



Catholic Action Montreal

*"Using our Gifts to Serve our Neighbour"*

Standing Strong in Faith



Against Covid 19

## Newsletter – September 2020

Dear readers, we hope and pray that this message finds you, your family and friends, well, amid these extraordinary times. We pray that our community stays safe during this “second wave” while many of us sit in a “red zone” with tighter rules.

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 because of the Pandemic.



### Notre Dame de la Rue:

*Without gathering there is no food for the homeless.* Our volunteers continue this important work every week. 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. Now that MASKS ARE MANDATED by the government these offerings to the senior centers are crucial. With each person needing 2 masks (so one can be washed daily) the demand is high. After considerable outreach we had some donated to us. We have also secured a donor to support an import purchase of masks.



**Clean cloths for the homeless** is another service we have been providing. Some centers are offering a shower to the homeless and we supply a myriad of clean, nice, second-hand clothing, for both men and women.

*The whole Chez Doris team would like to send Catholic Action an enormous thank you for your generosity in donating 30 bags of women's clothing and 150 bottles of hand sanitizer. These donations are extremely valuable to us, especially during a time when items such as these are in high demand. The clothing given will greatly assist us in our efforts to provide emergency clothing to our women without a fixed address, while the hand sanitizer will be used in our continued efforts to adhere strictly to health and safety standards.*

*We are so grateful for the fact that we have stayed in your thoughts and that you continue to support us on an ongoing basis. We are so fortunate to have you among our community of supporters. We wish you all the very best and look forward to a continued relationship!*

*Sincerely,  
The Chez Doris Team*

*Hi Judy,*

*In this scambly time I am not sure if I have yet thanked you for all the masks which you made available to Contactivity Centre. And to thank you for the referral to someone who could install air conditioners. You have always gone the extra mile to help all the senior organizations that are lucky enough to be affiliated with One Voice. It is so very reassuring to know you and Catholic Action Montreal "have our backs" as we strive to serve the English-speaking seniors of Montreal.*

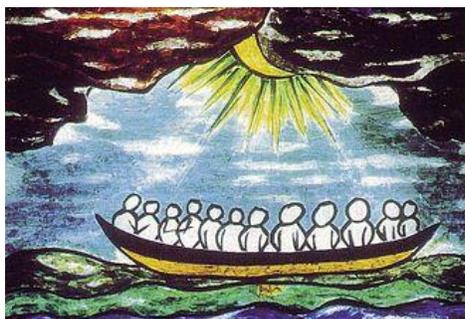
*With gratitude,  
Mary Stark*



Faith and Light is a movement in the Church providing emotional and spiritual support persons having intellectual disabilities and their parents. The Holy Family Faith and Light community in our diocese invites you to donate to Faith and Light communities in Beirut Lebanon following the devastating explosion on August 4. The homes of 50 families with persons having intellectual disabilities were heavily damaged. Your contribution will go directly to a committee of families in Beirut working together to rebuild their homes. Please contact Andrew or Emilia Dean (St. John Fisher parish) at 514-694-0063.

# Faith and Light

To live friendship with persons with an intellectual disability



## Isolated Seniors

Our “One Voice” coalition group is continually active; we meet twice a month as the need to support seniors has skyrocketed. The longer they are isolated the more difficult the stress level and loneliness is to manage.

We continue to host the LaSalle 50+ D & D, “Google Meets” 2 days a week, allowing these friends to speak to each other as well as their initiative, “Frugal Fridays”. We assisted with a park visit with this group. It was a 2-day event that allowed many of their 330 members a 45 min visit with friends they had not seen in a very long time. Needless to say, it was a hit!



We have offered virtual visits around the world to all the centers. You can try it too, check out this link!

<https://www.goodhousekeeping.com/life/travel/a31784720/best-virtual-tours/>

Catholic Action volunteers have been contributing as well with calls to seniors, driving to doctors and sharing life with these, the extremely underserved, English speaking seniors.

We have worked with our partners at CHSSN to ensure all COVID-19 related information is available in English.

Seniors Action Quebec (SAQ) has created a resilience training program which you can learn about here:

<https://www.seniorsactionquebec.ca/en/our-projects.html>



They have also shared all grant and funding opportunities with this very important group that serve our English-speaking seniors.

It is truly a collaboration of gifts.

## **DONATED HAND SANITIZER FOR PARISHES and Others**

If you recall from our Mid Summer report, Catholic Action has been blessed to receive a significant amount of free hand sanitizer from a friend of Bishop Thomas Dowd. A distillery owned by this gentleman converted his production to hand sanitizer when the shortage arose, and the need was great. He has contacted Bishop Tom to donate this to Catholic Action to share with our community. Talking to many of our parishes this is a welcomed surprise as the price of hand sanitizer has skyrocketed during the pandemic and our communities are happy to save some money.

We completed the delivery of these donations this month and the gratitude was heartfelt given these unprecedented times where funds are low and this need a new expense.





## Kingdom Mindset:

General anxiety is on the rise amid the coronavirus (COVID-19) pandemic, with many people experiencing health anxiety. Anxiety levels for the average person are heightened at this time of extraordinary protocols, so those who have been professionally diagnosed with this illness are more vulnerable. The Kingdom Mindset Community shares concerns and work together to ease stress levels through conversation, videos and scripture. Just being part of the group brings peace to many.

To be part of our monthly virtual discussion group and/or for more info, questions and support:

[mindsetkingdommtl@gmail.com](mailto:mindsetkingdommtl@gmail.com)

**Feed your soul with Scripture**  
"Using the Good News to Diffuse Your Anxiety  
and Achieve more Peace"

October 8th, 2020 7:00 pm - Join us via Zoom  
Using this link below

ZOOM LINK TO MEETING:

[https://www.google.com/url?q=https://us02web.zoom.us/j/89196357550?pwd%3D%3DTy9OKy8xYldrQzhhaTRWTlc3NOI4dzO9&sa=D&source=calendar&usd=2&usg=AOvVaw3xcFTDxT\\_ioALPNREuAwsc](https://www.google.com/url?q=https://us02web.zoom.us/j/89196357550?pwd%3D%3DTy9OKy8xYldrQzhhaTRWTlc3NOI4dzO9&sa=D&source=calendar&usd=2&usg=AOvVaw3xcFTDxT_ioALPNREuAwsc)

For daily inspiration and resources, join our Facebook page-The Kingdom Mindset Community:

<https://www.facebook.com/groups/213448613201270>



In our midsummer newsletter we told you about the exciting project Catholic Action and its volunteers were invited to participate in; the translation from French to English of the Archbishops' series of "Thought of the Day". This project is complete and here are the details.

As Montreal entered the province-wide confinement period in mid-March following the onset of the pandemic, Archbishop Lépine launched a series of English and French video capsules, called "Thought for the Day/Care for the Soul," to accompany those struggling as a result of the measures.

From March 16 to July 8, the Archbishop recorded a series of 81 brief video messages that were posted on the diocesan You Tube Channel. Hundreds of people, regardless of religious affiliation, watched them daily for a total of 25,000 views. For many, the Thought for the Day/Care for the Soul messages provided much needed support in coping with the adverse effects of the pandemic and subsequent confinement.

Many of the 32 Masses that Archbishop Lépine celebrated during the same period are available on the diocesan You Tube Channel. The eBook includes a complete collection of his 32 homilies, filling 150-plus pages.

The third section of the eBook contains a series of 10 pastoral letters addressed to all the faithful, issued by the Archbishop over the course of the same time period. These letters are also published on the diocesan website: Archbishop's Publications section.

"Archbishop Lépine has been a true spiritual guide who has accompanied us as we lived through the difficult period of confinement. His words are precious because they do not only apply to back then, but remain pertinent as we continue to experience conflicts, distractions, difficulties in praying," observes Erika Jacinto, Director of Communications for the Archdiocese of Montreal.

"We were perhaps more receptive and attentive to what he told us back then, but it is important to take the time to reflect on his words so as to allow ourselves to be nourished continually by his insights, which can sustain us in the trials and tribulations of everyday life," noted Jacinto, who spearheaded the publication project.

Available in both interactive digital and downloadable PDF formats, this eBook is a collection of Archbishop Christian Lépine's practical reflections and inspiring messages offering spiritual support during the COVID-19 pandemic. There are three categories: *Thoughts for the Day*, *Homilies* and *Pastoral Letters*.

Read online (Flipbook)

[https://microsites.diocesemontreal.org/microsites/webzine/spiritual\\_accompaniment\\_most\\_rev\\_christian\\_lepine/](https://microsites.diocesemontreal.org/microsites/webzine/spiritual_accompaniment_most_rev_christian_lepine/)

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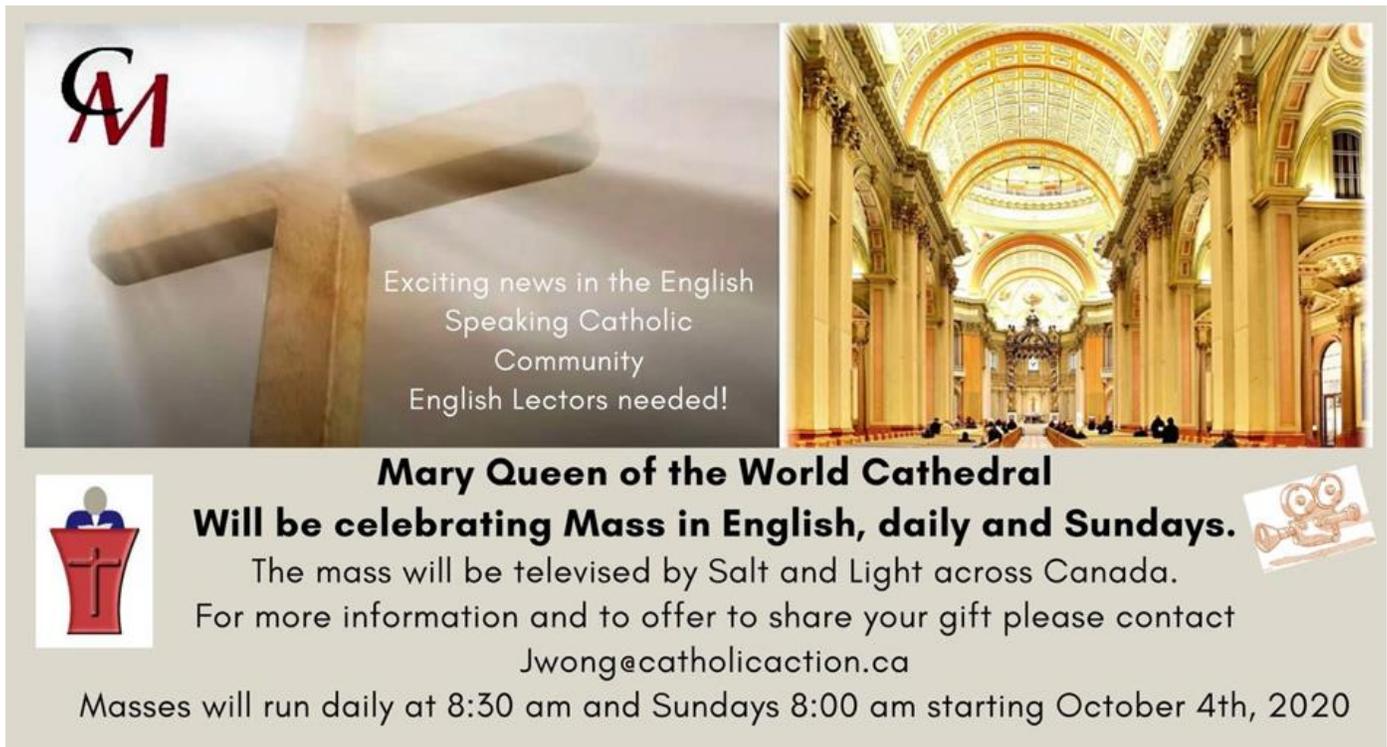
# SPIRITUAL ACCOMPANIMENT

*in the time of the pandemic*



**Texts by the Most Rev. Christian Lépine  
Archbishop of Montreal**

Published by the Communication Department  
of the Roman Catholic Archdiocese of Montreal



Exciting news in the English Speaking Catholic Community  
English Lectors needed!

**Mary Queen of the World Cathedral**  
**Will be celebrating Mass in English, daily and Sundays.**

The mass will be televised by Salt and Light across Canada.  
For more information and to offer to share your gift please contact  
[Jwong@catholicaction.ca](mailto:Jwong@catholicaction.ca)

Masses will run daily at 8:30 am and Sundays 8:00 am starting October 4th, 2020

Catholic Action received exciting news. Salt and Light will be televising the daily mass in ENGLISH from Mary Queen of the World. We were asked to assist in developing an English Lector ministry for this new English Catholic Offering. We succeeded in developing a fantastic group. We have met via zoom and October's masses are fully scheduled. Abbé Alain Vaillancourt is the "Parish Priest" of the Cathedral and is very happy with his new lectors.

Watch for this new Eucharistic Celebration on Salt and Light starting October 4<sup>th</sup>.

Hi Judy,

Thank YOU so much for your organization and coordination of this fantastic opportunity and initiative. As you so rightly mentioned on Monday's meeting: it is awesome that we are the voice of English-speaking Catholics in Canada!

Looking forward to doing my small part in communicating the word of God!

Peace and blessings,

Marco.



## 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. <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>

Please renew your 2020 membership <https://catholicaction.ca/membership-join-or-renew/>

