



Catholic Action Montreal

*"Using our Gifts to Serve our Neighbour"*

## Newsletter – January 2020



### Asylum Seekers:

We delivered the new baby clothes from Saint Patrick's to the organizations that needed them. We also received a donation from the Sisters of Sian (Sister Diane) to assist us with this work.

We continue our collaboration with various organizations that serve related needs of these new neighbours. We have served 2 specific families in January. It was difficult to get services as many organizations closed for 2 weeks. We also served one single mother with abuse issues. On a good Samaritan note; Catholic Action assisted an asylum seeker who did not realize that giving a deposit on an apartment meant you lost the money if you did not take the apartment. We received the call as the amount of money was significant. Catholic Action called the landlord and explained the situation and we made a deal that if he was able to rent the apartment in January he would refund the lady. In the end she received all her money back!



We have a conference call scheduled with QCGN, and Welcome Collective to discuss the fact that Refugees and Citizenship Canada (IRCC) has a duty under federal law to take positive measures that enhance the vitality of the English-speaking Community of Quebec. For several years (a decade), the QCGN and IRCC have been exploring ways that the Department might assist our community, while respecting the Accord. At a meeting in 2017, potential opportunities were identified with organizations working with asylum seekers. For a variety of reasons this idea was never explored. QCGN have recently reconnected with IRCC, who are ready to move ahead. An idea is for English-speaking Quebec to participate in a pre-conference activity surrounding the 22nd Metropolis Canada Conference, to be held in Winnipeg in March. A panel abstract is attached with A Quebec name as a placeholder. QCGN asked us to participate and we feel Welcome Collective would be a better fit. QCGN breakfast held in honour of Catholic Action yielded a donation of \$480.00.



## Isolated Seniors

Our "One Voice" Coalition met January 23<sup>rd</sup> at the Catholic Centre.

Patricia Lemerey, executive director of CAAPS kicked off the morning. Patricia was generous with hard copies of much information including our rights while making formal English complaints. She shared a few real-life examples of the impact of their services from the start as opposed to using CAAPS as means of assistance in getting an answer to a complaint not initiated by them. IF YOU WOULD LIKE MORE DETAILS AROUND THIS TOPIC< PLEASE EMAIL ME AT [jwong@catholicaction.ca](mailto:jwong@catholicaction.ca)



Our second speaker, QCGN's new Director for Access to Justice in English, Juan Pinto, was an excellent speaker. Juan shared their current project (3 years) which will result in an online, or phone app, or human being on the phone, service that after answering a series of questions, you will receive the contact information that you need to get your answers. I am really selling the presentation short. Juan (PHD from McGill in civil law), was a NAFTA panel member for over 2 1/2 years, and worked at Global affairs Canada, spent a lot of time describing the methodology they are using, drawing on and improving on international best practices. We invited Juan to visit the centers and meet the seniors to learn firsthand of the challenges they face. He will be doing that.

Our third presenter was Jennifer Cooke from CHSSN Montreal. She shared the data of their survey and where we may access the data. <https://chssn.org/wp-content/uploads/2014/11/Regional-Mini-portraits.pdf>

The interaction during all three presentations was fantastic and is an indicator of the importance of these information sharing sessions. The "One Voice" article that was in the Montreal Times and then the QCGN daily briefing the next day was seen by Bill Floch (English-language community secretariat), Christopher Skeete (Parliamentary Assistant to the Premier for Relations with English-Speaking Quebecers) as per Vanessa Herick. Jennifer Cooke said that it was talked about at their Quebec city office as well. Here is a link to the article <https://mtltimes.ca/Montreal/montreal/one-voice-coalition-wants-senior-healthcare-services-in-english/>

## Some comments received:

“Hi Judy! Awesome learning and trading experiences yesterday, Thanks as always for organizing all you do. Fiona Smith Contactivity Centre

“Judy! Talk about superb resources! Our coalition and clients are so fortunate to have this invaluable information! Thank you” Diane Doonan, Lasalle D & D 50+

“Thank you so much Judy! There was very informative and I am grateful to you and Anna for supporting our organizations!” Rose Mary Silletta, Director, Centre Communautaire St-Antoine 50+

“Absolutely great day. Thank you both for all of your hard work.” Anne Mackay NDG Senior Center



## New Hope Bus

We have created the 2020 calendar as requests are coming in. 3 trips occurred in January as well as maintenance.



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



Afghan New Year (Nauruz) is around the corner and our friends the Afghan Women's group of Montreal, given the recent tragedy in Iran, have been invited to celebrate this Persian holiday with the Iranian community. Catholic Action has been asked to assist with the marketing and presentation preparation. What a lovely collaboration!





**It's a go!** The room is booked, the registrations are coming in;  
"The Kingdom Mindset" is waiting for you!

## The Kingdom Mindset

### Using the Good News to Diffuse Your Anxiety and Achieve more Peace

Anxiety is normal; it's our internal alarm system  
Managing it can be the challenge.

Reviewed by professional psychologists, our workshop uses the "Good News" to manage the challenges of anxiety.

We will share best practices including  
the effective use of scripture

Adam Paterno and Judy Wong of Catholic Action  
will be your moderators for this event inviting adults 21  
years of age and older.

When: February 29th, 2020

RSVP: February 24th, 2020

Where: The Catholic Centre, 5th floor  
1857 de Maisonneuve O.,  
H3H 1J9 (GUY Metro)

Time: 8:00 - 1:00

Cost: \$10.00

**IMPORTANT:** Bring your own mat

**RSVP AT:** [mindsetkingdommtl@gmail.com](mailto:mindsetkingdommtl@gmail.com)

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## Did you KNOW Canada Helps was started because of a church collection plate!

In 1999, a young university student named Aaron Pereira sat in a church pew waiting for the collection plate to make its way towards him. He wanted to support his church, but as he dug into his pockets, he realized he didn't have any cash. The dot-com boom was in full swing, and e-commerce was the way of the future. He thought to himself: why aren't charities collecting donations online too?

Joined by two friends – Ryan Little and Matthew Choi – and with that question in mind, the trio began to put together the concept that eventually became CanadaHelps. They envisioned a way for all charities and donors to benefit from the same technology that helped businesses reach huge markets over the internet.

The students convinced major supporters to back their vision of an engaged donor base online. With Canadian corporations and financial institutions offering donated funds, space and technology, CanadaHelps launched in 2000. In its first year, more than \$150,000 was donated through CanadaHelps to charities across the country. For the full story, click on the link below.

<https://www.canadahelps.org/en/giving-life/community-happenings/the-canadahelps-story-innovation-entrepreneurship-and-giving-back/>

### Catholic Action attended the Canada Helps Fundraising Roadshow

As with many new organizations the start up money, or seed funding carries the cause for a while, however as the work expands, so does the need for more resources. Of course, volunteers are our number one need, however we will be needing funding this year. Following the workshop put on by Canada Helps, Catholic Action will be creating a fundraising strategy very soon. If you would like to help in this area, you can create a small monthly donation to Catholic Action through Canada Helps to get the ball rolling. Stay tuned for more information on how we may be moving forward in this regard.



## Living today and facing the future together –

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

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

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



### Center for Reproductive Loss:

We continue our work with Kathleen Gray, executive director, of the center.



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

known in North America. We have started our presentation that will be given in high schools highlighted the importance of “respecting your fertility”.

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

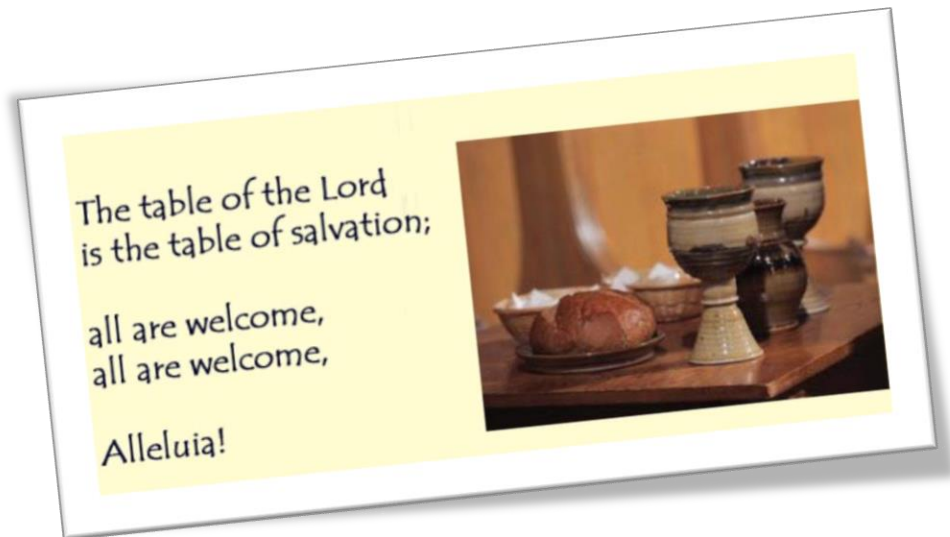
Late Sunday Mass: Blessings come in many ways. We are blessed to have Cathy Albano lead this ministry since the start of the Late Sunday Mass. Her organization skills are a blessing. Her gifts continue to be many and widely shared. Cathy's has new personal goals and has offered to assist a new volunteer to takeover the Lector Ministry for the Late Sunday Mass. When we put the word out to the lector group, Stuart John Tigchelaar replied, “It will be my honour and privilege to be part of this ministry. I have been involved with this over the past year”. Stay tuned next month to learn more about Stuart.

Please make sure your name and address are clearly marked on your collection envelope and your email if you would like to have your receipts sent to you electronically.

## Other activities:

- † We are working with the CHSSN to support their research on the needs of English Speaking Seniors.
- † Our AGM is scheduled for April 30<sup>th</sup>, 2020 at Loyola – PLEASE PLAN TO ATTEND – We would love to see you and hear from you.
- † NEW MEMBERSHIP: please spread the news of our work and invite your friends to learn about us and become part of the Catholic Action family.

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



*Please renew your 2020 membership*

*Please tell your friends about us*

*www.catholicaction.ca*