

40 DAYS FOR LIFE™

This Fall, hundreds of communities in North America, including some Canadian cities are simultaneously hosting a 40 Days For Life campaign from September 23 - November 1, 2020.

Let us remain faithful to God's call to pray and fast for the protection of the unborn daily during these 40 days.



[God Help me](#)

Lyrics by Plumb

I don't know the future
It's one day at a time
But I know I'll be okay with Your hand holding mine
So take all my resistance
Oh God I need Your grace
One step and then the other show me the way
Show me the way
Help me to move
Help me to see
Help me to do whatever you would ask of me
Help me to go
God help me to stay
I'm feeling so alone here
And I know that You're faithful but I can barely breathe
Oh God I can barely breathe
Oh I can barely breathe
God help me

Control and Click to listen at: https://www.youtube.com/watch?v=5wRpTySE_8A

Prière du pape François

Ô Marie,
Tu brilles toujours sur notre chemin
comme un signe de salut et d'espoir.
Nous nous confions à toi, Santé des malades,
qui auprès de la Croix,
a été associée à la douleur de Jésus,
en restant ferme dans la foi.
Tu sais de quoi nous avons besoin
et nous sommes sûrs que tu y pourvoiras
pour que, comme à Cana de Galilée,
la joie et la fête reviennent
après cette épreuve.
Aide-nous, Mère de l'amour divin,
à nous conformer à la volonté du Père
et à faire ce que nous dira Jésus,
qui a pris sur lui nos souffrances
et s'est chargé de nos douleurs
pour nous conduire à travers la Croix,
à la joie de la résurrection. Amen.
Sous Ta protection, nous cherchons refuge,
Sainte Mère de Dieu.
Ne méprise pas les suppliques de ceux d'entre
nous qui sont dans l'épreuve, et délivre-nous de
tout danger,
ô Vierge glorieuse et bénie.

Gloire au Père et au Fils et au Saint-Esprit, maintenant et toujours et dans les siècles des siècles.
AMEN



Be completely humble and gentle; be patient, bearing with one another in love. Ephesians 4:2



Catholic Women's League St Faustina, Cumberland



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A Year Like No Other

2020 is a year like no other. In every news cycle there is something about COVID-19. We have been through all the emotions of fear, grieving, denial, anger, bargaining, depression and acceptance. Some of us have been through all the emotions more than once depending on situations in our lives. It has been long and often hard.

When the Provincial CWL chose loneliness as a theme last year, they had no idea how fitting it was going to be in 2020. However, what loneliness did not know, is we are a resilient species. Our seniors have learned to Zoom and Skype and even FaceTime. Grandchildren have put their grandparents in their contacts and loaned them iPads. The technology that seemed to take away human contact has brought us together. Cards and letters have made a comeback and phone calls and emails have increased. Many of us have gotten back to basics. Small family gatherings, now known as staying in your bubble. Making food from scratch, shopping once a week, and rarely eating out. Kind of reminds you of the pre-70's when life seemed simpler! We have brought back the Sunday drive to nowhere in our home. Just getting out and enjoying the beautiful creations of God.

As the cold weather arrives and we enter a second wave, let us remember to be kind, understanding and thoughtful. Let us watch out for each other. It is in the hard times that we need to find ways to do what God calls us to do. May we be attentive to the call of those who need us. Saint Peter tells us, "Each of you should use whatever gift you have received to serve others, as faithful stewards of God's grace in its various forms" Peter 4:10.

You are not alone. We are all in this together. Keep safe.

Barbara d'Entremont, President



Sous ta protection, nous cherchons refuge, Saint Mère de Dieu.
Ne méprise pas les suppliques de ceux d'entre nous qui sont dans l'épreuve,
et délivre-nous de tout danger,
Ô Vierge glorieuse et bénie.



Podcasts and Resources

In these difficult times we all need a little inspiration. There are so many resources out there for us to draw on. Since this newsletter is electronic, there are many links included to song, podcasts and resources that you may find meaningful. May they provide comfort and peace.

- Pray as You Go provides daily Catholic masses: <https://pray-as-you-go.org/>
- Click To Pray is the official app of the Pope's Worldwide Prayer Network: <https://clicktopray.org/>
- Society of the Little Flower promotes the devotion to St. Thérèse de Lisieux: <https://www.littleflower.org/prayers-sharing/daily-scripture-fr-bobs-prayer/>
- CHRI Christian radio station in Ottawa: <https://www.chri.ca/home/>
- Daily audio bible provides daily reading of the bible, completing the bible in a year: <https://dailyaudiobible.com/>



The restrictions put in place due to the COVID-19 pandemic have meant huge changes in everyone's life. It has led to precautionary measures such as quarantines, social distancing or, as we experienced during the Spring, total lockdown. Many are finding social distancing difficult. I can't even begin to imagine how those already experiencing loneliness feel. I was deeply touched by a caller in a recent radio talk show shared how as a single person, she felt isolated as she didn't have ten people that she could even consider in her social network. She really brought to light the difference between "social distancing" and "social isolation". Not everyone has a social support network of family and friends.

We cannot under-estimate the impact isolation and loneliness has on people, especially those in a vulnerable situation, have underlying medical, or mental health conditions. The pandemic has highlighted the importance of our social "support systems" for older adults, students, families, workers, prisoners, and at-risk populations.

Ottawa Public Health has a great website listing Mental Health Resources available and ideas for staying connected:

- *Ottawa Public Health – Mental Health and COVID-19:* <https://www.ottawapublichealth.ca/en/public-health-topics/mental-health-and-covid-19.aspx>
- *"BounceBack is a free, guided self-help program that's effective in helping people aged 15 and up who are experiencing mild-to-moderate anxiety or depression, or may be feeling low, stressed, worried, irritable or angry."* <https://bouncebackontario.ca>
- *Let's Stay Connected!* https://www.ottawapublichealth.ca/en/resources/Corona/Lets_Stay_Connected_BIL.pdf

Marie-Claire Patterson



Faith Will Carry Us

You know I am personally kind of tired of Covid 19. I cannot seem to get away from it. Even driving down the highway you see signs suggesting you may need to get tested.

I cannot see my grandchildren often. Once in the last 6 months.

The church is virtually closed, and I cannot see an end.

Carol's Mom is in a senior's home that fortunately has not had a breakout, but there is constant concern for her safety.

I miss you all and look forward to the day we can all get back together.

But through all this I think there are opportunities to remind ourselves of a few good things.

Thank God for faith. I cannot imagine living in today's world and not having faith in God. For he sustains us when all around us is in fear and turmoil.

Thank God for all the wonderful people stepping up at this time from our front-line workers to our grocery clerks who continue to put themselves in jeopardy to provide us essential services

Thank God for Father Gerard who has put so much time and energy to try to keep our community together.

Thank God for Lise and Pierre Chatelain who allowed us to use their property for the outside Mass and do so much to support our parish.

Thank God for Jerome Gagnier and Tim Mouchet who have assisted in providing our YouTube Mass every Saturday since before Easter.

Thank God for the parishioners of St. Faustina for continuing to support our church financially when we can only provide the basic of services.

Thank God for the ladies of the CWL who provided all the masks. I wonder how many people will not get sick because of your generosity.

Thank God we live in a country where we strive for the care of others and where most are prepared to sacrifice individual comfort, for the protection of all.

We all have a great deal to be thankful for and it is during times of trial and separation that we are called to remind ourselves of what connects us.

May God Bless all of you and may God keep you safe from all harm.

Please know that we are here to serve you as best we can. Please feel free to contact me for anything 613-883-9371 or toms71t37@gmail.com

Deacon Tom Donohue

