



Sharing the Good News



A NOTE to Members

BY Judy Wong

My dearest brothers and sisters in Christ, Jesus is the most generous person who ever lived. He left the comforts of heaven, took on human flesh, and gave his life on the cross so that we might live in him. In response to Jesus' generosity, we are called to be generous. We are called to share. We are called to give. No one argues over whether Christians should be generous—it's a hallmark of the Christian faith.

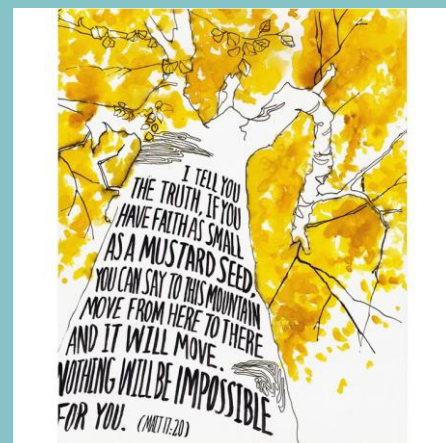


In this spirit of giving, Catholic Action is asking for you to include us in your monthly giving or annual giving.

Giving Tuesday is December 1st this year and our Campaign is called.

"Plant a Seed to Serve Your Neighbour". You can find out more at our Canada Helps page by clicking on this link:

<https://catholicaction.ca/give/>



Late Sunday Mass Update

Following a survey sent to our brothers and sisters that regularly or occasionally attend the Late Sunday Mass, we are pleased to report that the majority indicated they will continue to attend.

While this mass was initiated by Bishop Thomas Dowd and Catholic Action, the warmth and uniqueness of this celebration has a special feel that people have come to appreciate.

As a result of our liturgy meeting, Father Raymond Lafontaine and Father Gilles Surprenant have committed to keep the Late Sunday Mass door open.

Yes, the church doors have reopened for the Late Sunday Mass at our Lady of Fatima, 7:00 pm Sunday evenings.

Please register your name and phone number to:

LSM@catholicaction.ca

We remain limited to 25 participants **excluding celebrants and volunteers.**



"Pre Covid 19 days, I would attend the late night mass frequently and as well, enjoy being a reader at this mass. The Late Sunday Mass has a special feeling to it and I haven't been able to put my finger on exactly what that is. Perhaps it is that it has the sense that we are all in a familiar neighbourhood even though many come from different parts of the city/island. With both Bishop Tom and Father Gilles being the prime celebrants, it has always been a better choice on Sunday evening than Sunday Night Football or any other TV distraction. With Covid 19 restricting the number of people attending service, the Late Sunday Mass plays an important role in our Catholic church community. Even when the restrictions are lifted, I believe that it will continue to provide a vital service to the faithful. Having a different celebrant from time to time will not be a hindrance but will introduce those attending to the variety of quality teachers/priests that serve in our churches. "

Stay the course, Stay in the LIGHT
Stuart-John Tigchelaar
OB OSB MOUNT SAVIOUR MONASTERY

Yes, my boyfriend and I am still interested to attend late Sunday mass even if Bishop Dowd will be assigned to Sault Ste Marie. We are sad about the news as every Sunday evening is special to both of us. It is also convenient to people who cannot make it to Sunday mass during the day.

Unfortunately, though, we cannot attend every Sunday due to work schedules. We will attend every other Sunday instead and would still help out cleaning the pews.

Thank you for reaching out for our opinion with regards to this. I hope that the Late Sunday mass will still go on!

Angelique Corro

Father Andrew Thuraisingam,

as a member of the Catholic Action Board of Directors, Father Andrew contributed to our success for many years.

As you may have heard he recently stepped down from this position when he received exciting news, the appointment letter from the Archbishop to take over the Tamil mission of Our Lady of Deliverance until August 2022.

Father Andrew also has a significant role supporting the Apostolatus Maris (Apostleship of the Sea). The Apostleship of the Sea is an agency of the Catholic Church. It is also sometimes known as Stella Maris (Star of the Sea), and its patron is the Virgin Mary as Our Lady, Star of the Sea. Founded in Glasgow, Scotland in the early 20th century, it provides pastoral care to seafarers through chaplaincies in ports in all continents of the world. AoS offers practical and pastoral care to all seafarers, regardless of nationality, belief or race. In Montreal, this ministry sits under the care of Father Andrew. He frequents the port as necessary to ensure pastoral care is available.

<https://www.apostleshipofthesea.ca/montreal-mass-for-seafarers/>

Speaking with him earlier this month, Father shared the good works of his parish community. He is proud of their efforts particular under the social development umbrella. They have collected significant funds to support the Tamil community in Sri Lanka which has suffered extensive loss and destruction. Their goal is to provide income generating projects based on the interests of the people. Perhaps they could raise chickens or cows? Father Andrew has asked for Catholic Action volunteers to assist in the analysis of the project to ensure the funds are used by a reputable group in Sri Lanka.

Father Andrew shared that the community is thriving, with the assistance of two Sisters of the Holy Family. One manages the catechism classes and one the sacristy.

Recently Father Andrew invited Bishop Thomas Dowd to enjoy a traditional Tamil meal, a favorite of the Bishop.

Father Andrew continues to support Our Lady of Fatima parish when needed. We are blessed to have Father Andrew's dedication as an example of Christ's works.



New Partnerships

As we continue our work more of our peer nonprofit organizations reach out and are happy to have us or be added to our resources.

This month we participated in the "Smart Catholics" mental health conference our of California and were interviewed by their founder.

Bishop Dowd, Anna Graham, our chairperson and I were interviewed by a reporter for "America Magazine, a Jesuit Review". This is the link to the magazine. Our article will not be our for a couple of weeks.

<https://www.americamagazine.org/>

Our "One Voice" Coalition, has grown with the addition of the West Island Citizens Advocacy, the Depot Bloomers, The Telehealth group from the Jewish General Hospital.

Be a magnetic Catholic!

Lonely Catholics risk becoming bystanders. We need to regroup, make friends, and turn into first-responders! The SmartCatholics community helps us be magnetic Catholics in the modern world.

[Smart Catholics | Helping Catholics make friends, learn more, and love life!](#)



[Being a disciple means being a student of Jesus | America Magazine](#)



Riley Landenberger <riley@nextafter.com> [Unsubscribe](#)

to me ▾

I am so thankful for you, Judith.

Your organization's unwavering commitment, through this entirely bizarre year, to continue working for your meaningful cause has really inspired me and encouraged me to keep working hard for you.

The Underserved

We continue serving the underserved in our community.

Our volunteers continue to assist with food and clothing for the homeless.

We are in constant communication with organizations such as:

Chez Doris

Maison Du Père

Notre Dame de la Rue

Le Pont

As well as most English-speaking senior centers to ensure our isolated seniors have the best services available in English. We continue our group calls with the English senior groups, allowing them to have conversations with their friends.

We provide follow up phone calls as well to asylum seekers that have special needs.

We are here to serve. If you know of someone in need please let us know. We are happy to help you get the services you need. Please email us at: jwong@catholicaction.ca



Notre-Dame-de-la-rue (Our Lady of the Street) **reaches out to homeless people, bringing them comfort and a Church presence.** Since its founding in 2013, Father Claude Paradis and his assistant, Kevin, joined by volunteers, go out to the street several times a week. They meet people where they are at and are primarily concerned with offering a spiritual presence and helping people to make sense out of what they are going through.



Isolated Seniors

Social isolation among seniors can be a result of several factors. Many seniors experience physical changes (such as sickness or disability) and life changes (such as the loss of a spouse), which can reduce the number of social contacts and limit activities. Social and environmental factors, such as poverty and inadequate transportation, may also increase a senior's chance of becoming socially isolated. ***Seniors are becoming COVID-19 collateral damage. They are dying because of it, not of it.***

If you can make a difference to a senior. Be a Santa to a Senior.



As professionals remind us that mental health is becoming fragile in many environments, including seniors we offer this information link titled: *At home and abroad, examples of how seniors can stay safe from COVID-19 without isolation* <https://www.ctvnews.ca/health/at-home-and-abroad-examples-of-how-seniors-can-stay-safe-from-covid-19-without-isolation-1.5198973>

Do you know of someone suffering from Dementia? This information may be useful. When the COVID-19 pandemic hit, it became necessary for the McGill School of Physical and Occupational Therapy to offer alternative clinical learning experiences for their students. This challenge became an unexpected opportunity to help meet the needs of community partners as the students turned to the online world with the goal of creating projects that would be relevant and useful for their clients.

For their final project in the new Health Innovator Student Incubator Engines clinical course, graduate occupational therapy students Nicole Drinkwater, Emma Vadot, Madde MacDougall and Chrissy MacDonald developed an activity booklet for caregivers and their loved ones who are living with dementia, under the supervision of Marie-Eve Bolduc, Assistant Professor (Professional) at the School of Physical and Occupational Therapy. They worked together to create a detailed guide that would encourage individuals to engage in the activities that they enjoy, aligned with their interests and abilities, in order to contribute to their sense of self, promote creativity and add to their quality of life.

The end result is a very engaging virtual toolkit that offers over 40 recreational activities, in six different categories, with instructions on how to adapt the activities to the needs of the individual.

The link to the McGill created activity book website is: <https://www.mcgill.ca/medsimcentre/community-outreach/dementia/dementia-activity-booklet>

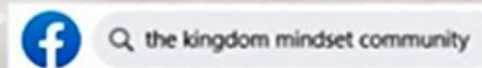
For the holiday season we created a YouTube video of sing-along Christmas Carols with lyrics for the center to use. Want to try it with your family, click on this link and sing a long! https://youtu.be/60YwXwd2X_Y

Kingdom Mindset



Thinking in Faith, Hope, and Love

Kingdommindset@gmail.com



The Kingdom Mindset community has never been more active. The longer we are challenged with the restrictions of Covid -19 the more frequently we are called upon to share scripture, hoping to bring peace of mind and the reminder that it's God's plan.

Navigating anxiety with scripture can be helpful. It goes without saying that this Advent season is like no other- in the fullest sense; and without re-emphasizing the strangeness and darkness of it all, let's adjust the lens and focus our gaze on the star leading us to hope and peace; the pivotal moment the Word becomes flesh and we overcome ALL tribulation (John 16:33).

Join us for our monthly zoom chat working to achieve the Kingdom Mindset.

When: Dec 17, 2020 07:00 PM Eastern Time (US and Canada)

Register in advance for this meeting:

https://us02web.zoom.us/joining/register/tZIsce2qrDkiHtTxEmuYwqe40_4SzEiJOHd

After registering, you will receive a confirmation email containing information about joining the meeting.

Consider joining our Facebook group. [The Kingdom Mindset Community | Facebook](#)

Once again, we ask for your support. Without you we cannot do the good works we, as Christians are called to do. Donating to Catholic Action allows you to know exactly where your money is going.

GIVING TUESDAY



DEC 1

It is your chance to make a difference, and help the extremely underserved, homeless, isolated seniors, asylum seekers, mentally fatigued to name a few.

SUPPORT CATHOLIC ACTION
ON GIVING TUESDAY!

Please consider Catholic Action tomorrow on "GIVING TUESDAY".

Stay safe and God Bless!

<https://catholicaction.ca/give/>



Joseph also went up from Galilee, out of the city of Nazareth, into Judea, to the city of David, which is called Bethlehem, because he was of the house and lineage of David, to be registered with Mary, his betrothed wife, who was with child. LUKE 2:4-5



Have a Blessed Advent!

Christmas Wishes from

Catholic Action

*Wishing you and your families a Safe
and blessed Christmas*

