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Appeal in  
Action



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ICS Public  
Speaking  
Competition



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Diocesan Youth  
Conference



# The Diocesan Messenger

A Publication of the Roman Catholic Diocese of Victoria

June 2011

## Reflections on a “Complete Man”

by Bishop Richard Gagnon

As I welcome you today, I wish to assure you of my prayer and encouragement for your preparation for the sacred priesthood. My own suggestion at this time is that you open your hearts ever more to the Word of God, that you prayerfully meditate on Sacred Scripture, so that its power will transform your lives. In order to proclaim effectively the Good News of salvation, you must be filled with God’s Word.

~ Pope John Paul II to the students of the Pontifical Beda College

The words above were spoken by Blessed John Paul II to the students of my Seminary one winter day in Rome on February 9, 1983. They are words which could be addressed to any Christian who is serious about growing in Faith and they are particularly apt for the present time in light of the recently published Apostolic Exhortation on the Word of God entitled *Verbum Domini*. I keep those words of the late Pope framed and hung on the wall of my study as a reminder that once, not so many years ago, a great and holy Pontiff addressed himself directly and personally to us seminarians at the Beda College in Rome. They are words which equally apply to the present seminarians of the Diocese of Victoria who seek to know and follow Jesus Christ.

Thinking back to 1983 and Pope John Paul II’s address to the seminarians of the Beda and in consideration of the voluminous commentary on his life, I wish to offer a few modest reflections of my personal experience of this recently beatified Pope. In fact, I feel compelled to do so. This compulsion is driven by the same spontaneity and love that motivated more than a million people to attend his Beatification on the Feast of the Divine Mercy on May 1, 2011. I have listened to the stories of various parishioners from our Diocese who were present in St. Peter’s Square that day and I am truly grateful that our west coast Diocese was well represented. Since I could not attend that wonderful event myself, I simply wish to celebrate the joy of Pope John Paul II’s Beatification by sharing with you my few brief and at times distant, encounters with this holy and great man.

Living in Rome as a seminarian, I heard many stories about the Holy Father’s interactions with all sorts of people, some of whom were my fellow seminarians.

Continued on Page 3



A large poster of Blessed John Paul II hangs on one of the walls at St. Peter’s Square  
Photo credit: Susan Burris

## Students Win at Film Festival

by Connie Dunwoody

Recently, a group of six students from St. Andrew’s Regional High School’s (SARHS) Film Club, run by Laura Angrove, won an award for a film they created focusing on the issue of homelessness. When asked if they would like to do their own projects or enter the a contest put on by Youth Action for Homelessness (YAH) through the *Greater Victoria Coalition to End Homelessness*, they decided to enter the contest. The students who created the film were: Griffin Yundt; Jordon Barr; Jared Saxby; Shawn Cuglietta; Sumi Yadav; and Sabrina Lai.

The contest was designed to educate, raise awareness and challenge beliefs about homelessness. Their film, titled *I’m a Person Too*, is a touching story about “the homeless as humans who need the understanding and friendship of others, as do we all,” says Angrove. The film starred SARHS Vice Principal Mr. John Mennie and Student Teacher Gerhard Krokcer. It tells the story of two friends: one loses his job, his wife and home, while the other keeps his job and distances himself from his friend, embarrassed by his homelessness.

As a club, the group won first place in the 14 - 17-year-old category. Additionally, Film Club member Jordon Barr has agreed to take an ongoing leadership role to educate SARHS students and staff about the *Coalition to End Homelessness*, and he spoke about this issue at the school’s Fine Arts Assembly last week prior to showing the film to the school community.

The group won a laptop computer, a scholarship to GIFTS film school—and the pride of being award-winning film makers! Angrove said, “I am very proud of the entire group because they are a committed group of young, conscientious students who love film making.” *I’m a Person Too* can be viewed on YouTube.com by typing *TheYahVideoContest* in the search box and clicking on *I’m A Person Too*.



Back row, L to R: Shawn Cuglietta and Jared Saxby.  
Front row, L to R: Marcus Merryfield, Sabrina Lai, Griffin Yundt

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Read more about the Beatification on Pages 3 & 26





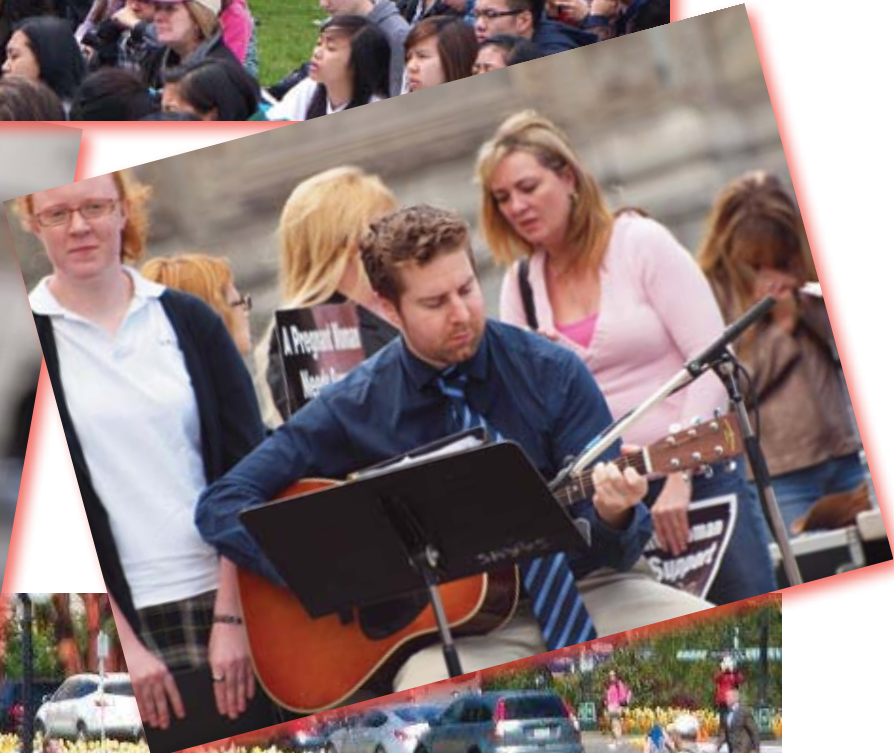
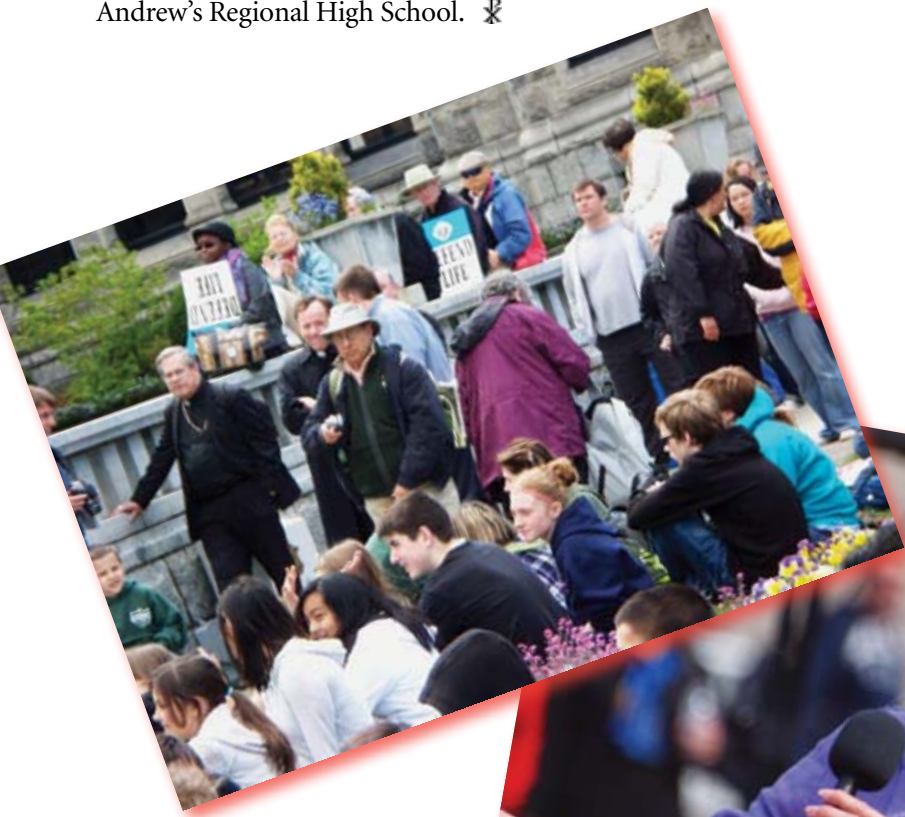
# March for Life

by *Connie Dunwoody*  
Photos by *Ron Turner and Connie Dunwoody*

The Fourth Annual March for Life was held on Thursday, May 12 under sunny skies. Events began with worship services at St. John the Evangelist Anglican Catholic Church at 9:30 am, and Mass at St. Andrew's Cathedral (Bishop Richard Gagnon celebrant) and St. Patrick's (Archbishop Michael Miller celebrant) at noon.

Following Mass, attendees from BC and Washington State gathered at Centennial Square to march down Government Street to the Legislature for the rally. The MC was Pavel Reid, Director of Catholic Family Services for the Archdiocese of Vancouver. Speakers included Archbishop Miller, present shepherd of the Roman Catholic Archdiocese of Vancouver; Rebecca Kiesling, a Pro Life and Adoption speaker featured at events across the US, Canada, Ireland and Scotland; and Rev. Dr. Robert Fitterer, Lead Pastor of Emmanuel Baptist Church in Victoria.

Musical entertainment was provided by Philip O'Reilly and youth singers from St. Andrew's Regional High School. ✂





# Reflections on a “Complete Man”

continued from Page 1

I recall a friend of mine, now a priest in Papua New Guinea, telling me about a phone call he received while a student at the Beda. The call was from the Vatican asking my friend, Roger, to come to breakfast with the Pope every day for the next two weeks! This Pope was in the habit of inviting all sorts of guests to eat with him so that he could listen, dialogue and probe matters of interest to the Church. Roger, being fluent in Pidgin English, was asked to prep the Pope over breakfast in anticipation of his trip to Papua New Guinea—one of 104 Apostolic journeys he would take around the world. The Holy Father greatly desired to speak to those far-away people in their own language. I asked Roger what it was like to prepare the Pope in this way. He simply said that the Pope was an excellent student. This experience of listening to Roger’s story, at least in my mind, represents an example of John Paul’s intense interest in people, their cultures and way of life. He was an excellent student and a careful listener whether he was encountering students, workers, artists, academics, politicians or the sick. We cannot hope to be true and holy disciples of Christ unless we are people who listen deeply and carefully, starting with Scripture, as he reminded the Beda students.

I also remember very clearly, from a distance, this Pope as a man of the multitudes. On a number of occasions I stood among many thousands of people from all over the world, at great solemn Liturgies at St. Peter’s Basilica or at the Papal audiences and of course at youth rallies in soccer stadiums—the forerunner of the World Youth Day global phenomenon. The first time I attended Mass with the Holy Father was a deeply moving experience and one which would repeat itself each time. These large gatherings of the multitudes always remind me of the fact that the Office itself, regardless of the man, is one that Christ Himself established starting with the Apostle Peter. To be present with the Holy Father, even at a distance, is to be near Jesus Himself: “He who hears you, hears me” (Luke 10:16). This is what brings out the crowds, this is what people sense, and there is always great joy and celebration. Holiness and joy are always connected because in God there is no darkness.

There was however, one occasion when I was asked to participate in a Papal Liturgy in a more intimate and personal way—an event that is etched in my mind forever. In 1983, as a recently ordained deacon, I was asked to accompany Bishop-Elect Jaroslav Skarvada at his Ordination by Pope John Paul II. It was the Roman custom for deacons to accompany and stand with Bishops-Elect at their ordination ceremonies. There were a number of bishops being ordained that day and St. Peter’s was overflowing with visitors. Bishop Skarvada had been living as a priest in exile in Rome for many years due to the Communist takeover of his homeland, Czechoslovakia. Although he would be ordained and installed as Auxiliary Bishop of



Prague, he was unable to return to his country. He would now be not only a priest in exile, but a Bishop in exile.

As I walked beside him down the main aisle of St. Peter’s with the Holy Father a short distance behind, I witnessed a scene I shall never forget. On both sides of the aisle were thousands of people, many from Eastern Europe. As we passed, the crowd erupted in a deafening roar: the volume seemed to go right through me. I witnessed the faces of people filled with tears and joy, faces and voices which expressed deep gratitude and hope for what the Pope was doing for freedom in Eastern Europe and for the gift of the new Bishop who would work for religious freedom and human rights in his homeland. I had a firsthand experience that day of a “cutting edge” in the pastoral ministry of this Pontiff in aid of human dignity and rights. He was not afraid to take on the powerful and the oppressor for the sake of the suffering and this is a sign of holiness as well.

## He’s such a complete man, isn’t he?

If there were space in this reflection on Blessed Pope John Paul II, I would very much enjoy recounting the stories told to me by fellow seminarians who had the singular privilege of attending early morning Mass in the Pope’s private chapel, however space will not allow. Suffice it to say that accounts of this Pontiff’s prayer life are now well known and one can only conclude that he was a man of profound prayer, a mystic who lived from his prayer life. The sheer volume and pace of his apostolic activity can only be explained by the spiritual energy, courage and wisdom flowing from attachment to Christ, in a very real sense, being “glued” to Christ!

I saw both his holiness and his humanity at the World Youth Day events at Denver, Colorado, some years ago. Eight hundred thousand young people had marched to, and set up camp in Mile High Stadium, which, in effect, is a huge grassy field. They were there for the evening Vigil Service with the Pope and they would spend the night in sleeping bags in anticipation of the final Mass on Sunday morning with the Holy Father. It is an unbelievable experience to bed down for the night along with such a multitude! When the Pope’s helicopter arrived and circled the field several times, spontaneous shouts of joy erupted from the field. When he landed and mounted the platform, the Pope was moved to tears as he witnessed so many young people, who had travelled such a distance to be united with the successor of St. Peter. The evening passed in a very joyful and humorous way as John Paul interacted with the youth and shared his love of Christ with them.

The next morning, after Mass had finished, he came over to a group of us priests who were positioned near the high altar and greeted us. I did experience at that time what others had shared with me over the years: a certain atmosphere or, if you will, an aura of holiness about the man and it was unmistakable. It is as clear to me now as it was at the time on that Denver field.

I often chuckle when I recall Blessed Pope John Paul II’s activities in the city of Rome as its Bishop—a role he took very seriously. He was known to quietly make his way into St. Peter’s Basilica wearing a black cassock and slip into a confessional. He would pass an hour or two hearing the confessions of pilgrims at the Basilica and do so in one of the six languages he spoke. One of my favourite stories of the Pope’s unique approach to Evangelization occurred during the Year of Jesus Christ leading up to the celebration of the Great Jubilee Year of 2000. He enlisted a great many young people to knock on the doors of the people of Rome, and if they answered, the young evangelists were instructed to simply hand them a special edition of the Gospel of St. Luke signed by the Pope—it was his gift to them. The city of Rome has a population of 4 million people!

In his capacity as Bishop of the city Rome, he took it upon himself to visit personally every one of the city’s 333 churches. He would come at very short notice with only the pastor and parish leadership aware of the planned visit. This was simply to avoid general pandemonium in the city. He would celebrate Mass for the parishioners and meet with them afterwards. He managed to visit 317 churches in the city before he died. I witnessed personally the excitement left behind in certain neighbourhoods after such Papal neighbourhood visits. How he was able to do all this, besides so many other demands, is unbelievable.



The late Pope set a very high bar for the Episcopal ministry yet we also must remember that faith enables mountains to be moved with God’s help.

In conclusion, the last time I met this holy Pope was seven months before he died. I was part of a group of new bishops invited to meet the Holy Father at his summer residence outside of Rome, Castle Gandolfo. We each met briefly with him and received a pectoral cross as a gift. I treasure that gift very much and humbly acknowledge that I received my appointment to the Diocese of Victoria from him—a truly beautiful Diocese to lead and serve. As I waited to meet him that day I was touched deeply by his physical sufferings. I’m sure we all remember very well the rapid deterioration of his health. His face was like stone—likely due to the medication used to treat Parkinson’s disease, his mouth was contorted and it was very difficult for him to speak and he was propped up in a moveable chair. His once strong athletic body was damaged by an assassin’s bullet, overwork, surgeries, falls and the demands of his ministry. What I saw before me seemed somehow connected to the suffering servant in Isaiah—a sharing in the Cross of Christ:

*There was in him no stately  
bearing to make us look at him, no  
appearance that would attract us to  
him. . . He was spurned and avoided  
by men, as man of suffering,  
accustomed to infirmity.  
~ Isaiah 53:2-3*

I thought to myself, using the words of St. Paul, “you are a ‘fool for Christ’, John Paul” and I looked away from him as I recognized my own unworthiness and weakness when it comes to bearing my crosses which were far smaller than this cross carried by this servant directly in front of me. I went up to him and he gripped my hand with a vice-like Slavic grip and looked at me with clear intelligent eyes and I thought: yes there is still much life left. I parted for the bus, silent and struck by what I had experienced.

In 1985 while attending a parish picnic in Vancouver, a gentleman approached me, a professor of French at UBC. He wanted to talk about the Polish Pope and was very much impressed by him as a man and as a Christian. And after discussing the various attributes and talents evident in the life and personality of the Pope, he turned to me and said in a rather moving way, “He’s such a complete man isn’t he?” I don’t think that the professor fully appreciated what he was saying—but the crowds certainly would have that sunny breezy day in St. Peter’s Square, the day of the Pope’s funeral, when they spontaneously erupted with the words: *Santo Subito, Santo Subito—a Saint quickly!* ✠





# Calendar of Events

- July**
- 1 - 3 Vocation Live-in for boys or young men interested in the priesthood or the consecrated life at the Seminary of Christ the King, Mission, BC. For more information call (604) 826-8715.
- 23 Spiritwalk in the Fulford Valley, 10 am - 3 pm. Opening ceremony with Aboriginal welcome at Drummond Park (head of Fulford Harbour) at 10 am followed by visits to the three churches of the Fulford Valley on Salt Spring Island. Visitors can walk the route as a pilgrimage, or drive. For more information contact Emily Hepburn by email to emhepburn@gmail.com. See story on page 7.
- 26-31 *Encounter the Mystery* Junior Camp, Camp Barnard in Sooke, BC. The registration form is available on the Diocesan website ([www.rcdvictoria.org](http://www.rcdvictoria.org)). For more information, contact the Registrar by email to [sfitzmaurice@cisdv.bc.ca](mailto:sfitzmaurice@cisdv.bc.ca)

- August**
- 2-7 *In It, Not Of It* Senior Camp, Camp Barnard in Sooke, BC. The registration form is available on the Diocesan website ([www.rcdvictoria.org](http://www.rcdvictoria.org)). For more information, contact the Registrar by email to [sfitzmaurice@cisdv.bc.ca](mailto:sfitzmaurice@cisdv.bc.ca)

## Coming Attractions...

- September**
- 22 Class of '61 St. Ann's Academy in New Westminster will hold its 50th Reunion. For information please contact Sharon Ramsay Doucette by email to [cdoucette@telus.net](mailto:cdoucette@telus.net). Note: the date is to be confirmed.
- 30 - Oct 1 St. Patrick's Victoria will host its Annual Good Used Clothing Sale on Friday, September 30 and Saturday, October 1 from 9:30 am - 2:00 pm. The Fall Bazaar will take place on Saturday, October 1 from 9:30 am - 2:00 pm. All events in the Parish Centre at 2060 Haultain Street, Victoria.



## The Diocesan Messenger

*accepts advertising.*

The *Diocesan Messenger* is a quarterly publication with a current circulation of 7,500 papers and is distributed free of charge. The *Diocesan Messenger* is a Diocesan-sponsored publication and primarily focuses on local diocesan events.

To find out about our competitive advertising rates, contact:

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**Camera-ready ad deadline for the September 2011 issue is August 15th, 2011**

# Pastoral Itinerary

## Bishop Richard Gagnon

All activities in Victoria unless otherwise noted

- June**
- 4 Confirmation (11 am), Holy Family / Notre Dame Parish, Port Alberni  
Confirmation (5 pm), St. Edward's Parish, Duncan
- 5 Confirmation (9 am), Trinity Parish, Nanaimo  
Confirmation (12 noon), St. Peter's Parish, Nanaimo
- 8 CWL 90th Anniversary Mass (12 noon), St. Andrew's Cathedral
- 9-10 "Returning to Spirit" Reconciliation Workshop, Bethlehem Centre, Nanaimo
- 11 Confirmation (5 pm), St. Rose of Lima, Sooke
- 12 Pentecost & Confirmation (11 am), St. Andrew's Cathedral  
Pentecost Celebration (3 pm), St. Joseph the Worker Parish, Victoria
- 13-15 "Returning to Spirit" Reconciliation Workshop, Bethlehem Centre, Nanaimo
- 16 St. Vincent de Paul National Council Reception (7 pm), Government House, Victoria
- 17 St. Vincent de Paul National Council Luncheon for Spiritual Advisors, University of Victoria
- 18 Mass (5 pm), St. Vincent de Paul National Council, followed by Banquet at U Vic
- 19 Confirmation (12 noon) for Mill Bay/Shawnigan Lake parishioners at St. Edward's Church in Duncan
- 21 Mass (11 am), Interfaith Chapel at the University of Victoria, followed by luncheon with Chaplaincy Board
- 24 Mass (11 am), St. Jean Baptiste Parish, Victoria, followed by luncheon
- 26 Solemnity of the Body and Blood of Christ Mass (11 am), St. Andrew's Cathedral  
Eucharistic Procession from St. Ann's Academy to the Cathedral, followed by Vespers and Benediction
- 28 Mass (11 am), Mount St. Mary Hospital, Victoria
- 29 St. Andrew's Regional High School Graduation Mass (6:30 pm), St. Andrew's Cathedral

- July**
- 8 St. Joseph's General Hospital AGM, Comox
- 9 Pastoral Visit, North Island Communities
- 10 Mass (9 am), St. Mary's Parish, Port McNeil  
Mass (11:15 am), St. Bonaventure's Parish, Port Hardy
- 20 Anniversary of Ordination Mass (12 noon), St. Andrew's Cathedral
- 29 Diocesan Youth Camp Mass (11 am), Camp Bernard, Sooke

- August**
- 1-5 Knights of Columbus International Convention, Denver, Colorado
- 7 Mass (11 am), St. Andrew's Cathedral, Victoria
- 11-26 World Youth Day, Madrid, Spain



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Catholics from the entire Diocese are invited to meet at 2 p.m. (for a precise 2:30 p.m. start) on the grounds of St. Ann's Academy (835 Humboldt street) to form a procession to the Cathedral where we will celebrate Vespers and Benediction.

Organizations joining the procession please register with the Cathedral (individuals need not register).

For more information or to register please contact  
[standrewscathedral@gmail.com](mailto:standrewscathedral@gmail.com)  
or 250-388-5571

## 2011 Eucharistic Procession



Bishop Richard Gagnon, Bishop of Victoria, invites you to celebrate the feast of Corpus Christi Sunday June 26, 2011





# Island News & Events



## Many Faithful Baptized on Penelakut Island

by Fr. Jai Prakash F. Joseph

It was December 26, 2009. After obtaining permission from Bishop Richard Gagnon, I started visiting Penelakut (Kuper) Island, along with Sarah Modeste and Myra Charlie, to serve Holy Communion to the sick. Sarah is the Mentor for this Mission; Penelakut Island is her grandfather's birthplace. It was a cold and gloomy day, and we visited Bernadine Wilson at her home, where she received Holy Communion.

"Father," she said, "I am happy that you have come. I have been praying for a revival of the spirituality of our people. You let me know our Creator is present again. And He will not let us down." Bernadine went to be with God last year, but she has continued to inspire us as we do His work in this community.

In response to a letter from Bishop Richard, the Band gave permission to resume our Catholic ministry on Penelakut and happily provided space for us in the Health Unit. We function under the name of Holy Rosary Catholic Mission, Penelakut Island. We visit every Wednesday to greet people, administer the Sacraments and celebrate Holy Eucharist. We've talked about a wide variety of things on our visits: about how quiet Penelakut is, that there is no gas station, no grocery store, no restaurants, no hotels and no paved roads. Over time our conversations led to other topics. Sometimes, there's even practical help—and healing and family reconciliation.

Several women began coming to the Health Unit regularly to attend Mass. They started asking for the Sacrament of Baptism some eight to ten months ago. Then, one by one, over 37 adults and children approached us, wanting to be baptized.

On May 25, Bishop Richard and I went to Penelakut Island to conduct baptisms. We were welcomed by Elder Florence James, and Sarah Modeste gave the Bishop a tour of the Island. She showed him the place where the old Catholic church was, and also the historical Residential school.

Following this, the Bishop and I entered the School gymnasium. As we entered, Leona Sylvester prayed in the Hulqaminum language, and the Black Owl Powwow Group welcomed us with traditional drumming. Manager Allan Tweedie welcomed Bishop Richard on behalf of the Tribe and offered to the Bishop a Native Carving as a sign of respect and honor. Mr. Tim Harris, Principal of the School, introduced the Bishop to the gathering.

I then invited the Bishop to administer the Sacrament of Baptism for 23 Candidates. The Bishop said that he was very happy to come Penelakut and he was excited, it was a great honor to be here and baptize so many adults and children. He told them he felt sorry for the Past and gave a call for hope to look forward for a brighter future! Bishop Richard also said he said he had never baptized so many at one time in his entire Priesthood!

Nearly 115 people were present at the Baptismal ceremony. On behalf of the Penelakut Tribe, Bishop Richard was garlanded by Honourable Elder and Councilor August Sylvester. In return, on behalf of the Holy Rosary Catholic Mission, Bishop Richard garlanded Band Councilor August Sylvester, Band Manager Allan Tweedie, Principal Tim Harris, Marian James (of the Penelakut Health Unit) and Sarah Modest. The Bishop expressed his appreciation for the cooperation of each and every person who made this Baptismal ceremony an historic one—a first step in the right direction. Special thanks were offered to Rella, Della, Kevin, Glenda, Pricilla, Dave, Marian James and the staff members who helped prepare the head bands and scapulars for all Baptismal candidates.

The Penelakut Band provided a sumptuous meal for all who gathered for this touching ceremony. Our appreciation goes to Linda Musto and the members of the CWL, St. Edward's Church, Duncan for providing new clothes for nine children. I am grateful for the Parish Council members of St. Ann's, Duncan for their continued support.

It was a day of mystery and awe, delight and spirituality. It enlightened the hearts of the children, parents, godparents and grandparents. Priscilla, grandmother of seven of the baptized children, said, "There is so much hope among our people, after being baptized. Now families are talking about Holy

Communion and Confirmation!" People are also hoping for prayers and songs in the Hulqaminum language.

We are so grateful for the opportunity to participate in the lives of the people of Penelakut, and to work together with a spirit of reconciliation and reverence, in the care of the Creator's Almighty hand. ✠



## Good Friday Way of the Cross Mount Tzouhalem

by Mary Hof, parishioner of St. Edwards

A sunny Good Friday morning brought out 119 people to journey to the white cross on top of Mount Tzouhalem in Duncan. This was the 18th year I have organized this journey, but this year was special as we had Bishop Richard Gagnon and Frs. Jai Prakash, Sean Flynn and Alfredo Monacelli join us. People came to us from as far as Sidney and Nanaimo and we also had people from different faiths join us as they have done since the beginning—and Bishop Richard is the first bishop to scale this mountain!

Bishop Richard started by reading from the *Way of the Cross*: "These fourteen steps that you are now about to walk you do not take alone, I walk with you." Following the prayer we sang the hymn *Lord Jesus of You I Will Sing as I Journey*. At each station Jesus, acted by Gabriel George, a 17-year old from St. Ann's, re-enacted what happened to Jesus over two thousand years ago. We were very fortunate to have Gabriel's mother, Revana, take the role of Mary. After each station we also had a child read a child's version telling the story of what happened to Jesus, and ending each prayer with "Jesus I love you."

We made our way to the top in two hours: 76 people made it to the top. Fr. Alfredo read the conclusion where Christ tells us "Go now, take up your cross, and with your life complete your way." Bishop Richard then led us in the Veneration of the Cross, and closed with a blessing. Many stayed on the mountain to enjoy the beautiful views and to have a well-deserved lunch.

To me this *Way of the Cross* is very special; I hope I can keep doing it for years to come. Thanks to all who made this journey and special thanks, to all who played roles, and did the readings. ✠



Climbing up the mountain

Photo credit: Fr. Alfredo Monacelli, Pastor, St. Edward's





# A Lenten Season of THINKfasts on Vancouver Island

by Katrina Laquian, Development and Peace, BC/Yukon Youth Coordinator

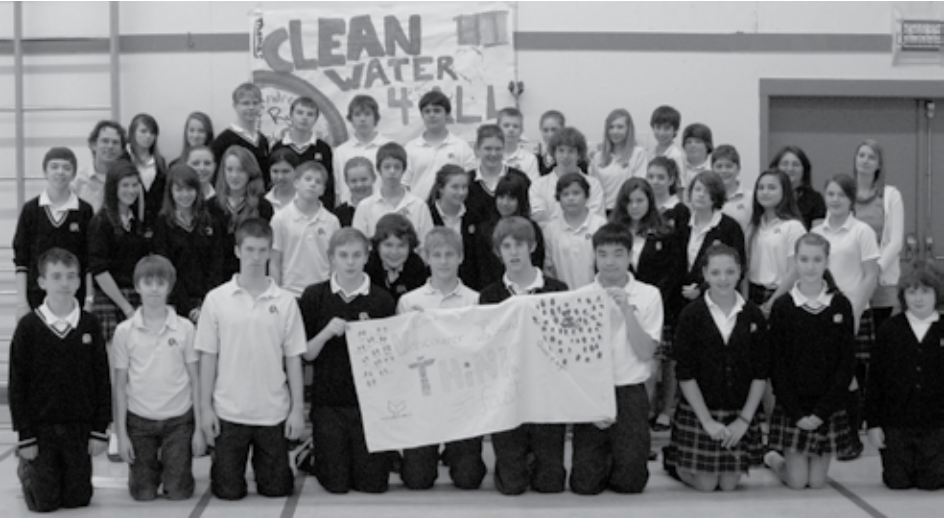
With four Development and Peace THINKfast events in the Diocese of Victoria, youth in our region had many opportunities to develop their faith and learn about injustices in the world.

In Victoria, a Sister of St. Ann shared about the rebuilding of Haiti and youth were led through a very exciting awareness game called Amanzi. At UVic, students contemplated faith and the earth through a Creation Labyrinth and participated in discussions late into the evening with speakers working locally to reach out to those living in the Global South: William Goldiet from St. Bakhita Anakdiar Peace Foundation and Dr. Chandu Claver from BAYAN Canada.

Moving up island, Duncan’s first ever THINKfast was a huge success with over 45 youth participating. Youth had a great time at Queen of Angels and hope that THINKfast will become an annual event.

In Parksville, youth raised over \$2,000 for the partners of Development and Peace and found the Sacrament of Reconciliation, offered by Bishop Richard, enlightening. A very strong group of leaders collaborated to make this THINKfast a success with a joint team of Pro Life, Social Justice, and Youth Ministry.

To celebrate the increase in THINKfast events this year and to unite all youth working for justice through Gospel values, a banner was decorated and passed along from THINKfast to THINKfast (Duncan - Victoria - UVic - Parksville). The banner was in celebration of the UN Declaration on the Rights of Indigenous Peoples. This banner is now on its way to Ottawa, where it will join other banners created by Canadians in early June. ✂



We are already looking forward to the THINKfast events that will be organized in our Diocese next year. To participate in one, or organize one of your own, contact me by email to [klaquian@uvic.ca](mailto:klaquian@uvic.ca).

# St. Clare’s Villa

by Raya MacKenzie

Snuggled up to the side of St. Patrick’s Parish church, the St. Clare Villa sits strongly as a meeting place for the past and the present of the Catholic Church. One hundred years ago, the Poor Clare nuns founded their monastery on the very ground where the Villa now stands, still surrounded by the original monastery wall. The foundations of prayer and faith the sisters laid continue to strengthen the future of the Villa, a housing complex for seniors seeking independent living within the closeness of the Church community.

Built in 1999 to last as long as the legacy that precedes it, the Villa still captures that feeling of home—each condo pokes out from the main structure with its own Tudor-style window, patio and garden access. The individual spaces interconnect to one structure like tiny compartments in a jewellery box—interconnecting homes literally joined to one parish via a well-lit underground passageway.

“There’s no excuse now not to go to mass,” says Teri Picard, who moved to the St. Clare Villa eleven years ago with her husband. She now represents the Villa on the Board of Directors. “We love it because it’s small,” says Picard, “24 units. Everybody knows each other, everybody cares for each other.”

St. Clare Villa is getting ready to kick off more social events to keep the community active and connected. “We gather maybe two or three times a year for a tea, for Christmas,” says Picard, “and also we are going to have more “Dos.” We’re cleaning out a room downstairs to make into a social room for exercise, meetings and crafts.” The social room in the making is currently located in “the tunnel” between the Church and the Villa. Picard swings the door open to a reveal a moderately sized room already half cleaned out for new use.

Picard’s own rooms in the Villa boast sunny windows, ample room for soft armchairs, and a view of the St. Clare’s wall. “It’s an amazing location,” says Picard. “We’re so close to shopping, doctors, recreation centers, a pharmacy. Everything that you need.”

Picard values the Villa’s accessibility to these conveniences especially since most of the Villa’s residents can expect to remain independent at the Villa well into their old age. At St. Clare Villa, buyers purchase a life-lease on the condos. They receive a guaranteed possession of their homes for the rest of their lives as well as a guarantee that the Parish Housing Corporation will purchase the condo back from them if they need to move out later on.

“I don’t have to sell this place,” says Picard, “I don’t need to get it ready to be sold. I have freedom. There are no stresses in this time in my life. It’s a gift to not have to worry.”

St. Clare Villa is full of gifts, especially at this time of year with tulips in full bloom in the garden as the sun shines patiently on the monastery wall as it has for a century now. Picard lays a pale hand on the old stone, still full of enough life that small, velvety mosses spring from between the crevices. “You can feel the energy,” she says.

A gentle breeze ruffles the silvery leaves on the three pear trees growing by the wall. A bird sings. Inside the protection of a shared heritage of prayer and holiness, the ordinary, loving people of the Villa go about another day. Simply another day of grace. ✂

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# Retreat for the Eparchy of New Westminster

The priests, clergy wives and their families of the Eparchy of New Westminster joined their bishop, Most Reverend Ken Nowakowski for a spiritual retreat at St. Elizabeth Seton Retreat Centre near Kelowna, BC on April 26 - 29, 2011. Rev. Dr. Danylo and PhD candidate, Monica Kuc, of the Eparchy of Edmonton, directed the retreat.



The spiritual retreat began with the celebration of a Pascal Memorial Service for the victims of the April 26, 1986 Chernobyl Nuclear Accident in Ukraine and also for the victims of the recent earthquake in Japan. After the Panakhyda (Memorial) Service, Bishop Ken welcomed the clergy and clergy families and Fr. Danyo and Monica Kuc to the retreat.

The first conference was a joint one for the clergy and their families directed by both Fr. Danylo and Monica. While the conferences were held Mrs. Sandra Vedress provided care for the children who also took advantage of the retreat with their own spiritual activities.

Fr. Danylo directed the retreat for the clergy, focusing on the identity of the priest, using both words of inspiration from Patristic Fathers such as St. John Chrysostom and contemporary theologians and church leaders, such as Fr. Alexander Schmemmann and His Beatitude Sviatoslav, Father and Head of the Ukrainian Catholic Church.

Monica led the clergy wives in their retreat and based her conferences on her own PhD work: the identity of the wife of a priest in the Byzantine Christian tradition.

This is the first time in the Eparchy of New Westminster that a joint retreat has been held for the clergy and clergy wives and families. The retreat provided an opportunity for those involved in pastoral ministry in the Eparchy of New Westminster to take time out in the secluded and peaceful mountain top retreat centre, to be with the Lord in prayer and fellowship. The retreat concluded on Friday 29 April with the celebration of the Divine Liturgy at the Holy Dormition of the Mother of God Ukrainian Catholic parish in Kelowna. ✠

*Rev. Brian Kelty is pastor of St. Nicholas the Wonderworker Parish in Victoria.*



**Bishop Ken with Clergy of the Eparchy of New Westminster, clergy family and Retreat Directors Fr. Danylo & Monica Kuc 26-29 April 2011, St. Elizabeth Seton Retreat Centre, Kelowna, British Columbia**

# Tea with the Queen in Parksville

*by Sandi Digras*

On Thursday, May 5, the Fundraising Committee at Church of the Ascension in Parksville hosted Tea with the Queen and a lovely Fashion show from local boutique Close to You. Margaret Floyd portrayed the Queen with perfect grace from wave to speech. 140 guests enjoyed homemade scones, clotted cream, chocolate-dipped strawberries, quiche and chocolate truffles served by our handsome members of the Knights of the Columbus. The finale of the fashion show included vintage hats—and those same handsome Knights escorted the models! There was a prize for the best hat, wonderful door prizes and gift basket raffles.



**Margaret Floyd as “The Queen”**

We estimate that this event raised over \$2,500 towards our building debt. On May 29, Helen and Brendan O’Keeffe from our parish offered their time, talents and resources preparing and serving a wonderful breakfast after both the 8:30 and 10:30 Masses. This is always a sell-out event with a big team of volunteers serving eggs, sausages, pancakes and much more to over 300 parishioners. It was a great way for new families to meet other members of the parish and for everyone to share food and laughter. ✠

# Spiritwalk the Fulford Valley

*by Emily Hepburn*

There’s more to Salt Spring Island than the Saturday market and wineries! Join islanders on July 23 for a unique journey. Spiritwalk is a pilgrimage of sorts giving people an opportunity to learn the history, see the architecture and experience the landscape and spirit of the three historic churches located in the Fulford Valley on Salt Spring Island.

The day begins at 10 am at Drummond Park at the head of Fulford Harbour with a welcome from the Tsawout First Nations. The ringing of the church bells at 10:30 will summon walkers to St. Paul’s Catholic Church, the oldest church on Salt Spring Island built in part with materials brought by canoe and stone boat from Cowichan Bay. Upon arrival visitors will be greeted by “Father Donkele,” the first priest to serve this mission in the 1880’s. Descendants of the Hawaiians who helped build the church will be on hand to guide visitors to the graves of their ancestors and to share their unique history and culture in story and song. The church will be open and a collection of historic photographs will be on display.

Pilgrims will make their way to St. Mary’s Anglican Church about a kilometre along the Fulford Ganges Road for the next presentation. The church, built in 1894, is shaded by a Windsor Oak tree that came as a tiny seedling from Windsor Castle, and was planted to commemorate the coronation of King George VI in 1938. St. Mary’s has a number of beautiful architectural features—a remarkable feat since construction on the church began on Easter Monday and was completed in time for the dedication by Bishop E Perrin on June 3, 1894.

Adjacent to the church is the Fulford Community Hall where the Salt Spring Island Archives will have displays featuring the churches. Chairs and tables will be set up for those wishing to have lunch and a rest. Coffee and a cold drink will be available but everyone is encouraged to bring a bag lunch. At each church a cookie snack will be available.

The third historic church is the Burgoyne United Church, about two kilometres further along the Fulford Ganges Road. This pretty, immaculately manicured church is the oldest Protestant church on Salt Spring Island. Established as Methodist Church, the building was called “Union Church” by local people, who welcomed all comers. In fact, the founding trustees were not necessarily all Methodists but men who believed a church was an essential part of the pioneer community. That same warm welcome awaits those who Spiritwalk the valley churches!

Although the programs are scheduled for a specific time, the three churches will be open for the day and you are welcome to visit at your own pace. Printed programs with a detailed schedule will be available at each church. Whether you walk or drive the route, the Spiritwalk is an opportunity to connect with the history and unique character of Salt Spring’s Fulford Valley. ✠



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The Sisters of St. Ann are offering a Bursary for the formation of women. This bursary, named in honour of their foundress, Blessed Marie Anne Blondin, offers financial assistance to women seeking formation in theological and ministry studies that promote justice, peace, integrity of creation, healing, holistic living and a healthy life style.

Priority will be given to a candidate from B.C and /or a woman who is connected in some way with the Sisters of St. Ann. Preference will be given to one who is on a limited income and who sees the formation opportunity as a means of employment training or personal growth.

The deadline for applications is July 8, 2011.  
Please request an application form from:

**Bursary Committee  
The Sisters of St. Ann**  
1550 Begbie Street, Victoria, BC V8R 1K8  
Phone: 250-592-3133 Fax: 250-592-0234  
e-mail address: administration@ssabc.ca





# Appeal in Action



## Report from the Appeal Steering Committee

Members of the Appeal Steering Committee would like to take this opportunity to extend words of thanks and appreciation for the wonderful support of our parishioners in helping to make our Appeal a great success! The *Journey of Hearts and Hands – New Beginnings Appeal* has completed its active inaugural phase and has now turned its attention to distributing funds that have been so generously donated throughout the Diocese of Victoria.

The Appeal goal of \$750,000 was exceeded beyond our expectations and approximately \$1.2 million was pledged. Thus far, almost \$1 million of those pledges has been honoured. This has enabled the Appeal Steering Committee to return over \$331,000 directly back to the parishes for their own local projects and initiatives. As well as providing valuable assistance to the fundraising efforts of our local parishes, the *Journey of Hearts and Hands – New Beginnings Appeal* provided funds for additional projects and ministries throughout the Diocese.

The Appeal funds raised enable the Diocese of Victoria to support various important programs, including: Religious Education; Youth Ministry; the Island Catholic Schools Long Term Capital Plan; Seminarians; Retired Clergy; Parish Outreach; First Nations Ministry; and Charitable Outreach and Works of Social Justice. Concrete examples of the Appeal funds distributed thus far to support those in need include:

### Parish Outreach

- Appeal funds of \$10,000 were provided to St. Bonaventure Parish, Port Hardy, to assist with extensive renovations of the church building, including new windows, insulation, siding and a new entrance.
- Subsidies of \$500 per month assist three smaller communities with their ongoing operating costs, including: St. Louis de Montfort Parish, Lake Cowichan; Holy Family Parish, Ucluelet; and the North Island Catholic Parishes, which include Alert Bay, Port McNeill, Port Hardy and Port Alice. These small communities have all expressed their gratitude to supporters of the Appeal for this much-needed financial assistance.

### First Nations Ministry

- A subsidy of \$500 per month is provided to St. Ann's Parish, Duncan to assist with their ongoing operating costs and help the community to further grow and strengthen.
- Returning to Spirit Workshops hosted by the Diocese of Victoria have provided new opportunities for healing and reconciliation with regard to Residential Schools and the aboriginal communities. Funds raised through the Journey of Hearts and Hands – New Beginnings Appeal will continue to assist with partial funding of these workshops and programs. A Returning to Spirit Reconciliation workshop in our Diocese in June will provide a historic week of opportunity for dialogue to further build bridges for healing and reconciliation between our aboriginal and non-aboriginal communities.
- A subsidy to assist with clergy pastoral outreach among the First Nations in the remote communities on the west and east coasts of Vancouver Island.

### Supporting Clergy and Seminarians

- As part of our responsibility and with thanksgiving for the many years of service to our Diocese, a total of eight retired members of the clergy received monthly pension supplements, which totalled \$75,000 at the end of May.
- Two of our seminarian students will complete their parish intern year and will return to the seminary in the Fall. Funds raised through the Appeal will assist them with room and board, tuition fees, books and living expenses while studying at St. Joseph's Seminary in Edmonton.

### Education and Youth Ministry

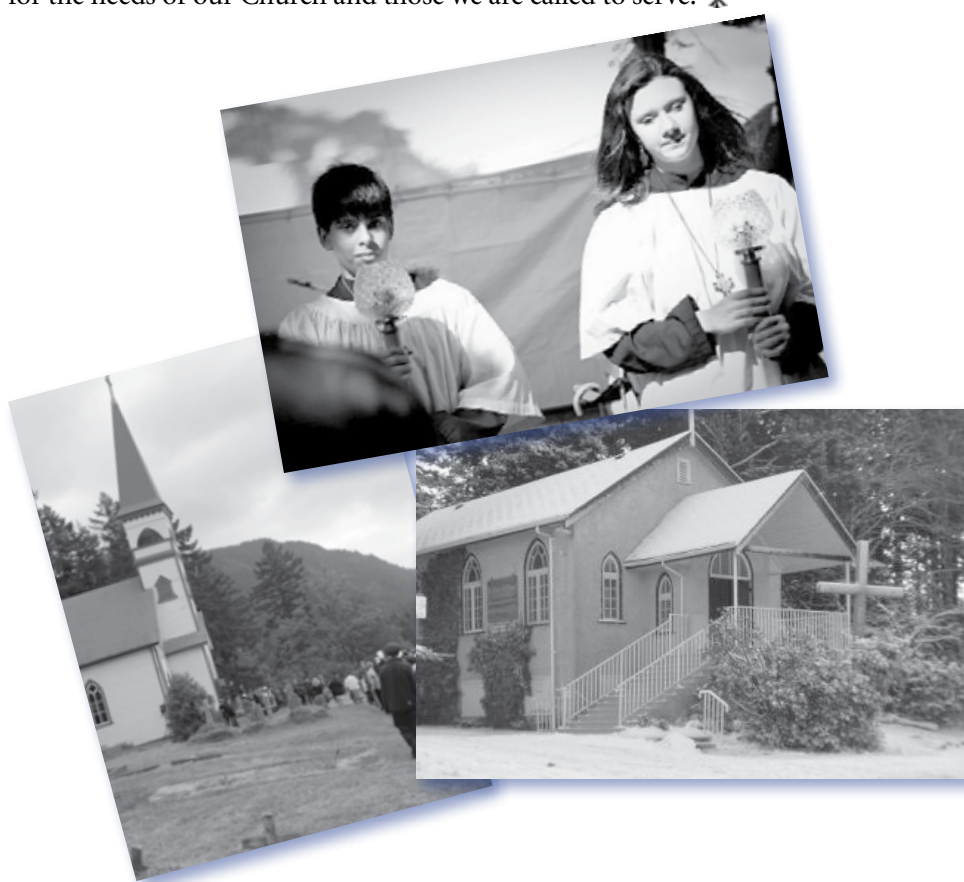
- Approximately \$320,000 has been forwarded to our Island Catholic Schools to assist with the Island Catholic Schools Capital plan for the renewal of: St. Andrew's Regional High School; St. Patrick's Elementary School; St. Joseph's Elementary School; and for the relocation of students and staff from St. Andrew's Elementary School. An Oversight Committee has been formed and a Project Management Firm has been selected to begin planning the work.
- A donation of \$750 was made to support a drug- and alcohol-free graduation organized by the St. Andrew's Regional High School Dry Grad Committee.
- The Diocesan Youth Conference speakers held in May at St. Andrew's Regional High School were provided with a stipend of \$2,130.
- The costs associated with the development of an improved web site will provide modern resources to assist with technology and communications.

### Outreach and Social Justice

- As recently advertised, a new position of Ministry Coordinator for the Office of Justice and Life will seek to address various needs and offer support for Catholic Social Teachings, Respect for Human Life, Refugees, environmental issues, and important local parish and school initiatives.

The Diocesan projects and initiatives supported above were funded through your generosity to the *Journey of Hearts and Hands – New Beginnings Appeal* and, on behalf of all the parishes, schools and ministry program participants, we extend a heartfelt Thank You!

We look forward to providing updates in the future to demonstrate how the funds raised serve to benefit one and all. The success of the fundraising Appeal affirms that we can work together to accomplish more than might be possible in isolation. Together we share the journey and together we will continue to build and provide for the needs of our Church and those we are called to serve. ✠



## St. Rose of Lima Reaps Benefit from Diocesan Appeal

Funds raised in the *Journey of Hearts and Hands – New Beginnings Appeal* are already at work helping the parishioners of St. Rose of Lima build their new church on Townsend Road in Sooke.

Pledges to the Appeal by St. Rose of Lima parishioners totalled \$55,418. Of the \$42,555 that has actually been received to date, \$27,555 (\$42,555 less the Diocese's share of \$15,000) has been applied to the building project, and there are over \$13,000 in pledges that also will go to the project when received.

The generosity of Appeal donors to St. Rose's extends beyond the borders of Sooke. Holy Cross parish kindly donated \$9,000 in Diocesan Appeal funds it raised to help with the construction of the new St. Rose of Lima church—and has indicated more funding support may be forthcoming.

St. Rose of Lima pastor Father Mike Favero expressed gratitude for the support shown by his parishioners and the parishioners of Holy Cross. "It is heartening to see such kindness, generosity, and enthusiasm for our new church. Your support is deeply appreciated," he said. ✠





# Diocesan Pastoral Plan

Claim the Past with Gratitude, Live the Present with Enthusiasm and Look to the Future with Hope

## Implementation of the Diocesan Pastoral Plan

Summary Report—April 2011

by Char Deslippe

The familiar story of the encounter between Jesus and the disciples on the road to Emmaus provides a framework for our present initiatives in the Diocese. We too are on a journey. We too recognize the Lord in the breaking of the bread, and, in so doing, acknowledge our call to be His hands and feet in the world today. Never has that truth been so obvious as in the overwhelming response from the people of the Diocese expressing what they believe discipleship means for us individually and collectively.

On March 22 and March 29, 135 Pastors and Parish Council Members gathered at Holy Cross Parish in Victoria and the Church of the Ascension in Parksville, hosts of two Parish Leadership Workshops. The evenings, sponsored by the Diocese of Victoria, focused on moving forward with our five-year *Diocesan Pastoral Plan* (DPP). These workshops brought parish leaders together to reflect on and discuss practical ways to involve parishioners in one or more of the six priorities identified in the DPP. A positive energy filled the room as participants listened to and interacted with four speakers who shared their insights in specific areas.

Bishop Richard's opening remarks welcomed representatives from both large and small parishes. He clarified the relationship between the five-year DPP and the Annual Appeal, noting that the latter was a recommendation stemming from the Pastoral Plan that would ensure we had funds to carry out some of our Diocesan Priorities. He encouraged individual parish participants to begin the process of identifying their priorities along with one or more goals that were achievable, would address their greatest needs, and be measureable in the coming year. He spoke of this as being a work in progress in which each parish has a unique contribution to make.

Leah MacKenzie, Diocesan Financial Administrator, spoke of our responsibility to move from merely maintaining present programs to advancing the mission of the Church. She challenged Parish Pastoral

Council leaders by inviting them to examine whether the majority of their time was spent reacting in crisis management mode or engaging people and resources in the proactive building of a stronger parish faith community. She shared examples of how the Diocesan Appeal money had already made a difference in people's lives through distribution of funds to help parish programs, Catholic schools capital plans, First Nations Ministry, retired clergy and needs in other areas.

Diocesan Religious Education Coordinator Jim O'Reilly focused his presentation on five major points: clarifying the role and responsibilities of the Parish Pastoral Council, the importance of Parish Mission Statements, methods of discerning parish goals and objectives, the importance of measuring results, and suggestions around recruitment of new leaders. He addressed the relationship between key personnel: the Pastor, delegate of the Bishop, who holds responsibility for the overall life of the parish; and the Parish Pastoral Council who assist and advise the Pastor through discussion and analysis of data that helps them discern which initiatives should be considered high priority.

The final portion of the evening, led by Char Deslippe, involved individual Parish Councils and

Pastors becoming familiar with a suggested method of choosing which of the six priorities they would address this first year. Using feedback summarized from data gathered in late 2009, parish leaders determined if the suggestions from parishioners were linked to the DPP, flowed from their parish mission statement, and were a reflection of what most of their parishioners would identify as high priority. They then began the task of brainstorming names of persons who had the charisms to begin work on strategies to address the priorities, taking into consideration possible costs and timelines.

What was so life-giving about these evening experiences was the obvious enthusiasm for continuing the process in the coming months. Each parish will hold itself accountable for its plans, evaluate effectiveness and commit to a periodic review. While smaller parishes, with good reason, may be able to work on fewer goals than larger parishes, it seems sure that one item on all Parish Pastoral Council agendas this coming year will be discussion of where they stand with the implementation of the *Diocesan Pastoral Plan*.

May God continue to bless us as we continue the journey toward a more vibrant witnessing of the Gospel. ✠



## What's the Next Step on the Journey?

You, Me and the Diocesan Pastoral Plan!

by James E. O'Reilly, Office of Religious Education

Following the promulgation of the *Diocesan Pastoral Plan*, workshops were held in March for Pastors and their Parish Pastoral Councils in Victoria (at Holy Cross Parish) and up-Island (at Ascension Parish in Parksville). These well-attended, well-received gatherings looked at the essential pastoral nature of the Parish Pastoral Council.

Parishioners who share their talents and gather around their parish priest form a spiritual and temporal crucible for living the life of discipleship in Christ, serving the needs of the local parish community and reaching out to the greater community.

Using the model of the six core areas of the *Diocesan Pastoral Plan* (Liturgy; Sacrament and Prayer; the Vocation of Marriage and Family; Outreach and Social Justice; Faith Formation; Stewardship; and Youth) Councils were guided in a methodology for developing their own local Parish Pastoral Plan. These plans will form a critical piece in our next phase, the Victoria Catholic Conference slated for October 28 – 29, 2011 entitled *Discipleship: The Journey of Hearts and Hands*.

The conference will open with a keynote presentation by internationally known speaker David Wells of Plymouth (England) Diocese. As well as being a senior high school teacher for the past seven years, David has served the Dioceses of Nottingham and Plymouth in a variety of roles in the last decade,

including serving as a member of the Committee for Catechesis and Adult Religious Education of the Bishops Conference for Britain and Wales.

A well-informed and entertaining speaker renowned in the USA, Canada, Eastern Europe and the United Kingdom, David Wells is also a popular speaker at the Los Angeles Religious Education Congress. David will develop a picture of the current state of Western Culture and outline some of the challenges that impact the Church, providing a framework for exploring the relationship between our global reality and the Church's response. He will discuss the work of Pope John Paul II on the *New Evangelization* for addressing these challenges.

Moving from the international scene to Canadian soil, our second presenter Susan Campbell (Director of Lay Formation, Diocese of Prince George) will address the directives provided by Canadian Bishops in the document *On Good Soil: Evangelization and Catechesis with Adults*. This document provides, among many other things, a practical and effective blueprint for revitalizing Church communities. Susan has worked with the Canadian Bishops on this document from the beginning.

Next Bishop Richard will make a connection to the *Diocesan Pastoral Plan* explaining where we are in the implementation process.

We then will move deeper into the Diocesan picture. In this section of the Conference, a variety of ministry experts will lead like-minded delegates in a process of assessing current conditions, as well as clarifying and recommending direction for the Six Core Areas. The session results will be recorded and will form a context for better insight and discernment at the Diocesan level for work to be done in each of the Six Core Areas.

The final work of the conference will involve Regional Workshop Sessions at which parish representatives will convene with regional pastoral plan facilitators to "check in" as to developments at their local level, reviewing resources and determining potential "next best steps."

The results of these sessions will form a basis for ongoing Diocesan planning and decision making.

Island Catholic Schools, representing a key connection with the Pastoral Plan and the future of the Church through our Catholic youth, will be involved right from the beginning of the Conference through to the Regional Workshop Sessions where their pairing with parishes will help build and enhance a strong network of discernment, creativity and support.

If you haven't already done so, put October 28 and 29 on your calendar, it just could be your next best step! ✠







~ Mark 9:23-24

*by Connie Dunwoody*

They're everywhere you look. Just go to any bookstore and head for the "Self-Help" section. They perch promisingly on shelves, dazzling with bright colours and shiny covers. They simply scream for you to pick them up, dash to the cash register and speed home to remake yourself into the "all new, improved, coping-better-than-ever" You. Right now! Today! Just read this book and you'll see how you can transform your life in three ... or four ... or five ... easy steps ... or weeks ...

According to an internet list, the top 10 Self-Help books include these titles: *Thoughts & Feelings: Taking Control of Your Moods and Your Life: A Workbook of Cognitive Behavioral Techniques* (yes, that's one book, absurd colon use included at no extra charge); *The Anxiety and Phobia Workbook*; and *Why Is It Always About You?: The 7 Deadly Sins of Narcissism*. I kinda want to read that last one. I might find something out about me I didn't know. Or better yet, discover something I can accuse someone else of since the description of the book reads "... how to cope with controlling and egotistical people who are incapable of the fundamental give and take that sustains healthy relationships."

And the number one self-help book? *Self-Esteem: A Proven Program of Cognitive Techniques for Assessing, Improving, and Maintaining your Self-Esteem*. My first reaction was to edit the title, but then it dawned on me that my self-esteem just suffered a huge blow: I don't actually understand it. Maybe the author of the book on narcissism should meet the author of this one. I wonder, would they have anything to talk about? On the plus side, they'd both be focused on the same person. On the down side, it seems likely neither would be listening to the other.

*Maybe the process of self-evaluation is the most important part of self-help. We need time to fully develop the essence of our life, and what we learn during that exercise can't be rushed.*

Good grief. Seems a body can't step out of the house without stepping wrong. Don't misunderstand, I don't mean to be flippant about self-help. We all have our scars. I certainly have mine, and I have read more than one book on my quest to simmer realization into understanding and healing. I do believe there

are resources that help people enormously, just as I know there are people who need help. Been, as they say, There, Done That. And I am a firm believer in asking for help, even though I have a hard time doing it myself. But here's the question: *Why does the average person think there is so much wrong with him or herself?* I think I know why we are so eager to buy in to the quick fix—but are we really all that broken?

A friend once asked me, “what’s the difference between being almost-50 and almost-30?” I replied, “I care so much less about things I used to think were so important.” We’ve been deluded into believing we have to be superhuman, have to be “more than” in order to be “something.” Thing is, we are already something in God’s eyes. We’re made in His image, after all.

That being true, why do we so easily believe we are *less than* when, really, we should believe we're *all that there is* because we are His? Maybe we are afraid to believe the “good stuff” about ourselves because we think it's too good to be true, or maybe we think we're wrong to think that about ourselves, or, as our *Narcissism* author would have us believe, maybe it's all just so much egoism.

Or maybe we are afraid to believe the good stuff because it really might be true. And then we'd have to live up to it. We become paralyzed by the thought that one day we'll misstep, screw it up and stop being Great.

Either way, the door creaks open and Fear enters, rattling its dry bones alongside our pulse, driving us away from Grace and into the sinews of Unbelief. We believe ourselves to be strung together by imagined inadequacies even as those we trust tell us otherwise. Doubt presses its withered palms against our hearing and we do not believe in our hearts the words that fill our ears. Despair raises its emaciated fingers to mask our sight as fleshy fingers fumble the pages of books, desperate for our brains to let us believe what we already know in our hearts, things we cannot read, cannot see, can only, ultimately Grace-fully understand. And still we stubbornly resist the slow melding of our Being into harmony with the truths around us, preferring to immerse ourselves again and again in the pressure cooker of life instead of slowly percolating in the time-measured pot in which our essence is most fully revealed as being part of the Whole, us as tiny mitochondria of the body of the Church and of the great *I Am*.

A few years ago I gave away my microwave oven and rediscovered my slow cooker. I invested in a copy

of Julia Child's cookbook. I've learned that certain things are just better when you take time to get the end result. In my slow cooker, flavours mingle and infuse in a glorious harmony that explodes in the mouth. Food so good you could "rejoice over it with gladness." (Zeph 3:17). Something happens in a careful and deliberate process that cannot occur quickly. It's mysterious and wonderful and, in today's overly busy life, largely a lost art.

*Hmmmm...*

Maybe the *process* of self-evaluation is the most important part of self-help. We need time to fully develop the essence of our life, and what we learn during that exercise can't be rushed.

And let's face it, it's dashed uncomfortable to take a good look at ourselves and identify things that might need to be different. Is it any wonder we'd rather turn the pages in a book than turn over a somewhat heavy new leaf? Perhaps the reason the self-help industry rakes in billions of dollars every year is that we are reluctant to engage in the depth of introspection necessary to fully understand our innermost selves. You know, the ones hidden behind the layers of facade we place between us and the outside world—the facile fakery of flawless everything. Ironically, in the leap from pot to fire, we turn up the heat on ourselves to be better, or different, right now! The problem with the quick fix is it only ripples the surface. It doesn't stir us, and often we change only for a short period of time. Without deeper discovery it's a superficial redesign at best. Frankly, I'd rather be slow-cooked than half-baked.

Or maybe we need to stop *thinking* so much, and just *believe*. Mind over matter? Naw, it's faith over all. Like the father in Mark's story, we can cry, "I do believe! Help my unbelief!" (Mark 9:24) That's a story more miraculous than culinary, dealing with casting out a demon from a small son. But the voice that tempts us to think less of ourselves is not heavenly. If you gave a title to that midnight voice I doubt it'd be "Adonai." These, too, are demons that torment us into thinking we're less-than, and while this cry sounds like a plea of contradiction, maybe we just want the courage to believe, to let faith override stubborn mind; we want help casting out the demons of Fear, Doubt and Despair. Jesus assures us that anything is possible when we believe, so maybe thinking only takes you so far. Eventually, you need to jump out of the fire and back into the pot in a *cordon bleu* leap of faith.

As for the top 10 list, I say the best self-help book has been around for over 2,000 years. It's sold more copies than any other publication in the history of the known world and is written by ordinary people who believed and so by grace transcended their Selves into Help for others. Against a triumvirate of terror is offered a trinity of Faith, Hope and Love. Dry bones transformed to nourishing food, in His time.

And as for immediate help, well, my Mom's advice to me still rings true: *Just be your own sweet self.*

She had a slow cooker, too. ✕

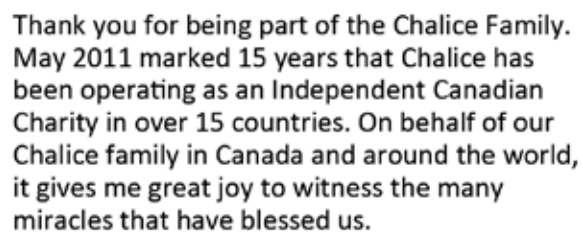
*If I say, “surely the darkness  
will overwhelm me, and the light  
around me will be night,” even the  
darkness is not dark to You, and the  
night is as bright as the day. Darkness  
and light are alike to You.*

~ Psalm 139:11-12



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~MoneySense, 2010



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# Lives that Inspire...

All stories are written by members of the St. Andrew's Regional High School Journalism class, taught by Mrs. Michele Sanders.

## The Other Man Upstairs

by Adrian Canagasuriam

As part of a series of interviews featuring “Catholics in the Community,” the Writing 12 class at St. Andrew's Regional High School had the pleasure of speaking with Mr. Leo Chaland, Superintendent of Island Catholic Schools. In our discussion, we had the opportunity to ask him questions about his childhood, career path, and the issues facing our school community today.

Mr. Chaland was raised in North Vancouver, where he attended St. Edmund's School. A self-described reading fanatic, Mr. Chaland loved books as a youth. And his love of learning naturally led him to the teaching profession. “My mother was a teacher,” he noted, “and she always kept a careful eye on the books that I read as a child.” After obtaining a degree at Notre Dame College in the Okanagan, Mr. Chaland held several positions as a teacher and administrator until joining ICS as Superintendent of schools.

In speaking with Mr. Chaland, we learned a lot about the administrative functions of his position. His average day consists of consulting with principals, meeting parents and attending various committee sessions. However, he also gets the opportunity to interact with students, which he describes as his “favourite part of the job.”

Near the conclusion of our time with Mr. Chaland, several questions regarding the future of Island Catholic Schools arose. In response to a concern about declining enrolment, Mr. Chaland replied with optimism, and explained that Island Catholic Schools are synonymous with a high quality of education. He went on to say that a close-knit school community and an encouraging learning environment make Island Catholic Schools unique. Mr. Chaland's passion for education is inspiring, and it was a great experience to get to know the “other man upstairs.” ✂



Leo Chaland



Mena Westhaver

## Just Put Some Sole Into It

by Michelle Kim

When it comes to running, Mena Westhaver does it best. She is an amazing woman who manages to balance work, family and leadership. Mena is the creator and manager of the Sole Sisters—the largest women-only Running Clinic in Canada that, since 2008, has helped more than 630 women. In 2011, there were nearly 300 women in the Clinic. The focus is to help women improve their health, fitness and self-esteem. By motivating them to run, Mena promotes confidence and helps women gain control over their lives. Despite all her commitments, this wonderful lady was gracious enough to spare some time to talk to our Writing 12 class at St. Andrew's High School. What follows is a transcript of the questions we asked and her answers:

### What is Sole Sisters exactly?

MW: Sole Sisters is a running club that goes from “sole to soul.” It allows women to recreate their lives through physical activity. We meet once a week for 14 weeks during which we listen to guest speakers and play games so when we run, no one thinks about physical limitations. Training passes quickly and isn't stressful; the focus is to feel happy and better about oneself.

### What was your inspiration behind Sole Sisters?

MW: I've always been involved in fitness and was frustrated with the set programs people had to follow. If someone was unable to keep up with the group, he or she got left behind (literally—the rest of the group would run ahead) and would sometimes become discouraged and quit. I wanted to create a program for everyone. I wanted a place for women to come to take life-changing steps and become fit.

### Is there any reason this program is just for women?

MW: Now don't get me wrong, I have nothing against men, but at any running program, approximately 80% of participants are women; the men create a different atmosphere and women often don't feel as relaxed. Women can sometimes feel intimidated by the men; Sole Sisters gives women a chance to feel safe and share common interests with others.

### Is this your full time job?

MW: I'll admit I do make a little bit of money but it's not enough to quit my job. It's 90% volunteer and I wouldn't give my passion up for anything; the sense of accomplishment I get can never be replaced with money. My friends sometimes ask me: “So what's next for you?” and I can't help but think: why stop when you feel you're impacting someone's life? It's fun!

### What do you want women to get out of this program?

MW: I want women to come out feeling empowered, confident and successful so they will no longer be stared down by a challenge, but instead, be able to face it. Soul Sisters is also a support group for women, allowing them to find friends that they can relate to. The goal is to have them find a partner so they can motivate each other to stay active even when the program isn't on.

### Do you see any trends in the cohort of women who participate in Sole Sisters?

MW: Generally, there is a large number of middle-aged women, about 30-40 years old, who suddenly realize that they're not being active. Sometimes they come saying “I'm going to Hawaii in a week” or “I'm getting married and the dress has already been made; it's too small!” Sometimes, they want a “quick fix” through our program; all of these problems I credit to our advancing technology. Though it is helping the world, it is also hindering our health. We have girls as young as 16 and ladies up to 76 years of age. But they have one thing in common: they want to change their lives. Really, we're just there to help them along. ✂

## Sister Beverley Mitchell

by Michaela Merryfield

This month marks Sister Beverley Mitchell's sixtieth year as a nun. Her journey to where she is today is truly inspiring, and our St. Andrew's Writing 12 Class had the opportunity to speak with her about her experience as a Sister of St. Ann and her love of writing.

Sister Beverley grew up in the Fraser Valley, and was raised in a Protestant family. She was a boarder at St. Ann's Academy in New Westminster, where she was educated in the Catholic faith and joined the Catholic Church in 1948. It was in 1949 that she became a sister of St. Ann, which was a three-year-long commitment. In 1951, at the end of the three years, she took her final vows as a nun.

As soon as we met Sister Beverley, it was clear that she had a passion for writing. The first thing she taught us was Northrop Frye's *Theory of Archetypes*—the cycle of the four seasons as embodied by four *mythoi*: comedy, romance, tragedy and irony or satire. Most of us had never heard this idea before, and Sister Beverley's explanation was eye-opening. She told us that, as young writers, this theory may prove useful in helping us understand and compare pieces of writing, and discover the patterns that occur in literature.

Sister Beverley's inspiration for writing came when she attended the University of Calgary and took a class taught by Canadian author W.O. Mitchell (of no relation). “He taught us ‘just to write,’” she said. “Don't think too much about the structure or it will be too manufactured.” Her class at the University, made up of six talented writers, would meet and read their work aloud, and critique each other's work.

Sister Beverley was the first of her classmates to be published, with her successful short story *Letter from Sakai* which was written about the Japanese Internment in Canada during World War II. It was published in *The Fiddlehead* magazine, then printed by McMillan, Oxford, read on the CBC, and was featured in Best American Stories in 1974. The titular character in her story was named after the Japanese classmate she sat beside in elementary school. After not seeing Sakai for fifty years, Sister Beverley was requested to have a phone conversation with Sakai on CBC Radio. She then received a phone call from Sakai inviting her to be her guest at the 1992 Homecoming Conference in Vancouver. Sister Beverley's experience showed us how powerful writing can be; *Letter from Sakai* was published not only in North America, but in Japan, and gave her the opportunity to reconnect with one of the people who inspired her story.

It was a privilege for our Writing 12 class to sit down with Sister Beverley, and we were all inspired by her incredible faith, talent in writing, and sense of humour. For sixty years, Sister Beverley Mitchell has been a dynamic member of our church community and we hope to have the opportunity to visit with her again soon. ✂



Sister Beverley Mitchell





# Catholic Schools



Recently, Michele Sanders, Leo Chaland and I were asked to be the panel of judges for the ICS Public Speaking Competition. We agreed whole-heartedly and were, it is safe to say, blown away (an idiom Ms. Liest would spot in a New York minute if she had her ear to the ground and her eye on the ball, as Mr. Chaland cleverly quipped) by the quality of the speeches and presentations.

When Christine James first approached us with her request, she used the word “magic” to describe the event—and magic it certainly was. We were delighted, entertained, surprised and touched. To quote Mr. Chaland, with some editorial license (which I am wont to take), “It [was] a treat for [us] to hear such high calibre presentations coming from these young students. The ability to reflect, compose and then deliver one’s ideas in a clear, interesting and compelling manner is one that will benefit these young people enormously.”

It also benefited us. I think I speak for us all when I say our very beings were enriched, encouraged and energized; we were fascinated and awed to experience the talent and courage of each of the participants. Our thanks extend not only to the students, but also to their parents and teachers who encourage and support them.

~ Connie Dunwoody, Editor, The Diocesan Messenger

My name is Anika Leist. I wrote this speech for the school speech competition and I look forward to it every year. I also like the spelling bee and I love to participate in all these opportunities. I went through many topics, as I talk about in my speech, but I ended up choosing idioms because it’s a topic we discuss a lot in my family. My family uses idioms a lot and we talk about their meanings and wonder how and when they originated. We have also had many foreign students live with us and have found that idioms are difficult for them to understand, but they are fun to explain. I got inspired by idioms when we talked about them in my family. I narrowed it down to idioms and one other topic that I will keep secret for now because I am saving it for next year’s competitions, so stay tuned. I still think my speech was the *cat’s meow* and that I *hit the nail on the head*.

## Idioms

### Speech given by Anika Leist at the ICS Public Speaking Competition

Writing a speech ... that will be a *piece of cake*. So, I set out to come up with a topic. My *knee-jerk reaction* was a speech about my pet cat, but I thought, “a speech about pets is a *dime a dozen*.” Then I considered talking about money and researching it, but what’s so interesting about a *penny saved is a penny earned*? Then I thought about Space: the Final Frontier as a topic, but when I researched it ... it was *all Greek to me*. Hey, maybe I could tell everyone about the workings of the digestive system—um—yeah—*when pigs fly*! Everything was a *toss-up*, *back to square one*. Now—let me *cut to the chase*.

I have used nine idioms so far—oops—I just let the *cat out of the bag*. A *dime a dozen*, *Once in a blue moon*, *Great minds think alike*, *Don’t count your chickens before they hatch*, *Let the cat out of the bag* and *Let sleeping dogs lie*. What are these saying? What do they mean? Where do they originate?

Dear teachers, staff, parents, classmates and judges, today I hope to entertain and educate you about idioms. What are idioms? Well, they are expressions in which the meaning of the whole expression has a completely different meaning than the actual words that are said. Confusing, I know. For example, if someone says that it’s *raining cats and dogs*, they don’t really mean there are cats and dogs falling from the sky, they mean it is raining very hard.

If you have ever read *Amelia Bedelia* books, then you know that Amelia doesn’t understand idioms. For example, Amelia is learning how to drive, and is told to watch for the *fork in the road*. That means that one road turns into two roads, but Amelia gets out of the car to look for a fork on the road. Also, Amelia was asked to dust the furniture and instead of cleaning, she puts dust on the furniture.

It is estimated that in the English language we have over 25,000 idioms. Since we are against the clock I can’t go through them all. But, now, *lend me your ear* because here are some of my favourite ones.

*When pigs fly*: which means that it will never happen. This was an old Scottish proverb dating back to the 16th century. Another one is *Break a leg*. Sounds terrible, doesn’t it? But it means to wish someone good luck. Also, *Something smells fishy* around here. No, it’s not about a bad smell, it means that something doesn’t seem quite right.

Well, I think this speech was *the cat’s meow* and that I *hit the nail on the head* with it, but I’ll *knock on wood*, just in case. ✂



Junior Competition winner Noah Hardy with panel judge Michele Sanders

## The Night Is Always Darkest Before Dawn

### Speech given by ICS Public Speaking Senior Competition Winner Kira Kawaguchi

Lights ... Camera ... Action. I now proudly present three unique stories. These are stories I know you have never heard before. How can I offer such a guarantee, you may ask? It is because the stories I am about to tell you are my own. As William Shakespeare once said, “All the world’s a stage, and all the men and women merely players.” I believe that, through this quote, Shakespeare was trying to say that we are all the stars of our own personal productions. I will now use this theatrical idea to clearly illustrate the proverb: *The night is always darkest before the dawn*. So please, sit back, and enjoy three moments in my life: My first piano recital; the second day of school; and the grand finale, the time I thought I had lost an irreplaceable friend.



Senior Competition winner Kira Kawaguchi with panel judge Connie Dunwoody

Most seven-year-olds dress up as ballerinas or vampires for Halloween. Not me. I was dressed up as a chimney sweep that year. It’s not that I particularly liked chimney sweeps, in fact I barely knew what they were at the time. The only reason I actually did so was for a piano recital. My very first piano recital, held on Halloween night. I was playing *Chim Chim Cheree*, from the film *Mary Poppins*, and was asked to dress up as a character depicted in the song. I vividly remember the fear that came with performing for the first time. As I sat in the darkness, waiting to be called up, I was petrified. When my name was finally called, my piano teacher took my hand and led me to the stage, to the light. I nervously sat down at the piano. When I looked out and saw the audience, smiling warmly, I realized how warm and comforting the light actually was. Leaving the darkness that day taught me that taking a step forward can sometimes leave your fears behind.

Many kids dread the first day of school. They hate unfamiliarity of it all: the new faces, new location, new schedule. I was not one of those kids. I was incredibly excited to go to school for the first time. Unfortunately, I didn’t quite realize that school was where I would be stuck for quite a few years. I seemed to think that it was a very temporary thing, and I would go for a week at most. By the second day, I had already begun to see school as more of a jail cell, dark, unforgiving, and inescapable. I didn’t like being in the dark. On that second day of school, I was having a particularly bad time. My teacher, Mrs. Margison, asked me what was wrong. I told her something to the effect of, “I hate being new. It’s yucky.”

To which she replied, “It’s alright. I’m new too. We’ll get through this together.” Mrs. Margison made my first year at school bearable. She was my light in the darkness, and her kindness made me understand that school shouldn’t be a dark place. It is wonderful and bright.

When I was five, my family and I were staying in Kingston for a while. It was miserably cold all the time, but it didn’t bother me all that much. This was probably due to the fact that I had Chico, a stuffed chihuahua, to keep me company. Chico went everywhere and did everything with me. One day, though, the hotel we were staying in caught fire while we were asleep. My memories of it are really vague. There is one thing I remember clearly, though. I remember the darkness. It was everywhere, all consuming. Being five, I don’t think I quite understood the gravity of the situation. That is, until I realized that Chico was missing. I’m fairly certain I gave the fireman a heart attack by screaming “I can’t find Chico!” He automatically assumed that Chico was a person. I had to explain, in between sobs, that it was much worse. I told him all about my “pet chihuahua” that got left behind. He proceeded to have a second heart attack because he thought it was a real dog.

When my mother finally intervened to tell him it was only a stuffed toy, he shrugged, saying he had business to attend to. He left us with the paramedics and disappeared somewhere. Minutes later, however, we saw him coming back. This time, he had something in his hand. It was blackened by the smoke and ash, and it smelled strongly of smoke, but it was still my Chico. That fireman had risked his life, gone back into a burning building just to retrieve a stuffed toy for a five year old. What he didn’t realize in that instance, however, is that he also brought light back into that five-year-old’s eyes.

*The night is always darkest before the dawn*. But what if there wasn’t any darkness? What if everything that ever happened to anyone at any time was positive? Then the light would become insignificant and we would simply take it for granted. Because of the way things are, we can truly appreciate the little things that happen in our lives. While I sat and reflected on this proverb, and its meaning, a common theme became apparent to me. In all three stories I presented to you today, the kindness of others was my dawn after a dark time. So as I exit stage left, I leave you with one thought.

*Be kind to others, as you could very well be their dawn after a long and dark night.* ✂





# Superintendent's Message

by Leo Chaland, Superintendent of Schools

My two years as Superintendent of Island Catholic Schools ends soon. Joe Colistro, on leave for the past two years, will return effective August 1, 2011, eager and refreshed after two years in two very different postings. In 2009-2010, Joe was the principal of a very large boys' high school in Dalian, China, and this past year, 2010-2011, Joe has been the principal of a small Catholic elementary school in Williams Lake. Each of these assignments has brought Joe back to his roots in schools and has provided varied opportunities for renewal and professional growth.

The *Catholic School Action Plan* is proceeding with most of the preliminary work taking place in the background, unseen and, therefore, often unknown. The plan will see St. Andrew's Regional High School, St. Patrick's Catholic Elementary School and St. Joseph's Catholic Elementary School (Victoria) seismically upgraded. Student capacity will be expanded at the High School and at St. Joseph's. St. Patrick's will receive major renovations as will the High School. In fact, portions of the existing buildings will be demolished and replaced. At St. Joseph's most of the work will involve new construction to double the size of the school. We are just beginning the selecting of architects, most probably one for the High School and another for the two elementary schools. When the project is complete these schools will be, as our Project manager has said, "modern, efficient, durable and attractive."

The provincial government provides no funding for any construction, renovation or upkeep of our buildings. This work must be financed entirely through fundraising, donations and tuition. Your support is crucial. These schools are a vital part of the legacy we leave as Catholics and they are important to the evangelising mission of the Church. Please contribute generously to the Bishop's Appeal which will take place from mid-October to the end of November. My prayer is that the people of God accept the challenge of keeping Catholic schools strong on Vancouver Island.

The past two years have been for me an extraordinary journey of the heart. My work for Island Catholic Schools has been a renewal and re-creation of my spirit and my soul for which I will be forever grateful. I have been blessed by God to have been given this opportunity and I have received more than I have given.

Through God's grace my understanding and appreciation of the good work done by the staff of ICS has expanded. Through God's grace, manifested in the many teachers, administrators, support staff, parents and students I have met, my own faith has been strengthened. My experiences over the past two years have helped me realize more than ever that God's love for each of us is intense, intimate, persistent and never diminished by our own failures and sins. It is because God loves us first that we are able to love. I thank all of you who, through your example, have helped strengthen my faith and showed me that God's compassion, mercy and love are poured out for us unceasingly and unconditionally in the ordinary course of our day-to-day existence. ✠



# Focus on Teachers Joyce MacLean

Queen of Angels' PE / Dance Teacher Extraordinaire

by Cathy McGeragle

Joyce MacLean left her native British shores and came to Canada with her husband Rob in 1978. She and her Canadian husband initially worked at Brentwood College where he taught History and she taught Dance. Joyce first worked as a volunteer for Queen of Angels (Q of A), helping to produce the musical *Hope for the Flowers* and many more subsequently. After years of voluntary service at Q of A while maintaining her teaching position at Brentwood College, Joyce accepted a part-time paid position at Q of A, while continuing to work at Brentwood. She was (and still is) employed in the areas of Physical Education (PE) and Fine Arts at Q of A. Other than one year of sabbatical leave, Joyce has been a fixture at Queen of Angels during the past thirty-two years, not including her voluntary work! It is hard to imagine Queen of Angels School without Joyce MacLean and the many extras that she brings to the school's life!

Joyce obtained a Diploma in Advanced Art & the Science of Movement at the London University in England. During her forty-one years of coaching, she has coached Netball, Basketball, Soccer, Field Hockey, Volleyball, Softball, Track and Field, Cross Country and Floor Hockey. Asked to recall a favourite memory from her years of coaching, Joyce said, "Seeing children succeed and feel good about themselves!" Joyce has a special something that seems to enable children to shine and do their best. Perhaps it's her ability to believe in each student's capabilities and a refusal to accept anything less than her vision for each one. It's inspiring to see students excel and surprise even themselves under Joyce's coaching.

Dance is a passion for Joyce! She prepared children for a Nativity Dance at Providence Farm for the first time in 1983, and has prepared children to perform there every Christmas since! I'm sure this is a highlight of the season for the folks who enjoy it each year. Similarly, anyone who has had the privilege of watching Joyce's students perform their Remembrance Day dance will not forget it! The children provide a very moving performance that is truly impressive.

Joyce first prepared children to take part in a liturgical dance in 1988. This was pretty new territory at the time and Joyce remembers being attacked by an elderly lady after the event! Recently, she was struck by the change in attitudes over the years when she was approached by two older ladies after the children had performed a liturgical dance. The ladies were very appreciative of the performance and Joyce merited a "That was lovely, dear!"

Former students have many special memories associated with Joyce. For years Joyce took Grade 6 students to Camp Kwanoes for a two-day overnight trip. This campout was a highlight of the school year for the classes that benefitted from Joyce's extra efforts to provide this experience.

Some qualities that her fellow staff-mates appreciate about Mrs. McLean include: generosity with her time, fairness towards all students coupled with high-expectations for them, and her overall commitment and dedication to whatever she is doing. She is a terrific role model for us as a staff and we salute her!

*Joyce has a special something that seems to enable children to shine and do their best. Perhaps it's her ability to believe in each student's capabilities ...*

Finally, on any given day Joyce puts a smile on many faces by the use of many sayings, her British "Joycism's" which add colour to her speech. When Joyce says with a big, plastic smile, "That's nice!" students are invariably silent and whatever was an issue for them is quite forgotten. Similarly, when students hear, "I'll snicker-snacker you!" or "I'll have your guts for garters!" their eyes are wide and their awe is evident and whatever behaviour was a problem is quickly in the past! Add, "Don't get your knickers in a knot!" and I think you'll have an idea of Joyce's command of British sayings. These delight and amuse the rest of us! We all try to "Stop being so gormless!"

Joyce McLean, I know I speak for the staff and body of students and parents at Queen of Angels. We may not say it very often, but you are a treasure and we love you and appreciate and respect all that you have done and continue to do for us. Your selfless spirit and enthusiasm are an inspiration! You have done all things well! Thank you! ✠



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# St. Andrew’s Regional High School Sports Teams

## Wrap Up Spring Season with Exciting Finishes

by Joanie Bidlake



Katlyn Scarfe, Nicaela Weigel, Shelbie Weigel

### TRACK AND FIELD TEAM WINDS UP ANOTHER SUCCESSFUL SEASON!

*Congratulations to the Sabres Track and Field Team for placing 2nd on Vancouver Island  
Special Mentions of the Bantam Girls and Junior Boys Teams for placing 1st on Vancouver Island*

We are so proud of this team of 75 athletes! The look on these athletes’ faces at the meet in May showed how much spirit, determination and effort they put into their races and field events. Thank you so much for your support! Next stop: BC Provincial Championships!

#### Meet our Coaching Staff

**Head Coach:** *Angela McLeish*

Angela took over as Head Coach for the SABRES Track and Field Team from St. Patrick’s Elementary School about seven years ago. We had been lobbying to get her to for about ten years—or maybe it was 15—but she finally took that big step, and aren’t we the happy team! Angela still coaches for St. Pat’s, and also works as a TOC for Island Catholic Schools. In addition to the aforementioned, she is also Program Coordinator for Run/Jump/Throw and Speed/Agility/Strength programs for Pacific Sport in conjunction with the University of Victoria and Athletics Canada; is one of the coordinators for the Vikes Track and Field Camps; and she still finds time to play soccer for Gorge. She and her husband Steve have two adorable children, Tion and Brianne, who will be in Grades 2 and 1 respectively at St. Pat’s in the Fall. I haven’t really had a chance to talk to her yet about what she does in her “spare time.” Maybe we’ll have a chance to chat when she finally has some!

**Team Manager:** *Sylvia Therrien*

Sylvia is a SARHS parent, and has been instrumental in spearheading the track and field program for probably close to 10 years now. In the words of Angela McLeish, “Sylvia spends hours organizing volunteers, booking facilities, hotels and arranging trips. She is the best manager any business or team could ever have. It is a full time job, really! She plans to stay on—until Tion and Brianne graduate, we’re hoping! Sylvia coordinates communication with athletes, parents and the school as well as league administration regarding track meet schedules, and ensures athletes are registered for all their meets. In other words, Sylvia does a lot for our team, for which we are very grateful!”

**Teacher Sponsor:** *Nicole Carvalho*

Nicole has been in this demanding role the past five years and is very instrumental in making sure the team stays organized and on track (pun intended—and—true!). Head Coach Angela, states: “Nicole’s positive encouragement and disposition have students look up to her and strive to excel. There is never a task she doesn’t do without a smile on her face. Nicole is always ready to please and cheer her team on to greatness. In short—amazing!” We are so fortunate to have her, not only the Track Team, but also as a teacher with St. Andrew’s Regional High School. Thank you, Nicole!

Thank you to Mr. Mark Cristante, who also helped out with coaching, assisting with practices and training this year; and to Mr. Kevin Mennie who come out to support the athletes (and carry a few javelins). The Team wouldn’t be where they are without the awesome help from our assistant Coaches, several of whom are SARHS Alumni:

- Throws: Dave Achtem, Alex Pearse (alumnus), Nicole Carvalho
- Jumps: Greg Peters, Nick Falzon (alumnus), Marc Fiocco (alumnus)
- Sprints: Dacre Bowen, Anastasia Pearse (alumna), Beth Achtem (alumna), Angela McLeish
- Distance: Cody & Brittany Therrien (both alumni)

#### Athletes / Final Standings

Bantam Girls and Junior Boys won their category for the Lower Islands and the Islands Championships. SARHS placed 2nd overall in the Lower Islands and Island Championships. This is a huge accomplishment because as a Single A school, we compete against all AA and AAA schools as there are no separate divisions for track and field (many of these schools have at least 4x as many athletes to choose from as we do).

#### Special Mentions

- \* Cody Therrien: Winner of the 800m, 1500m and 3000m for Lower Island (LI) and Islands (setting records in the 800m, and his time in the 3000m was a record for both league and LI. This is the final year for Cody at SARHS, who graduates in June. We have been lucky to have Cody run for the team and he has inspired other young distance runners; we are also grateful for his help with coaching.
- \* Jordyn Piercy: Aggregate winner of the meets, winning the 80m hurdles, 300 m hurdles - setting a record in the 300 m hurdles for Islands.
- \* David Boyd: Set a new record for the 300m hurdles for the Islands.
- \*Olivia Pearse: Up-and-coming sprinter extraordinaire winning her events for the 100m and 200m.

And finally, we send a big thank you to Janette Redchurch’s Grade 2 class from St. Patrick’s, who were our Super Mini Fans at the final championship meet held at Centennial Stadium!



Bantam Girls: 1st on Vancouver Island - L to R: Cecelia Fillipone, Grace Geneau, Kathryn Boechler, Emily McCart, Kaylie MacNeil, Jordyn Piercy, Ania Zapotoczny, Emma Gibbs, Sarah Schlatter, Julie Benini, Hannah Taft, Mikayla Sousa (Bantam Girls)





### SOCCER—JR. AND SR. GIRLS

The Junior Girls were coached this year by Mr. Dean Anderson and Ms. Deb Garner. Both coaches brought a lot of knowledge, experience, and passion for the game. The team was made up of a very energetic and athletic group of Grade 8 and 9 girls who kept a positive attitude throughout the season, fought hard and had some close games. Well done, girls! We would like to thank both Mr. Anderson and Ms. Garner for coaching.

The Senior Girls were coached by Mr. Kevin Mennie, and Ms. Sheri Onushko. The team competed in the A/AA City League this year. The girls played extremely well and were able to frustrate the top-ranked team in the province at one of their final games. The team now waits to find out if they qualified for the “A” Islands later this month. We congratulate the girls for their terrific effort, determination and spirit, and offer thanks to our dedicated coaches!

### BADMINTON—SABRES AT THE NET AGAIN!

Susie Nute: everyone in ICS knows Susie, right? She is always there whenever the need arises at the schools—be it as a substitute teacher, math tutor, or serving hot lunch, assisting in the Library or the Office—and so on!! One of our ICS “working warriors,” she also stepped in again to lead the Badminton team. Susie was assisted by her two Head Coaches, Rianna Mitchell & Jason Allan, both of whom are SARHS alumni, and who also juggle classes at UVic. Extra help in the coaching department was very much appreciated from alumni Jordan Wong, David Yuan and Jeremy Cote. Our seniors team fought through a tough season due to a shortage of girls on the team, and some injuries, which resulted in four Grade 10s moving up to the senior team, in essence sacrificing their chances to play in their own grade level championship. Our two graduating players, Victor Yuan and Viet Tran, were probably the best boys doubles in the league—well done, boys! There is a strong group of Grade 10s returning so we anticipate moving up in the rankings next year. Special applause goes to Konrad Suesser, who made it to the Semi Finals on the Consolation side, and came out to compete with his broken left wrist in a cast. Thank you for your effort and dedication. CONGRATULATIONS to all our Senior, Junior, Grade 9 and Grade 8 Badminton Teams on your commitment, effort and talent!

### JAMIESON CUP HOCKEY GAME—TEACHERS COME OUT ON TOP!

On March 31 at 6:00 pm the puck dropped for the 2nd Annual Jamieson Cup Hockey Game at Bear Mountain Arena. Teachers and students took to the ice—with both teams geared up for a battle. First it was the Juniors playing fiercely against the Teachers. The crowd was noisy and having fun, causing lots of commotion in the stands as they cheered for their “preferred team!” The Teachers looked to be skating with purpose (well, most of them—some more gingerly than others—but looking good!) The Juniors, though, were ready to take them on and everyone was kept entertained and on the edge of their seat by the fast-paced checking, passing and shooting. Exciting play—but in the end—it was the Teachers with the win.

Next the Seniors were up and “chomping at the bit.” Anxious to switch it up, they rushed out onto the ice ready for a fast closer and hoping for maybe a hat trick (or two). The attitude was ATTACK: “bring it on!” Meanwhile, back on the ice came the Teachers, perhaps not quite as quickly after a too-short break—or so I heard. But they dug deep and re-grouped, amazing us with their moves: breakout, slap shot, power play, GOAL! The crowd was rewarded with fast skating and impressive goal tending at both ends of the arena. Mr. Stuart Andrie was in goal for the Teachers while Dan Geneau and Peter Savage split the goalie duties for the Students—well done boys! In the end, though, it was the TEACHERS who won both games.

The Jamieson Cup was presented by Mr. Keleher (yes, on the ice!) to Team Captain Mr. Kevin Mennie. A fun night, with both teams looking for the re-match next year! Congratulations, Teachers, and good effort, Students!



### TC 10K—76-MEMBER ST. ANDREW’S TEAM AT THE START LINE

Once again, St. Andrew’s Regional High School “Team Sabres,” with a strong 76-member squad, set off from the start line in the Times Colonist 10K Run/Walk on the beautiful Victoria Sunday morning of May 1. The team was lead—appropriately so wouldn’t you say—by Athletic Director Kevin Mennie, who clocked in at 39 minutes 19 seconds as he sprinted across the Finish; he was followed by the next fastest Sabre runners: Konrad Suesser, at 44 minutes 13 seconds, and Mr. Dean Anderson close behind at 44 minutes 53 seconds! A fantastic day that we all enjoyed being a part of. Well done, everyone! Meanwhile ... it’s not too early to start training for next year!

### MS. ALIA ZAWACKI RUNS HALF MARATHON TWO WEEKS AFTER 10K

Running the TC 10K was just a “warm-up” for Ms. Alia Zawacki, who set off from the start of the Oak Bay Half Marathon—yes, in the pouring rain—on Sunday, May 15; a very different sort of morning from the 10K. The rain was not pleasant, but she inspired us to strive to be better no matter the weather. Good job, Ms. Zawacki! We are proud of our “new” Head Rowing Coach. Now, I put the word “new” in quotes because Ms. Zawacki really isn’t a new Head Rowing Coach for SARHS. Alia took over that job while Mrs. Kim Arthurs was on maternity leave, successfully coaching our team for approximately four years before going on maternity leave herself. We are grateful to Mrs. Arthurs for all the support, experience and knowledge she has contributed to our Rowing program, and give an enthusiastic welcome back Ms. Zawacki!

Which now brings me to mention a brand new program, set to start at St. Andrew’s in September: the St. Andrew’s Rowing Academy, a full-year program and credited course that will be run by Ms. Zawacki, who will be Program Coordinator. We are very excited not only about this new program and all it encompasses, but having a high caliber, elite-level athlete like Ms. Zawacki teaching it. She holds a Master of Education in Coaching Studies, and has completed the Level 3: National Coaching Certification Program. The Rowing Academy will also include on-the-water training in the Spring in preparation for Schoolboys—the national high school rowing regatta held in St. Catharines, Ontario, in June 2012. Rowers welcome! Please join us! For more information, please contact Ms. Zawacki at the high school, (250)479-1414, or by email to [azawacki@cisdv.bc.ca](mailto:azawacki@cisdv.bc.ca).

### HIGHLIGHTED RESULTS – BC PROVINCIAL TRACK/FIELD CHAMPIONSHIPS JUNE 4, 2011

Congratulations to all who competed in this high-level event!

- Cody Therrien: Silver - Mens 3000m  
Bronze - Mens 1500m
- Jordyn Piercy: 7th – 8/9 Female 80m Hurdles
- Jordyn Piercy / Hannah Taft /  
Olivia Pearse / Emma Gibbs:  
2nd - 8/9 Female 4 x 100 m relay  
4th - 8/9 Female 4 x 400 m relay
- Sarah Gibbs / Jamie Christie /  
Olivia Scholes / Soraya Rizzo:  
9th - Senior Female 4 x 100 m relay

Patrick Keane: although Patrick is in Grade 8, he held his own in the 1500m and 3000m against Grade 9 boys.







*I liked Adoration time the best.  
It let me get my own time with God.*

## ***We Are a Holy Nation***

*By Flo Follero-Pugh*

Put about 120 youth in a gym for a weekend and amazing things can happen. The 8th Annual Diocesan Youth Conference took place at the end of May, and you could feel the excitement in the air as soon as you walked in the front doors. Teens from every corner of the Diocese renewed old friendships and started up new ones, in a living testament to how the young Church is building Christ's holy nation.

Our keynote speakers from APeX Ministries blew everyone away with their death-defying juggling and personal testimonies. Youth from our cities shared their talents on stage, played games, and danced their hearts out while learning how great it is to be a part of the "Cathedral Royale."

Huge thanks go out to all the participants, chaperones, and volunteers who made this conference a true weekend to remember! ✂



*I really liked my experience  
here and I hope to come back  
next year.*







*DYC was totally awesome! I always leave having learned something new.*



*A chaperone wrote:  
What I like best is watching  
the kids shine in a safe place &  
seeing them connect and grow  
within their Faith.*





# Focus on Youth

## Catholic Students' Week UVIC Style

by Katrina Laquian, CCSA Executive, Western Representative

Catholic Students Week at the University of Victoria was highly anticipated. With 30 events planned throughout the week, there was much to look forward to amongst the campus and wider community.

On kick-off day, student teams raced for the finish in Amazing Race: CCSA Style. It was a very close competition from beginning to end.



From the week's beginning, events were well attended. The largest group this year for The Bible, Burgers and Beer discussed Scripture and reflected on *Romero*, the 1989 film on the Archbishop of El Salvador who was a voice for the voiceless.


"Dish with the Bish" on Wednesday evening brought many to the table to engage in conversation with Bishop Richard Gagnon of the Diocese of Victoria—conversation that lasted for three hours! Students were moved by his willingness to speak from the heart.

The week drew to a close with high energy through an intense game of Laser Tag, followed by great worship and incredible fellowship during Adoration.

Catholic Students Week was an amazing opportunity to not only increase the profile of Catholics on campus, but to also respond to God's call to be united as one body. Everyone grew in faith. ✠



From left: Brenda Schwab, Brian Bird, Katrina Laquian, Derek Geake, Jessica Tennant, Brendan Arnold, Kayla Hart, Nadia Cornejo, Fr. Dean Henderson, Tesi Carmona Wagner



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**60 years of religious profession**  
Sister Beverley Mitchell ~ Sister Mary Ellen King  
Sister Kathleen (Sharon) Doore

**50 years of religious profession**  
Sister Kateri Mitchell ~ Sister Marie Zarowny  
Sister Margaret Jacques

## Knowing Victoria's Homeless

by Derek Ballinger

On February 18, ten youth from St. Joseph the Worker's iGNight youth group and one from St. John the Divine Anglican Church gave up a day off from school to get closer to the homeless in Victoria. Adult members from both congregations put together a program called Knowing Victoria's Homeless, allowing the teens to explore causes of and ways out of homelessness.

The day started with prayer, introductions, and a 1.5-hour volunteer stint at one of three different locations: the 9-10 Club serving breakfast at St. Andrew's Cathedral; preparing lunch at Our Place; or folding clothes at Anawim House. This direct experience with people with needs and those who ministered to them gave some perspective on homelessness in town. The three groups reconvened afterwards at St. John's for snacks, sharing and reflecting on their experiences.

Peggy Wilmot with St. John's told the story of "Joe," a hypothetical man who hits hard times and ends up on the streets. Would Joe and others like him be able to make it on welfare? She tasked the students with shopping at a local grocery store given Joe's weekly budget or that of families in similar situations, showing just how difficult survival can be.

Back at St. John's for lunch, Rebekah Humphrey with the Threshold Housing Society spoke with the kids about homeless youth and how Threshold is only able to help a small fraction of those in need. Many of the girls she sees come from abusive relationships at home and need a stable environment where they can breathe.

The teens next hopped aboard Rick Sandberg's Street Hope RV to try his delicious peach juice and learn about how he tries to give hope and dignity to those on the streets, many of whom struggle with addictions. Rick talked about how Jesus' message is healing for many who have begun to give up on themselves.

Peggy's final story about bodies floating down a river illustrated the difference between charity (rescuing the people from the river) and justice (fixing the hole in the bridge that was causing people to fall into the river to begin with), how both were needed, and challenged the youth to look at where they felt called. Many of the teens thought they would like to become more involved, even in small ways: baking cookies for teens at Threshold Housing, writing letters to government officials about the lack of affordable housing in Victoria, and donating some of their own clothing during Lent. ✠


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# Connections



by Raya MacKenzie

I saw a feature of the face of Christ. It happened unexpectedly on Government Street, at 2:00 am on what had been a Friday night and was becoming a Saturday morning. His face folded with age and the wear of weather. A tangled mess of white whiskers fringed the chin and his hair lay long and matted down to his shoulders. But the second-hand top hat he'd placed on his head and the sweeping black trench coat made him appear somewhat of a nobleman among the city's poor.

The face came suddenly into the glow under the lamp where I stood with a friend. A group of us had just come out of a concert and she was rummaging for her phone to call a taxi. Our guy friends, perpetually hungry, had stopped at a late night hot dog stand.

"Hi!" the lips under the whiskers opened quickly. Ordinarily, I would have stepped several feet away from such a character, kept my eyes glued to the pavement. But with the guys nearby and my friend beside me, I felt fairly secure.

"Hi," I said hesitantly.

"I'm Bob the Street Poet," he said. He took out a spotless sheet of white paper listing the titles of poems. "On the menu today," he explained, "we have *The Eagle*." He edged a bit away from us until he stood directly under the streetlight's spotlight. Then he began his recitation.

His voice rolled into the dark, deep and slightly grizzled but so reverberating. His verse told of the flight of two eagles, a father and a son. The son plummeted off a high rocky crag, but his father raised

him on his own wings until the son eagle learned to fly across the sea. As the Street Poet spoke, I thought of all the powerful voices that had echoed throughout the ages. Once, street poets roamed everywhere earning their bread and spreading their songs. Minstrels chanted *Beowulf* in sliding alliterations. They still speak, I believe, somewhere in the depths of our consciousness. Here I experienced this modern minstrel, shining with the light of the ancient bards, enchanting my ears.

Then he stopped talking.

I heard the taxis whiz by the curb, the click of girls' heels on the tarmac, the sizzle of the sausages on the hot dog stand's grill. Bob stood there, absolutely still. Bob? That was the name of this poet? No, I corrected myself, he could not be a real poet. This was a *Street Poet*. I inhaled. Did he smell like whiskey, like wine, like beer? Did he smell like an alcoholic who drank anything he could get his hands on? No?

If not, surely he was crazy then. If you are homeless you are generally an addict or a schizophrenic, they say.

I caught Bob's eye, which I half expected to dart wildly with drink or disorder, but it met mine steadily, a cool, clear blue. I felt ashamed.

Hadn't they assumed the same things about Christ? He broke the Sabbath; he was morally deviant, they said. He spoke in prophecies; he was insane, they said. He had a hometown, a mother, a common name; he was nothing but an ordinary man, they said. Ordinary, visionary, revolutionary, Christ walked

in worn sandals and preached in street corners. He, like Bob, told the poetry of the everyday and lived in the grime and dust of the world. He went with the vernacular, not solely Latin, on his lips.

I looked back at the flesh and blood Street Poet before me, still holding his pause. Why did he pause? Why did I wait? And in the waiting I gave myself over to the silence Bob enveloped us in. I forgot the possibility of alcoholism, the possibility of insanity and looked, really saw. Here was Bob, in all the deficiencies and complications of whatever his past had been, fractures that now made up the street poetry.

I understood then why he paused that way, keeping us still with those steady eyes. He wanted us to hear, to listen to the taxis and noises of the streets. This—the hum of helicopters, honking horns, voices calling "goodnight"—this was this final couplet.

The street poet spoke. Bob spoke.

"I wrote that for my father," he said. And I heard in his soft voice the whispered possibility of redemption. ✂

*You yourselves have seen ...  
how I bore you on eagles' wings and  
brought you to Myself.  
~ Exodus 19:3-5*

## CCCM Recognized as a National Private Association of the Faithful by the CCCB

Ottawa - On Monday, April 11, 2011, CCCM Board Chair, Fr. Daniel Renaud OMI and national coordinator Lori Neale were presented with a decree at the CCCB offices announcing that "The Canadian Conference of Catholic Bishops, being the competent authority for granting national juridical status to an association of the faithful, by this decree recognizes the association Canadian Catholic Campus Ministry as a national private association of the faithful according to the Code of Canon Law."

*The CCCM is now one of only two national associations to be recognized as a private lay association of the faithful by the Canadian Conference of Catholic Bishops. The Catholic Women's League was recognized in 2005.*

"We are honoured to have been recognized in this way by the Bishops. It recognizes our 65 years of fidelity to the Church and its mission, as the Canadian Newman Movement and more recently as the Canadian Catholic Campus Ministry. We look forward to continuing to serve Christ and his Church on campuses of Higher Education for many years to come with renewed purpose and vision," remarks Fr. Daniel Renaud OMI, board chair of the CCCM. ✂

## Salsa Success at St. Joe's

by Jeremy Cote

I have heard it said that God is never outdone in His generosity. Well, that certainly is true and God's generosity was exhibited through the amazing turnout seen on May 6 at the Latin Night fundraiser for the Victoria Diocese Pilgrims attending World Youth Day. Nearly 150 guests from a wide variety of parishes throughout the Diocese packed the hall at St. Joseph the Worker Parish to celebrate an evening of genuine Mexican food and dancing.

This event was put on by about 15 of the nearly 30 pilgrims who are part of the Diocesan group heading to World Youth Day in Spain in August. Through the hard work of the pilgrims and many other volunteers who generously offered their time and resources, a fantastic event took place. Guests were treated to a fabulous five-course spread of genuine Mexican food, served to the guests by the pilgrims. The night also had a raffle draw with generously donated prizes and a cash bar service put on by the St. Joseph's Knights of Columbus, as well as fun games for the kids, including a jelly-bean jar count and piñatas stuffed with candy!

The night concluded with a Salsa dance show, lesson and free dance. It was a fantastic event and it was enjoyed by all who attended, many of whom remarked that we should do the event again next year! At the end of the night, we had raised over \$3,500! If you would still like to make a donation towards our pilgrimage, please email us at [wydpilgrims@gmail.com](mailto:wydpilgrims@gmail.com).

The WYD Pilgrims would like to thank all those who attended and especially those who donated their time, money, and resources to help us with this event! ✂



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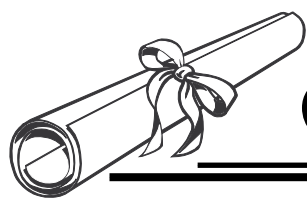
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by Fr. Dean Henderson

## Truth, Tolerance, and Preparing for Marriage

I've just begun my 8th year teaching an introductory course in Catholic Christianity that I call *Veritas*, which is Latin for *Truth*. The course title is meant to be an antidote to the widespread prevalence of what Pope Benedict XVI has called the "dictatorship of relativism."

Loosely defined, relativism is what I might practice when pulled over by the police officer for speeding. "Officer, I don't know why you pulled me over because I wasn't going nearly as fast as guy ahead of me!" The basis of my assessment of guilt is relative subjective criteria; it is comparing a moving object (my car) to another moving object (the car ahead of me). The officer however will undoubtedly be more interested in comparing the speed of my car in relation to a fixed objective criteria; namely, a speed limit. (I personally find admitting one's real guilt, repenting, and begging the officer for mercy is far more satisfactory than whiny relativistic denial; all this is just academic of course).

"Relativism," writes Joseph Ratzinger in *Truth and Tolerance*, "in certain aspects has become the real religion of modern man ... and represents the most profound difficulty of our day." The Pope is serious about this! The problem with relativism is its rejection of the concept of objective reality or philosophical truth and its substitution of political tolerance. Religious relativism posits that all religions are the same and none is better than another. However, Jesus certainly didn't die on the cross as a relativist—one amongst many—but offered His life as the unique incarnation of God's fullness of truth.

As American Philosopher Mortimer Adler confirms, without truth there is no unity, no peace and certainly no tolerance. Setting tolerance above truth actually produces intolerance and a complete denial of truth. This explains one reason for the University's fascination with "diversity" but not "unity." Unity is an intrinsic part of the nature of truth but if truth is relativized there's no basis for unity. If you want to see an amazing example of unity amidst diversity, attend a World Youth Day—as I will, along with our Bishop and dozens of young Diocesan pilgrims this summer in Madrid, Spain.

*The Catholic Church in fact is the most extraordinary example of the balance of unity and diversity on the planet!*

This is in no small measure because the Church's nature is rooted in the Triune God who is the ultimate unity in diversity: Three in One and One in Three!

Where relativism reigns most prominently and practically amongst the youth culture is in the realm of morality, specifically sexual morality. "You have your sexual identity and expression, and I have mine—and who is to say one is

better or worse than another?" Monogamy, polyandry, polyamory, polygamy, homosexuality, bisexuality, transexuality, heterosexuality, adultery, fidelity, chastity, promiscuity, masturbation, pornography or prostitution—the list goes on, and it's all relative to the individual and their self identity at any given moment. This is a personal and familial disaster. Many find themselves enmeshed in lifestyles that leave hearts broken, bodies degraded and souls despairing. In this relativistic worldview, pleasure is paramount and suffering is incomprehensible. Gone are the culture's normative objective criteria of healthy sexual development rooted in the natural law and embraced by Christian tradition producing fruitful lives of single chastity, married fidelity and religious celibacy.

There can be a significant clash of world views when couples come to the Diocesan marriage preparation courses embracing the relativism of the age only to be informed that the Church actually abides by objective norms of holy matrimony. It is a wonderful grace that 20 couples just completed one of our Diocesan Marriage Preparation Courses—a beautiful ministry of evangelization, catechesis and pastoral care. In many ways we affirm what the couples desire and expect in terms of married love. No one comes to the course hoping to learn how to better "tolerate" the other. They know that they must prepare to make absolute promises to love in sickness and health, for richer or poorer, in good times and bad until their lives end.

But there's also room for challenge and inspiration through truth of Christ and the wisdom of the Church. "What? You mean that in spite of the vast majority of the culture accepting common-law sexual partnerships, the Church teaches I should be chaste outside marriage and exclusively faithful within a heterosexual union?" "Yup!" "Hold it, you mean that married love requires that I say no to the primacy of my pleasure and that I am to suffer for the good of my spouse?" "Yup!" "You're telling me that in this day and age I need to be open to the gift of life and not contraception; respecting the woman and her cycles of fertility, prayerfully welcoming children into our marriage?" "Yup!"

And so it goes, by the grace of God and one young couple at a time, converting from the dull and dreary world of relativism into the wonderful and glorious adventure of love in truth. You might be tempted to think that no one wants to marry in the Church with the challenges of culture. But they do because we are made for the love that only God, who is Truth, can supply and sustain. Students crave not just the objective natural laws to guide them through the vast complexities of modern relativism—they crave Him!

*Veritas Vincet.... Truth Conquers!* ✠

## Catholic Students Around the World – Promoting Peace and Justice

by Katrina Laquian, Canadian Catholic Students Association, External Affairs Officer

All Catholic university students in Canada belong to the Canadian Catholic Students Association (CCSA), which unites students who witness to the Gospel on campus. This year, I have the opportunity of serving on its National Executive, working closely with the CCSA to reach out to students and support them in making a difference on their campuses.

Based here in Victoria, where I attend the University of Victoria and am involved with the chaplaincy on campus, my focus is on connecting students in Western Canada.

This year, I also have the opportunity to witness to the Gospel as a university student on a global level. The CCSA is one of 80 organizations that are a part of the *International Movement of Catholic Students – Pax Romana* (IMCS). Since 1921, IMCS – Pax Romana has helped in the formation of students around the world in promoting peace and justice.

As the CCSA representation to IMCS, I attended a UN Study Session in March, hosted at the International Catholic Organizations Centre in New York. The theme of the study session was *Empowering Young Women for the New Millennium*. Through participating in service projects around the city, and learning about



grassroots projects in the area, we learned about how we can take action, increase awareness, and participate in advocacy in our own homes.

My next project in representing CCSA to the IMCS will be this July in Germany, where I will be one of 70 delegates to the World Assembly. The theme of this year is *Bridging Our World: Going Beyond Borders*. This assembly recognizes that we need to ask critical questions like "How do we belong together?" and "How will we construct a new humanity?"

The World Assembly will form us as student leaders so that we can move from a common place towards human growth and development. Through training internship and participating in forums on cultural diversity and global issues, we will continue to build the movement of Catholic students who actively work for justice and peace around the globe.

A majority of the delegates to this assembly come from the developing world, and are in need of assistance to attend. If you are interested in helping assist my fellow delegates, please contact me by email to [klaquian@uvic.ca](mailto:klaquian@uvic.ca) or call me at (250) 419-3893. If you would like to know more about the IMCS, please visit [www.imcs-miec.org](http://www.imcs-miec.org). ✠

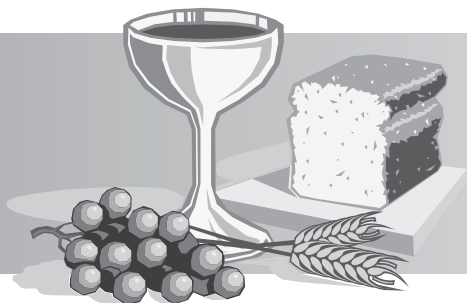


The CCSA Executive





# Vocations



## The Call to the Priesthood and the Religious Life

### Discern This!

by Fr. Sean Flynn

The Day of Reflection for the Priesthood was splendid. There were two inquiring young men who asked questions and spent the day learning what is involved in God's call to the priesthood.

The Day, Saturday, May 14 began at St. Ann's church in Duncan which is recognized as the place Christian faith first rooted itself north of Victoria.

We opened with prayer, including the reading of the Gospel for the day, which coincidentally was about the calling of the apostle St. Matthias. Then I shared one perspective of my own call to priesthood, and seminarian David Hogman graciously shared where he is in his current discernment of God's call.

Following this, we visited Fr. Alfredo for a tour of St. Edwards's parish, the rectory and Queen of Angels School, all of which are located on the same property. We also went to visit Fr. Jai who welcomed us an enjoyable meal of soup. Fr. Jai shared his excitement around the opportunity he has had to serve the Aboriginal People on Penelakut (Kuper) Island, and about the Bishop travelling with him there on May 25 to celebrate the baptisms of 31 people.

Over lunch, during our visit, we shared about priestly life, the call to celibacy, and concluded with praying the rosary together. The day ended with some quiet time alone. Participants then spent time in Adoration before joining St. Francis Xavier parish in celebration of Mass.

I share this brief update with because I want to share a little something about priestly life, and that considering such a call from God needn't be a scary thing!

It was a great day, one I would not mind sharing with anyone who has reached a place where he is curious about the call. If you would like some help discerning whether you have a call to the priesthood or the religious life, do call me. I'm sure any pastor would feel the same, take courage and take the step!

For women who are discerning a vocation to religious life, there are also many resources provided by communities of women religious, which I could help direct you to. ✠

#### Few are Called

Sr. Kathleen Bryant RSC, Vocation Director for the Archdiocese of Los Angeles wrote insightfully of the celibate life and I would like to share some of that insight with you because I enjoyed her writing and totally agree with what she had to say.

Sister Bryant writes:

*Once when I gave a vocation talk at a high school I asked, "why wouldn't someone want to be a sister, priest or brother?" One of the students quickly replied, "That's easy! No sex, no money and no freedom." He had rejected even a glimpse at a Church vocation because of its challenge.*

*The flip sides of sex, money and power are the three vows of poverty, chastity and obedience—definitely not for everyone! There should be a label on priesthood and religious life: Warning!!! Celibacy is not for everyone! Jesus warned us about that in the Gospel, "Let him [or her] accept it who can." Celibacy can be an unhealthy choice for those who are not well informed and well prepared. That's why the Church, in its wisdom and tradition, gives seminarians and religious years of formation before one is 'called' to Holy Orders or before one is approved for final vows.*

*Celibacy is a way of loving. Priests and religious are called to create spiritual life, nurturing the life of human relationships and the life of the community—to be chaste lovers who are faithful to the Beloved.*

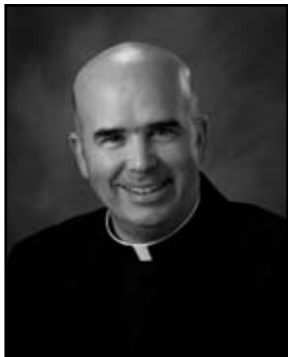
#### Meaningful Loving in a Celibate Commitment

*What is it that enables a priest or religious person to live a celibate life that is healthy, happy and leads to holiness? Some of the most fully alive human beings are celibate. The people who have forged a celibate identity and celibate strength live a certain lifestyle. These are the ones who keep celibacy in perspective. A genuine call to celibacy is a reflection of Divine Love, generous, unconditional, and other-centered as opposed to being selective, limited, and self-serving.*

*Healthy celibates cultivate deep friendships of chaste intimacy. Priests and religious have adult friends with whom they can share their lives. They know how to have fun, how to relax, how to "recreate" their spirits in the context of community and friendship. They can let go of work to enter full heartedly in music, laughter, sport, art, a good meal with friends and so on.*

#### Skills for Celibate Lovers

- A healthy prayer life, spending quality time with God daily and openness to grow in intimacy with God.
- Long term friendships with both men and women.
- The ability to use solitude creatively and constructively; the ability to be alone.
- The gift to love tenderly and walk humbly with others.
- The ability to delay self gratification.
- The freedom not to be self-absorbed but to reach out to others.
- A wholesome balance and integration of social, physical, intellectual and spiritual resources.
- A sense of self identity and acceptance.



### Sister Marie Zarowny SSA receives Honorary Doctorate from St. Mark's College

The Doctor of Sacred Letters recognized Sr. Marie for her distinguished service to her Congregation, to the field of education, and especially to Christian faith-based communities in assisting them to hear and respond to the Gospel call to social transformation.

A native of Trail, British Columbia and a graduate of Mount Baker High School in Cranbrook, Sr. Marie entered the Sisters of St. Ann in Victoria in 1959. She made her profession of vows in 1961, and she has taken on numerous positions within the Congregation over the years. Currently, she serves as the Province Leader for the Sisters in Western Canada, the second time she has held this post. Between these leadership terms, she represented the Congregation on the Board of UNANIMA International, a non-governmental organization at the United Nations, and served with her community in Haiti.

Sr. Marie completed an initial teacher education program at the University of Victoria in 1963 and was awarded a professional teaching certificate by the Province of British Columbia. She completed the BEd (Sec) degree from the University of Victoria and an MA degree in Theology with a focus on Justice and Peace from the Maryknoll School of Theology in Ossining, New York.

Sr. Marie began her teaching career in 1963-1964 at St. Ann's Academy in Victoria. She subsequently taught at Little Flower Academy in Vancouver, St. Ann's Academy in New Westminster, and Marian High School in Burnaby. In 1971, she was appointed as principal of Smith Memorial School in Port Alberni, and it was here that she worked closely with the local First Nations band and home-school coordinator to initiate an innovative cultural sensitivity program.

In 1978, with the support of Bishop Remi DeRoo, Sr. Marie started the Social Justice Office of the Roman Catholic Diocese of Victoria, and served as its first coordinator. During those years, she worked in solidarity with First Nations on Vancouver Island for recognition of aboriginal rights and to oppose off-shore exploration for oil and gas.

In 1987, Sr. Marie traveled North to do a study and provide social analysis, theological reflection, and recommendations to the Diocese of Mackenzie (NWT) about how the Church could be supportive of the aspirations of the Dene and Inuit.

During the ten years that she spent in the North, Sr. Marie became acutely aware of the painful tragedy brought about for many people by the Indian Residential School system and began to explicitly learn from and work with those marked by that legacy. At the same time, through her contact with Church people who gave their lives to create a positive experience for the children in the schools, Sr. Marie more fully recognized the complexities and pain of that legacy.



Sr. Marie Zarowny SSA (gowned) is seated with Archbishop Miller and surrounded by eight Sisters of St. Ann who attended St. Mark's Convocation.

Returning to Victoria in 1998 to assume leadership with the Sisters of Saint Ann, Sr. Marie chaired a task group of Roman Catholic Dioceses and Religious Communities that had been involved in Residential Schools, working with First Nations and negotiating with the Federal Government to develop a just, compassionate, and timely resolution to this historic injustice. When later efforts resulted in the Residential Schools Settlement Agreement (2006), she served on the first Board of the Catholic Entities Settlement Corporation (CCEPIRSS). At the historic private audience of First Nations and Church representatives with His Holiness Pope Benedict XVI in April 2009, Sr. Marie represented the Women Religious who had been involved in the Schools.

We are truly delighted to recognize Sr. Marie for her extraordinary life-long commitment to social justice. The Honorary Doctorate from St. Mark's College will be Sr. Marie's second; she received an Honorary Doctorate in Education from Anna Maria College, Paxton, MA in 2003. ✠





# Faith Formation



## Food for the Journey

### Adult Learning Opportunities

by James E. O'Reilly, Office of Religious Education

#### Offerings by Scripture Specialists

A number of wonderful and rich Scripture studies have been offered over the last few months and good number of parishioners was able to take advantage of these opportunities in Adult Formation. Dr. Les McKeown, an expert in the Church's Mystical Tradition, examined two of the Gospels over this past Fall/Winter period with the lens of the mystic's perspective. Rich insights were shared at Holy Cross on *The Gospel of St. Mark* and at St. Joseph the Worker Parish on the *The Gospel of St. Luke*. Dr. McKeown will be beginning a new series, *The Church*, on Monday evenings starting September 19 at 7:00 pm in the Hall at Holy Cross Parish.

Dr. Fr. Brian and Mary Kelty are currently offering a nine session in-depth series over ten weeks on *The Gospel of St. Matthew* at St. Nicholas the Wonderworker Parish (off Cook Street on Caledonia) in the Rectory. For those interested in a richer understanding of the historical, cultural linguistic and theological context of the Gospel presented in a friendly, witty and easily accessible approach, with great materials, this is a unique opportunity.

#### St. Mark's College

For those interested in ongoing adult religious study, St. Mark's College at UBC has recently appointed Msgr. Mark Hagemoen as Principal of St. Mark's College. Dr. Msgr. Hagemoen is a local Vancouverite having attended Vancouver College and receiving his BA at UBC. He went on to complete a Masters of Divinity at St. Peter's in London and Doctor of Ministry at Trinity Western. Msgr. Hagemoen also holds a National Certificate in Youth Ministry Studies, and was formerly director of the Youth Ministry Office of the Archdiocese of Vancouver.

The Diocese of Victoria has had a wonderful and fruitful relationship with St. Mark's and we look forward to continuing to assess needs and facilitating course access for Islanders. On that note, registration is now open for the Summer Continuing Education and Graduate courses scheduled for July 4-8: *Hot Times – Summer in the City (Of God)* Faith Formation. This Summer Institute is a great opportunity to explore biblical and theological foundations of Catholic practices and devotions such as *Lectio Divina*, *Liturgy of the Hours*, *Eucharist* and

*Eucharistic Devotions*, *Spiritual Direction*, *Pilgrimage* and other hot topics! Registrants can take a one-day course, five days of formation, or a graduate course in such areas as the Old Testament, the Gospel of John, the RCIA, the New Evangelization and more. Please visit the following link for more information: <http://stmarkscollege.ca/programs/continuing-education/summer-institute> or call (604) 822-68620—you could be making a big step in the right direction! ✠

*Give instruction to a wise man  
and he will be still wiser, teach a  
righteous man and he will increase his  
learning. The fear of the Lord is the  
beginning of wisdom,  
and the knowledge of the  
Holy One is understanding.  
~ Proverbs 9:9-10*

## Understanding the Mass Anew with the New Missal

with Fr. Bill Burke


Saturday, October 15, 2010  
9:00 am - 4:00 pm

Offered by St. Mark's Continuing Education, this one-day course will offer students a renewed understanding of the source and summit of our faith in the Mass.

Fr. Bill Burke, the director the of National Office of Liturgy for the CCCB, is a dynamic teacher who will help students to unpack the mass as we celebrate it today as well as give us the tools to incorporate the changes coming in Advent 2011.

The course will be held at St. Mary's Parish in Vancouver.

For more information, please email [continuinged@stmarkscollege.ca](mailto:continuinged@stmarkscollege.ca).



ST. MARK'S COLLEGE  
THE CATHOLIC THEOLOGICAL COLLEGE AT THE UNIVERSITY OF BRITISH COLUMBIA

# HOT TIMES SUMMER IN THE CITY (OF GOD)

Summer Institute 2011  
Exploring Biblical and Theological Foundations of Catholic Traditions

For this sizzling summer week from July 4 to 8, 2011, we will be offering 10 exciting courses! We will have 2 courses running simultaneously each day. You can choose 1 HOT TOPIC COURSE per day.

### COURSE OPTIONS

JULY 4	JULY 5	JULY 6	JULY 7	JULY 8
OPTION A				
<b>John Horgan</b> <i>Visible Connection to the Invisible Past: the Function of Relics in Genuine Devotion</i>	<b>John Horgan</b> <i>He Came and Dwelt Among Us: How Devotion to the Humanity of Jesus Informs Our Faith</i>	<b>Elaine Park</b> <i>Two Ears, One Mouth: Learning to Listen When God Speaks – Explore the Ancient Practice of Lectio Divina</i>	<b>Elaine Park</b> <i>It's 5 O'Clock Somewhere: Every Hour is Happy Hour with God. Orienting Your Time Around God's Time, Praying with the Liturgy of the Hours</i>	<b>Elaine Park</b> <i>Mary: Mother, Sister, Friend – Mary's Relationship with People of All Ages</i>
OPTION B				
<b>Elton Fernandes SJ</b> <i>Unity Amidst Diversity: How is Christ Speaking in My Group?</i>	<b>Maureen Wicken, Michelle Robertson</b> <i>Blisters on my Heels, Solace in my Soul: the Concept of Pilgrimage in the Catholic Tradition</i>	<b>Elton Fernandes SJ</b> <i>A Companion on the Way: the Art and Theory of Spiritual Direction</i>	<b>Bishop Gerald Weisner OMI</b> <i>Adoration Meets Action: the Significance of Eucharist in the Community</i>	<b>Bishop Gerald Weisner OMI</b> <i>What's That Thing Hanging Around Your Neck? The Difference Between Sacraments and Sacramentals</i>

For more information visit [www.stmarkscollege.ca](http://www.stmarkscollege.ca)





# Faith Matters



## Faith Matters

by James E. O'Reilly, Office of Religious Education

*“The Catholic Church is like  
a thick steak, a glass of red wine,  
and a good cigar.”  
~ G. K. Chesterton*

With apologies to vegetarians, those who abstain from alcohol and tobacco and who do so with good reason, we may well ask, “What in heaven’s name is Chesterton getting at?” Well in fact he’s touching on something unique to the Catholic world view, the *Sacramental Vision*.

What is the *Sacramental Vision*? It is based on the Principle of Sacramentality, “seeing God” in the stuff of our everyday living; in our relationships, the events, and the situations of our work, our play, and our leisure. It is the notion that all reality, both animate and inanimate, is potentially or in fact the bearer of God’s presence and instrument of God’s saving activity on humanity’s behalf, to quote Richard McBrien.

Our culture tends to promote an artificial division, reducing humanity to a duality—the “religious” and the “realists.” This is rooted deep in our cultural psyche, a prevailing concept which has been leveraged a lot lately against religion’s legitimate place in the public square.

Historically we have Thomas Jefferson to thank for the concept of the “separation of Church and State” which stands in the *American Constitution’s First Amendment* as, ironically, containing a strong a defence of religion: *Congress shall make no law respecting an establishment of religion, or prohibiting the free exercise thereof*.

Popular cultural forces have distorted this concept and married it with an ancient heresy, a type of

dualism with a reverse spin: spiritual matters or things are good, while temporal matters or material things are evil, becomes: anything proposed by religion is primitive, superstitious and irrational while anything proposed by science is progressive, definitive and rational. The reductionist would say, “Science is good and Religion is bad.”

The Christian has a real advantage in this whole affair when we consider our two-thousand-year tradition which builds on the foundation of the Jewish two-thousand-year recorded tradition of God’s revelation to humanity about who God is and who we are as humans.

What is God’s revelation to humanity? God is Love! Love which cannot be contained, but which constantly creates and gives of itself. One foundation of our confidence of course is the Bible, the primary thematic reflection on the encounters with and the lived experience of a personal God who reveals himself as Love—the God who is fully revealed in the person of Jesus. We, humanity, are nothing less than individual persons created in the image and likeness of this God.

The other foundation of our confidence is the Church, where we gather to echo the testimony and witness of the ages, to seek and celebrate our collective and individual experiences of encounter, and from which we go forth into the world seeking, reflecting and identifying with the very Love which creates and sustains it.

So what has steak wine and cigars got to do with it? Well, I believe they are symbolic. They are at once familiar, even common, and yet they fill the senses with delight, with the potential to transport us to momentary bliss. We might even use the term “heavenly” to describe their goodness!

When we recognize the goodness of God who gifts us with such moments of delight, the unexpected, which draws into desiring another taste, we have touched on something symbolic of that which is beyond us, which is greater than us, and yet is something with which we can identify.

We Catholics enjoy the richest of faiths, epitomized in the Seven Sacraments. In these we have encounters with God who created and sustains the universe mediated through common, ordinary elements, such as water, oil, bread and wine.

Let us not fall into the duality trap thinking that God only exists in Church on Sunday. The privileged encounters we experience through the Seven Sacraments stand as profound potent reminders that God initiates and invites us into the mystery of an ever-deepening relationship with Him.

But God is everywhere and God constantly provides us with fleeting glimpses of Himself in all dimensions of the ordinary living of our days if our senses are open—the wonder surrounding the birth of a child; an unexpected word of encouragement; that hug of forgiveness; the unavoidable crisis which leads to positive change—perhaps even a thick steak, a glass of red wine, and a good chocolate cigar. ✠

## ORE Update - Ministry Enrichment Opportunities

by James E. O'Reilly, Office of Religious Education

### Youth Ministry

As part of the Diocese’s initiative to encourage on-going ministry training a call went out to parishes in December regarding a three day in-depth workshop on Youth Ministry sponsored by the Western Canadian Association of Catholic Youth Ministers and hosted by the Archdiocese of Vancouver’s Office of Youth Ministry. Derek Ballinger, Youth Minister for St. Joseph’s Victoria, Sandy Borbeau from Sacred Heart, and three Youth Leaders from Church of the Ascension, Katie Gaetz, Matt Morrison and Trish Williams, were sponsored by the Diocese to attend the gathering of 50 Youth Ministers from across Western and Northern Canada. Featuring Msgr. Mark Hagemoen, former Youth Office Director for the Archdiocese of Vancouver as retreat leader, and former BC Lions football player Jamie Taras as workshop facilitator, the event focussed on the key elements necessary for a balanced life, both personal and ministerial.

A link for the Summer Seminar for Youth Ministry, held annually in Saskatoon, appears on our Diocesan website ([www.rcdvictoria.org](http://www.rcdvictoria.org)). The Summer Seminar provides professional training for Coordinators of Youth Ministry, Volunteer Youth Ministers, Pastors teachers and Parents. Based on The Canadian Certificate in Youth Ministry Studies, and spanning three years, the programme consists of eight courses specially designed for those in ministry with youth in the parish, school or community settings. It equips

leaders with practical tools and techniques needed for creative and comprehensive youth ministry. All courses may be taken for personal enrichment or for credit toward a Certificate in Youth Ministry Studies.

The Youth Voices Challenge, a joint youth outreach project with the Catholic Foundation, has reached its most interesting stage. A contest inviting groups of youth to share the Gospel message through the utilization of the popular video media has resulted in three groups vying for the top prize. The videos will be posted to YouTube (details to follow in your Parish bulletins). The video with the most number of “hits” (count of viewers) will receive the top prize of \$1,500, followed by the second and third place winners who will receive \$1,000 and \$500.00 respectively. Everyone will be a winner!

### Catechetics

The Western Conference of Catholic Religious Educators’ 2011 Conference will be held November 10 – 13 in Banff, Alberta. Bishop Claude Champagne and Anne Walsh are the keynote speakers, and the focus of the conference will be the New Evangelization. Registration information may be found on the new WCCRE website launched through the assistance of the Archdiocese of Edmonton ([www.wccre.org](http://www.wccre.org)). Drawing on the same themes from our own Diocesan Pastoral Planning Conference, *Discipleship: Continuing the Journey of Hearts and Hands*, the WCCRE Conference would be an excellent follow-up experience. ✠



## CLERGY APPOINTMENTS

Bishop Richard Gagnon has, in consultation with the Priest Personnel Committee, made the following appointments:

### Effective June 11, 2011

Rev. Alfredo Monacelli, in addition to serving as Pastor of St. Edward’s Parish, Duncan, will serve as Pastor of St. Louis de Montfort Parish, Lake Cowichan.

### Effective July 2, 2011

Rev. William MacDonald OMI, appointed Pastor of St. Patrick’s Parish, Victoria.

A pastoral appointment for Sacred Heart Parish, Victoria, will be announced in the near future.

Rev. Paul Murphy, returning to his home Diocese of Antigonish, Nova Scotia.

Rev. Josef Kobos SDS, appointed Pastor of Trinity Parish, Nanaimo.

Rev. Piotr Golinski, leaving the Diocese of Victoria to serve elsewhere in Canada.

Rev. Mel Bayron, appointed Pastor of Ascension Parish, Parksville.

### Effective Fall, 2011

Religious of the Virgin Mary Sisters have been invited to the Diocese and assigned to pastoral work with the First Nations in the Cowichan Valley.





# Buried in a Book

By Erin Fairweather, Master's Student, Department of French  
Reprinted with permission from The Ring

This past March, I made a little discovery while doing primary source research for a detailed bibliography and history of the book graduate course *Old Books in New Libraries*. Offered by the French department and taught by Dr Hélène Cazes, this class met in UVic Special Collections. We explored the history and mechanics of book printing, as well as how to write bibliographical notices. We got to spend our time digging through treasures from the library vault, with ancient and unique books brought up by the cartload for us to examine.

The project that I was working on involved 18th-century dictionaries from the *Seghers Collection*. This collection has been on permanent loan to the library from the Catholic Diocese of Victoria since 1976, and consists of about 4,000 volumes. I was looking at what made the copies of dictionaries, encyclopedia volumes and lexicons within this collection unique—ie, mistakes in collation, pagination, as well as annotations and marks of readership or ownership.

After going through several volumes of different dictionaries, I came across *Le Dictionnaire de cas de conscience* by Jean Pontas (1638–1728).

This book is printed in folio, consists of three volumes, and measures 40 cm in height. As I flipped through the pages one by one, hoping to find some clever annotations, I uncovered, slipped between the pages, an old document that sparked my interest, and the history of this book began to take a different shape.

Someone had left a lined, legal-sized folio, most likely from a notebook. Looking closer, I discovered that this document contained five marriage registrations, dated from July 21, 1856, at Fort Langley. I felt a twinge of realization and excitement; I am myself from Langley! I noted that this manuscript was written in ink, and that the signatures were authentic (this includes the shaky “x”s marked by those who did not know how to write). In fact, I recognized some of the names of the signed witnesses, in particular, James Murray Yale, chief trader and officer in charge of Fort Langley at that time. I snapped some photos, transcribed the text by hand, and ran back to my office to do a little research on the characters involved in these marriages.



Fairweather with her discovery. Photo: Robie Liscomb

After spending weeks going between the library and BC Archives, I can say that this is an original record of intermarriage between men of the Hudson’s Bay Company and Coast Salish women. These are pages from Rev. Lootens’ notebook, carried with him on his visit to Fort Langley where he performed and recorded baptisms and marriages. After he brought them back to his diocese in Victoria, someone copied the content into the main register. Somehow this artifact was then slipped into a dictionary at St. Andrew’s, where it was forgotten or lost until its rediscovery in March.

I believe that this document’s journey and subsequent discovery acts as evidence of the benefits that come from doing primary-source research. Actually examining a main source first-hand brings discovery; you are more open-minded to new findings, and a certain connection is created between yourself and the object, the text you are studying. I have since been in contact with descendents in Fort Langley of the married couples as well as sharing my discovery at the *People of the River* Conference hosted by the Stó:l Nation. ✂

# Knights of Columbus Special Walk

by Paul Somerville

The Third Annual Knights of Columbus Founder’s Day Walkathon for Special Olympics was held Sunday, April 3 in Campbell River, and was another great success. About 80 participants—Campbell River Special Olympians, Special Olympics volunteers, family, friends, Knights and dignitaries—walked, rolled and wheel-chaired from Rotary Beach Park to Hidden Harbour and back, braving a blustery southeast wind, but thankfully no rain.

The pledged Walkathon monies benefit the Campbell River Chapter of Special Olympics. All the money stays in Campbell River to help pay for facility rentals, equipment, travel expenses, uniforms and the like. The walk raised just shy of \$3,000 in its inaugural year. Last year, the Campbell River Knights of Columbus Bishop Hill Council # 5468 Founder’s Day Walkathon event raised more money for Special Olympics than any other Council in all the BC and Yukon area—over \$5,000. This year was another record-breaking event, as just over \$7,100 was raised, much by the Special Olympians themselves, who fundraised for several months prior to the event.

The Knights of Columbus have a longstanding relationship with the Special Olympics, which, through sport, enriches the lives of people with disabilities. Internationally, over the past 40 years the Knights of Columbus have raised over \$382 million for Special Olympics and other programs for people with intellectual and/or physical disabilities.

CR Walkathon Knight Co-chairs John Dawson and Rick Robertson would like to offer a big “thank you” to Campbell River people and businesses for pledging and volunteering in this year’s event. CR Special Olympics would also like to thank all those who pledged this year and those businesses which kindly allowed the Special Olympians to host pledge events at their locations. ✂



Pictured at the official ribbon cutting to start the Walkathon are: (Left to right in the foreground) John Dawson, Knight Co-chair of the CR Walkathon; CR Mayor Charlie Cornfield; Jim Linton, Grand Knight of the CR Council; Peter Capitolo, State Director of Vocations & Special Olympics Programs, BC & Yukon Knights of Columbus; CR Knight Chris Aert; and CR Special Olympic athlete Ben Attfield.

# Sr. Mary Margaret Brown SSA

Sr. Mary Margaret Brown SSA (Sr. Mary Claudette) was born on December 7, 1930 in Victoria, BC. She died April 15, 2011 at St. Ann’s Residence in Victoria, BC.



The second child of Scottish immigrants George Brown and Mary Knight, Sr. Mary attended St. Ann’s Academy, Victoria and entered the Sisters of St. Ann in 1949. She pronounced her vows on August 6, 1951.

A gifted teacher, Mary prepared for this ministry by obtaining a BA from Gonzaga University in Spokane, Washington and her BC Teachers Certificate from Victoria College. Her 20 years of teaching ministry in elementary schools took her to Mission City, St. Ann’s Academy, Victoria, Duncan, Kamloops, Little Flower Academy in Vancouver, Prince George, Penticton and St. Patrick’s school in Victoria.

Sr. Mary prepared for her second career as an Adult Religious Educator at Corpus Christi College in London, England. She then served at the Diocesan level on Vancouver Island (1972-1980) and Prince George (1980-1984). After a sabbatical in Toronto, Mary returned to minister at Queenwood Spirituality Centre in Victoria and then worked as a Counselor at Bountiful Centre in Vancouver.

Most recently she resided in Victoria and participated in many volunteer activities.

Sister Mary is survived by her brother, George Brown (Pearl – deceased); her nieces, Theresa (Sheldon) Munch and Vivienne McLean; her nephews, Cameron (Rhonda) and James Brown; grand nieces and nephews, Nichole, Curtis and Rachel Brown and Taylor McLean; and her religious community of the Sisters of St. Ann. ✂

# The Catholic Women’s League is on Campus

by Jocelyn Sunderland, University of Victoria, Council President

This February a group of students came together and founded a new CWL Council at the University of Victoria. The idea had been planted several years ago when I visited the CWL Council at the University of Alberta and decided that we needed the same opportunity for female Catholic fellowship at the University of Victoria.



When the idea was presented, the young women of the Catholic Students’ Association seemed receptive and within just a few months we had founded a new council: the Catholic Chaplaincy Council of the University of Victoria.

A few Council members were lucky enough to attend this year’s Diocesan Convention in Campbell River from May 2-3. While there we made more connections in the Diocese and gathered ideas on how we can become more active in the community.

We have been very grateful for the support of different Councils in the Diocese while on this journey. Now we would like to spread the word that we are on campus and invite ladies in the community to join us. If interested, please contact me by email at [jtsunderland@gmail.com](mailto:jtsunderland@gmail.com). We are looking forward to growing as a Council and providing service in the community. ✂





# 100th Annual Knights of Columbus State Convention

by Wil Wilmot, State Deputy

During the weekend of April 28 through May 1, 2011 Knights, their families and guests from across British Columbia, Yukon and the northwest United States gathered at the Guildford Sheraton Hotel in Surrey for their Annual General Meeting and Convention—the 100th such gathering.

The Convention opened at 3:30 pm Friday with a Mass concelebrated by the State Chaplain, Bishop Richard Gagnon of Victoria with Former State Chaplains David Monroe of Kamloops and Bishop Gerald Wiesner of Prince George. Bishop Ken Nowakowski of the Ukrainian Eparchy of New Westminster along with six priests also assisted. Following the State Deputy’s report to the Convention, attendees were welcomed to a delicious buffet dinner and were encouraged to dress as per the Theme Night, which was “International Night.” A great evening of entertainment and socializing in an informal setting was enjoyed by the almost 600 in attendance Saturday commenced with the annual Necrology Mass during which over 140 of



Bishop Gagnon, State Chaplain addresses the gathering

our brother Knights who had gone to their rest since our last Convention were remembered. The remainder of the morning and early afternoon was taken up with business sessions. Later in the afternoon our ladies and other guests were invited to join delegates for the Awards presentations. During these presentations various councils were honoured for the many programs and activities conducted during the year.

Later that evening was the high point of the convention, the State Deputy’s formal banquet. Following a fabulous roast beef dinner our State Deputy presented the five most prestigious awards of the year: BC & Yukon Knight of the Year, Grand Knight of the Year, District Deputy of the Year, Family of the Year and Most Active Council. Congratulations go to the Mendez-Campos Family: Eloy, Maria, Jose, Juan and Mar of Victoria Council 1256 in Victoria as the 2010-2011 Family of the Year. The evening was topped off with a very enlightening talk by Archbishop Miller and his personal reminiscences of Blessed John Paul II.

In addition to these awards State Deputy Michael Yeo took immense pleasure in distributing the proceeds of our annual *Pennies for Heaven* Fund. This year each of our seven Bishops received cheques for \$11,350 for Diocesan projects.

The final bit of business was the election of the team that will guide the British Columbia and Yukon Knights for the next Fraternal Year. Congratulations go out to the following Brothers all re-elected to continue for another year: ✠

State Deputy	Wil Wilmot, Langford Council 8394, Victoria
State Secretary	Edward Shawchuk, Thomas Haney Council 5566, Maple Ridge
State Treasurer	Arcie Lim, St. Anthony of Padua Council 14925, Vancouver
State Advocate	Peter Horsfield, Ascension Council 7991, Parksville
State Warden	Michael Gernat, St. James Council 4949, Vernon

## Campbell River Hosts The Catholic Women’s League Victoria Diocesan 83rd Convention

by Dorothy Griffin, CWL Communications Chair

On May 2 and 3, the 2011 Victoria Diocesan Convention was hosted by St. Patrick’s Parish CWL Council in Campbell River. Festivities began Sunday evening with an amazing gourmet dinner for the Diocesan Executive, cooked and served by members of the local CWL Council. The Executive included Presidents of the participating Councils, the Diocesan Executive members and Fr. Frank Franz, Diocesan Spiritual Advisor to the League.

Bishop Richard Gagnon, Fr. Frank Franz, Fr. Bill MacDonald, Fr. Alfredo Monacelli, and Fr. Vince Borre were attendees. Fr. Charles Brandt, Hermit/Priest from Black Creek, was a guest speaker the afternoon of May 2.

Opening Mass on the first day was celebrated by Fr. Frank Franz, and concelebrated with Fr. Bill MacDonald, Fr. Alfredo Monacelli and Fr. Vince Borre. Following a brief break for coffee and muffins, the official Opening Ceremonies began with a procession of flags, enthronement of Bible, and singing *O Canada*. A Spiritual program by Blanca Stead, Spiritual Development Chairperson, included a candle lit for the Women in Africa and a Prayer for the Women of Japan.

Diocesan President Daisy Mah called the meeting to Order, followed by *The League Prayer*, Convention Blessing by Fr. Frank Franz and the Official Welcome by St. Patrick’s Campbell River President Sheila Stormo. President Nancy Simms gave us greetings from the Province Roll Call, followed by reading of the Rules of Order by Betty Hoskins.

We were honoured with the presence of the BC/Yukon Provincial President, Nancy Simms, who presented a workshop *To Be League*. She presented an excellent all-round teaching on what the League is all about, from the Executive down to the Standing Committees, Policies and Procedures, aims and purposes and all things pertinent to running an interesting, efficient, all-encompassing organization for Catholic Women. She reminded us that we are a National Organization rooted in gospel values which calls its members to holiness through service to the people of God. She gave us hints, tips, and advice on good communication, how to develop leaders, how to be organized, how to *Be League*.

After a sumptuous lunch of assorted soups, sandwiches and sweet treats, President Daisy Mah led the business of the meeting.

Fr. Charles Brandt gave us a spiritual teaching in the afternoon of the first day. His topic was the *Spirituality of the Environment*. He taught a holy longing for wholeness between humans and the environment. He spoke of dealing with our addictions to overuse of the environment: we need to diminish our desire to accumulate, to horde, to overcome greed and avarice. To channel our desire as Mother Theresa or Princess Diana, who devoted themselves to the plight of the poor.

He went on to say we are all called to be saints. A saint is someone who can live only one way, and that is to seek unity with God by total dedication of channeling everything toward God. At the same time we can wish to live life to the fullest, to awaken to the presence of God in the world, in the whole universe, as a Sacred Commons. Fr. Charles quoted Thomas Berry who talks about a Sacred Commons, how all species are in a sacred rhythm with each other and by example extended in a sacred commonality with the Universe. There is a great need to change into

a single sacred community by diminishing desire. He also quoted Henry David who said that most people live quiet lives of desperation—but in wildness is the salvation of the world. Aldo Leopold, father of North American ecology, says “a thing is right when it tends to maintain the beauty and integrity of the community.” To want to preserve and enhance the beauty of the ecology is good. Fr. Charles also quoted Julian Norwich, an English woman Theologian, who writes about channeling our desire to effect a change. We all have a great work to do to bring about a change in our society to bring a benign presence, a healing presence to the earth to save it, to make it sacred.

After a very nutritious and edifying banquet in the evening of the first day, the guest speaker was Master Warrant Officer, Bob Verret, Tech Leader of Comox Search and Rescue. The dinner crowd was aptly entertained with Master Verret’s anecdotes and descriptions of his experiences on both land and wate. He kept the crowd entertained for a very interesting half hour.

Immediately following his very interesting speech, the crowd was entertained by a cast of 22 very special ladies in assorted costumes, leading in with a vibrant song of *Happy to Be Here, Happy to See You*, followed by the skit *Alice’s White Lie Cake*. Then the entire cast performed a musical rendition of *Doing the Lambeth Walk*. The evening wound up with a rousing sing-a-long led by Debbie Block with the 22 cast members as back-up chorus. Many kudos and compliments were received for over-the-top entertainment.

Day 2 began early with coffee and muffins, and Spiritual Development Chairperson Blanca Stead resumed the Convention with Opening the Bible, the Ceremony to Remember Deceased Members, lighting the Candle for the Women of Africa and the Prayer for the Homeless. Following this, the meeting was called to Order and the program resumed with committee reports.

The guest speaker for Day 2 was Jane Hope, Alzheimer Education Coordinator for Vancouver Island. Jane gave a most enlightened and interesting description of the illness, followed by many interesting questions from her audience.

At 12 noon of Day 2, Mass was celebrated by Bishop Richard Gagnon, concelebrated with Fr. Frank Franz, Fr. Vince Borre and Fr. Alfredo Monacelli, and the Reaffirmation Ceremony of the Diocesan Executive was led by Betty Hoskins and included Fr. Frank Franz.

The Provincial Convention will be held June 1 – 5, in Penticton, BC. The National Convention will be held on August 14 – 17 in Toronto, ON.

The Diocesan Convention for 2012 will be held on May 6 – 8, 2012, and will be hosted by St. Elizabeth’s Parish Council, Saanich Peninsula.

The 2011 83rd Diocesan Convention closed with Mass celebrated by Bishop Richard Gagnon, concelebrated with Fr. Frank Franz and the visiting clergy.

We at St. Patrick’s in Campbell River extend our gratitude to all who participated and assisted in any way to make this year’s CWL Diocesan Convention a tremendous success. ✠







## Was William Shakespeare a Catholic?

The Archbishop of Canterbury, Dr Rowan Williams, suggested recently that the playwright ‘probably had a Catholic background’, but how are we to interpret this? Jesuit historian, Thomas McCoog looks at the literary and historical quest to determine Shakespeare’s religious identity – including a claim that he visited the Venerable English College in Rome – and asks how much would be gained by settling the matter conclusively.  
<http://www.indcatholicnews.com/news.php?viewStory=18370>  
*Posted: Tuesday, June 7, 2011 11:19 pm*

## Ireland: Report of Visitation Due in 2012

The first phase of the Vatican investigation into the Irish Church’s response to clerical sex abuse has concluded and a report is due to be published early next year. A statement from the Vatican press office yesterday said that apostolic visitators to four metropolitan dioceses, as well as seminaries and religious institutes,

<http://www.indcatholicnews.com/news.php?viewStory=18369>  
*Posted: Tuesday, June 7, 2011 3:16 pm*

## Ordinariate to Hold Historic Evensong at Heart of Oxford Movement

The Oxford Ordinariate Group is organising their first Solemn Evensong and Benediction at the Dominican Priory, Blackfriars, next Wednesday, 15 June, at 7.30pm by kind permission of the Prior and Community. Describing the service as “highly significant” a spokesman said: “Oxford has always been an important place  
<http://www.indcatholicnews.com/news.php?viewStory=18366>  
*Posted: Tuesday, June 7, 2011 9:46 am*  
Pope Benedict in Croatia  
After visiting the residence of Cardinal Josip Bozanic, archbishop of Zagreb, where he signed the archbishopric’s Golden Book and met with the archdiocese’s auxiliary bishops, the Holy Father travelled to Pleso International Airport to take his leave of the Croatian authorities, concluding his apostolic visit to Croatia.  
<http://www.indcatholicnews.com/news.php?viewStory=18360>  
*Posted: Monday, June 6, 2011 4:09 pm*

## Pope Benedict Meets Palestinian President

Pope Benedict met the President of Palestinian Authority Mr Mahmoud Abbas, on Friday. Mr Abbas also met with Cardinal Tarcisio Bertone, secretary of State, and Archbishop Dominique Mamberti, secretary for Relations with States. In a statement, the Vatican said: “A central issue of the cordial conversations was the troubled situation in the Holy Land.  
<http://www.indcatholicnews.com/news.php?viewStory=18351>  
*Posted: Sunday, June 5, 2011 8:43 pm*

## Lesley-Anne Knight’s Farewell Speech to Caritas

After a very accomplished first four years as Secretary General of Caritas Internationalis, Lesley-Anne Knight was expecting to serve another term - but her appointment was blocked by the Vatican. She gave the following farewell speech to the Caritas Internationalis General Assembly on 27 May.  
<http://www.indcatholicnews.com/news.php?viewStory=18347>  
*Posted: Saturday, June 4, 2011 9:32 am*

# Tribute to Blessed John Paul II

Only six years after his death, Pope John Paul II was proclaimed blessed by his successor, Pope Benedict XVI, before an immense crowd assembled at St Peter’s Basilica in Rome, on Sunday, May 1, 2011. This historic event, which was broadcast by television stations in almost one hundred countries, confirmed in some ways the holiness of this great servant of the Catholic Church whose pontificate lasted more than a quarter of a century (from 1978 to 2005).

In his homily Pope Benedict XVI, paid tribute to his predecessor’s “strength of a titan” and ability to “reclaim[ed] for Christianity that impulse of hope” in the face of Marxism, successfully reversing “a tide which appeared irreversible”. He also highlighted John Paul II influence on him over the course of the 23 years he served as Prefect of the Congregation for the Doctrine of the Faith. “My own service was sustained by his spiritual depth and by the richness of his insights. His example of prayer continually impressed and edified me: he remained deeply united to God even amid the many demands of his ministry.”

As highlighted by Archbishop Pierre Morissette, President of the Canadian Conference of Catholic Bishops (CCCCB), in a statement on the day following the Holy Father’s announcement of the beatification : “Pope John Paul II left a major mark on the Church and on the world. His vision and energy were a continuation of the Second Vatican Council. His Encyclicals and other writings are a lasting source of inspiration and teaching.”

The Catholic Church in Canada remains touched by the memory of Blessed John Paul II, particularly his three visits in 1984, 1987, and 2002, for World Youth Day in Toronto. *L’Osservatore Romano* has recently published a memory album which includes many texts and photos that remind us of Karol Wojtyla’s journey. This publication, as well as other articles on Pope John Paul II, is available through the Publications Service of the Canadian Conference of Catholic Bishops. ✕

# The Journey Is Begun

by Fr. Larrie Soberano

Words are inadequate to fully describe my experience as chaplain on a recent pilgrimage to Italy and Poland. Accepting the invitation to join the pilgrimage was no easy task for the pilgrims in light of the current economic recession. But 33 said “yes” to this opportunity to renew and deepen their spiritual lives, and thus bore witness to Blessed John Paul II’s rallying cry, *Do not be afraid!*

Assisi, the humble village of St. Francis and St. Clare, was our first destination and just the right place to ignite the faith of the pilgrims. We were lodged at Monastero San Giuseppe, a beautiful ancient guesthouse operated by Benedictine nuns. Set on a hilltop, it gave a magnificent view of the valley and town to the southwest. Each evening at supper we were treated to utterly stunning sunsets from the refectory windows. The beauty and antiquity of Assisi are truly an artist’s paradise and I’m sure many of us would have loved to have stayed on as it seemed that three days were not enough.

While there, we visited the unforgettable church of St. Maria of Rivotorto where St. Francis lived with his followers, and also the basilica of St. Maria degli Angeli, inside of which is the Capella del Transito—the small room where St. Francis died. Outside this church is a mural depicting the story of St. Francis throwing himself into the thorn bushes to combat doubts and temptations. To this day, the roses grow without thorns!

I had the privilege of celebrating our first Mass at the Church of St. Clare which houses the incorrupt body of St. Clare as well as the Miraculous Crucifix from which St. Francis heard the words of Jesus: “Go, Francis, repair my Church, which is in ruin.” We also visited the Church of San Damiano and the magnificent Basilica of St. Francis where he and his early companions are buried.

We had a tour of the hermitage atop Mt. Subasio where St. Francis often withdrew with his friends to pray and to suffer “his foolish kind of love,” his love for Christ. Indeed, he was a fool for Christ—it’s hard to believe, yet I saw it and I believe. If only the old walls and trees could speak they would tell of the hidden life of St. Francis, but their language may only be heard through the silence which encourages every tourist and pilgrim to respect and revere this place where once a holy man was able to live and savour his calling. Undeniably, this unspoiled spiritual place remains something to behold: a place of mystery, holy and hidden in Assisi.

But the story of Assisi is like an overture to a symphony, a preparation for the most climactic event in Rome, the beatification of our dearly beloved Blessed John Paul II. Who can forget him, his smile, his power and charisma, his inspirational words—words that motivated me to take seriously my vocation to the priesthood.



It was during my first year of Theology in the Philippines that I saw him during World Youth Day in 1995. It was a moving experience when he rode close by in his “Popemobile,” waving his hand, and it seemed he looked at me with a smile. It is an unforgettable memory that I consider one of the great treasures in my life as a priest.

On arrival in Rome, we could hardly wait to see the Vatican, for our hotel was only two blocks away from St. Peter’s Basilica. At first sight, my heart was filled with a mixture of joy, excitement, euphoria and a mystery that one cannot fathom. The massive physical structures of the Vatican reminded me of the gift of faith. Like a rock, our church is indeed built on

Continued on Page 27





a very solid foundation. Throughout many centuries, she has been tested by wars and strife; through many kings, queens, emperors, noblemen and great leaders—all gone and many forgotten, yet our faith and Church stand strong and brave.

The lone Obelisk, standing so proud and bold in the center of St. Peter’s square whispers its silent testimony in witness of the many early Christians who shed their blood for the Faith—that Obelisk present at the very beginning of Christianity and throughout the many events of the Catholic Church. It stood even from the early life of Karol Wojtyla, to his life as Pope, to this beatification of him. When you’re standing on that very center beside the Obelisk, you know who you are—and the gift of faith to which you are linked. The church indeed is built on a solid rock. And the greatest foundation of that rock is none other than Christ Himself.

Inside St. Peter’s Basilica, we feasted our eyes on the masterpieces of Bramante, Michelangelo, Maderno, Bernini and many other renowned artists, sculptors and architects. Their *obra maestras* masterpieces stunned us into speechlessness for a while, and I found myself standing alone and lost among different pilgrims, not knowing my group had already left to go to another chapel. The whole Vatican speaks in the superlative: of regality, of beauty, and of a class of art and architecture that should not be missed.

The night before the Beatification we went to a Beatification Vigil at Circus Maximus, a 20-minute bus ride from our hotel. When we arrived, the huge square was filled with happy and enthusiastic pilgrims all holding lighted candles, watching on-screen the unforgettable episodes of Pope John Paul’s life and his Papacy, especially World Youth Days. They wanted to honour this man who has left a mark on many hearts, who challenged the immorality and comfort of this world, who promoted the value of family and the sacredness of life, the power of prayer and the Eucharist, the importance of the presence of our Blessed Mother Mary to every Christian. He was able to instill in the hearts and minds of Catholic Christians the importance of moral and spiritual values, something we can hold on to as one family, one church, and one people of God. John Paul was indeed a faithful servant of Christ. We left the place before midnight to prepare ourselves for the big event of the next day.

At 2:00 am some of us left the hotel for St. Peter’s Square, which unfortunately was already almost full of people, sleeping and waiting. More and more people continued to arrive adding to the commotion, pushing and squeezing, and still we were very far from the Obelisk, and could hardly see the altar or the screen. We had nothing to see except the backs of the people standing in front of us! After nine long hours of standing, some of us felt weary, and tried to look for an exit, but the crowd was so massive that finding a way out was not easy. As I attempted to exit, I went to security close to the entrance where the clergy and VIP people were seated. Because I was wearing a clerical collar he invited me to enter that section—what a blessing! I was standing close to the altar where the clergy and invited guests were seated. Thus I was able to witness the Beatification ceremony and the whole rite of Mass. Truly this was the culmination of all the events, the climax of my first visit in Rome, and for me, the pinnacle of this pilgrimage story. It was an experience of a lifetime and just being there is something I will cherish forever.

The following day we took a six-hour bus trip through the beautiful Italian countryside to arrive at San Giovanni Rotondo where Padre Pio served and died. There we walked and prayed the Stations of the Cross on the hillside where he used to reflect on the passion of Christ. We visited the small and humble chapel where he devotedly prayed and celebrated Mass: here one could sense the holiness of the place. There I concelebrated with a priest who was also scheduled to celebrate Mass at that hour. I was thrilled to visit San Giovanni Rotondo because of the many favors and blessings I sought through the intercession of Padre Pio. The place is very important for me, because the parish on Salt Spring Island where I now serve with love and devotion shares the name: Santa Maria delle Grazie—Our Lady of Grace parish.

The following day, 22 of us flew on to Poland for the final leg of our pilgrimage. The beauty of Krakow and Warsaw was stunning and exquisite and filled us with lasting memories of magnificent renaissance and baroque architecture. We visited many beautiful green parks, castles of royal families and the famous ancient Salt Mines of Wielicka.

We also had a very moving tour of Auschwitz during which we were confronted with the brutal cruelty and savagery of humanity during the Nazi occupation. Here we visited and prayed at cell 18 where St. Maximillian Kolbe sacrificed his life for his friend.

While in Krakow we stayed at the beautiful guesthouse of the Divine Mercy,



located next to the convent where St. Faustina served as porter, gardener and gate keeper. Jesus chose this simple nun to be His scribe, to write about His attributes, the power of His divine mercy. Serenity and peace permeate the shrine. There is a beautiful chapel for Perpetual Eucharistic Adoration where people of all walks of life stay and pray, especially in the evening before heading home. In Poland, the peoples’ faith is still very much alive. They have preserved the reverence and respect, the solemnity and silence of their liturgies.

I had an opportunity to celebrate Mass every day in the different chapels at the shrine. We venerated the relic of St. Faustina at the convent chapel, where I later concelebrated with Polish priests. People, pilgrims and Divine Mercy nuns attended the Mass full of devotion and sincerity. It was so uplifting to visit this holy shrine filled with tourists and pilgrims, all seeking the intercession of St. Faustina.

We also visited Wadowice, the hometown of Blessed John Paul II. Although his actual home is under reconstruction, we were able to visit the church and see the baptismal font where he was baptized, as well as pictures and memorabilia of his life. We rested at the plaza in front of the church where “Lolek” (the nickname of Pope when he was young) used to stop to pray on his way to and from school. Then, before heading home, he would buy a cream cake in the local bakery. Now, that cream cake has become famous and many tourists and pilgrims can be seen sitting in the plaza enjoying a cream cake. I can see that a few years from now that place will have people flocking to have glimpses of his humble beginning.

I would like to end my story with the famous church of Jasna Gora, where I was blessed in a very humble way to celebrate Mass in the Chapel of the Black Madonna, one of the most famous icons in the world. Because of the huge crowd and the next scheduled priest waiting to step in, Mass was a short twenty minutes, but still the most solemn and rewarding Mass I had in her presence. As Pope John Paul II offered himself to Our Lady through his famous motto *totus tuus* (everything is yours), so too do I offer my priesthood to the care of my Mother, our Mother: Blessed Virgin Mary. I always remind myself that without her intercession and request to her Son, I could not be a priest because of my unworthiness and shortcomings. As my spiritual director says, it’s better to look on Mary and hold her cloak to protect me from any harm, danger and temptation. So, I also recommend to my pilgrim group and every person to look on Mary and imitate her simplicity, faithfulness and total trust in her Son.

The whole pilgrimage was a learning experience. To be sure, there were some small irritations, glitches, headaches and heartaches that accompany every long journey. However, our pilgrimage reflects and echoes the very meaning of our present lives. The negative experiences cannot compare with the abundance of blessings and grace, with the feeling of being renewed and enriched, or the feeling of being one with God: one friend, one family. We all came from different places, unknown to each other, with different backgrounds, ethnicity, age and color yet we were knitted together and interwoven by our experiences to become a beautiful tapestry, a beautiful piece of an art, a masterpiece of its own.

And that is the treasure, and that is the glory. Once again the immortal words of Christ, echoed to us by Blessed John Paul II: *Do not be afraid for “I come that they may have life, and have it abundantly.”* (John 10:10) The richness of the gift is life and faith—that is what remains and shines through at the end of this spiritual journey. ✠

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Pentecost Word Search

by Philologus

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- AMAZED  
APOSTLES  
DAY OF PENTECOST  
HEAVEN  
HOLY SPIRIT  
HOUSE
- LANGUAGES  
MULTITUDE  
SITTING  
SPEAKING IN TONGUES  
TONGUES OF FIRE  
WIND

Anagrams –  
Animals of the Bible

An anagram is a rearrangements of the letters of one word or phrase to form another word or phrase. For example, *Clint Eastwood* can be rearranged to spell out *Old West Action*. The phrases below can be rearranged into the names of animals that appear in the Bible.

Created by BibleQuizzes.org.uk

- Roman wreck  
Arctic coke  
Search hole  
Raises fog  
Hey, dog! Run!  
The Mob, eh?  
Wig plan  
Old pear  
Clouts  
Iron cops  
Is torch
- Warm MP role  
Great drip  
See awl  
Tie torso  
Coin run  
Moron cart  
April claret  
Clean home  
Zeal gel  
Hags prosper

Solution on next page



‘May the Lord rejoice in His works’  
Psalm 104

Bishop Murray Chatlain with Danny and Judy Bayha and their children, Joseph, Malerie and Bethany on Malerie’s First Communion Day.

Spanning Northern Alberta, Saskatchewan, Nunavut and the Northwest Territories, the Diocese of Mackenzie-Fort Smith is the world’s second largest. Bishop Murray Chatlain, above, and eight missionary priests are regularly on the road or in the air serving in the diocese’s outlying mission posts—their ministries made even more difficult by the fact that 75 per cent of their communities are inaccessible by road.

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# Face the Day



by Bonnie Landry

Pope John Paul II stressed that our sexuality is not something that we do, but something that we are. How we address sexuality with children will affect them their entire lives. Discomfort with the topic of sexuality is not a reason to avoid it, and avoiding discussing sexuality with your children will likely result in their understanding of human sexuality in terms of how the culture and their peers view human sexuality.

On a day-to-day basis, Catholic teaching on human sexuality and the dignity of the human person is probably the teaching that affects us most. We want our kids well informed about God's plan for the human body.

*Silas, the Chicken Whisperer,  
looks gravely around the table,  
making us all aware that he will accept  
the full burden of responsibility of  
answering this question.*

With that in mind, here are some simple, yet possibly life altering ways that we can present "the birds and the bees" to our children. I have listed some them here:

**Have a baby.** Having babies is a lovely way to introduce children to reproduction. Plus, as an added bonus, you get to keep the baby. Questions, comments, concerns and comic relief will come up constantly, naturally and sometimes at inconvenient moments. But it's a great opportunity to answer questions in a natural way and learn how to speak to your children about reproduction in a public setting. Like in the grocery store lineup.

**Live in a rural area.** Living in a setting where children are exposed daily to the natural world brings up questions a-plenty about the perpetuation of all living and growing things—which is arguably one of the best lead-ins possible to discussions about human reproduction. Why do bees exist? How do apples grow? Why are there baby lambs in the spring? Why do birds build nests? We personally have a policy that we only give the actual answer to the question being

asked, and no more. Eventually, they ask all the right questions.

**Let them raise animals.** This gives them their first reference point for union and reproduction. It gives them a hook to hang later information on—such as "mating produces babies." Such as "the male of the species has something to do with offspring." Such as "the body of animals is used in reproduction." These are fairly basic facts that really make later conversations about reproduction a cakewalk.

A recent family conversation highlights this point (names have been changed to protect the innocent):

We are at the supper table. Huckleberry is leading yet another discussion about poultry. He is giving a lengthy and graphic account of the intimate life of our rooster. He knows for certain that all of the chickens will produce fertile eggs, except the Australorps. I inquire why he is so certain of this, and he says he has not seen the rooster mating with the Australorps. I suggest that because he has not witnessed this event, he should not suppose it hasn't happened (perhaps Australorps are less inclined toward public displays of reproduction). But, no he is certain there will be no offspring from the Australorps.

He stops for a moment and thinks, then says, "Hey, how do the eggs get fertilized anyway?!" Until this moment, he has been completely oblivious to the fact that the mating has an effect. Until this moment, the mating of chickens has been merely symbolic of the production of fertile eggs.

Cause and effect has entered his mind.

Silas, the Chicken Whisperer, looks gravely around the table, making us all aware that he will accept the full burden of responsibility of answering this question.

He takes a deep breath. "Well, Huck, its like this. If Dad didn't exist, well, neither would we."

He raises his eyebrows at Huckleberry in a Meaningful Way. A long pause ensues. Huckleberry looks puzzled for just a moment, then says, "ah."

We all wait for more. The two boys go back to eating their dinner. Apparently the fullness of truth about poultry reproduction has been revealed.

The Talk is over.

Qualify private, family conversations. The age of the transfer of information in our family varies, dependant primarily on the child's ability to understand that information given is to be held within a family context. We usually start off by saying something to the effect of, "You understand that this is a family conversation, correct? That means that the parents of each family get to decide when information is given to their family on private matters. Not You." This directive is generally followed up by the caveat, "and, by the way, if a child asks you a question regarding reproduction, even your sibling, even if you know the answer, your stock answer must be, 'that is an excellent question to ask your parents.'"

Read as: they are ready for sensitive information when they know when to keep their mouth closed at the right times.

The Talk, really, then, needs to be many talks, one long conversation, given when digestible, for their entire lives. A series of tiny talks, discernment, questioning and discovering led by faithful adults, which can lead them into a deep commitment to discover the truth, beauty and meaning of human sexuality. ✂

*Train up a child in the way  
he should go: and when he is old,  
he will not depart from it.  
~ Proverbs 22:6*

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*Not to be served...  
but to serve.*

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# Glossary

**Beowulf** |'bāə,wolf|  
An Old English epic poem celebrating the legendary Scandinavian hero Beowulf.

Generally dated to the 8th century, it was the first major poem in a European vernacular language and is the only complete Germanic epic that survives. It describes Beowulf’s killing of the water monster Grendel and its mother and his death in combat with a dragon, and includes both pagan and Christian elements.

**epitomize** |i'pitə,mīz|  
verb [ trans. ]

- 1 be a perfect example of : Hearst’s newspapers epitomized bare-knuckle yellow journalism.
- 2 archaic give a summary of (a written work).

DERIVATIVES

epitomization |i'pitəmi'zā sh ən| noun

**idiom** |'idēəm|  
noun

- 1 a group of words established by usage as having a meaning not deducible from those of the individual words (e.g., rain cats and dogs, see the light).
- a form of expression natural to a language, person, or group of people : he had a feeling for phrase and idiom.
- the dialect of a people or part of a country.

2 a characteristic mode of expression in music or art : they were both working in a neo-Impressionist idiom.

ORIGIN late 16th cent.: from French idiome, or via late Latin from Greek idi ma ‘private property, peculiar phraseology,’ from idiousthai ‘make one’s own,’ from idios ‘own, private.’

**mitochondrion** |,mītə'kāndrēən|  
noun ( pl. -dria | -drēə | ) Biology

an organelle found in large numbers in most cells, in which the biochemical processes of respiration and energy production occur. It has a double membrane, the inner layer being folded inward to form layers (cristae).

DERIVATIVES

mitochondrial | -drēəl | adjective

ORIGIN early 20th cent.: modern Latin, from Greek mitos ‘thread’ + khondrion (diminutive of khondros ‘granule’ ).

**mythos** |'miθōs; -äs|  
noun ( pl. mythoi |'miθoi | ) chiefly technical

a myth or mythology.

- (in literature) a traditional or recurrent narrative theme or plot structure.
- a set of beliefs or assumptions about something : the rhetoric and mythos of science create the comforting image of linear progression toward truth.

ORIGIN mid 18th cent.: from Greek.

**pidgin** |'pijən|  
noun [ often as adj. ]

a grammatically simplified form of a language, used for communication between people not sharing a common language. Pidgins have a limited vocabulary, some elements of which are taken from local languages, and are not native languages, but arise out of language contact between speakers of other languages. Compare with creole,sense 2.

- ( Pidgin) another term for Tok Pisin .

ORIGIN late 19th cent.: Chinese alteration of English business.

**reductionism** |ri'dək sh ə'nizəm|  
noun often derogatory

the practice of analyzing and describing a complex phenomenon, esp. a mental, social, or biological phenomenon, in terms of phenomena that are held to represent a simpler or more fundamental level, esp. when this is said to provide a sufficient explanation.

DERIVATIVES

reductionist noun & adjective

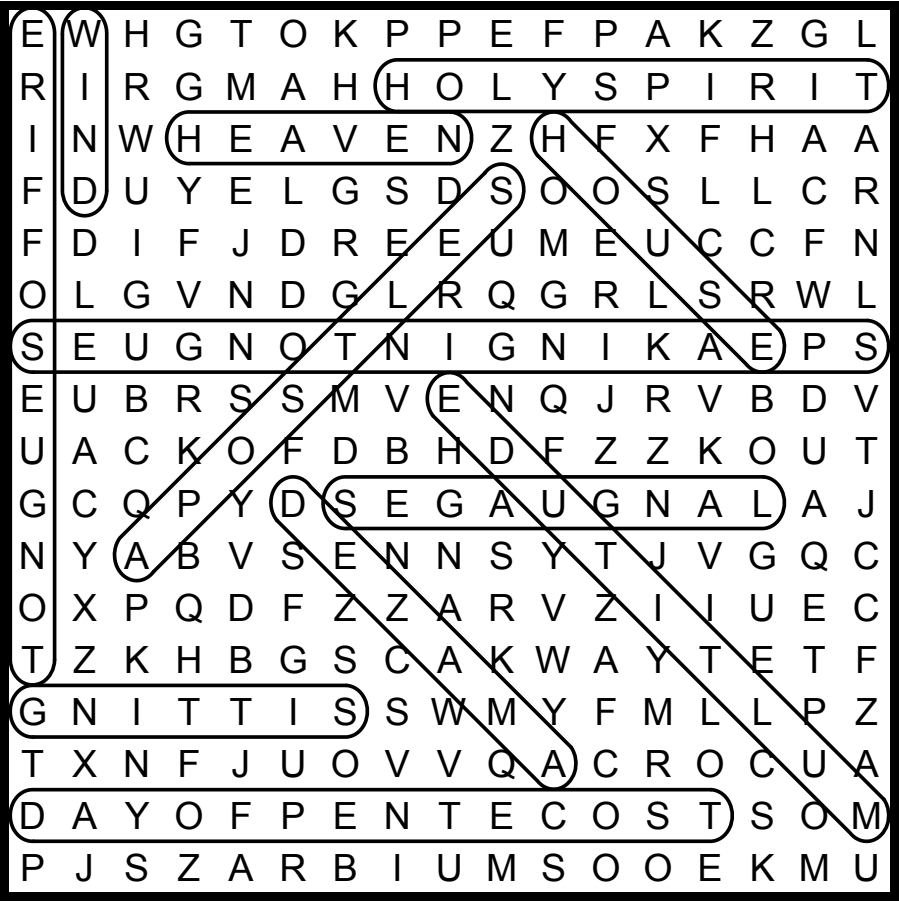
reductionistic |ri'dək sh ə'nistik| adjective

**relativism** |'relətə,vizəm|  
noun

the doctrine that knowledge, truth, and morality exist in relation to culture, society, or historical context, and are not absolute.

DERIVATIVES

relativist noun



## Anagrams - Animals of the Bible - Solution

Created by BibleQuizzes.org.uk

Roman wreck	Cankerworm	Warm MP role	Palmerworm
Arctic coke	Cockatrice	Great drip	Partridge
Search hole	Horseleach	See awl	Weasel
Raises fog	Ossifrage	Tie torso	Tortoise
Hey, dog! Run!	Greyhound	Coin run	Unicorn
The Mob, eh?	Behemoth	Moron cart	Cormorant
Wig plan	Lapwing	April claret	Caterpillar
Old pear	Leopard	Clean home	Chameleon
Clouts	Locust	Zeal gel	Gazelle
Iron cops	Scorpion	Hags prosper	Grasshopper
Is torch	Ostrich		



St. Joseph the Worker Parish, Victoria,

50<sup>th</sup> Anniversary Pilgrimage

Rome, Assisi, Florence, Siena, Italy

March 16<sup>th</sup>-26<sup>th</sup> 2012

For \$3599 USD (including air fare, accommodation, 2 meals daily)  
you can join Fr. William and the people of God at St. Joseph the  
Worker parish on a pilgrimage to the heart of our faith. Space is  
limited.”

For more information check our website and blog:  
[www.sjtw.ca](http://www.sjtw.ca) and <http://pilgrimage2012.blogspot.com/>. If you  
have any questions about this trip, please

contact: Stuart Andrie

[sandrie@cisdv.bc.ca](mailto:sandrie@cisdv.bc.ca)

250-884-1870 (Evenings)





# Help us reno a hospital room, for better hospital care.



## room *to* Care

For the residents of Mount St. Mary Hospital, their room is their home. However, these rooms and their furnishings, designed many years ago, were not built to accommodate the modern, larger power wheelchairs that give residents life-enhancing mobility and independence. As such, the rooms have been badly damaged, their layouts limit mobility, and deteriorating conditions put resident safety at risk. Repairs and renovations are needed urgently. Please support our Room to Care campaign to renovate and improve room conditions. We can't do it without you.



Mount St. Mary  
FOUNDATION

If you have room to care, we need your help.

Please find my cheque or money order payable to Mount St. Mary Foundation

- ☐ \$10/mo. can buy a regular hospital mattress
- ☐ \$50/mo. can repair a bathroom
- ☐ \$100/mo. can renovate a room
- ☐ Other \_\_\_\_\_
- ☐ I remembered Mount St. Mary Foundation in my Will.
- ☐ Please send me information about including Mount St. Mary Foundation in my Will.

Charitable registration no. 88361 5809 RR0001

Please charge my:

☐ Visa ☐ MasterCard

Card number: \_\_\_\_\_  
Expiration date: \_\_\_\_\_  
Name on card: \_\_\_\_\_  
Authorized signature: \_\_\_\_\_  
Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
Phone Number: \_\_\_\_\_

861 Fairfield Road  
Victoria, BC V8V 5A9  
T: 250-480-3138 | F: 250-480-3139  
[www.msmfoundation.ca](http://www.msmfoundation.ca)





# October 28 & 29, 2011

The Diocese of Victoria and Island Catholic Schools Present

# DISCIPLESHIP

Continuing the Journey of Hearts & Hands

## Featuring David Wells

Join us as we explore the impact of current powerful cultural forces on the Church, particularly in the six key areas identified in our Diocesan Pastoral Plan: Liturgy, Sacrament and Prayer; The Vocation of Marriage and Family; Outreach and Social Justice; Faith Formation; Stewardship; and Youth. For more information, email [dioconf2011@rcdvictoria.org](mailto:dioconf2011@rcdvictoria.org) or call (250) 479-1331.