



# Ecclesia

THE NEWSLETTER OF THE CATHOLIC DIOCESE OF PEMBROKE

## Sixth annual retreat provides spiritual growth in the Year of Faith

The hectic pace of life can pose significant challenges for all Roman Catholics striving to uphold their family and work responsibilities, while remaining vigilant in adhering to the teachings of Jesus Christ in their daily lives. For those who require a time of solace, a religious retreat may be the prime opportunity to reaffirm their faith.

The sixth annual Men's/Women's Retreat was held this past January 25–27 and February 8–10 respectively at the Marguerite Centre in Pembroke. The weekend-long men's event was hosted by Father Denis Lemieux and David Guzman, and the women's event by Father Tom Zoeller and Renée Sylvain, all from the Madonna House Apostolate in Combermere. Group discussions, music and prayer are just some of the activities in which attendees participated.

"The objective is to provide a weekend of spiritual growth and reflection," says Mark Reilander, coordinator of the men's retreat. "It's a chance for both men and women to get away from the busy work world and home duties in order to grow spiritually."

"The weekend entailed mass and talks given by the team leaders," says Joyce Reilander, who coordinates the women's retreat. "There is also quiet time in the chapel for people to reflect on the subject matters that have been given. The sacrament of reconciliation are also made available. For some, it's a chance to refocus. For others, it's an opportunity to go deeper (in reflection of their faith). Everybody comes with their own motives. What we hope is that they will all grow in the faith, spiritually."

The retreat also provided an opportunity to address matters specific to both genders.

"This year, the theme had elements related to the Year of Faith that we're celebrating this year in the church," adds Joyce Reilander. "On the women's side, it's how we live our femininity in the Catholic Church as mothers and wives."

"When you have a group of men together, you want to focus on issues that are specific to men and how we live our spirituality," says Mark Reilander. "Each year we



*The 2013 retreat guest speakers: Father Denis Lemieux, left, for the men's retreat, and Father Tom Zoeller, for the women's retreat, both from Madonna House.*

have a different theme. When we get together beforehand with the priest and staff, we determine what that theme will be, and the women do the same. The title for the men this year is *God's Mercy in the Year of Faith*."

The popularity of the retreat has seen a steady climb in the number of people involved, drawing participants from throughout the Diocese and beyond.

"It started out as a smaller parish group for the Holy Canadian Martyrs Parish in Combermere," says Joyce Reilander. "There are not many of these kinds of retreats available in the area, so as word spread, the numbers have grown. We have people coming from as far away as Peterborough, Toronto and Orleans."

"The men's group started with 17 the first year, and ever since, it has picked up another 10 or so. One year we had close to 50," says Mark Reilander, noting the appeal the retreat offers via the rural setting.

"Pembroke is quiet compared to Ottawa. You really do feel like you are getting away from the city when you come here, and the price is right. This is a little more pristine and simple than, say, a conference centre-type place where some briefings would have to be held, because there are not too many smaller places available. It has been a good drawing card that way."

Aside from their retreat duties, the Reilanders also ensure that they, too, embrace all the joy and spiritual vibrancy that is offered at the retreat.

"The whole retreat really is filled with a Madonna House style of spirituality," says Mark Reilander.

"That's something that is really important to us. It's one that really causes you to focus on the duty of the moment, like, 'What is God calling me to right now in my family, my work and my life.' That's always resonated with us. We're just logistics. We just organize and let the Holy Spirit do the rest."



YEAR OF FAITH 2012  
2013

# Message from the Bishop

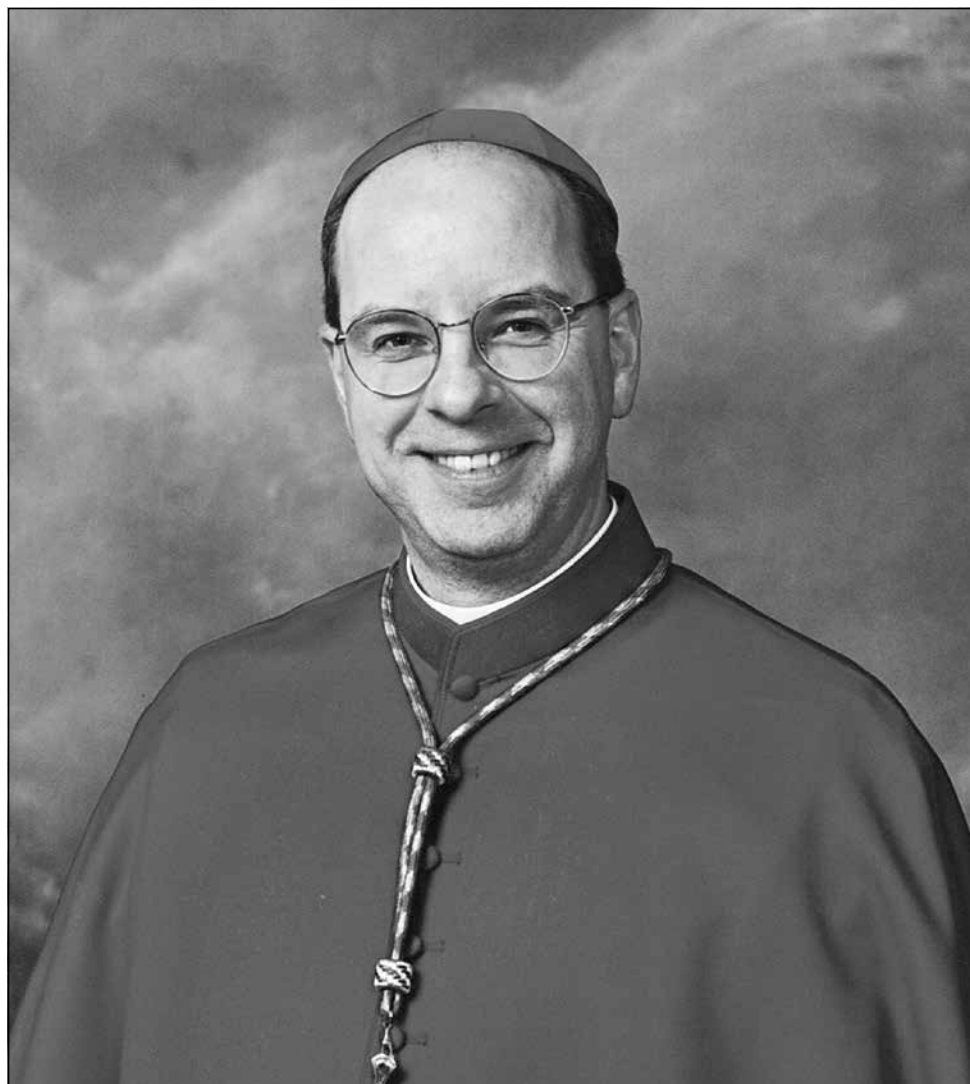
*Whoever serves me must follow me,  
and where I am, there also will my servant be.  
(John 12.26)*

In the last week of November, I travelled to the Monastery of Christ in the Desert near Abiquiu, New Mexico, to give a week-long retreat to the monks of this Benedictine Abbey. The monastery, founded in the early 1960s, is located 13 miles off the main highway in a vast wilderness area south of the Colorado border. Here, at a remarkably beautiful spot in the Chama Canyon, the monks have slowly built up a monastery that has become the founding monastery of three other communities in Mexico and Texas.

I last visited the monastery in July 1989 when I took my own retreat prior to my priestly ordination. Visiting now almost 24 years later, I immediately noticed how much had changed. The monastery had grown and a cloister and other buildings have been added to the original adobe structures. I also noticed the difference in temperature from the desert heat of July and the cold below-freezing temperatures of November evenings. But many things remained the same. The first was the beautiful canyon and red-coloured rock of the mountain range. The second was the spirit of peace in the community. As I remembered from many years ago, the genuine welcome and happiness of the monks spoke of a deep charity, which they strove to live with each other and those they welcomed. During the retreat I was struck by this spirit and after I left, I reflected on how this genuine spirit of fraternal charity was not so easily noticed in many other places. I mention this because we often overlook the grace and discipline needed to live a deep charity with those closest in our lives. And having attained such a gift, we strive to recognize its precious fruits and protect it from any spirit that does it harm.

For me the week was a wonderful experience and gave to me a deep peace for which I was thankful. Often during the week, I pondered and wondered about the life of each monk that eventually led him to this monastery so far from everyday life. This mosaic was vivid in the faces of the monks who ranged from very elderly to novices and from countries from all over the world. Regardless of the circumstances of each monk, the common thread that marked all of them was the truth that God had drawn them to this place. Here they were at peace because God was with them and had brought each one to the monastery. *Where I am, there also will my servant be.* To be with the Lord is the hope of all Christians. The knowledge that we are truly with the Lord, even in the turmoil of this life, is His great gift. How often we forget that we arrive at this place of the Lord's tranquil presence not by waiting for Him to arrive, but by following Him. When we do not follow we risk losing that place where He stays. *Whoever serves me must follow me, and where I am, there also will my servant be.*

For the monks in New Mexico, God has called each of them to a life of prayer, manual labour and contemplation according to the Benedictine tradition in a unique place. And for each of us, God has called us to the fullness of our baptismal life as



Catholics in a place and in a vocation or work. Even in what seems mundane and ordinary, God's hand has been active in calling us to the place where he is and where we find our profound happiness.

My dear brothers and sisters in the Diocese, I trust that the articles in this edition will be helpful for each of us, as we reflect on this gift of faith. One of the basic places to begin our reflection is to ask the question, "Why bother to believe?" This may sound cynical, but it also reflects an aspect of the crisis of faith to which the Holy Father refers. The answer to this question, "Why bother to believe?" can be addressed by the genuine happiness evident in the life of a believer. This is not a happiness that is put on as a mask is put on, but it is the profound happiness that comes from within and that can never be hidden in the life of a believer. In a world suffering from ever greater levels of despair, the attractive happiness of the believer can be used by the Lord to bring more people to seek His presence.

In the beginning of the passage that I have quoted from John's Gospel, Jesus has just been introduced to several people who *came to Philip, who was from Bethsaida in Galilee, and asked him, Sir, we would like to see Jesus.* When presented to Jesus, the Lord speaks this beautiful teaching; *whoever serves me must follow me, and where I am, there also will my servant be.*

Let us pray, in these early months of the Year of Faith, that the happiness of our lives as believing Catholics may be a great consolation to us and that it may attract others to ask that question put forth to Philip, *Sir, we would like to see Jesus!*



Ecclesia is published three times a year by the Diocese of Pembroke and is distributed free throughout the diocese.

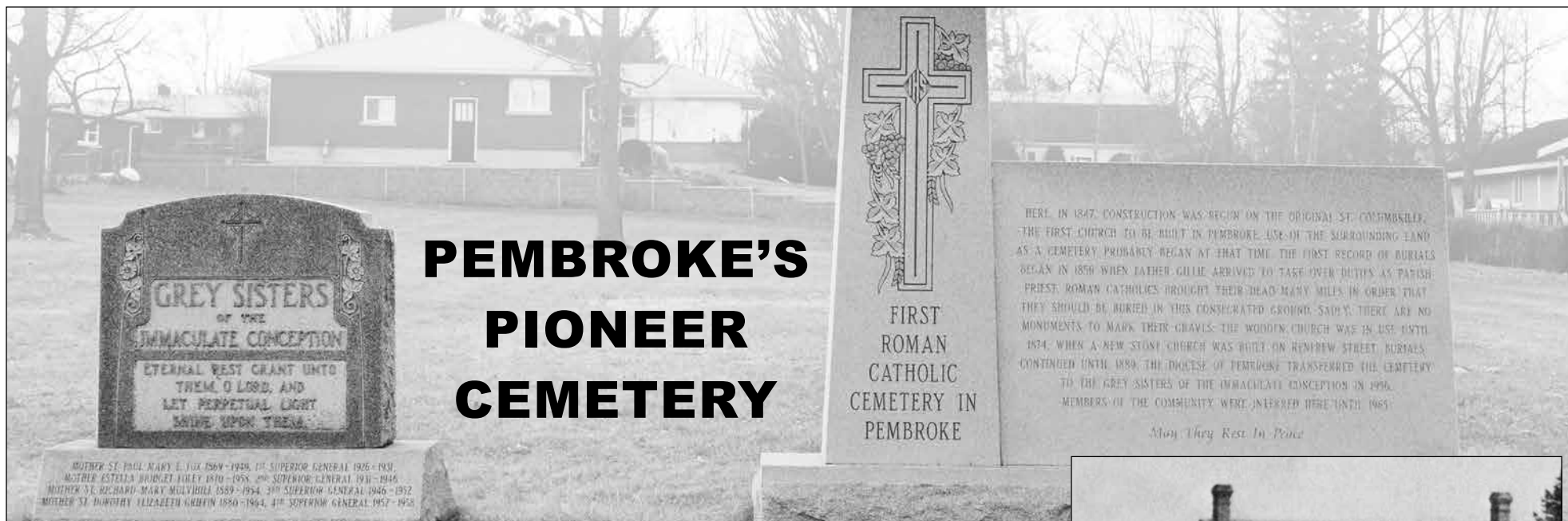
**Editor:** Heather Coughlin

**Editorial Committee:** Yvette Bourque, Msgr. Douglas Bridge, Jason Dedo, Bruce Pappin, Fr. Pat Tait

Produced by Pappin Communications — [www.pappin.com](http://www.pappin.com)

*Articles, letters and photos are welcome. All items will be considered. Direct correspondence to Pappin Communications, 84 Isabella St., Pembroke, ON K8A 5S5, or call Heather at 613-735-0952, or e-mail [heather@pappin.com](mailto:heather@pappin.com).*





## Early Pembroke

In the late 1840s, there were about 24 Catholic families in Pembroke Township. At the time, the community consisted primarily of scattered farms located along the “Government Road”, which became Pembroke Street and old Highway 17.

There were two small villages on the road—Miramichi or Campbelltown, located on the Ottawa River near the present east end mall, and Pembroke, about half the size and located at the mouth of the Muskrat River.

## The church

In 1846 work commenced on a small frame church midway between the two settlements. This site is now known as the Grey Sisters’ Cemetery. The land was donated by an Anglican, Daniel Fraser, the pioneer settler on that property.

In April 1847, a newly arrived English doctor, Francis Codd, described the church in a letter to his mother:

*“Here is an amateur drawing of the Miramichi Church, all of wood about 40 feet by 20. The Methodist Church is just the same. There are no pews or even seats yet, and the windows are not finished. We had Mass there the Sunday before last and pretty cold it was; the north wind whistled through, and it came fresh from the lake and the floor was mostly a sheet of ice.”*

In the 1851 census of Pembroke Township, the building is described as frame, 32' x 42', and capable of accommodating about 200. There was no resident priest at that time, but Daniel Lannen, sexton, was living with his wife and two children in what the census-taker, Robert Coburn, described as “the priest’s house, which is a beautiful frame.”

There would be no resident priest, the area being served from the older parish of Allumette Island, until

the arrival Fr. John Gillie and the creation of the Parish of St. Collumbkille in 1856.

In 1864, a Catholic School was built across Pembroke Street from the church. In 1866, the church was expanded by the addition of two side galleries. The parish facilities were further expanded in 1868 when the former Anglican rectory across the road from the church was purchased by William O’Meara, a prominent local Catholic, and occupied by the Grey Sisters of Ottawa. This building was later used as the first Pembroke hospital, operated by the Grey Sisters.

Despite all of this activity on the site, it was becoming apparent that the centre of the community was shifting west. Pembroke Village was rapidly surpassing Miramichi in importance and development.

In 1871, the cornerstone of a fine new convent was laid on Renfrew Street and it opened in September of 1872 with 40 pupils. Shortly after, the Convent of Mary Immaculate was joined by the current St. Columbkille Cathedral. The fate of the original church is unknown. Although visible in a photo dated 1905, it was gone by the time the Grey Sisters were granted the property in 1956.

## The cemetery

The churchyard of the first church had long been used as a Catholic burial ground and when the Grey Sisters of the Immaculate Conception separated from the Ottawa congregation, the property was deeded to them by Bishop Ryan. The sisters continued to use the property as a cemetery until 1965.

In all, it is estimated that approximately 900 to 1,000 burials occurred on the site by 1889, including many of Pembroke’s first settlers, business people and Aborigines.

However, visitors will only see 80 flat and four upright gravemarkers belonging to members of the Grey Sisters, as the older markers disappeared over



time—many monuments disintegrated or were moved to the new Catholic cemetery that was developed on the outskirts of town. Additionally, since there was no assigned priest, no records exist of burials from the time of the church’s construction until 1856.

At a special commemoration of the cemetery on November 8, 2010, Sister Alice McEvoy was quoted in the *Pembroke Daily Observer*, saying, “The first record of burials began in 1856 when Father Gillie arrived to take over the duties as the parish priest. Roman Catholics brought their dead many miles in order that they should be buried in this consecrated ground.”

Today, driving along the east end of Pembroke’s main street at its intersection with Broadview, many people don’t realize they are passing by the city’s first Roman Catholic cemetery.

Two Pembroke residents who are also members of the Upper Ottawa Valley Genealogical Society, Jackie Patterson and Bernie Buechman, spent years researching the history of the graveyard, with the help of Sister McEvoy and Father Ryan Holly. They were pleased that the cemetery was recognized by the 2010 ceremony and monument at the top of the hill, which Buechman notes, happened “thanks to Mike Voisin and Father Holly.”

He hopes that more visible signage will be erected to educate those who pass by and respect those first settlers of the area. “We need someone to stand up and take charge and have a nice plaque put up at the corner of Broadview and Pembroke Street. People need to know that the pioneer cemetery of the Catholic church was there,” concludes Buechman.



*Pembroke in 1905. The original church is visible in the upper-right corner of the photograph.*



## Parish Profile

# St. William Mission, Kipawa

For one small community within the Diocese of Pembroke, their church not only serves as a place of worship, but also a focal point where enduring friendships are renewed.

"We're a little community, we love to gather on Sundays," says Chief Madeleine Paul of Eagle Village First Nation (Algonquin) in Kipawa, Quebec. "You'll notice when you come to St. William Mission that people love to talk before Mass. That's their time to socialize, but when Mass starts, everybody knows it's time to pray. That little family we have is unique to Kipawa."

St. William is found in the village of Kipawa in western Quebec. Nestled along the southern shores of Lake Kipawa, the area is a popular destination for those seeking the picturesque serenity of cottage life in the summer season.

Father Michael Smith has served the spiritual needs of the mission since February 2009. He also serves as the parish priest of St. Theresa Parish in Temiscaming, Quebec, where he resides.

"We have one Mass every Sunday at 11 a.m. We get about 100 people in the summer and maybe 60 to 80 from September to May," says Father Smith, noting that the seasonal increase is due to the annual influx of cottagers to the area.

St. William was first founded in the 1880s. At that time, the Oblates of Mary Immaculate were tasked with addressing the needs of the faithful throughout the region, a significant challenge given the limited access to the community then.

"They would come around once a month," says Father Smith. "In the early part of the 20th century, diocesan priests were serving Kipawa—first out of Mattawa, then, after 1919, out of Temiscaming. Mass remained once a month until the 1920s, to the point of being every week. The coming of the rail service made it much more possible for priests to get to Kipawa. From 1928 until mid-century, rail was the only way of getting there."

Clergy assigned to St. William have travelled by road for some time now, as the mission has never had a resident priest. In light of this, it is the parish council that has striven to ensure that the physical and spiritual structures of their church remain intact.

"The mission pretty much runs itself," says Father Smith in noting the dedication of the council members at St. William. "The parish council looks after everything from pastoral issues to the upkeep of the building. The parishioners, by their own initiative, have renovated the church. They put on a new roof, new siding on the church, and completely refinished the church basement. The parishioners did an awful lot of work to bring that about."

"In addition, the English-language catechism program, for both Temiscaming and Kipawa, is run out of Kipawa. They've really taken ownership of the mission, and it's a real delight to work with them. They're very dedicated people."

Together with another parishioner, Chief Paul coordinates the catechism program, known as Faith First. The focus of the program is to transform children and bring them to a deeper relationship with God through the exposition of their Catholic heritage.

"We have four groups running right now that teach various levels of the program," says Chief Paul. "Every year we alternate sacraments. This year we're preparing the children for the Sacrament of Reconciliation and the Eucharist, and next year it will be Confirmation."

If there is one common challenge St. William faces with the larger parishes of the diocese, it is keeping young people engaged with the teachings of the Roman Catholic Church. Chief Paul notes that the Faith First program has seen a steady climb in youth participation.

"It is a challenge to get the young people involved," says Chief Paul. "What I found was that it was slow taking off at first, but it is growing. The groups are getting bigger."

It is the Faith First program that is helping to meet the pressing attendance challenge the church is currently facing.

"The challenge is the same that one would find anywhere in Quebec, and that is handing on the faith to the younger generation," says Father Smith. "We do not have Catholic schools in Quebec anymore. Therefore, all responsibility for instruction in



the faith falls upon the parents and the parish. In any community, all kinds of other things will compete with Mass times and catechism events. But we persevere at it, we live in faith. We trust that the seeds of the Gospel that we plant will bear fruit."

For Paul, the Faith First program is just one of many roles she has taken on at St. William, a reflection of a life-long connection to her faith.

"Ever since I was a little girl, I enjoyed going to church," says Chief Paul. "It's always been a part of my life that I've never swayed from. It gives me joy that, as a Catholic, I can participate and give back to the church and the community. I'm the type of person that just likes to help."

Crucial to the efforts of maintaining the mission are the various fundraising endeavours the council pursues throughout the year.

"We usually focus on three fundraisers a year," says Chief Paul. "The turkey bingo is held just before Christmas while incorporating a bake sale at the same time. We do a turkey dinner at Christmas time as well. In the spring, we have another bingo."

One particular attraction that the mission congregation proudly displays is the unique style of music presented during Mass.

"I think what brings everybody together is the music," says Chief Paul, who is also a member of the choir. "We have a very different style from any other church. We practise on a weekly basis. It's a country music style and we get a lot of positive comments. People say they like the music, they leave church with the last song that we sing and it keeps them going for the week. We all volunteer and love to sing."

It is a true testament to the parishioners' faith not only in God, but in each other.

## Preparing for Peru



*Members of the Peru work experience practise a Spanish song together in preparation for the trip to Chincha Alta. They also learned the Hail Mary in Spanish. Each of the three adult leaders and eight youth participants took an extra bag packed with donated items including medical supplies, blankets, baby clothes and small toys. They left on February 5 and will return to Canada on February 18.*



# Chaplaincy has many roles at Bishop Smith Catholic High School

While not all followers of the teachings of Jesus Christ are meant for service in the clergy or sisterhood, there are different paths one can follow to engage others in the importance of our faith.

"When I was in school, I was always interested in doing ministry work," says Peggy Dunne, now in her twelfth year as Chaplaincy Leader at Bishop Smith Catholic High School in Pembroke. "When I came to Bishop Smith from elementary school, I saw the role in action. I acquired some training with the thought that this was something I would like to do."

Prior to her current vocation, Dunne was employed with the school board as an educational assistant for students with special needs. She assumed the full-time mantle of Chaplain from Sister Marilyn Carty of the Grey Sisters of the Immaculate Conception.

As Chaplaincy Leader, Dunne is tasked to various duties such as class visits, organizing school masses, prayer services, and retreats. Many of these encounters are aimed at better educating young people in the significance of the various Roman Catholic observances. She also authors morning prayers and special prayers for staff. She coordinates directly with the Most Reverend Michael Mulhall to ensure all activities are in keeping with his teachings.

Being on the ground in a high school environment, Dunne holds an ideal position to assess the mood of youth towards their faith. It makes her position all the more invaluable in addressing the struggles students face.

"The connection with the Church isn't working sometimes," says Dunne. "That's part of the reason I do retreats and workshops—so that they can understand the Church better. The hope is that we can plant a seed that will help them understand what Church is and why it is important. Hopefully, the connections are being built."

Bishop Smith Principal Mark Searson agrees that many high school students are at a stage when they question their faith. He notes, "It's such a blessing to have a Chaplain in the school to offer spiritual guidance."

One example of Dunne engaging students on the importance of faith occurs during class retreats at the school chapel, with each grade focused on a specific topic. As they progress towards graduation, the goal



is to strengthen their commitment to living an active Catholic lifestyle before they move on from the high school environment.

"We do activities that engage them in conversation about different aspects of faith," says Dunne. "We talk about the Ten Commandments, sin, reconciliation, and other matters."

Though not a counsellor, she is available to offer direction to students in matters of faith, or simply lend a sympathetic ear on any given trials that young people may endure.

"Sometimes they're having problems with their parents, and I try to help them understand where their parents are coming from," says Dunne. "There can be a lot of tension between teenagers and their parents."

Searson also points out another role that, regrettably, the Chaplain must sometimes fill—that is guiding students in times of an emergency situation or a tragedy. "The Chaplain can lead the

bereavement process when a tragic event, such as the loss of a peer, occurs," he says.

In addition to assisting the spiritual needs of the student body, Dunne is also the school board's coordinator for the Dominican Republic Experience. She is responsible for logistical matters such as ordering plane tickets, to organizing over-night retreats at the Grey Sisters camp in Black Bay.

"I do all the coordination of the business part," explains Dunne. "Our students and staff go through a year of training that includes fundraising. They will take medical supplies and money for food down to the Dominican Republic for a week every year in February. They will live with a family there and distribute a friendship kit of food. They get to bring the medicine to the clinic, then meet with students at schools and see what life is like in the Dominican Republic."

"It is an amazing journey for them," adds Dunne. "It is life-altering. Once you're there it is so real. These are real people that talk to you, that you get to know and care about. You form a lot of relationships down there. You watch our students blossom and grow (from the experience). Years later, I see them becoming interested in international relations, becoming teachers and doctors who want to go back down there. All their careers tend to be helping careers."

On the immediate horizon, Dunne is looking forward to the completion of the school's new chapel. It will be the ideal place for her to encourage students to open their hearts to the glory of God.

"We moved the chapel to a new location in the school and it is beautiful," says Dunne. "It's really going to have an atmosphere that draws you to prayer. We continue to grow and become stronger as a Catholic school, helping the students and staff understand and love their faith," says Dunne.

## CEFO awards

The winners of the Catholic Student Award at our two Catholic high schools recently attended the Catholic Education Foundation of Ontario dinner in Toronto. These two wonderful young women represented us well. Pictured here are Victoria Slight (l) of St. Joseph's Catholic High in Renfrew and Natalie Tosello (r) of Bishop Smith Catholic High in Pembroke. The students received this prestigious award at their school graduation ceremonies. They were selected by the staff through a nomination process. The Renfrew County Catholic District School Board family is very proud of both of these lovely young women.



# A day of reflection

The Catholic Women's League unites the Catholic women of the Diocese of Pembroke four times each year by way of a Spring meeting, a Diocesan convention, a Day of Reflection and a Fall meeting—all rotating to various communities throughout the Diocese.

On a snowy December 8, members travelled to St. Lawrence O'Toole in Barry's Bay for the 2012 Day of Reflection. In addition to CWL Diocesan President Donna Provost and St. Lawrence O'Toole President Carmel Rumleskie, Diocesan Spiritual Advisor Father Pat Tait and St. Lawrence O'Toole Spiritual Advisor Father Mervin Coulas each extended welcomes.

This special day of prayer, hymns and the Sacrament of Reconciliation is removed from the "business" of the organization.

CWL President Donna Provost says, "The spring and fall meetings include committee reports, which are part of our responsibility to our members, but the annual Day of Reflection is a spiritual day."

With it being held later than usual this year, members enjoyed taking time to stop and reflect on the meaning of Christmas.

Guest speaker Patricia Duggan reminded members that it was also The Feast of the Immaculate Conception when Our Lady appeared to St. Catherine Laboure. She shared some of the many titles for Our Lady throughout the world, as well as shrines she has visited and their unique stories.

Duggan spoke about praying from the heart in this year of faith. She encouraged the CWL members to ask the Blessed Mother for graces—"especially today on this feast day." Duggan also spoke to the gathering about the symbols of the miraculous medal, noting it is faith that brings about miracles and graces, not magic.



**Photo of Officers 2011-2013. Seated: President Donna Provost, Spiritual Advisor Rev. Pat Tait, and Treasurer Pauline Hughes. Standing: Standing Committee Chairs: Community Life Joanna Nicholson, Resolutions Carmel Rumleskie, Spiritual Development Sophie Ringrose, Communications Ella Box, Education & Health Lore Coyne, and Christian Family Life Pat Weller. Missing from photo: President-Elect/Organization June West, Corresponding/Recording Secretary and Newsletter Editor Suzanne Mullins, Past President / Historian Bev Drouin, Legislation Lynne Kelly, and Life Member Liaison Margaret Maloney**

Her presentation ended with reading "The Memorare" from prayer cards she brought for everyone. Duggan says, "It was such a beautiful day. It was an honour to do this for the CWL."

Provost says of Duggan's presentation, "Members especially appreciated celebrating the day (of Reflection) on the feast of Mary and the special focus on her importance in our lives."

Other guest speakers, Maria Reilander and Christine Schintgen, staff members from Our Lady Seat of Wisdom, presented the history of the school and information about the various programs offered.

The annual Diocesan convention also hosts a special guest speaker, as well as a representative from the Ontario Provincial Council of the CWL, who usually conducts a workshop.

A highlight of the conference is a visit from the Bishop to address participants. "The Bishop is very busy, so it's an honour to have him attend," notes Provost.

Organizers always include time on the conference agenda for members to socialize.

Diocesan Communications Standing Committee Chair Ella Box notes, "The Diocesan events are a time to see each other in person and renew old friendships."

President Provost concurs, "We need to allow time to socialize in the schedule, because we only meet a few times a year."

Provost says that through the league members meet other faith-filled women wishing to enrich their spiritual lives, carry out projects and help those in need.



## CWL 2013 Calendar

**April 6:** Spring Meeting,  
St. Michael's Catholic School, Douglas

**May 25:** Diocesan Convention,  
Our Lady of Sorrows, Petawawa

**September:** Day of Reflection,  
Holy Name, Pembroke

**October:** Fall meeting, location to be determined

Some members also participate in:

- annual Provincial Convention—hosted in Thunder Bay in July 2013
- annual National Convention—held in Regina in August 2013.

The 2013 national theme is: "We have seen the Lord" and the provincial subtheme is "As People of Faith".





# St. Francis de Sales

By Jason Dedo

Francis was born in 1567 in the castle of Chateau de Thorens in France to a noble family. He was predestined by his father to study law so he could someday take his father's place as a senator from the Province of Savoy. By the age of 24, Francis had earned doctorates in both canon and civil law at the University of Padua in Italy.

Following his studies, he returned home and felt a strong call to the priesthood. His father initially strongly opposed this, but eventually became supportive after Francis' gentle persuasion. Francis was ordained in 1593 for the Diocese of Geneva, Switzerland, and, at the age of 35, was appointed bishop of the same Diocese in 1602.

Francis wrote many pamphlets that explained Catholic doctrine in simple, clear ways to laypeople. He was a great writer and communicator and even used sign language in order to bring his message to the deaf.

After becoming a bishop, he continued to preach, hear confessions and catechize children. It is said his gentle character was responsible for many people actively participating in the life of the Church. He lived by his own axiom: "A spoonful of honey attracts more flies than a barrel of vinegar".

Francis collaborated with another saint, Jane Frances de Chantal, to establish the Sisters of the Visitation. Currently, members of the Visitation Sisters reside at the St. Joseph's Motherhouse in Pembroke. Many other religious organizations claim St. Francis de Sales as their founder: The St. Francis de Sales Association, The Salesians of Don Bosco, the Missionaries of St. Francis de Sales, and the Oblates of St. Francis de Sales.

Francis died on December 28, 1662, in Lyon, France, and was canonized in 1665 by Pope Alexander VII. St. Francis de Sales is the patron saint of the deaf, of writers, and of the Catholic press. Because of the value of his many writings, he was also declared a Doctor of the Church.

The Memorial of St. Francis de Sales is celebrated on January 24. St. Francis de Sales is the name of the church in Latchford Bridge, which is a mission of the parish of Holy Canadian Martyrs in Combermere. Saint Francis de Sales, pray for us!

*St. Francis de Sales presenting the Philotea to Saint Jane Frances de Chantal, by Valentin Metzinger, 1753*

## Presentation on End-of-Life Care coming to Barry's Bay Zone

At a time when the issue of euthanasia is being debated in our society, the Church maintains its teaching of the sacredness of life from conception to natural death. For many families, dealing with the challenges associated with end-of-life care can be a confusing and exhausting experience. For Catholic families, it is helpful to understand palliative care from a Catholic perspective.

The Diocesan Office of Faith Formation has been working with the priests of the Barry's Bay Zone on a presentation on end-of-life care in this zone. A session has been planned for Saturday, May 11, from 1 p.m. to 5 p.m. at St. Lawrence O'Toole Parish Hall in Barry's Bay. The session will be open to all people in the zone as well as from other parts of the Diocese.

The main presenter will be Dr. José Pereira who is the head and full professor of the Division of Palliative Care at the University of Ottawa and Medical Chief of the Palliative Care programs at Bruyère Continuing Care and the Ottawa Hospital in Ottawa. Dr. Pereira will be accompanied by his colleague, Dr. John Scott.

Dr. Scott is a Palliative Care Consultant at the Ottawa Hospital and Associate Professor, Division of Palliative Medicine at the University of Ottawa.

Issues that will be addressed in this session will include the following:

- myths concerning palliative and end-of-life care
- misperceptions around pain and symptom management including concerns about morphine
- is there a role for artificial feeding and giving fluids at the end of life?
- making difficult decisions at the end of life
- how we can better prepare ourselves and our families for the end of life.

It is hoped that this presentation will be informative and helpful, particularly for people who are or will be dealing with issues concerning end-of-life care. More information about this session will be provided by the Diocesan Office of Faith Formation in the months ahead.



## Youth living their faith— Rebecca Richmond

Deep River native Rebecca Richmond's career path is following her strong belief in and long-time involvement with pro-life work.

She notes that her parents, Grace and Bill, have always been strongly pro-life and her mother has been involved with the Deep River Right to Life. It was in her second year of university that her involvement deepened.

"Along with several other students, I helped to found uOttawa Students for Life. Soon after, I found myself being 'volun-told' into the position of the new club's president. National Campus Life Network (NCLN) journeyed with us through the process of becoming a club and becoming active on campus, helping to form us as leaders who could then bring the pro-life message to our peers on campus," says Rebecca. While there, she also became involved with Catholic Christian Outreach (CCO) as a student leader.

The Richmond family moved to the Deep River area from Saskatchewan in 1989 and began attending Our Lady of Good Counsel Parish. Rebecca notes that her parents have always been very involved in community and parish life, adding, "They met through a church choir in Saskatoon."

After moving to Deep River, the couple helped to start and direct the "Family Choir", which Rebecca, her brother James and sister Angela all joined once they were old enough to read.

In grade nine, Rebecca became involved in the Life Teen program at Our Lady of Sorrows Parish in Petawawa. Later that same year, a youth group for grade six to eight students was formed at Our Lady of Good Counsel and the Richmond family became involved immediately—Grace and Rebecca as leaders, and James as a participant.

"Being a leader with the EDGE youth group was very formative for me," says Rebecca. "When I started I was painfully shy and stayed behind the scenes, but by the time I graduated from high school I was giving talks, directing skits, and in charge of the other high school 'teen leader' volunteers."

Grace continues to be a leader for the youth group, along with Bill and Angela. James was also a leader prior to joining NET Ministries for two years before moving to Ottawa to attend university.

# youth

in the diocese



*Rebecca Richmond, second from left, with her family.*

After high school, Rebecca took advantage of the opportunity to travel to Germany for World Youth Day with the Diocese of Pembroke group, before attending a one-year formation program at the John Paul II Catholic Bible School in Alberta. Following graduation from that program she completed a Bachelor's Degree in International Studies and Modern Languages at the University of Ottawa.

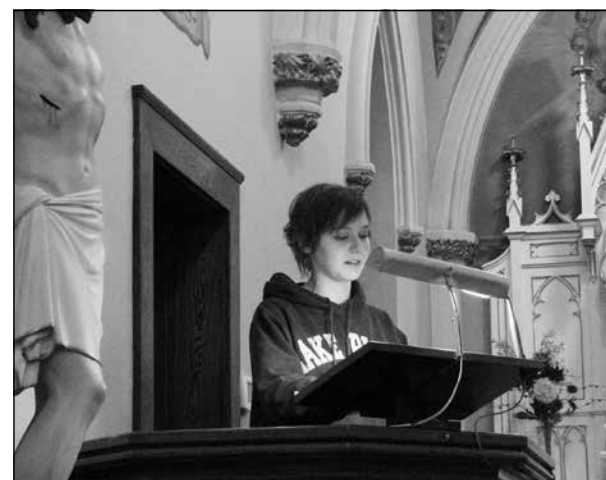
Although she planned to pursue graduate studies, Rebecca felt convinced that God was calling her to work in the pro-life movement. "As a club leader, I saw firsthand how essential it was to have the pro-life message on campus and so, since graduation in 2010, I have worked full-time with NCLN as the Executive Director." NCLN works to promote the formation of new pro-life educational campus clubs and assists existing clubs through education, networking and support. The organization currently supports more than 30 pro-life campus groups across Canada.



## Morning Watch

If you have never been to the more rural parishes in the Diocese of Pembroke you are missing out on some of the most beautiful and serene places of prayer this Diocese has to offer. Morning Watch is an all-night adoration event that provides an opportunity for all to visit and pray in these beautiful parishes that we would not normally attend. St. Patrick's Parish in Mount St. Patrick hosted the last Morning Watch event this past fall on October 27–28. It is definitely a parish in a remote area, but one is quite amazed when they walk in and see the beauty of the artwork on the inside and experience the hospitality.

Martha Reilander of the Madonna House gave an inspiring talk on faith including her own "walk of faith" on Saturday evening. After Sunday morning Mass was celebrated by Bishop Mulhall, the entire parish enjoyed breakfast together. Fr. Patrick Blake, Sr. Zita and Keanan Stone from the parish put forth much effort to ensure everyone was comfortable and enjoyed some quality time with our Lord, Jesus.





## New program offered to youth

A new youth group is in the early stages of development at Saint John Chrysostom Parish in Arnprior. The pilot program, which began at the end of September 2012, is evaluating its success to date and discussing its future direction.

Formation of the group was inspired by Father John Burchat who believed there was room to help grade seven students prepare for the Sacrament of Confirmation beyond the standard catechism classes. He gave the task of organizing a team to the parish's Youth Ministry leader, Mary Whalen, who drew on her year of experience with NET Ministries of Canada.

The group quickly grew in popularity with 10 to 25 youth from grades seven to nine attending the meetings. Based on positive feedback from participants Whalen came to the conclusion that more frequent meetings would enrich the experience for youth. She says, "We needed meetings more often than once a month for consistency—to help the group bond, and to build something that would last."

Meetings were held every Saturday night until the Christmas holidays. Each meeting begins with a game or activity followed by a themed talk that is opened for

discussion. Whalen notes that group members open up and share and have many questions related to faith and the church.

She feels confident that the program is meeting a need of the parish's youth. At an age when it is important to reach out to them—just before high school—Whalen says, "It provides an opportunity for the youth to take hold of their faith. They learn that it's not just about being Catholic on Sunday, but every day of the week."

Some meetings include guest speakers from the parish community, and once a month is pizza night. Outside of meeting nights, members stay in touch via a Facebook group. The group took on the challenge of creating a float for the Arnprior Santa Claus Parade.

Whalen appreciates the trust of Father Burchat and the parish. "Father John is very trusting of my leadership abilities and we are fully supported by the parish," she notes.

Looking to the future, Whalen hopes to attract more volunteers and involve more members of the parish, as well as increasing activities. "Our group is very new, so we look forward to having a chance to branch out," she concludes.

## Walk of Faith

The "Walk of Faith" held in the Pontiac zone last fall, on November 4, was a great "exercise" of faith. The purpose of this walk was to offer a different and more physical way of learning, praying and meditating on our faith in this Year of Faith declared by Pope Benedict XVI. Walking pilgrimages were quite popular some time ago, so the Diocesan Youth

Ministry Team set out to plan and organize one right here in our diocese. It really was a nice way to bring important aspects of the faith to mind as the participants stopped at 10 different stations over 13 km to read short quotes from the Catechism of the Catholic Church on the teachings of faith. Along with the quotes were prayers that could be prayed

alone or as a group. The quietness of walking in the country along the Pontiac bike trail added to the serenity of the day. The event was mostly attended by young people, but the oldest participant was 72 years of age! Participants enjoyed a chili dinner at the end of the walk hosted by Fr. Réal Ouellette at St. Peter's Parish in Fort Coulonge.





# What is the Year of Faith?

By Jason Dedo

The October 11, 2011, apostolic letter of Pope Benedict XVI, *Porta Fidei*, announced a Year of Faith. The Latin words “Porta Fidei” mean “door of faith”. There is a tradition of naming official Church documents after the first few words of the documents. Church documents are always written in Latin first and then translated into other languages. The first words of *Porta Fidei* are “The door of faith” is always open for us...”

The Year of Faith began on October 11, 2012, and will end on the Solemnity of Our Lord Jesus Christ the King on November 24, 2013. The date of October 11, 2012 is significant because this date marks the fiftieth anniversary of the opening of the Second Vatican Council. This date is also the twentieth anniversary of the publication of the *Catechism of the Catholic Church*. In the letter, the Pope refers to the Catechism as “a precious and indispensable tool” for gaining knowledge of the content of faith (#11).

In *Porta Fidei*, Pope Benedict XVI highlights “...the need to rediscover the journey of faith so as to shed ever clearer light on the joy and renewed enthusiasm of the encounter with Christ” (#2). The Year of Faith is for all people, but the call to rediscover the journey of faith is directed particularly to those who are already believers in Jesus Christ. The Year of Faith is meant to be an opportunity for believers to profess, celebrate and witness the faith with a renewed spirit (#9).

Pope Benedict XVI challenges the faithful to use the Year of Faith as a “good opportunity to intensify the witness of charity” (#14). We may remember the words of wisdom from the Letter of James calling us to ensure we have works that coincide with our faith. As people of faith, are we challenging ourselves to love and serve the least of our brothers and sisters as we serve Christ? (Matthew 25:40)

The Congregation for the Doctrine of the Faith produced the document, *Note with Pastoral Recommendations for the Year of Faith* to aid with the understanding of *Porta Fidei* and to ensure that it becomes a living document. In this former document, there are several recommendations on the level of the Universal Church, for Conferences of Bishops, for dioceses and at the level of parish/community/association/movement.

The Diocese of Pembroke began its recognition of the Year of Faith with a special Mass at St. Columbkille Cathedral celebrated by Bishop Michael Mulhall to commemorate the fiftieth anniversary of the opening of the Second Vatican Council. This was one of the recommendations for dioceses found in the *Note*.

Another recommendation for dioceses is the organization of catechetical events, “especially for youth and those searching for a sense of life, helping them to discover the beauty of ecclesial faith, promoting encounters with meaningful witnesses to the faith” (#4). How blessed we are in the Diocese of Pembroke to have many opportunities for youth to grow in faith and encounter witnesses to faith. The following events come to mind: The Walk of Faith Pilgrimage which was held in the Pontiac Zone in November 2012, the Diocesan Youth Retreat, “Fulfilled in Faith” held in Pembroke in early February 2013, the annual Journey to the Father Youth Conference in July 2013 and the Diocesan Peru Youth Mission Experience which will occur in February 2013 as well. All of these events are sponsored or supported by the Diocesan Office of Youth Ministry.

A further recommendation is “... the opportunity to pay greater attention to Catholic schools, which are a perfect place to offer students a living witness to the Lord and to nurture their faith” (#10). As someone who is privileged to serve in a pastoral role in a Catholic high school, I am blessed to work with so many students and colleagues who are, indeed, authentic witnesses to the faith and do much to nurture the faith life of others.

The Congregation for the Doctrine of the Faith ends the *Note* with the following words: “The recommendations provided here have the goal of inviting all of the members of the Church to work so that this *Year* may be a special time in which we, as Christians, may share that which is most dear to us: Christ Jesus, the Redeemer of mankind, Universal King, “leader and perfecter of faith (Hb 12:2)”. Let us heed this call and not only direct our prayers, works and formation during this Year of Faith towards Christ, but also to share our love for and faith in Him with other travellers we encounter on our life’s journey.

# The process is more important than the program

By Jason Dedo

Recently, I was visited by a friend who shared with me some frustration she was experiencing as a parent involved in the parish sacramental initiation process. Specifically, she felt challenged by some activities in her child’s program that asked for answers she and her child were having a difficult time coming up with—the kind of questions that ask for very precise answers with little room for explanation or error. As a parent with a child in the sacramental initiation process, I could certainly understand her frustration.

I think that such academic exercises and the people behind them are well intentioned. We certainly want our children to know the teachings of the Church and to enlighten them about the particular sacraments about to be celebrated. However, we should remember that the process is more important than the program and the initiation process is not an academic exercise but, rather, a journey towards discipleship and full participation at the Eucharistic table.

I will always remember one of my theology professors sharing with our class how his experience of faith formation many years ago was learning answers to questions he never asked. We want children and parents to know and understand the traditions of our faith, but we also want them to bring their own questions to the table and to give them the chance to reflect on their faith and grow in their faith beyond just learning answers to questions that someone else has asked.

There are numerous sacramental initiation programs available to parents and parishes and they can be helpful resources in the immediate preparation for children for the sacraments of confirmation, reconciliation and Eucharist. Ideally, a family-based program is best rather than an academic-type program for a parochial school setting. A family-based program is usually tailored to the needs of families and should encourage interaction between parent and child as they journey together towards the sacraments.

As helpful a tool as a program can be, it should never drive the process. Parish catechetical sessions can certainly be used to refer to a family program or to invite

the dialogue at home into the parish catechetical group, but such sessions should not be used to go through every page of a program that mainly belongs to the family. Parish catechetical sessions are a unique opportunity for intergenerational catechesis, which should include prayer, breaking open God’s word (particularly the Sunday gospel or gospel accounts relating to the sacraments), learning about and living the liturgical year, opening up the symbols of our faith and bringing families into the church whenever possible for formation experiences. There should always be opportunities for dialogue, questions, faith sharing and reflection in parish catechetical sessions.

At a time when so many families are absent from our churches, parish catechetical sessions are a wonderful opportunity to invite families to participate fully in the Sunday Eucharist and in the life of the parish. Adult faith sessions for parents and guardians of children who are readying to celebrate the sacraments have proved to be very successful in many parishes.

The *General Directory for Catechesis* tells us that initiatory catechesis “...includes more than instruction: it is an apprenticeship in the entire Christian life...” (#67). It is most important, then, that parish catechists share their faith with children and families and, in doing so, are apprenticing them in living the Christian life. Catechizing children is, in fact, the responsibility of the entire faith community (#220) and the parish is the most important place where we are formed in the faith (#257). The primary educator in the faith is always the parent (#226) and, so, a significant task of the parish catechist is supporting parents in this primary role.

As a father of a son who is in the initiation process for the sacrament of Eucharist this year, I am enjoying journeying with him as he moves closer to the Eucharistic table in the months ahead. The programs we will use will serve as helpful resources, but he always asks the best questions when we are participating in the Sunday Eucharist in our parish. And to feel the love and support from the people in the pews around us and to witness their examples as faith-filled members of our faith community is always a wonderful thing—not only for our son, but for our entire family.



# Canonization of Blessed Kateri Tekakwitha

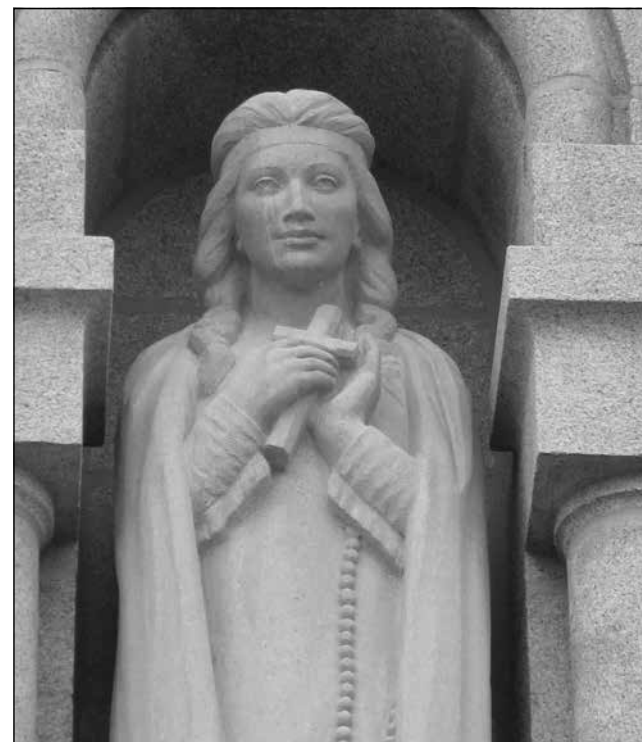
The first Native American to gain sainthood, Kateri Tekakwitha, was canonized on October 21, 2012, along with six other new saints.

In his homily, Pope Benedict XVI said, "Saint Kateri, Protectress of Canada and the first Native American saint, we entrust to you the renewal of the faith in the First Nations and in North America! May God bless the First Nations!"

Approximately 1,500 Canadians were among the estimated 80,000 pilgrims from around the world who gathered for the occasion and heard this message firsthand.

Father Réal Ouellette was happy to be able to attend the event.

"It was very exciting to be in Rome to witness such a significant event and share in the celebrations led by Pope Benedict XVI in Saint Peter's Square."



## Sisters of St. Joseph in Canada step into a new moment

*Joyce Murray, Sue Wilson and Margo Ritchie*

On November 22, 2012, in Markham, Ontario, a new chapter was opened in the long and storied history of the Sisters of St. Joseph. Four of the six Canadian congregations—Hamilton, London, Peterborough and Pembroke—joined together to become one new congregation, the Congregation of the Sisters of St. Joseph in Canada. They recognize within themselves the impulse of the spirit toward creating a global community in which all may flourish. With Sisters of St. Joseph in 57 countries around the world, this large network allows them to partner with others on such important concerns as human trafficking, the growing disparity between rich and poor, gender inequity and ecological perils.

In a very moving ritual on the first evening, Sisters wearing different solid-coloured scarves according to their congregations, came forward, removed the scarf and gave it to their Congregational leader. She, in turn, gave each one a multicoloured scarf that includes all four colours of the original scarves. Sister Ann MacDonald, who came to the meeting from Malawi, Africa, said, "Coming from such a great distance for our Chapter and returning to Malawi with our symbol of the scarf will now remind me of our new founding moment as CSJ women."

On the first day of the five-day meeting, the group set to work on naming their priorities for the next four years. The Sisters embraced the new moment, opening themselves to an ongoing conversion, rooted in a graced evolution of consciousness.

From this foundation, they committed themselves to discern and engage in the transformation that is needed in order to move toward a more just world that supports the thriving of all life.

One way in which they wish to contribute to a more inclusive and just world is in the use of their resources. They have chosen socially responsible investing for their pooled resources. The philosophy statement, which guides their investments, highlights two particular areas: the elimination of poverty and the promotion of ecological justice. They are conscious that women and indigenous peoples are disproportionately affected by these issues. Use of their investments becomes one more way to claim a public voice for the common good.

A new leadership of five sisters was elected to animate these promises among all the sisters. When asked what her hopes and the hopes of the sisters are for this new moment in the history of the sisters of St. Joseph, the newly elected congregational leader, Sister Veronica O'Reilly, stated, "We hope to sustain our serious commitment into this new moment with the grace of God and the continuing partnership of those who share our hopes for a better world."

The Sisters departed from Markham heartened by the spirit and energy evident among them and conscious that the renewal of Vatican II in which they have been engaged for more than 50 years has led them to this new moment. They continue the journey, faithful to the unfolding of God's design in their life together.