle and Montreal Community. <https://lmrcenter.org/> (LMRC) ensures that everyone who knocks at the doors receives help, so no one is ever turned away. They've been around since 2004 and are supporting the additional volume of needs surrounding asylum seekers whose second language is English and who struggle in the French environment from many sides. Education, Medical, bullying etc. Similar to the underserved English person who sometimes faces racism, they deal with the additional element of prejudice against people of color. We spent over 2 hours learning about their work. We have some next steps planned. We will also be issuing volunteer requests in these areas, please contact us at [jwong@catholicaction.ca](mailto:jwong@catholicaction.ca).

- a. Computer course for seniors
  - i. 2 -3 times per week
  - ii. (Beginner, Intermediate and Senior levels) Internet, email, word
- b. Education Tutoring – Saturdays 10:00 – 12:00
  - i. Math, English, French,
  - ii. Elementary, lower grade HS, and special needs
- c. Counselling – Based on a pre-defined program (on-site training available)
  - i. Crisis – Family outreach
  - ii. Addiction
  - iii. Youth Leadership
  - iv. Parenting classes

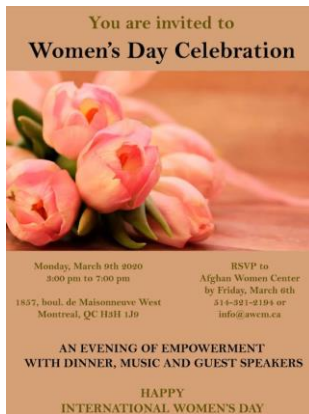
## New Hope Bus

We have created the 2020 calendar as requests are coming in. Despite the impressive snowfalls that occurred in February we still had 3 outings



**WE NEED DRIVERS:** We are still looking for volunteer drivers to assist with these very impactful trips. Our volunteer drivers take vacation as do most people, but it happens when the demand is the highest. If you have or are interested in obtaining a 4B classification license (all expenses paid by Catholic Action once obtained) you will join our fabulous team of volunteer drivers. Please contact [jwong@catholicaction.ca](mailto:jwong@catholicaction.ca) for more information!





**The Afghan Women's group** is celebrating International Women's day. Catholic Action has assisted with their presentations and some of the marketing. As we do this work, we meet many brave women that have literally seen their homes destroyed by the Taliban but worked hard to create organizations that build opportunities for girls to get educated, reduce/eliminate the cultural abuse of women and work towards equality of women. What a meaningful collaboration!

## Kingdom Mindset:

Our workshop was a huge success, using scripture to deal with serious anxiety was offered to Christians dealing with this challenge. Facilitated by Catholic Action the lay minister, Adam Paterno led the day with education, exercises, videos and testimony all around the topic of anxiety. The group was raw, honest & open. Without being asked in the end everyone gave a testimony either in a small group or the larger one. Tears flowed, applause, community, the youngest attendee was 25 the oldest 75 and "survey" says it was extremely effective and well received. We will be producing a detailed report to share with the OEPS in hopes of expanding this ministry to parishes.

We received some very positive comments in our survey, this is one, I have replaced the names with \*\*\*\*\* for privacy.

***"Thank you for hosting such an informative, essential workshop. As human beings we all have emotions, concerns & stress factors, which need to be addressed in a constructive & positive manner. Our faith will carry us through no matter what. On behalf of \*\*\*\*\* & \*\*\*\*\*, thank you both for your insightfulness and inspiration. God bless 🙏"***



*Large and small group talks*

*An exercise in journaling*







## **Catholic Action is building a fund raising project**

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 will be needing funding this year. Following the workshop put on by Canada

Helps, and a subsequent meeting with the Director of Giving Tuesday, (DEC. 1, 2020) Catholic Action is creating a fundraising project that will have a theme of Christian Community. If you would like to help in this area, you can create a small monthly donation to Catholic Action through Canada Helps to get the ball rolling. Stay tuned for more information on how we may be moving forward in this regard.



### **Living today and facing the future together –**

#### **A workshop for caregivers of a loved one with a serious disability**

This in-depth workshop will allow parents, siblings, and other caregivers, to share the gifts and challenges of family life that includes a member having a serious and lifelong disability. Special focus will cover a caregiver's deepest concern: what will happen to my vulnerable family member when I am no longer there? The specialized workshop will be given by Donald Bidd, father of Justin, his 33-year-old-son with an intellectual disability.

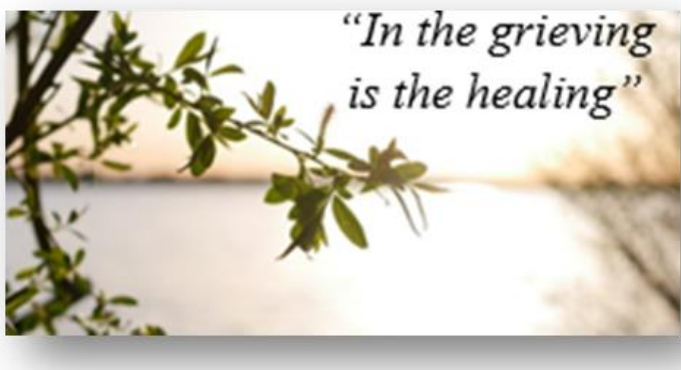
For more information contact Donald Bidd at [donaldbidd@gmail.com](mailto:donaldbidd@gmail.com) 514 631-3427



## Center for Reproductive Loss:

We continue our work with Kathleen Gray, executive director, of the center. **We have successful recruited 3 gifted volunteers for her center.** A Professor and Biomedical Scientist, specializing in hematology from Brazil and a new parishioner at St. Kevin's, Bruno who will be managing their website, an ex teacher in Korea, who now works at McGill in an administrative position, Jennifer has completed the first draft of the education piece, a presentation that will be given in high schools highlighting the importance of "respecting your fertility", and a young mother of 2, with a third on the way, who worked at a women's shelter in Mexico that assisted young women who were rendered single mothers, Laura will be assisting single mothers who may not have a support system, she also volunteers at Quebec Vie. Laura has also been fully sponsored to attend the 2-week International Women's Conference in New York. It will be interesting to learn the objectives of that group.

We have had 3 new groups that would like to be added to the Resource list on the website. We are in the midst of vetting them.



As we have mentioned, reproductive loss is usually not recognized as an experience to grieve in our society today. The Centre for Reproductive Loss acknowledges the existence of this grief and provides professional support services to those persons, male and female, whose lives have been affected by these painful events. The topics that have been researched and contribute to significant grief are forced abortion, infertility in general, miscarriage and

among others.

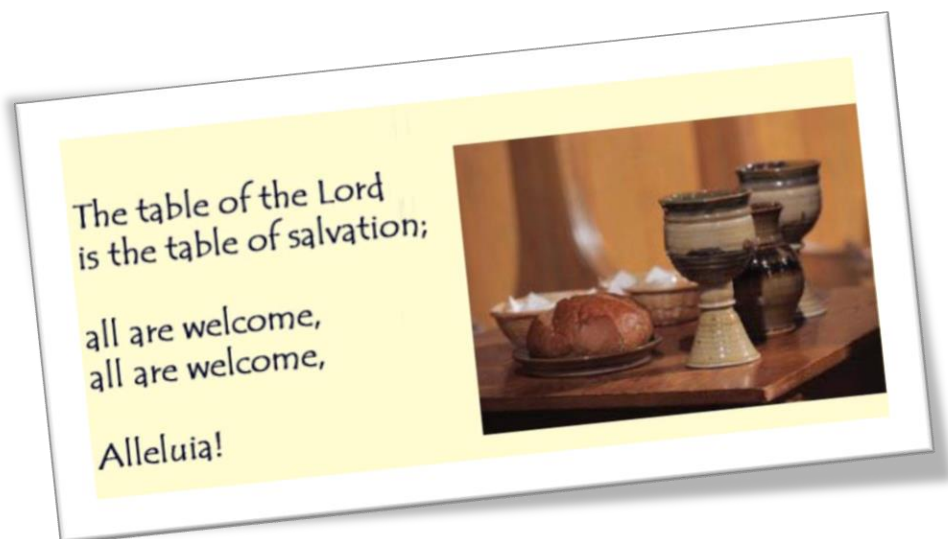
We are also working on a succession plan, (5 years). If you or someone you know would be interesting in joining the team please contact [jwong@catholicaction.ca](mailto:jwong@catholicaction.ca). Whether you are "prolife" or "prochoice", we can help because we are "pro-healing"! We want to assist with the grief related to reproductive loss.

## Other activities:

- † Thank you to St. Edmunds' parishioners. Their pancake fundraiser's proceeds were given to Catholic Action
- † Our AGM is scheduled for April 30<sup>th</sup>, 2020 at Loyola – **PLEASE PLAN TO ATTEND** – We would love to see you and hear from you. We would love to see you and hear from you.
- † **NEW MEMBERSHIP:** please spread the news of our work and invite your friends to learn about us and become part of the Catholic Action family.
- † How can we help ? Drop us an email and see where the Holy Spirit leads us



*Come celebrate the Eucharist with Bishop Thomas Dowd at the Late Sunday Mass at our Lady of Fatima Parish 7:00 pm : <http://www.our-lady-of-fatima.ca/>*



*Please make sure your name and address are clearly marked on your collection envelope for the "Late Sunday Mass" and your email if you would like to have your receipts sent to you electronically*

*Please renew your 2020 membership*

*Please tell your friends about us*

*[www.catholicaction.ca](http://www.catholicaction.ca)*