



Ecclesia

THE NEWSLETTER OF THE CATHOLIC DIOCESE OF PEMBROKE

Theology of the Body can enhance marriage preparation and build stronger families

Couples preparing for marriage today face enormous challenges. Statistically, about 25% of all Catholic marriages and at least 50% of all marriages will end in divorce. The world around engaged couples is saturated with a culture of sexual permissiveness and individualism that weakens their morality and their marriage commitment.

The Diocese of Pembroke is helping young couples meet these challenges head-on. Through enhanced marriage preparation sessions beginning this fall, engaged couples will be encouraged to take a fresh look at the commitment they are about to make.

In addition to the established sessions on communication, finances and conflict resolution, a full day will be devoted to Pope John Paul II's Theology of the Body in a session called "God's Plan for a Joy-Filled Marriage".

The program was created by Christopher West and a team of marriage preparation professionals to strengthen marriage preparation efforts by offering a rich catechesis to couples married in the Catholic Church. It focuses on two key components of marriage preparation: the theology of marriage or sacramentality, and the teachings on human sexuality.

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Above, Tim and Ginger Regan, seen here with their children, Matthew, Tessa, Alex, Aiden and Ella, are one of the couples who have volunteered to share their experiences in a Catholic marriage as part of the new marriage preparation courses. Below, 15 couples will be participating in the training program for marriage preparation teachers in the diocese this year.



Marriage Preparation - continued from page 1:

“They call it a new sexual revolution,” says Yvette Bourque, director of family life for the diocese. “The main message is getting back to what God intended marriage to be – free, total, faithful and fruitful love.”

“Marriage preparation ministry is one of the most difficult ministries in the church today because the culture has dominated so much of our perspectives on marriage and sexuality. As a result, the couples who come to us are very often in great need of catechetical and spiritual formation” explains theologian Christopher West.

“If we are to reclaim the Christian sexual ethic and rich understanding of marriage,” he adds, “we need a new language to speak to the culture. The Theology of the Body is *that* language.”

Beginning in the early 1970s, the Catholic Church dedicated new resources to marriage preparation with a strong infusion of psychology and skill-building techniques. The models used by many programs were ‘witness-based’ approaches, wherein persons or couples would share their testimony and discuss the necessary skills needed to live marriage.

“In the short term, this approach is good to help stir someone’s heart and give them a needed training in ‘life skills’, such as communications and finances,” explains Matthew Pinto, president of Ascension Press, the publisher of the *God’s Plan* program. “One short-coming, though, is that when the inevitable storms of married life arrive, couples do not necessarily have the *spiritual* and *moral* formation to weather these storms, which is why the bishops and many pastors now believe that more catechetical formation is needed.

“We are excited because it is the first program of its kind to integrate thoroughly the “new language” of Pope John Paul II’s Theology of the Body in its presentation of church teaching. The program demonstrates the “whys” behind the “whats” of Catholic teaching in a non-threatening and convincing manner. It helps couples understand the beauty of God’s plan for marriage and the joy of living it,” comments Bourque.

“This program is designed to provide couples with the tools to live married life as God intends,” says West, who authored the best-selling book *Good News About Sex and Marriage*. “The emphasis is not on simply coping with the church’s teaching, but fully embracing and even *celebrating* this challenging but glorious vision of what the Church proposes about marriage.”

The first three presentations of the *God’s Plan* program focus on a biblical and sacramental vision of

Living the teachings through abundant family life and love

Mike and Terese Ferri felt like they were on very familiar territory when they began to explore Pope John Paul II’s “Theology of the Body”.

Terese explains that, before they were married 33 years ago, they both fell in love with *Humanae Vitae*, the papal encyclical “On Human Life” which confirmed the church’s constant teaching against artificial birth control.

“That was our pre-marriage course,” she says. “We wanted to be loved totally and unconditionally and give that love to each other.”

More than three decades later, they are surrounded by a family of eight daughters and six sons that will soon include 19 grandchildren. The beauty and spirituality of the philosophy continues to amaze and encourage them as they grow in their own marriage and help their children to develop the same understanding.

The Ferris are very excited about the potential to share their beliefs on a wider scale as leaders in the newly-enhanced marriage preparation courses.

“People entering marriage are at a point in their life that’s full of hope,” says Terese. “They are entering a journey together. That’s what we are called to in the vocation of marriage.”

Recently, the Ferris were invited by Archbishop Richard Smith, the former Bishop of Pembroke, to travel to Edmonton to share their thoughts about the human body in God’s creative design. They have kindly offered to share some excerpts from that presentation here:

- Like other young wedding couples, Mike and I had hearts for each other.

When we pronounced our vows, to be faithful to each other, in good times and in bad, in sickness and in health, to love and honour one another all the days of our life, we grasped, at some basic level, that this signified “a great mystery”, a union reflective of that between Christ and his bride the Church, a oneness of flesh, mind, heart and soul. Thirty-three

years later we continue to probe the meaning of this mystery. It will take more than a lifetime to exhaust the gift of self it summons from us.

- *We were, by the grace of God, able to see that what the church offered was true and beautiful. Young and unprepared as we were, Terese and I put our hearts and minds and strength into this teaching. We embraced what we recognized as true and promised that we would always live it. We had some sense that God would provide the necessary grace and he has. Through the years, as we have waded through the revelation of each other’s faults, sinfulness, weaknesses and warts, we have been comforted and strengthened in the knowledge that we are one flesh, one body. G.K. Chesterton captured this movement from two to one flesh when he wrote to his fiancée, Frances Bloggs, “Here ends my previous existence. Take it: it led me to you.”*
- *Every mother, when holding that new born baby in her arms, understands that the ability to give life is an awesome privilege, and that her child is a tremendous blessing. Few experiences bring us closer to the God of the universe who condescended to take on the nature of man; few experiences permit us to glimpse the love he has for us like the love a mother and father feel for their child.*
- *It is no accident that Christ chose to begin his ministry at a wedding feast at Cana. There he poured out his divine life like wine, sanctifying and transforming the vocation of marriage into a sacrament.*
- *From the beginning to be sure, matrimony had grandeur and dignity. With Christ, the excellence*

of marriage in the natural order is transformed into something infinitely greater: a sacrament.

Married love becomes the very means by which divine life is infused into the souls of the spouses.

- *The significance of this call is humbling. Mike and I are to be nothing less than Christ to each other. And this, in the ordinary tasks of life.*
- *We are aware that, over time, family prayer and the sacraments have transformed our family, bringing about a deep communion of persons, and preparing us to ride out into the world as witnesses to Life.*
- *Though we cannot say what lies ahead, we have come to know that the God who teaches us to be faithful and tender and generous with each other will continue to be so with us. Whatever he asks of us, he will be there with us.*
- *There is nothing more beautiful than to encounter Christ in the person of another, in her body and soul. To all who have embraced this beautiful vocation, may you be granted the grace to live it faithfully, generously and tenderly.*



Above: The Ferri family gather last spring for the marriage of Mike and Terese’s son Benedict.

God's plan for marriage and explain the commitments a couple makes in their exchange of vows. The final three presentations apply all that has been presented in the first three presentations to thought-provoking questions of sexual honesty regarding premarital and marital sex, with strong emphasis on the benefits of natural family planning in the last session.

According to Jay Wonacott, director of family life program for Ascension Press, "*God's Plan for a Joy-Filled Marriage* provides couples with a rich understanding of the teachings of the church and offers them the tools to live married life as God intended. The creators of the program believe that when engaged couples understand God's plan for marriage, including a clear and pastoral explanation of the "difficult" teachings, they come away from the program with a sense of liberation and gratitude rather than resentment towards the church."

God's Plan for a Joy-Filled Marriage works from the premise that Catholic teaching can never be imposed, only proposed, especially in our modern culture where messages that are contrary to the Catholic vision of marital love are commonplace.

"We believe that when Catholic teaching is upheld in its full splendor, it does not need to be forced upon anyone," says West. "Men and women are naturally attracted to the beauty of God's plan for marital love; most couples simply have never heard it presented in a sensible, appealing way. *God's Plan for a Joy-filled Marriage* seeks to do just that—present the fullness of Catholic teaching on marital love in all its beauty. The rest is in God's hands."

The effectiveness of the program has been substantiated by statistics collected over several years from more than 2,000 engaged couples. Sixty-one percent of them said they made a deeper

commitment to Christ because of the course, 48% stated that they were going to save sex until marriage (91% were already sexually active), and 78% came away with a better understanding of the Catholic vision for marriage. It seems that beneficiaries are not just the couples, but the Church as a whole, as 50% of the couples came away from the *God's Plan* program with a more positive impression of the church and 48% planned to be more active in their faith.

Bourque is excited about the potential to make a difference in the lives of the 100 couples who participate in marriage preparation courses in the Pembroke diocese each year. A team of 15 couples were trained in April to lead the upcoming sessions.

"People are very excited about this," Bourque says. "There are many dioceses far bigger than ours that haven't implemented this yet."

Mark Reilander chairs Renfrew County Right to Life

Mark Reilander, who retired last year as a principal with the Renfrew County Catholic District School Board, has taken on the chairmanship of the Renfrew County Right To Life organization.



Mark Reilander, the new chair of Renfrew County Right to Life.

The non-denominational group has about 300 individual and family memberships with a strong Catholic presence. It provides information and publicity about the issues of abortion, euthanasia, assisted suicide and other life issues. Local services include referrals to support services, resources, outreach to schools, and spreading information.

"We are concerned citizens whose goal is to promote the dignity and right to life of each person from conception to natural death," explains Reilander. "We must speak the truth, the cause is just, and all things are possible with prayer."

Reilander has a ready response for those who accuse Right To Life of being a "single issue" movement that lacks credibility and has little compassion for people or understanding of the greater picture of the kind of world in which we live.

"This accusation should never go unchallenged!," he proclaims. "Respect for life, all life, young, old, wanted or unwanted, deemed by someone as not purposeful or deemed as lacking in quality is still life to be respected, treasured and nurtured."

He sees this as a foundational issue that precedes all others, "for without the guarantee that ALL life is protected, then NO life is safe."

He argues that it is beyond naïve to think that we can create a just society where one's life or death depends on whether the person is wanted (young or old), and is the clearest expression of the "culture of death" that many well-meaning individuals have

allowed to grow in Canada through inaction or apathy.

This is the 40th anniversary of Canada's sad descent to being one of the few developed countries that has absolutely no protection for the unborn at any stage of development. Reilander and other Right To Lifers find it shameful that our country persecutes those who defend life and celebrates with the Order of Canada those who slaughter it.

"They say that during war time, there are no atheists in the foxholes," he states. "Even the most ardent pro-choice supporter would take a sober second thought when faced with someone else making the choice to push the button on his lethal injection."

Calling today's culture a war on the unborn, Reilander is convinced that it is a war that will not be won solely by well-reasoned arguments or letters to the editor and local politicians, although these are important and necessary. "It will be won when the majority of Canadians care enough to stand up and be counted because they understand that a country that does not protect the weakest members of society provides no security or justice for anyone and is in great peril. It will be won when the lies have been exposed and brought to the light through pro-lifers consistently speaking and living the truth with great conviction, persistence and charity. It will be won with all Renfrew County Right To Life members doing their small part in the much larger battle. Most importantly, given the spiritual nature of the battle, it will be won only with great sacrifice and prayer."



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Ordination ceremony welcomes two deacons to the Pembroke Diocese

The Pembroke Diocese celebrated with the families of Robert Wilson and Bob Farmer on May 9, as they received the Sacrament of Holy Orders unto the Order of Diaconate in a joyous ordination ceremony at St. Columbkille Cathedral in Pembroke.

Our diocese's newest permanent deacons both live in the Quyon area of Quebec, where they will assist the region's priests in a variety of religious duties.

The ordination marks the culmination of four years of weekly formation studies in Ottawa, combined with additional monthly sessions in Pembroke and a lot of individual work and prayer. At key stages through that process, they have been instituted by the Bishop as lectors and acolytes.

We welcome them in their new roles, and offer our prayerful support for the work they have taken on.

Bob Farmer

For Bob, the road to the diaconate has been a long and steady process that actually stretches back to his childhood.

"My mother always wanted a priest in her family," he notes, adding with a chuckle, "She'll have to settle for a deacon."

Bob's active involvement in the church began as a child growing up just a block away from the cathedral in Ottawa. As an altar server there, he learned the prayers in Latin and respectfully donned his black cassock and surplice.

Through the years, he has been a supporter of various church activities. In Quyon, he has readily trained children and adults to take on the altar server duties. He has worked with the parish priest for several years, and found he had a natural ability to serve as a liaison between his fellow parishioners and the church leadership.

Bob retired 14 years ago from his job as a painter and decorator for the City of Ottawa. In addition to his contributions to the church, he has volunteered in the palliative care program at the Shawville Hospital.

Please pray for Vocations

On Sunday May 3, the fourth Sunday of Easter, we prayed together for the call to live out our Christian vocation. We prayed for all vocations; those called to the single life, married life and religious life.

Let us also ask God in a special way to guide those he is calling to a serve his people as a priest in our diocese. Any young man who may have thoughts of a call to the priesthood is invited to call Bishop Mulhall, talk to your pastor or contact one of the Vocation Directors.

If you would like any further information on diocesan priesthood please contact Fr. Bill Kenney (English Vocation Director), (613) 735-6392 or bkenney@nrtco.net, or Msgr. Douglas Bridge (French Vocation Director), (613) 732-7933, ext. 204 or dbridge@webhart.net.

He is excited by this new opportunity to be of service at this stage of his life.

"If Abraham was asked at 75 to go to another land, there's hope for me at 66," he quips.

He expects to continue his roles in assisting Fr. Costello, where for the past four years he has been particularly involved in teaching the catechism to children and supporting their parents in their catechism instructions as a family.

Bob says his participation in the church's adult faith formation program was instrumental in bringing his vocation as a deacon to the forefront. He also credits the supplementary support of the diocese and the bonds that have developed during those sessions with the priests and other deacons. Deacon Bob MacDonald of Barry's Bay was also influential as an impressive homilist at weekend retreats and in his overall approach to the vocation.

Bob and his wife Carmel are looking forward to the challenges ahead!

Robert Wilson

After a 38-year career in television and retiring as a producer and director for CJOH in Ottawa, Robert was led to an interesting and challenging path back to his Catholic roots.

He was a busy volunteer, driving children with special education needs to school, when he was inspired to take a brief rest at St. Maurice Catholic Church in Ottawa. He recalls being awestruck by the serenity of the others who were there, and realizing

the comfort of prayer. It quickly became a daily practice. Robert describes its effects as providing "the strength and ability to rise above a street-level approach to life."

The next stage in his spiritual development involved going through the annulment process. Robert had separated from his first wife several years earlier, and his divorce had contributed to the gulf that developed between him and the church.

Annulment was a positive process, he says. While it was painful and difficult to review his mistakes, it was also very cleansing; it forced him to be honest with himself, and it gave him the opportunity to start anew.

Subsequent participation in the adult faith formation program cemented his spirituality and his bond with the Catholic church.

As he progressed through these stages of formation, his wife Margaret was baptized in the church and joined him in the faith course. Like other spouses of diaconate candidates, she has attended the formation sessions throughout the past four years and describes it as a unique opportunity to learn and travel the same beautiful, spiritual path as a couple.

For Robert, there is now a depth and meaning to life that was lost for many years.

"There is a light shining through that is cleansing and is driving me to continue on this path of love, forgiveness, prayer and seemingly total clarity in everything I do," he concludes.

He offers special recognition to Fr. Nil Guillemette and Fr. Real Ouellette for their support and inspiration.



On May 9 Robert Farmer and Robert Wilson were ordained as permanent deacons by Bishop Mulhall at St. Columbkille Cathedral, Pembroke.



Three Pembroke Diocesan priests mark their 25th anniversary

This year marks a significant milestone in the lives of three priests within the Pembroke Diocese.

Frs. Richard Bertrand, Michael Smith and Ronald Cafeo were all ordained 25 years ago this spring.

Father Richard Bertrand

Ordained on May 19, 1984 at St. Columbkille Cathedral in Pembroke, Fr. Bertrand's first assignment was to lead the congregation of St. Anthony in Chalk River which was between permanent pastors. He followed that with a 10-year stay at St. Francis Xavier in Renfrew and then another 10-year posting with Our Lady of Mercy in Bancroft and St. Anthony Mission in Haliburton. In 2001, he moved to the congregations of St. Andrew in Killaloe and Our Lady of the Angels in Brudenell, where he served until health issues resulted in a long-term sick leave.

Fr. Bertrand now lives in Ottawa, and says he was deeply moved by a recent reminder from Bishop Mulhall that, whether or not he is actively leading a parish, "I am a priest forever."

Father Ronald Cafeo

Fr. Cafeo was ordained for Madonna House by Bishop Windle on June 9, 1984.

After a summer at St. Francis de Sales in Latchford Bridge and Holy Canadian Martyrs in Combermere, he spent a year at St. John Chrysostom in

Arnprior before moving further afield.

From 1985 through much of 1989, Fr. Cafeo was in Robin Hood's Bay, England, a coastal fishing village and tourist centre in North Yorkshire where Madonna House had been asked to take responsibility for a chapel and pastoral centre.

In the 1990s, he served at the Marian Centre for the needy in Regina, Saskatchewan. At that time, he also took on the responsibilities as Madonna House Combermere Assistant to Archbishop Joseph Raya, a role that encompassed secretary, driver, medical monitor and general assistant for yearly travels to the Middle East and Europe.

Fr. Cafeo has accepted various duties in the community during those years as assistant and since the

death of the archbishop, and is thankful for all of the opportunities he had experienced.

"The priesthood is not only a gift to the people of God, but an invaluable blessing to the one ordained," he states. "I love it!"

Father Michael Smith

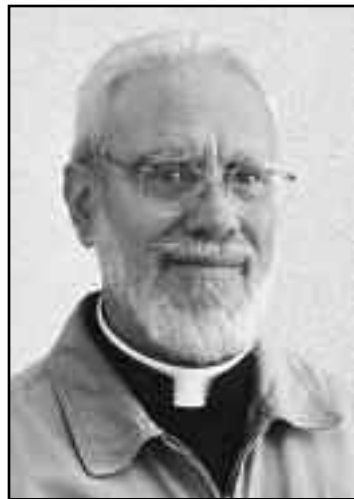
Fr. Smith has made a successful transition to parish duties following 21 years in the academic world studying and then as a professor and spiritual director at St. Peter's Seminary in London, Ontario. Following his ordination on May 26, 1984 in his home parish of Our Lady of Fatima in Renfrew, he served the congregations of Fort-Coulonge and Témiscaming before engaging in studies at Notre

Dame University in Indiana and Laval University in Quebec City that would lead to his vocation as a teacher at the seminary.

While he enjoyed the experience very much, he is perfectly happy back home in the Pembroke Diocese. Following a brief stint in Pembroke, he is now back with the parish of Ste-Thérèse of Temiscaming and the St. William Mission in Kipawa. "My interest in life now is being pastor of a parish," he says. "I believe very strongly in what I'm doing. I honestly can't think of anything I would rather do."



*Father Richard Bertrand
Ordained May 19, 1984*



*Father Ronald Cafeo
Ordained June 9, 1984*



*Father Michael Smith,
Ordained May 26, 1984*

Round Lake native celebrates his first mass at St. Casimir

As *Ecclesia* went to press in late May, plans were well underway for the ordination of Deacon Jamie Utronkie of Round Lake.

Deacon Utronkie is being ordained into the Companions of the Cross, a communal order of priests with communities in Ottawa, Halifax, Toronto, Houston, Texas, and the Philippines. The ordination, performed by Archbishop Prendergast of Ottawa, was to take place May 30 at Notre Dame in Ottawa.

Fr. Utronkie was to say his first Mass as a priest at his home church of St. Casimir on May 31.

While working and studying commerce at Carleton University in Ottawa, Deacon Utronkie attended Holy Rosary Parish, which is run by the Companions. He was drawn to their preaching, vision and mission.

"My calling never came until I met the Companions

of the Cross," said Deacon Utronkie, explaining his decision to pursue the priesthood as part of the order. Ironically, until he became acquainted with the order in Ottawa, he was unaware that they operated a formation house in Combermere, not far from his home.

His decision to pursue a life in the priesthood came after a serious bout with illness during his university course.

"My illness taught me that material things pass away", he told *Barry's Bay This Week*, "I didn't want to be attached to 'stuff.' So I felt peaceful about joining the community."

Of the 18 men who joined the Companions in 2002, Deacon Utronkie is the only one who will be ordained to the priesthood.



Above: Jamie Utronkie was ordained on May 30 in Ottawa. He celebrated his first Mass as a priest at his home parish of St. Casimir in Round Lake. Photo courtesy of The Eganville Leader.



Celebrations mark 40 years of devoted service as priests

1969 – the year Astronaut Neil Armstrong made history with man’s first walk on the moon, was also the year the QE2 ocean liner sailed her maiden voyage, Yoko Ono and John Lennon staged their “bed-in” for peace in a hotel room in Montreal, and “I Dream of Jeannie”, “Hee Haw” and “Gunsmoke” flickered from our black-and-white television sets.

It was also the year four young men from the Pembroke Diocese solemnly took their ordination vows in front of family and friends in their home parishes.

Ecclesia caught up with three of those priests, as well as their contemporary Father Jean Marc Raymond who is now serving in our diocese, to review the past four decades and their religious lives.

Father Brady McNamara

It was April 16, 1969 when Fr. McNamara took his vows in his home parish of St. James the Less, Eganville, a parish noted for vocations at that time.

“I would do it again,” he says in a flash. “The highlight is the call, and the grace to answer the call.”

“The 40 years have been very rewarding, spiritually speaking,” he adds.

In that time, he has served the congregations of Cormac and Brudenell, Braeside, Holy Name and Lourdes in Pembroke, St. Francis Xavier in Renfrew. His present posting as parish priest for the congregation of Our Lady of Fatima in Renfrew has brought him full circle back to his first parish.

There is a hint of awe in his voice as he admits that he is now baptizing the grandchildren and, in some cases even the great-grandchildren, of couples he married during his first year as a priest.

Not surprisingly, the priest affectionately known to many as “Father Mac” lists his interaction with congregation members and the public as one of his favourite aspects of his vocation.

“I enjoy being with people, in good times and in bad,” he states simply. “It’s all about serving God’s people, bringing the good news to the people, and seeing that flourish.”

Father Grant Neville

As a teenager, Fr. Neville was inspired by Fr. Ken Bradley, his parish priest at Holy Name in Pembroke.

Fr. Bradley was young, loved sports and lived a joyous life as a priest. He was the perfect role model for a young parishioner who felt a calling but was a bit



intimidated by the saintly image of the priesthood in books and movies.

Forty years later, there is not a hint of hesitation when Fr. Neville proclaims: “The priesthood has been more than I ever dreamed. It’s been very powerful.”

Following his ordination at Holy Name on May 24, 1969, Fr. Neville served a summer appointment in Bancroft. Since then, his vocation has taken him to Arnprior and Braeside, Deep River and Stonecliffe, Cormac and Brudenell, Combermere and Latchford Bridge and, for the past five years St. Andrew’s Church in Killaloe and Our Lady of the Angels in Brudenell. “Every experience has been a great blessing,” he says.

Surprisingly, he refers to the serious heart attack he suffered almost 20 years ago as a significant highlight. His parishioners in Cormac at the time gathered for a 24-hour vigil of prayer and adoration as he struggled for his life.

“That was a great strength to me,” Fr. Neville says, noting that their prayers combined with Divine intervention to see him through a difficult 14-month recovery period.

“The good Lord and the blessed Mother took care of me in a powerful way,” he concludes, adding, “You appreciate life more and see things in a different perspective.”

Fr. Neville will be the first to tell you that pastoral leaders gain as much strength as they give to their parishioners. He encourages everyone to continue to regularly pray for the vocations.

“When you put it all together, that’s how the Holy Spirit is working,” he concludes.

Father Jean Marc Raymond

Fr. Raymond was ordained in his home parish of Ste.-Anne-des-Lacs in the Quebec diocese of St-Jerome on May 17, 1969.

He has since spent 20 years as a parish priest, 10 years as a teacher of religious studies at the high school level, and another 10 years in various assignments within the religious order of the Blessed Sacrament Fathers of Quebec City. He was finishing a term in a parish in Montreal when the call was sent out by Bishop Richard Smith for help in the Pembroke Diocese parishes of Astorville, Bonfield and Corbeil.

“I came to visit and I like it very much,” says Fr. Raymond, noting that the rural environment suited him better than the big city.

“There is a special spirit,” he says, describing the atmosphere within parishes where everyone knows each other well.



When asked about the aspects of priesthood he most enjoys, Fr. Raymond offers a surprising answer: “The most important thing for me is the chance to celebrate with people – especially funerals.”

He explains that the funeral service offers a very special opportunity to share messages of redemption, hope and faith at a particularly important time in the life of a family. “It’s the spirit at work,” he concludes.

Fr. Raymond also greatly appreciates the ritual and atmosphere of the weekend Mass, which he sees as the heart of the Catholic community.

Father Richard Starks

Fr. Starks has the distinction of being the only priest ordained in 1969 by Bishop Windle, who was then serving as auxiliary bishop with right of succession to Bishop Smith.

He explains that Bishop Smith was unavailable at the time, because he was committed to attending the annual meeting of the Knights of Columbus, an organization very near and dear to his heart.

Ordained for Madonna House, Fr. Starks fully expected he was entering a lifetime of service within that community. It was a course that took him to Edmonton and Regina, where he spent nearly 14 years working out of the soup kitchens there and ministering to street people. While there are dramatic contrasts in the populations involved, Fr. Starks credits the street people for forming his approach to parish work.

“They cut to the quick,” he says. “You’ve got to be credible with them when you’re representing the church or the Gospel.”

“I give those street people and that mission work a lot of credit for my convictions about the gospel and my passion to minister to the parish.”

At the other end of the spectrum of his religious service, Fr. Starks had the privilege to work side-by-side with Catherine Doherty, the foundress of Madonna House, daily for nine years. Together, they began the painstaking task of archiving the religious community’s history, reviewing her speeches, writings, photos and memorabilia, and establishing the fireproof buildings that now hold the carefully catalogued materials.

In 1990, Fr. Starks’ vocation took a new direction when he took on the duties of parish priest for Combermere and Latchford Bridge. Since then, he has served the congregations of Cormac and Brudenell, then Douglas and Cormac, and then the reorganized shared parishes of Douglas, Osceola and Cobden until 2006 when he moved to the parishes of Bancroft and Haliburton where he continues today.





Above: Kris Dmytrenko participates in Palm Sunday celebrations in Toronto this spring. Photo courtesy Emanuel Pires/Archdiocese of Toronto.

Kris Dmytrenko was a teenager living in Deep River when he discovered and adopted the Catholic faith.

He credits Fr Bill Kenney, the parish priest at Our Lady of Good Counsel parish at the time, for the instrumental role he played in his formation.

“After I attended Mass for the first time at age

Conversion in Deep River leads to a world of faith opportunities

eighteen, he would meet with me and a few other Catholic guys from my high school almost every week,” Dmytrenko recalls.

“That initial, rather sudden decision to welcome Jesus into my life after Mass was the best decision I’ve ever made.”

Those initial steps at Our Lady of Good Counsel were the beginning of a pilgrimage and adventure that has taken Dmytrenko, literally, around the world and ever deeper in his spirituality.

Along the way, he has found a particular passion for evangelization.

From Deep River, Dmytrenko proceeded to Queen’s University in Kingston where he earned a degree in religious studies.

From there he joined Catholic Christian Outreach, attracted by the organization’s mission to be first responders to encourage young people back into the faith and to train students to share their faith in a sensitive way.

As someone who came to the church as a young adult, Dmytrenko could relate to the quests of university students who may have strayed from the church in their teen years only to find a void and a lot of deep, unanswered questions. He says that, through his daily conversations with youth he learned the hopes of an emerging generation of Catholic leaders.

Catholic Christian Outreach provides non-intimidating encounters with the church, sharing the basic Gospel message through small-group Bible studies and discussion groups. Dmytrenko worked for the organization on campus at Carleton University in Ottawa and Simon Fraser University in British Columbia.

He remains grateful to the dozens of Deep River area individuals and the Knights of Columbus who supported him in the requirement to raise his own salary as a lay missionary.

Now Dmytrenko is thriving in an evangelistic environment that allows him to reach new and wider audiences. Following an internship in the summer of 2006, he was hired as an associate producer for Salt & Light TV, Canada’s first Catholic television network.

As a member of the national network’s creative team, he researches, writes and hosts everything from documentaries to current affairs programming.

He has an especially keen interest in the intersection of faith and politics – something he explored in “Mission to the UN”, his first documentary for Salt & Light which examined the church’s diplomatic relationships. In his role as one of the hosts of *Catholic Focus*, the network’s current affairs series, Dmytrenko also frequently investigates the role of faith in public life.

Raising questions and fostering discussion about the responsibilities of Catholic politicians is an inspiring role for someone who is fascinated by the redemptive power of the Gospel to renew both individual lives and broader society.

“We’re able to cover these issues with a certain depth,” he says, citing Salt & Light’s mandate to create intelligent Catholic programming.

His career also provides plenty of personal adventure. Dmytrenko produced the network’s first reality series, “64 Days with the Ark”, in which he joined a diverse group of pilgrims in far-northern Quebec, sharing part of their physically and emotionally arduous nine-week walking pilgrimage to the Eucharistic Congress in Quebec City last year. He has also attended World Youth Day in Sydney, Australia, where he met the Pope, and last October he spent a month on assignment at the Vatican covering the Synod of Bishops, where he “bumped into” Father Ryan Holly of the Pembroke Diocese.

“It’s been incredible,” he says of the personal journey that has taken him into the heart of the universal church. “Incredible and really very affirming.”

Pembroke Diocese viewers anxious to view Salt + Light Television can access it through Rogers Digital Cable in the Ottawa area and Cogeco Digital Cable in the Huntsville area. It is also broadcast across Canada through Bell ExpressVu, a satellite carrier. Programs can also be accessed through the network website: www.saltandlighttv.org.

Adult faith development for Catholic school board leaders

By Tony Cosentino

Adult faith development is a special focus for principals and administrators in Renfrew County’s Catholic schools this year. This past year Fr. Ryan Holly met with board staff and administrators to identify themes for a series of talks at their monthly leadership team meetings, beginning last fall.

Over the past months, Father Holly has provided helpful guidance on matters relating to liturgy, sacraments, vocations, Church and a variety of other topics that have arisen during his presentations.

The series with Fr. Holly concluded in May with a special focus on the Eucharist. Members of the board’s leadership team acknowledge the benefit provided by these sessions. This is especially true for

our principals, who are also faith leaders for staff and students in their school communities. Director of Education Michele Arbour noted that having Fr. Holly over the year “has assisted our leadership team to foster a world view shaped by the Catholic conversation about life’s meaning and purpose, as set out in our board’s vision statement.”



Deep River's Columbian Squires bode well for the future

A growing group of boys in Deep River is making a difference in their community today, and setting the stage for a healthy church and community tomorrow.

Since it was established two years ago, the diocese's only Columbian Squires circle has made its presence known.

The 17 boys who now belong to the organization are living out the four designations on their coat of arms: I for intellect, C for community, P for physical and S for spiritual. The coat of arms, above right, also displays the Squires' motto – *Esto Dignus* – "Be Worthy".

Gerry Mungham shares the adult councilor duties with Gordon Burton and Pete Kent. When he begins to list the circle's activities, there is no stopping:

- assisting the parish priest in reading the Gospel of the Passion on Good Friday
- leading the Stations of the Cross during Lenten observations
- hosting a Seder meal at the church
- assisting with general maintenance at the Mackey Cub camp
- pitching in for Deep River's Great Canadian Clean-Up in honour of Earth Day
- leading a bottle drive to help fund leukemia research.

For a small, relatively young group, it's an impressive list of accomplishments. Mungham was inspired to establish the Squires club by his own experiences in the Knights of Columbus and his observations of his two sons, now aged 11 and 14.

"I didn't want to wait for them to have the same benefits," he says.

When he and his wife encountered some Squires at a K of C meeting, there was no turning back.

"We were impressed with their leadership and communication skills," Mungham reports. "We wanted to offer that here."

After two years, he is seeing the results.

"I have seen positive development in the boys," he reports, adding, "Knowing that you've had a bit of a part of it is very rewarding."

In February, the group's efforts were rewarded with the investiture of seven new Squires, a significant addition to the established group of 10. There are four more boys waiting in the wings as "prospects" who

can attend social events and activities but not

participate in the monthly business meetings until their own investiture ceremony is organized.

Mungham says Fr. Kerry Brennan has played a big part in the success of Squires in Deep River. He attends meetings and events, and lets the boys know their efforts are appreciated. Last summer, during a two-night stay at Camp Mackey, for example, not only did he travel up to lead mass, he arrived with ice cream for everyone.

"He does those little things that the kids never forget," Mungham notes.

For the Squire councilor, the rewards go beyond watching the boys mature and develop new skills.

"It's knowing that I'm making a difference with them, and with the future of the church," he says, explaining that Squires provides social justice and fellowship opportunities that take the Catholic church beyond a weekly obligation to attend mass.

"It rounds it all out and makes it so much more fulfilling," he concludes. "It's an experience I wanted to share."

Anyone interested in establishing a Squires circle for their parish is encouraged to contact their local Knights of Columbus council for further information.



The Deep River Squires Circle with Fr. Brennan and members of the Knights of Columbus at the February investiture.

Local school children assist Mattawa choir

Recently Springs of Living Waters, a contemporary choir serving Ste-Anne in Mattawa, gained 12 new members. These new members are all grade five and six students from École Ste. Anne and St. Victor School in Mattawa. They were approached to sing with the adult choir for the First Communion mass held May 3, 2009.

"It was easy to teach them the songs because many of them knew them from before. I was also very amazed how well they sing," said Sandra Glabb, the director of the choir.

Glabb hopes that the students are committed and interested enough to continue practicing with the choir for regular Sunday masses.

"Having them in the choir is one way to bring them back to the church and encourage them to participate more actively in the service," said Glabb. "We have planted a seed and hopefully they will eventually take over the music for our celebrations. We won't be around forever."

Glabb also sent out an open invitation to anyone young or old to join Springs of Living Waters. "Everyone is welcome," she said.

The children's voices definitely added a special note to the First Communion mass.



The Springs of Living Water choir includes, third row, left to right, Claire Labreche, Claire Decaire, Huguette Gelin, Ida Belhumeur, Joey Belhumeur, and back row, Charlie Pepin, Jackie Singleton-Seguin, Jean-Guy Bouchard, Sandy Glabb, Colleen Maxwell, Greg O'Connor, and Diane Riebiling. The children are, front row, left to right, Danyka Montreuil, Jacob Lindsay, Jasmin Joanisse, Megan Gravelle, Kaela Bastien, and Makayla Fournier, and second row, Courtney Lepage, Dolan Dallaire, MacKenzie St-Pierre, Jager Perreault, Jacob Sarrazin and Brandy Belanger. Children missing from the photo are Sophie Gaulin, Dakotah Godfrey, Amber Blanchette.

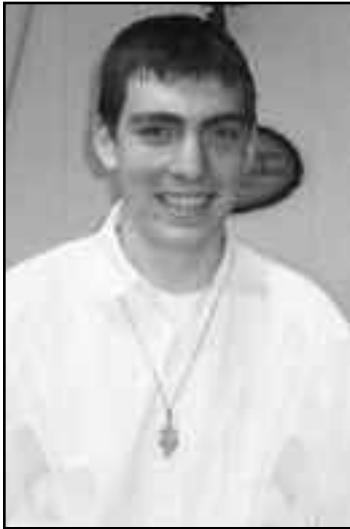
Experiencing the fullness of God through life in community

At an age when most other boys are dreaming of hockey careers or chasing frogs, Justin Bertrand was falling in love with the church and the celebrations of his Catholic faith.

"At the age of eight, I started taking faith very seriously," he says, recalling his joy at age nine when he started serving mass on a weekly basis.

"I think I've missed five Sunday masses in my entire life," adds the 18-year-old native of Grand Calumet Island.

Those earliest days in Ste-Anne parish on the island inspired Justin to continually reflect and build on his spiritual nature. As a youngster, he spent hours reading history and the Bible. He and his two younger sisters have been home-schooled by their mother in an environment that encouraged them to nurture one another and focus on matters of substance away from other cultural pressures.



"We have a very strong relationship," Justin reports. "My family is always there, every step of the way."

For the past year, that relationship has been experienced from a physical distance. Justin left home last fall to spend a year in the French formation community "Familie Marie Jeunesse" at Sherbrooke, Quebec. There, he lives with 65 consecrated youth and priests, studying faith at the college level through courses on the history of the church, the Old Testament and modern-day schools of thought such as the Theology of the Body.

Justin is particularly enjoying the prayerful aspect of life in community, where he spends at least four hours each day in prayer and at mass.

"I can spend every minute of my day with God simply," he says. "I discover more and more life in me every day."

Justin's has already traveled many miles in his quest to go deeper and

deeper into his faith. He was delighted when Fr Al Ouellette invited him to participate in World Youth Day in Sydney, Australia three years ago. Leading up to that, he attended preparatory retreats, including a particularly moving session in Montreal.

"I really encountered the love of God and his presence," he recalls of the time spent joining as a family of God in reciting the rosary, praying and joining in a simple, repeated song of worship.

The next leg of Justin's spiritual journey was in attending the Youth Summit of 2007 in Quebec City. That experience confirmed his commitment to join Familie Marie Jeunesse.

Justin's first year in the school of evangelization will end on June 29. He hints that he may return for a second year.

"I'm not sure where God is taking me, but he's taking me somewhere," he observes. "We'll let him decide."

"I've been discerning my vocation since I was eight years old," he adds, explaining that he is certain he will continue to live fully in God, in whatever direction he leads.

St. Ann's, Cormac The 71st Annual Pilgrimage

Thursday, Friday, and Saturday,
July 23-25
7 p.m. – The Triduum

Sunday, July 26
11 a.m. – Outdoor Mass at the Shrine
Celebrated by +Bishop Michael Mulhall
2 p.m. – Outdoor Mass for the sick

Please bring your own lawn chair



St. Lawrence O'Toole parish in Barry's Bay celebrates its 75th anniversary

The administrator and parishioners of St. Lawrence O'Toole Parish in Barry's Bay will celebrate a Diamond Jubilee on Sunday, July 5, 2009, with a co-celebrated Mass at 11 a.m. with His Excellency Bishop Michael Mulhall as the main celebrant, assisted by several former pastors and a number of diocesan clergy. The present administrator, Rev. Mervin Coulas, and his anniversary committee, have organized a parish lunch and a pictorial history of the past 75 years of parish happenings, as they celebrate their eventful history as a faith community and a thriving and expanding parish.

While St. Lawrence's has been an established parish since 1934, it has been a permanent fixture in Barry's Bay since 1898 when it was designated as a mission chapel, originally under Brudenell, and then Killaloe. Mission priests from those two parishes would frequent the Barry's Bay chapel on a bimonthly visitation and serve the spiritual needs of those early pioneer parishioners.

It was 1896 when Bishop Narcisse Lorrain came to Barry's Bay by train and selected a suitable site for the first mission chapel. In September of 1898 the first church was erected and dedicated to serve the Lord. Some of the missionary priests who travelled to St. Lawrence from 1898 to 1934 were Fathers James McCormac, Frank French, Isiah French, A.J. Reynolds, Dan Breen and Martin McNamara. On July 1, 1934, Rev. Martin McNamara or, as he was known far and wide, Father Mac, was appointed the first pastor of the newly established full-time parish consisting of close to 100 families. It will probably be Father

Mac's name that will be mentioned most often on July 5 as more than 200 families congregate to celebrate and reminisce of the "good old days", because Father Mac was the first pastor and also the longest serving priest at St. Lawrence from 1934 till his demise in 1958. He also served as curate from 1930-1934. Father Jack Green was the next longest serving priest for 22 years.

Over the years, nine priests and 13 nuns have originated from St. Lawrence's, demonstrating that the parish was deeply rooted in Christianity. The parishioners were predominantly of Irish extraction in the early years but, through inter-marriages and other circumstances, the parish roster today lists numerous Polish surnames, as well as other ethnic nationalities. At one point it was labelled an Irish church, but that is no longer the case.

Throughout the years, the church has undergone many changes and renovations. A new edifice was constructed in 1964, along with a large new rectory, and 2009 will see additional changes in the structure. The Saturday night mass commenced on May 1, 1971, and has continued ever since. The parish bulletin was first published on December 14, 1969, and has been a recognized staple of parish life for the past 40 years.

All former clergy and parishioners are cordially invited by Father Coulas to participate in our commemorative festivities on July 5, to meet and greet old friends, relatives and, of course, Bishop Mulhall, who will be visiting our parish for the first time. The committee has also planned a few surprises, as the parish looks back at its roots over the past century.

Living out the call in the Dominican Republic

By Peggy Dunne

The good people of the Pembroke diocese are very dear to the hearts of the people of Yamasa in the Dominican Republic. Thanks to the generosity of so many local people, thousands of lives have been saved and enriched. Each year as a group of students and

staff from our two Catholic high schools prepare to travel to Yamasa, they raise money for food and gather life-saving medicine and medical equipment.

Our Dominican Republic Experience, which recently celebrated 20 years of service, was begun by Father Bill Kenney and the Pembroke Grey Sisters. It continues through the dedication of many Renfrew County Roman Catholic District School Board staff.

One of the most moving days was when we delivered the large bags of life-saving food that we call Friendship Kits, photo at left. Everyone gladly carried the heavy bags filled with sugar, rice, oil, and other staples to the starving people of the barrios. The much-needed food is purchased through our fund-raising and, as student Holly Pring says, "They cost \$20.00, but are priceless to the people down there." Holly tells of her experience with a family whose mother spends her days in town, begging for food and money. That's when she realized what our food and visits really meant to the people. "The kits represent life, love and especially friendship."



Celebrations in Arnprior

Above, Renfrew County Catholic District School Board Superintendent of Educational Services Jaimie Perry joined Fr. Pat Dobec for a Catholic Education Week celebration on May 6. Left, Laetare Sunday was celebrated with special joy this year in Arnprior. The Academy Schola Choir, from Our Lady Seat of Wisdom Academy, Barry's Bay was the guest choir at the Sunday morning Eucharist. A complementary breakfast was served by the Knights of Columbus following all Sunday masses to help enter into the joy of this halfway mark through the Lenten season.



Our Lady Seat of Wisdom Academy in Barry's Bay held their annual fundraising gala in Pembroke on April 17. Seen here at the dinner are Fr. Ryan Holly of Pembroke, Dr. David Warner, OLSWA President, Archbishop Terrence Prendergast of Ottawa and Bishop Michael Mulhall of Pembroke.



The Catholic Women's League at Holy Canadian Martyrs Parish in Combermere recently celebrated their 20th anniversary. The CWL members are seen here with spiritual advisor Fr. Ken O'Brien at the church in Combermere.

Parish Profile

Sacred Heart Parish, Corbeil

Sacred Heart parish in Corbeil has withstood its share of challenges in recent times.

For years, the congregation was served by Fr. Goudreau, a well-loved pastor who was devoted to his parishioners and always available, living in the rectory next door. Fr. Goudreau's commitment continued through his later years, and the whole community mourned his loss when he passed away.

After a period of vacancy, the rectory was occupied once again, but only for a short time by another well-liked priest who chose to join the Armed Forces.

His departure led the diocese to assign Sacred Heart as one of three parishes to be served by a single pastor. Since 2004, Fr. Jean Marc Raymond has served that call, leading the churches of Astorville and Bonfield as well as Corbeil.

A member of the Quebec City religious order of the Blessed Sacrament Fathers, Fr. Raymond has thrived in the small, rural communities. In Corbeil, he is ably supported by Deacon Frank Martel whose service as resident deacon gives the congregation a unique element.

Deacon Martel takes care of the day-to-day operations of the church, signing official letters as the pastoral administrator, managing the business affairs and, as he says, "making sure the lights are turned off at the end of the day".

He also plays a key spiritual role for the congregation, serving as chaplain for the CWL and the

Knights of Columbus and being available for regular office hours twice each week. He also assists the priest at liturgies, leads congregation members in wedding and baptism preparations, and officiates at funerals.

Deacon Martel sees little distinction between his business and spiritual duties.

"Even doing the administrative role, it's a pastoral role," he says. "Everybody is part of the parish, and every conversation is important."

While he describes the deacon role as "a very worthwhile challenge", he also understands the significance of a priest and knows it is important to recognize when parishioners should be referred to their priest for counseling or advice.

"He's the pastor of the parish," Deacon Martel notes.

He also encourages the congregation to always be mindful of the need for priests.

"I pray for the vocations at every function I attend," he says. "Whether it's a service or a meeting, it's important to keep that need in our consciousness."

The shortage of priests is not the only challenge facing Sacred Heart. Until 2006, there was an active Catholic school beside the church. When it closed, local students moved to Callander, a community about 10 kilometres away and in another diocese.

"We're just really starting to feel it this year," Deacon Martel says of the loss of the youth community.

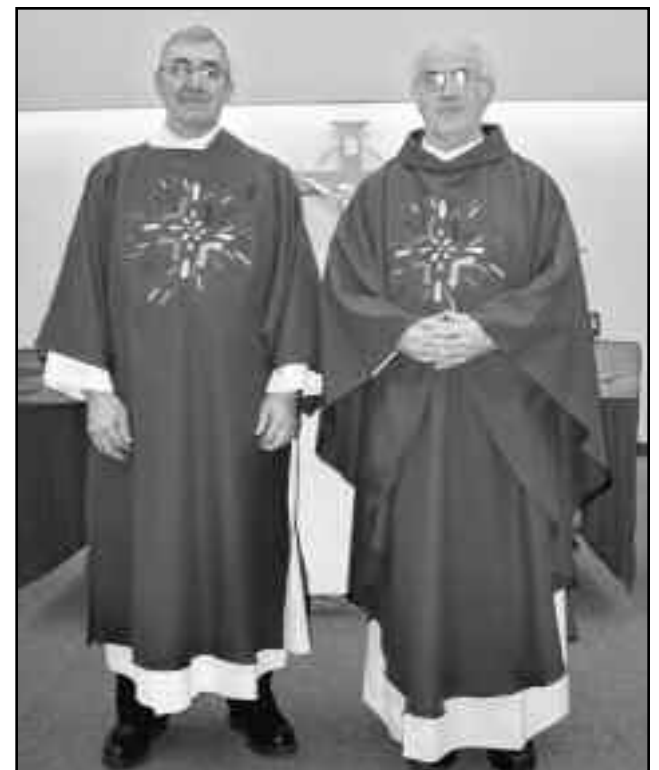
This is the first year in the church's history that there are no candidates for confirmation.

2006 was an especially difficult year for Sacred Heart. It was also when the regular two masses in French and English were reduced to one bilingual celebration. As Deacon Martel admits, "No one speaks bilingual" and the adjustment has not been easy.

Despite the challenges, there are clear reasons for hope in this small parish. The weekday Friday masses and the regular Saturday evening masses are faithfully attended.

In recent months, the congregation transformed the vacant rectory into a bright, new meeting hall. The renovations were done by volunteers from the parish who readily contributed their painting, carpentry and other building skills. Deacon Martel notes with pride that the project involved at least 15 to 20 willing workers.

"They chose the colours, tile and everything," he reports. "It's their church."



Above: Deacon Frank Martel, left, with Fr. Raymond, wearing their new matching vestments. Many of the vestments had been in use for 20 years, some for 30 years. There had never been any vestments for deacons, although it is most appropriate for the priest-celebrant and the deacon at the Mass to wear matching vestments. The local council 6664 of the Knights of Columbus graciously agreed to give the parish the necessary funds to purchase new priest's chasubles and deacon's dalmatics with matching stoles in all four colors. The new, matching vestments were worn by both deacon and priest on the First Sunday in Lent March 1, 2009.

Above Left: Working on the conversion of the former rectory in Corbeil.

Rite of Christian Initiation for Adults

For any parish or individual interested or involved in the Rite of Christian Initiation for Adults (RCIA), a variety of workshops are provided annually by North American Forum on the Catechumenate, better known as FORUM. An adaptation for use with children of catechetical age is also available. The 2009 calendar and description of Forum's RCIA formation institutes throughout Canada and U.S. is available at www.naforum.org. If this year is out of the question for you, perhaps another year would be a possibility. A number of people from across the Diocese have attended one or more of these institutes and have found them most beneficial in terms of personal growth as well giving them more confidence in unfolding the process in their own parishes.



History chronicles the roots of Pembroke's Grey Sisters community

When Sr. Margaret Foran set out to write a book about the foundations of the Grey Sisters of the Immaculate Conception, she was determined not to shy away from controversy.

Sr. Margaret's book, based on the extensive research of Sr. Helen Nolan, chronicles a long and difficult split between French and English that took place back in the 1920s.

"I thought our nuns have to know this," she says of her early encounters with the research collection.

The book had been a lifelong dream of Sr. Helen. Sr. Margaret remembers her companion constantly asking about the foundation of the Grey Sisters community. She spent years traveling and collecting information, and had written three complete chapters and part of the fourth before her death in 2006.

Her writings remain intact as the first section of the book, and Sr. Margaret elegantly picks up the thread from there.

When she was assigned the task, she took delivery of four largely unorganized bank boxes of notes and transcripts. It took four years to transform them into the 90-page book that was officially launched last summer.

"I had already finished a couple of careers, so I wasn't pushing it too hard," Sr. Margaret says with a smile.

She goes on to describe her bachelor apartment in Toronto in the midst of the project, with piles of paper covering tables, desk and floor.

At the heart of the story is the determination of Sister St. Paul, who resisted the power of the French-dominated Ottawa community of the Grey Nuns of the Cross. She worked relentlessly to speak on behalf of her English-speaking peers within the order, as well as the English communities that so desperately needed their services.

Sr. Margaret clearly became enamored of the woman who would become Mother St. Paul, foundress of the Grey Sisters of the Immaculate Conception in 1926.

"I wanted Mother St. Paul to become a live human being. She did so much for us," she explains.

The founder of the English order of the Grey Sisters in Canada died two years before Sr. Margaret joined the order in 1951.

"I'm going to meet her in heaven for the first time," Sr. Margaret exclaims. "Won't that be great?"

The author was equally intrigued by Mother St. Albert, the formidable leader of the Ottawa

order who resisted all efforts to establish an independent English religious community of Grey nuns.

"I wanted to try to get to understand her. She made it all so hard," says Sr. Margaret, who pored over Mother St. Albert's letters for hours, reading and reflecting on her motivations and reactions.

Mother St. Albert had already endured an initial break in the community when a separate American order was established in 1921. Five years later, she was facing the same challenge within Canada.

"It must have been a terrible thing for her," Sr. Margaret says.

Her book goes on to describe the further challenges of those early years of independence. She points out that Mother St. Paul faced some daunting realities, such as finding the finances to purchase 77 beds and chairs to accommodate the first members of her order.

Sr. Margaret describes those pioneer sisters carrying their chairs from the chapel to the dining room to their cells at night – the order could only afford one chair per nun.

"She had to get those sisters teaching to pay the bills," Sr. Margaret declares, describing the ambitious beginnings that expanded the new order from Pembroke to a newly-built Catholic school in Timmins in 1926 and then on to Windsor and Midland and, amazingly, as missionaries to China just three years later.

The facts themselves present an incredible story, and Sr. Margaret, together with Sr. Helen before her, have done them justice in their telling.

For a retired teacher whose primary assignments were always in the maths and sciences, this was a labour of love and fulfillment.

"I used to pray that I'd get one history to teach," Sr. Margaret recalls.

Her encounter with history through this book has given her further inspiration.

"I will probably write a little sequel for our own sisters," she predicts.

With greater conviction, she discloses an ambition even dearer to her heart.

"I would like to have a prayer to Mother St. Paul," she declares.

We have no doubt that the devotion and inspiration revealed in her history will be distilled in the fullness of prayer in time.



Sr. Margaret Foran with a copy of her history of the Grey Sisters.

An Invitation from our Partner Diocese

Pilgrimage to Lima, Peru, with diocesan pastors and fellow parishioners

Nov. 15 – Nov. 27, 2010
(includes optional four-day excursion to Cuzco)

This is an invitation to meet Christ in the Peruvian people and to allow their profound spirituality to touch your life.

- Visit some parishes of the Archdiocese of Lima
- Tour historical churches, shrines and museums.
- Experience the people of the Chincha Valley
- Marvel at the 'Lost City of the Incas' – Machu Picchu

Contact Representatives for the Pilgrimage

Jean-Paul Patenaude (Barry's Bay)	(613) 756-3166
Christina Montreuil (Pembroke)	(613) 735-6489
Yvonne Sklepewicz (Renfrew)	(613) 432-6725
Fr. Nil Guillemette (Pontiac)	(819) 683-2056
Diane McGee (Mattawa)	(705) 744-2482

Furniture and faith go hand-in-hand in Arnprior mission

Sister Nancy Wilson knows that physical requirements can present opportunities for spiritual outreach.

As a member of the pastoral team at St. John Chrysostom in Arnprior, she oversees a unique mission built on used furniture.

For several years, the church has distributed furniture to the needy.

Fridges, stoves, chesterfields, beds and dressers are collected from parishioners and others in the community. Sr. Nancy keeps a list of those in need and sets up the appropriate matches.

The practice dates back to Fr. Dan Miller's service as parish priest, before Sr. Nancy joined the

St. John Chrysostom family 17 years ago.

"It has grown tremendously," she reports, estimating that more than 100 pieces of furniture are provided to the poor of the area each year.

To enhance their sense of independence and empowerment, recipients are encouraged to make their own arrangements to pick up the items they receive.

"We keep it very simple," she says. "We try to do it with as much dignity as possible."

Donors are never told where their cast-offs go, and recipients do not know who provided the furniture they receive.

Volunteers are available to pick up donations, and

the local furniture stores have been avid supporters of the charity project, encouraging their customers to donate items they are replacing when they make a purchase.

Sr. Nancy insists that all of the donations are clean and in good condition, and she makes good use of the garage that was made available for her work. She quietly admits that, at times, her collection spills over into a second garage.

The furniture mission blends nicely with the community food bank which is run out of the basement of the church, as well as the local snowsuit fund. Sr. Nancy is closely connected with all of these initiatives and says that one often connects with another.

"A lot of good is done and people appreciate it," she says. "It's an ecumenical program and it gives me a great opportunity to speak with people of all denominations."

She points out that, just as hunger, shelter and poverty are connected, those needs are also often associated with depression, family problems and other personal challenges.

"This is an aspect of our social justice mandate," she says of the connections she makes through used furniture distribution.

"It's part of who we are as Sisters of Providence."

Making a difference in Haiti

It is a long way from Parliament Hill in Ottawa to the slums of Port-au-Prince in Haiti, but, led by her faith, that is the journey that Sr. St. Stephen's faith took.

A member of the Sisters of St. Joseph, now living at the Motherhouse in Pembroke, Sr. St. Stephen spent 20 years as a pastry chef in the House of Commons Dining Room, baking for Members of Parliament and such appreciative diners as Brian Mulroney, Jean Chretien and Paul Martin.

Following her retirement a few years ago, she began searching for a new way to serve the Lord. "I wanted something and Haiti came into my mind," she said.

Sr. St. Stephen had experience working at an orphanage before she entered the order, and she ended up volunteering with an orphanage operated by Mother Teresa's Missionaries of Charity in Port-au-Prince. She has recently returned from Haiti, her second visit cut short by medical concerns. At 77, she hopes to return next year. "The Lord keeps me well and He wants me to go," she says.

The orphanage serves about 200 children in extremely difficult circumstances, disease is common, and security is tight. Basic services like electricity and garbage pick-up are undependable or completely lacking. Volunteer accommodation had no electricity and Sr. St. Stephen kept a flashlight handy to keep track of the numerous "creatures" that

climbed the walls at night. A rare trip outside the compound walls was an experience to remember, the jeep bouncing over potholed roads. When Sr. St. Stephen questioned the driver ignoring a stop sign he replied, "Oh that's only a Christmas ornament Sister."

A lack of refrigeration means food must be consumed almost as soon as it is prepared. Sr. St. Stephen says that due to overseas support, primarily from the United States, food is plentiful, but help is harder to come by. She says that love and attention are the greatest needs of the children. "They cry all day long until you pick them up," says Sr. St. Stephen, "It's love that they need."

Many of the children in care are not actually orphans, but their parents, who are often very young themselves, are too poor to care for them. When the children are returned to their parents, it is not uncommon to have them return to the orphanage suffering from malnutrition because the family is unable to afford a proper diet.

Sr. St. Stephen found the work very rewarding. "When those little children look at you it's like looking into the eyes of Christ Himself." She continued, "I was never so close to the Lord, He was walking right beside me, I had to move over and make room for Him."

She also found the experience a very prayerful one, "It's the prayer that saves," she said.

One of the reasons volunteers are scarce is the financial commitment, both for accommodation in Haiti and travel expenses, including \$1,200 in insurance costs for the trip. Sr. St. Stephen credits support from parish groups in Pembroke, especially the CWL of St. Columbkille and Holy Name parishes, with helping finance the trip. Altogether about \$7,000 was raised through bake sales and a fashion show.

Sr. St. Stephen feels hopeful about the situation in Haiti, largely due to international assistance. "Things are looking up," she says.



Sr. St. Stephen with children and care workers in Port-au-Prince, Haiti.



Sr. Nancy Wilson and volunteer Emmett Ryan with some of the furniture being redistributed in Arnprior.

The Easter season and Pentecost

by Jason Dedo

“Mary Magdalene went and announced to the disciples, ‘I have seen the Lord!’” (John 20:18) We hear the exclamation from this beloved saint proclaimed at the reading from John’s Gospel on Easter Sunday. Mary Magdalene, the first disciple to encounter the Risen Christ, announces the Resurrection to us every year. Easter is the most important solemnity in the liturgical year – the Solemnity of Solemnities – the holiest day of the year.

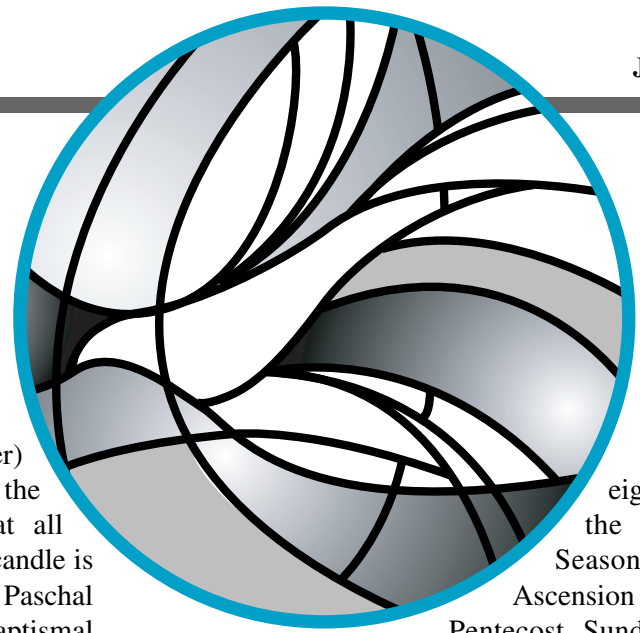
Some Catholics may believe that Easter is over on Easter Monday, but in reality, Easter is an entire season in the Church year. Lasting 50 days, the Easter season (often called the Great Fifty Days) begins on Easter Sunday and ends on the Solemnity of Pentecost. So many of us put so much emphasis on extra spiritual activities such as prayer, fasting, abstinence and devotions during Lent that we perhaps do not observe and appreciate the joy and richness of the beautiful Easter Season which follows.

The liturgical colour for the Easter season is white, which symbolizes joy, baptism, new life, hope, light,

purity and resurrection. The Paschal (Easter) candle remains in a prominent position in the sanctuary of the church and is lighted at all liturgies. When incense is used, the Paschal candle is incensed. At the end of the Easter season, the Paschal candle is returned to its usual place near the baptismal font. After a period of not baptizing during Lent, the Easter Season is a most appropriate time for baptism, which, along with renewing our baptismal promises, are prominent foci in the Easter season. The Easter season is also an ideal time for celebrating the other sacraments of initiation, namely Confirmation and First Eucharist.

The gospels during the Easter Season tell us of the apostles’ and disciples’ encounters with the Risen Lord, of the Good Shepherd, the Ascension of the Lord and of the outpouring of the Holy Spirit at Pentecost. We also hear about the emerging early Church in the Acts of the Apostles in the First Reading at Mass.

The first eight days of the Easter Season make up the Octave (eight days) of Easter and are celebrated as solemnities of the Lord. The Octave of Easter lasts from Easter Sunday to Divine Mercy Sunday (the Second Sunday of Easter).



The last eight days of the Easter Season from Ascension Sunday to Pentecost Sunday are a

preparation for the coming of the Holy Spirit. The liturgical colour for Pentecost Sunday is red which symbolizes the Holy Spirit, fire, blood, sacrifice, passion and love.

The Easter Season is also the period of postbaptismal catechesis or mystagogy for adults who have been initiated into the Church at Easter. During this time, the neophytes (newly initiated members of the Church) “... experience being fully a part of the Christian community by means of both pertinent catechesis and by participation with all the faithful in the Sunday Eucharistic celebration” (*Rite of Christian Initiation of Adults*, CCCB, 1987, p. 14).

“You have mourned for Christ’s sufferings; now you celebrate the joy of his resurrection. May you come with joy to the feast which lasts for ever” (*Solemn Blessing of the Concluding Rite – Easter Sunday Mass*).

NAZARETH FAMILY SUMMER RETREATS

What families are saying after a week-long “Nazareth Family Retreat”:

“Smartest thing our family has done in years.” (father) • “Wonderful opportunity to connect as a family and strengthen our marriage.” (mother)

“Fantastically fantabulous! I can be myself.” (teen) • “Tons of fun... it was the best vacation we ever had.” (child)

Each summer, Nazareth Family retreats are held at the Dominus Vobiscum Retreat Centre on the shores of Lac Maskinonge in the Laurentians, one hour north of Montreal. Through a unique blend of daily Mass, conferences, celebrations and recreation, all members of the family are challenged to grow in their faith and in their call as family. First established in 1982 in Combermere, Ontario by Don and Posie McPhee, the Nazareth Family Apostolate continues to run for three consecutive week-long sessions each summer, hosted by some core families from the Pembroke and Ottawa dioceses. Over the years, many families have benefited from this unique family retreat experience. Why not give your family and your marriage a real gift this summer!

The dates for summer 2009 are:

Week 1: July 19 - 25

Week 2: July 26 – Aug. 1

Week 3: Aug. 3 – 8

For more information go to

www.nazarethfamily.com

or contact Mark and

Joyce Reilander

at (613) 735-3894.



Upcoming Parish Suppers

Sunday, June 14
St. Francis Xavier, Renfrew, ON
Roast Beef Supper and Bazaar
Adults: \$12.00; Children 5-12: \$5.00;
Under 5: free
12 p.m. – 6:00 p.m.

Saturday, June 20/Sunday, June 21
St. Peter's, Fort Coulonge, QC
Supper – Sea Pie & Baked Beans
Games, Bingo, Draw, and much more
St. Peter's Parish Hall
Adult: \$12.00; 12 & under: \$3.00
Meal starts at 4:00 p.m.

le 20 juin, samedi / le 21 juin, dimanche
Paroisse St-Pierre, Fort-Coulonge, QC
Souper – Sea Pie et fèves au lard
Jeux / Bingo / tirage et beaucoup plus
Salle Paroissial
Repas : \$12.00 / adulte; \$3.00 / pour les moins de 12 ans, Repas servi à partir de 4:00 p.m.

Sunday, July 27
Bonfield, ON
Bonfield Church Picnic
Sea Pie; Home-Baked Beans, Full Course Meal, Assorted Home Pies
Adults: \$11.00
Games: 1:30 p.m. – 6:00 p.m.
Meal: 1:00 p.m. – 6:00 p.m.

le 27 juillet, dimanche
Bonfield, ON
Pique-Nique Paroissial de Bonfield
SeaPie; Fèves au lard; repas complet; tartes assorties faits à la maison,
Adultes : 11,00 \$
Jeux – 1:30 p.m. – 6:00 p.m.
Repas – 1:00 p.m. – 6:00 p.m.

Sunday, August 2
St. Martin of Tours, Whitney, ON
Annual Turkey, Ham & Baked Bean Supper - Home-style Cooking
Take-out meals available. Games for all the family, afternoon and evening
Bingo beginning at 1:00 p.m. Flea market opens at 11:00 a.m.
Canteen and Religious Articles
St. Martin's Parish Hall
Adults: \$12.00; Children 5-12: \$5.00;
Five and under: free
Sunday Morning Mass at 8:00 a.m.

Sunday, August 9
St. Andrew's, Killaloe, ON
Hot and Cold Buffet
Turkey, Ham, Beans, Salads and Homemade Pies
\$12.00/person; 4-12: \$5.00;

Sunday, August 9
St. Thomas D'Aquin, Astorville, ON
Annual Parish Picnic
Bring your chair
– music, all local talent
East Ferris Community Centre
Adults: \$11.00;
Children 12 & under: \$5.00
Supper starts at 3:30 p.m.
Take-out at 4:30 p.m.

le 9 août, dimanche
Paroisse St-Thomas D'Aquin, Astorville, ON
Pique-Nique Paroissial
Apportez votre chaise, musique à l'extérieur
Centre Communautaire de East Ferris
Adultes : 11,00 \$;
Enfant 12 & moins : 5,00 \$
Souper servi à 3:30 p.m.
Take-out commence à 4:30 p.m.

Sunday, August 9
Our Lady of Mount Carmel, LaPasse, ON
Beef BBQ
Bingo, Draw Tickets, Playground, Sale/Bake Tables. Wheelchair accessible. Take-out available
LaPasse Parish Hall
Adults: \$12.00; Children (5-12): \$6.00,
Four & under: free
2:00 p.m. – 6:00 p.m.

Sunday, August 9
St. Andrews, Killaloe, ON
Turkey, Ham and Baked Beans
Adults: \$12.00; Children: \$5.00
1:30 p.m. – 6:00 p.m.

Sunday, August 16
Our Lady of Grace, Westmeath, ON
Turkey Supper
Bake/Sale Tables, Bingo, Draw Tickets, Kid's Table. Air Conditioned – Take-out available – Wheelchair accessible
Westmeath Community Centre
Adults: \$12.00; Children (5-12): \$6.00,
Four & under: free
12:00 p.m. – 6:00 p.m.

Sunday, August 23
Precious Blood, Calabogie, ON
Gigantic garage sale and barbecue
Games & entertainment
– free admission, ample parking
Parish Grounds,
504 Mill St., Calabogie
10 a.m. – 4:00 p.m.

Sunday, August 30
Our Lady of the Angels, Brudenell, ON
Turkey, Ham & Homemade Beans and all the Fixings, Homemade Pies
Adults: \$12.00; Children: \$6.00
1:30 p.m. – 6:00 p.m.

Sunday, September 6
St. Mary's, Wilno, ON
Starts at 1:30 p.m.
Adults: \$12.00;
17325 Highway 60, Wilno
Children under 12: \$5.00

Sunday, September 6
St. Ignatius, Maynooth, ON
Parish Supper
All Homemade Dinner
Adults: \$12.00
Children 10 and under: \$5.00.

Sunday, September 13
Our Lady of Mercy, Bancroft, ON
Parish Supper
Roast Beef and all the Trimmings
Adults: \$12.00; Children \$5.00
1:00 p.m. – 6:00 p.m.

Sunday, September 13
St. John the Evangelist, Campbell's Bay, QC
Annual Roast Beef Supper
Adults: \$12.00; Children \$6.00
3:00 p.m. – 7:00 p.m.

Sunday, September 20
St. Columbkille's Cathedral, Pembroke, ON
Annual Roast Beef, Ham & Bean Dinner & Bazaar
Bazaar Table – Candy Booth
– Raffle Tickets
Adults: \$12.00;
Children under 12: \$5.00
In the Parish Hall
12:00 p.m. – 6:30 p.m.

Sunday, September 20
St. Mary's, Quyon, QC
Turkey Supper
Adults: \$12.00;
Children 10 & under: \$6.00
Lion's Club Hall, Quyon
3:30 p.m. – 6:30 p.m.

Sunday, September 27
St. Patrick's, Mount St. Patrick, ON
Turkey Supper with Ham and Beans
Bingo, games, crafts and white elephant
Musical entertainment
Adults: \$12.00; Children \$5.00
1:00 p.m. – 6:00 p.m.
Sunday Mass at 12:15 p.m.

Sunday, September 27
St-Jean-Baptiste, Pembroke, ON
Turkey and Ham Supper
Adults: \$12.00
Le 27 septembre
Paroisse St-Jean-Baptiste, Pembroke, ON
Repas à la dinde et au jambon
Adultes : 12,00 \$

Sunday, October 4
St-Alphonsus, Chapeau, QC
Turkey Supper with all the Trimmings
Adults: \$12.00
Children 10 and under: \$5.00.
Chapeau Arena
2:00 p.m. to 6:00p.m.

Sunday, October 11
St. Casimir, Round Lake Centre, ON
Roast Beef & Bean Supper
Adults: \$12.00;
Children under 12-5: \$5.00;
Noon – 6:00 p.m.

Sunday, October 18
St. John Chrysostom, Arnprior, ON
Hot Roast Beef Dinner
St. John Chrysostom Parish Hall
Adults: \$12.00; Children under 12: \$5.00; Children under 6: free

Sunday, November 1
St. Matthew the Apostle, Madawaska, ON
Annual Turkey, Ham & Baked Bean Supper
Adults: \$12.00; Children under 4-10: \$5.00; Three & under: free
Murchison & Lyell Community Hall,
Hwy 60, Madawaska
12:00 p.m. – 6:00 p.m.
Sunday Morning Mass at 11:15 a.m.



Bring Your Appetite!