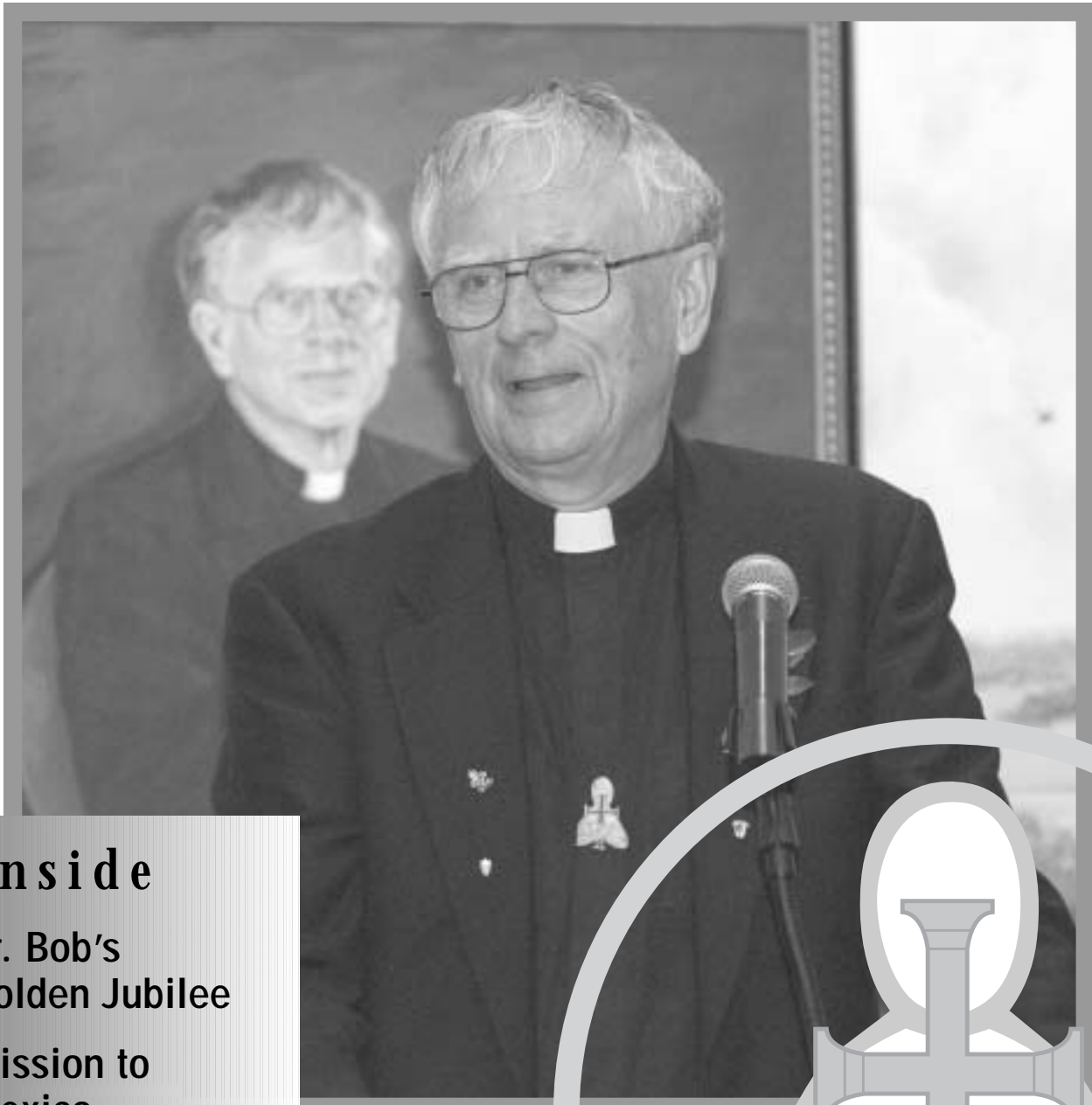


Fall 2005

# Companions of the Cross

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## Inside

Fr. Bob's  
Golden Jubilee

Mission to  
Mexico

Cultivating  
Modesty



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Companions of the Cross



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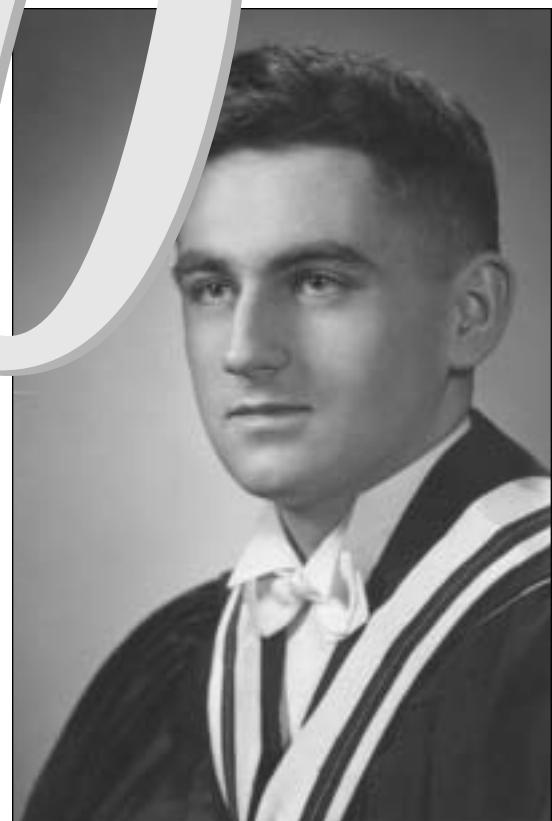
by Fr. Bob Bedard

# Fifty Years

50<sup>th</sup> GOLDEN

It was June 6, 1955.

There was I, 25-years-old, lying face down in the middle aisle of Blessed Sacrament church in Ottawa, my home parish. It was here that I had been baptized, had my first Confession, had made my first Communion, and had been confirmed. Now, in a few minutes, I was to be ordained to the holy priesthood of Jesus Christ in the order of Melchizedek (Ps 110:4).



Left to right: Fr. Bob at 14 months; Hockey fan at 7; St. Patrick's College graduate

I wasn't alone. With me, was a young American, Richard Meitzelfeld, from New Jersey, a candidate, like me, for the Archdiocese of Ottawa.

I hadn't slept all the night before. I was completely overwhelmed by the reality in which I was involved. At 19, I had been convicted of a call to the priesthood for myself. I was now 25, six years later. The route to ordination had been fairly ordinary and took very long. But no big fuss. I had prayed throughout the intervening years that I might be thoroughly prepared for this day and what lay beyond. Through it all, I remained passively calm and determined to forge ahead.

As I tossed and turned, unable to sleep the night of June 5, I realized I was no longer calm. I was as determined as ever, but as I thought that in a few short hours I would be a priest, I was floored. I simply didn't have the emotional resources to take it all in.

It took me a while to get used to being called "Father" by people twice my age. But I did get used to it and soon enough.

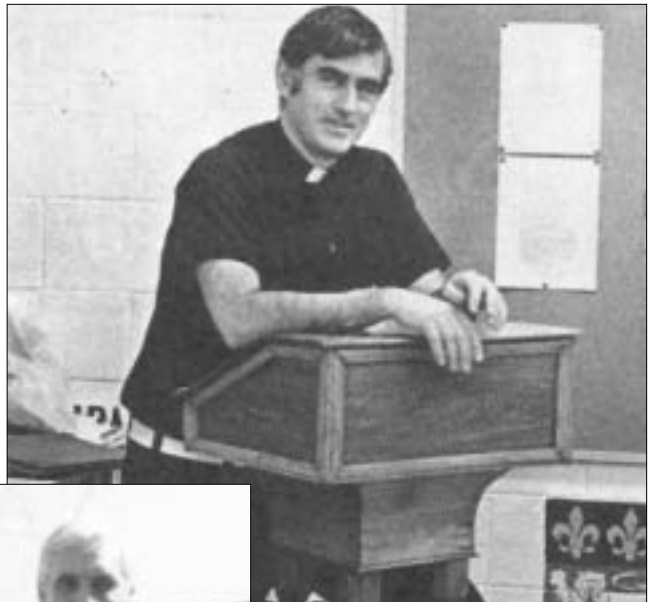
The first Mass I celebrated was awesome as well. As I came to the words of consecration, Jesus' own words, I just hoped and prayed I could stay on my feet. Family and friends gathered around to make the whole experience that much deeper.

Before too long, I was down from cloud nine and very involved in the day-to-day life of the priestly ministry in a busy Catholic parish. I lived at Assumption rectory in Eastview (now Vanier) with two other priests. The pastor was in his late fifties and the senior assistant in his

early thirties. I was assigned responsibility for everybody under 21. I jumped into it quite eagerly, visiting school rooms, taking care of the altar boys, organizing Guides, Brownies, Scouts, and Cubs, attempting to set up a CYO, organizing sports teams. I was a rather happy young priest.

The usual term for an assistant was about 10 years. So, as I started out, I was looking at an extended apprenticeship before becoming an actual pastor myself. But that was OK with me. I was in no rush. Little did I know what lay ahead.

After three years of considerable fulfillment and only a few minor crosses, I was jolted out of my very comfy reverie when the archbishop sent for me and asked me



*Left to right: Fr. Bob at Assumption parish wedding in 1957; Fr. Bob and Ed Noah in the New Jerusalem community in 1979; Teaching at St. Pius X high school*

to consider teaching at the new high school seminary. That, I think, was when I had my very first minor heart attack. Although he assured me he wouldn't make me do it, he was so kind and good to everybody, there was no way I could turn him down. Do it for a year, he suggested.

My life changed in a hurry. I began 20 years in high school: chapel, daily Mass with the students, classroom, principal's office, gym, locker room, meeting rooms, Sacraments, spiritual direction, guidance, driving the school bus, trips out of town to attend educational meetings in Toronto, trips out of town to tournaments with the basketball teams – an extremely busy agenda.

I was very uneasy beginning in the classroom, confidence quite shaky and unsure of myself due to a previous bad experience with early teenagers in school. So in the interest of self-preservation I would take no nonsense and, instead of starting out with my priorities oriented in the students' best interest, I simply declared war on them.

When, after a few weeks, I had them thoroughly brow beaten, I eased up and began to resume my natural friendly approach to people and life. The students and I entered into an undeclared truce and an era of peace which extended through the years. The terms of the peace were all in my favour – when I talked, they listened and I was the only one allowed to be funny.

The job assigned to me and those who started at St. Pius with me was very demanding. The task was to create a high school program with essential spiritual components and to create it out of nothing. We had one building basically in the middle of nowhere on the south side of

town. With stout assistance from priests of the Diocese of Antigonish, a few of the younger local clergy put their shoulders to the wheel and brought a small school to the light of day.

My own participation was total. I worked very hard. For a person who, as an adolescent, had become essentially very lazy, the transformation was quite remarkable. Virtually all my potentially free time was invested in the cause. For my compatriots it was the same.

As the years sped by, the task simply seemed to get busier. We continued to augment our teaching staff as little St. Pius grew into a very large school. I and the other priests with me began to realize that the basic purpose of the institution had never really been fulfilled. No matter how hard we tried, the pull of the world



*Top to bottom: Celebrating Christmas Mass at St. Mary's in 1987; The Companions of the Cross in 1988*

seemed to win out over the Kingdom of God in the lives of most of our boys. Or so it seemed. Most of them, when they finished our program in grade 13, graduated out of high school and out of Church at the same time.

It wasn't really a rebellious spirit we were coping with. It was simply a judgement of irrelevance. We had been unable to connect them with the Church of the ages. It was out of date, they judged. They had to buckle down and make their own way in the day-to-day world and a personal faith didn't really have much to do with it.

Looking back on it, is so simple to analyse. There was something missing, and we knew it. We just didn't know what it was.

I found out what it was myself when, in 1974, the Lord began to turn my life around. It was in the context of what the scriptures called being baptized with the Holy Spirit. With me, it was not so much a dramatic invasion of my life by the Lord, but rather an unmistakable touch from the Holy Spirit, coming when I invited Jesus to baptize me with his Spirit and with fire. I realized quickly a whole bunch of things that, to all intents and purposes, I was not aware of at all. God, I realized wanted to run the Church. It wasn't my job, nor the job of the clergy, both high and low. It came as a striking revelation. If we would just seek the Lord's will, he would show us what to do. All of our carefully thought out projects and ideas, which didn't work very well anyway, needed to be set aside in favour of his projects and his ideas. These would work.

As I made the inevitable move out of teaching into full-time speaking and renewal ministry, I was able to articulate the primary task of the Church as drawing people into an encounter with the living and risen Christ. As I think of it now, my experience with the Holy Spirit happened at virtually the same time as John Paul II became bishop of Rome.

His words became my rallying cry: “Open your hearts to the Redeemer. Invite him to come in. Do not be afraid!” “The Church’s pastoral priority in our day is the evangelization of the baptized. We must begin a new evangelization.” “The beginning of the Christian journey is an encounter with the living and risen Christ.”

He began to prophesy a new springtime for the Church. He saw it, I believe, as being built upon the shoulder of the younger generation, the ones he was beginning to meet in the World Youth Days that he himself had inspired. The “JP2 Generation”, as they became known, would, as they grew into adulthood, lift the Church on its shoulders and beget a time of evangelization that the world had, perhaps, never seen before.

I preached the renewal theme everywhere I went for the next seven years and urged anybody who would listen to surrender to the fire of the Holy Spirit and to carry it everywhere.

After 30 years of ordination, I was appointed finally by the archbishop as a pastor. The very lightly attended St. Mary’s church on Bayswater Avenue would now hear the renewal and fire message from a well travelled preacher who carried with him a reputation as a fanatic. Quite a few people left the parish before I got there and quite a few more once they’d heard me speak. Not exactly a confidence booster.

What if everybody left? I panicked. It didn’t take me long to realize that if anything good was to happen at St. Mary’s, it would have to be God who would do it. I didn’t have a clue. Crying out to the Lord became the order of my day.

It didn’t take the Lord long to respond. I guess he felt sorry for me and didn’t want to leave those poor people to my stumbling for too long. The word I heard in prayer was “permission”, unfamiliar and unexpected. The Lord developed it to the point where I understood him to declare



*Being greeted after Jubilee Mass in 2005*

that he wanted to do the job at St. Mary’s himself and didn’t want any interference from me – just my cooperation. I wasted no time in giving him the permission he was asking for. I urged the people to do the same.

It took about a year and a half. The numbers at Sunday Mass increased gradually and the attendees slowly began to participate and sing with gusto. By mid ’86, despite chairs down all three aisles, it was standing-room only.

I began to call people into ministry until the place became a very active parish as well as a centre of prayer and evangelization. It was a sovereign work of God.

An adoration chapel – to this day Jesus in the Blessed Sacrament exposed seven days a week 6 a.m. to 10 p.m. – became the engine room that the Lord used to drive the ever-growing ship.

I would have been quite content to finish out my days as pastor of St. Mary’s parish. But God had other ideas. Out of a small Friday night share group (four seminarians and I), he called a new community of priests, the Companions of the Cross.

With a high premium on shared life, a charism of evangelization, and a firm commitment to being Eucharistic, Charismatic, Marian, and Magisterial,

having initiated it, the Lord has given us increase.

We have at present charge of two other parishes in Ottawa as well as parishes in Toronto, Houston and Halifax, two university chaplaincies, and a large renewal centre.

We have received from the Vatican, in 2003, our official status as a society of apostolic life. We look forward to the day in the not-too-distant future, as God multiplies our numbers, when we’ll be able to expand our outreach to other parts of the country and beyond.

I personally continue to be very busy in different kinds of ministry – speaking in many places, teaching both within the community and outside it, doing spiritual direction, meeting with the CC Executive Council, and writing.

It has been 50 years plus since ordination day and it seems such a very short time. If I had it to do over again, I’d do what I did – become a priest. It has always been exciting and challenging, not always easy, but always good. I’ll give every breath that remains to me for the Lord and his Kingdom, grateful to him and my heavenly Mother and all the saints and angels who have helped me, along with all the faithful brothers and sisters who have supported the Lord’s cause. ☪

# Celebrating Fr. Bob's Golden Jubilee



A large turnout of friends, family, priests, seminarians, and parishioners gathered on Sunday August 28th for the celebration of the 11:00 a.m. Mass at St. Mary's Church in Ottawa. Fr. Bob Bedard presided and preached at this Mass (and at the other two St. Mary's weekend Masses too!). And although it wasn't even mentioned until the very end of Mass, the main reason so many people turned out was that they wanted to join in with their beloved Fr. Bob in helping him celebrate a truly wonderful milestone: 50 years of priesthood! Official letters from the Apostolic Nuncio to Canada and from the Vatican were read aloud to the assembly after Mass, conveying heartfelt congratulations and prayers for blessing upon Fr. Bob. Then a special papal blessing from Pope Benedict XVI was presented to him (nicely framed, and dated June 6th, 2005 – the actual 50th anniversary day of his ordination). A proclamation from the Mayor's Office was read aloud too, declaring the following day, Monday, August 29th, as "Fr. Bob Bedard Day" in the city of Ottawa (read the complete text of this proclamation on the following page). Fr. Bob also took time to introduce the new "applicants" (seminarians) to the community and to pray a blessing over them. After Mass many people gathered on the school grounds next door for a

delightful picnic, featuring games for the young and old at heart, and free hot dogs compliments of the Knights of Columbus (who also provided a ceremonial "honour guard" for Fr. Bob during the Mass). The weather was perfect. The whole day was very blessed indeed.

The following day (Monday August 29th) saw over 540 people gather for a festive Gala Dinner at the La Contessa Banquet Hall in Ottawa. This dinner was held principally to honour Fr. Bob, but it also featured a few other Companions' priests who were celebrating anniversaries of ordination as well (in multiples of 5, as has been our annual custom): Fr. Daren Bryk (5); Fr. Terry Donahue (5); Fr. John Likozar (5); Fr. Pierre Ingram (10); Fr. Scott McCaig (10); Fr. Charles Orchard (10); Fr. Sean Wenger (10); Fr. Rick Jaworski (15); and Fr. John Vandenakker (20). During the dinner a PowerPoint slide presentation was being shown, featuring photos of Fr. Bob and the other priests. It was great viewing old photos of Fr. Bob. The ones taken in the 1970s, featuring him wearing his black clerics with his trademark wide white belt, were simply priceless! (Although I am now told that white belts are coming back into fashion.) You can run, but you can never hide for very long from old photos!

Thanks go out to Cyril and Melody Dowling for putting together this funny but touching "trip down memory lane" (with the photos being originally selected and compiled by George & Dale Balkovec).

After dinner, various priests of the community got up to pay tribute to Fr. Bob, including those celebrating anniversaries of their own, and Fr. Roger Vandenakker, the current Moderator of the community. Many spoke of the impact he has had on their lives and on their vocations. They spoke about what a "father" Fr. Bob has been to them and to the whole community, his gift of encouragement, kindly advice, sense of humour, and passionate zeal for Our Lord, his Church, and the Kingdom of God. He is truly a "priest's priest". He has allowed himself to be used as an instrument in the Lord's hands. He was given the charism and the accompanying task (sometimes arduous) of "founding" a new community of priests. He has been an inspiring, untiring, and prophetic witness to the Gospel, and to what a priest is called to be in the Church today. This very sentiment was echoed in an article that appeared on the editorial page of that very day's edition of the National Post newspaper (pg. A12). The article was entitled "Robert of Ottawa's



Left to right: Fr. Bob Bedard; St. Mary's church packed for Fr. Bob's Mass; Fr. Bob being presented with Mayor's Proclamation; Papal blessing for Fr. Bob



Vocation,” and it was written by another guest at the dinner, and friend of the community, Fr. Raymond De Souza of Toronto. He wrote, in part:

“I have only met Fr. Bob on a few occasions, and never for any great length of time. But the impression he gives is one rather bemused at what the Lord has wrought through him. He least of all, would have thought himself cut out for such things. But he is a true Canadian success story, achieving in 20 years something that is rare not only in Canada, but throughout Western Europe and North America. For both Christians and non-Christians who care about the evangelizing mission of the Church, Fr. Bob's 50th is an occasion to celebrate. And for Canadians, a little parochial pride is in order too.”

The tributes did not end there. Mr. John Jerome of St. Mary's parish presented Fr. Bob with a special book that was compiled and printed to mark his Golden Jubilee. It is entitled: *To Fr. Bob With Love: Tributes from Friends and Admirers*. It contains over 70 short stories, anecdotes, and reflections of various kinds, testifying to the impact Fr. Bob has

made on a truly wide range of people. In a special Foreword to the book, Archbishop Marcel Gervais of Ottawa conveys his thanks and best wishes to Fr. Bob and to the Companions. He prays: “May Christ Jesus keep the community ever close to His Cross with Mary His Mother. May the Spirit carry Fr. Bedard ever further into the mystery of the Most Holy Trinity.” The book is also noteworthy for the numerous photos of Fr. Bob (from age 14 months to age 75). A complimentary copy of this book was given out to all guests who picked one up at the back table. This book is now available for sale to the general public (see accompanying ad). It will serve as a poignant remembrance of Fr. Bob's Golden Jubilee for many years to come.

Also touching to see was the presentation of a “Spiritual Bouquet” to Fr. Bob. This spiritual bouquet is comprised of numerous salutary greetings and especially offerings of prayer for Fr. Bob and his intentions (Masses, Rosaries, Eucharistic Holy Hours, Divine Mercy Chaplets, Novenas, etc.). These were compiled from people who had accessed our Companions' web site and had either

**Mayor of Ottawa  
Proclaims  
Monday August 29th, 2005  
'Fr. Robert Bedard Day'**

**WHEREAS, Father Robert Bedard**, who was born and raised in our fair city; ordained a priest for the Ottawa Roman Catholic community; and served as a teacher at St. Pius X high school, pastor of St. Mary's parish, and as founder of the Companions of the Cross; and

**WHEREAS**, he has greatly contributed to the spiritual and temporal welfare of many students, parishioners, priests, seminarians and fellow citizens throughout our city and around the world; and

**WHEREAS, Father Robert Bedard** is currently celebrating the golden jubilee of his ordination to the priesthood;

**THEREFORE**, I, Bob Chiarelli, Mayor of the City of Ottawa, do hereby proclaim **Monday, August 29th 2005** as **Fr. Robert Bedard Day** in the City of Ottawa, in recognition of his many years of dedicated service to our community.

Bob Chiarelli  
Mayor / Maire



*Left to right: Fr. Bob blesses CC seminarians after Mass; Fr. Bill Allen, Mary Lauzon, Fr. Bob at Gala dinner*

e-mailed or simply mailed them in to us in the months leading up to the Gala Dinner. They were collected and reprinted in a commemorative “Scrapbook” that included other cards that had been sent in and some photos from the actual anniversary celebrations. This scrapbook will serve too as a lasting souvenir of Fr. Bob’s big day. (Note: the prayers are much needed and appreciated - as Fr. Bob commented afterwards!) The original inspiration for this project came from longtime CC Lay Associate Suzanne Friis. She was supposed to be the person presenting Fr. Bob with it. It was sad to note that due to her battle with cancer, Suzanne was not able to be at the dinner, but her husband and daughter were in attendance. Suzanne passed away about a week later (more about this in the News & Notes section of this newsletter). God bless you Suzanne for all the love and support you have shown to Fr. Bob and the Companions! We are still praying for you now as we know you are praying for us!

One of the last guests to speak was Fr. Jake Randall from Providence Rhode Island. He has been a good friend and mentor to Fr. Bob since they first met through the Charismatic Renewal back in the mid 1970s. Fr. Jake spoke lovingly about the graciousness of the Lord, the gift of the Holy Spirit, and Fr. Bob’s openness to being used as a channel of God’s blessing to many people over the years. Fr. Bob has been a true father to the men in the community. He was chosen to be a modern day apostle, someone who had the vision, not only for the community, but for the wider spiritual needs of the Church in these perilous times. He

remarked that journeying with the Lord as a priest can be a “wild ride” sometimes, but never a dull one! These are exciting times to be a priest at work in the vineyard of the Lord. Fr. Bob has laboured well!

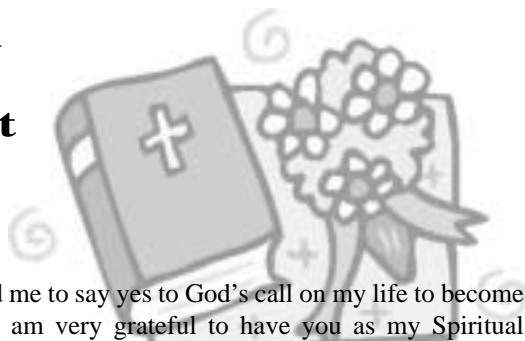
In Fr. Bob’s closing address to the dinner guests he thanked Fr. Jake, the others who spoke (even Chris Keyes who did a hilarious imitation of Fr. Bob), and all the guests who came out to mark the occasion. He pointed out that seated at his table was Fr. Bill Allen, who was ordained the same year he was, in Ottawa, and with whom he lived and served as a fellow teacher at St. Pius X High School for many years. Fr. Bill has remained a good friend to Fr. Bob and to the Companions. Fr. Bob said he tried to get around and visit everyone at the tables where they were seated, but simply ran out of time and energy. There were so many! He apologized for not greeting and thanking everyone personally. Fr. Bob felt truly overwhelmed by all the attention and affection he had received from people from all walks of life. He was “humbled” by it all. He expressed his profound gratitude to all who had come out these past few days to join in the festivities. He even thanked those who couldn’t make it in person, but had conveyed their thoughts and prayers to him from afar. It actually seemed as if Fr. Bob was simply speechless there for a while! But he ended by giving glory to God and asking for people to please keep supporting the life and mission of the Companions of the Cross. As long as we all remain attentive to the promptings of the Spirit, ever sensitive to the sometimes new and unexpected paths

the Lord leads us down, we will all have something amazing to celebrate in the life to come.

The formal part of the evening ended with Fr. Roger inviting all the Companions forward to sing the Salve Regina in honour of Our Blessed Lady. He thanked all those who had made these past two days such a stellar success. First and foremost was Mary Lauzon from our CC Office, who had been planning and coordinating these events for over a year! Well done Mary! She was ably assisted by many other volunteers as well as by our other CC Office Staff, including Linda O’Donnell, Maria Norton, Ken Gorman, and Sheila Trainor. Flower arrangements for the jubilant tables were made by Christine Labrosse (and were given away as door prizes after the dinner). After dinner music was provided by Doug McColeman. Many seminarians of the community served as “gophers” for a wide range of tasks. The list goes on. It was truly a collaborative effort of the highest order! The cost of all these celebrations? – still being tabulated by Maria Norton; the smile on Fr. Bob’s face at the end of it all? – priceless.

Photography of Fr. Bob’s Jubilee Mass, Picnic Reception, and Gala Banquet, was provided by Richard Donnelly. Richard has taken many other photos of CC community events, with many of them appearing in our newsletter, calendar, and on our web site. If you would like make use of Richard’s photographic services, please call him at (613) 797-2005 or visit his web site at: [www.rgbpics.com](http://www.rgbpics.com).

## A Sampling from Fr. Fr. Bob's Spiritual Bouquet



**Richard Pilon (Ottawa, Ontario)**

Spiritual Bouquet: 10 Rosaries

Fr. Bob: Your love and support enabled me to say yes to God's call on my life to become a priest! Thank you for being you. I am very grateful to have you as my Spiritual Director and confessor. Thank you for your love, respect and patience!

– Sincerely, Richard.

**Linda Cobb (Ottawa, Ontario)**

Spiritual Bouquet: 10 Rosaries & Divine Mercy Chaplets

Dear Father Bob: Congratulations on 50 blessed years dedicated to the Lord! Thank you for serving Him so faithfully and ministering to all of His sheep! Your dedication to the Lord has resulted in ever increasing spiritual energy through the Companions of the Cross. Your 'yes' to the Lord has benefited many. May the Lord continue to bless you as you serve Him and his mother, Mary.

– Love, Linda.

**Anne-Marie (Ottawa, Ontario)**

Spiritual Bouquet: Daily Prayer Intentions

Fr. Bob: You hold a special place in my heart, my thoughts and my prayers.

Thank you for the gift you are to me and to so many people. You truly shine in the light of Christ. May God continue to bless your ministry and your priesthood and may Mary keep you safe in her mantle of love and protection. I love you!

– Anne-Marie.

**Alex and Debbie Sinclair (Ottawa, Ontario)**

Spiritual Bouquet: Rosary

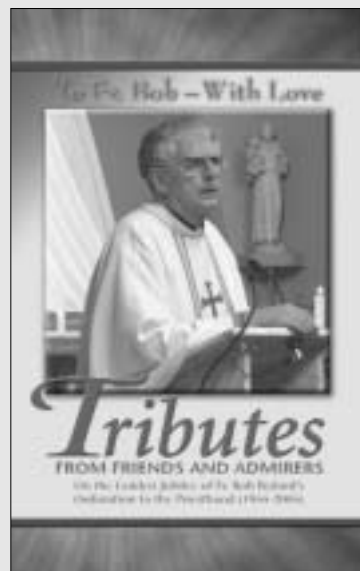
We give thanks to God for the gift you are. Our family has always enjoyed your homilies at St. Mary's Church. Your message has never changed... "nothing is as important as doing God's will". He called you to the priesthood 50 years ago and because you responded, He has used you to help form His "Companions of the Cross". Miracles never cease. Praise God. Fr. Bob you truly are an example of God's Word in action... "Through love serve one another" (Galatians 5:13).

– Thank you and God bless.

**Dom Michel Benedict, O.S.B. (Peoria, Illinois)**

Spiritual Bouquet: 50 Masses

Dear Father Bob: Pax! You probably do not remember me, as it's been quite a long time since the New Jerusalem Community days, back in Ottawa. I was a young man searching for my place in the world and struggling to find my vocation for several years before I finally found the "pearl of great price" within the Order of Saint Benedict. I now live a monastic life as well as a priest for 22 years this past May. Since my ordination my life has been so enriched and it's all because of the impact YOU MADE in my life during those Charismatic Renewal years of my life. You have served God well my friend and may you serve him many, many more years. Happy 50th!!! My fraternal love and prayers always.



## To Fr. Bob – With Love Tributes from Friends and Admirers

*A warm, witty, and  
wonderful collection  
of stories about our  
beloved Founder!*

***A true testament of faith!***

***Includes photos!***

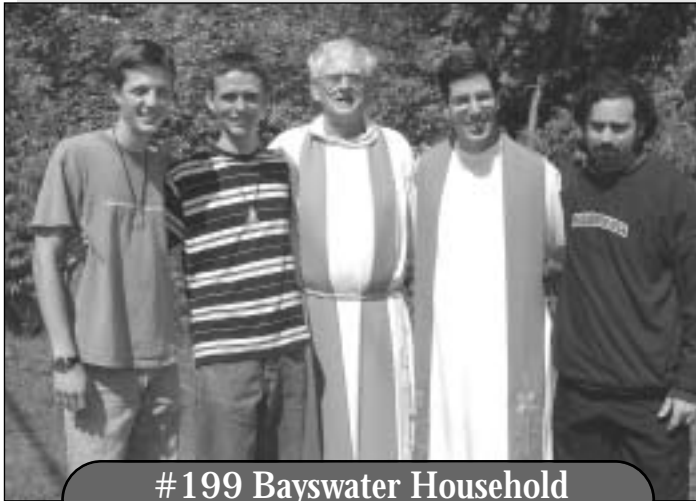
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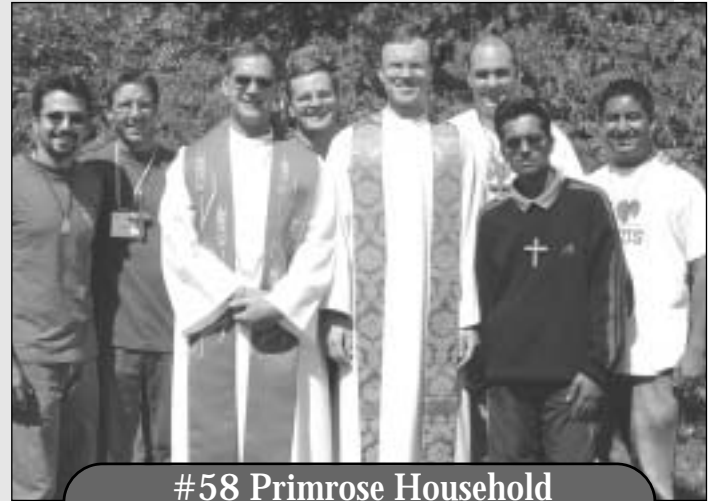
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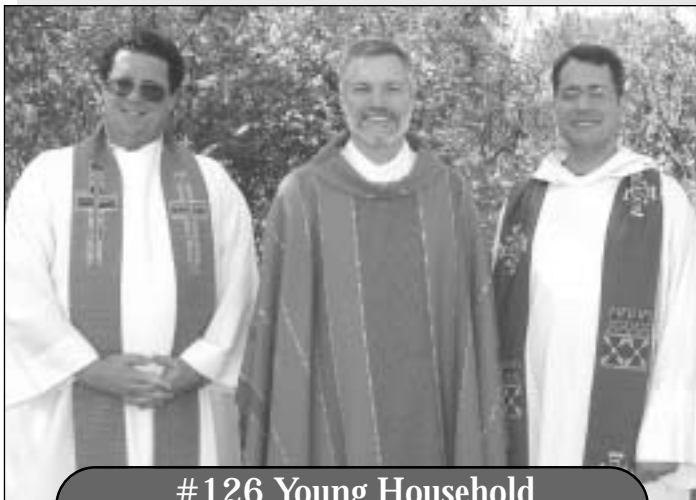
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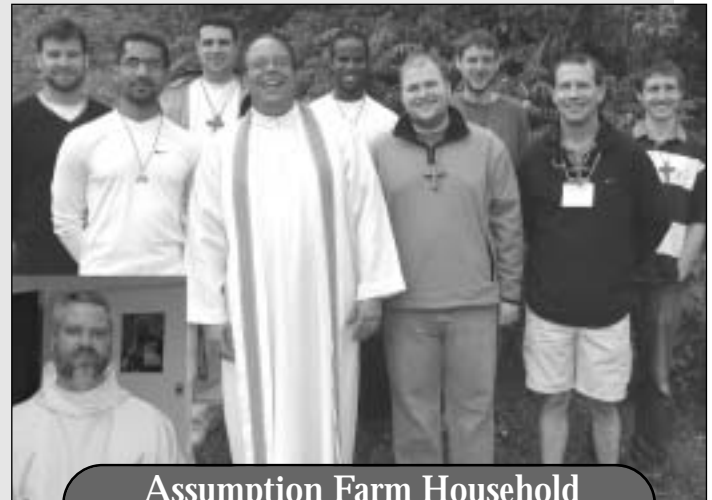
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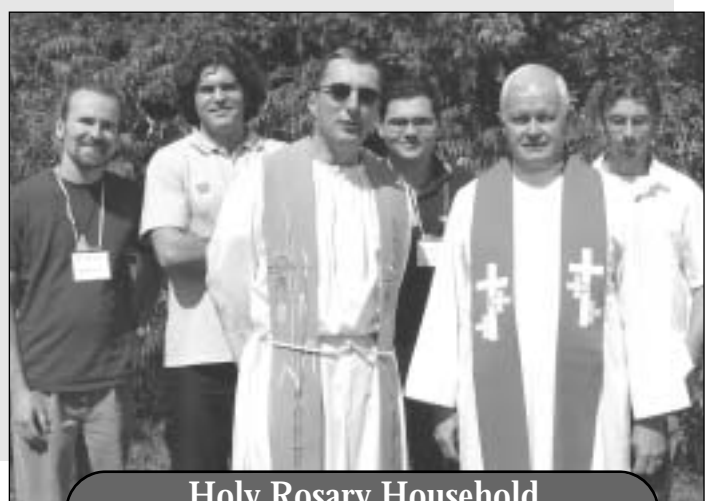
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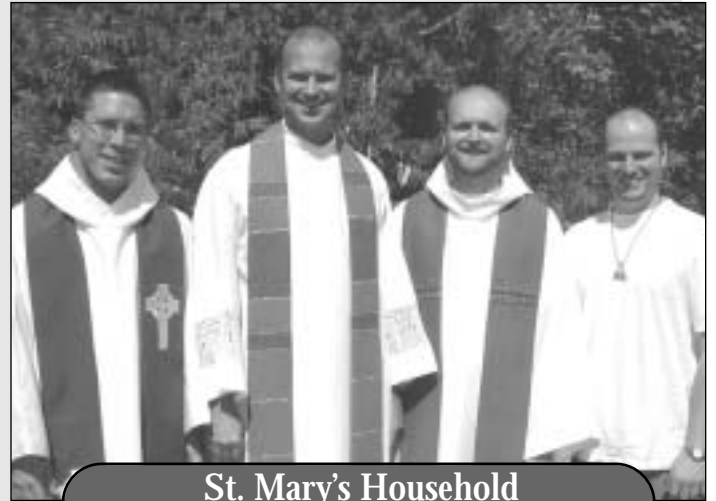
Holy Rosary Household  
Ottawa



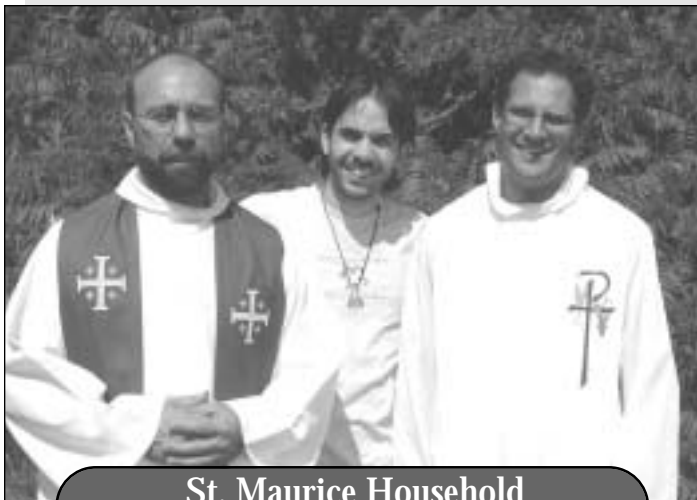
Companions of the Cross  
H O U S E H O L D S



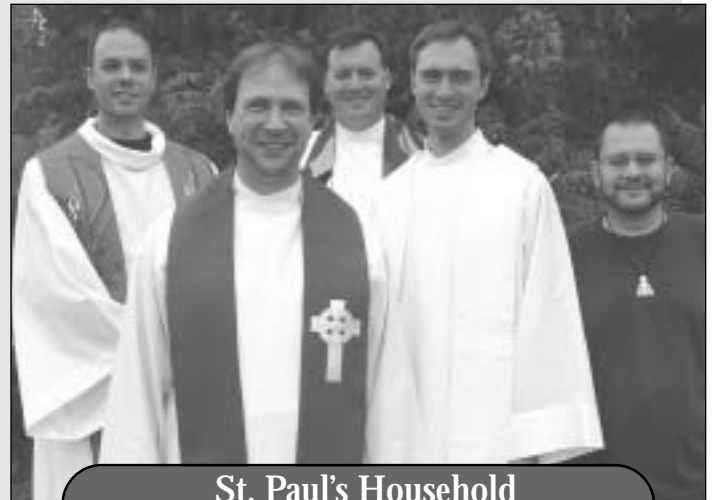
Queen of Peace Household  
Houston



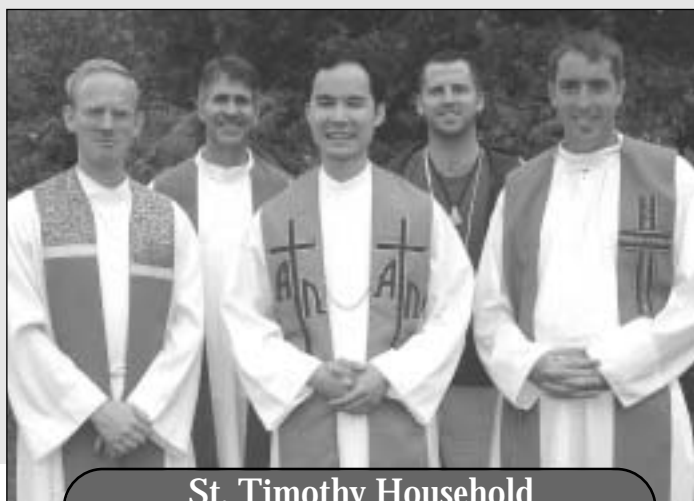
St. Mary's Household  
Ottawa



St. Maurice Household  
Ottawa



St. Paul's Household  
Halifax



St. Timothy Household  
Toronto



# 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: \_\_\_\_\_

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**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!

# A Tale of Two Cities, Two Houses

Over the past few months the Companions of the Cross have received as donations not one, but two properties!

Earlier this year Mr. John Teevens of Ottawa passed away. We received from his estate a house and two acres of property located in a rural area south of the city. We wish to express our deepest gratitude to the Lord for prompting John to remember us so kindly and generously in his will. John was a



man who always loved being around priests, and in his working years he used to attend Mass daily downtown at St. Patrick's. He came to know of the Companions only late in life, especially as the result of his association with the Mission of the Redeemer men's group.

Our thoughts and prayers go out to John, for the repose of his soul, and to Helen, his devoted wife of 31 years.



In addition, we have also received in the past month the donation of a residential property located in Toronto. Matilda Kwok is a parishioner of St. Timothy's parish. She has been very blessed by the ministry of the Companions of the Cross priests who are stationed there (Fr. Dennis Hayes,



Fr. Randy Hendriks, Fr. Francis Ching, Fr. Allan MacDonald). She loves attending the First Friday Holy Hours at the church, and finds the preaching of the Companions to be very spiritually nourishing and edifying. She heard of the need the

Companions had for spiritual and temporal support, and decided to donate this surplus property to assist our ministry. We are pleased to report that our Toronto Mission House priests (Fr. Francis Donnelly, Fr. Fernando Suarez, and Fr. Ben St. Croix) will make use of this facility as the offices and base for their evangelization ministry. May the Lord bless you Matilda for this wonderful show of love and support for the community! You and all our spiritual and temporal benefactors, large and small, are always in our prayers!



If you would like more information on how you can remember the Companions of the Cross in your Will or life insurance policy, or to discuss any other matter related to making a bequest or donation to the community, do not hesitate to get in contact with Mr. Ken Gorman, CC Director of Resource Development, at our CC Office in Ottawa, by calling him at **(613) 728-1938** or toll free at **(866)-885-8824** (in Canada).

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# LAY ASSOCIATES CORNER

by Julie Foran



## Our Mission to the Poor in Mexico

Sunday afternoon July 10th, standing in the middle of a garbage dump in Mexico City, lost in thought, I barely noticed the hundreds of flies around me. Although this was my fourth foreign mission trip, I had never seen such a desolate area. Two of my trips were in a jungle area of Guatemala, which is incredibly lush. On my third trip I was situated in the beautiful Carpathian Mountains of Romania. But in the dump there wasn't a

tree in sight, no grass to lay on or streams of fresh water to wash your face; just dusty unfertile ground. In a couple areas there were large heaps of garbage - off in another direction "homes" that looked very unsteady to say the least.

On this day the team of 13, mostly from the U.S.A, were simply scouting the area we would be ministering in over the next week. Very few people were around - it was a day of rest from the business of recycling garbage. As we wandered around looking for a "leader" in the community, I reflected on a pivotal meeting that began my journey to the dump. That meeting was with Fr. Bob Bedard in late 2003. I had read an article written by him in which he wrote, "Our God-given task both at home and afar is to proclaim the life-giving Gospel of Jesus Christ". The article was a source of hope as I was discouraged about the lack of opportunities for lay missionaries within the Catholic Church. I spent several years in an evangelical church that took great pride in supporting its missionaries and I was torn between staying and leaving the Church again.

I wrote Fr. Bob a note praising his article and he promptly responded with an invi-

tation to meet. Frankly, I was shocked - the "head honcho" wanted to meet with me! After we talked for an hour he said, "I know just the person you need to speak to... Fr. Terry Donahue." Within two weeks I sat down to talk with Fr. Terry; he graciously listened to my plight. Never did I imagine that he and I would go on mission together - certainly not to a garbage dump! But God imagined it; and this past spring the Lord gave me clear direction to ask Fr. Terry to join me on this trip. I did not tell Fr. Terry about the Lord's request; I simply invited him and left the rest to the Lord. Now, in the dump I stood watching Fr. Terry bless a woman and her child - the mother was so grateful and hoped we really were going to come back the next day. I choked back tears as I thanked Jesus for allowing me the privilege of serving him alongside one of his priests.

That evening the team attended Mass at a local parish - my first Mass in Spanish and I loved every moment. Afterwards the team met a very special community of believers - Fr. Manuel and about 20 of his parishioners ushered us off into a room where we were welcomed with singing, dancing, hugs and kisses. The joy of the Holy Spirit overflowed in that room like I



Fr. Terry Donahue and CC Lay Associate Julie Foran



Residents search trash for recyclables

had never experienced before; I recognize it now as supernatural love between the Lord and his children and love between brothers and sisters in the Lord. Even though most of us faced a language barrier love overcame all obstacles.

Each day Fr. Manuel and his team met us at the dump. We set up “camp” in an area free of garbage and invited those living and working around us to join us for Mass. Many women and children came; most men kept working – time is money – about a \$1.00 U.S. per day for recycling plastics and cardboard. Dogs wandered in among us during Mass; some lay under the “altar” to get out of the hot sun. Perhaps some Catholics would be appalled at Mass being offered in such an unholy environment, however, isn’t that exactly where Jesus would have been 2000 years ago! A carpenter turned rabbi hanging around with the destitute to the disgust of the Jewish leaders. The first time I saw Fr. Manuel holding up the Lamb of God before us it was the most beautiful sight I ever saw - the Lord truly present among those overlooked by society. Holy Communion was an experience I will never forget. Fr. Terry and Fr. Manuel walked around distributing Communion in a slow, deliberate and inti-

mate way – but that is a whole other testimony. After Mass we continued to celebrate by singing and dancing to Spanish worship songs. We held a medical clinic, fed and prayed over people; we gave them clothing, toys and religious articles. Fr. Terry and Fr. Manuel had the opportunity to bless some of the “homes”. The people were obviously grateful to have the priests there.

As I mentioned earlier, this was my fourth missionary trip, however, it was my first with a Catholic organization (Renewal Ministries). Although I will always cherish the other trips; this one stood apart in so many ways. I couldn’t possibly write all my stories here. In fact, it was hard to keep this article short. I have stories about Our Lady of Guadalupe and how she revealed to me her role in protecting the team.

I could tell you about the bond immediately formed within the team and how wonderful our team leader (Jim Murphy) was. Or how Our Lady let me “walk in her shoes” as she led me to be a spiritual mother to a young team member who faced a serious struggle that I too have faced. And then Our Lady called me to

act as a protector for three teens on the trip! Our Lady showed me the wonders of her heavenly ministry. My relationship with her has deepened as a result of this trip. Fr. Bob, thanks for taking the time to set this missionary on the road to the dump. Fr. Terry, you are awesome and hey, thanks for the fries! Thanks to my supportive friends who actually sent me to a dump – you’re the best. Praise Jesus, and all glory goes to our Heavenly Father.

**Quick Facts:**

- There are 15-20 huge dumps around Mexico City
- Up to 50,000 people live and work in the dumps
- They earn \$1-1.50 (U.S.) a day recycling
- Common diseases include, intestinal parasites and malnutrition
- Illiteracy is high, children do not go to school
- Many of these souls are not baptized – they need to hear our wonderful message of salvation through Jesus Christ ☩

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*Julie Foran is a lay associate and a parishioner at St. Mary’s parish.*



*Some children coming for assistance*



*Fr. Terry and Fr. Manuel celebrate Mass at the dump*

## Companions of the Cross Lay Formation Courses 2005-2006

### *The Book of Revelation and Liturgy*

Dates: January 11 – March 22

[except March 8] (10 weeks)

The Book of Revelation is one of the most fascinating, beautiful, and controversial books of the Bible. Discover its distinctively Catholic elements and the surprising way that we enter into it in our everyday Catholic life. Learn how to interpret its rich symbolism and find out what it really says about the End of Time, the "Rapture", the Second Coming of Jesus, the Millennium, and the Number of the Beast.

**Cost: \$100.00**

(Includes teaching outlines and a study guide on the Book of Revelation)

### *The Gospel of Life by John Paul II*

Dates: April 19 – May 24 (6 weeks)

Promote a culture of life through an in-depth study of John Paul's Encyclical Evangelium Vitae. Learn recent Catholic teaching on the issues of Abortion, the Death Penalty, Euthanasia, Stem Cell Research, and Cloning, along with the reasons for the teachings. Understand how to make End-of-Life Medical Decisions and design your Living Will in accordance with the plan of God.

**Cost: \$60.00**

(Includes teaching outlines and a copy of the text of the Encyclical)

Classes are taught by Fr. Terry Donahue CC, from 7:15 – 9:15pm on Wednesdays in the hall of St. Mary's Church on Bayswater & Young. Pick up a registration brochure at your local church or call Mary Lauzon at 613-728-3175.



## Come Celebrate the Close of the Year of the Eucharist!



Companions of the Cross

## Eucharistic Mini-Conference

Saturday, October 29, 2005

St. Mary's Church, Ottawa

No registration fee required! A free will offering will be taken up. Bring a Friend and Get Blessed!

- 9:00 Morning Mass
- 10:15 Talk: The Eucharist and the Renewal of the Church
- 11:15 Liturgical Questions & Answers
- 12:00 Lunch (on your own)
- 1:15 Exposition / Eucharistic Adoration / Praise & Worship + Talk: Personal Encounter with Jesus in the Eucharist
- 3:45 Final Announcements

# Pilgrimage to Poland & the Czech Republic

May 6th-18th, 2006 (13 Days)

A Journey of Faith to the Heart of Eastern Europe  
with Fr. John Vandenakker of the  
Companions of the Cross



## HIGHLIGHTS INCLUDE:

- The Infant Jesus of Prague
- The Sanctuary of Svata Hora
- St. Faustina & Shrine of Divine Mercy
- Shrine of the Black Madonna at Czestochowa
- Boyhood Home of Pope John Paul II
- Auschwitz & Shrine of St. Maximilian Kolbe
- Tatra Mountain Excursion at Zakopane  
& Much More!

(Extension Trip to St. Petersburg, Russia also available)

Cost: \$3439.00 Cdn. per person (dbl. occupancy).

Includes: all transportation, accommodation, tours, breakfast & dinner daily, and all taxes, service charges, and tipping on the main tour! (Travel Insurance extra).

Travel Agency: International Heritage Tours.

**For Further Information Please Contact:**

**Gail Goshko at (613) 744-1418**

**Info Meeting: Sun. Jan. 29th, 2:30 p.m.**

**St. Mary's Hall (100 Young St., Ottawa)**

To view the complete itinerary please visit our web site at [www.companionscross.ca](http://www.companionscross.ca) and click the "Upcoming Events" section



## New Years Eve GALA

In support of the  
Fiat Praise Band

[www.fiatmusic.ca](http://www.fiatmusic.ca)

**Saturday, December 31, 2005**

**St. Joseph's Parish Hall, 151 Laurier Ave., Ottawa**

Cocktail Hour: 6:00 p.m.; 3-Course banquet dinner (with wine): 7:00 p.m.;  
Dancing with DJ requests: 8:30 p.m.-12:30 a.m.; Light snack to be served at 11:30 p.m.;  
Midnight countdown with party favours; Cash bar available throughout the evening;  
Silent Auction & Door Prizes; Special guest MC: Ryan Larose

Tickets: \$75 per person. Tables for 8 can be reserved.

Minimum age: 16 years. For tickets, call (613) 293-6436 or after all Sunday Masses at St. Maurice Parish from music minister Glenn Pereira.

**Don't miss the party of the year!**

The Fiat Praise Band has been spreading God's word by local musical festivals of praise at parishes city-wide. All proceeds from this fundraiser go to acquire new and better equipment so that Fiat can expand the range of its ministry.



## FEATURE

by Michael O'Brien



### Cultivating Modesty

**“Grace never casts nature aside or cancels it out. Rather it perfects it and ennobles it.”**

*(John Paul II, On the Dignity and Vocation of Women)*

I’ve been pondering recently, as I have so many times over the years, what Our Lady meant precisely in the messages of Fatima when she spoke about the offences through the clothing fashions that would develop in the years following the apparitions. Appearing to Blessed Jacinta Marto between December, 1919 and February, 1920, she said, “Certain fashions will be introduced that will offend Our Lord very much.” And “Woe to women lacking in modesty.”

Clearly, Our Lady is neither a repressive puritan nor a prude. It goes without saying that neither is she a libertarian. She is beautiful in heart, mind, body and soul. She is without sin and thus she is subject to neither unholy shamelessness nor to personal shame. She is prudent, modest, and wise about human nature. She loves with the fullness of indwelling divine love, which means that she loves with an eternal motherly heart, concerned above

all with the ultimate good of each of her children.

Much of current fashion, especially for women, is an assault upon the ultimate good of those who wear such clothing. It is cunningly designed for attraction, enticement, and seduction, reinforcing the great lie which dominates modern consciousness. This lie tells us that the body is simply an object which we possess as our own, to do with as we like.

Semi-nudity has become commonplace on magazine covers, advertisements, at swimming pools and beaches. Total nudity is becoming more frequent in media such as television and film, and is rampant in the vastly more popular “private” cultural consumption of the Internet. Juxtapose with these near-universal phenomena the fact that more than sixty percent of marriages now end in divorce or separation, that self-denial and sacrifice have become widely discredited concepts, and that the pursuit of happiness through the avenues of sensual satisfaction have produced a profoundly disordered society. No people in history has been so richly rewarded with pleasures, and no people in history has ever been so unhappy.

The great lie tells us, in essence, that we have no eternal value, that our value is to be found only within the limited span of our lives, and especially in the most vital years of youth when we are strongest, most attractive, and most productive. We are, supposedly, what others tell us we are. We are worth as much or as little as they decide we are worth. In a society that is increasingly focused on sensual pleasure, this means we will be as valuable only so far as we are considered sensually attractive. Attractiveness, of course, is a subjective thing, and thus most people will find themselves objects of interest to

others at some point in their lives. Generally this means they will be objects of desire. And desire’s first “interface”, if you will, is the body.

In former generations there was a good deal of unhealthy fear of the body, a kind of wound caused by the errors of puritanical sects or the heresy of Jansenism. It is said that severe repression of our natural fascination for and attraction to the body had merely driven the passions underground, only to erupt in desperate, sometimes bizarre forms. Whether or not this is so, it is certainly not the problem in our times. Far from it. I am convinced that the modern harping on the supposed repressiveness of the past is really no more than a symptom of our current obsession with sex. If we were to plunge back a century or two, I think we would find that while our ancestors’ manner of dress was indeed more formal, and at times even constricting, most people still wed and had children and made happy marriages with startling frequency—and with an enviable rate of success. Compare that to our own dismal, liberated era, in which the image of the cavorting human body is thrust at us a thousand times a day from the pages of the tabloids at the supermarket check-out counter, from chewing gum commercials on television, home computer screens, and from what is being worn on the beach and at church. Modesty has gone out of style.

From the perspective of middle age, father of six children and husband of a beloved wife, I have come to believe that Western man is still missing the mark, still lost between the poles of two disorders. The libertarian, obsessed with the passions, thinks that our problems are caused by repression and that these will be relieved when we toss out inhibitions. The prude or puritan, hating or fearing the passions, believes that our problems stem

from altogether too much of the senses, and wishes to cram them back into the shadows of his being. Neither of these are Christian views of the body.

From September, 1979, to April of 1981, the late Pope John Paul II gave a series of 63 talks which became the foundation of what is now known as his “Theology of the Body”. In them he reflected on the meaning of the human person, sexuality, and Christian marriage. He taught that the second and third chapters of Genesis reveal the truth about man, for written there are “original human experiences”, which “are always at the root of every human experience”. We are made in God’s own image, he says, yet we do not know who we are unless we know who God is.

In the Garden of Eden, Adam and Eve’s love for each other was a mutual gift of their whole beings, a “self-donation” of their personhood made through free acts of their wills. The giving of their sexual powers, their masculinity and femininity, was in harmonious submission to this mutual giving. They desired, more than anything else, the good of their spouse, the good of the other’s entire being. It was total love. “And the man and his wife were both naked, and were not ashamed,” says the author of Genesis. The Pope points out that these passages do not express a lack but, on the contrary, “serve to indicate a fullness of consciousness and experience”.

Shame came into existence only with the advent of sin in human nature, and at that point our first parents had not yet sinned. Nakedness was a state of freedom in which they could express love perfectly through their bodies as one of the “languages” of the heart. But with the entry of sin into the world there came what the Holy Father calls a “fundamental disquiet in all human existence”. There was a “constitutive break within the human person, almost a rupture of man’s original spiritual and somatic (physical) unity”.

One of the most curious things to happen during the period in which John Paul II gave his discourses on the “Theology of the Body” was the reaction of the world’s press. For the most part journalists simply ignored what he was saying, and this, sadly, included much of the Catholic media as well. However, at one point in his talks he maintained that if a husband looks upon his wife with lust he is guilty of a grave sin. The world media suddenly went into an uproar. The Pope’s statement seemed so completely absurd that many commentators found it more comedy than error. This reaction was an indication of how poorly people understand their own natures. They could not grasp the difference between the selfish use of a spouse on one hand, and passionate sexuality flowing from a foundation of generous love for one’s spouse, on the other. The Pope was not for an instant suggesting that sexual desire is sinful in itself. He was saying that sexual acts or attitudes which render the spouse into an object to be used are sinful. He was asking married people to consider the motives of their hearts.

It is impossible for us to return to the state of original innocence. The Fall of Man was not simply an unpleasant mistake, best forgotten, as if we could clear up the whole matter by pretending it never happened. (This, in effect, is what residents of nudist colonies would like us to believe). It doesn’t work. It’s a lie. The gates to Eden remain resolutely shut. The mistake was made and a lesson is being learned about the state of the universe and what goes on in it. Yet God in His infinite mercy and justice has sent His only-begotten Son to redeem us from the tyranny of lies. Jesus allowed himself to undergo the humiliation of being stripped naked, and through this moral agony combined with his physical agony he bore the pain of our evil choices. In the process he accomplished the redemption of every aspect of our being, including the body. He atoned for all the disorders to which the flesh is heir.

We cannot return to Eden, but Christ has opened the way to restoration of the original unity we were blessed with before the Fall. He calls us to struggle at every moment to act in conformity with God’s original intention so that we may one day come into the inheritance of our true identity. “*For what we are to become has not yet been revealed,*” says St. Paul. Yet we know in part, for we are told that in Paradise after the “resurrection of the flesh” we will be blessed forever with new and glorified bodies. Until then, the Lord assures us that his grace is sufficient for us. He wants our bodies to express our complete personhood, either in the celibate life or in chaste spousal love. By supernatural grace dispensed through the sacraments of the Church and invoked through prayer, it is possible to learn to love fully, to know what we once were and what we can become. In Christ the marks of our ancient defeat are transfigured. They are icons of the blessed unity which is waiting for us, and for which he paid the price. Our task is to cooperate with grace, to bear a part of the cross every day of our lives, to struggle against the very forces that stripped him naked and degraded his flesh. In this struggle, modesty guards our personhood like a wall around a palace, and shame functions like an invisible watchman at the gates. Shame also begets repentance. Repentance breaks the grip of selfishness, and permits the work of real love to begin. And when Love has completed its work there will be no more shame. (A)

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*Michael O'Brien, father of six, is a painter and writer. He is the author of several books, notably the best-selling novel **Father Elijah** and his examination of the paganization of contemporary children's culture, **A Landscape With Dragons: the Battle for Your Child's Mind**. You may visit him at his website, <http://studiobrien.com>. This article is an abridged adaptation of “Modesty in a Culture of Shamelessness” (which appeared in the **Mother of All Peoples Weekly Marian Magazine**, June 18, 2005). Used with permission.*



## FEATURE

by Jeanette MacDonald



### Let the Children Come to Me: The Catechesis of the Good Shepherd at St. Mary's Parish

**C**aleb, three years old, sets up a model altar with altar cloth, paten, chalice and candles. Then he asks the catechist to light the candles and they sit together and sing "Alleluia". In another corner of the room, a child of four years named Rose is carefully pouring wine through a funnel into a cruet. She is preparing the wine and water cruets, just like they are prepared for Mass. A five-year-old, Patrick, is busy nearby making his own map of the land of Israel as it was in the time of Christ. As

he labels the waterways, he recalls that Jesus was baptized in the Jordan River. These children are all encountering Christ through their senses. They are given the opportunity to meditate on scripture and liturgy in a place known as the Atrium. This had been set up each week for them at St. Mary's Parish.

My name is Jeanette MacDonald and I ran the afternoon session of a program known as the *Catechesis of the Good Shepherd*. Colleen Cybulski, a parishioner at St. Mary's, ran the morning session. We opened our Atrium three years ago in the basement of my home. We were delighted when in January of 2004, Fr. Charles and the Parish Council welcomed us to come and hold our Atrium at St. Mary's.

The Catechesis of the Good Shepherd involves the use of many beautiful handmade materials, for example: miniature chasubles in the four basic liturgical colors, a model of Jerusalem with movable walls, small clay figures representing Mary and the angel Gabriel to represent the Annunciation, to name just a few. These are used to help children get to know Jesus. The Atrium is set up like a retreat house for children. On Thursday mornings, Colleen and another catechist - Chantal Marion would spend a full hour setting up. They transformed an empty meeting room at St. Mary's into a specially prepared environment for 3 to 5-year-old children. They pulled out small tables and chairs and low shelves from a nearby closet and placed various materials on them. One by one, 10 children would arrive and each choose a material off the shelf with which to work. The catechists presented new materials to the children through individual or small group lessons. During the hour and a half of the session, most of the time was spent in the child's choice of activity. This gave the Holy

Spirit room to direct the children in the way he wished. In the afternoon, another group of children would come and I was their catechist, with two assistants: Jocelyn Jones and Rebecca Pion.

This year the Catechesis of the Good Shepherd is celebrating 25 years in Canada. I truly believe that this program has been inspired by the Holy Spirit. Let me give you a brief history: Back in the mid 1900's, Maria Montessori, a Catholic educator, spent many years observing children and trying to understand what they needed. It is her work that forms the basis of the Catechesis of the Good Shepherd. Starting with her educational method and several materials for religious education which she developed, two women continued from there: Montessori teacher Gianna Gobbi and scripture scholar Sofia Caveletti. Gobbi and Caveletti began their collaboration 50 years ago and have developed materials to lead the child into a very personal relationship with the Good Shepherd. This approach to catechesis goes to the heart of what our faith is about - connecting others with the Source of Love - Jesus himself. It also meets the child where he is at, at his particular age. In her book, *The Religious Potential of the Child*, Caveletti speaks about giving the most essential elements of our faith to the youngest child. That is why we focus on the most important moments of the Mass as well as the primary scriptures about the life of Jesus, the Kingdom of God, and the Good Shepherd. In the various lessons, actual scripture is used rather than paraphrased. This allows each child to experience God's Word in its richness. It also creates an opening for the Holy Spirit to move within the child.

Coming from a strong Montessori background, I was very interested in this work



from the moment I heard about it, some 10 years ago or more. When my children were born, I knew I wanted this for them. I had seen the beautiful materials in several Atriums and began collecting and making things for my own. I was able to take the training course for the Catechesis while my husband was studying in Washington, DC. It was then that I could see that this approach was not just for my children, but also for me. During the course a presentation was given on the Last Supper using 12 figures of Jesus and the apostles in a wooden box representing the Upper Room. Scripture was read and the figures moved according to the story of the Last Supper. Then the figures went away (to the Garden). All that was left was the table with a wineglass and plate. The catechist narrated the death and resurrection of Jesus. She lit two tiny can-

dles, blew them out, and lit them again. And I saw the Mass. There it was before me as a continuation of the Last Supper. Tears came to my eyes. In my heart I understood the deep connection, the unity between the Last Supper and the Mass. One principle in the Catechesis of the Good Shepherd is being a “co-listener”. As we Catechists read the scripture, we are called to listen as well. It is not a question of giving answers, but rather of being in the presence of God. We are not meant to teach facts, but to introduce the child to the One we love.

In Matthew 23 it says, “*One among you is your teacher; the rest are learners.*” May the true Teacher, the Holy Spirit, enlighten our minds and hearts with his wisdom. And may we always remain as little children, open to his Word.

If this has sparked your interest, I invite you to find out more. The website for the national office for the Catechesis of the Good Shepherd is [www.cgsusa.org](http://www.cgsusa.org). There you can find out more about the history, training courses, and Atriums near you which you may want to visit. Soon there will be a national organization in Canada. Training courses are available at St. Michael’s College in Toronto. For more information, contact project co-coordinator Kathleen Ennis (416) 926-1300. ☺

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*Jeanette and her husband Michel have four children: Elijah, Isaac, Anna, & Jeremiah. They are parishioners at St. Maurice parish in Nepean, Ontario.*



## COMMUNITY NEWS & NOTES

by Fr. John Vandenakker

### New Members in Temporary Commitment

It is with great joy that we marked the occasion of the following CC Applicants becoming our latest “Members in Temporary Commitment” at a Mass celebrated during our annual Community Days at the end of August (from l to r in the photo): 1) David Bergeron; 2) Luke Jalsevac; 3) Fr. Rob Arsenault; 4) Quin Kleiboer; and 5) Carlos Martins. They were given the white CC Cross Pendant to wear and made their first promises to the community. May the Lord bless them in their journey as they continue to discern the Lord’s call on their lives. Welcome aboard guys!



### CC Seminarian Internships

The following CC seminarians have begun a year of “pastoral internship” in various community parishes: 1) Bernard Messier (St. Mary’s, Ottawa); 2) John Paul Bolger (St. Timothy’s, Toronto); 3) Mickey Dopp (St. Maurice’s, Ottawa); and 4) Carlos Martins (St. Paul’s, Herring Cove, Nova Scotia). Let us pray that these men gain much experience and insight into what a priestly vocation entails during their time in these parishes. If you are a parishioner of one of these parishes, don’t be afraid to invite them out to dinner and ask them that question yourself!

### CC Courses Offered in 2006 Winter Semester

Courses include: 1) Sexuality & Marriage (Michel MacDonald); 2) Wisdom Literature (Fr. Rick Jaworski); 3) Prophetic Literature (Fr. Rick Jaworski); 4) Ecclesiology (Fr. John Vandenakker); and 5) The Mystery of the Trinity (Fr. John Vandenakker). For more info visit our Companions’ web site at [http://www.companionscross.ca/Upcoming Events](http://www.companionscross.ca/Upcoming%20Events)) or call Fr. John Vandenakker at (613) 728-1938.

### CC Office Personnel Update

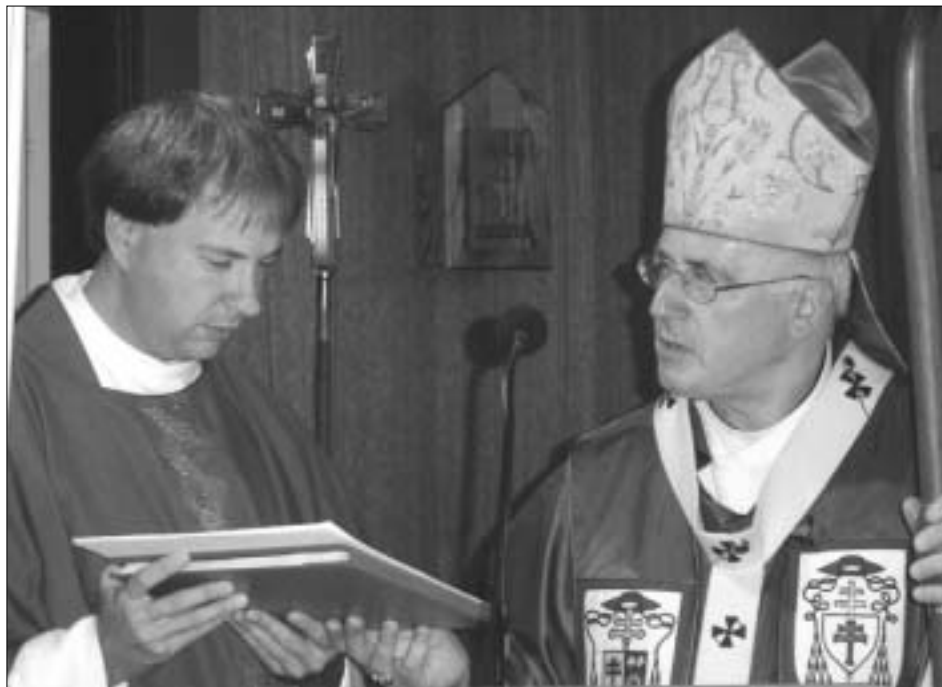
Mr. Dino B. Chiumera, B. Comm., C.G.A. has replaced Colleen Cybulski in our CC Office in Ottawa. He will handle the budget process and other financial projects, assisting Maria Norton. He has done work for us before when our auditors were Smiley, Kazubinski, DiBartolo & Robinson (instead of our current firm of Parker, Prins & Seel). He has been hired on as a “contract” employee, and will work mainly from his own home (a good thing – given the tight space limitations in our cramped quarters!). Fr. Rick Jaworski, CC Vice Moderator and Treasurer General will also be meeting with him on a regular basis to discuss various initiatives, including, for example: re-examining our insurance situation; health care coverage; getting advice on what to do regarding CC priests who work in the USA and their Canadian pensions, exploring Group RRSPs, etc. As you can see, there is lots of work to be done. Welcome aboard Dino!

**Fr. Tim Devine  
"Installed" as Pastor**

Archbishop Terrence Prendergast of Halifax formally "installed" Fr. Tim Devine as pastor of the twinned parishes of St. Paul's, Herring Cove (on Sept. 4th) and St Peter's, Ketch Harbour (on Sept. 5th). Congratulations Fr. Tim – first time pastor! Next step – bishop!

**CC Community Days  
Report**

This year's guest speaker at our annual "Community Days" held up at Camp Red Pine at the end of August was Alex Jones. Alex Jones was a former Pentecostal pastor who was convicted of the truth of the Catholic faith back in the year 2000, and was formally received into the Church a short time later. Not only did he and his wife become Catholic, but over 50 members of his former congregation also joined! He is currently the Director of Evangelization for the Archdiocese of Detroit and was ordained to the Permanent Diaconate in early October of this year. He is an outstanding evangelist and preacher of the Gospel, possessing a great love for Scripture, the Eucharist, the Church, and has a great knowledge, love, and experience of the role and power of the Holy Spirit in the life of a disciple. His message really resonated with the Companions, for we too see ourselves as being both fully Catholic and charismatic. Alex's message was very timely, encouraging, informative, insightful, and humorous. These CC Community Days turned out to be a time of great refreshment and fellowship for all who came. Many thanks to all who helped out to make it such a blessing: from our seminarian coordinators Richard Pilon and Quin Kleiboer to our dedicated kitchen staff Blaine & Carole Timinski and family, and everyone in between!



Suzanne Friis  
Remembered



(Note: Long time CC Lay Associate Suzanne Friis passed away on Tuesday September 6th, 2005.

Her funeral Mass was

held at St. Mary's church on

Saturday September 10th. The fol-

lowing is one of the eulogies given after

the funeral Mass by CC Lay Associates

Cathy Egan & Debbie Sinclair).

Dear Torben and family, all of us have been truly blessed to have known someone like Suzanne. It is rare indeed to have a friend who was so totally committed, not only to proclaiming the Catholic faith but also to living it. When you invited us to give a brief eulogy, we looked up the definition and the word means "high praise". But you know your Suzanne, she would say all glory and praise should be given to Jesus, her Lord and Saviour. She was a very humble woman. The last time she spoke to Debbie was when she had stopped by the house to drop off the tickets for the gala dinner honouring Fr. Bob. The nurse was massaging Suzanne's feet trying to help her get comfortable. She made a face and said, "Oh this feels so good. But I just don't know, it doesn't seem right. Our Lord wasn't pampered like this."

It was just over two years ago that Suzanne found out she had cancer, but the battle was never hers alone. You are a very close family and when one member suffers you all suffer. Yet in the midst of her illness God had given Suzanne the heavenly graces she needed to persevere. In her humanity she bravely confronted the fear of death because she was so greatly comforted by the promise of eternal life. In the Gospel of John Jesus said, "For this is the will of my Father, that everyone who sees the Son and believes in him may have eternal life, and I shall raise him on the last day". You will recall the story during the crucifixion of Jesus on the cross, there

were two thieves beside him, and one of them turned to ask, "Jesus, remember me when you come into your kingdom". Jesus replied ... "Amen, I say to you today you will be with me in Paradise". Suzanne was truly full of joy at the very thought of finally seeing her Lord in paradise.

The day Suzanne went into the hospital was August 15th, which happens to be the Feast of the Assumption, celebrating when the Blessed Virgin Mary was taken up to heaven. And we all know how much Suzanne loved her Blessed Mother. Her friends could clearly see the hand of God in her life as he prepared her for the final journey. During those last few visits with her at the hospital she would continue to amaze us with her faith. After praying the rosary with her we said we would come back in two days, but with a very weak voice and a little smile she told us to check first because she might be in Heaven! On another night, when someone asked if she had eaten anything, she said, "Oh I am too excited to eat, after all, I'm going to be in heaven soon." Even to the very last day, Suzanne kept her eyes focused on the Lord and her journey home to Heaven. She knew that death is not the end. Suzanne trusted that at the very hour of her death, her Blessed Mother would be with her and lead her safely into the presence of Jesus for all eternity.

Throughout her battle and all those trips to the hospital, for tests, radiation, surgery, chemotherapy and lots of doctors appointments, her friends offered to help drive. But she had you Torben and her children at her side every step of the way. She was very blessed with such a loving family. What she really asked of her friends was to pray, pray, pray.

Now some people may ask where was God in all of this. What about all those prayers, Masses, rosaries? Suzanne even flew halfway around the world to Medjugorje. The answer, of course, is that God was always on her lips and in the very depths of her soul. They were inseparable, even in her suffering she was unit-

ed to the heart of Christ. In fact, the more she suffered the more she drew closer to Jesus. She always wanted to do God's will and trusted in his perfect plan for her. Cancer could not snuff out her beautiful faith. In fact, at the hospital she told a group of friends that her one regret was the sin in her life. Yet she believed that having told God she was sorry, and reconciling with him, he had used her mistakes as stepping stones to bring her closer to him. I tell you after we left the hospital that night there was no doubt we each made our own plans to get to confession as soon as possible! So right until the end, Suzanne was always teaching us something.

The other day some of us were talking about the beautiful statue of Mary that you kids gave your mother earlier this year on the occasion of her 60th birthday. It was the perfect gift. Torben, as always, wanting to please your wife, you arranged to have a beautiful grotto made with stepping stones and benches, a very peaceful place to pray. In fact, you can look out any window at the back of your house and you can see Blessed Mary looking back watching over you!

And so dear Torben, Karen, Maria, Christian, Marlene, Michael and Jennifer, have faith and believe that this was all part of God's plan. All those months ago when he planted the idea in your hearts to buy that statue, he knew all along the plans he had for you. And even though it was a gift meant for Suzanne, she has arranged to give it back to you. Because in the days and months ahead when you are missing her so dearly, she will want each of you to turn to your Heavenly Mother for comfort. And Suzanne would be smiling right now because she knows that Blessed Mary will lead you right to the heart of Jesus!

God bless you. ☺

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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.*

# REACHING FOR TRUTH AMID STORMS OF DECEIT



**“So that we may no longer be infants,  
tossed by waves and swept along by every wind of teaching  
arising from human trickery...  
Rather, living the truth in love,  
we should grow in every way into... Christ.”**

(Ephesians 4:14-15)

- **Pope Benedict XVI vs. The Dictatorship of Relativism**
- **The Truth about The Da Vinci Code**
- **Surviving the Culture War: Family, Work, School & Politics**

Friday, February 3, 7:00 pm – 9:30 pm  
Saturday, February 4, 8:30 am – 5:00 pm

## YOUTH FEST

7:30 pm – 10:00 pm

Tudor Hall, 3750 Bowesville Rd., Ottawa

Only \$35.00 per person (includes catered lunch, coffee breaks)

To register please send your name, address, and phone number,  
along with a cheque payable to Companions of the Cross for the number of tickets you require.  
Mail to: Companions of the Cross, 199 Bayswater Ave., Ottawa, ON K1Y 2G5

For further info please call Mary Lauzon at 613-297-0899 or Linda O'Donnell at 613-728-3175.