

Vincenpaul Canada

The Magazine of the Society of Saint Vincent de Paul
National Council of Canada
Volume 40 No. 2 - Summer 2014



LET US PUT OUR FAITH INTO ACTION

BL. Frédéric Ozanam

Return Address :
National Council of Canada
2463 Innes Road
Ottawa, ON K1B 3K3



Table of content

Message from the President	3
Council General International	5
Spirituality	8
Systemic Change	10
Twinning	12
Canada's Councils in Action	
Atlantic Regional Council	13
Quebec Regional Council	17
Ontario Regional Council	20
Western Regional Council	26
BC & Yukon Regional Council	28
AGA 2014	29
In Memoriam	32

Official publication of the Society
of Saint Vincent de Paul - Canada • Dépôt légal
Bibliothèque nationale ISSN0703 6477
Agreement no. 1751697

Made with the collaboration of : Ghislaine DuNord,
John Grocholski, Nicole Fortin, Clermont Fortin
Editors : Nicole Schryburt, Ellen Schryburt

Graphic Design : Nicole Schryburt
Printing : Impressions Daigle Inc.

Society of Saint Vincent de Paul
National Council of Canada
2463 Innes Road
Ottawa, Ontario, K1B 3K3

Tel. : 613-837-4363 - Toll Free: 1-866-997-7787
Fax: 613-837-7375
Email: national@ssvp.ca

Canada Revenue Agency
Charity Registration No. 132410671RR0001

Subscription

Please send this form and a \$20 cheque to:		New subscription:	<input type="checkbox"/>
SSVP National Council, 2463 Innes Road, Ottawa Ontario K1B 3K3		Renewal:	<input type="checkbox"/>
Name of Conference or Council: _____			
Name of President: _____			
Name of Subscriber: _____			
Address: _____			
City: _____	Province: _____	Postal Code: _____	
Tel: _____	Email: _____		

President change

Please send this form to: SSVP National Council, 2463 Innes Rd., Ottawa Ontario K1B 3K3			
OR send all these information by email to: national@ssvp.ca			
Name of Conference or Council _____			
City: _____	Aggregation Date: _____		
Particular Council: _____	Central Council: _____		
Name of Past-President: _____			
Name of President Elect: _____			
Start Date: _____			
Address Conference or Council: _____			
City: _____	Province: _____	Postal Code: _____	
Tel: _____	Email: _____		

Message from the President

DEAR VINCENTIANS,

Only a few weeks now before our 43rd Annual General Assembly that will take place this year in Edmonton, Alberta. That meeting promises to be very interesting, as much from a training and fraternity perspective, as from a spiritual one. Therefore, if you are not already registered, now is the time to do it. I am looking forward to meeting you there.

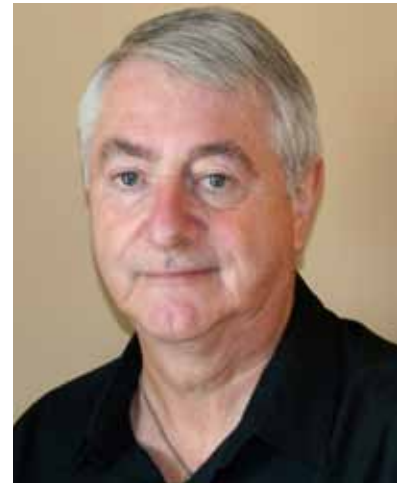
Recently, I had the pleasure to read and meditate on Pope Francis' Apostolic Exhortation, EVANGELII GAUDIUM, *The Joy of the Gospel*.

I felt so happy while reading that text, published in 2013 by our Pope, who repeats almost word for word the teachings of one of our main founders, Frederic Ozanam. Indeed, Ozanam and his friends, after their first conference meeting, opted for “let us go to the poor” as their action plan. Today, the Pope tells us to “go to the poor”.

From the very first, the Society of Saint Vincent de Paul decided to avoid waiting for the poor to come to a specific place, but rather to go to them, meeting them where they live, and take the time to listen to them. For several of them, and even for Ozanam, that was not always easy. The young students had never seen so much misery: going to peoples' homes and seeing the desolation must have been difficult.

The weekly meetings they held were therefore important, allowing them to talk about the difficulties they had experienced. Furthermore, it is undeniable that the help received from Sister Rosalie Rendu, who trained them to go to the poor, was very useful.

Still today, it is not easy to visit the needy in their homes. Those who have such a talent are blessed. However, if you are among those for whom it is more difficult, I can tell you by experience that with perseverance, you can succeed. At the beginning, you will only see the suffering, but gradually, you will realize that those visits can be rather enriching, particularly from a spiritual point of view. ▶▶▶



Mission

The Society of Saint Vincent de Paul is a lay Catholic organisation whose mission is:

To live the Gospel message by serving Christ in the poor with love, respect, justice and joy.

Values

The Mission of the Society of Saint Vincent de Paul implies that as Vincentians we:

- see Christ in anyone who suffers
 - come together as a family
- have personal contact with the poor
 - help in all possible ways

Message from the President

Nowadays, a new tool is available to help people who go and meet the needy. I mentioned it before, and I come back to it because I think that reading and meditating on Pope Francis' APOSTOLIC EXHORTATION certainly supports our efforts on this matter. I would like to quote a few excerpts from that document, showing the importance of going to people in need.

In article 48, Pope Francis tells us,

Today and always, “the poor are the privileged recipients of the Gospel”, [52] and the fact that it is freely preached to them is a sign of the kingdom that Jesus came to establish. We have to state, without mincing words, that there is an inseparable bond between our faith and the poor. May we never abandon them.

In article 197, he tells us about the place of the poor in God's heart,

God's heart has a special place for the poor, so much so that He Himself “became poor” (2 Cor 8:9).

And finally, in article 198, Pope Francis uses one of Benedict XVI teachings to remind us that,

We are called to find Christ in them, to lend our voice to their causes, but also to be their friends, to listen to them, to speak for them and to embrace the mysterious wisdom, which God wishes to share with us through them.

Those few quotes illustrate the wealth of the document. For us, members of the Society of Saint Vincent de Paul, reading a text written in Pope Francis' hand, reminding us to go to the poor, can only strengthen our motivation to go out and meet people in need. That Vincentian approach to helping the needy must remain our preferred way to do things, since it is the most effective approach to help the poor take charge of their own lives.

If you have not already done so, I invite you to read the Exhortation, and I inform you that you may buy it at a reasonable price via the National Office, by visiting the web site at www.ssvp.ca, or calling 613 837-4363, toll-free 1 866 997-7787.

To conclude, I wish you all a great summer, full of health, joy and happiness.

May our Lord bless you,

**Jean-Noël Cormier, President
National Council of Canada**



Council General International

REPORT OF THE MAIN ACTIVITIES/EVENTS IN THE YEAR 2013 TO THE HOLY SEE

PREAMBLE

“Happy is he who has regard for the lowly and the poor the Lord will help and preserve him” – Psalm 41:2-3

2013 is a very significant and special year for Vincentians as it marks the Bicentenary of the birth of our principal founder, Blessed Frederic Ozanam. He was born on 23 April 1813 and co-founded the Society with 6 others on 23 April 1833 at the early age of 20 years. Through the grace of God the Society is actively pursuing her mission globally in 149 countries through over 800,000 members and serving over 35 million poor and needy. Our global reach and opportunity to expand to more countries is a challenge to our Vincentian mission and vocation in our continuing approach to alleviate the plight of the poor and vulnerable people.

Over the past several years the world is beset with so many disasters, natural and political, and are also saddened by the economic and financial woes that is engulfing so many countries.

These have caused tremendous hardships to people and families. The world, sadly, is constantly faced with vulnerable situations which invariably affects the lives of people. In our Vincentian vocation and mission we shall respond in living out our charisma and ethos in serving Christ in the poor.

We furnish herewith the highlights of the main activities/events that transpired during the year:

COMMISSION FOR INTERNATIONAL AID & DEVELOPMENT

The Commission is engaged in and facilitates the provision of international aid and development for disaster relief efforts, rehabilitation projects, micro-financing, self-help, educational and other related systemic change projects, home for homeless, refugees etc. We list below some of the main activity programs:

(i) Emergency Relief Services

This covers tragedies such as landslides, floods, typhoons, hurricanes, earthquakes and famines which were addressed by the Society in over 30 countries with serious issues spread out geographically in Africa, West,



South East and North Asia, Indochina, Oceania & the Pacific Islands, North and South America, Europe and the Caribbean. To name a few, floods in Bangladesh, Tanzania, Malawi, Madagascar, Mexico, typhoons in Philippines, earthquakes in Pakistan, Guatemala and Syrian refugees in Lebanon, Turkey and Jordan are some of the main concerns.

(ii) Rehabilitation Projects

In the Philippines, Sri Lanka, India, Burkina Faso and Dominican Republic for the repairs and construction of new houses, social and educational programs to assist the people to return to the normal streams of society.

(iii) Development Projects

- Haiti: education, micro-finance, fish farm, chicken and vegetable farm.
- Mozambique : Crops and agriculture
- Cameroon: Cybercafé
- Senegal: Training Centers
- Uganda: Garment and knitting wear centre
- Lebanon and Jerusalem: Youth Training centre and along with other systemic change programs to guide, support and sustain them to live dignified lives. ▶▶▶

Council General International

YOUTH

A major international youth meeting held in July in Belo Horizonte, Brazil, gathered 1,200 youths from branches of the Vincentian Family. They were put through a 4-day program of catechesis, spirituality and training focusing on the theme “New Forms of Poverty – Love God : Love your Neighbor”. It was an inspiring program and they were energized with the desire to serve better the poor.

The youth group then participated in the World Youth Day in Rio de Janeiro which was graced by the Holy Father, Pope Francis. It was a great moment for the youths to meet the Pope. It was an unforgettable moment for them.

Vincentian youths used the Media and IT to develop a network of charity. Through to social networks (Facebook, WhatsApp, Twitter) groups of young SSVF members have created visible links between themselves to share their Faith, Spirituality and Charisma as Vincentians.

GLOBAL TRAINING PROGRAM

A global Formation and Training program in the Spirituality, leadership and members development were initiated and rolled out by Council General International (CGI) and within a period of 9 months about 100 National Presidents throughout the world have attended the program. This is done through a cascade training model and involve a train-a-trainer methodology and the objective is to train all Vincentians worldwide. This offers a cost effective and competent training program.

LAUNCH OF THEN POPE BENEDICT XVI'S LENTEN MESSAGE

The Society was very privileged to be requested to participate in the launch of the then Pope Benedict XVI's Lenten message on 1 February 2013. Dr. Michael Thio, President General of the Society, addressed the media at the Vatican Press office on that day as to how the mission of the Society draws parallel to the Holy Father's Lenten message which focused on Faith and Charity invariably leading on to conversion and evangelization. The Vincentian members' mission, spirituality, charisma and ethos bears witness to Christ in serving the poor and live out the Gospel values of Faith, Hope,

Charity and Love. This exemplifies our Christian zeal and commitment in our mission and vocation in our Vincentian apostolate and also hopefully for people to encounter Christ in our witnessing to God in the poor.

BICENTENARY CELEBRATION OF THE BIRTH OF BLESSED FREDERIC OZANAM

In honor of our principal founder, Blessed Frederic Ozanam, 200th birth anniversary being born on 23 April 1813, the Society celebrated this momentous event with a 3-day program 19-21 April 2013 in Paris which consisted of talks, exhibitions and pilgrimages to sites of Blessed Frederic Ozanam, St. Vincent de Paul and the Blessed Sr. Rosalie Rendu. The celebration culminated in a dedicated Bicentenary Mass at the Notre Dame Cathedral with a special message by Pope Francis to mark the occasion. A smaller scale celebration was held in Paris around 9 September 2013 on his feast day. Vincentians from other parts of the world gathered in Paris for the celebration. In the same vein, Vincentian countries globally held their own celebration to mark the occasion.

INTERNATIONAL MEETINGS

The Society participated in the following:

- The Pontifical Council Cor Unum meeting in Rome from 17-19 January 2013 with the theme on “Charity, Christian Anthropology and the New Global Ethics”
- The Pontifical Council Cor Unum meeting in Rome on 4 June 2013 on developments on Syrian refugees and a side meeting with the Holy Father, Pope Francis.
- The Vincentian Family Executive Committee meeting in Paris on 12 January 2013

The Society convened the following:

- The International Executive Committee and Permanent Section meetings in Rome in June 2013
- Regional meetings of the International Structure for Africa 3 were held in Burundi, Western Europe in England and Austria, America 3 in Brazil and in the Caribbean.

Council General International

VISITS OF THE PRESIDENT GENERAL

Dr. Michael Thio, President General, in the discharge of his international duties visited Canada, USA, England, Brazil, Uruguay, Argentina, Sri Lanka, India, Hong Kong and New Zealand. He also participated in meetings in New York with the UN Liaison office, several NGOs (mainly Catholic ones) and Archbishop F. Chullikatt, Permanent Observer of the Holy See. SSVP is a UN-NGO within the jurisdiction of the UN Economic and Social Council (ECOSOC).

On his visits to the countries the President General inaugurated projects for new schools, Homes for the Homeless, Homes for special needs, Night Shelters, Kindergartens and crèches. Met and addressed members, volunteers, care-givers, staff and the Hierarchy. Also with donors via individuals, corporations and foundations and in some countries with politicians and members of Government with whom the Society is involved in collaborative projects.

CHANGES IN THE COUNCIL GENERAL INTERNATIONAL BOARD

Julien Spiewak is the new Secretary General and Karl Michael Hila, is the new International Vice-President for Youth. Both were appointed to the Board in September 2013.

We thank the Holy Spirit for guiding and enlightening our members throughout the world in our Vincentian mission and vocation in our love for God serving Him in the poor and bear witness to Him.

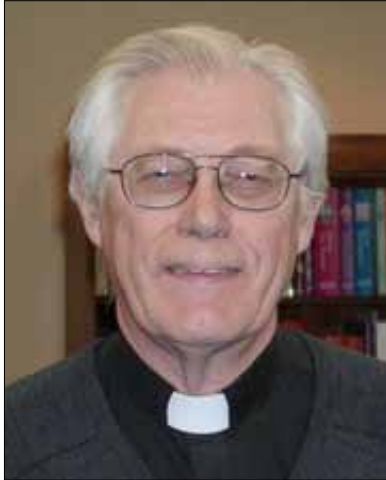
To share the Good News and expound and live out the charism and ethos of the Society and our early founders in not only to serve the temporal and human needs of the poor but also to save souls. To edify our motto “Serviens in Spe” – “Service in Hope” - Hope for a better and dignified life and also to hopefully encounter the Love, Peace and Blessing of Christ.

“May your radiance of Charity be a beaming light in our Faith in action” – St. Vincent de Paul.

Dr. Michael Thio, President General
20 February 2014



WHAT IS THE ADULT SICKNESS?



Most of us know the Gospel (Mark 6, 1-6) where Jesus comes face to face with the lack of Faith of those living in his home town. He goes on to say that a prophet is never welcome on his home turf.

We have here a prime example of what I call the *adult sickness*. It is a trap that is easy to fall into, especially if we have had many problems and anxieties to face. Gradually cynicism and indifference take a significant place in our reality. When we meet some new or novel idea we immediately suspect fraud or deceit.

This is reinforced if we live in a situation where we believe that others are always better off than we are. We take on an attitude of pride in our own dismal situation and start living on auto-pilot and Heaven help those who disturb our sorry existence!

Several years ago, one of my parishioners was a founding member of a technological enterprise. The company was sold and the new management had no room for him. It was a clear case of wrongful dismissal and he sought legal help.

When he came to see me he was very distraught. He was close to his father who still lived in extremely modest circumstances, a plight that went back through many generations of this family. When the man spoke to him about his problem and that he had hired a lawyer to fight

the wrongful dismissal, the father was dumbfounded and said, "Do you think you are a King?"

What has all this to do with living our Vincentian vocation in a Christ-like manner? Jesus, at one time, notes that the Kingdom of God requires a child-like attitude. Indeed we must develop into mature beings but at the same time we should see ourselves as children of God with an openness of heart that perceives the presence of God throughout His creation and in His human creatures.

Recently I brought to the attention of our National Executive the following Gaelic Prayer of the Seventh Century that speaks of this attitude Jesus wants us to develop.

As the hand is made for holding and the eye for seeing, Thou has fashioned me for joy. Share with me the vision that shall find it everywhere: in the wild violet's beauty, in the lark's melody, in the face of the steadfast man, in a child's smile, in a mother's love, in the touch of a loved one, in the Person of Jesus.

From: The Oxford Book of Prayers, 1985, p 139.

Another way of identifying this adult sickness is the expression *hardness of heart*. Bernard de Claivaux's book *Five Considerations* was written for one of his monks who was elected Pope. The first consideration he presents to the Pontiff is to guard against *hardness of heart*. It is significant that this little book by St Benedict was always on the night table of Pope Paul VI

Yes, Lord guard us against *hardness of heart*

Msgr. Peter Schonenbach
National Spiritual Advisor

HUMAN TRAFFICKING; MODERN-DAY SLAVERY

Victims of human trafficking young children, teenagers, men and women are subjected to force, fraud, or coercion for the purpose of commercial sex or forced labor. Canada is a source, transit, and destination country. Canadian women and girls from Aboriginal communities, as well as, minors in the child welfare system, are especially vulnerable.

Traffickers use various techniques to control their victims and keep them enslaved. Some traffickers hold their victims under lock and key, but more frequently the practice is to use less obvious techniques such as debt bondage, isolation, confiscation of ID's, threats of violence, family shame, imprisonment or deportation and control of personal finances.

As members of the Vincentian Family we encourage all Vincentians to pray for an End to Human Trafficking. The following prayer will be distributed at the 2014 AGA in Edmonton. Copies may also be available at a later date through the online SSVP Catalog. Please join us in this Prayer Crusade and help bring to an end this scourge and blight on our society.

Prayer for an End to Human Trafficking

God of freedom, beauty and truth

we believe that your deepest desire,

your most powerful energy,

is that all creation might know abundant life.

We raise our voices in anguished prayer

for our sisters and brothers,

women and girls, men and boys,

who are modern day slaves;

They are your beloved daughters and sons,

exploited sexually or forced to work

because of human violence and greed.

Fill us with your holy anger and your sacred passion

that those who are trafficked might know healing and justice;

that traffickers will come to repentance and conversion;

that all of us might live in such a way

that others are not made to pay the price

for our comfort and convenience.

Hasten the coming of the day when all people

and our precious Earth itself

will be treated, not as a commodity,

but as radiant images of your freedom, beauty and truth.

Amen. May it be so.

Systemic Change

VINCENTIAN FAMILY GATHERING – SYSTEMIC CHANGE OCTOBER 25-27, 2013 INDIANAPOLIS IN. USA

The Gathering of 162 members of the Vincentian Family took place in Indianapolis over a 3 day period, Oct. 25-27, 2013. There were representatives from the VinFam Collaborators, Sisters of Charity, Daughters of Charity, Society of St. Vincent de Paul (Canada & USA), Congregation of the Mission, Ladies of Charity, Ministry Associates, Vincentian Young Adults/ University Ministries, Missionary Sisters of the Blessed Trinity, and Sisters of the Most Holy Name. This included 15 members of our Canadian SSVP including our Nation President Jean-Noel Cormier and our Ontario President Jim Paddon.

The theme of the Gathering was taken directly from the words of Frederic Ozanam “Let Us Go to the Poor”. The Objectives of the sessions were to:

- Go deeper into the spirituality of systemic change
- Collaborate to end poverty through systemic change
- Make a place at the table for Vincentian young adults
- Celebrate the 200th anniversary of the birth of Frederic Ozanam

In the opening session Ralph Middlecamp SSVP gave a presentation called “Following Blessed Frederic into the Vineyard” <http://vimeo.com/77206335>. Frederic Ozanam lived his short life as a Catholic layman with a remarkable commitment to his Catholic faith. He dealt with the social issues of the day. The presentation invited us to follow Frederic in our vocation of holiness and challenged us to identify and address the social issues of today and bring about systemic change. The slide presentation “The Roots of Ozanam’s Passion for Charity and Justice” is also available on-line (<http://vinformation.famvin.org/vincentian-information-resources/presentations-media-games/roots-ozanams-passion-charity-justice/>).

Father Guillermo Campuzano, CM gave a very inspiring presentation on the The Spirituality of Systemic Change. The video of this presentation is on-line and I encourage everyone to view it. Father encouraged us to search for an “Ethos” – global home where the poor also has a space. “Systemic Change is a specific way by which we can transform our human Ethos...our world so that all can feel at home in this human dwelling with peace and justice. He also challenged us to “Identify the Seeds of Hope” (opportunities for systemic change) in our areas.

Later in the session Father Campuzano gave a presentation on “Managing Change.....Moving Vincentian Spirituality into action”. He reminded us that Pope Francis has said that “Indifference is the sin of today”. He said that we should be in “Solidarity with those in Poverty” and encouraged us to go and do our best to help regenerate the “Human Dwelling” (a proper place for all). He suggests that we become “Story Tellers” and share our success stories of Systemic Change so that we may all benefit.

There was a session called “Room at the Table” which was focused on systemic projects by the youth. There were several great examples of youth involvement in systemic change. It was wonderful to see so many youth in attendance and the enthusiasm that they brought to the conference.

There was a session discussing three particular systemic projects. The first one was the development and construction of a resource centre for people in poverty in Macon Ga. This was a great success story of a project that grew as more and more people recognized the benefits and threw their support behind it. The second project was a “Low interest Loans for the Low Income” project in Belleville IL. This project operated with the same objective as our ONRC Vinnie’s Wallet project but instead was administered by the local Credit union. The third project was a report on a feasibility study to open a “Low interest Loan for Low Income” business based on a separate stand-alone business.

Systemic Change

We were also reminded of the abundance of information on the famvin.org family of websites that promotes understanding of Poverty and how to bring about Systemic Change.

- Famvin News - <http://famvin.org> - is a website promoting mutual awareness of how the charism is being lived today across the Vincentian Family
- Vin Formation - <http://vinformation.famvin.org> - is an environment for online teaching and learning for Vincentians.
- Vincentian Encyclopedia (Wiki) - http://famvin.org/wiki/Vincentian_Encyclopedia - is a cooperative way to compile and share reliable Vincentian reference information via the internet
- Virtual Vins - <http://virtualvins.org> - is bringing Vincentians together in a Facebook-like online community.

In conclusion this was a very useful and inspiring conference, a chance to meet, share ideas, and learn more about Systemic Change from our Vincentian Family.

Jere Harnett
systemicchange.ssvp@ssvp.on.ca



Twinning

TWINNING WITH LATIN AMERICAN COUNTRIES

Twinning is one of the most cherished Special Work of the Society. Twinning is “the awareness of acute poverty in a great number of countries and the preferential option of the poor” (1). Vincentians are demonstrating daily their solidarity with those living in poverty of their neighbourhood, and everyday they feel closer to the international community of the underprivileged as modern communications keep them informed, in real time, of events and tragedies occurring anywhere in the world. As Christians and Vincentians, we are called to act and help poor and oppressed people in developing countries. Twinning is the best means to share material resources, reinforced by a sincere friendship that finds its expression in the regular exchange of correspondence and prayers with our Brothers and Sisters of those countries.

Twinning and regions of the globe

The International Twinning Commission designates the twinning regions for donor countries based on such criteria as language, proximity and other cultural and historic links. Active historic twinning partnerships continue to be valid. Canada and the United States, donor countries, are normally required to twin with developing countries within their hemisphere. This means that North American countries can engage in twinning with countries of Central and South America, and the Caribbean. Coordination at the national level between the Council of the USA and Canada insures that duplication is avoided. The National Council has compiled a list of 9 *designated countries* (see Policy TW-002): These countries are the **Dominican Republic, Columbia, Guatemala, Haiti, Peru, El Salvador, Nicaragua, Antigua (includes small island countries under the responsibility of the St. John's Basseterre Central Council, e.g. British Virgin Islands) and Trinidad & Tobago**. All of these countries have an underdeveloped economy and poverty is widespread. The Society is active in these countries, however, it lacks the financial means and other resources to help those in need. Twinning, a fundamental Special Work of the Society, is the best program by which Vincentians of the North countries can demonstrate their solidarity with their Brothers and Sisters of the South countries and help them to combat extreme poverty and reduce social inequalities.

Twinning with Spanish speaking countries

Many of us have taken a vacation in the South, “in the sun”, in one of the countries listed above. We have witnessed the extreme poverty everywhere. Compassion filled our hearts for these people. As Vincentians, twinning offers a means to act to reduce misery, rekindle courage and dignity for them as they face so much adversity.

Five (5) *designated countries* are Spanish speaking countries which is a challenge for most Conferences and Councils in Canada. However, these are countries in most need of our support, financial and moral. In my role as Chair, National Twinning, I receive very few Applications for Twinning - External to twin with Spanish speaking countries. I understand the difficulty for many Conferences and Councils to find someone fluent in Spanish. I also believe that, by respect for the Vincentians of the recipient countries, Canadian Vincentians should correspond in the language of their twin. We have more resources than they have. Experience has shown that communication with recipient twins in their language is more productive and meaningful. I sincerely ask members of Conferences and Councils to reflect and pray on this challenge, and to engage in twinning with a Spanish speaking country. I am confident that most Conferences and Councils will find someone willing to help them with Spanish translation. And, why not invite this person to become a member of the Conference?

We are the artisans of Christian charity and our Faith is nourished by our contact with those living in poverty; those outside our frontiers are waiting for our help and prayers.

I encourage all Conferences and Councils to submit Applications for Twinning with countries of Spanish heritage under our care. I am making this request on behalf of our *Latin-American* Brothers and Sisters in need.

Muchas Gracias.

Clermont Fortin,
Chair, National Twinning
E-mail: twinning-chair@ssvp.ca

1 - International Twinning, Policies and Procedures, 2013, Preface.

Canada's Councils in Action

ATLANTIC REGIONAL COUNCIL

Is history really about our decision to say yes or no to the love of others? Are the real heroes of history the Saints and those who will join the family of holy folk like Frederick Ozanam?

The saints are my heroes because they say yes to love by serving others in their hearts, homes and the community. They accept the gifts of others in gratitude. It does not seem to matter where they hail from, what group or race they belong to, or what age they have reached in life. Young Elizabeth of Hungary, came from a family of great wealth, threw her crown down knowing poor Mary and Joseph gave birth to poor Jesus. Like other saints, she climbed ladders others did not climb, went where many feared to tread, and trusted the present moment for good sent in this epiphany's feast. And as Peter Kreeft and others have noted, love is given and received, joy sought and experienced, in the company of others.

All of this brings me to say a word of thanks for the special contributions made by youth to the Society of Saint Vincent de Paul in Atlantic. We all know grace is given to young people to serve and love the poor; Young people see Christ in the poor and I welcome the support given by Vincentians who are ten, twenty, or thirty years

my junior. I applaud the work done by young persons in the founding of our Society and for serving the poor at a time of their lives when career work and self esteem call for so much attention. Recently four young musicians raised needed funds for St. Peter's Conference in Dartmouth. Young people from that same community supported efforts aimed at bringing Christmas to the needy, the lonely and the forgotten last December in what is called a family of service.

Look for a moment at the Conference at Carbonear in Newfoundland. Young and old sit with President Kerri Abbott planning and working for the needy. The poor are now fed at Christmas and throughout the year. The walls are painted, shelves stocked with food, floors scrubbed, donations obtained from citizens of all ages: Canned goods, Pampers, formula, turkeys, pasta. The milk will flow soon. They are not hiding their light under a lamp stand. The old have reminded the young that our work is valuable and the young listen and are stepping on stage at the appropriate hour.

To quote President Kerri:

"Our Conference is continuing to grow with the addition of new, enthusiastic volunteers from the community. >>>



**Immaculate Conception Isolated Conference, Harbour Grace
President Debbie Farrell**

Canada's Councils in Action

Since becoming President of the Conference in August, we have reached out and partnered with community groups in our area to both raise awareness and accomplish increased donations and programs. We are currently hosting a Nutrition Class with community mentors volunteering to assist families to learn fundamentals of buying, cooking, and storing healthy, nutritious and affordable meals. We have also partnered with an NFP in the area to host a monthly Community Meal with admission being a food bank donation. Leftovers are packaged and shared with clients of the food bank.

We have increased our numbers in the last few months through an increased visibility in the communities and outreach. On Wednesday, February 5th we'll be hosting our first Volunteer Information Session. Those in attendance will learn about the Food Bank and the Society of St. Vincent de Paul and those interested may begin the volunteer application process. We are hosting two sessions- 1:00 pm and 6 pm. We cap the sessions at 12 noon and we are almost near the limit. I've found the Society of St. Vincent de Paul is a well-kept secret outside those who need our services. With increased awareness of our services, we are also seeing an increase in need.

We have partnered with another organization in the community to host a Knitters Circle at our Food Bank

once a month. The knitters will create mug cozies and brightly colored dish cloths which will then be included in hampers for the isolated clients who avail themselves of our services. They will also work together to create knitted art pieces to decorate the building.

Once a month we have the local community youth network facility, The Splash Centre, drop by with kids enrolled in their Changing Lanes program. The youth help us sort donations, package personal hygiene & kids' lunch packages. They were an awesome help with our Christmas Hamper program this year.

We have a rotating list of front-line service providers with whom we are building stronger relationships - who set up once a month in one of our rooms. Clients can drop by and avail of their services in a friendlier, less imposing environment. We are continually searching for new connections to make and strengthen. With cutbacks in the region to many of the employment programs and services, we are seeing a large uptake in the resume writing and interview prep sessions we offer."

The appointment of Jason Hunt, to chair a National Committee on Youth of the Society of Saint Vincent de Paul and the recent appointment of a national committee of youth from every region in Canada, simply points to



**St. Joseph Conference, Grand Falls Windsor
President Dorothy Knight**

Canada's Councils in Action

the reality that young and old are part of the Vincentian family sustained by fraternity and service to the needy. The young and elderly are not strangers to the water and the towel. Some serve by listening, others provide food to needy persons. The wonderful work done by Dorothy Knight and the fourteen Vincentians of Saint Joseph's Conference Grand Falls Windsor is a case in point. They work closely with Pastor Father Houlahan in providing emergency relief including clothing, to the needy.

For over fifteen years Debbie Farrell and Vincentians of Immaculate Conception of Harbour Grace, have been serving residents of this beautiful out port. In less than ten minutes I realized this group of Vincentians cares deeply for the needy, that they are doing more than thriving and surviving. They serve the needy in justice love, joy and truth.

Emergency relief

Since our last report Conferences have assisted those affected by the Typhoon in the Philippines, and those whose homes were destroyed by the Calgary floods, They also helped our neighbours struggling to put the pieces back together following the train disaster in Quebec. I thank the Conferences which made donations to the cause. They were indeed generous.

Twinning

Twinning is a word filled with meaning. Mark Carew president of St Rose of Lima Conference Fall River and the Vincentian team work closely with Jennie Martell of St Anthony's Conference of the Dartmouth Particular Council to provide support for the needy through home cooked meals served at a central facility in North end. I am not surprised to learn of this wonderful event. The president of St Rose of Lima Conference and Jennie Martell are searching for answers to fundamental questions. They know Vincentians from different Conferences can help one another provide a host of services to the needy.

Advocacy and the Halifax Particular Council

Advocacy is well done by Conferences who wish to do it. The Halifax Particular Council under the leadership of David O'Connor, with strong support from the Halifax office outreach staff and Vincentians from Dartmouth Particular Council, obtained a matching grant of twenty-five thousand dollars from Nova Scotia Power. All Conferences in Nova Scotia may now apply to Nova Scotia Power for funds to help needy persons cope with power costs. Nova ScotiaPower will match the contributions made by the Conference to the individual in need. >>>



Canada's Councils in Action

On February 17th members of St Clements Conference, Dartmouth Particular Council attended an important meeting on housing sponsored by the Halifax Particular Council Advocacy Committee chaired by Paul Vandall President of St Mary's Conference Halifax. The committee is dedicated to reducing the number of persons in Halifax living on the street with no place to call home.

Staff of the Metropolitan Housing Authority was on hand to answer questions from those in attendance. Times are changing and we sensed the problem of homelessness must be seriously tackled by governments and charitable organizations.

North of 60

I thank Chris Ryan and Jim Macintyre for their support of this important initiative under the overall guidance of Peter Ouellette, President of Western Regional Council. The Society of Saint Vincent de Paul in cooperation with governments and private business can provide needed services to residents of our Northern communities. Faith, hope, love and charity will be needed to carry out this project. One day North and South will care for one another in a new way, resources shared and the thoughts of all Canadians appreciated like never before. I wrote a short poem trying to express my support for this new adventure in seeing Christ in the poor North and South of us.

North of Us
Love is bread and wine,
For the needy living north of us
Service our hearts must bring
Receive through new born springs
Grace flowing from all now sowing.
Two heaven ships soon will meet
Under one sail stories sweet
North of sixty new winds beat
Love and wisdom gifting
From the North our southern course
And if some speak of tyranny
People longing to be free
Leaders must be loved by thee
To the North and South of us,

Dennis McCormack, President
Atlantic Regional Council



Rebecca Morrison and Elly Gouthro; grade 3 students at Mountainview Elementary created a Halloween basket and filled it with their own handmade creations to raise money for the St. Vincent de Paul foodbank. The girls presented the money they raised to Michelle Finigan, President of Our Lady of Fatima St. Vincent de Paul to assist with their Christmas Giving.

Canada's Councils in Action

QUEBEC REGIONAL COUNCIL

JEAN-MARC VAILLANCOURT, THE MEANING OF THINGS

Article (full version) by Claudette Samson, Le Soleil, February 9, 2014

Jean-Marc Vaillancourt has always sought to explore the meaning of things. No wonder he became a teacher of philosophy. However, beyond his intellectual approach, he has always been sensitive to people around him. Presentation Recipient: Jean-Marc Vaillancourt, retired philosophy teacher. Occasion: A lasting involvement journey.

At 74, he is a very busy “retired” man. President of the Saint-Vincent-de-Paul Conference in Duberger, he is also President of the SSVP Central Council in the Québec and Chaudière-Appalaches region: an almost full-time job. However, this does not stop him from preparing tax returns for needy people, free of charge.

“What fascinates me is charity, but not only the aspect of food giving. Charity also means listening, trying to understand, to encourage.”

The tone has been set. “Providing assistance may be honourable, or dishonourable. Honourable assistance does not judge, but rather considers people in need as brothers whom we might help one day, and who might help us another day. That is what motivates me; more and more, by the way.”

Mr. Vaillancourt practiced the art of philosophy at Collège de Mérici, where he attempted to infuse his students with that special desire to dig deeper into things.

“The teacher sows seeds, but he never knows what will grow”, Vaillancourt says, with modesty.

From 1963 to 1996, he walked the corridors of the private school, spending nine of those years, from 1970 to 1979, as Director General. When, after his tenure as Director, he went back to teaching and again became a union member he immediately became active within the union, he says, laughing.

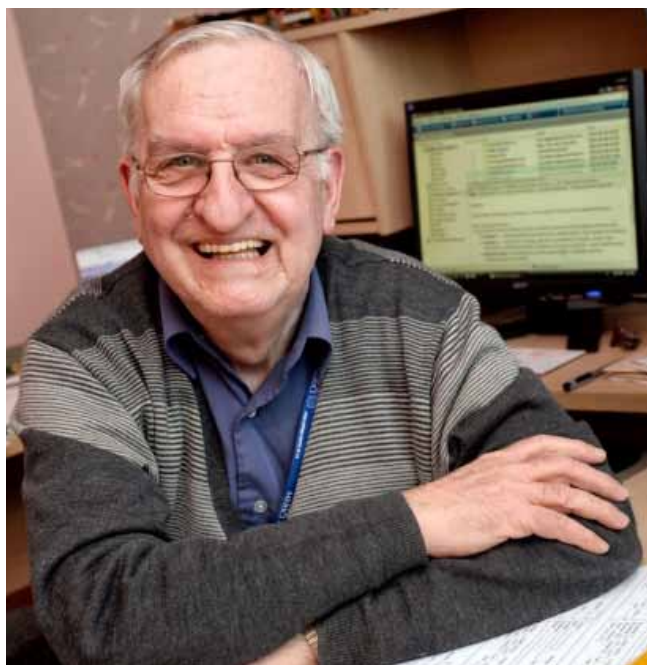
Around the same time, he started working on behalf of the “boat people” landing in Québec city, and since then, immigrants have always been a part of his life. He currently sponsors two young Colombians, aged 5 and 9.

Between setting up collective kitchens and buying groups with Solidarité Famille Duberger-Les Saule, organizing homework assistance at the La Mosaïque primary school, putting in place French conversation workshops to help refugees practice their new language while meeting Quebecers, learning Spanish to help Peruvians obtain refugee status, Jean-Marc Vaillancourt has not deviated from his purpose. In fact, he has always followed the same path, that of love for others. His whole attitude is one of great tenderness. His direct gaze and spontaneous laugh arouse a sympathetic response.

What does he get in return? “I am not looking for thanks, even though people thank me from time to time: rather I seek the feeling of having met some needs.”

He joined the Society of Saint Vincent-de-Paul after retirement. First he dipped in his finger, then his arm and finally his whole being.

As a practising Catholic, that type of commitment touches him deeply. Mr. Vaillancourt firmly believes that Christianity is the root from which stem the values of charity and compassion.



Canada's Councils in Action

QUEBEC REGIONAL COUNCIL

IN MEMORY OF A GREAT VINCENTIAN: THANK YOU JEAN-PAUL PARENT

On November 8, 2013, Jean-Paul Parent left us after a lengthy illness. He was 81 years old.

Jean-Paul was an active member of the Society of Saint Vincent de Paul for more than 50 years.

At first a member of the Saint-Jean-Baptiste Conference in Montréal, he then became its President, and later President of the same name Particular Council, Vice-President and then President of the Montréal Central Council, from 1975 until 1984, and finally, President of the Quebec Provincial Council.

For several years, Jean-Paul flirted with the idea of setting up a Provincial Council in Quebec, that he founded in 1986 and of which he was President until 1995.

He was the initiator of provincial Conferences gathering members of the Quebec province regions, to give them the opportunity of getting better acquainted, find out more about local realities, socialise together, obtain training on social laws, and strengthen their spirituality.

A regular at Annual General Assemblies of our Canadian Society, of which he was Vice-President from 1977 to 1988, he also worked hard at preparing, developing and implementing the International General Assembly of our Society in Montréal, in 1986, in addition to promoting a major SSVV exhibit at the Complexe Desjardins in Montréal, in the 80's.

Jean-Paul worked all his life for the city of Montréal. He started as a clerk on April 16, 1951, and he gradually climbed the ladder to end his career as Assistant Director of the city's Audit Department. A loyal employee, he knew how to highlight certain flaws that he could detect thanks to his expertise, but his soul, his reason for living, always remained the Society of Saint Vincent de Paul.

He always kept a lasting memory of his Vincentian life in the Saint-Jean-Baptiste Conference, located in a rather modest area with a few poorer districts. He made it a duty to visit, at home, those who called upon the Conference for help. How many stories he told me about what he considered his finest years as member of our Society.

He was the architect of the strong return of the Guignolées in the 90's in Quebec. When he thought that a project could be beneficial for the most disadvantaged, and likely to help the Society progress, he would push it forward resolutely. Jean-Paul loved the poor and the Society of Saint Vincent de Paul, for whom he always did his best.

Unmarried, his engagement had for him the value of a vocation. I personally had the privilege to work with him during 40 years. Naturally discreet, he did not like stardom. A generous man, he did not count the hours he gave to the Society and its beneficiaries. In fact, the Montréal Church expressed gratitude to Jean-Paul by awarding him the Ignace-Bourget Diocesan Merit through the hands of the Archbishop, in 1982. Attached to his Diocesan Church, he accepted to chair the Board of the Fondation du Grand Séminaire de Montréal, from 1997 to 2002.

As any good Vincentian, after serving as President, he went back to the grassroots as a member of the Saint-Justin Conference, in Montréal. Only illness could slow down his engagements towards the Society of Saint Vincent de Paul.

Jean-Paul was also very attached to his family and friends. Brotherhood, family gatherings, day-to-day life with his two sisters were for him a source of joy. Among his many friends, let us mention Father Francis Radenac, Lazarist, now deceased, long time Spiritual Advisor of the Montréal Central Council.

A great believer, he drew inspiration in the Eucharist and in Ozanam's writings. Let us hope that he found near Saint Vincent de Paul and the Blessed Frederic Ozanam that to which he dedicated his life; "charity, love never fail". (1 Co 13, 8).

André Boyer
President of the Émard-Saint-Paul Conference
Former President of the Montréal Central Council and of the Quebec Regional Council

Canada's Councils in Action

Father Giard, Jean-Paul Parent
and Eugène Tassé



Jean-Paul Parent surrounded by
Canadian Vincentians and the SSVP
Rwanda National President, in Paris, at
Frédéric Ozanam's beatification



Jean-Paul Parent, Ellen Schryburt,
National Past President and
Robert Martineau, National Past
President, in Paris, at
Frédéric Ozanam's beatification



Canada's Councils in Action

ONTARIO REGIONAL COUNCIL

HALTON YOUTH THINK INSIDE THE BOX!

Students at Holy Trinity Catholic Secondary School in Oakville, ON took a unique idea, added some youth-driven planning and ended up huddling together to support the clients of the Mary Mother of God Conference.

Almost 100 students participated in the second annual 'BYOB', Bring Your Own Box, awareness and fundraiser event. This group of hardy youth spent a cold day in November living outdoors, with only boxes for shelter and warmth, in their effort to raise awareness of the issues surrounding poverty. Their participation in social justice activities throughout the day, including participating in a 'soup line' provided by St. Vincent de Paul volunteers, was a true example of young people living their faith. The early winter weather, (including a brisk wind), certainly helped drive the point home that homelessness and poverty are both issues which our society urgently needs to address.

The funds personally raised by the students, in excess of \$2740, were donated to the Mary Mother of God Conference in recognition that everyone deserves to live in dignity. Thank you Holy Trinity students for thinking INSIDE the box!

Guided by the desire to help!

The Mary Mother of God Conference continues to be amazed by the power of a bunch of girls driven by the Guiding spirit. The 14th Oakville Girl Guide Unit is never short of ideas and our clients are always in the front of their minds when they brainstorm practical ways to help others.

The list is endless. The Guides have brightened the front steps of many of our clients' homes by potting up spring annuals for which they solicited donations from local merchants. These girls have personally baked and packaged cookies by the dozen to add to the Fresh Food Boxes we provide to our families monthly. The Guides have not only held a book drive but created kits so the children who receive a book (or two) can make their own bookmarks-easy to do, colourful and fun. Finally, at Christmas time the group of Guiders is one of the first to sponsor a family, providing food, toys and other special items to brighten the season for others.

Guided by the desire to help, a small group of girls continues to improve the lives of the clients of St. Vincent de Paul. Well done 14th Oakville Guides!

Linda Alexander
Mary Mother of God Conference



Canada's Councils in Action

ONTARIO REGIONAL COUNCIL

PEEL NORTH PARTICULAR COUNCIL - PHILIPPINE PROJECT - NOVEMBER/DECEMBER 2013



In 2010 we responded to a tragedy in the Philippines. We sent 12 cartons directly to the St. Vincent de Paul National Office in Manila.

We got great support from our Vincentian congregation and financial support from the Ontario Region of our Society.

These factors made this project possible. Without our benefactors we could do very little.

In November, again the Philippines were devastated with thousands dead and winds close to 300 Km destroying a wide swath across the central part of the Philippines. What was left behind was thousands of dead and piles of rubble that were the humble dwellings of those Philippine people affected.

These unfortunate people who survived had no food, water, places for shelter or clothing other than what they were wearing. Children were injured and walking around with open cuts and nothing to even put around them.

We watched a video where a bulldozer was pushing body bags into mass graves.

How could people not respond? Canada was one of the first in with military personnel and equipment for purifying water. I'm sure, as Canadians, we are proud when we see our military doing peace keeping humanitarian acts such as this.

Our Particular Council decided that we should do some small part to help those suffering in the Philippines. We

all know many Philippine people so it is more personal. Having done this before, we knew what to do.

Putting out a request for help by e-mail was all it took. Shipping boxes were ordered and materials started coming in. Our shipper sends the boxes directly door-to-door to families in the Philippines. In some cases several boxes went to one address to be picked up by a person who, right now, has no address. The shipments are tracked.

A Philippine friend of ours, Mary Ann provided the names and addresses. More than that, she made phone contact and got their input as we filled the boxes on Friday evening and Saturday. Saturday Mary Teng from St. Leonard Conference worked, as well as Tom Reilly, John Fitzgerald, Henderson Veira, Jackie Maisoneuve, Shirley and I.

Without homes or even roofs we decided to purchase 33, 10' X 12' Tarpaulins. We had a lot of food donated from Saint Leonard Conference and additional pasta. We had a lot of donated school supplies and backpacks. Shirley went shopping and came back with about 20 8kg bags of rice, powdered milk, coffee and peanut butter, as well as, small first aid kits.

One of the schools brought a large amount of summer clothes and shoes for both children and adults. Other people stopped by with donations. We received a donation from one individual and a generous donation from a bordering Conference. ▶▶▶



Canada's Councils in Action

We are sincerely grateful for the help and also understand that the SSVP Ontario Region will be offering financial assistance.

Boxes have to be totally covered with tape to make them waterproof for their journey which could take up to eight weeks

Two shipping companies are being used. Both companies have a good name. We will know when each is delivered and the condition of the shipment.

Sunday evening and 12 boxes for shipment and eight more waiting for addresses and nine more empty boxes ordered for Monday.

Toys For The Philippines

Food and clothing are a necessity and rightly so this is always the priority.

However, Thanks to the generosity of Saint John of The Cross Conference we received a donation of toys for the Philippine children. These were surplus after all local needs that they were aware of were filled.

We are happy that we will put a bit of joy and excitement in the lives of 40 or more small children. And these children are the victims also. Getting these toys, packing them up and shipping them is really not a very big or expensive task.

Could we do more? How many small communities in Northern Canada need help?

There are 133 First Nation Groups in Ontario alone. A good number are self sufficient. However, many are small groups with some seasonal employment and a lot of needs.

Last June at the AGA we heard about a conference bringing food to children in a Northern community who hadn't eaten for two days. They also stated that there were many more communities in the same situation.

As Vincentians, could we do more. Imagine if each conference took on one group to help at Christmas or maybe through the year the difference we could make. If we know where these conditions exist how can we refuse? Just something to think about.

**William Graham, President
Peel Nord Particular Council**



Canada's Councils in Action

ONTARIO REGIONAL COUNCIL

Healthy Eating Out of a Food Bank

Healthy eating out of a food bank is yet another way Vincentians can help in all possible ways. It is a new program created in Canada's most southerly conference, St John de Brebeuf Conference in Kingsville, Ontario. This new program will be made available electronically to every conference in Canada free of charge beginning with the first issue in spring 2014 and continuing quarterly at the start of each season.

It was created in December 2013 while SSVP was participating in the semi-annual food drive sponsored by Loblaw Canada and Food Banks Canada. It was there, when I first met the in-store dietitian who was helping local shoppers make healthy choices for their family meals.

So meet Chantal Brazeau, RD. Chantal is a registered dietitian working in her chosen field of nutrition and healthy living. Chantal, originally from Ottawa, obtained her first degree in Sport & Physical Education from Laurentian University in 2007. Then off to British Columbia where she worked for a year and discovered her real calling: sport nutrition. So back to University of Ottawa entering their Nutrition Sciences program to pursue a career in community nutrition. After earning her degree, she became a registered dietitian and is currently employed as an in-store Registered Dietitian for Windsor area Zehrs Markets sharing her time between stores in LaSalle and Kingsville Ontario. These are just the first few steps in achieving her long term goals as she strives to have a positive impact on the health and wellness of Canadians. This is what makes her smile.

She is passionate about healthy living and helping people lead an active and healthy lifestyle. As in-store dietitian, her primary objective is to provide tools to the customers in order to help them make more conscious food choices for their everyday lives and their families. Her personal goal is to touch as many Canadians as possible in order to promote long term health.

When Chantal is not offering nutritional advice or training and sharing her cooking skills and recipes, she can

be found running the local country roads, experimenting and trying new recipes in the kitchen or enjoying time with family and friends.



Chantal Brazeau, RD

Aside from what Chantal is doing in the LaSalle to Kingsville area, there are many other grocery stores all across Canada that offer in-store dietitian consulting services. At any one of those locations, you may obtain helpful instruction on dietary improvements tailored specifically to your needs. Everyone should be encouraged to take advantage of these programs for yourself and your families.

Now, Chantal, welcome to our world of SSVP.

Chantal and her associates, will create a quarterly newsletter with a very specific theme. We realize that families who receive food from food banks, do not always have full range of choices in food selection, and often, based on financial limitations, do not select enough nor sometimes the best items for their diet. Here is where Chantal and her associates will put their training and skills into action helping individuals and families with nutritional dietary options that make sense and is within their budget.

The newsletter will be themed for each new season of the year. In it, there will be at least two sections and sometimes three: (1) a nutritional segment, describing some element of healthy eating, nutrient values and daily requirements, etc, (2) meal suggestions created out of food most commonly found in food banks, and (3) selected special articles. For example, it may include a short segment about balancing the diet from the major food groups, or how to read and understand packaging labels, then include a suggested way (menu and recipe) to improve the nutrient value of a Mac & Cheese dinner. Occasionally, special articles on active living and other health improving strategies may be included. ▶▶▶

Canada's Councils in Action



HEALTHY EATING OUT OF A FOOD BANK



SPRING 2014 DIETITIAN NEWSLETTER : Pros of Protein

Many of the foods available in food banks are nutritionally valuable. One of the nutrients found in many of these foods is **PROTEIN**. Protein is responsible for helping the entire body to function. Here are some of Chantal's tips on how you can improve your diet!



Did you know?



Protein helps you feel full longer



Protein helps to control blood sugar levels (important when you have Diabetes)



Protein helps with weight management

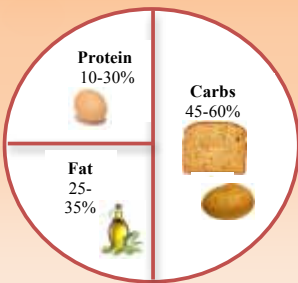


Protein helps to maintain a healthy immune system (fight off viruses)



Protein is a component of healthy hair, nails, skin and muscle

A balanced plate looks like...



Take a peek at the label!

Ask yourself, "Where is my protein in each meal?" This is where protein can be found on a food label. Aim for **30 grams of protein per meal**.



Nutrition Facts	
Serving Size (1/2 cup)	
Servings Per Container	
Amount Per Serving	
Calories 110	Calories from Fat 40
<hr/>	
Total Fat 4.5g	7%
Saturated Fat 0.5g	10%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 17g	6%
Dietary Fiber 3g	12%
<hr/>	
Protein 3g	
<hr/>	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 2%

Developed by: Chelsea Laramie, Wayne State University Nutrition & Food Science program
 Edited by: Chantal Brazeau, Registered Dietitian in Windsor Essex-County

The newsletters will be available to all SSVP conferences and councils through a link found within SSVP National website and/or Ontario Regional website. All conferences are encouraged to download the file in PDF format and print the file and copy (back-to-back) as many copies as you wish to include in every bag or box of food that you distribute. You will probably copy in black and white only, but the full colour version of each seasonal issue will be available on-line (as noted below).

One last item for our program. You are asked to help us gauge the breath of distribution that this program is achieving. If you download the newsletter and plan to use it in your local area for those you serve, please send an e-mail to the following and include your conference name and location and tell us how many families you serve including number of adults and children (X families, Y adults, Z children). In general, last year's 2013 totals will be satisfactory for our purpose. This data may be useful to us in future

Canada's Councils in Action

newsletters as we can target specific elements to specific age groups.

The first newsletter for spring 2014 is now available. Look for the newsletter in the following websites:

National - <http://www.ssvp.ca/Vincentian-Life/Special-Projects>

Ontario - <http://www.ssvp.on.ca/rc/index.php>

E-mail your intended usage and coverage to: ssvpkingsvillecanada@hotmail.com

The combination of Chantal's goal to touch many Canadians to promote long term health, and our SSVP goal to serve the poor in all possible ways makes for a winning program for health professionals, for SSVP and for those we serve.



















Now is the call for all conferences to get involved in this project finding yet another new way to help the poor. Help us to serve the poor even better with love, respect, justice and joy and now with healthy eating habits.



HEALTHY EATING OUT OF A FOOD BANK



Snack & Meal suggestions using food bank & grocery store items:

Breakfast "Break-the-fast"	Peanut Butter 	Whole Grain Toast 	Banana 
AM Snack	Yogurt 	Granola 	Canned Fruit 
Lunch	Canned Tuna 	Mac n Cheese 	Mixed Vegetables 
PM Snack	Cheese 	Crackers 	Canned Fruit 
Dinner	Beans 	Pasta 	Pasta Sauce 
Evening Snack	Milk 	Cereal 	Applesauce 



Include 3 out of 4 food groups listed on Canada's Food Guide at each meal & snack:

Vegetables & Fruit

Grain Products

Milk and Alternatives

Meat and Alternatives

Developed by: Chelsea Laramie, Wayne State University Nutrition & Food Science program
Edited by: Chantal Brazeau, Registered Dietitian in Windsor Essex-County

Canada's Councils in Action

WESTERN REGIONAL COUNCIL

THE JOURNEY HOME – A STORY OF VINCENTIAN LOVE ACROSS CANADA

In February this year, St. Michael's Conference in Calgary had a decision to make on a case which was very far reaching. This family, single mom Marilyn (not her real name) and 7 year old autistic son, Michael (not his real name) had reached the end of their financial rope. Housing in Calgary is very costly and the pension Marilyn received for her long term disease could not carry them through. Marilyn made the decision to move home to Dartmouth Nova Scotia as she wanted Michael to know his grandmother and she wanted to place him in a school system known for success with autistic children in Dartmouth.

At the SSVP meeting on February 27, Tony L'Heureux brought forth a suggestion to use the relay system across Canada which we had been successful 4 times in the past. This required starting Marilyn off with enough money to get to her destination. Each Regional President was called to help with the contacts and no one said "no". Everything fell into place with such love and joy. The gifts from the Regional Councils were the gift of time and talent. However, treasure entered the picture from each area. The most important was the presence of Vincentians who really cared.

LET US PUT OUR FAITH INTO ACTION

First thing we did in Calgary was establish people who would pray each day of their journey. We had several covering each day and hour. Vincentians prayed across the country. Marilyn embraced each prayer from so many people and she was truly overwhelmed and felt the love. She knew God was with her and Michael. Special thanks to Jim Paddon for suggesting we were following Ozanam in a network of charity and for his immediate action to move Marilyn and Michael through Ontario (so big). My heartfelt thanks to Paulette Crawford President and the Vincentians for giving a resounding yes to this journey even though funds were a little low at the time, due to helping immigrants and flood victims and the high cost of Calgary housing. If I forgot anyone, please forgive me.

Day 1: The weather across Canada was not very good. The movers were booked, personal items were packed into the car and gift cards were purchased. Marilyn and

Michael left Calgary at 10:35 Wednesday March 5, 2014 (Ash Wednesday). The weather was in their favour. . The 727 klms were uneventful, however they arrived in Regina very tired but happy to be welcomed by Carol and Chris who provided her and Michael with accommodation, food, gas and with the most important gift of Vincentian love and Spirituality.

Day 2: Thursday March 6, 2014. Marilyn and Michael were off with full tummies and a full tank of gas. Craig and Simone Cameron of Winnipeg were notified by Carol of the departure time. As pre-arranged Marilyn contacted Craig an hour prior to her arrival in Winnipeg. Everything was in order for her stay with a friend in Winnipeg which hit a little glitch and to the rescue came Craig and Simone who gave them accommodation in their home. Michael has made a hit with his new friends. This generosity was amazing and you could see God's hand in the situation. Craig and Simone decided Marilyn should sleep in while they played with Michael. They truly bonded. They filled her car, fed them and sent them off with prayers to Thunder Bay

Day 3: Friday March 7, 2014. Jim Paddon suggested they may want to stop sooner as the drive would be hard and weather was changing. However, weather and roads were good and Marilyn decided to push on to Thunder Bay, Ontario. She was very tired and had already spoken to Eileen Pelletier who had arranged for accommodation at the Comfort Inn which included Breakfast. Eileen met her in the morning and prepared her for the trip with gas, food etc. Marilyn is so thankful for the continuing prayers and returns them to all who is helping her.

Day 4: Saturday March 8, 2014 left for Sault Ste Marie to meet Nathan Cicchelli at Vincent Place. As Nat's shift was over, his workmate gave her directions to the hotel they set up for them. They left the next morning with gas food, alive with the prayers and love from Vincentians and heading to Sudbury.

Day 5: Sunday March 9, 2014 arrived in Sudbury and met with Rod and Maria Harte and 2 daughters. SSVP owns a house next to the thrift store where they were put up overnight as it was conveniently vacant. They had a

Canada's Councils in Action

marvelous time with the Harte family and memories of their stay are embedded on their hearts. Michael had fun playing with the girls and being entertained. Maria says, "We are so grateful to be part of this wonderful relay." The experience for Marilyn and Michael was awesome and Marilyn felt the prayers and said, "God is driving with me. We are safe."

Day 6: Monday March 10, 2014 arrived in Ottawa. They stayed with a long time friend and met with Bernie Hartlin in the evening. He gave her weather forecast and directions to Quebec. Due to the brutal storm Bernie suggested they stay and wait out the storm. They stayed for a few days and left in good weather and once again with gas and Bernie's great directions to La Pocatiere. Bernie called Jacquelyne Lord advising her of their departure.

Day 7: Thursday March 13, 2014. Jacquelyne and Gerard Lord met with Marilyn and Michael and made them feel most welcome. They enjoyed a home cooked gluten free dinner complete with soup, desert and muffins. Jacquelyne had planned this menu and enjoyed the creating and shopping. Their love and service to Marilyn and Michael made Marilyn feel once again the hand of God and a tremendous respect for SSVP. She had muffins to go for the trip which Michael loved as did Marilyn and a full tank of gas and they headed on for New Brunswick.

Day 8: Friday March 14, 2014. They arrived in Moncton NB where they stayed at a roadside hotel using the emergency funds we supplied and Marilyn tucked away. There was no Vincentian to greet her in Moncton as there was no SSVP. This is the first day without Vincentian Family but the prayers continued and she has always felt blessed on this trip.

Day 9: Saturday March 15 arrived in Dartmouth and met John MacKinnon who had arranged for a hotel close to her rental as her furniture had not arrived. When the furniture finally came there was a cost overrun and John was able to not only help her with the move in but handled the cost overrun until St. Michael's Conference in Calgary could reimburse St. Peter's in Dartmouth. John also helped her in looking for a better place as

the accommodations rented sight unseen are not suitable. The landlord has let her out of her lease. Special thanks to Valerie Getson who helped us to connect with John. Mission is accomplished Marilyn and Michael are home. Please continue with prayers.

The Canadian Vincentian family is so special and we are truly blessed to have Vincentians who would come to the aid of strangers from outside of their area and be a team of success. The total trip was 4964 Kilometers and you accomplished this with the hand of God on the steering wheel and in the welcome support. Jacquelyne called you "Angels" and you are angels living the Mission Statement to serve Christ in all we serve. God bless all of you.

Marilyn's words: "We appreciate all the kind hearted, warm hosting and pointing in the right direction; the financial help to make it from Calgary to Nova Scotia. Without you all, we could not have made it! It was a huge trip which was mostly bare roads in the middle of the winter. Often, when we arrived we got snow, but woke up to find highways clear. God's graciousness was HUGE. We were moved by God's support and the support of the Catholic Church – Society of Saint Vincent de Paul throughout the country. When I first heard how this would work, I was amazed there could be such connection and so very thankful we could have friends to connect with along the way. As many of you know I drove with God the whole way. I have a chronic illness and my son is chronically ill as well. Most of the time, I was constantly praying. When God told me to go for the growth of my son's life, I hesitantly took up the charge knowing how much of a trip it would be. God held us the whole way. . . Spiritually, physically giving us strength, emotionally, and mentally through your help, prayers and gracious presence. I thank God for all of you and continue to ask Him to Bless You for your Love abundantly!! With kindness and a thankful heart. . ."

"I would like to embrace the World in a network of Charity." Blessed Frederic Ozanam

Lynn L'Heureux, Calgary

Canada's Councils in Action

B.C. & YUKON REGIONAL COUNCIL

A New Conference Does Not Slow Down

The Society of Saint Vincent de Paul, Our Lady of Lourdes in West Kelowna BC started up in the spring of 2012. The then fifteen member group stocked the pantry and made themselves visible to the public and the parish community with a pamphlet they compiled of local services to help the poor.

They then set their sights on other areas like sending supplies to a starving community at Paulatuk, North West Territories.

In 2013 they put on a summer barbeque for and at Ozanam House in Kelowna feeding nineteen residence of the men's rehab facility. Another dinner is planned for later in February of 2014. As well they have gathered from the parish, towels and single sheets and taken them to Ozanam House.

The students at the Our Lady of Lourdes School have been encouraged by the Conference to bring small items for the hampers that go out to the poor. At Christmas time they took it upon themselves to feed seven large families and even included gifts.

Another undertaking has been to train and financially assist a new Conference at Williams Lake BC.

More recently the Conference is involved with the parish in a community wide venture to feed the homeless youth in a Youth Food Program.

**Brenda Daoust Walliser, Vice-President
Our Lady of Lourdes, West Kelowna BC**



Alberta Vincentians in St. Albert Are Proud of Their Roots Visit of the St. Albert Mission Hill as part of the National AGA

The St. Albert Conference of the Society of Saint Vincent de Paul is proud of how the Catholic Community developed in Alberta and they invite the delegates attending the National AGA/AGM to tour the St. Albert Mission Hill. This tour will be conducted by Ray Pinco, President of the Historical Society. Your bilingual host will introduce you to Alberta's oldest non-fortified community, established by Father Albert Lacombe OMI in 1861. You will visit the Lacombe Chapel, the oldest standing log cabin, a protected historical site. You will tour the Holy Grounds, the Crypt the resting place of Father Lacombe, Bishop Grandin and Father Leduc and the Grotto, a replica of the Shrine in Lourdes, France.

Your host will share the story of the arrival of the three Grey Nuns. It was in 1863 at the request of Father Lacombe that Sister Alphonse opened the first school, followed by a small hospital in 1864. By 1870 St. Albert was the largest settlement West of St. Boniface. The population of 1000 included both Métis, and white settlers.

Today St. Albert is a community of 60,000 residents. One of its most interesting landmarks is St. Albert Place, designed by Douglass Cardinal a renowned Canadian Architect. This unique building is home to the City Council, the Arden Theatre, Heritage Museum and visual art studios. Standing on top of Mission Hill, next to the statue of Father Lacombe this multi-faceted City edifice is in full view along the banks of the Sturgeon River.

Hidden in the midst of the historic Mission District is the Michif Cultural and Research Institute and Museum which depicts the rich Métis history. This museum showcases a collection of Métis specific items, as well as a pictorial history. The museum works to protect, preserve and promote the Métis of St. Albert and Alberta.

St. Albert is the Botanical Arts City of Alberta with an 18 acre botanic park of blooms and foliage and home to the largest public rose garden in the province.

St. Albert is home to the Northern Alberta International Children's Festival and the largest outdoor Farmers' Market in Western Canada. Local Vincentians extend a warm invitation to the Delegates of 2014 SSVP National AGA/AGM and welcome all to visit the "Cradle of Catholicism of the Great West" - St. Albert.



AGA 2014

WESTERN REGIONAL COUNCIL

Vincentians and the “New Evangelism”

A Tour and Seminar at Newman Theological College / St. Joseph Seminary

hosted by Rev. Stefano Penna

June 11 at 1:00 pm as part of the National AGA



“ So many of our brothers and sisters are living without the strength, light and consolation born of friendship with Jesus Christ, without a community of faith to support them, without meaning and a goal in life:... at our door people are starving and Jesus does not tire of saying to us “Give them something to eat” (Mk 6:37) (*Evangelii Gaudium*, 46)” .With these words Pope Francis exhorts us to go out to the “periphery”, as a “poor Church for the poor”. How this must touch the heart of Vincentians as we realize how our work is at the center of Pope Francis’ invitation to the “New Evangelization” which Blessed John Paul II called for thirty years ago and which Pope Benedict XVI made a primary focus of his papacy.

The Society of St Vincent de Paul’s mission has always been implicitly a channel of evangelization to the “Poor” and to those we meet as part of our services. More than ever, the call to “New Evangelization” invites us not just to serve the poor but *explicitly proclaim* Who it is that serves them through us. “Those who hear you hear me” (Lk. 10:16) says the one who wishes to be the friend whom the poor know by name. The poor might know our good works, but do they know Jesus Christ in whom “we live, and move, and have our being”? The call to “give them something to eat” in service to the poor is ultimately only a part of the Great Commission – to “Baptize all nations, in the name of the Father and the Son and the Holy Spirit”. The poor are hungry for more than just material justice – they are hungry for meaning, for love ... for God. In this we are all spiritually poor.

In Mother Teresa’s words, North America is rich in material goods, but really poor in the Spirit. In our environment here, we should naturally be more in tune to serving the poor in the Spirit while not neglecting the poor in material and social situations. How can we serve the Poor better than to take part in the New Evangelization in spreading the Good News of God in our own parish among estranged Catholics, the lukewarm and all who - irrespective of their material and social conditions - have yet to know God’s Good News: Jesus Christ alive in His Church.

This challenges many of us for whom faith has become habitual, and belief has not been enriched by study for a long time. There are rich resources to help us across Canada, leading among which is Newman Theological College and St Joseph Seminary. Since 1969 Newman College has been a keystone in the spiritual formation, development and guidance of pastoral and professional ministries as well as lay apostleship in the Archdiocese of Edmonton and Western Canada. With the launch of the Pope Benedict XVI Institute for the New Evangelization, NTC has developed rich resources – both accessed live and on-line – for folks like us Vincentians to equip

ourselves for this new moment of service on the periphery. We invite you to visit this beautiful campus as Seminary and College host the Society on a tour.

The tour will include three parts:

- A brief tour and explanation of the facilities and resources of both the Newman Theological College and St. Joseph Seminary.
- A discussion facilitated by Fr. Stefano Penna – Director of the Benedict XVI Institute - on New Evangelization and the Society of St. Vincent de Paul.
- A Practical presentation of how Vincentians – wherever in Canada they may be – might utilize the rich resources of the Newman Theological College to deepen our appreciation of the treasures of our common Faith.

Register for this tour at the 2014 National AGA online at www.ssvp.ca/GeneralAssembly/Registration

Rev. Stefano Penna
Vice President for
College Advancement &
Development



St. Joseph Seminary Chapel



St. Joseph Seminary

In Memoriam

It is with deep regret that we announce the following deaths:

- Alice Hall**, St. Thomas More Conference, Niagara Falls ON, January 23, 2013
Doreen Lisle, St. Mary Conference, Campbellford ON, June 28, 2013
Ted Bicknell, St. Timothy Conference, Winnipeg MB, June 29, 2013
Rosemary Woods, Charles Garnier Conference, Kelowna BC, July 2013
Simone Lamoureux, St-Léonard Conference, Montréal QC, July 2, 2013
Mr. Arnie Sprogis, St. Albert Conference, Edmonton AB, July 16, 2013
Meril Willick, St. Thomas More Conference, Niagara Falls ON, July 18, 2013
Louis Gouin, St. Ann Conference, Tecumseh ON, July 30, 2013
Mike Clifford, London Particular Council ON, July 31, 2013
Linda Olaksew, Our Lady of Perpetual Help Conference, Kamloop BC, August 2013
Mike McCormick, East West Fraser Particular Council, BC, August 2013
Ken Cross, Peterborough ON, August 2013
Angus Lafford, St. Patrick's Conference, Caledonia ON, August 23, 2013
Lorraine Duxbury, Holy Family Conference, Amherst NS, August 31, 2013
Hubert Riekenbrauck, St. Anthony of Padua Conference, Kincardine ON, August 31, 2013
Gerry McDonnell, Holy Rosary Conference, Burlington ON, September 1, 2013
Denis Hamel, Conference of Victoriaville QC, September 7, 2013
Tony Unholzer, Holy Name of Jesus Conference, Essex ON, September 10, 2013
Jim Bissonette, St. Mary's Conference, Grafton ON, September 19, 2013
Bev Honsberger, Holy Rosary Conference, Burlington ON, September 23, 2013
Gene Minard, St. John Baptist Conference, Amherstburg ON, September 30, 2013
Roland Meloche, Ste-Angèle Conference, St-Léonard QC, September 2013
Margaret Kelly, St. John of The Cross Conference, Mississauga, Ontario
Alfred "Zeno" OBrien, Holy Redeemer Conference, Charlottetown PE, October 2013
Pierrette Cousineau, St-Thomas d'Aquin Conference, Ottawa ON, October 2, 2013
Jean-Paul Parent, Montreal Central Council, Quebec Provincial Council, National Council, November 8, 2013
Willa "Billie" Sinnott, Holy Redeemer Conference, Charlottetown PE, December 2013
Moira Duffy, St. Dunstan's Basilica Conference, Charlottetown PE, December 16, 2013
Georges Landry, Saguenay Lac St-Jean Central Council QC, December 19, 2013
André Picard, Maison Ozanam, Repentigny QC, December 21, 2013
Alphonse Charron, St. Paul's Conference, Thamesville ON, January 4, 2014
Glenn Peltier, Blessed Sacrament Conference, Chatham ON, January 4, 2014
Renée Lessard (born Caron), Maison Ozanam, Repentigny QC, January 4, 2014
Clément Dion, Saint-Charles Garnier Conference, Québec QC, January 28, 2014
Ron Tarnowski, Edmonton South Particular Council AB, February 3, 2014
Paul-Émile Meunier, St-Charles-Borromée Conference, Vanier ON, February 21, 2014
Floyd Morin, St. Stephen Conference, North Vancouver BC, April 11, 2014

They were our brothers and sisters serving the poor.

Lord, we pray that all the good they did bear fruit and be continued.

Help us keep their memory alive in our hearts. Let us keep them in our prayers.

Please send your death notices to editor@ssvp.ca