



Catholic Action Montreal

*"Using our Gifts to Serve our Neighbour"*



## Newsletter – April 2020

Dear readers, we hope and pray that this message finds you, your family and friends, well, amid these extraordinary times.

These challenging times draws on our volunteers in a more “urgent” way. The work of Catholic Action continues. We have been quite active in serving the community with needs that have arisen as a result of the Pandemic.

***Without gathering there is no food for the homeless.***

The Archdiocese reached out to Catholic Action to assist Father Claude Paradis with a revised version of his project “Notre-Dame-de-la-rue” (Our Lady of the Street). He routinely reaches out to homeless people, bringing them comfort and a Church presence. Since there is no gathering permitted, Father Claude asked us to find **volunteers to make individually wrapped sandwiches for his people**. He distributes them one on one to the homeless. He does this twice a week. Catholic Action volunteers, many from Jesus Light of the World parish, are supplying Father with these needs 2 days a week.



## Reusable Masks in need for seniors and their care givers



With the crises in the senior residences, re-usable masks have become a hot ticket item for caregivers and the residents themselves. With each person needing 2 masks (so one can be washed daily) the demand is high. **We are profoundly grateful to the volunteers of Women's Club of Chinese Family Service of Greater Montreal & Sewing Group of Centre Sino- Quebec.** We have been blessed with donated fabric,

elastics etc. with over 300 handmade masks in 2 weeks and have supplied 3 senior residences so far with over 100 masks each and are waiting for more supply as we speak. Each mask is lined and has a pocket in the front to add an additional filter if required. Its almost impossible to purchase ¼" white elastic as everyone is need of and many people are making masks. After considerable outreach we had some donated to us. We have also secured a donor to support an import purchase of masks.



### HOW CAN YOU HELP?

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

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

**Some examples of our initiatives (and where you can help):** Catholic Action has been asked to:

- † assist hospital front line workers dealing specifically with Covid 19 patients by collecting travel size hand creams, healthy snacks, juices, 3 in 1 coffee, instant coffee
- † Catholic Action has been in contact with Le Pont as assist as needed. As with our opening story, the food banks cannot keep up.
- † Volunteer grocery shoppers for our members in Westmount and a bit of NDG and Downtown. We need people with cars only. Let me know if you have anyone.
- † Drivers for meals on wheels
- † We have people escorting seniors for their chemo appointments.





## Isolated Seniors

Our "One Voice" coalition group is continually active; we have met twice this month as the need to support seniors has skyrocketed. The longer they are isolated the more difficult the stress level and loneliness. We shared the very important questionnaire Seniors Action Quebec issued which allows you to determine if you would be capable of moving a loved one out of a long-term care facility. This and many other resources are under the COVID 19 tab on our website.

<https://catholicaction.ca/covid-resources-information-for-you/>

Many of us participated in a discussion lead by the Secretariat relations with English-speaking Quebecers on the topic of: Measures Deployed by the Quebec government to inform the public about the pandemic Ongoing Covid-19 in English. The discussion ran almost 2 ½ hours and our group will be meeting tomorrow to discuss next steps. One of the suggestions was that our group work with Seniors Action Quebec to submit a "one voice" request to the Secretariat.

We ran a pilot project with 13 of the members of LaSalle 50+ D & D, hosting a "Google Meet" which allowed these people to speak with each other, share a coffee, similar to what they would do if they were at the centre together. It was funny that many were pleased to announce they were still in their "jammies".

We have offered training for new volunteers through our partner "Impact", our volunteer pool has delivered groceries, and are making outreach calls. The team at Centre for Reproductive Loss have been lending a hand with their grief management skills with some of the more dire cases.

It is truly a collaboration of gifts.





**Chez Doris has opened its doors to homeless women offering a meal and a shower. They reached out to Catholic Action for women's jeans, t-shirts, hoodies and back packs. As you can imagine, after showering, old clothes are discarded, and fresh ones are required. We have delivered 4 loads of clothing to our friends in need.**



### **Kingdom Mindset:**

We held a second Google Meeting to check in with these new friends. One of the participants opened the discussions with a beautiful prayer.

*Dear Father,*

*As we reconnect this evening, we would like to begin by thanking you for bringing us together. Only a loving Father could re-unite his children in the hopes of sharing love, healing and support for one another. We pray that the Holy Spirit go before us in all that we do & say, and that we always remain fully aware of its presence in our daily lives.*

*Lord, in a world filled with uncertainty, please take away our anxieties, worries and fears about what tomorrow will bring. Let us rest awhile in the present moment, where you always reside. So much time is consumed in regretting the past or worrying about the future, that we often overlook the gift of the present moment, where you always are.*

*Teach us to be still and know you are God. It is only in this quiet and calm moment, that we can come to meet you and feel your grace.*

*Help us to follow your beam of light in the midst of darkness.*

*Help us to see our trials as carrying our crosses and sharing in your passion for the love of you.*

*Thank you, Father, for being our Good Shepard, leading us to green pastures and beside still waters.*

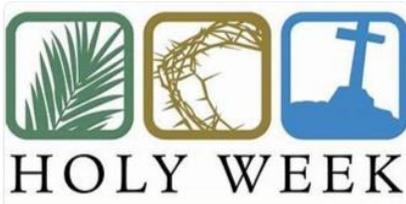
*Heavenly Father, we trust in you.*

*Amen*

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

Kathleen Gray, the director of the Centre for Reproductive Loss joined us and lent her expertise to the group. If you would like to attend one of these virtual meetings, please contact [jwong@catholicaction.ca](mailto:jwong@catholicaction.ca)





We were busy updating our social media outlets with the various creative virtual offerings of celebrations that were being shared during Holy Week. We received quite a few comments of appreciation. We all miss being together to celebrate the Lord.



**Rosaliza Lardizabal-Pe** Thank you for posting these Easter Monday reflections ..... "wounds as a proof of life and God's love for us....." I needed to be reminded! God bless!

Like · Reply · Message · 19h



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**STRONG IN THE FACE  
OF TRIBULATION**



The Church in Communion:  
A Sure Support in Time of Trial

## Vatican releases free online prayer book amid pandemic, Click here for your copy

<https://www.vaticannews.va/content/dam/lev/forti-nella-tribolazione/pdf/eng/strong-in-tribulation.-20042020.pdf>



The Archdiocese of Montreal has set up a Spiritual Support Line for anyone who needs a listening ear during this time of uncertainty.

It will be available 7 days a week from 10:00a.m. to 4:00p.m. Anyone can call. If a person requires regular check in calls, we will match them with a volunteer for follow up.

**Spiritual Support Line: 1-888-305-0994**



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

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



**VIRTUAL ENGLISH MASSES BEING OFFERED:**

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

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

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

St. Brenden & St. Aloysius Sunday, 11 a.m. – English [https://www.saintalloysius.ca/parish\\_videos.html](https://www.saintalloysius.ca/parish_videos.html)

St. Ignatius of Loyola Sunday 11 a.m. <https://stiq.ca/live-stream/>

St. Thomas a Becket Parish Sunday 11 a.m. <https://www.becket.ca/>





## Catholic Action's Community fund-raising project

As we shared last month, as with many new organizations the start up money, or seed funding carries the cause for a while, however as the work expands, so does the need for more resources.

*Of course, volunteers are our number one need, however we need funding this year. Many foundations will have less to offer given the performance of their investment funds.*

*Maybe you cannot physically volunteer, this is an important way to support the work we do in the name of our Lord. Giving TUESDAY is May 5<sup>th</sup>, please consider a gift. <https://www.canadahelps.org/en/dn/39224>*

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

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

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

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

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



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Please tell your friends about us  
[www.catholicaction.ca](http://www.catholicaction.ca)

