

Winter Issue 2004

# Companions of the Cross

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**Inside**

**How to Handle  
Stress**

**Dalhousie  
Chaplaincy**





Companions of the Cross



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May 2, 2003

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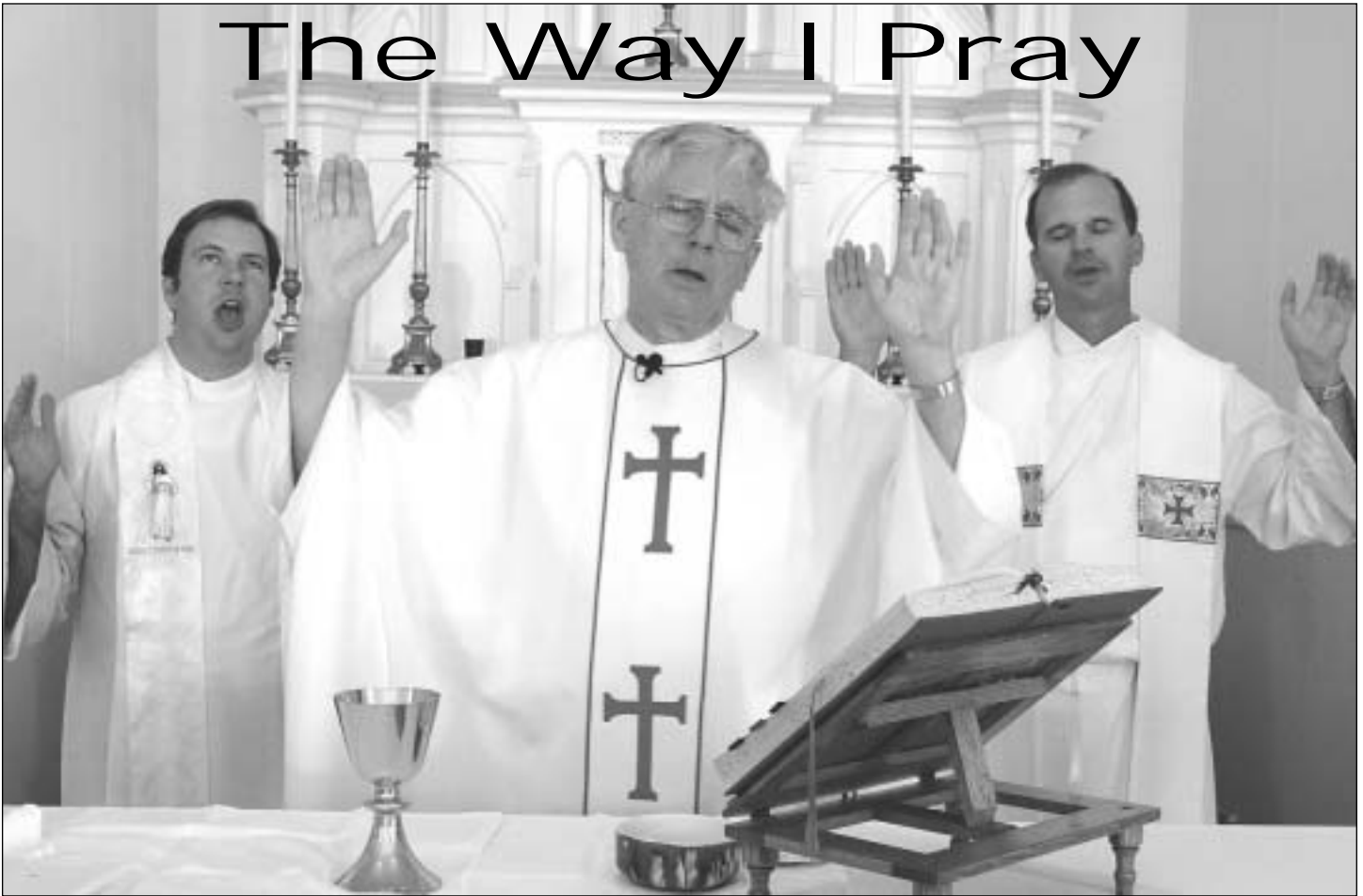
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The Companions of the Cross is a quarterly publication designed to encourage spiritual growth and to share about God's movement within a new community of Catholic priests, and candidates for the priesthood. The Companions' ministries are made possible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

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Companions of the Cross



# The Way I Pray

by Fr. Bob Bedard

**A**s I was searching for a subject to write about this time, and as I prayed about it, the Lord seemed to answer me with a question: Why not tell people how you pray? Perhaps it could help somebody. Since I was being pressed by a deadline at the time, I thought this a fine solution. And I thank the Lord for it.

So . . . that's what this is. Each day I try to spend an hour in personal prayer before the Blessed Sacrament, in adoration mode, if possible, not counting Mass, the Divine Office, the Rosary, or our community time of prayer.

On most days I get up at 5:30 a.m. and have an hour of my own with the Lord before 7 when the household does prayer together. I'm not the only one who does this, by the way. I know each of us has his own way of going about it.

Here's mine:

I begin by kneeling before Jesus and bending low to the floor. While in this posture, I say something like – My Saviour, I recognize your true presence in this Holy Sacrament, and I long, I yearn, I beg for the day when the whole Church will so recognize. I want to love you and the Father and the Holy Spirit with all my heart, my soul, and my strength, and I want to love my neighbour as myself. I want to do the Father's will as you have

always done it. I want to know you and the Father and the Holy Spirit more deeply so that I may love you more completely and serve you better. I want to work for you. I want to spend myself in building up your Kingdom on earth, as you have urged us to pray (Mt 6:9). I want your Church to be revived so to bring powerful witness to all.

Dear Father, I acknowledge your dominion over all creation and I surrender myself fully to you. I give you total permission to do with me what you will. I offer to you the slings and arrows (trials) of this day, large or small, whatever they be, to help make up in my body (person) what is lacking in the sufferings of Christ

*Continued on page 2*

Continued from page 1

(Col 1:24), or whatever else you have in mind.

Holy Spirit, gift of the Father (Ac 11:17) come and testify and witness to me, to the community (the Companions of the Cross), and to the whole Church who Jesus is. And I beg you to purify me and us, whatever it costs – heart, soul, spirit, mind, will, and body. And make us one so that we bring, as is your will, powerful proclamation of your Gospel to the whole world. (At this point, I kneel up straight.)

Loving and gracious Mother, please pray for us. St. Joseph, wonderful saint, pray for us and get us (CCs) the space we need. St. John the Baptist, St. Peter, St. Paul, St. John the Apostle, St. Anne, St. John Vianney, pray for us. St. Charles Borromeo, St. Philip Neri, St. Robert Bellarmine, St. Pius X, pray for us. All holy angels and saints, pray for us and protect us. Holy Guardian Angels, protect us and keep us plugged in, finely tuned to the Father’s will. Holy Archangel Michael, shore up the defences around us and ward off all attacks of the Evil One and his henchmen both vicious and subtle, as well as the distractions of the world and the weaknesses of the flesh. (If I sense any specific attack, I will take authority in Jesus’ name, bind the spirit(s) involved and command him/them to go to the foot of the Cross.)

(At this point I sit down and continue. And I use the word “Lord” to refer to the Father.) Lord, I enter your gates with thanksgiving (Ps 100:4). I thank you today specifically for the blessings of yesterday (naming them) and I thank you for the blessings of life – for loving me before ever I was conceived in my mother’s womb, for seeing me there, knowing me, and calling me forth into the world, for sustaining me, guiding and protecting me; for my parents, my aunts and uncles, forebears, relatives, friends; for your Church and your call to me to the priesthood; for directing me over the years wherever I’ve been, whether parish, high school, renewal work, speaking your word, the community (CC); for the vision you have given to us (the list can vary with time and circumstances).

Lord, I enter your courts with praise (Ps 100:4), praise you for your love, care, provision, protection, goodness, beauty, eternity, plans for us (the list can be quite short or long. I suggest we expand our vocabulary of praise by becoming familiar with the Scriptures, especially Psalms 95 to 100 and 145 to 150, Tobit 13, different sections of Revelation, and many others. My list will be short if in a few minutes I’m going to do praise and worship with my brothers in the house, longer if I’m not.)

(I then ask questions of the Lord, writing them in my journal. I then pause in silence for a half an hour or so, giving the Lord opportunity to speak as I try to listen. If I sense an answer or two, I will write these as well in my journal. If I feel he is indicating some sections of the Bible, I will read them prayerfully and jot down [journal again] a summary.)

(At this point, I will run out the hour interceding for people and other intentions. I have a daily list and a few other lists that get less than daily attention.)

That’s pretty well it, But I can’t leave this without emphasizing how vital the time of prayer is. It has to be scheduled as priority and the rest of the day around it. Without it I feel quite unprepared for the day that lies ahead.

Various situations can result in my changing the regular “program” for prayer, but the above is what I do as a rule.

I hope it’s a help to someone. ☺

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*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.*



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## FEATURE

# Developing the Head, Heart and Soul

by Patricia Gough

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*The Atlantic Catholic*

Since education gives attention to students' well-rounded development, attention to spiritual development is important, and Dalhousie University and King's College fosters this aspect of student development with the help of the Dalhousie Chaplaincy Office. The office was founded on the dream of George Ramsay, who in the 19th Century as the Ninth Earl of Dalhousie, then the Lieutenant Governor of Nova Scotia, established Dalhousie as a college that was open to all people regardless of class or creed.

The chaplaincy office strives to explore the fundamental issues and concerns of the world from a religious perspective in a setting that encourages open and free discussion, that values the raising of questions and doubts, and that appreciates divergent histories, attitudes, opinions, and values. All chaplains offer confidential counselling on personal and spiritual issues and provide opportunities for prayer and worship, retreats, workshops, lectures, and social activities.

The Roman Catholic campus ministry at Dalhousie operates out of St. Joseph's Newman Centre, located at 6345 Coburg Rd. in a white house directly across the street from the entrance to King's College. St. Joseph's Newman Centre offers a peaceful and inviting environment where members of the Dalhousie and King's community are encouraged to enter into a deeper relationship with our Lord and Saviour Jesus Christ.

The last full-time priest chaplain was Fr. Joe Hattie who ministered at the campus until 1984. Until the arrival of Fr. John Fletcher, Mass was held once a week by several priests who were around part-time. There was the presence of a lay chaplain for four years.

Since Fr. Fletcher's appearance, the Roman Catholic campus chaplaincy has been blessed to have an actual chapel complete with the Blessed Sacrament, pews, some beautiful statues, and even a little sacristy. He has Adoration of the Blessed Sacrament Tuesday through to Saturday at 11 a.m. with Mass at noon. Confessions are Tuesdays from 1-1:30 p.m., and he has a comfortable meeting space where he meets with groups of students on a regular basis.

"For example, everyday after Mass there are a number of us who sit around and spend time together chatting," explained Fr. Fletcher. "Some bring their lunch. Every other Thursday I meet with about a dozen students for the St. Catherine Society which is a time for Catholic discussion and fellowship. I also meet once a week with several small Bible studies. In January I will be running the Alpha Course for the second time at Dalhousie."

Some recent events St. Joseph's Newman Centre has had for students were: a lecture by Stephen Barr of the Bartol Institute of the University of Delaware entitled "Modern Physics and Ancient Faith" based on his book of the same name, and a day long workshop on consecration to Mary. There is also a group of women who meet every Monday at noon

at the St. Joseph's Newman Centre, called "Love & Responsibility - A Study Circle for Dalhousie Women". There are plans for a food drive.

"The food drive will involve students going door-to-door asking for food donations and simply saying that they are from the Catholic Chaplaincy at Dalhousie," said Fr. Fletcher. "They would also be prepared to invite people to go to church on the weekend or something like that if the opportunity presented itself."

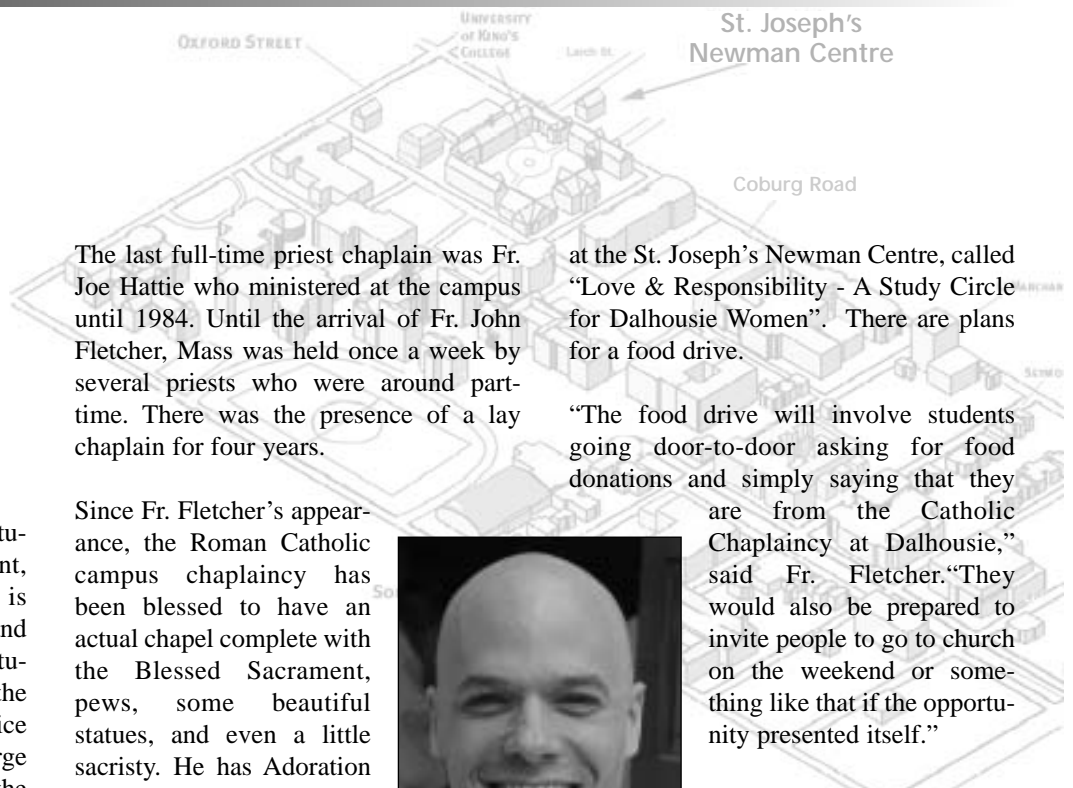
New to the position, Fr. Fletcher faces a challenge in encouraging first year students to become involved. "Right now, there's not a lot done to specifically reach out to first year students," Fr. Fletcher said. "Each chaplain is given a list of students who, when they register, indicate what faith they belong to. This is an optional question on the registration form and consequently, not many students answer that question. For example, I get a list of about 1100 students who have indicated that they are Roman Catholic. Dalhousie has a student population of about 18,000 and I was told that perhaps about 40 percent are Catholic, although this is in no way an official statistic."

If you would like to become involved with St. Joseph's Newman Centre or learn more about the various activities and services it provides, please contact Fr. Fletcher or visit the website at [www.dal.ca/sjnc](http://www.dal.ca/sjnc).

More information about the chaplaincy is available online at:  
<http://www.dal.ca/~fletche3/index.html>



Fr. John Fletcher





## FEATURE

by Dr. Len Gignac

This popular prayer may stir us to consider the meaning of “change” in our life. With regard to psychological and spiritual growth, it has been suggested there is no such thing as “status quo” – we are either advancing or moving backwards (even when we think we are standing still). This means that we cannot settle for where we are. Our faith calls us to be more loving, to be more faithful, to be more authentic etc. We also know that we can learn better and better coping strategies to deal with the obstacles and roadblocks faced daily. This involves the experience of change and it can be stressful at the best of times. How may we develop the serenity, the courage, and the wisdom for the journey? This question provided the framework for the sessions presented to the Companions of the Cross during the August Reflection Days.

As a Catholic who is a psychologist I have painfully (and joyfully, thanks be to God!) discovered the limitations of the discipline of psychology and thereby its real value. In order to gain long term psychological growth, this discipline must be in service of spirituality. John Paul II states that psychology “endeavors to lay bare the structure and foundations of man’s inner life. Its investigations serve to confirm that the most significant characteristics of that inner life are the sense of truth and the sense of freedom” (*Love and Responsibility* p. 114-115). Growth comes through self-knowledge. I believe our Holy Father is affirming that we must use our humanness, our minds to seek the truth about God, ourselves, others and events in our lives. Of course, we may use our minds inappropriately, a fact which prompted the late Bishop Fulton Sheen to note that in days past “the mind was thought to have problems – today, the mind is the problem” (*Peace of Soul* p. 212). While these words were penned some 50 years ago most agree that they

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# Serenity, Courage and Wisdom for the Journey

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*God grant me  
the serenity to  
accept the things  
I cannot change  
the courage to  
change the things  
I can and the  
wisdom to know  
the difference.*

are truer today. We are constantly bombarded with mind-numbing multi-media produced information leaving us wondering what we ought to think and believe from the kind of soap we should use, to our conduct, standards and morals. Bishop Sheen may have also been suggesting that today, particularly, we run the risk of over-intellectualizing and in a sense attempting to be God. With regard to the media, I have been particularly

interested in the type of self-help books available in the local bookstores. Some are well written and useful while others are long on “self” and short on “help”. What’s particularly disturbing but not surprising is the pervasive message that personal happiness and success are achieved by building self-esteem and seeking comfort at all costs. To Christians this particular philosophy may cause some difficulty when compared with those mysterious paradoxical truths of the faith, namely; “die to self and live”; “the last shall be first”; hate your life in this world and save it in the next”; “in weakness we are strong”. If we believe these scriptural themes, as we should, what conclusions ought we to follow with regard to growth both psychological and spiritual?

While this article’s main focus is to discuss personal change and the value of effective stress management techniques, I would be falling into the very trap other self-help authors have stumbled, that is, ignoring the value of suffering and its relationship to peace and joy and hence stress relief. As Christians seeking wisdom and growth we are called to look more deeply into the mystery of suffering and self-denial. I would suggest that we need not go searching to suffer, life experiences and events will provide many opportunities. I do not want in any way though to discount the value of active self-denial. In the psychology of suffering we begin to understand how we might train ourselves to deal with life’s challenging experiences. First of all, we must acknowledge our human nature. Our mind, the way we think, does in fact influence our moods, feelings and behaviour. This is a natural law, the way our Creator God fashioned us. As humans, then, we move towards God receiving his grace through our human workings. Our Lord Jesus modeled this for us, living perfectly in the will of the Father, being a perfect

man, experiencing all the human emotions but not being controlled by them. In the life of Jesus and followers (apostles and other saints) we identify common themes of detachment, self-denial, discipline, charity, humility and yes suffering together with purposefulness and peace. The world as reflected by a large sector of the media has a very difficult time recognizing this, let alone making sense of it. The result is that the relationship between virtue and psychological development is lost. It is also true that even without the faith component there is enough psychological evidence to suggest that the more disciplined we are in our desires and attachments, the less we are controlled by them. The less we are controlled by them, the more freedom to live the truth and attain joy and peace. One begins to see how closely aligned is psychological and spiritual development particularly when we are assailed by hard times.

Uncommon Christian wisdom challenges us in another important area of psychological development, which is reflected in the two concepts, self-esteem and self-acceptance. To a believing Christian we are not healed of our brokenness (often a source of stress) but in and through it. This requires authentic self-acceptance, a special kind of thinking about oneself that allows God into our interior life. When we run away and resist facing our true selves, i.e. our weaknesses and disordered patterns of behaviour, we compound our problems and often heighten our experience of stress. This concept is something very different than self-esteem, which refers to how well or how poorly we think and feel about ourselves (hence good and



poor self-esteem). The inherent implication is that good self-esteem will naturally lead to a decrease in one's problems. Unfortunately, (or fortunately) it doesn't work because it is based largely on fleeting attributes such as status, power, wealth, physical attractiveness etc. and not on what is authentically self. In other words self-esteem often reflects "what I do" and "what I have" and not "what I am". The latter is intrinsically linked to my relationship with God. Gaining a better understanding of what I am is the beginning of balanced authentic thinking. It is the place to start to obtain healing and moving ahead to create opportunities for eustress (good stress). Eustress is the way of responding to challenging events, which is growth enhancing rather than being physiologically and psychologically draining.

Developing more healthy stress management strategies is helped along when we identify our uniquely preferred, often automatic ways of dealing with life experiences. These over learned, often unconscious coping mechanisms have been conditioned over time. There are those common skills such as tying shoelaces, riding a bicycle or driving a car and those uniquely personal ones like the way we communicate and think about things. In all of these instances, these skills are automatic i.e. we don't even have to think about or re-learn them unless we experience problems with them. We may want, however, to consider actively and consciously making changes when our coping mechanisms are creating difficulties for us and others around us. We may be prone, for example, to react angrily when our expectations are frustrated

even in seemingly unimportant matters, or we may feel slighted when we are not paid attention to. We may simply reason "Oh I can't change that's just the way I am!" This way of thinking as you can see, can succeed in blocking both psychological and spiritual growth and in some instances create major personal difficulties. Maladaptive stressful responses when maintained drain physical and mental energy, stifle creative ability and impede spiritual progress. What is needed to become a better stress manager is both knowledge and acceptance of self and desire to change. This process involves reflection, bringing sometimes what is unconscious into conscious awareness and yes, prayer. While thanking God for His many blessings, we ask for help to know and to change our deeply learned and stubbornly-held-on-to personal limiting beliefs and coping strategies which

not only create problems for us and perhaps others, but can also keep us from the desired ever-evolving transformational relationship with Him.

As the opening prayer suggests, we ask God to grant us serenity to accept the things we cannot change (e.g. illness, death of loved ones, job change etc.) and the courage to change the things we can (e.g. the way we think, feel and respond to particular situations). A great pay off is that when we are able to make positive changes in this regard we will likely gain wisdom and ultimately more serenity to deal with all kinds of stress-evoking situations.

Adding resourceful strategies is a helpful way of making positive healthy changes. One example is reframing resistance, criticism and mistakes (often experienced as failures) as opportunities to learn and grow. Harnessing emotions so that they do not control us helps to stay on track. Reframing is a cognitive behavioural strategy by which we make an active choice with regard to what and how we think about a particular experience or event. This makes logical sense because our thinking controls our emotions. If we find, for example, that we are worried over an upcoming event to such a degree that the anxiety is impairing our normal functioning, we may be thinking the worse is bound to happen. Everyone knows that this degree of worrying is unproductive and harmful. One option is to think differently by reasoning that there are any number of possibilities concerning the event that have not been considered that are far less worrisome. What one needs to do is to replace the worry-producing thinking with alternative thoughts. Learning the calming effects of relaxation is another helpful strategy.

An important aid to developing self-knowledge and better stress management is reflecting about our commonly held assumptions and generalizations. We may, for example, be quick to impute a negative attribute to someone and to their intentions without giving the process a second thought, and in so doing create

problems for ourselves and for that person. This is a habit we often refer to as “jumping to conclusions”. It is not uncommon to hear about people who have grown bitter or have cut off a long time friendship because they have clung to a falsely held belief based on an inaccurate assumption. This tragedy may have been avoided through reflection, questioning and re-thinking. Habitual negative patterns of thinking about oneself and others can be consciously changed to more healthy balanced thinking. Balanced thinking is not simply positive thinking! Through balanced thinking we seek to discover the truth, in other words, new meanings of situations based on all

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## *Our faith teaches us that we are stewards of soul, mind and body.*

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the evidence and not on just what may occur to us automatically. Thus when we honestly make mistakes we must acknowledge them and not pretend they didn't happen so that we use them as opportunities for learning. In psychology, there is a principle of learning: when you want to master something new, practice it slowly and consciously and eventually it may become automatic. God has created our brains for learning and change. In fact within the brain there is the Reticular Activating System (RAS), a mechanism which enables us to move towards the goals we choose for ourselves. When we are clear about our goals (this includes career goals and areas of self-change) and write them down, the RAS is activated and directs our behaviour toward these ends. This has been confirmed in numerous studies.

Our creator God has endowed us with an awesome imagination in which to visualize and re-auditorize helpful and healthy changes in behaviour. These techniques

are often utilized in mental and meditative prayer. The imagination is the gateway to creative ways of thinking, sometimes differently, about important things. Our Lord Jesus used this human power when he spoke in parables and when he engaged his apostles in metaphorical thinking. He did this when he suggested that they imagine the Kingdom as “*the treasure hidden in a field*” (Mt 13:44), “*a grain of mustard seed*” (Lk 13:18) and “*leaven which a woman took and hid in three measures of meal*” (Lk 13: 20).

Practices in stress management should also include mention of the importance of physical health and maintenance thereof. When we are not thinking in a balanced way, we may expect to deal adequately with stress-evoking experiences while neglecting physical health issues. This is faulty thinking! Our faith teaches us that we are stewards of soul, mind and body. Since our life is a gift we should treat it appropriately through reasonable and healthy nourishment, adequate sleep and exercise and avoidance of addictive use of nicotine, caffeine and other drugs.

While it is popular to reduce stress management to a list of “do’s”, “don’ts” and techniques, I find it helpful to understand it as developing an attitude or a “way of being” which secures the “way of doing”. Discussing it in this way may appear mysterious, elusive and hard to define. The wonderful saints who have gone before us, such as the great mystics like St. John of the Cross and St. Teresa of Avila lived this “being” which for them was stress (suffering) with joy and peace. I believe that for them thinking, being, and doing were uniquely connected and over time, automatically so. Placing God first can do that! The rest may fall in order. I’m reminded of that axiom “Pray as though everything depends on God and [then] (my addition) act as though everything depends on you.” This is the key to change and learning serenity, courage and wisdom. ☸

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*Dr. Len Gignac is a psychologist living in Wilno, Ontario.*



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We wish to honour all the priests in our community who are celebrating an anniversary of ordination in any multiple of five. The banquet is a festive and fun way to recognize the dedication with which these men have served the Church. Our honourees will also be attending our Foundation Day Mass on Friday, May 7th at St. Mary's church in Ottawa (7:30 p.m.). Everyone is welcome to pray and celebrate with these men on this occasion. A reception will follow in the parish hall.

Please be aware that the banquet on May 13th is also a fundraising event. In lieu of gifts for the honourees, a free will offering to support the work of the community will be collected after dinner.

Note: the \$35 ticket for the dinner covers the cost of the meal itself and the hall rental.

- Free 'Vision of St. John Bosco' Print to all Attendees!
- \* Fabulous Door Prizes!
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- \* Other fantastic Entertainment - including Fr. Bob singing!

**Hope to See You There!**

## FEATURE

# The Last Days of Mr. Gerry Hendriks

## *A Family Reflection on Faith, Hope, and Love in the Lord*



Fr. Randy Hendriks and family

*Mr. Gerry Hendriks (67) of Vineland, ON was the beloved husband of Frances, and the loving father of seven children, including CC priest Fr. Randy Hendriks. He was also a beloved grandfather, uncle, brother, and friend to countless others. He passed away on Nov. 27th, 2003, after spending the previous eight weeks in a hospital in Kingston, ON, trying valiantly to recuperate from injuries sustained in a terrible car crash near there. A contingent of CC priests made the journey to Vineland on Dec. 2nd for the funeral Mass at St. Joseph's church. Fr. Randy himself presided and preached at the liturgy. By all accounts it was one of those truly anointed celebrations wherein the grace and mercy of God was in great evidence. Everyone was deeply touched.*

All through the eight week ordeal the Hendriks family had kept many of their family and friends abreast of what was happening to Gerry via email. We have saved a few of these that Fr. Randy sent to the Companions and some from his brother Ken to all their friends. We reprint them here with permission to give you some idea of their journey and the wonderful love and faith of this family.

### **1) Email from Fr. Randy (Oct 10):**

Hi Brothers. My Dad, Gerry is still in very serious condition in Kingston General Hospital. After a car accident a week and a half ago he has been spending most of the time sedated, and still needing a respirator. They ran a gamut of tests on him, but things are still not totally clear

as to why he's not getting stronger in his breathing, and other areas. My uncle, who sustained similar injuries, is doing okay, and seems to be on the road to recovery. Please keep them and my family in your prayers. My brothers and sisters have taken turns coming up to Kingston, as it seems Dad may be there for a little while yet. Mom and the family have found consolation in the St. James Adoration Chapel connected to the Cathedral just down the street from the hospital. Thanks everyone for the support, encouragement and prayers! My Dad turns 67 today, so maybe the Lord will grant him some special birthday blessings! God Bless - Fr. Randy.

### **2) Email from Fr. Randy**

Hi Brothers. I wanted to ask you to please continue to pray for my Dad. He was in a car accident near Kingston over 5 weeks ago, and is still in Hospital ICU, on life support. I travelled up to Canada and spent a week and a half with him, and the family, just being around, celebrating Mass with the family, and visiting and praying with Dad who was asleep the whole time. He had been coming around a little bit, starting to use his own power to breathe, but the last few days things have gotten worse. Thank you to everyone who has been praying and have sent well wishes and promised their prayers over the last month. I've passed on many of those greetings to my Mom and family who are thankful for them. Some of you priests

may know Fr. Shawn Hughes... he is the Catholic Chaplain at Kingston General and has been a great blessing to the family. Archbishop Meagher of Kingston also stopped by to pray with Dad (he's getting Cancer treatments himself) and my brothers and sisters have been taking turns driving up from Niagara to be with my Mom who is staying nearby the Hospital. Even in the midst of all this I can really see God drawing our family closer together and closer to HIM, so praise GOD for that! God Bless - Fr. Randy.

### **3) Email from Fr. Randy & Ken Hendriks**

Hi Brothers. Thanks for all the prayers and support. The following is the last email sent out by my brother and I on Thursday night after my Dad passed away: Dear Friends, What a joyful day for us, and for Dad. At around 7 pm this evening Dad passed away, surrounded by Mom and all of us, as we prayed, sang Dad's favorite hymns, and entrusted him to God's care. Since everyone was up in Kingston yesterday, we took turns through the night, staying by Dad's bedside, praying with him, reminding Dad that we were with him, and the Lord was alongside him for the final leg of his journey. We gathered together at two this afternoon to pray for Dad and to seek out God's consolation and peace for both Dad and for ourselves. I (Randy) shared with the family at Mass how I'd always felt

Dad was really proud of us, how he really had affirmed each one of us in different ways in our vocations, and in following God's plans for our own lives. In the same way we now had the opportunity to affirm Dad in his CALLING, as a child of God to return to his heavenly Father's arms, who was waiting for him. We had the beautiful job of cheering Dad on as he made that final walk of faith closer to God. He's lived his whole life to finally be able to make that LEAP into God's arms.

After Mass we met with the doctors and discussed that the goals for Dad would change from sustaining his life to keeping him comfortable and maintaining his dignity. The doctors and nurses were so great in helping and directing us along the way. We took some time with them, prayed with them, and we really felt God's peace and God's presence during the meeting.

We all had some quiet time with Dad, and then gathered together at his bedside. I gave Dad the anointing of the sick, praying for God's forgiveness, mercy, and peace to be with him. We then sang a number of hymns. We read from the psalms and after that we prayed the Glorious Mysteries of the Rosary, remembering Jesus' own resurrection which opened the gates of heaven for us all. Just at that time Dad finally took his last breath, and we said good-bye to our hero.

So prayer really does work! I (Ken) really believe that. You don't realize how much you have all carried our family. For the last several weeks we have been searching for peace and what God's plan was for Dad. You lifted us up in prayer on a daily basis and today God's will was revealed to us and confirmed in the loving, peaceful way God called Dad home. Our family cannot thank you enough for what you have done for us. We look forward to celebrating our Dad's life with you in the upcoming days and being able to thank you in person. Blessings to you all, Love Randy, Ken and the entire family

#### 4) Email from Ken Hendriks

Hi Everyone. What a wonderful three days of celebrating my Dad's life we had! It was so great to see all of you again over the last few days after this long journey we have been on. Our family was overwhelmed with the friends and family that visited at the funeral home. Over 1100 at last count. What a great testament to my Dad and the lives he has touched. I want to thank my sister Janine for her awesome job with the slide show. The funeral Mass today was very special to our entire family. To have Randy celebrate the Mass and give such an uplifting homily was truly inspirational. We are so blessed to have him in our family! We were also honoured to have so many priests from the Companions of the Cross, Bishops Wingle and O'Mara, along with many

*“Well done,  
you good and  
faithful servant”  
(Mt 25:21).*

priests from the diocese. The St. Helen's choir and cousin Suzanne Lammers sang beautifully.

I know from speaking to many of you the past eight weeks has had a significant impact not just on our family but on a lot of people. A lot of us have been challenged in our faith and have had to reassess our priorities in life. I know for myself things will never be the same. I think God used my Dad to send a message to many different people in many different ways. Things that may not be revealed to us for a very long time. Our challenge now as we get back to our regular routine is to make sure we remain open to the message God was delivering to us. I think our family is coming to the realization that this has been a very special journey we have been on. We feel honoured and privileged to have been able to share it with so many of you. The power of prayer is an amazing thing. Every day we felt so

uplifted by all your thoughts and prayers. We feel so fortunate to have been so close to our relatives in the Kingston area. Thank you. The very personal testimonials and e-mails you sent us on a regular basis gave us much strength and courage. Just as you waited for your daily updates so too did my Mom and brothers and sisters await a recap of e-mails sent from you.

We know the weeks and months ahead will be challenging and difficult times for our family. You cannot simply replace a person like my Dad. But we also know his legacy will live on in the lives of all those who met him, especially in his wife, children and grandchildren. That is a legacy of love, faith, trust in the Lord and doing God's work. In closing I am going to ask that you continue to pray for us over the coming weeks and months as well as all of our relatives who have lost loved ones recently. Pray for peace, courage, faith and understanding for us as we come to terms with the loss of ones so dear to us. I also ask that you pray for my Uncle John, Tante Vera and Chris Norman who were also all in the car accident as they overcome not just their physical injuries but the emotional scars as well. No one is to blame for what happened that day. It could happen to any one of us on our way to work, on our way to church, school, the hockey arena.....anytime, anyplace. My Dad was in that vehicle because of love. Love for his brother and friend John who had helped him so much throughout the years. Dad was happy to help him and use the gifts that God had given him. How could that be wrong? No, the time and place may not have been of our choosing but we must always be ready when the Lord calls us home. We will not always know the hour or the day when our time will come but we must live our lives so that we will be ready. I know my Dad did. It has been a privilege and an honour to send you these e-mails over the last few months and have you on this journey with us. God bless you all - Love Ken.

*“Well done, you good and faithful servant” (Mt 25:21).☺*



# Companions of the Cross

S e m i n a r i a n s 2 0 0 3 - 2 0 0 4



**John P. Bolger**  
Cambridge, ON



**Francis Ching**  
Toronto, ON



**Matt Chojna**  
Tottenham, ON



**Brian Christie**  
Sarnia, ON



**Rod Davis**  
Houston, TX



**David Dobbelsteyn**  
Saint John, NB



**Mickey Dopp**  
Maryhill, ON



**Luc Filion**  
Ottawa, ON



**David Fletcher**  
Saskatoon, SK



**Ngugi Githinji**  
Nairobi, Kenya



**Phil Halldron**  
Birmingham, England



**Rachad Khadij**  
Montreal, QC



**Mike Lees**  
Grand Prairie, AB



**Simon Lobo**  
Ottawa, ON



**Andy McGorman**  
Stratford, ON



**Bernard Messier**  
Stoney Point, ON



**Mike Minifie**  
South Mountain, ON



**Chris Murphy**  
Bawlf, AB



**Brian O'Neill**  
Montreal, QC



**Barry Phillips**  
Toronto, ON



**Richard Pilon**  
Campbell's Bay, ON



**Mike Scherrey**  
Fort Smith, AR



**Ryan Schmidt**  
Winnipeg, MB



**Nick Simoni**  
Innisfail, AB



**Jamie Utronkie**  
Killaloe, ON

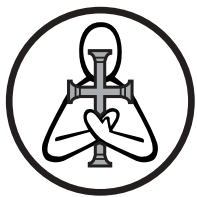


**Chris Vonesch**  
Olds, AB



**Gerald Whittaker**  
Brockville, ON

*This photo display does not include first year applicants because they were featured in our Fall issue.*



# Companions of the Cross

P r i e s t s 2 0 0 3 - 2 0 0 4 \*Denotes Candidate membership



**Fr. Galen Bank**  
Glenavon, SK Ord. 2001



**Fr. Bob Bedard**  
Ottawa, ON Ord. 1955



**Fr. Daren Bryk**  
Edmonton, AB Ord. 2000



**Fr. Dan Cross**  
Fruitport, MI Ord. 1999



**Fr. Tim Devine**  
Kitchener, ON Ord. 2002



**Fr. Terry Donahue**  
Oakland, NJ Ord. 2000



**Fr. Francis Donnelly**  
Montreal, QC Ord. 1979



**Fr. John Fletcher**  
Buffalo, NY Ord. 2001



**Fr. Francis Frankovich**  
Riverside, CA Ord. 1968



**Fr. Jerry Gauvreau**  
Lindsay, ON Ord. 2001



**Fr. Mark Goring**  
Pembroke, ON Ord. 2002



**Fr. Dennis Hayes**  
Guelph, ON Ord. 1986



**Fr. Randy Hendriks**  
Vineland, ON Ord. 2002



**Fr. Pierre Ingram**  
Guelph, ON Ord. 1995



**Fr. Rick Jaworski**  
Winnipeg, MB Ord. 1990



**Fr. Ross Lambton**  
Ottawa, ON Ord. 1995



**Fr. John Likozar**  
Toronto, ON Ord. 2000



**Fr. Allan MacDonald\***  
St. Raphael's, ON Ord. 1994



**Fr. Jim MacGillivray**  
Kingston, ON Ord. 1969



**Fr. Yves Marchildon**  
Victoire, SK Ord. 1996



**Fr. Scott McCaig**  
Kamloops, BC Ord. 1995



**Fr. Charles Orchard**  
Cobourg, ON Ord. 1995



**Fr. Christian Riesbeck**  
Ottawa, ON Ord. 1996



**Fr. George Sammut**  
London, ON Ord. 1999



**Fr. Jeff Shannon**  
Sudbury, ON Ord. 1997



**Fr. Ben St. Croix**  
Kenora, ON Ord. 2001



**Fr. Fernando Suarez**  
Batangas, Phillipines Ord. 2002



**Fr. Marc Syrenne**  
Saskatoon, SK Ord. 1997



**Fr. John Vandenakker**  
Ottawa, ON Ord. 1985



**Fr. Roger Vandenakker**  
Ottawa, ON Ord. 1989



**Fr. Ed Wade**  
Philadelphia, PA Ord. 1972



**Fr. Sean Wenger**  
Vernon, BC Ord. 1995



# Companions of the Cross

## D O N O R R E S P O N S E F O R M

**I would like to participate as a partner with the Companions of the Cross in the formation of candidates for the priesthood. I have indicated below the method of support that I prefer. To view our Privacy Policy please visit our web site.**

Name: \_\_\_\_\_

Street Address/P.O. Box: \_\_\_\_\_

City: \_\_\_\_\_ Prov./State: \_\_\_\_\_ Postal/Zip: \_\_\_\_\_

Telephone: (     ) \_\_\_\_\_ Email: \_\_\_\_\_

**PLEASE COMPLETE THE SECTION(S) BELOW WHICH APPLY TO YOU:**

Enclosed is my cheque payable to the Companions of the Cross in the amount of \$ \_\_\_\_\_

Enclosed are \_\_\_\_\_ post-dated cheques, payable to the *Companions of the Cross*.

I prefer to charge my donation to my credit card (*check one*):  Mastercard  VISA

Number: \_\_\_\_\_ Expiry: \_\_\_\_ / \_\_\_\_ Amount: \$ \_\_\_\_\_

Signature : \_\_\_\_\_ Date: \_\_\_\_\_

Make this a (*check one*):

one-time donation  monthly donation (can be cancelled at any time with one month's advance notice)

**Automatic Monthly Direct Payment:**

I hereby authorize the Companions of the Cross to deduct (*check one*):

\$25  \$50  \$100  \$200  Other: \$ \_\_\_\_\_ on the \_\_\_\_\_ day of each month from my account indicated below. I understand that I may cancel this transfer at any time by notifying the Companions of the Cross at least one month in advance.

Name of Financial Institution: \_\_\_\_\_

Bank Number      Transit Number      Account Number

Signature: \_\_\_\_\_

I/we have enclosed the required personal cheque marked "void".

I would like a free subscription to the Companions' quarterly newsletter.

Please pray for the following special intention: \_\_\_\_\_

Please tear out this entire page, place it in the postage paid envelope provided, and then drop it in the mail. Your support of our community is very much appreciated!





**Help Our  
Seminarians...**



**Become  
Priests**



YOU can help seminarians of the Companions of the Cross become priests by supporting our community with your prayers and financial contributions.

Every week our office receives phone calls from places across North America where they have just been told their parish is closing or that they no longer have a priest to appoint there. The heartbreak and cry for ministry is very real. God has blessed us with an abundance of vocations. We in turn wish to be a blessing to the wider Church as we grow and spread.

Please help us help the wider Church at this critical time. We wish to see priests raised up who are on fire for the Lord and have a zeal for evangelization. We do not receive any financial support from dioceses. We depend on God's grace working through ordinary donors like you. So won't you please prayerfully consider how you can help us out? **Together, let us help renew the Church!**

# FROM HEART TO HEART

by Fr. Jeff Shannon

During the months of June and July of this past year, I was blessed with the opportunity of attending the Institute for Priestly Formation in Omaha, Nebraska. The Institute, operating on the campus of Creighton University, is an annual program offering spiritual formation for many diocesan seminarians throughout the United States and Canada. I was blessed to function as a spiritual director last summer and receive some ministry myself. The program began with an 8-day Ignatian silent retreat with 4 hours of daily personal prayer. Before becoming a spiritual director for the summer, I was able to make the retreat as a participant, which was the highlight of the program and of my summer.

One area in my life, which began to come alive over the 8-day retreat and into the summer, was the awareness and understanding of the affective movements of my heart. I became more sensitive to my “feelings” both in the joys the Lord was pouring into my life, as well as in some feelings of inner pain which surfaced in my own heart. It was within this context that I sensed my relationship with the Lord deepen.

There are various levels or depths of relating which can occur between two individuals. The lowest level is the general informal level of dialogue... “Hi, how are you?” The relationship deepens as one moves to sharing facts and information, and then on to sharing opinions and attitudes about various matters of discussion. However a deeper level than all of this is sharing at the level of our feelings. When we share openly, honestly and deeply about our present feelings and emotions to another person, especially someone we love and trust, then the relationship moves into a new and profound level,

especially when they still choose to love and accept us despite these feelings. When negative feelings are shared with another, then true friendship can begin. The Lord calls us into this level of relating. But it is not easy to move into the level of our feelings... to share them openly and honestly with God or with another. It is difficult. For example, one of the goals of Marriage Encounter and marriage counselling is to direct the attention of the couple to share at the level of their feelings and have them dialogue and communicate at that level. It is only then that true healing within the marriage can take place.



As we draw nearer in relationship with the Lord, it seems He is more concerned about how we feel than about the actual issue of concern itself. Take for example, a four year old girl named Susan, who comes running to her father on the verge of tears because of an incident with her two mean older brothers. She says, “Daddy... Steven and Joey are picking on me and calling me names... you should go and tell them to stop and you should pun-

ish them.” As the little girl is speaking, a tiny tear rolls down her cheek. Her father, in response, could go directly and deal with the issue by telling the boys not to call names and then send them to their room as a punishment. However, like a good father, he turns to his daughter with love and says... “But how are you feeling?” At that point little Susan says... “Daddy, I’m feeling sad and I just want to cry”... and at that moment the tears come flooding out and she runs into the loving arms of her father. The father, at this point, cannot resist comforting and consoling his child, wiping her tears away until all is better. This short example points to our relationship with God. Too often we only desire God’s intervention in our life to solve all our problems and concerns, namely, to solve the issue at hand. However, our Father in heaven is more concerned with how we are handling the problem... how are we doing?... how are we feeling? And His love meets us, as we become the little Susans running into the arms of our God sharing with Him at the deepest level of our heart. As we share with Him how we feel, the Lord just cannot resist loving us!

During my 8-day retreat, I found that as I began each hour of prayer, I completed a number of short preparatory steps. First I sought after a silence and stillness of heart so that I could be open to encountering God. Then, after taking a few deep breaths to slow myself down, I silenced the over-activity of my mind by imaging my mind like the surface of a clear calm lake in the early morning hours. After that I called on the Blessed Mother who led me quickly to her son as I prayed one decade of the rosary from the heart ... I then continued into my hour of prayer. The next thing I did was take my own pulse. How am I doing? How am I feel-



Fr. Jeff Shannon

ing? How would I name what I am feeling, especially if it is a negative emotion? Instead of relating to God what the pressing issue of concern was, I rather shared with Him how I was feeling about the issue... I am upset, or I am angry, or I am sad, or I am worried and anxious. Sometimes the most difficult part is to name the feeling because once you are able to name the negative feeling inside, then you have power over it, and it loses its effectiveness in reeking havoc in your life. So the first step in the process is to acknowledge how I am feeling.

Then I relate the feeling to God and pour out my heart to Him, focusing on the emotion or feeling that is surfacing. Lastly, I wait to receive from God as I listen attentively to Him to speak into how I am feeling. I stay away from the issue itself, which is causing the emotion to surface. For example, a couple of times during my retreat, I had difficulty focusing in prayer. This in turn caused some anxiety in me and I began to become upset at myself, blaming myself for not being

attentive. Notice the affective words which were stirring... "anxiety"... "anger". Rather than go to God and say... "Lord, please help me to pray!" I instead went to Him saying... "Lord, I am feeling so anxious and upset... I am feeling very frustrated." As you can see, it is a very different prayer for the same problem. As I shared my feelings with the Lord, He responded... "Do not worry and be upset. I love you even if you struggle in prayer. I am very near you and I am guiding you every step of the way." After that, I felt love and joy and peace in my heart. My initial struggle with prayer was answered directly, not by complaining about my poor prayer time and denying how I felt, but rather by sharing deeper at the level of my heart and of my feelings.

As I moved through my retreat I began to become more conscious of my heart and my feelings as I meditated on the scripture passages each hour. This led to further healing with the Lord, which is another objective of being in touch with our feelings. During one of my hours I meditated on John 20:19-29. To meditate, you are to put yourself in the scripture scene. What are you seeing, hearing etc.? What are you feeling? In this passage, Thomas had just missed seeing Jesus appear to the apostles for the first time after the Resurrection in the room, which was locked. They said to Thomas upon his return, "We have seen the Lord!" As I read that scripture line in my meditation, I immediately began to feel what Thomas may have felt at that time, namely, the disappointment of missing out... the feeling of unworthiness... what is wrong with me that I couldn't see Jesus appear... am I not good enough? As I journalled my prayer experience at the end of my hour of prayer, writing down all the movements of my heart, I realized that these emotions I experienced in the scripture with Thomas were actually feelings and emotions pointing to further healing I needed to experience. My own sense of

unworthiness and not feeling that I'm good enough or wondering "what's wrong with me?" as Thomas felt, pointed to deeper healing of my own self-image that God wanted to do. It wasn't until I explored deeper these feelings that further revelation and healing took place. The reason I mention this experience is to emphasize the importance my emotions and feelings played in my relation with God and with the movement of grace. The feelings became signposts to further healing in my life that God wanted to do. This is how we move into deeper healing. I allowed the painful feelings I had to surface from within me and it was in these pains that Jesus came to me and loved me. To feel is human. Feelings and emotions, as with facts, are neither good nor bad, nor are they sinful in and of themselves. They are sometimes positive and sometimes negative but they are always okay. We need to acknowledge our feelings. Feelings become our friends when we start paying attention to them, accept them, understand them, and give them their rightful place. It is then that we will be able to tame our feelings. If they are ignored, or disguised, or rejected, or left undisciplined, they will remain unredeemed and they will become our enemies and thus hinder our growth in the spiritual life. Once acknowledged, they will be redeemed, and once redeemed, these feelings will become vehicles or tools to enter into the presence of God... allowing Him to redeem the unredeemed part of our being.

Our Father in heaven loves to hear where we are at... how we are feeling. It is only then that He can truly find us. Once He finds us, then we can enjoy the presence of God both in our prayers and in our lives. ☺

.....  
*Fr. Jeff Shannon is the Director of Admissions, helping with the area of formation.*



# FEATURE

by Fr. Jim MacGillivray

Maybe our first knee-jerk answer to that question – especially if we are cradle Catholics – would be “No, we are not”. And it’s true that we haven’t sent out new Catholics as the Mormons do, on two year missionary trips. Nor have we asked Catholics to take turns peddling the Catholic paper on the street corners each Saturday as the Jehovah Witnesses do. Having said that, I suggest we look more closely before concluding that the Catholic Church is not evangelizing.

In the *Ratzinger Report*, Cardinal Ratzinger draws attention to what for him has been an exciting development and that is the rise of Catholic Movements. He’s referring to things like the Cursillo movement, Marriage Encounter, Challenge, COR, Charismatic prayer meetings and the Neo-Catechumenate. Over the last 40 years these movements have been the vehicles to bring countless people to the Church and many others back to the practice of their faith. We might add to that World Youth Days and the growth of weekend youth conferences.

One of the challenges we have is that of helping our young people develop a language to express their faith. Most have grown up in homes where faith is considered a private matter. They may see parents going to church but chances are, there is no prayer together in the home. If the young person goes to church and looks around, he may not see anyone else his age and no one from his class or his school. How then does he develop a language of faith? Is he not in danger of concluding that he is odd or different? Besides that, there is a growth in faith that takes place when we talk about faith and share faith. The youth conferences, Challenge, and COR all provide young



## Are We an “Evangelizing” Church?

people with a chance to see that faith is more than private. Young people grow stronger and bolder in expressing their faith when they see that they are not alone. So the movements are an important tool of evangelization in the Church.

What about the school system? At least in this province (Ontario), for the first time, the overwhelming majority of our Catholic young people are in Catholic high schools. Most Protestant denominations would give their eye teeth to have such an opportunity. I wonder if we shouldn’t try to get over our disappointment that the schools are not all that we would like – and put some of our best minds into seeing the schools as a challenging opportunity. One suggestion that I would like to make if we are to strengthen our schools would be to encourage principals to enlist their best teachers to teach religion in high school. If a teacher is a good teacher, highly respected by students, then the instrument you put in their hands is much less important. That teacher will find his own way to commu-

nicate the faith. No question about it, the schools are a challenge but they are also an opportunity we mustn’t miss or simply write off.

The most important evangelizing instrument we have remains – what we do on Sunday morning – and how well we do it. Surely all of our parishes could do it better. The first document produced by Vatican II was the one on the Liturgy and yet, in so many ways, we do liturgy poorly. If we turn people off at the Sunday liturgy, what will be the use of all our efforts to get them there? Too often our lectors proclaim the Word poorly. How much preparation do priests receive when they are seminarians to encourage them to take their preaching responsibilities seriously? Catholic parishes are not known for strong preaching. Sometimes too, even priests who do preach well, tear through the Canon of the Mass rather than truly proclaiming it as they should.

All of what I am saying argues for improvement in how we evangelize rather than a drastic change in how we do it. Of course, we can always learn from other methods of evangelization but I’m told that only 3% of those who come forward to commit their lives to Christ at Billy Graham Crusades – only 3%, end up developing solid Christian commitment – that is three out of 100 who come forward.

What evangelizes best is our own life rather than our words or looking for a sure-fire method. We all need to do a little better job of it. ☺

*Fr. Jim MacGillivray works on the Formation Team for the Companions of the Cross.*

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## LAY ASSOCIATES CORNER

# In Memory of Dianne Quinn

by Jim Verreault

On July 27, 2003, Dianne Quinn, Lay Associate of the Companions of the Cross, passed away peacefully into the presence of her loving Lord and Saviour. Though she was but 39 years of age, Dianne was spiritually mature beyond her years, and was a source of inspiration and guidance for all who had been blessed with her presence in their lives. An authentic disciple of Jesus, Dianne never failed to offer witness to her faith in Him, even during her difficult but courageous battle against cancer, a battle which but served to intensify her faith and devotion. Unable to bear leaving behind her three precious children, Jordy 6, Madelyne 9, and Mackenzie 11, she clung to life with all her strength. Even so, in her last weeks, Dianne gracefully accepted the Lord's will, and His prayer became her own, "*Father, all things are possible for you. Take this cup away from Me, but not what I will, but what You will*" (Mk 14:36).

Dianne loved her Lord, and she loved His Church. An enthusiastic supporter of the Charismatic Renewal, Dianne was nonetheless well aware of the potential dangers of being led astray if one was not well grounded in their Catholic faith. "Wouldn't it be wonderful," she would often say, "if we could be under the protective guidance of Catholic priests that are also committed to the Renewal?" She began to share with others her dream of starting a local group of Lay Associates of the Companions of the Cross in central Alberta. In December of 2001, her dream was realized when seven like-minded individuals joined her in making their pledges and receiving their Lay Associates pins. Dianne became an ardent

supporter of the Companions of the Cross, and especially of seminarian Nick Simoni, a close personal friend of hers from whom she drew a great deal of strength and comfort during her desperate struggle.

Blessed to come from a large Catholic family, community was of utmost importance to Dianne, hence her natural attraction to the Companions of the Cross. She was an inherent evangelist as well, and many were those who found themselves attending a retreat, investigating a prayer group, or joining the Lay Associates because of her infectious enthusiasm. Always ready and willing to reach out to those around her, Dianne's friends were therefore innumerable, as attested to by the large crowd that filled the voluminous interior of St. Mary's parish in Red Deer, Alberta for her funeral Mass.

One such friend was Lay Associate Arlene Klobberdanz, who was taken under Dianne's wing when she first came to Red Deer, feeling so very lost and lonely. As Arlene puts it, "There was something about her that I wanted; her faith just seemed to radiate from her. In no time we became close sisters in Christ, and it was through her that my own faith became strong."

Another such friend was Lay Associate Lucille Gaumond, an RN by profession, who was blessed even as she blessed Dianne in turn by her presence at her deathbed, which was by medical necessity inaccessible to most. Through Lucille, we came to know of not only the tremendous spiritual struggle that was happening in Dianne's last hours, through Satan's temptations, but also of the powerful



graces she received by the presence of the saints and angels, of our Blessed Mother and of our dear Lord Himself. In Lucille's own words, "Dianne always told me that before you had the Resurrection, you needed to go through the crucifixion. As she brought me to the foot of the Cross, I saw her crucified, struggling for breath just as Jesus had done, then going on to the promise of His Resurrection."

I would be remiss not to mention a word of deep gratitude to John Paul II Bible School graduates Melissa Westgeest and Janelle Denis, who were suddenly called upon, unawares, to devote many months of service as nannies and housekeepers to Dianne, a calling to which they both quickly gave their unequivocal "yes".

Dianne had a vision to see a group of Lay Associates, and perhaps one day even priests of the Companions of the Cross established in central Alberta. Those Lay Associates whom she led to that vision promise to nourish the seed she planted, to see it thrive and flourish in our midst.

Dianne was laid to rest on August 1, 2003, in Benalto, Alberta, her Lay Associates pin affixed lovingly to her lapel. ☩



# COMMUNITY NEWS & NOTES

by Fr. John Vandenakker

## Marian Day Conference Report

A special Marian Day hosted by the Companions at St. Mary's church last fall was a great blessing to all who participated. People came from near and far. The award for the group that travelled the farthest goes to Chris Barnes, Bill Marshall, and Michael O'Sullivan – three fellows from St. Veronica's parish in Howell,

New Jersey, who made the eight and a half hour ride in their camper van! They found out about the Companions and this conference almost by accident. One day last fall one of them had typed the words 'Mary, Loyal, Charismatic' into an Internet search engine, and our name popped out near the top of the list of results! After checking out our web site ([www.companionscross.ca](http://www.companionscross.ca)) and seeing the Marian Day listed in our Upcoming Events section, they contacted our office

and decided to make the trip up to Canada. Later, they went out to dinner with Fr. Terry Donahue, one of the speakers at the Marian Day, who originally hails from New Jersey himself. It's a small world!

## New Chaplain for Lay Associates

In addition to his other duties as Director of Lay Formation and Assistant to the Papal Nuncio, Fr. Terry Donahue has been named the new chaplain to the Lay Associates, effective Feb. 1st, 2004. He takes over from Fr. Dennis Hayes, who was forced to curtail his ministry in this area when he was appointed Associate Pastor of St. Maurice parish in Ottawa last fall. Fr. Dennis will be formally thanked for his time and service to the Lay Associates, and Fr. Terry officially welcomed, at the Friday Feb. 6th 7:30 p.m. evening Mass that kicks off the 'God's Plan for Sexuality' Mini-Conference held at the Tudor Hall in Ottawa (see ad elsewhere in this bulletin for full conference details). Many thanks Fr. Dennis! Welcome aboard Fr. Terry!



Left to right: Living Rosary prayer at Marian Day; Fr. Terry Donahue (on right) & Bill Marshall from New Jersey

Letter of the Month

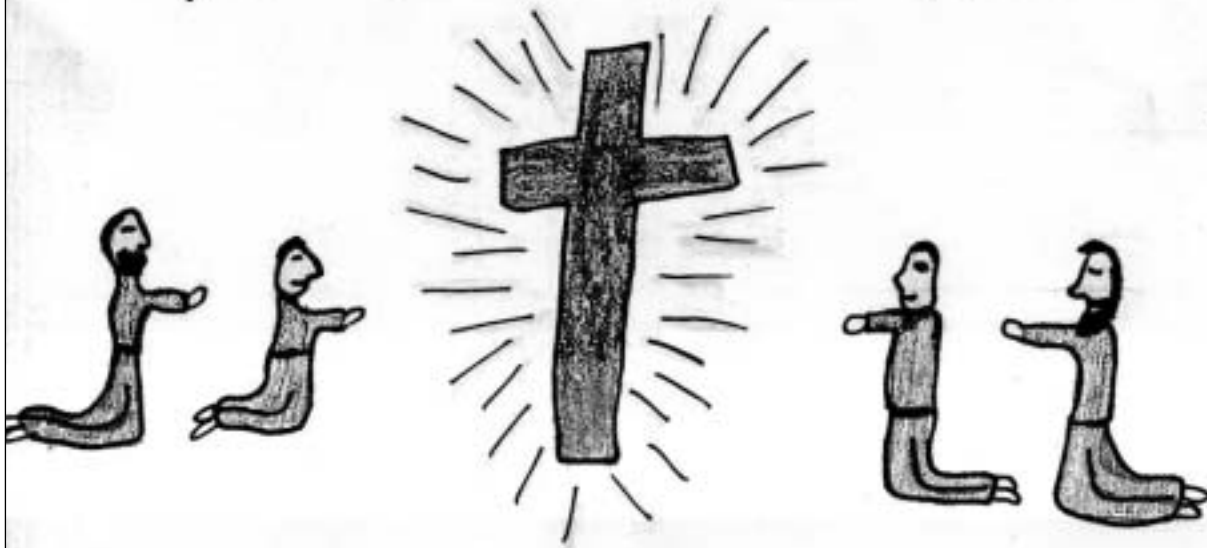
Many thanks to Isaac Longworth, age 9, of Woodstock Ontario for the wonderful letter and drawing he sent us recently. Let's keep young Isaac in our prayers. After all, he may one day be in the Companions' ordination class of 2021!

A Youth Witnesses to New Life in the Spirit & Healing

By Caleb Roach  
(a youth who attended a CC led summer retreat at Apple Hill, ON) – in a note written to CC seminarian Nick Simoni. “Hi Nick. Yeah, I'd gladly write a couple

paragraphs on my experience, anything to glorify God. And yes I still go to adoration, I pray a Rosary every night, and am still very involved within the youth group and community. All thanks to Life in the Spirit, it was an amazing experience. During the Life in the Spirit weekend I didn't know what to expect, I wasn't strong in my faith and I didn't think I was going to get anything out of all this, but I was wrong. This experience for me was

Dear Companions of the Cross: I am 9 years old. My name is Isaac Robert Longworth. I am thinking of joining your order, I heard Fr. Tim Diviness mission. I think he is great because he is blind. He's a great piano player. and I love him. I work all week for an allowance. I'm going to give \$1.50 to your order. I'm home schooled



God Bless You !!!

From Isaac Longworth

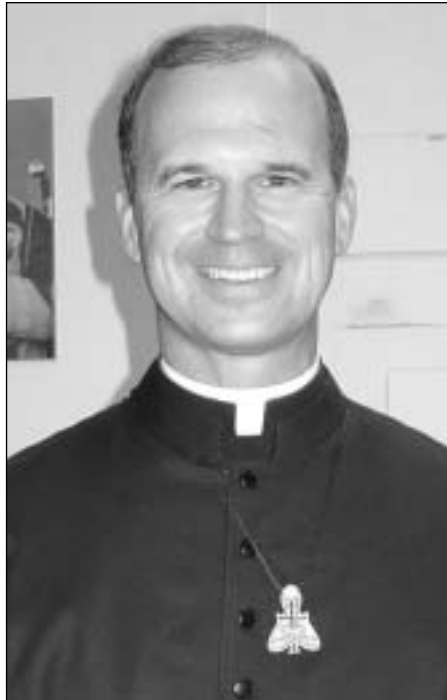
life-changing. The Lord blessed me and the Holy Spirit came into my heart that night with full force. When I went up to get prayed over, I really didn't sense much of anything at all. At the time I had a very bad knee which was prayed over as well. When this happened I felt a very soothing feeling in my knee which caught my attention, although I didn't think too much of it at the time. When I went back to pray silently, I was asking God what he had done for me tonight because I didn't think anything came out of all this, then all of a sudden I got this feeling to look up at the cross and when I did, it hit me. I started crying and praying in tongues uncontrollably, everything just made sense to me, all my questions were answered and I knew this was God reaching out to me, and it didn't end there. When it was time to go back to the hall, I was preparing to stand up and with my knee I would normally have to pull myself up because it was too weak to do so, but then instantly I was on my feet with no problem whatsoever. All the strength that I lost in the accident was returned to me, and to this day I still have a fully functional knee, and a new and better outlook on life and how I go about it, all thanks to God."

## CC Statement on Same Sex Marriages

September, 2003

The Companions of the Cross wish to strongly support and affirm the Canadian Conference of Catholic Bishops in their opposition to the proposed federal legislation that would alter and change the traditional understanding and definition of marriage to include same-sex unions.

The Companions of the Cross affirms the Church's clear and consistent teaching that marriage is a faithful, exclusive, and lifelong union between one man and one woman, joined as husband and wife in an intimate partnership of life and love. It exists for the dual and inseparable purposes of the mutual love of the spouses,



CC Moderator Fr. Roger Vandenakker

and for the generous openness to, and raising of, children, which are always to be received as the supreme gift of marriage.

Same-sex unions, because they do not express full human complementarity, and because they are inherently non-procreative, simply cannot be given the status of marriage in civil law in society.

Several quotes from the CCCB President, Bishop Jacques Berthelet, in his open letter of June 19, 2003, to Prime Minister Jean Chretien are worth repeating and reiterating.

*The prospect of the bill that you are preparing to present to the House of Commons in support of the redefinition of marriage by including same-sex partners would mean a devaluation of traditional marriage as the basis of the family and as an essential institution for the stability and equilibrium of society.*

*Marriage understood as the lasting union of a man and woman to the exclusion of others pre-exists the State. Because it pre-*

*exists the State and because it is fundamental for society, the institution of marriage cannot be modified, whether by the Charter of Rights, the State or a court of law.*

*Enlarging and thereby altering the definition of marriage in order to include same-sex partners discriminates against heterosexual marriage and the family, which are thus deprived of their social and legal recognition as the fundamental and irreplaceable basis of society.*

*Mr. Prime Minister, I would very much hope that the legacy you are leaving does not include legislation that represents an assault on common sense, an assault on the values of societies which are advanced but not amoral, and an assault on the liberties of men and women of good will.*

*I pray that you will have the courage to act in conformity with the law that is inscribed within human nature and which is not affected by every wind that blows.*

We strongly encourage all Catholics to pray and fast for this intention, and to express their firm and public opposition to this proposed federal legislation by all appropriate means possible. Let us not stand by passively in this moment of serious challenge to, and attack on, our beliefs and principles which are foundational to our faith and society.


Rev. Roger Vandenakker  
Moderator

## New Stained Glass Windows for St. John the Baptist Parish, Halifax

Sr. Elsie Martin of St. John the Baptist parish in Halifax writes: "Hello Father John. Thank you for your interest in our Church windows. The original windows as installed in our church had been there for 75 years and were basically a plain yellow (except for the beautiful central

stained glass one of St. John the Baptist). It was only a year ago May, 2002 that I really became tired of looking at these dull lifeless windows and sought permission to replace them with something more inspiring, that was in harmony with our church décor, prayerful, and yet allowing John the Baptist, the main window, to be the total focal point. I set out to do this. And with the help of Father Yves Marchildon, we manipulated many designs together and came up with this one. The company that we chose has done a magnificent job in replicating our thoughts. After many e-mails, telephone calls and the changing of our own designs, the picture on our web page tells it all. We found out that the main picture of John the Baptist was made in 1921 by a company in Ontario, which is no longer in existence. Over the years it became dirty, some parts were broken and had deteriorated to a great degree. Our chosen company restored it to the best of their

ability, cleaned it and straightened John the Baptist. (Made the crooked ways straight.) We think that the new design really enhances this picture and the church. We took a survey of our congregation, presenting to them many aspects of our design and this one, our favourite, won out. The windows were installed on August 15th as promised by the company and on August 29th, the feast of the Beheading of St. John the Baptist, Father Yves, at a special liturgy for the feast, blessed the windows. These windows will be backlit, during the week, so that at night services all may see our beautiful windows and give greater glory to God. Many say that these windows shed a greater light on the sanctuary and place the church in a more prayerful atmosphere. That basically is the story of these windows." Web site for St. John the Baptist parish:  
<http://fm2.forministry.com/church/home.asp?siteid=B3N1R4SJTBP>.



**Join Fr. John Vandenakker  
 in an exciting and blessed  
 journey of faith to Spain,  
 land of saints and mystics!  
 April 17-29, 2004**

A complete itinerary can be viewed  
 at [www.companionscross.ca](http://www.companionscross.ca)  
 (under 'upcoming events').

**For more information and  
 to request a free brochure,  
 please contact Gail Goshko  
 at (613) 744-1418.  
 Space is limited.**





## Vocation Vacation

Join Fr. Mark Goring of St. Mary's parish in Ottawa and a religious sister (TBA) for a "Vocation Vacation" to take place from June 27th-July 3rd, 2004. This Vocation Vacation is limited to 12 young men and women between the ages of 16-20 who have a serious interest in investigating the nature of religious life. It will provide a unique opportunity to visit several men's and women's religious communities across Ontario, and experience what a call to religious life is all about. The group will set out from Ottawa in two vans and make stops in places such as Madonna House in Combermere. Participants will be expected to cover the cost of trip, which will be kept to a minimum (actual cost: TBA). For further information please contact Fr. Mark at (613) 728-9811.

## Salt & Light: New Catholic TV Network for Canada

Based in Canada and launched in October 2003, Salt & Light is a new and exciting Catholic TV network. Their aim is to provide quality Catholic programming that is inclusive and hopeful, based on core Catholic theology, and faithful to the Magisterium and Tradition of the Catholic Church. They have five main programming streams:

- 1) Prayer, Meditation and Devotion;
- 2) Multilingual Catholic Liturgy (including significant Vatican ceremonies);
- 3) Learning and Faith development;
- 4) Stories of Catholic Action and Social Justice; and
- 5) Catholic perspective – information and context. Salt & Light also airs on Food for Life several times per week. Salt & Light broadcasts 24/7 and is available as a spe-



cialty digital channel from Rogers Communications (it is bundled free when you subscribe to EWTN!) and will be available on other cable and satellite carriers across Canada soon. For more information visit their web site at: <http://www.saltandlighttv.org/mainpage.html>.

**"Upcoming Events":  
New to the Companions'  
Web Site**

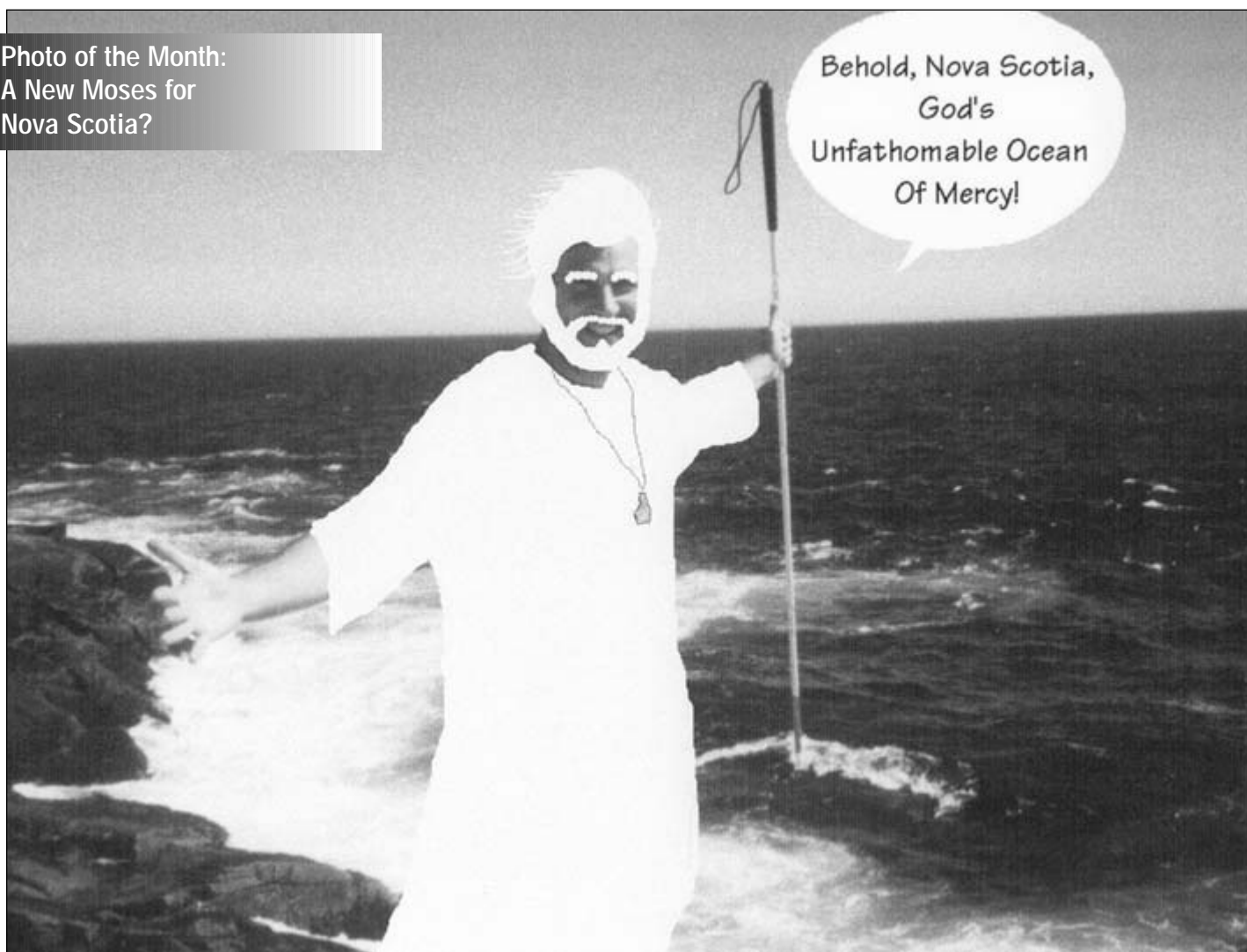
If you haven't checked out our Companions of the Cross web site lately, you may not have noticed a new section listed on our Home Page. It's called "Upcoming Events." When you click on it you are brought to a page wherein a variety of CC events are advertised (i.e. Feb.

7th Youth Fest; March 12th Ministries Mass; May 6th Foundation Day Mass, etc.). By clicking on the icons to these events you can read full-page flyers explaining in detail what these events are all about. It's a handy way of keeping track of CC events if your newsletter goes missing. It's also a convenient way of letting others know about our events – just email them the page in question and they can read about it themselves. For example, we still have some openings for a pilgrimage to Spain that I am

leading in April. To view this particular "upcoming event" go to our web site: <http://www.companioncross.ca/upcoming.htm> and click on "Pilgrimage to Spain." Why not give it a try? ☺

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*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.*

**Photo of the Month:  
A New Moses for  
Nova Scotia?**



*Can anyone guess the identity of this Companions' priest stationed in Halifax? Better yet, can anyone help him?*

**COMPANIONS OF THE CROSS**  
**FINANCIAL SUMMARY**  
**For the Fiscal Year Ended**  
**August 31, 2003**

**I N C O M E :**

General Donations	\$1,630,885
Other Income	107,601
Reimbursed Expenses	175,378
<b>TOTAL INCOME</b>	<b>\$1,913,864</b>

**E X P E N S E S :**

Administration (office salaries & benefits, professional fees, rent, supplies)	\$ 177,234
Amortization	57,892
Communication (newsletter, brochures, salaries)	135,808
Financing Charges	60,063
Fundraising (salaries & benefits, direct mail, supplies)	67,269
Intra-Community Outreach (Community staff salaries & benefits, supplies, retreats)	568,487
Residential Operations (utilities, food, supplies, cook's salaries, maintenance)	227,297
Seminarian Formation (formation team salaries & benefits, tuition, medical, graduate studies)	428,190
<b>TOTAL EXPENSES</b>	<b>\$1,722,240</b>
Operating Surplus	191,624*
Loss on Investments	(14,585)
<b>NET RESULT</b>	<b>\$ 171,039</b>

**\*Notes:**

We carry liabilities of \$1,032,244 which are primarily mortgages owing on all our properties.

Our Chartered Accountants, Parker, Prins, Seel, have done a thorough audit of our financial operations and we have submitted their full report to our Executive Council and to the Archdiocese of Ottawa.

We are grateful to all our spiritual and temporal benefactors for their prayers and financial support over the past year. May the Lord bless you abundantly for your generosity.



Come Out and  
Pray for Our  
Seminarians!

Please Join Us  
for Our Annual  
Companions'

**"Ministries Mass"**



**Friday March 12th, 2004**  
**7:30 p.m.**  
**St. Mary's Church**

(corner of Bayswater & Young)

What's this celebration all about? Well, each year our seminarians make progress in their formation as they journey along the road to priesthood. At the annual Ministries Mass, this progress is affirmed and recognized as some of our seminarians receive what is known as "candidacy" while others are formally installed in liturgical ministries such as "acolyte" and "lector." It is a great opportunity to pray for these men and support them at this important time in their formation. Please join us for this blessed & joyous celebration!

Reception in Parish Hall  
following Mass