



Sharing the Good News



Advent Edition *Decorating our Spiritual Life*



CATHOLIC ACTION
MONTREAL



Catholic Action Update, we made new friends!



Aside from our work with our regular partners we make new ones as we go. This month **Father Jason Piper** asked us to assist Neelam, a student from India, who arrived in October, who needs support and **Father Peter Sabbath** asked us to work with Anisha, a single mom who will be coming to Montreal in January.

As the Holy Spirit guides us, we were introduced to Momentum (Montreal Catholic Mothers) who will be support for these ladies as they establish themselves in our beautiful community as well as other support groups we work with.

Momentum is a very special and beautiful community.

You can learn more about them on our webpage:

<https://catholicaction.ca/services/catholic-single-mothers-momentum/>



Imagine you are 24 years old, 5 ½ months pregnant, alone, arrived from India 2 weeks ago to continue your education and you discover the insurance policy you thought covered your medical expenses related to your pregnancy did not. **Imagine** you discover the cost to give birth is \$20,000. **Imagine** the anxiety you feel, your first pregnancy and you have no medical or emotional support. That's when the **Holy Spirit inspires "Catholics to action"**. Being called upon to assist this young lady, through Father Jason Piper and couples for Christ, we teamed up with Momentum (Catholic Single Mothers) and another person of faith and collectively assisted this young woman. Irah, from couples for Christ and I met her after mass and assured her she was not alone. This strong group of women met via zoom to assist this beautiful mother to be and today she has been and will be seen by an OBGYN, she will be joining the Momentum meetings for support and has a social worker to guide her through a less expensive birthing process. She is truly grateful and no longer feels alone. When we first met she was full of anxiety, tears and fear. Now she is glowing (as she should be), smiling and much more confident in her pregnancy and the ultimate wellbeing of her baby. **A beautiful story in the spirit of Advent.**

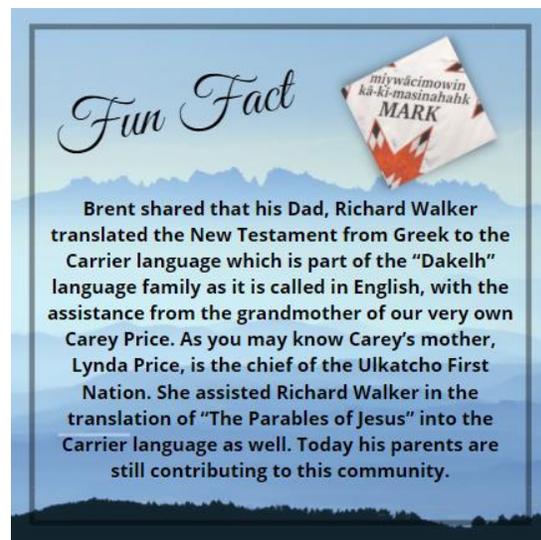
An Interview with Brent Walker CoSA Coordinator, Former Prison Chaplain, Advocate for Reintegration

“There is no greater gift than to journey with individuals who are convinced they are unlovable, and to be the love they cannot be for themselves, until they begin to realize they are lovable and learn to love themselves.”

Brent Walker

A bit of background: Brent spent his early years on a reservation in Fort St. James, where his parents had become missionaries to the Carrier / Dakelh First Nations in 1961. The Dakelh had lived on the land long before the arrival of Simon Fraser. Brent and his family later moved to Oakland, California, where he was the only non-black student in his class. Brent says these early experiences led him to see his identity as independent of any specific ethnic group, allowing him to feel at home in any ethnic or social community.

His calling: While studying for his Master of Theology degree at Concordia, a professor invited Brent to assist a former student who had become a prison Chaplain. Brent agreed and went on to become a full-time prison chaplain himself. First serving in Alberta and later Nova Scotia. In this position, Brent felt his background enabled him to have an impact on incarcerated individuals across all ethnic and faith traditions; to this day, Brent maintains a meaningful relationship with many whom he met “inside.”



Brent left chaplaincy when he felt his gifts could be better applied outside the correctional system. Although Brent had converted to Catholicism, upon 'getting out of jail,' he served as minister of a parish of three churches with The United Church of Canada on the Bay of Fundy. Brent reflects on this as “a very rich time of sharing in the wonder of the transcendent Presence that cannot be confined by denominational boundaries.”

Today, Brent still has a passion for the incarcerated women and men of Canada. He believes that while almost everyone can be re-integrated into society in a meaningful way, there are also a small minority who need to stay in prison for their safety and that of others. “But,” he said, “even for the rare cases of those who need daily supervision, none are beyond experiencing the hope of the love of God that is present everywhere.” Brent recently returned to Montreal and works part-time as Coordinator for Communitas, an organization whose goal is the successful reintegration of those who have spent time in prison, as well as for CoSA Canada. This includes working with Circles of Support and Accountability on “the outside,” as well as being in contact with those in prison prior to release. Brent says, “I assist inmates emotionally, socially, and spiritually as they attempt to reintegrate back into society upon release from prison. I cannot over-emphasize the importance of the work Communitas does to assist our brothers and sisters as they seek to find their own place of belonging as part of the human family.

I also have my own Spiritual Direction/Counselling service, *Heart-Hope*, to help individuals navigate inner freedom by getting in touch with, and embracing, their unique spirituality. I think it was Jung who said something like: “*It’s not about proving the light is there but helping others realize their own spiritual eyes by which to see for themselves.*”

Brent can be reached directly at brent38@mailbox.org.

Connecting with our community



This fall, the official development organization of the Canadian Catholic Church, Development and Peace - Caritas Canada fall campaign is titled People and Planet First.

Because human rights are not always respected, sadly sometimes by Canadian companies, Development and Peace-Caritas Canada calls on the House of Commons to adopt human rights and due diligence legislation.

To see the video visit <https://www.devp.org/en/campaign/people-planet-first/>

It is important that Canada makes sure that Canadian companies respect human and environmental rights in all their activities in the Global South and thus contribute to what Pope Francis calls an "ecological conversion."

We can act by signing the online petition which will be presented to the Canadian government at <https://www.devp.org/en/campaign/people-planet-first/take-action/>



CATHOLIC ACTION
MONTREAL PRESENTS:

**Celebrating
Christmas with
scripture and song**

Featuring "Ensemble Hochelaga"



**In honor of our Indigenous
communities we are raising funds for
Resilience Montreal,
the day shelter at Cabot Square
\$20.00**

**DEC. 17 2021 - 7:30 PM
ST-JAMES UNITED CHURCH
463 SAINT-CATHERINE ST W,
MONTREAL, QUEBEC H3B 1B1**

Connecting with our community



English Speaking Catholic Council



Celebrating 40 years of the ESCC

Wednesday, December 15, 2021
7:00 p.m.
via Zoom

During the past 40 years, the ESCC has represented and advocated for the English-speaking Catholic community of Quebec. Join us as we raise a glass to 40 years of public service!

On the evening of December 15th, past Presidents of the ESCC, including Martin Murphy and Paul Donovan, will share their memories of the important events and activities of their time with the Council.

This will be an online event and registration is required.

Please do add your mailing address so that the Council can send you a small gift marking our anniversary year.

Advent Retreat

December 4th 10:00 am - 12 pm

A 2 hour reflection on the sanctity of humanity with Jesus

featuring guest speaker,
Ms. Tonia Willaims

Presider: Fr. Vincent Esprit FMI



Catholic Women's League (Montreal City Council)

and

Pillars Trust Fund Inc.



The Catholic Women's League and the Pillars Trust Fund

Invite you to this event.

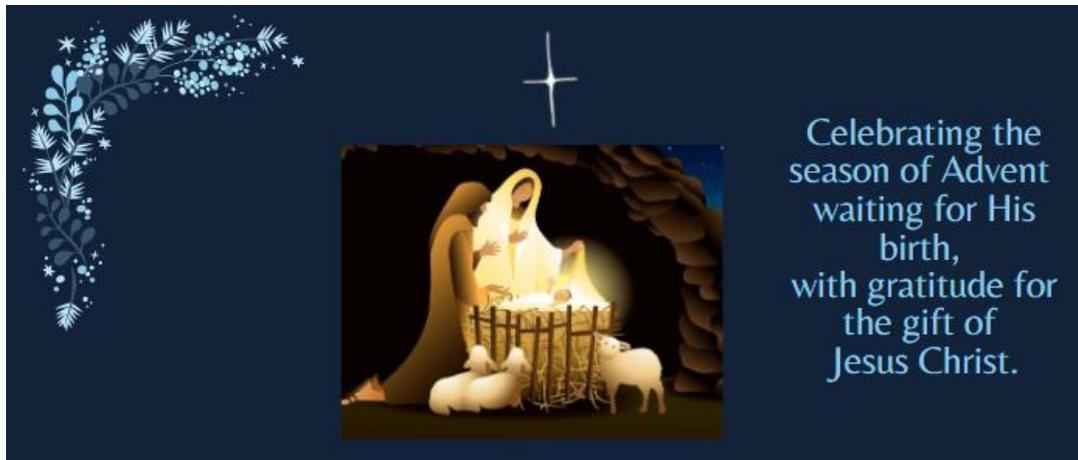
Prayer, readings, and reflection will be part of this retreat, lead by Fr. Vincent Esprit, FMI pastor of St. Francis Xavier Mission Catholic Church, Kahnawake, QC. Ms. Tonia Williams speaker at the Pastoral Day Event of the Diocese of Saint Jean Longueuil, Qc., attended by Bishop Claude Hamelin, will speak on "how Jesus has helped her to overcome the pains of the schools on her family"

A suggested donation of \$10.00 would be greatly appreciated. All proceeds will be fie to the Kateri Food Basket partnered with the Community Services of Kahnawake. Pillars Trust Fund will issue an income tax receipt for any donations given. This Advent Retreat is made possible by the collaborating efforts of the Catholic Women's League and the Pillars Trust Fund. Please join us by clicking on the link below.

<https://www.eventbrite.ca/e/advent-retreat-new-light-in-jesus-tickets-215043820857>

Advent – Let's decorate our spiritual life, remembering Jesus 'birth

Today in the town of David a Savior has been born to you; he is Christ the Lord. -- Luke 2:11



When Pope Julius I declared December 25 to be celebrated as the birthday of Jesus in A.D. 353, who would have ever thought that it would become what it is today? And when Professor Charles Follen lit candles on the first Christmas tree in American in 1832, who would have ever thought that decorations would become as glamorous as they are today?

Even before these two events that shaped what Christmas means today for most, there was a bright, special star that lit the dark night thousands of years ago letting the world know that Jesus the King was born. Usually, we don't celebrate historical figures as children, but in the case of Christ, it is appropriate.

When Christ was born, shepherds came to honor Him, wise men from the East brought Him gifts, and the earth rejoiced at His birth. These people who came to worship Him had no idea what Christ would accomplish as an adult. But they were right in traveling to worship the King because His birth was the most remarkable event in human history. Wise men and women today worship not only the Child of Bethlehem, but the Christ of Calvary.

As we approach the holiday season again, we have yet another opportunity to pause in the midst of all the excitement, decorations, and commercialization, to consider again the origin of Christmas—the One whose birth we celebrate. Let's not forget the true meaning of why we celebrate during this time of year. Celebrate the baby Jesus and trust Him as Savior today.

PRAYER CHALLENGE: Find or write a prayer to thank God for sending His Son that glorious night to be born of a virgin and offer His ultimate sacrifice for us.

Advent – Let's decorate our spiritual life, remembering Jesus' birth



"God of hope, I look to you with an open heart and yearning spirit. During this Advent season, I will keep alert and awake, listening for your word and keeping to your precepts. My hope is in you." ~ Matthew Kelly

Advent can be described as beautiful spirituality, "When the Church celebrates the liturgy of Advent each year, she makes present the ancient expectancy of the Messiah. By sharing in the long preparation for the Savior's first coming, the faithful renew their ardent desire for his second coming.

As we move into our season of Advent, enjoy these advent hymns and videos:

Advent Explained in 2 minutes: <https://youtu.be/eCOFGQLBp7w>

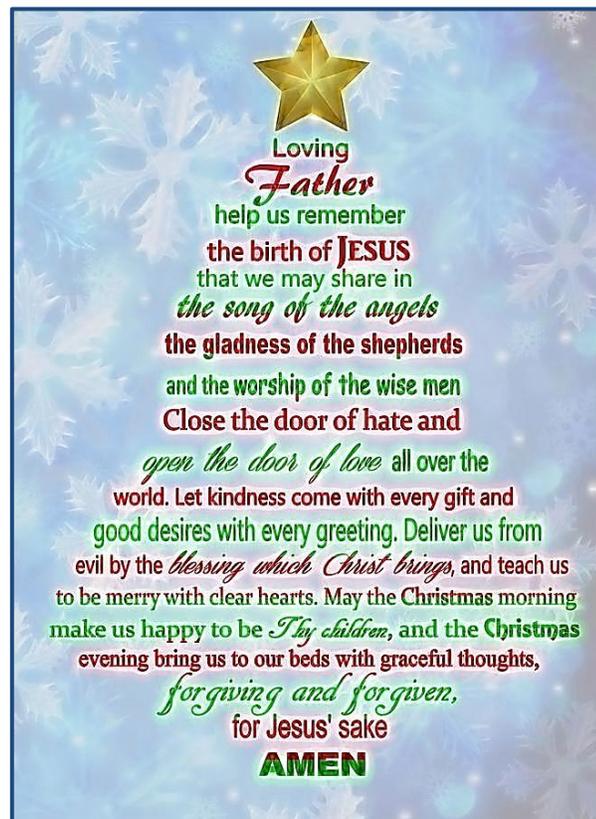
Come Thou Long Expected Jesus <https://youtu.be/6K3gyZ5pgmU>

Voice Cries Out | Isaiah 40 | Advent Hymn | M. Joncas https://youtu.be/fBG_uNYVzRQ

Come Jesus, Prince of Peace | Advent Anthem <https://youtu.be/UaWX-k1IGWo>



We also have Linus' meaning of Christmas to share with your kids and grandkids: <https://youtu.be/eff0cqYefYY>



The History of the Advent Wreath



The Catholic church adopted this tradition during the Middle Ages, as a way to prepare the hearts and minds for Christmas. The word advent itself comes from the Latin word "adventus" meaning "arrival." We prepare for the arrival of Christ. The wreath itself represents eternity and everlasting life, a circle that never ends (John 3:16).

Some have traced the origin of Advent as far back as the 4th or 5th century, but most would agree that the advent we've come to know now, symbols and all, started from the Middle Ages onward to the 1800s.

As for the other candles, they have important symbolic elements as well. Three purple candles, a pink candle, and a white candle adorn the outside and center of the wreath. We'll focus on the first purple candle: the candle of hope.

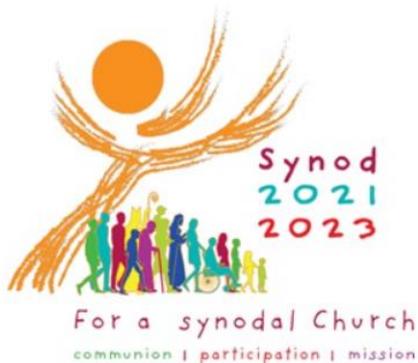
The Candle of Hope

Like the prophets in the Old Testament, we hope for a Messiah to save us from the sin in the world (Isaiah 9:6-7). We anticipate our Savior's arrival.

Also known as the "prophecy candle," this candle assures us we can have hope that God will fulfill the prophecies declared in the Old Testament about Jesus. Hope doesn't disappoint us (Romans 5:5).

The Spirit of the Synods (including words from Pope Francis)

by Antonio Spadaro, SJ / Church Life / Published Date: 12 November 2021



The opening of the Synod on Synodality on October 9, 2021 invites the question of what it means to be Church today and its meaning in history. This question is also at the basis of the Synodal journey that the Italian Church is setting out on, and of those in progress or beginning in Germany, Australia and Ireland.

Those who have followed the Assemblies of the Synod of Bishops in recent years have certainly seen how much diversity shapes the life of the Catholic Church. If at one time a certain *latinitas* or *romanitas* constituted and marked the education of the bishops – who, among other things, understood at least a little Italian – today diversity emerges strongly at every level: mentality,

language, approach to issues. Far from being a problem, this is a resource as ecclesial communion is achieved through the real life of peoples and cultures. In a fractured world like ours, it is a prophecy.

We should not view the Church as a Lego set with bricks that all fit together neatly. That would be a mechanistic mage of communion. We might better think of it as a symphonic relationship, of different notes that together give life to a composition. If we were to take the image further, I would say that it is not a symphony where the parts are already written and assigned, but more like a jazz concert, where one follows the inspiration shared in the moment.

Those who have had the experience of recent Synods of Bishops will have perceived the tensions that emerged within the Assembly, but also the spiritual climate in which they were – for the most part – immersed. The pope has very much insisted on the fact that the Synod is not a parliamentary assembly where people discuss and vote to decide issues by majority. The principal figure, in reality, is the Holy Spirit, who “moves and attracts,” as Saint Ignatius writes in his *Spiritual Exercises*. The Synod is an experience of spiritual discernment in search of God’s will for the Church.

That this vision of the Synod is also a vision of the Church is not to be questioned. There is an ecclesiology – matured over the years thanks to the Second Vatican Council – that is unfolding today.

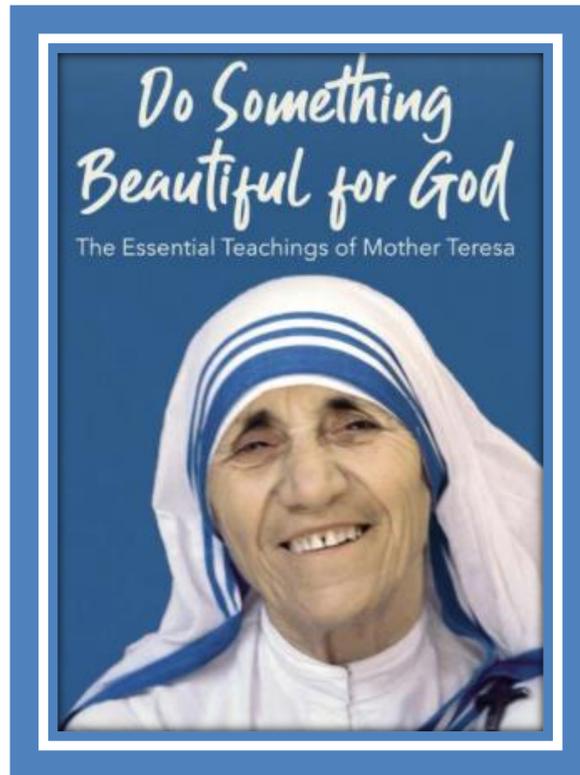


For this there is a need for attentive listening. Listening to God, in prayer, in the liturgy, in spiritual exercises; listening to the ecclesial communities in their exchanges and debate on experiences (because it is on experiences that discernment can be made and not on ideas); listening to the world, because God is always present there inspiring, moving, stirring. We have the opportunity to become “a Church that does not separate itself from life,” said Francis, greeting the participants at the beginning of the synodal journey (October 9).

The pontiff then summarized it this way: “You have come by many different roads and from different Churches, each bearing your own questions and hopes. I am certain the Spirit will guide us and give us the grace to move forward together, to listen to one another and to embark on a discernment of the times in which we are living, in solidarity with the struggles and aspirations of all humanity.” Putting the Church in a synodal state means making her restless, uncomfortable, and tense because she is agitated by the divine breath, which certainly does not like safe zones or protected areas: it blows where it wills.

You can read the rest of the article here: <https://www.laciviltacattolica.com/the-spirit-of-the-synods/>

A reminder from Mother Teresa



*"Lord,
Grant that I may always bear in mind
the very great dignity of the life
You have called me to
and all its responsibilities.
Never let me dishonor it by being
cold, or unkind, or impatient."*

The Essential Teachings of Mother Teresa

Breaking Isolation – One trip at a time



How great it is to go out and enjoy our city, a trip to a lake or simply having lunch on a terrace with family and friends. Despite the loosening of restrictions **not everyone can enjoy these simple delights.**

Catholic Action's volunteers often use their gifts of time and talent to bring simple pleasures to those in need.

Our **volunteer bus drivers** bring joy to seniors and other challenged groups by

using our 22-seater bus throughout the year, breaking isolation with day trips. We offer different experiences these underserved communities would not be able to enjoy, without our bus and volunteers. Since June we've taken residents of Nazareth house to Camp Kinkora, Senior centre groups up north, to lunch and shopping outings. We have trips to Botanical gardens, Ste. Anne's by the water, and other special events scheduled to year's end.

The problem we have is our bus is aging, it is a 2009 and is costing us a lot in maintenance over the last few years, and we realize this is not sustainable. **We do not have the funds to keep up.**

That's where you come in, we are working with an expert to source a used bus that will be the optimum value for "your" dollar. Please help us raise the funds to continue to serve this fantastic community who is extremely grateful for these opportunities. If 75 people/or small groups, raise \$1000 for this cause, we hit our goal! **Please share with your social media groups and friends,**

Check out this short video to understand the impact this has on those we serve: <https://youtu.be/VpxY4j6A4yk>

PLEASE HELP US CONTINUE TO SERVE! Use the link below to get to our GoFundMe page to donate a tax deductible gift to this very important project.

Please share this story on your social media to help us spread the word.

<https://gofund.me/e9a866b4> Thank you, stay safe and God bless!

Catholic Action invited and joined ?



MONTREAL -- Bill 96 undermines the rights of English speakers and threatens social and linguistic peace, according to the Quebec Community Groups Network (QCGN), which is calling for the bill to be withdrawn.

Community Development Plan 2022-2027 Roundtable

The QCGN is working on their strategy for the next 5 years. They have 4 round tables contributing to the process and Catholic Action was asked to participate and sits on the Organizational & Network Health. Anna Farrow of the English-Speaking Catholic Council is sitting at the "Representation" table. We will keep you updated on our progress.

Through repeated public dialogue, we learned

ORGANIZATIONAL & NETWORK HEALTH <i>Strengthen organizational capacity to serve the English-speaking community while fostering trusting supportive and collaborative relationships between stakeholders</i>	FUNDING <i>Support organizations serving English-speaking Quebec in accessing adequate funding.</i>
REPRESENTATION <i>Ensure that collective action is engaging and representative of the diverse communities within Quebec's English-speaking community.</i>	DATA <i>Support and contribute to the development, dissemination and utilization of an evidence base as a tool for collective action</i>

EMPOWERS OUR COMMUNITY TO:

- Strengthen factors of community vitality
- Address gap between community priorities and public policy



The English-Speaking Community of Quebec: At a Glance

- 13.7 % of Quebec's population (FOLS)
- 36.1% of newcomers to Quebec are English-speaking
- Unemployment rate is 2% higher than French speakers
- 61.3% decline in school enrollment since 1971
- Only 1% of Quebec's Civil Service is English-speaking
- Current government has introduced several bills of concern to the English-speaking Community (21, 40, 96)
- Federal bill to modernize OLA (C-32) likely to be reintroduced soon

These are some statistics gathered by the QCGN as they work to keep our English Language community represented and our rights preserved.



Kingdom Mindset



Pope Francis made a short video on mental health this month!
You can watch it by clicking on this link:

<https://youtu.be/uFnK5BMJK-c>



Mark Your Calendars for

Prayer, Scripture and Sharing

working towards a Kingdom Mindset.

As we work toward "Mental Wealth" we must learn to "forgive" ourselves.

Please Join us for the conversation.

(The Pope's prayer translated)

We pray that people who suffer from depression or burn-out will find support and a light that opens them up to life.

Pope Francis – November 2021

"Overwork and work-related stress cause many people to experience extreme exhaustion — mental, emotional, affective, and physical exhaustion.

Sadness, apathy, and spiritual tiredness end up dominating people's lives, who are overloaded due to the rhythm of life today.

Let us try to be close to those who are exhausted, to those who are desperate, without hope. Often, we should just simply listen in silence because we cannot go and tell someone, "No, life's not like that. Listen to me, I'll give you the solution." There's no solution.

And besides, let us not forget that, along with the indispensable psychological counseling, which is useful and effective, Jesus' words also help. It comes to my mind and heart: "Come to me, all who labor and are heavy laden, and I will give you rest."

Let us pray that people who suffer from depression or burn-out will find support and a light that opens them up to life."

"Using scripture to navigate your fears and anxiety."

Please join our community as we share and pray & discuss together.

When: December 23rd, 2021, 07:00 PM Eastern Time (US and Canada)

Register in advance for this meeting:

<https://us02web.zoom.us/meeting/register/tZwufuisrTMjE9O7lu5aAjpHAJeQ-5Pnwjbx>

After registering, you will receive a confirmation email with the link for the meeting.

In the meantime, please join our Facebook group: [The Kingdom Mindset Community | Facebook](#)

Or contact us via email: mindsetkingdommtl@gmail.com

Bible Trivia



Bible Trivia ADVENT EDITION 2021 Edition

1. What do evergreen branches of Advent Wreath symbolize?
2. What does the rose (pink) candle lit on third Sunday of Advent symbolize?
3. Why is the Gloria not said during Advent?
4. The account of Jesus' birth is recorded in which of the Gospels?
5. Which ruling Roman Caesar ordered the census that required Joseph to take Mary from Nazareth to Bethlehem so as to register for it?
6. In A Charlie Brown Christmas, which Peanuts cartoon character recites the account of the Nativity, and from which Gospel does that character quote? Watch it here:
<https://youtu.be/eff0cqYefYY>

Click below for the answers:

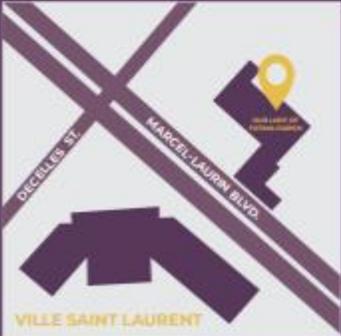
[Bible Trivia – Catholic Action Montreal](#)

Late Sunday Mass



Reflect with Jesus on your past week...
Start your new week with peace and joy!

7:00 pm
LATE SUNDAY MASS



OUR LADY OF FATIMA PARISH
Brought to you by:
CATHOLIC ACTION MONTREAL
catholicaction.ca

Designed by denisacunha.myportfolio.com

**Have an event that conflicts with your regular mass time,
please consider joining us
Sunday evenings at 7:00 Pm at**

Our Lady of Fatima Parish 875 Marcel Laurin Blvd, Saint Laurent Quebec H4M 2M8

Stay Connected

As people continue to renew their memberships, we sometimes receive heartfelt notes from you, our members. It is important for us that you feel free to reach out with any need.

Please remember to renew your membership

Membership Renewal: [Membership Join or Renew below – Catholic Action](#)

YOU INVITED TO CONSIDER JOINING
THE CATHOLIC ACTION TEAM!

BECOME PART OF OUR

CLASS OF 2021



JOIN ONE OF OUR COMMITTEES FOR
ANOTHER WAY TO HELP YOUR NEIGHBOUR!

Board Members: Would you like to be part of our team? Board and or committee members are welcome. Watch for our announcement later this summer!

HELP US
help others.



*The term ‘Charity’ is an old-fashioned notion often generating pity.
“We are a Catholic organization, and we don’t want pity, we want partners to do the
Lord’s work.”*

Please consider Catholic Action in your annual charitable giving.

Help us to continue helping others in Jesus’ name.

God Bless!

<https://catholicaction.ca/give/>

