

Summer Issue 2003

# Companions of the Cross

---



## Inside

Celebrating Our  
Establishment

Fr. Francis' 35th  
Anniversary





## The Companions of the Cross Present ***“To Jesus, through Mary”***

A Marian Day celebrating the close of the  
 ‘Year of the Rosary’

Sat. Nov. 1st, 2003 – at St. Mary’s Church  
 100 Young St., Ottawa, Ontario

- 8:00 a.m. Doors open
- 8:30 a.m. Praise and Worship
- 9:00 a.m. Mass (Homily: The Rosary:  
Weapon of the Saints)
- 10:15 a.m. Break
- 10: 45 a.m. Talk: Our Lady: Queen, Mother,  
and Model
- 11:45 a.m. Lunch Break
- 1:00 p.m. Praise and Worship
- 1:15 p.m. Talk: Marian Apparitions Today  
– What’s the Message?
- 2:15 p.m. Break
- 2:30 p.m. Talk: To Jesus through Mary  
As Companions of the Cross –  
A New Prayer of Consecration
- 3:30 p.m. A Living Rosary Celebration with Prayer  
of Consecration

**Everyone Welcome!**

**No registration required – Free will offering will be taken up  
 For further information contact: Mary Lauzon (613) 297-0899**

### WHAT’S INSIDE

A Very Big Vote of Confidence .....	1
The Companions “Canonical Establishment” .....	2
Letters of Congratulations .....	5
Decree .....	7
Lay Associates Corner .....	8
Called and Gifted Workshop .....	10
Testimony - Being Wholly Holy! .....	14
Fr. Francis - Thank You for your Yes .....	16
York Catholic Chaplaincy: Where Grace Abounds .....	19
Community News & Notes .....	21

### Credits

**Publisher**  
 The Companions of the Cross

**Editors-in-Chief**  
 Fr. Robert Bedard, Founder  
 Fr. John Vandenakker

**Managing Editor**  
 Christine Labrosse

**Graphic Design**  
 Dyann Bernard  
 Pigs Can Fly Design  
 pigscan@atcanada.ca

The Companions of the Cross is a quarterly publication designed to encourage spiritual growth and to share about God’s movement within a new community of Catholic priests, and candidates for the priesthood. The Companions’ ministries are made possible by the prayerful generosity of its supporters, to whom we are most grateful.

The editorial team welcomes your comments and inquiries.  
 Mailing Address:  
 199 Bayswater Avenue,  
 Ottawa, Ontario, Canada K1Y 2G5  
 Office: (613) 728-3175  
 Fax: (613) 725-1590  
 Website: www.companionscross.ca  
 E-mail: compcros@cyberus.ca  
 Publications Mail Agreement #: 40016244



Companions of the Cross

---

## FEATURE

# A Very Big Vote of Confidence

by Fr. Bob Bedard

**O**ur big celebration was certainly big. Very big. Approval from the Vatican had been received in October, '02. We were to be raised to the status of an independent society. Without trying to explain it to those not familiar with the ramifications of canon law, let a comment suffice. It is a major vote of confidence by the universal Church in our modest little community, the Companions of the Cross.

We asked Archbishop Gervais to hold the official conferral of status on Friday, May 2, '03. That would be the actual 18<sup>th</sup> anniversary of what we call our "Foundation Day", the day we felt the Lord asking us to venture into, for us, completely uncharted waters – becoming a new community of priests.

And so it was. The celebration stretched over four days: Thursday evening dinner for all of us, priests and seminarians, with the taking of official photographs; Friday evening's pivotal liturgy in the packed cathedral (1300 people); the Saturday morning breakfast with a "few" friends (780); Sunday 11 o'clock Mass at St. Mary's with a dozen of the priests and most of the seminarians. In addition, hundreds of well wishers, lay associates and others, crowded 'round us continually offering congratulations and actually seeking autographs.

The whole thing was beautiful. Hopefully God was glorified. That's the main item. But, wonderful as it all was, it was also exhausting. I don't think I've ever been so tired.

Perhaps you've seen Spencer Tracy playing the lead in the movie *Father of the Bride*. If you have, you'll remember the opening scene in which the wedding reception has just finished, the last guests (those who, like my mother, always stayed "till the last dog was hung") have just gone, and his wife and the members of the immediate family are outside waving good-bye to whomever. Tracy is so utterly spent, he can barely summon up enough strength to take off his shoes. That's how I felt on the Monday morning – wiped out, thoroughly beaten up. It took me a full ten days to recover.

It was an emotional time. I do have deep feelings, but I'm pretty good at disguising them. Not this time. I was awash in tears several times. The images that kept coming to me, were the sight of the seminarians (fully 26 of them over the years) lying face down on the cathedral floor, to become priests of Jesus Christ forever. I marvel at the goodness of God who has actually allowed me to see 26 of our boys ordained. Tears? I guess so!

I hadn't at all realized how many people actually like us, or liked us well enough to take the trouble to get to the cathedral to be with us. Finding a place to park was almost a full day's assignment in itself.

The crush of supportive admirers downstairs after the ceremony was something the like of which I've never experienced



before. I was actually afraid some people might get hurt. I was not surprised to see two of my cousins, Catherine and Jean Starrs (my mother's nieces) holding down first place in the line-up. They must have elbowed and gouged their way to the front leaving a number of battered and bruised bodies in their wake. I was delighted to see their youngest sister, Liz, with her husband Bruce and their son Darren in the church, surprisingly close to the front. I was particularly thrilled to see another cousin, Bob Conlon (my dad's nephew), in the crowd. I hadn't seen him in close to 50 years – that in itself is quite amazing. And I was able to spend a few good hours with him on Saturday afternoon. In fact, he took me out for supper. And we've determined to keep the connection going now that we've finally been able to end the drought.

Literally hundreds of others found ways to put themselves out and come to the festival. Sister Patricia Denny (Sisters of St. Joseph of Michigan) came from Kalamazoo, driving by herself at least 11 hours one way.

When the community began 18 years ago, we felt the Lord was giving us a clear mandate to work for the renewal and  
*Continued on page 2*

Continued from page 1

revival of the Church and a number of non-negotiable ways to do it. All these years, because we were small, with minimal recognition, we didn't think we had a sufficiently large podium to proclaim what we believed was the Lord's program. So we spoke and wrote quietly for the most part. We tiptoed. But with the official and universal recognition we now have, perhaps the climate has changed. Fr. Mark Goring said in a homily recently: "Now they'll have to listen to us." I think he's right.

We have to remember always to give thanks, We must be grateful to God who has blessed us so much and given us the incredible privilege of working for Him. We owe such gratitude to all the agents He has enlisted on our behalf – Archbishop Plourde, who gave us the original green light; Archbishop Gervais, who took up his predecessor's role and led us carefully over the last 13 years as a father leads his children; the officers of the Archdiocese of Ottawa - Monsignor Powers, Monsignor Morin, Fr. MacNeil and others; our lay associates who pray for us daily, encourage and affirm us and support us materially; patrons and friends who have donated to the cause, upwards now of a million dollars a year; clergy and communities from many, many places who have prayed and rooted for us; our own office staff who have worked and prayed behind the scenes all along – Maria Norton, Ed Noah, Christine Labrosse, Mary Lauzon, Viola Rochefort, Colleen Cybulski, Linda O'Donnell, Dale Balkovec and Ken Gorman.

Our own prayer now is that the Lord will give us the grace to be faithful to what He is still calling us to do. *Accipamus crucem!* Let us accept the Cross! ☩

*Fr. Bob Bedard's ministry has included teaching high school, full-time renewal work and pastoring St. Mary's parish in Ottawa. He has spent the past number of years founding and working with the Companions of the Cross, a growing society of priests and seminarians.*

## FEATURE

# The Companions "Canonical Establishment"

by Claire Johnson

It is an honour to share my impressions of the Mass and the celebratory breakfast marking the elevation of the Companions of the Cross to a Society of Apostolic Life. As parishioners of St. Maurice Parish in Nepean, we have known the community since 1993 when Fr. John Vandenakker was assigned pastor. In those years we have prayed with and for many members of the community, have ministered with the priests and seminarians, and since January 2000, I have had the privilege to study theology alongside the seminarians. We heard about their many meetings and the group discernment used as they sought to define who they are as a community within the Church. In the process, we have seen many men discerning the particular path that God has in mind for them. Each of them has touched our lives.

It was with great joy that I heard last fall that the community had been given the go-ahead. The reaction of the congregation to Archbishop Marcel Gervais' announcement at Fr. Tim Devine's ordination demonstrated that my excitement was shared by many! Early in the new year we began hearing from far-flung friends who would be in town for the event and were hoping to visit.

On Friday, we made our way to Notre Dame Cathedral, but not early enough! The Cathedral was abuzz as people continued arriving in a steady stream. The downstairs was well filled an hour before the start and the balconies were beginning to fill. In all, about 1200 people attended the Mass.

Finally, announcements were made and the entrance procession began. Following the Knights of Columbus Fourth Degree Honour Guard came the seminarian servers and then the priests of the community – in their matching chasubles. It was wonderful to see their new status as a community symbolized so powerfully. I also recognized many priests of the diocese, along with many deacons, their wives, and a host of laity who had come to celebrate with the Community. There were also many men and women religious of other communities ready to welcome the Companions into their ranks. Our president, Ottawa's Archbishop Marcel Gervais, was joined by the Apostolic Nuncio to Canada, Archbishop Luigi Ventura, and Bishop Jean Louis Plouffe of the Diocese of Sault Ste. Marie. Archbishop Marcel Gervais warmly welcomed us and introduced us to the members of the joint Companions-Diocesan Committee who had laboured for over six years to bring about this day. They are: Msgr. Patrick Powers, Msgr. Robert Latour, Fr. Roger Vandenakker and Fr. Rick Jaworski (missing at the celebration was Fr. Francis Morrissey). He also introduced and thanked Fr. Everett MacNeil, his Episcopal Vicar to the Companions these past three years. Lastly when Fr. Bob Bedard was introduced, as the Founder of the Companions, the congregation responded with great warmth and affection.

The unity and appropriateness of the themes of the readings chosen for the Mass was quickly apparent in spite of the difficulties caused by the sound system. The first read-



Packed Basilica



Maria Norton reads at Mass

ing (Ez 37:1-14), proclaimed by seminarian Michael Scherrey, speaks of a valley full of dry bones which come to life as the prophet speaks the words of the Lord. Representative of the House of Israel, the dry bones are given life by the breath so that they may be led back to their land. We then joined in the Psalm response, “Send forth your Spirit, O Lord, and renew the face of the earth” (Psalm 104). Maria Norton proclaimed 1 Corinthians 1:18-31, which speaks of the Cross as folly for those on the way to ruin but as the power of God for those on the road to salvation. Paul is reminding the Corinthians that Christians preach a crucified Christ; that God chooses the weak and the foolish to shame the strong and the wise. Deacon Bob Birch proclaimed the Gospel (Jn 19:25-26) which is, fittingly, the scene at the foot of the Cross when Jesus gives his Mother into the care of the Beloved Disciple.

We have always enjoyed Archbishop Gervais’ homilies and this time was no exception. At the mention of Fr. Bob’s name, the congregation broke into spontaneous, sustained applause, prompting a comment “you seem to know him.” Archbishop Gervais commented on the radical changes our Church and world have undergone since the 1960s. Against

a culture of growing individualism and materialism, Vatican II set the stage for change within the Church. Many communities sprang up within and outside the Church, some touting “easy community living,” others more cult-like. Over these chaotic waters moved the Spirit calling individuals to raise up new faith-filled communities around the world. One such individual, according to Archbishop Gervais, is the founder of the Companions of the Cross, Fr. Bob. Archbishop Gervais recalled the early days and the community’s settling on a name that focuses on the Cross of Christ. The Cross of Christ, which Paul called “a stumbling block to Jews and folly to Gentiles” (1 Cor 1:23), is considered bankrupt by intellectuals today. However, one needs only to be grasped by the love that is revealed in the Cross to be filled with a new vision, which will continue to breathe life.

Archbishop Gervais spoke about the symbolic roles filled by the unnamed “Mother of Jesus” and the “Beloved Disciple” in John’s Gospel. Each of us, throughout time, is his “Beloved Disciple,” each of us is to welcome his mother into our lives. We are called to see the Jews as the Chosen People, to know that salvation has come from them. Mary is our mother, and

she represents the Church and the whole world. Inspired by Jesus’ “I thirst,” spoken from the Cross, the Companions thirst for the ones Christ so loved and long to give pure water to him who hangs on the Cross.

Msgr. Patrick Powers read the Decree of Canonical Establishment after which came one of the most moving moments: the giving of the promises. Fr. Roger gave his promise to Archbishop Gervais and then heard from his brothers. The Cathedral was still as the priests of the community each spoke: “I, Father . . .” and then continued in unison, “relying on the grace of God, the intercession of the Blessed Virgin Mary and the support of my brothers, freely promise before you, Father Roger Vandenakker, to follow the Constitutions and Rules of the Companions of the Cross, for the rest of my life, for the greater glory of Christ and his Holy Cross.” In response to Fr. Roger’s “*Accipimus Crucem!*” (We accept the Cross!), the priests stated “*Deo Gratias!*” (Thanks be to God!). The priests then joined in a prayer entrusting themselves to Mary.

In another touching moment demonstrating lay involvement, seven staff members presented the hosts and wine.

*Continued on page 4*



*Clockwise from left: Archbishop Gervais congratulates Fr. Bob; Celebrating the Eucharist in thanksgiving; Archbishop Gervais signs decree*



After Communion, Fr. Bob and Fr. Roger gave moving tributes to the many who had made this step possible: Archbishop Plourde, Archbishop Marcel Gervais, Msgr. Patrick Powers, Msgr. Robert Latour, Fr. Everett MacNeil, and Fr. Francis Morrissey were among the people publicly thanked.

It appeared that most of the people in the congregation crowded into the hall for the reception, which followed. It was an opportunity to see familiar faces, to speak briefly with some, and to marvel at being a part of an historical event that few Catholics have been privileged to witness.

Saturday morning saw many eager people arriving early for breakfast. Again, we were not among the first to arrive – most of the over 700 people attending were already seated before the announced 9:30 start time. Charles Labrosse called for people to find seats and put a stop to the inter-table visiting by asking Fr. Dennis Hayes to say grace for us. The staff, ably assisted by Lay Associate volunteers, saw to it that everyone was served quickly. The food was delicious and plentiful with people being told they could go for seconds, or even thirds as one table was pointedly teased!

Once the line-ups for the food diminished, the “formal” portion of the morn-

ing began. Fr. Terry Donahue spoke of the Evangelization School, encouraging all to attend and to spread the word to their parishes. Fr. Roger spoke of the prophetic leadership of Pope John Paul II, the need for evangelization even to the baptized; as he said, “I found what I wanted when I found the Lord – the source of life.” In closing, Fr. Roger sang, with his voice weakened from overuse, *When it’s All Said and Done* by Jim Cowan. The hall quieted at the words: “When it’s all been said and done there is just one thing that matters. Did I do my best to live for truth; did I live my life for you? When it’s all been said and done all my treasures will mean nothing. Only what I’ve done for love’s reward will stand the test of time.”

Fr. Bob recalled with gentle humour some of the community’s history. He marvelled at the mix of personalities and gifts and pondered the coincidence of the existence of two sets of “Sons of Thunder,” one among Jesus’ disciples and the other within the original group that met with him as a share group. The celebration came to a close and it was time to make one more attempt to greet friends before heading home touched and changed by all that we had experienced. ☺

.....  
*Claire and Jim have been parishioners at St. Maurice parish in Nepean since 1979. Their sons, Geoffrey and Graham, are also involved in ministry in the parish.*

# Letters of Congratulations

*(A sampling of just a few of the many letters we received from Bishops, Priests, Religious, and Laity across North America)*

March 26, 2003

Dear Brothers in Christ,

Warm greetings of fraternal peace and supportive companionship in prayer. Thank you for your gracious invitation to participate in the solemn Eucharistic celebration in thanksgiving for your canonical establishment as a new society of apostolic life. I want you to know of my deep joy over this significant milestone in your journey as a recognized priestly community of service within holy Church.

Regrettably, I will not be able to attend the Mass of thanksgiving on May 2nd. I am just in the midst of my confirmations at that time. However, I do want you to know of my presence with you in spirit, at the level of my heart's attention, and in faithful prayer.

I look forward to visiting you some time along the way. In the meantime know of my fraternal companionship with all of you in prayer.

Fraternal peace and joy in Christ Jesus, our Risen Lord,  
Most Rev. Eugene J. Cooney,  
Bishop of Nelson, British Columbia

---

---

March 31, 2003

Dear Friends of Companions of the Cross,

Please accept our heartfelt congratulations on the occasion of your canonical



*The Apostolic Nuncio, Fr. Bob, Archbishop Gervais and Fr. Roger.*

establishment as a new Society of Apostolic Life.

Although we are unable to personally attend the Solemn Eucharistic celebration in honour of your canonical establishment, please be assured of our presence in spirit. Our thoughts and prayers will be with you in a very special way on Friday May 2nd, and we ask God to continue to pour His blessings upon you. May you be blessed with increased vocations, and may your Society continue to grow and flourish.

Please be assured of our prayerful support for all "Companions of the Cross" and again, our heartfelt congratulations on this momentous occasion for your Society.

United with you in Jesus, our Redeemer,

Sister Carol Forhan, R.P.B.  
General Superior – Congregation of the Sisters of the Precious Blood

---

---

April 13, 2003

Dear Fr. Roger,

Congratulations to you and your Community for your upcoming establishment as a new society of Apostolic Life. Your founder, Fr. Bob Bedard, and all your members have worked hard, responded faithfully to God's call and prayed diligently for this grace-filled day. A call to live in Community and serve the people of God in the way we are called is a great privilege. I look

forward to concelebrate with you all on Friday, May 2<sup>nd</sup>, 2003 at 7:30 p.m. at Notre Dame Cathedral Basilica; please excuse me from the breakfast the next morning.

On behalf of the Ottawa Jesuit Community, may I assure you all of our prayers and may Our Lady continue to intercede on your behalf and help you to live the beautiful vocation to which you are called.  
Sincerely in Christ,

Rev. Norman Dodge, s.j.  
Superior – Ottawa Jesuit Community

---

---

May 20, 2003

Dear Fr. Roger,

On behalf of myself, and of the Missionary Oblates of Mary Immaculate - St. Peter's Province, I extend congratulations to you and all members of the Companions of the Cross on the canonical establishment of your community as a new Society of Apostolic Life in the Roman Catholic Church. We extend our prayerful best wishes for your ministry and we continue to watch with some awe as your community grows.

I was regretfully unable to attend on May 2nd but I am sure it was a joyful celebration.

May you continue to be blessed in your community life and may you in turn be a

*Continued on page 6*

.....

blessing to all you serve,

In the name of Jesus Christ and Mary Immaculate,

Rev. David Perrin OMI  
Provincial Superior

---

---

May 8, 2003

Knights of Columbus Council #12296  
Resolution:

The Executive and members, at the General Meeting of Council #12296, May 8, 2003, considered recognizing the most worthy achievement of the elevation of the Companions of the Cross to their canonical establishment as a new "Society of Apostolic Life" in the Church. Upon motion duly made and seconded, it was unanimously

RESOLVED, that the proper officers of the Council, are authorized to issue to the Society of the Companions of the Cross, our most heartfelt congratulations. This Resolution is made with great gratitude for all the Society has provided to the parishioners of St. Maurice Parish, the community and to this Council.

RESOLVED FURTHER, that it is with much pride that our Council has with honour undertaken, in the year of our Lord 1999, to adopt the name of the Companions of the Cross Council.

RESOLVED FURTHER, that the proper officers of the Council are directed to offer a small gratitude of our appreciation (appended).

Grand Knight, Robert Boire  
Secretary, Steve McIntyre  
Past Grand Knight, Robert Wilson  
Financial Secretary, Gerry Larkin  
And All the Members of Council #12296

The Companions of the Cross Council #12296  
St. Maurice Parish, Nepean, Ontario



*Companions' celebration dinner.*



*Fr. Dennis Hayes with former parishioners at breakfast gathering.*



*Cake for breakfast!*

**THE MOST REVEREND MARCEL GERVAIS**  
by the grace of God and the pleasure of the Apostolic See  
**ARCHBISHOP OF OTTAWA**  
**DECREE**

The Companions of the Cross trace their roots back to January 1984 when four men, Father Robert Bedard, a seminarian and two others who were planning to enter the seminary that September, began to meet on a weekly basis to provide mutual spiritual support.

With time, they sensed that God was calling them to something more, to a participation in the renewal of the Church through effective evangelization founded on looking to the Cross of our Lord Jesus Christ.

The group grew in numbers and, on February 11, 1988, Archbishop Joseph-Aurèle Plourde, at that time Archbishop of Ottawa, established them as a public clerical association of the faithful, under the name and title, “Companions of the Cross”.

With the assistance of Divine Providence, and under the loving care of the Blessed Virgin Mary, the model of Christian discipleship, the Association continued to develop and its members even began ministering outside the Archdiocese of Ottawa.

It has become evident that it was ready for a more definitive form of recognition in the Church. For this reason, and in accordance with the provisions of canons 579 and 732, the Apostolic See was consulted as to the opportuneness of establishing a clerical society of apostolic life of diocesan right in the Archdiocese of Ottawa. A favourable reply was received from the Congregation for Institutes of Consecrated Life and Societies of Apostolic Life, October 29, 2002 (Prot. No. DD. 2581 - 1/2002), authorizing the canonical establishment of such a society.

Therefore, having consulted the episcopal council, the presbyteral council, the archdiocesan finance council, and other informed priests, religious and laity, I hereby decree that, as of May 2, 2003, the “Companions of the Cross” are established as a Clerical Society of Apostolic Life of diocesan right, with all the rights and obligations pertaining to their status.

Since the society has public juridical personality in the Church (canon 741), it must have approved statutes (canon 117). For this reason, I hereby approve the Constitutional articles in the “Constitutions and Rules of the Companions of the Cross”, dated May 2, 2003; these will constitute the canonical statutes of the Society (canons 595 and 732).

The members of the Society are hereby called upon to strive by their life and ministry to exalt the Cross of Our Lord Jesus Christ and to proclaim Christ Crucified, who is God’s power and wisdom (cf. I Cor 1:23-24). They are to participate in the ongoing renewal of the Church, having evangelization as their fundamental priority, while ministering to the poor, the blessed ones with whom Christ identifies. Their mission is limited only by their desire to maintain community life and their faithfulness to the ministry of evangelization.

My prayer for the Society of the Companions of the Cross is that each member will accept the cross, will give thanks to God for this grace, and will be in the Church a sign of charity and priestly fraternity.

Given at Ottawa, this second day of May, 2003.

Marcel GERVAIS  
Archbishop of Ottawa

(Rev.) Doris LAPLANTE, C.S.S.R.  
Chancellor

---

# LAY ASSOCIATES CORNER

## THE COMPANION CONNECTION

The Witnesses for Christ is a youth / young adult group in Cornwall, Ontario. Our youth ministry began with Fr. Allan MacDonald five years ago, and this fall will mark the group's third year of existence. By Fr. Allan's invitation, the group came to St. Mary's last fall to share in the feast of the Triumph of the Cross. This was the first time that many of our members had been exposed to the charismatic elements of worship. There was a great deal of excitement on the bus ride home. The kids could not get over the number of priests, or the fact that they all seemed so happy, not to mention the praise and worship, and the fact that two hours had just passed by without a single glance at a watch.

We were all excited at the news that the Companions of the Cross were going to conduct an "All Souls, All Saints Conference". We will never forget the welcome we received from the community. We were overwhelmed with the affirmation and Christian hospitality. Many thanks to Mary Lauzon! None of us could get over the powerful talks heard during those two days. This time the youth noticed that not only were the priests happy, but they commented on the deep conviction with which they spoke. Before leaving, Mary made certain to ask us to come to the annual Lay Associates retreat in February. "You won't want to miss the youth tract," she said. "You are the Potter, I am the Clay", was the theme for that fantastic conference! Fr. Mark blew them away Saturday night with his Jesus and Snowboarding talk. He really captured

the youth's attention. Being in the presence of the Blessed Sacrament that evening was a powerful experience!

Now for the bombshell! Again, Mary talked to us, "You know, Fr. Bob would come and talk at one of your youth group meetings if you would like". If we would like? WOW! It so happened that we had just been praying to God about the youth group, when we received notice that Fr. Bob was indeed going to come down. May's meeting was one we won't soon forget. Fr. Bob and Fr. Mark arrived for an evening of worship, challenging talks, and of course plenty of laughs. We are still quite overwhelmed that Fr. Bob came to our group. The youth just love him! Through Fr. Bob and Fr. Mark's visit, we felt God's affirmation in our ministry, and we felt that something more was coming our way through the Companions.

On Pentecost weekend, Fr. Scott, Fr. Terry and seven seminarians conducted a "Life in the Spirit Retreat" for our youth group. We have never seen an outpouring of the Spirit to this magnitude! We had promised the group this would be a weekend not to miss, but we had no idea! The seminarians did an awesome job with talks, testimonies, music, skits and lots of laughs. Saturday night we all prayed for the baptism in the Spirit. Twenty-nine of God's young people opened up their hearts and asked Him to come in. The Spirit came in power on the whole room! There were tears, resting in the Spirit, tongues, God's overwhelming presence, and peace. By night's end all were praising God openly. During the next few days, we began to realize the total impact of this weekend. It was a life-changing experience! Since then, some of our members have been meeting in small share groups, and many have begun visiting the adoration chapel. Others are praying the rosary in a chapel at school. The fruit is everywhere! Our youth group will never be the same.

We will never be able to thank the Companions of the Cross for all they have done. You are all a source of encouragement for us and we appreciate your unwavering commitment to the truth!

We can hardly wait to see what God has planned next! ☺

.....  
*Bob & Dana Fisk Cornwall*

*Alain & Carole Giguere Cornwall*

*Kevin & Emma Rayburn Martintown*

*Youth Group Leaders*

### LAY ASSOCIATES UPCOMING EVENTS

**Sunday, August 24**

Celebration of  
Fr. Francis Frankovich's  
35th Anniversary  
to the Priesthood  
(see advertisement inside back  
cover of newsletter).

.....  
**Sunday, September 14**

Liturgy of the Hours  
(Evening Prayer)  
celebrating the  
Triumph of the Cross  
St. Mary's parish  
at 7:30 p.m.

.....  
**Saturday, November 1**

A Marian Day  
celebrating the close of  
the Year of the Rosary  
(see advertisement inside front  
cover of newsletter).

## 2003-2004 Saint Paul University Theology Courses Offered by the Companions of the Cross

### FALL 2003:

#### THO 3160c - Pentateuch and Historical Books (3cr.)

**Fr. Rick Jaworski**

An introduction to the study of sacred Scripture in general; more particularly to the study of the Old Testament; and, specifically, to the Pentateuch and Historical Books. Includes an overview of the Pentateuch and Deuteronomistic History, with a concentration on Genesis and Exodus.

**Thursdays 9:00 a.m. – 12 noon. Begins Sept. 4th**

#### THO 3162c - Christian Revelation & Faith (3 cr.)

**Fr. John Vandenakker**

An examination of the nature and dynamics of divine revelation. An exploration of how experience, faith, and theology are interrelated. Content: 1) introduction & preliminary considerations; 2) the self disclosure of God as reflected in the Scriptures; 3) the task of the Church: "handing on the deposit of faith"; 4) the nature of Tradition; 5) the role of the magisterium; 6) questions concerning the "development of dogma"; and 7) the state of contemporary reflection in the area of fundamental theology;

**Fridays 9:00 a.m. - 12 noon. Begins Sept. 5th**

#### THO 3166c - Moral Existence (3 cr.)

**Michel MacDonald**

Introduction to the field of ethics and morality in theology. Fundamental elements of moral existence. Factors which influence Christian moral decision-making. Historical developments of ethical approaches within theology. Tools for decision making. The relationship between the interior life and objectivity. The role of faith in morality.

**Wednesdays 7:00 p.m. - 10:00 p.m. Begins Sept. 10th**

#### THO 4111c - Sacraments of Initiation, Reconciliation, Anointing, and Funeral Rites (3 cr.)

**Fr. Pierre Ingram**

An introduction to the liturgical celebration and contemporary theological interpretation of the Catholic sacraments of initiation, Reconciliation, and the Anointing of the Sick, as well as the Rites of Christian Funerals. For each of these rites, emphasis will be placed on the pastoral implications of the principles involved in their post-conciliar reform, particularly the unity and order of the first three sacraments and the ecclesial dimension of Reconciliation.

(Prerequisite: THO 3169 - Christian Liturgy)

**Tuesdays 9:00 a.m. - 12 noon. Begins Sept. 10th**

### WINTER 2004:

#### THO 3165c - The Church (3 cr.)

**Fr. John Vandenakker**

An introduction into what it means to be "the Church" so as to develop a basic understanding of "who" and "what" the Church is all about. A look at how Scripture and Tradition indicate how the early Christian communities saw themselves as being born of the Holy Spirit, rooted in the salvific mystery of Christ, and equipped for carrying on the work of the Kingdom of God. Later historical developments in the organizational structure of the Church. A look at the ecclesiological teaching of Vatican II and the Catechism of the Catholic Church. Post-conciliar reflection on various contemporary issues (e.g ecumenism, the role of women in the church, the papacy, etc.)

**Fridays 9:00 a.m. - 12 noon. Begins Jan. 9th**

#### THO 3168c - Christian Spirituality (3 cr.)

**Fr. Pierre Ingram**

An introduction to the study of Christian spirituality, primarily from a historical perspective, attempting to understand and account for both the diversity and unity of its expressions in the past and today. Emphasis will be placed on the hermeneutics of spiritual experience.

**Tuesdays 1:15 p.m. - 4:15 p.m. Begins Jan. 6th**

#### THO 4201c - Pauline Literature (3 cr.)

**Fr. Rick Jaworski**

An Introduction to the study of the life and thought of Saint Paul, and the "Pauline" corpus. Select overview and in-depth study of portions of certain Pauline letters, with particular emphasis on Galatians.

(Prerequisite: THO 3161 - Gospel Interpretation: Mark)

**Thursdays 9:00 a.m. - 12 noon. Begins Jan. 8th**

Note #1: At this time all classes are scheduled to be held in the "Skinner Room" at the Dominican College (96 Empress Ave., Ottawa).

Note #2: All registration, payment of fees, etc., will be handled by Saint Paul University at their main campus site (223 Main St., Ottawa, ON, K1S 1C4). Telephone: (613) 236-1393. Web Site: www.ustpaul.ca E-mail: info@ustpaul.ca Cost = \$444.00 per course for part time students (for those taking only 1-3 courses) or \$1,558.00 per semester for full time students (for up to 5 courses).

Note #3: Sorry, but Saint Paul University guidelines prohibit people from just "sitting in" on these courses and following them for interest sake. You can audit them if you like, but you must still pay the required tuition.

**For further information please contact the Academic Coordinator of the Companions:  
Fr. John Vandenakker (613) 728-1938.**

## DOMINICAN COLLEGE

One Credit Evening Courses

To register please contact:

Dominican College

96 Empress Ave.,

Ottawa, Ontario K1R 7G3

Telephone : (613) 233-5696

Fax : (613) 233-6064

**"How Long O Lord?" – A Survey of Christian Approaches to the Problem of Sin, Suffering, and Evil**  
THEOLOGY 3807 (1 cr.) - Fr. John Vandenakker

- Tuesday Night, 7 p.m. to 9 p.m.
- From September 9th to October 14th, 2003

After a brief introduction to the topic, and listening to the questions it raises about the nature of God, we will focus our attention on what the Scriptures, Fathers of the Church, and various philosophers/theologians have contributed to a Christian understanding of the phenomenon of sin, evil, and suffering in the world. We will conclude with a review of the Catechism of the Catholic Church's teaching on this important subject.

**Lions, Tigers, and Bears, oh my!**

– **Understanding the Book of Revelation**

THEOLOGY 3549 (1 cr.) - Fr. Rick Jaworski

- Tuesday Night, 7 p.m. to 9 p.m.
- From February 24th to March 30th, 2004

An introduction to the Book of Revelation as an apocalyptic-prophetic letter read, heard, and interpreted in the liturgy.

Overview and a more in-depth knowledge of select passages.

**Cost: \$145.00 (approx.) per course  
Classes will be held at the Dominican College**

# Called and Gifted Workshop

by Geoff McBeath

On April 4<sup>th</sup> and 5<sup>th</sup>, 2003, St. Thomas Aquinas Parish in Halifax hosted a *Called and Gifted Workshop*. The workshop was presented by Father Michael Sweeney and Ms. Sherry Weddell of the Catherine of Siena Institute based in Colorado Springs. This spiritual gathering was the inspiration of our pastor, Fr. Sean Wenger.

The workshop began with a Friday evening session that provided the background and spiritual basis. The initial message is that Vatican II and the Holy Father Pope John Paul II have issued a challenge to see the Church, the world and ourselves all in a new light. A new way of thinking has emerged. For **Ourselves**, there is less focus on the personal and more emphasis on the needs and gifts of others. Older thinking called for us to be a disciple; we are now being called to be an apostle. Our primary concern is how to bring Christ to others. For the **Church**, early teachings focused on our personal salvation; the purpose of the Church cast in a new light is for the salvation of the world. The horizon of the Church has now been extended beyond the parish community and into the neighbourhoods of the world. In the structure of the Church, each member is now an apostle and no longer only recipients of ministry. The distinction between ordained and laity applies only within the parish community. For the **World**, the Church is no longer a perfect community apart from the rest of the world. Rather, the Church dwells in and exists for the sake of the world. Secular and sacred are no longer opposed – holiness can truly be found in the midst of the world.

Key to the background for the workshop is the concept of Church Office. The Office is a task or job bestowed upon

every Christian ordering the way in which he or she personally participates in the Church's mission to the world. All baptized Christians have an Office in the Church. The Office is always directed towards others and gives formal explicit authority to act in the place of Jesus or the Church. The Office bestows power and jurisdiction. The Lay Office is secular and bestowed to Christians through Baptism and Confirmation. Christians in the Lay Office have a primary call to faithfulness. Communicating and applying the faith to the world will enable every man and woman to meet Jesus and will aid in healing and transforming its cultures and structures. This is the primary mission of the laity.

As Christians, we **receive** the Holy Spirit in Baptism and Confirmation. Imparted upon us are the seven-fold gifts of wisdom, understanding, knowledge, right judgment, courage, piety and awe and wonder of the Lord. The gifts (known as the sanctifying graces) sanctify us and make us holy. By giving the Holy Spirit, we offer spiritual gifts or charisms for the sake of others. The charisms (gratuitous graces) are graces given to us to be given to others.

The day-long Saturday session is dedicated to charisms. Charisms are a gratuitous gift or favour. Unlike short-term or one-time gifts offered to us by the Holy Spirit, charisms are gifts that can be developed over the long-term. They are received from the Holy Spirit, not achieved. They differ from mystical or religious experiences in that they are focused outward toward others. Charisms enable a Christian to be an agent of God's purpose in a way that is beyond his or her normal human capacity.

The number of charisms is not known, however, the most commonly encoun-

tered are grouped as follows:

- Pastoral Charisms** - Encouragement, Helps, Hospitality, Mercy, Pastoring
- Organizational Charisms** - Administration, Giving, Leadership, Service
- Charisms of Healing** - Healing, Intercessory Prayer
- Creative Charisms** - Craftsmanship, Music, Writing
- Communication Charisms** - Evangelism, Prophecy, Teaching
- Lifestyle Charisms** - Celibacy, Faith, Missionary, Voluntary Poverty
- Charisms of Understanding** - Discernment of Spirits, Knowledge, Wisdom

Normally, most Christians have more than one charism. Each charism works together with your other charism and affects how each is expressed. They are not inherited traits but rather are given to us by the Holy Spirit in Baptism and Confirmation. When we as Christians exercise a charism, we feel energized. Coupled with our natural talents, we become fruitful and effective more easily without undue strain or struggle. Often we have a feeling of joyful satisfaction.

The workshop takes you through a five-step process of discernment of charisms. It begins with a written "inventory" that allows you to determine which of the charisms you are likely to possess. It then provides a framework for developing our charisms including an experimentation phase (i.e. getting to know which you have and this is as important as knowing which you do not possess). Understanding which charism we possess is very important. Knowing our gift(s) enables us to avoid ineffectiveness and frustration in trying to do work or ministry for which we are not gifted and to which we are not called. It will help to decide on the direction of our involve-



Team from St. Thomas Aquinas parish that hosted the event from left: Geoff (author of article) and Jen McBeath, Rod and Maryjane MacNeil, Rick and Debbie Rout, Sean and Maria McDonald, Fr. Sean, Sherry Weddell and Fr. Michael McSweeney

ment and our role as Christians. The charisms are a major indication of God's will for your life. Exercising a charism is an act of reverence and worship and key to our role as Christian disciples.

The workshop concludes with an interview by the presenters. (Due to time constraints only the event organizing committee could be interviewed). This interview examines in some detail the results of the completed inventory in an effort to further define which charisms each of us possess.

Overall, the workshop was well received. Attendance was approximately 125 with people representing about 30 different

parishes. Very positive feedback was received from the group of attendees, with many requesting information on the follow-up program. The workshop is well organized, with slick presentations aided with all the latest visual technology. The workshop is objective and almost technical in its approach. It's not lofty and unreachable – it's practical and laced with tangibles (it even gives you some of the answers!). It provides a truly Catholic perspective.

The workshop is highly recommended. The Catherine of Siena Institute suggests that all baptized adults (from the newly anointed to the mature Christian) could benefit from the workshop. Commonly,

the workshop results in a new sense of purpose and provides a catalyst for spiritual growth. By discerning their charisms, many Catholics emerge from the discernment process with a feeling that they have something more to give to the greater Christian community.

A word to the wise, the workshop can be a little pricey for a parish. The suggested minimum attendance is 50, however, we expect that 100 is a safer number. Contact the Institute at [www.siena.org](http://www.siena.org).

Geoff McBeath is a member of St. Thomas Aquinas parish in Halifax, Nova Scotia.



---

---

# Calling All Supporters

Join in Helping Us Grow our Community!  
This is our Year of Establishment – A Year of Blessing & Jubilee!  
Help Us Serve the Church – by the Grace of the Holy Spirit!



Dear Brothers and Sisters in Christ,

It has been one year since we launched Vision 2005. This plan was announced in our Summer 2002 newsletter. It was the culmination of over a year's worth of careful planning and discernment by the community. In Vision 2005 we identified the needs we face as a community if we are to meet the challenges of our own growth (see summary below). We are excited by what the Lord has in store for us. We want to effectively train all the seminarians He is sending to us. But to do this we need your help. We have not yet launched any kind of targeted 'capital campaign' to help us realize Vision 2005. We are still trying to 'grow' our donor base first. We are very happy for all that you have done for us. For instance, the aid we recently received in Houston during the festivities marking Fr. Francis Frankovich's 35<sup>th</sup> Anniversary of Ordination. Over \$15,000 U.S. was raised! Hosting dinners and other local fundraising initiatives like this for the Companions is a wonderful sign of friendship. But we are asking once again for your assistance in helping us discern when and how we can best achieve Vision 2005. Some money has come in, but a lot more is still needed, especially if

we are to meet our annual operating budget as well! Please pray and seek the guidance of the Lord on this important matter. Now that we are an official new community in the Church, we feel the Spirit is preparing us for even greater things. Praise the Lord!

Rev. Roger Vandenakker – Moderator of the Companions of the Cross

## THE FOUR KEY COMPONENTS OF VISION 2005

1. EVANGELIZATION
2. FAITHFUL SHARING OF LIFE AND MINISTRY TOGETHER
3. TEACHING AND EVANGELIZATION CENTRE (1.5 million \$)
4. SEMINARY RESIDENCE (3.0 million \$)

Prayerfully consider how much you are able to donate to help us achieve these goals. All donations are eligible for a receipt for income tax purposes (note: our U.S. donors are asked to mail their envelopes to our American office, c/o the Catholic Charismatic Center, 1949 Cullen Blvd., P.O. Box 230287, Houston, TX 77223-0287, U.S.A. – they in turn will be eligible for a receipt for U.S. tax purposes.). For a complete look at Vision 2005 please visit our web site: [www.companionscross.ca](http://www.companionscross.ca).

**Use the envelope provided – become a monthly donor if you wish  
(via cheque or credit card) – it's easy!**

---

---



## TESTIMONY

by Simon Lobo

# Being Wholly Holy!

**T**he Lord wants us to grow in wholeness as we grow in holiness! These words have been rooted in my heart throughout my last two years with the Companions of the Cross.

Before I get to this topic, let me offer a bit of an introduction. It would be safe to assume that many of our readers know me (or know of me), because I have had the blessing of growing up in Ottawa alongside the Community; as I was going through puberty, the CCs were having growing pains of their own. If we've never met, then perhaps my parents, Ben and Maria Lobo, would be more familiar to you, as they have been actively supporting the Companions and the Lay Associates from the beginning. I mention them in passing, but that is not to dismiss the fact that my family and perhaps some of you, from in and around St. Mary's Parish, have been a major part of my formation before I ever had any inkling that God was calling me to the priesthood.

After high school I went off to Queen's University in Kingston, Ontario to study science, in the hope of one day getting into medical school. It was during that first year that I did some serious vocational questioning, only to be surprised by the outcome. I came home for Reading Week in February of 2001, and through personal prayer, Jesus shifted my heart

180-degrees to the point where I suddenly had a desire for the priesthood; something that I had never wanted for myself prior to that time. I resolved to further discern this spontaneous and sovereign call by considering entering the seminary. That September I joined the ranks of "Bedard's Boys" (as some have so graciously referred to us), and two years later, by the sheer grace of God, I continue to see confirmation that this is where God wants me to be.

Seminary formation, be it academic, spiritual, human, or otherwise, has brought about tremendous change in me. Primarily, it has helped me to draw closer to the Lover of my Soul, and perhaps even to grow in charity for the rest of you. Now that I've finished my unnecessarily long preamble, I can touch on the topic that I initially sought to share – human growth through inner healing. This is a subject that some show extreme emphasis for, while others cower away from. I, for one, had heard of it before joining the seminary, but it has only been in the last two years that I've really started to become aware of the power with which God can heal deep-seated wounds.

Everyday seminary life proved to be the catalyst that instigated much of this healing. (This, of course, is not a slight to my brothers, who have put up with me with much unconditional love over the last couple of years.) However, the saying runs true that community life can bring out the best and the worst in people. In spite of the fact that I come from a pretty healthy background, there was still much interior brokenness that God began bringing to the surface. One of the areas that I would like to share in more detail is a weakness towards envy.

Healing is a very mysterious venture that God ultimately orchestrates. That being

said, there are different tools that we can use to help the process. One practice that I've found incredibly useful is doing a consciousness examen regularly. If you are like me this will always be one of the most challenging disciplines to be faithful to. Simply put, at the end of the day recollect the major high points and low points and the thoughts, feelings, and passions associated with them. As the habit becomes a virtue patterns can be observed.

**Seminary formation,  
be it academic,  
spiritual, human,  
or otherwise, has  
brought about  
tremendous  
change in me.**

As I said earlier, I became aware of much envy in my life. Often if another brother did exceptionally well in a presentation, a random act of evangelization, or some other simple task giving glory to God I would have a slight trace of envy towards them. I am well aware that God has blessed me with an abundance of talents and yet I would still wonder: "If only I could be as great as him in that area." A few, almost unnoticeable, feelings of inadequacy or insecurity would come over me in these circumstances. Please don't get the impression that I was a brewing vat of envy, but rather that my interior motions revealed a minor, but consistent, pattern that was picked up in my regular examinations of conscience.

This initial stage was simply the recognition that there was some sort of broken-

*Simon and Jeremy Lobo  
– the brothers at their best.*



ness in this area that needed the Divine Physician's attention. Naturally, I brought the issue to my small group who promptly prayed over me. This is where Jesus exposed the root and commenced the repairs. I could never have prepared myself for the power that I was about to experience from this time of prayer. We began by invoking the Holy Spirit through spontaneous praise and the gift of tongues. Soon another seminarian received the image of a mother buying ice cream cones for her two sons. The older one dropped his cone and turned to the younger boy's cone with jealous intentions. Humorous as it may be, the Holy Spirit used that image to demonstrate the link to my relationship with my own, biological brother. Growing up my parents would often share the following very innocent and amusing anecdote. Before I turned three, my mom gave birth to Jeremy. She came home from the hospital with this cute little bundle of joy. (My brother continues to be a not-so-little bundle of joy.) I'm told that I was mesmerized with this new playmate. However, at the end of the day, I suppose it dawned on me that there would be a redistribution of love and attention in the family. I promptly blurted out, "You can take him back now!"

It was suggested that I try to vividly recall the situation as a toddler. I tried to imagine Jesus being there in the corner of the room. I invited Him to join us and speak His words of truth. As the seminarians continued to pray, I sensed Christ say something to the effect of, "Simon I love your little brother very, very much, but that doesn't lessen my love for you in any way. You are still and will always be my beloved." It is hard to put into words all of the emotions that I felt at the time, but the grace of God was certainly made manifest.

Earlier I said that Jesus started the healing process. That is to say I wasn't completely and perfectly healed at that moment, and hopefully you won't be shocked to hear that I am still somewhat broken in this area. Nonetheless, I would say with conviction that God has removed at least one layer of the onion, bringing me closer to wholeness.

The take-home message here is that though we are all broken clay vessels, I'm convinced that in God's time He wants to bring about much inner healing. I must caution you that not all will go through the same dramatic and powerful experi-

ence that I was blessed with. Be it through hands on prayer, prayer groups, healing Masses, or God just acting sovereignly to heal you while you're doing the groceries, He has a plan to reorder the disorder in your life. Pray often for the healing of memories, for we cannot ever fully know to what degree we have been hurt in the past. Let me end this sharing with a witty phrase that I have just coined: Do not settle for anything less than being wholly holy! ☺

.....  
*Simon has just completed his second year with the Companions of the Cross. He is from Ottawa.*

# Fr. Francis – Thank You for your YES

by Mica Espinosa and Kathryn Madden

The Holy Spirit was truly present May 31st, both in the year 1968 and 2003. Fr. Francis Francovich was ordained to the priesthood May 31, 1968, the Feast of the Visitation, in San Diego, California. Thirty-five years later, and also on the Feast of the Visitation, he celebrated his anniversary at the Catholic Charismatic Center in Houston, Texas surrounded by over 400 attendees, including a variety of religious and lay people. Some of his fellow brothers and friends were able to brave the heat and come south to help him celebrate including Fr. John Vandenakker, Fr. Roger Vandenakker, Mary Lauzon, Ken Gorman, Mary Anderson and Teresa Von Teichman from Ottawa and Marie Wylie from Chicago. Fr. Christian

Riesbeck, Fr. Daren Bryk, and Fr. Randy Hendriks from Queen of Peace in Houston as well as The Disciples of Jesus, originally from San Luis Potosi, Mexico, were in attendance to offer congratulations. Some of Fr. Francis' friends were eager to share their experiences.

The evening started with Sandy Embesi, who served as the host. Followed by Fr. Ed Wade who provided opening remarks and introductions for the Companions and Lay Associates from Canada. After a great meal of fajitas, rice and beans, the Disciples of Jesus entertained everyone with a few songs. They had everyone on their feet and clapping. While people were in the mood for music, in strolled the mariachis and were greeted with a great round of applause. As is the case at most celebrations at the Charismatic Center, once the music started, dancing was not far behind. As Fr. Francis donned a sombrero, the \$1 dances began. Over 75 women lined up to pay \$1 to dance with the man of the hour. Even Fr. Ed stood in line to take his turn. The question is, did he pay? Fr. Francis had some time to take a little break before he was back up dancing again. The mariachis played for about an hour and concluded with *Las Mananitas*.

Fr. Roger shared some kind words regarding the honoree. He began with saying, "Glory and thanks to God for the gift of his (Fr. Francis') priesthood," and by giving background on Fr. Francis. In 1989, Fr. Francis left the diocese of San Bernardino to join the Companions of the Cross. As Fr. Roger put it, that diocese did not want to let him go, because they knew what a great thing they had in him. But Fr. Francis felt the call to join the Companions because of their vision and commitment to the Charismatic Renewal. Some words that Jesus spoke that reminded Fr. Roger of Fr. Francis come from Matthew 11:29, "*Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls.*" Other comments Fr. Roger had for Fr. Francis included "Thank you for your yes to our Lord Jesus Christ" and "(the) Companions of the Cross have been blessed by having you as a brother." He reminded us that although this has been a difficult time for the priesthood because of the scandals, we should always remember what an awesome gift we have in the priesthood. Without priests, we would not have the celebration of the Mass or the Sacrament of Reconciliation. We should give thanks to God and pray for vocations. The



Authors Mica Espinosa and Kathryn Madden with Fr. Francis.



Fr. Francis blesses parishioner.

Companions have been blessed with many young men discerning the priesthood. For his closing remarks, Fr. Roger gave tribute to Fr. Francis by reading him a poem, *The Beautiful Hands of A Priest*.

*We need them in life's early morning,  
We need them again at its close  
We feel their warm clasp of true friendship,  
We seek them when tasting life's woes.  
When we come to this world we are sinful,  
The greatest as well as the least,  
And the hand that makes us pure as angels,  
Is the beautiful hand of a priest!  
At the altar each day we behold them  
And the hands of a king on his throne,  
Are not equal to them in their greatness  
Their dignity stands all alone.  
For there in the stillness of morning,  
When the sun has emerged from the East,  
There God rests between the pure fingers,  
Of the beautiful hands of a priest!  
And when we are tempted and wander,  
To pathways of shame and of sin,  
'Tis the hand of a priest will absolve us,  
Not once but again and again.  
And when we are taking life's partner,  
Other hands may prepare us a feast,  
But the hand that will bless and unite us,  
Is the beautiful hands of a priest.  
God bless them and keep them all holy,  
For the Host that their fingers caress,  
What can a poor sinner do better,  
Than ask him, who chose them, to bless.  
When death's dew on our eyes is falling,  
May our courage and strength be increased,  
By seeing raised over us in blessing,  
The beautiful hands of a priest.*

*Author Unknown*

The slide show presentation was next on the agenda. Accompanied by music ranging from Louis Armstrong to The Carpenters to the "Lone Ranger" theme, it started with a picture of his mother, Eleanor Zilles, and then his dad, Albert Frankovich. Next up were wedding pictures of his parents and then baby pictures of Fr. Francis and his brother Stan. The

"Early years" section included pictures of him and his brother Stan, Fr. Francis as an actor and a sailor. The First Communion section followed and then school pictures, including junior and senior prom and graduation. Then in 1963 Fr. Francis traveled to Mexico City to learn Spanish. The "Call to Religious Life" section included  
*Continued on page 18*



*Fr. Francis leads worship at Sunday Mass.*



*Fr. Francis greets guests.*

## TIMELINE OF FR. FRANCIS

- 1941 August 30 Eleanor Zilles marries Albert Frankovich
- 1942 Born August 13 in Barstow, California
- 1942 Francis baptized
- 1944 Brother: Stan Frankovich born
- 1948 Attends McKinley School afternoon kindergarten
- 1949 Attends Sacred Heart Elementary School
- 1949 May 8, receives First Holy Communion
- 1956 Graduates 8th grade from Sacred Heart Elementary
- 1959 Attends Junior Prom with a girl
- 1960 Attend Senior Prom with a different girl
- 1960 Graduates Aquinas High School in San Bernardino
- 1960 Starts St. Francis Seminary
- 1964 Graduates from University of San Diego
- 1968 Ordained at St. Joseph's Cathedral, San Diego and Assigned to St. James Parish, Solana Beach
- 1970 Baptized in the Spirit
- 1971 Assigned to Our Lady of Guadalupe Parish, Chino
- 1973 Starts a halfway house for drug addicts
- 1973 Citizen of the Year: Chino California
- 1974 Assigned to St. Mary's Parish, Escondido
- 1975 Team ministry at Our Lady of Soledad Parish, Coachella
- 1986 Meets Fr. Bob Bedard at Steubenville while working on Master's Degree
- 1987 Oversees Diocesan House of Formation (Serra House)
- 1989 Moves to St. Maurice's in Ottawa with Companions of the Cross
- 1990 Pastor of St. Mary's Parish, Ottawa
- 1992 Eleanor Frankovich passes away
- 1999 Albert Frankovich passes away
- 2000 Director at Catholic Charismatic Center: Houston, Texas
- 2003 35th Anniversary of Ordination: May 31



Mariachi band serenades Fr. Francis.



Fr. Francis dances up a storm!

ordination pictures and his mom and dad receiving Communion from him. "Early ministry" pictures show us both the priests from the Center, Fr. Francis and Fr. Ed, in Steubenville. The slide show ended with 25th anniversary pictures and then the move to Houston.

After some words of thanks from one of the many people Fr. Francis has touched, he took the microphone to thank everyone for such a special time. He said that the slide show took him back on a journey and reminded him especially about his ordination and that he had celebrated his first Mass three days later on Pentecost Sunday. He spoke of how blessed he feels and said, "The priesthood is not mine, it's ours and to be a part of that is a privilege." In his closing prayer he thanked the Lord for the challenges his brothers have given him and for the Companions of the Cross making his life so much richer. The evening ended with a beautiful rendition of *Salve Regina* led by Fr. Roger. ☺

*Kathryn Madden has been attending the Catholic Charismatic Center regularly since 1998. She is formerly a part of the young adult ministry and is currently involved in the vision community. She is single and has one very spoiled dog named Charley.*

*Mica Espinosa has been married to Blas for 23 years. They have two children, Jackie and Noah. She is a Lay Associate and is involved at the CCC as a Eucharistic Minister and usher with her husband Blas. She also assists Fr. Christian Riesbeck at Queen of Peace parish with Confirmation I and II.*



## FEATURE

by Maja Lynn Polic

### York Catholic Chaplaincy: *Where Grace Abounds*

**F**iercely engaged in the battle against the culture of death, York Catholic Chaplaincy daily takes on the deceptions of liberality and secularism in front-line campus ministry. As for winning this fight at York University, we are consoled by the fact that we simply can't do it – God must!

Fr. Ben St. Croix CC, Jason Gould and I, Maja Polic along with a growing number of faithful student leaders and volunteers make up the “missionary” team. While still a seminarian in the fall of 2000, Fr. Ben joined his brothers at St. Timothy's Parish in Toronto to begin his first pas-

toral posting as a university chaplain. Three years later, we are still tilling the soil of this Catholic community so that when a grain of wheat falls it takes root and grows into the saint that God has intended for it to become. Our mission is simple – to evangelize each student who walks through our doors and to call them to a deeper conversion and life in the Holy Spirit so that they can in turn give Christ to their families, teachers and peers.

Consecrated to the Immaculate Heart of Mary and under the patronage of St. Therese of Lisieux, York Catholic Chaplaincy (YCC) is located in the “upper room” of the Student Centre, a building located in the heart of campus used for the university's clubs and societies. Our facilities allow for socializing and fellowship and anywhere from 30 to 50 students drop in throughout the week to join us for Mass, prayer, praise and

worship, to socialize or to incubate in the chapel hoping to receive some special favours from our Lord (the gift of “infused knowledge” is a popular one during exam time).

Jason and I spend a large amount of our time fostering relationships with the students. YCC provides faithful students with a network of accountability. This helps them stay grounded in virtue and provides them with the support they need on a daily basis. It is true that during these transitional years in university these young people are not only forming opinions about the world around them, but they are also forming opinions about who they are and what they stand for. Simply being present and developing strong, committed relationships with them creates an emotionally secure environment, something many people have never known. This security gives them the free-

*Continued on page 20*



.....

dom to explore the depths of their hearts and to discover their true identity in Christ, apart from what the world or their families may expect from them.

While one-on-one ministry is a large component of our efforts, we also have a full calendar of regular activities which includes: monthly retreats and socials; weekly Christian-Living seminars; regular praise and worship sessions; student-led outreach endeavors; daily Mass and devotions as well as catechism classes, all of which are prayerfully discerned and developed. We are learning how to let the Lord dictate our schedule and are recognizing that it is always best to start planning with prayer—because, unless it's His idea, it will bear no fruit! This spring, through the Lord's prompting we launched our first Life in the Spirit Seminar. There were 30 candidates and the seminar has already borne excellent fruit in the form of a vibrant weekly YCC prayer meeting dedicated to "Our Lady of Pentecost". We had tried to launch prayer meetings many times in the past but they never quite took off – God's timing is right on!

On weekends during the school year, there is another group of 50 to 60 faithful students who join us for our Sunday Liturgies. This group of students had been somewhat forgotten and there was very little sense of community among them. But over the past year, through teaching and encouragement new life and interest in serving the Lord has sprung forth. It seems as though half of the congregation is in the choir and almost everyone shows up for our regular lunches – generally a crowd that likes free food! Fr. Ben has often preached to them about conversion and a personal relationship with Christ – two themes, which are central to our mission. His faithfulness in delivering this message, along with retreats and talks throughout the year paid off at our end of the year thanksgiving Mass when 90% of the congregation responded to an altar call!

While our "presence ministry" caters to our front-line students, our very presence here on campus provides yet another

avenue for the Word of God to be proclaimed. Seeing as the spiritual climate is quite hostile to Christ on campus, it is crucial that our students' minds be developed in the things of God. Professing one's beliefs regarding the importance of family, the dignity of human life, the sacredness of our sexuality – or out and out admitting that you are Catholic often results in a crucifixion of sorts. Sometimes all it takes is a little bit of persecution to send a student into a mad search for the truth, quizzing Father and ransacking the Catholic resource library at YCC to develop their understanding. In no time the students are hooked on the hearty and delectable teachings of our faith, quoting Kreeft, Aquinas, Pope John Paul II, and the Scriptures during class discussions and essays bringing the light of Christ into the dark corners of this campus.

Many lives have been transformed by the power of the Holy Spirit with inner healing, deeper conversions and even vocational calls to religious life and priesthood. We have a few men discerning a call to the priesthood; Mishko Mlcousek for one, an international student from Slovakia will be an applicant in September of 2003 with the Companions of the Cross. Another student, Cristina Tersigni has applied to NET ministries to dedicate a year of her life to evangelization. There are many others who are hearing the call to give their lives completely to Jesus and the cause of His Church working in the marketplace for our schools and other professional sectors. After all, these are the years in which most of them will receive their "calling" and we trust that the radical message that the gospel presents will inspire all of our students to live in union with God by giving their minds, hearts and wills to Him – so that their lives too will be a living witness to the Good News of Jesus Christ.

It has been estimated that about 20,000 (of 60,000) of our campus population are baptized Catholics (including staff and students). We remind ourselves of that statistic when we are impressed to have



*Liz Lee, an international student from Korea, praying in the YCC chapel.*

15 people at a weekday Mass, or 17 participants in a winter retreat. We give glory to God for these souls, but with even more prayer and grace we can reach more people on campus! Let's have standing-room-only Mass attendance, waiting lists for retreats, bible studies bursting at the seams and prayer groups overflowing into hallways! The King of the Universe is with us – and we offer free refreshments!

How many lives can we reach? Our Lord has exhorted us to "cast out into the deep" and our Holy Father has echoed Him, giving us courage to be bold in our proclamation of the truth of the gospel. Under the protection of Our Lady and the prayers of our blessed Therese, we can reach all 60,000 students and faculty with sacrifice and trust that God will indeed accomplish this. Let's overthrow the religions of relativism and tolerance and bring Truth to all of York University. Why think small when God offers to do everything for us? Jesus, we trust in you! ☩

YCC website: [www.yorku.ca/catholic](http://www.yorku.ca/catholic)  
York Catholic Chaplaincy,  
York University, Suite 453, Student  
Centre, 4700 Keele St., Toronto, ON  
M3J 1P3

.....

*Maja Polic graduated from York U in 2001 with an undergraduate degree in Art History. She has been working full-time at YCC for the past 2 years as Father Ben's assistant Chaplain. She plays the role of spiritual-mother to the York Catholic community.*



# COMMUNITY NEWS & NOTES

by Fr. John Vandenakker

## May 2<sup>nd</sup> Thank You

Fr. Roger, Fr. Bob, and all the Companions of the Cross wish to convey their heartfelt thanks to our friends and supporters for the wonderful way you shared in our big celebration. Many of you wrote or called in with your prayers and best wishes. We saw many of you at the Mass (over 1200!) and at the breakfast the next day (close to 800!). We have saved each letter and card we received and have placed them in not one, but two souvenir albums! We are truly overwhelmed. We will never forget your enthusiasm for our community on its “graduation” day. Many of you have also sent in donations recently. Thank you too for this gracious sign of your care and consideration! With your help, we can dedicate ourselves more completely to the work the Lord has called and destined us for. May you live to see our golden jubilee!

Note: If any of you would like to receive a free copy of the May 1st program used at our Establishment Mass, please contact Linda O’Donnell or Mary Lauzon at our CC Office (613) 728-3175 or via email at either [compccros@cyberus.ca](mailto:compccros@cyberus.ca) or [cc-la@rogers.com](mailto:cc-la@rogers.com). Available while supplies last.

Speaking of gifts received, we would be remiss if we didn’t thank again our benefactors for the gift of the new chasubles worn by our Companions’ priests for the first time at our May 2<sup>nd</sup> Mass. These are specially designed chasubles that our CC priests will wear in the future for special occasions, such as ordinations. They feature a solitary Red Cross embroidered on a white background. They really look sharp! Also looking sharp are the two new



“roll-up” banners the community received as gifts from our Lay Associates. These banners can be seen in various pictures taken at our May 1-2-3 festivities elsewhere in this newsletter. These banners are very portable and never wrinkle. They will be used at a host of CC events from conferences to dinners, etc. Thank you everyone for such lovely keepsakes!

## Video of May 2<sup>nd</sup>

We are in the process of editing a special souvenir video of our May 2<sup>nd</sup> celebration. Mr. Michael Hanley, producer of our Food for Life television program, was on hand to capture the Mass using a high quality professional camera and videotape. Many thanks to Michael for the gift he has given us of this lasting legacy. We are still trying to determine what the final cost will be if we make copies of the tape, but it should be no more than \$20.00 each (which would include taxes and shipping

and handling). What we wish to know is how many people would be interested in ‘pre-registering’ for such a video? This would give us a better idea of how many we should order. If you are interested please contact either Linda O’Donnell or Mary Lauzon at our CC Office (613) 728-3175 or via email at either [compccros@cyberus.ca](mailto:compccros@cyberus.ca) or [cc-la@rogers.com](mailto:cc-la@rogers.com). We will only be ordering a limited number of these videos, so if you really want one, pre-registering will prevent any disappointment.

## Quilt Draw Update

The winner of the custom made quilt that was generously donated to us by Anthony and Diane Van de Sande of Falmouth, Nova Scotia is Mr. John Newman of Pinewood Crescent in Ottawa. The draw was held at our CC Office in early April and was conducted in a rather unique way.  
*Continued on page 22*

Fr. Rick Jaworski, our CC Treasurer General, found a free “random-number generator” software program on the Internet. All we had to do was type in the range of numbers from which we wanted the program to make a “random” choice. This we did by entering the number “one” to begin with, and then the last number of the total number of donors and newsletter subscribers we have in our database. The number that was generated corresponded to the listing we had for Mr. John Newman. Voilà – the Companions are really going high tech!

## New Appointments

The Companions of the Cross are pleased to make the following announcement regarding new appointments some of our Companions’ priests and seminarians have received (effective Summer 2003). Please note that any and all appointments to diocesan positions have been made by the respective bishops in charge (Archbishop Gervais for Ottawa, Archbishop Prendergast for Halifax, Archbishop Ambrozic for Toronto, and Bishop Fiorenza of Galveston-Houston), with the consent of the community. Fr. Roger Vandenakker and the CC Executive Council have made other internal CC appointments.

Fr. Gerald Gauvreau has been named an Associate Pastor of St. Timothy’s parish in Toronto. Fr. Fernando Suarez has been given a community appointment in the area of evangelization. He will help the community out with the numerous requests we receive for parish retreats, missions, healing Masses, and conferences. Fr. Fernando will continue to reside at St. Timothy’s in Toronto. Fr. Tim Devine has been named Associate Pastor of St. Thomas Aquinas parish in Halifax. Fr. Jeff Shannon has been named the new Director of Admissions. He takes over from Fr. Bob who has been ably

assisted these past two years by help from Fr. Allan MacDonald. Fr. Bob will still have a hand in things, after all, everyone “knows” Fr. Bob! But he is being freed up to focus his time and talents on writing for the community. These writings will be a lasting source of wisdom the community can draw upon for many years to come. Fr. Allan MacDonald will be moving to Assumption Farm in Combermere to assist Fr. Scott McCaig with the First Year Applicancy program (more about this below).

The following CC seminarians will be undertaking a year of “pastoral internship” in various CC parishes, beginning in September: Nick Simoni – St. Thomas Aquinas, Halifax; Phil Halldron – St. John the Baptist parish, Halifax; and Mike Minifie – St. Maurice parish, Ottawa. The pastoral internship experience is designed to help give seminarians a pastoral introduction to what priestly life and ministry entails. As such, it greatly assists our seminarians in their discernment of their vocations. Let us pray that each of these men learns more about themselves and what the Lord has in store for them in this regard. Also beginning in September, seminarian Ngugi Githingi will be undertaking graduate studies in

Moral Theology in Toronto. He will live in our St. Timothy’s household there.

We would also like to welcome Mr. Michel MacDonald to the ranks of our teaching staff, on a *pro tem* basis. Michel will be taking over the teaching of the “Moral Existence” course this fall (see ad elsewhere in this newsletter). Previously, Fr. Mark Slatter taught this course. But Fr. Mark informed us of his need to concentrate on finishing his doctorate next year. And even after he completes his degree, he’s not sure where he’ll “wind up” ministry-wise. So he regrets that he won’t be able to teach any more courses for us for the foreseeable future. We wish to thank Fr. Mark for his time spent teaching for us. He was always a very popular professor who believed in the virtue of “keeping it real”. We pray the Lord will use Fr. Mark in exciting ways in his future ministry. As for Michel MacDonald, he is a former CC seminarian now happily married to Jeanette, sister of Fr. Terry Donahue. They have three children. Michel is completing his Licentiate degree (STL) at the John Paul II Institute for Studies on Marriage and Family at the Catholic University of America in Washington, D.C. We ask the Holy Spirit to bless Michel in this task and his family as well.



*Clockwise from top:*  
Fr. Tim Devine;  
Fr. Fernando Suarez;  
Fr. Gerald Gauvreau



## Farewell

Every year it is with regret that we say, “fare thee well” to a number of seminarians who take their leave of us. This is always sad but inevitable, for not everyone who comes to us is called to the priesthood and/or to our community way of life. But for all who have journeyed with us we hope that it has been a time of personal blessing and an opportunity for them to help clarify their vocational discernment. Their presence and the time they have spent with us have enriched us. And so we say a fond farewell and Godspeed to seminarians: Michael Coughlan, Richmond Guillermo, and Michael Quilty (the three of whom left us at Christmas); Ben Spindler; D’Arcy

Dufresne; Jean-Francois Fortin; Danny Poulin and Todd Thibeau. Todd will continue to study bioethics at the graduate degree level in Toronto. Over the many years Todd has been with us, he has proven to be an immense asset and blessing to the community, especially in the areas of temporal affairs and administration. Likewise, he has become a well-respected "brother" and valued friend to many. Although he will be missed, our prayers go with him as the Lord leads him along a new path. Who knows, maybe he'll join our teaching faculty at some point in the future! All of these men are friends of ours forever. May the Lord guide all their steps in His pathways! Our thoughts and prayers are with you.

### Fr. Ed Wade Update

A message from Fr. Ed Wade: "Dear Brothers, Many thanks for the prayers and concerns regarding my health. Actually, I am doing quite well! I saw the doctor the other day and he is quite happy with the results of all the tests that I had taken in his office this week. I continue to lose weight and I was wondering if Bob Bedard could use a pair of pants."

### Some Web Sites of Interest

St. Mary's parish in Ottawa has a new web site [www.stmarysottawa.ca](http://www.stmarysottawa.ca). Its web master is Richard Donnelly, nephew of Fr. Francis Donnelly. Richard will be joining us this fall as a new Applicant to the community. Speaking of web sites, don't forget to check out the recently updated Companions of the Cross site [www.companionscross.ca](http://www.companionscross.ca). CC seminarian Richard Pilon has taken over the duties of web master from the very able Jean-Francois Fortin. We now feature an "Upcoming Events" section, which will serve as a handy reference for a variety of Companions activities. Speaking of upcoming events, why not check the web

site for information about a pilgrimage to Spain in late April 2004 that will feature yours truly as spiritual director. More info about this event and others will also be appearing in the next issue of our CC newsletter.

### Letter from Houston

In late May Fr. Roger Vandenakker and myself, along with Ken Gorman and Mary Lauzon from our CC Office in Ottawa, travelled down to Houston to partake of the 35<sup>th</sup> Anniversary of Ordination festivities that were held for Fr. Francis Frankovich. While there we met many wonderful folks as we sought to explain to various groups more about the ministry and needs of the community. It was a tremendous success. Over \$15,000 U.S was raised via the Catholic Charismatic Center and Queen of Peace parish. But more important than money were the fantastic people we met who were gung-ho for the Lord and extremely enthusiastic about the Companions. Here is one such letter we received from a parishioner of the CCC:

"My Brothers and Sister in Christ: I hope that when you read this e-mail, you have arrived safely and find yourselves in the comfortableness of your homes. I want to thank you from the bottom of my heart for having allowed us to be the host for Fr. Francis' celebration and fundraiser for the Companions of the Cross. Now that things are not so hectic, I have had time to think about this past week and what a beautiful week it was. Mary, it was great to finally meet you in person and I look forward to working with you in our formation of Lay Associates here at the Center and please call or e-mail me if I can be of assistance to you in anyway. Fr. Roger and Fr. John, thank you for making this celebration so special. You have truly blessed us with your presence and I am proud to have been a part of such a wonderful time. I know that Fr. Francis was truly blessed - I have never seen him so happy and that itself is worth all of the hard work and effort that was put into making this a success. Fr. Roger thank you for all that you do and especially for jamming out with us. All of you have blessed and touched us in many ways and we all look forward to the time that we can be together again. Ken, thank you for all that you do for the Companions, may

*Continued on page 24*



*Fr. Ed Wade and friends at the CCC in Houston.*

God bless you for all of your hard work. You too are a part of our family, please let us know if there is anything that we can do for you. Again, thank you all so much for everything, please tell Fr. Bob that we truly missed him and that I hope he is feeling better. With love from deep in the heart of Texas, Anna L.”

To view some colour photos of this visit please visit our online PictureTrail photo albums at: [www.picturetrail.com/frjohnv](http://www.picturetrail.com/frjohnv).

## Formation Policy Update

The Executive Council of the Companions of the Cross, in consultation with the Formation Team, has decided upon two major changes to the formation program our seminarians undertake. Beginning in September, all new Applicants to the community will spend the entire first year (Sept-April) in our “novitiate” at Assumption Farm in Combermere, Ont. The former policy was to have them split their semesters between the Farm and our Primrose residence in Ottawa. But this proved too disruptive for our seminarians and formation personnel. It is hoped that by having our new men experience an entire year at the Farm, they will receive more effectively the grounding they need in the basics of the spiritual life and community living. Fr. Scott McCaig will now reside permanently at the Farm and be the headmaster of the First Year Applicants. He will be assisted by Fr. Allan MacDonald, who likewise will take up semi-permanent residence there (isn't there a song about a MacDonald and a Farm?). The second policy shift concerns the length of time our men will be in philosophical studies. We had required only one full year of such studies, but to be in greater accord with guidelines from Rome that govern such matters, we are now increasing this amount to two years. This means that years two and three of the formation program will consist of studies in philosophy at the Dominican College in Ottawa (unless a student has already completed such studies previously). This change will also aid in the learning process our stu-

dents' experience in that they will not be “jumping” into the program mid-year, as was the case before. Frs. Dennis Hayes and Jim McGillivray will continue to reside at 58 Primrose and look after the in-town formation program for our 2nd Year Applicants.

## Annual “Triumph of the Cross” Feast Day Celebration

Everyone is invited to attend the Companions of the Cross annual Feast Day celebration which is held on the feast of the Triumph the Cross (Sept. 14th). Because Sept. 14th falls on a Sunday this year, there will not be a Eucharist, as is the norm. Instead a very beautiful liturgy/prayer service is being planned (details still to be worked out). The service will be held on Sunday, Sept. 14th at St. Mary's church in Ottawa, beginning at 7:30 p.m. A reception will follow in the parish hall. Mark your calendars! Hope to see you there if you are in town.

## Queen of Peace - Houston

*From top:  
Queen of Peace Church - Houston; Fr. Randy Hendriks assists with music; Frs. Randy, Daren and Christian with Our Lady of Guadalupe statue; Fr. Christian celebrates the Eucharist.*



*Fr. John Vandenakker teaches theology and serves as Academic Director for the Companions of the Cross. He also oversees the community's fundraising and public relations efforts.*



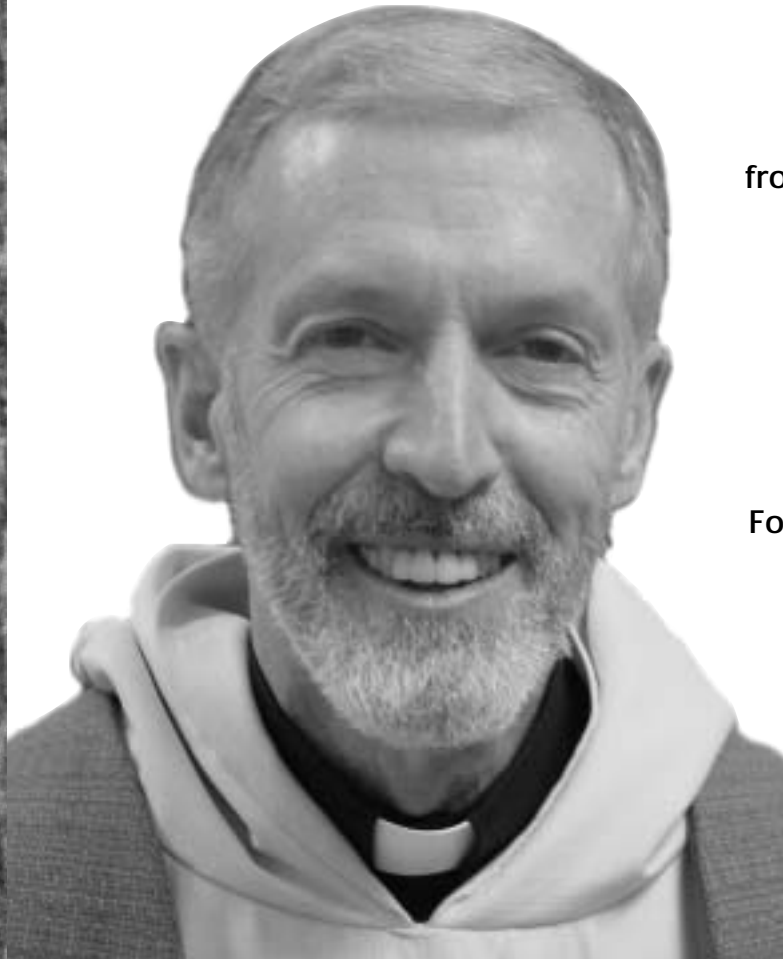
**Y'all are Welcome to Attend a  
Texas-Style Family BBQ  
In honour of  
Fr. Francis Frankovich  
35th Ordination Anniversary**

**Sunday, August 24th, 2003**

**from 4:00-8:00 p.m.**

**At the Lone Star Ranch**

**(on Hunt Club Rd. in Ottawa - 1 km west of Hwy 416)**



**Kid's Face Painting  
Country Music  
And Much More  
True Texas BBQ  
from the Lone Star Cafe  
Fun for the  
Whole Family!**

**Cost:**

**Single \$15**

**Couple \$30**

**Family \$40**

**No tickets at door**

**For More Info. Contact:**

**Mary Lauzon at**

**(613) 297-0899**





Companions of the Cross  
199 Bayswater Avenue  
Ottawa, ON K1Y 2G5  
Canada

Postage paid at city - Ottawa  
Printed Papers - Publications  
Publications Mail Agreement #40016244

*"Jesus said to all,  
'If anyone wishes to come after me,  
he must deny himself  
and take up his cross daily  
and follow me'."  
(Luke 9:23)*