

St. Michael's Parish Newsletter

*A welcoming Eucharistic community,
sharing Faith and reaching out to all*

Remember the Sabbath

Dear People of St. Michael's,

The admonition of the Ten Commandments is based on the beginning of the discussion:



IF GOD IS GOD THEN

I. You will have no other God beside me

II. You will honour my name

III. You will keep the Sabbath holy

IV. You will honour your Father and Mother

V. You will not steal

VI. You will not commit adultery

VII. You will not kill

VIII. You will not bear false witness against your fellow human being

IX. You will not desire your neighbour's house

X. You will not desire your neighbour's wife or husband

These commandments are the pattern by which we live as the followers of God. One of the areas that our culture is challenging today is the keeping of the Sabbath. The Sabbath has become like any other day. We shop, we go to the movies, we sit at hockey games, soccer games, and baseball games. What makes the Sabbath day different? Is there a family meal? Is there time spent as family? Do we make the Sabbath holy by worshipping the God who loves us? God takes worship seriously. Isaiah the prophet says "If you honour the Sabbath, not going your own way, serving your own interests, or pursuing your own affairs, then you shall take delight in the Lord." Which comes first, honouring the Sabbath or delighting in the Lord? We live in a frantic world, oppressed by schedules and deadlines. We are yoked by debt and obligation. The Sabbath is God's gift to us. The Sabbath reminds us that the Creator is in charge and we are not. The Sabbath allows us to enjoy God's good creation and rest

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Parish Feast Day

You are invited to the Feast of St. Michael's Parish

after the 5:30 Mass on Saturday, September 29 or after the 8:30, 10:30, or 12:30 Mass on Sunday, September 30 for various light refreshments in the parish hall.

For more information, please contact Pat Estabrooks, 519-433-6689 ext. 201

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continued...

in God's providence. We become profoundly grateful when we take time to ponder the awesomeness of God. Worship should rise from the depth of our heart. We become aware that the God who restores the joy of our salvation longs to restore joy to all creation. Isaiah says that if we are in God's presence, then we must honour the Sabbath.

If we are to honour the Sabbath then our worship each Sunday must be the best that we can give. Our presence must be timeless. We must arrive early and not leave in a hurry. Our music must be praise. Our response must be with great energy. This provides a challenge: are we giving the best we can to God each and every Sunday? I believe the Parish including our ministers of music, Eucharist ministers, readers, servers, ushers, welcoming committee, the sacristans, the decorating committee are giving greatly to God. All these ministries are brought to life by those who wish to give their best to God.

Thank you to each and every one of you helping us to keep the Sabbath holy.

Fr Murray

To Our Readers

by the Editors
Keith Rodrigues and Paul Tremblay

It is always a pleasure to work on the newsletter and see a new message unfold with each new issue. Fr. Murray begins with a message about honouring the Sabbath. There is a sense of freedom in that message. One is reminded that the Ten Commandments are not just rules, but as T. Radcliffe, OP, in his book, *What is the Point of Being a Christian?*, points out, the commandments tell us who we are. You will find a variety of articles in this issue, which once again show that our Parish is living its call as the Body of Christ. This is evident in the work outlined in this issue of our Youth Ministry, of a parishioner who has travelled to Haiti, of those who work with Development and Peace, and of those who have started a new ministry of care.

The Annual Report is in this issue. It includes an interview with Fr. Murray, the financial report, and a report by the Parish Pastoral Council and the Youth Commission. We would like to express our appreciation to Vincent Taylor and Michelle and John Cavaliere, three previous members of the Newsletter team who have been instrumental in building up the Newsletter along the years to the final product that you see today. We also thank Lorne Plooard for his contributions to the team and his inspiring articles, and we wish him well.

We are always looking for new articles and contributions from parishioners who witness the Spirit in our parish. All of us have been blessed with imagination and creativity.

Our Newsletter Team: Carmen Gicante, Terry McBride, Lorne Plooard, Keith Rodrigues, Nic Snary and Paul and Joanne Tremblay

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The Sacrament of Reconciliation

by Lorne Plooard

Finally, the day is drawing to a close; you're climbing into bed only to suddenly recall you've overlooked something. You lie there in bed, in contention wondering what it is you were supposed to do. You remember it was really important and you realize that it's now too late to accomplish the task. See, today you forgot to go to confession. You imagine the rest of your week before Sunday mass, and it's filled with soccer practices for the kids, grocery shopping and getting the house in order for the in-laws' weekend visit. Knowing how busy the priest is on a Sunday, you resolve to say a quick prayer asking God to make sure the priest has enough time prior to mass to hear your short confession. You even begin to reflect on what you'll say to the priest in the confessional.

Most people hate thinking about their weaknesses. And we certainly don't want to talk about them with anyone else. But what are your weaknesses? The process of identifying one's strengths and weaknesses is really at the heart of what it means to be Catholic. Great men and women want to know their weaknesses. They see in their weaknesses the possibility of transforming them into strengths and thereby discovering a richer, more abundant future. I want to introduce you to a very modern perspective on the sacrament of reconciliation from the Catholic author Matthew Kelly and his book, *Rediscovering Catholicism*, in which he states:

"I am immediately reminded of Michael Jordan and his rise to the NBA, when I think about the sacrament of reconciliation. As a teenager growing up in North Carolina, Michael Jordan couldn't even make the high-school basketball team. Are you surprised? But now he

is one of the greatest basketball players in history. How does this happen? Michael Jordan realized that his game would change when his habits changed. In high school Michael Jordan trained harder and longer than anyone else on the team or on the bench. The training allowed him to increase his skills and finally gain a spot on his college basketball team. But when he made it to college basketball, his percentages from the free-throw line were weak. So, for almost ten years, Jordan made more than five hundred free throws a day. Let me clarify. He didn't shoot five hundred shots; he would stay up late at night until he made five hundred baskets. When would you next go to bed if you couldn't go to bed until you had made five hundred free throws? When would you next go to bed if you had not first gone to confession?"



As Matthew Kelly would say, "our lives change when our habits change." Receiving the sacrament of reconciliation helps us to fully examine our actions, thoughts and habits that need to change now and to ask in what ways I can live more abundantly the life God has given me. Reconciliation allows us to admit our shortcomings and firmly resolve to avoid continuing any self-destructive patterns. Most importantly it reminds us that God is perfect and that we are all sinners in need of his mercy and salvation in Christ. It's the personal realization that we are imperfect, but perfectible by God's grace and mercy. So the question is when are you going to schedule time for your next confession? Remember, just make the time, and approach God in humility saying: "Father, forgive me for I have sinned."

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Ministry of Care

by Philomena Jacques

Four years ago, at a Parish Council Meeting, the idea of having a parish nurse to help those in need, was first proposed and debated. A Ministry of Caring workshop, based on a how-to book published by the Diocese of Saskatoon, at the Catholic Institute of Learning led to a decision to use this as a model at St. Michael's Parish. It inspired our vision of what was possible. We are reminded of our baptismal call: *"For I was hungry and you fed me; I was thirsty and you gave me water; I was naked and you clothed me; sick and in prison and you visited me."*

A decision was made by the council to begin a ministry that would act as "An Umbrella" for the many outreach ministries already existing in the parish. The goal was to support, enhance and synthesize current ministries. Based on the Saskatoon publication, we aim with this ministry to create a culture of care that would encourage and educate all parishioners.

In our faith community there are many individuals who suffer, often quietly, from isolation, loneliness, depression, loss of a loved one, chronic illness, physical disability, or being housebound due to lack of mobility.

Our Ministry of Care program invites parishioners to explore and reflect on the possibilities for serving these members of the community who may not be visible or feel connected to the community. Participation in this program is founded on our identity as Christians. In a sense it is more than just a program; it is an approach to caring for one another.

We hope that the infrastructure we are currently developing will concretely address these needs as well

as invite all parishioners to get involved, helping them to respond to the call to share in the healing ministry of Christ.

During the past six months, a committee has met to discuss and develop this new ministry. Our goal is to be operational by the time the Ministry Fair takes place on Oct. 21, 2012. On that day we will be ready for people to volunteer to be ministers of care.



A few reflections:

I am a volunteer/participant in several of the existing ministries at St. Michael's. I have many great stories to share about the benefits and fulfillment reaped from volunteerism.

From a very young age my mother instilled in me the phrases "Smile, God loves you" and "A smile is God's love in action." Throughout my life, this action has been my salvation through hard times, my opportunity,

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Ministry of Care

my venture into adventure and the gift to meet and help people in need whenever and wherever I can. The rewards are abundant. All people need to be acknowledged and cared about.

As an early immigrant to this country, I experienced the challenges first hand. There is a lot of stress that a family goes through in immigrating to another country. I remember those first few months in church when we felt like we were “in a crowd” or “with a crowd” or in a “full pew.” Yet, we felt “very alone.” It is quite an indescribable feeling; you only really know it if you’ve walked that path.

Five years ago I volunteered to take the Holy Eucharist to one of the shut-ins in our parish. I took it on because I felt I needed to do a “good deed.” Today I have to admit I have developed a love and friendship that I would not trade for anything in the world.

We all know about the nature of ripples. We throw a pebble into the water and it causes ripples. We say or do something and it causes ripples. We belong to a community – small or large – and our behaviour in that community causes ripples. All those ripples affect other people. So with this in mind, I would like to urge you all to seriously contemplate how you can do your part by volunteering to make this Ministry a success. We need all of you!

We as Canadians are among the most blessed in the world today. Let us share our blessing with good deeds. Thornton Wilder wrote: Gratitude is the best attitude!

Let us demonstrate it.

Music at 8:30 Mass



Holly and Tom

We are blessed at St. Michael's with many musical and singing talents in all our choirs. At the Sunday 8:30 morning mass, Holly Reiter directs the choir and Tom Hart is the organist. Originally from Waterloo, Holly recently graduated from Wilfrid Laurier University with a Bachelor's Degree in Honours Music specializing in voice performance. In addition to being vocal director at St. Michael's, Holly is also the Music Director for the Ingersoll Choral Society. She enjoys teaching voice and piano as an instructor in London. She operates a studio in Baden where she works with aspiring musicians and dance students who are interested in music. Tom is a retired teacher and former Head of the religion program at Mother Teresa School. He has a music degree from Western University and is also the organist at St. Mary's Parish.

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The Canadian Catholic Organization for Development and Peace is the official international development organization of the Catholic Church in Canada and the Canadian member of Caritas Internationalis. It is a membership led organization supported by parish collections, individual donations and government grants, principally from the Canadian International Development Agency (CIDA).

Development and Peace was founded in 1967 by the Canadian Conference of Catholic Bishops in response to Pope Paul VI's encyclical letter *Populorum Progressio* which states that "Development is the new word for Peace." Peace cannot be seen simply as the absence of war. It must be built daily and it must strive towards a more perfect justice among human beings.

To this end Development and Peace strives to promote alternatives to unfair social, political and economic structures. It educates the Canadian population about the causes of poverty and mobilizes Canadians towards action for change. In the struggle for human dignity, the organization forms alliances with northern and southern groups working for social change. It also supports women in their search for social and economic justice.

For over 40 years, Development and Peace has supported 15,200 local initiatives in fields such as agriculture, education, community action as well as the consolidation of peace and advocacy for human rights in 70 countries.

The St. Michael's Parish community and the Social Justice Committee believe that we have a responsibility to help the world's poor and disadvantaged, either by urging governments, corporations and others to implement change, or by donating time or money to support development efforts.

St. Michael's has been engaged in the Fall and Lenten initiatives of Development and Peace for several years and specifically in the last five years by advocating against the exploitation of natural resources related

to the mining industry, to the conversion of farmland for agro-industrial use, or to the threats posed by the privatization of water resources.

To this end we have added our voice in petitioning the Canadian government to call for increased accountability on the part of Canadian mining companies operating abroad. We have helped to support access to land for small-scale farmers in one of today's most dynamic social movements: food sovereignty. Recently we joined Development and Peace in taking the 2010 Fall Campaign no-bottled-water pledge in opposition to the privatization of municipal water systems in any form including bottled water companies. In defending their right to water we lend our support to small scale farmers in their ongoing efforts to realize food sovereignty.

This past year began a new five-year program whose centre, "ecological justice," makes connections between ecological issues, agricultural production and the exploitation of natural resources. Ecological justice means respect-



ing the earth and all living things because we are all connected and interdependent. By living in harmony with the earth and with each other, we can develop sustainable economies with justice for all within a world of finite resources. The Canadian Catholic Bishops put it this way: "The cry of the earth and the cry of the poor are one. Ecological harmony cannot exist in a world of unjust social structures."

As in previous years Development and Peace requested that we sign a card expressing our solidarity with small scale farmers attempting to implement sustainable farming methods. These methods can actually help to reduce climate change and cool the Earth by enriching the soil. Healthy soils trap up to 40 percent of greenhouse gases from the atmosphere. Composting, careful crop rotation, using traditional foods suited to local climate conditions and raising a variety of crops and livestock builds soil fertility, reduces the need for chemicals and protects local water sources. The result is a healthy human community

Fall and Lenten Campaigns

“Living well” describes a vision of life that puts ecological health, human dignity and social justice before economic objectives. Suggestions for “living well” include:

- Eat less meat and fewer dairy products. It takes about 10 times as much landscape (and hence energy) to produce a steak or cheeseburger, compared to a vegetarian meal. Livestock, in particular cattle, need to be fed with grain which could have otherwise been fed to people. Instead of meat, consider the rich nutritional value of legumes high protein, iron, fibre, and low saturated fat.
- Switch your daily brew to an organic, fair trade blend. Over 90 percent of the world’s coffee is sun-grown in tropical areas. This means that rainforest has been cleared and converted into farmlands to grow the beans in direct sunlight. The alternative organic, shade grown coffee, is grown in the shade of native trees. Protecting the trees allows for the preservation of the local ecosystem. Furthermore, the native trees prevent soil erosion which means that coffee beans can be grown without fertilizers and water contamination.
- Go loco for local! Supporting local farmers minimizes the energy spent on transportation. Go the extra mile (or that is, eliminate the extra mile) by having a vegetable garden or a fruit tree in your own backyard or community garden. Local food is easily found at farmers’ markets or just by choosing “Product of Ontario” foods at your local grocery store. Eat seasonally and organic whenever possible.
- Host a hundred mile dinner or pot luck to celebrate local food.
- Avoid individually packaged food. Buy in bulk.
- Choose food with the least packaging. Recycle packaging whenever possible. Invest in re-useable food containers. Challenge yourself and your children to pack “garbage-free” lunches.
- Avoid wasting food. Keep track of all the food that is allowed to expire or gets thrown out during a week. Ask yourself: “Am I buying too much?” Planning your meals for the week and putting the extra prepared food away in the freezer could help bring food waste to a minimum.
- Learn to can vegetables and fruit.
- Use rain barrels.
- Plant trees.

which not only feeds itself, but also sustains a healthy ecosystem.

In this light “Give it up” this past Lent took on a new and added significance. For a day or a week, during Lent, we were asked to give up our cars and use public transport, our bikes or our legs to get to work or perhaps to conserve our use of water.

Our education and action campaign during Lent continued with additional information provided in bulletin inserts and culminated with the presentation of the symbols of ecological justice, among them fair trade products, such as coffee, and our personal offerings on March 25th during the Solidarity Sunday liturgy.

Thank you, to all the parishioners of St. Michael’s for your generosity this year and in years past.

Unfortunately because of substantial reduction in funding from CIDA, Development and Peace will have to curtail by one third the number of organizations it aids. It will however make every effort to remain true to its mission to promote human rights, to strengthen democratic practices, and to lift millions of people out of poverty.

For our part, we the people of St. Michael’s will continue to join in support of this good work.

From the Social Justice Committee with contributions from: Lauren and Duc Mai, Teresa Johnston, Dorothy Solomon and Stephanie Gasparotto and sourced from the Development and Peace website www.devp.org and the diocesan D&P workshops.

***Together we hold the future
in our hands***



I met with Fr. Peter Amszej in June on a spring afternoon at St. Peter's Seminary to talk about his work at the seminary and his appointment as part-time Associate Pastor at St. Michael's Parish, beginning July 3rd. Fr. Peter will assist Father Murray on a part time basis while continuing to teach and mentor seminarians.

Fr. Peter is from London Ontario and studied mathematics, actuarial science, and library and information science at Western University. He worked as an actuarial associate at London Life for a few years before beginning his studies as a seminarian at St. Peter's in 1996. He was ordained to the priesthood in 2002 and was a parish priest in Leamington for two years. He then returned to St. Peter's Seminary as a full-time faculty member and formation advisor to seminarians. He teaches courses in moral theology, bioethics, missions and evangelization, and marriage and sexuality. Fr. Peter recently pursued doctoral studies in Rome at the Alphonsian Academy, a Graduate Institute of Moral Theology and is currently completing his doctoral dissertation.

I asked Fr. Peter about the education and formation programs at St. Peter's Seminary. The main program is the Masters of Divinity for seminarians and lay persons. This is a professional program that provides the background for ministry work. Fr. Murray, Fr. Peter and Fr. John as well as our pastoral ministers, Sr. Kathy, Natalie and Lorne have studied in this program. An advanced version of this program, the MDiv (Adv), offers additional courses and preparation for ordination to the priesthood. A third degree, the Master of Theological Studies, is an introductory program in theology that, instead of providing preparation for ministry work, serves those interested in furthering their knowledge of the Catholic theological tradition. Another rich resource at the Seminary is the Institute of Catholic Formation. It provides formation for various parish ministries with programs such as a Certificate in Pastoral Ministry, Parish Nursing, Permanent Diaconate, and Youth Ministry.

We discussed the 100th anniversary of St. Peter's Seminary, and Fr. Peter expressed great hope for the seminary to continue to provide educational programs

as needed. We also talked about the beauty of the seminary including the majestic building, the serene surroundings that are so amenable to prayer and meditation, and the chapel with its glorious windows. Fr. Peter noted that many people in London may not have visited

the Seminary. It should not remain a hidden treasure! Information about the seminary can be found at the following website: www.stpetersseminary.ca.

The current number of seminarians is not as large as it was in the 70s and 80s, but there is hope for a renewed vitality and increase in vocations to the priesthood. The seminary will also continue to address the need to train other people who work in ministry. The overall education and formation for the priesthood requires 8 years beginning with a 3-year BA in philosophy followed by a five-year program consisting of a two-year stage of theology, a year of pastoral work (comparable to an internship) followed by a final two-year stage of theology.

Fr. Peter expressed his enthusiasm in joining the pastoral team at St. Michael's and helping Fr. Murray. He is excited to return to parish ministry to celebrate the Sacraments and visit schools. In a number of ways, Fr. Peter was already connected to St. Michael's before his formal appointment. For example he is the Formation Advisor to the group of seminarians who do part of their training at St. Michael's. Fr. Peter has also assisted at various masses at St. Michael's.

I asked Fr. Peter which saints have inspired him. He mentioned Blessed Charles de Foucauld and St. Ignatius of Loyola who provided him with inspiration especially in his role as a formation advisor. Besides ministry and work at the seminary, Fr. Peter likes to follow news online. You might find a bit more about Fr. Peter, his travels, and his warm sense of humor at his casual blog, fatherpeteramszej.wordpress.com.



Haiti: Mountains Beyond Mountains

by Mary Ann Colihan,
Social Justice Committee

Haiti is not a simple place. The writer Tracy Kidder captured Haiti's enigma with the phrase "mountains beyond mountains." It is a good metaphor for a country with poverty that edges beyond comprehension into the highland mist. Yet the Haitian people, like the mountains, are resilient, and persevere no matter what nature throws at them.

The best way to see the rich diversity of the country and learn the fascinating complexities of its history is to go with an experienced organization that works in Haiti.

In June, I took an Exploration Trip with Rayjon Sharecare, a Sarnia-based NGO that has built successful relationships with Haitian partners for over 26 years. Rayjon Sharecare provides education, health care and community development services in both rural and urban locations in Haiti.

It is through the lens of these projects that Rayjon invites you to discover the real Haiti. To help visitors learn more, Rayjon invites local speakers to give presentations. As well we did site visits to see community development in action. One memorable trip was with a group of farmers working collectively in an agricultural area known as Fon Batis where up-country, lush fields enjoy distant ocean views.

We visited a Rayjon clinic and school in the Haut de St. Marc region and sang children's songs with the kindergarten class and toured a health clinic where, in addition to basic health care services, local children are immunized for free. The cholera epidemic in 2010 took a heavy toll in this area and access to health professionals is essential.

We spent most of the week in Cap-Haïtien, a city on the north coast of Haiti that bears a striking resemblance to New Orleans. French Colonial buildings are painted in tropical colours with wide verandahs and high ceilings.

Rayjon manages an important anti-poverty program here at the Sacred Heart Centre. They have a nutrition program for children, a pre-school, a health check-up clinic, counseling services and even a micro-credit and enterprise program for women who have had children come through the program and are ready to start a business.



We had a remarkable opportunity to get to know the Cap-Haïtien staff of Rayjon Sharecare. We kicked off the process with a Creole-English language lesson using proverbs to learn more about each other's culture. Several invited us to their homes. We were deeply touched by their generosity of spirit and care

and concern for the children and families of Sacred Heart. We shared an emotional day with parents of the Centre who described in some detail how their lives and the health of their children had improved. Sacred Heart staff members provide extra support for families in "Code Red" situations. We heard stories about children with hepatitis, ringworm and malnutrition such as that of a four year old child who weighed only five kilos when he arrived at the Centre.

St. Michael's Social Justice Committee has supported Rayjon Sharecare projects such as re-forestation. Haiti needs our care and support. Future initiatives will be announced in our bulletin.



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Youth Ministry: Spirit On Fire!

by Natalie MacKay

On Sunday June 10, 2012 close to 200 people gathered for an evening called "Spirit on Fire." There were many of our parishioners in attendance as well as those from Holy Family, St. Mary's, St. Peter's Cathedral and Our Lady of Sorrows in Aylmer. The evening was an opportunity to celebrate the gift of the Holy Spirit alive in our parish family as well as celebrate the past year of Youth Ministry at the parish. We hosted two special musical guests: Chris Bray, a local Catholic artist, and Fr. Stan Fortuna, a rapping priest from the Bronx.

The evening began with some Teen Night activities outside while the adults listened to Fr. Stan Fortuna speak and sing about the Holy Spirit in the life of the family. In the second half of the evening, Chris Bray and Fr. Stan Fortuna shared their talents, music and faith in a concert for all to enjoy. Parishioners of all ages were inspired, challenged and empowered to live a life led by the Holy Spirit through the songs. There were also wonderful moments for fellowship and conversation throughout the evening, and we are grateful to all those who made a free will offering to Youth Ministry at St. Michael's. We hope to host another Spirit on Fire evening June 2013.

Here are two reflections from youth who attended the concert:

I came to Spirit on Fire because I knew it was going to be a fun night and I always enjoy Teen

Nights. Especially knowing that the special musical guests were coming, there was more motivation to go. I came with my dad but wish I had brought a friend too. My favorite memory of the Teen Night was Father Stan rapping. He was funny, good at making music and still included the core of Christian faith in his lyrics. I can't exactly remember all of Father Stan's lyrics since he was free-styling, but he told me to relax and let God's words flow to me. The words of Chris Bray impacted me in a way that told me that God should be my everything and that I should worship Him.

Spirit on Fire means feeling the love of God and living your life trying to live as Jesus did, loving everyone. I always try to see other people's points of view and to put myself in their shoes and in turn see if I can help them if they have any needs. The Spirit on Fire evening did impact my faith in God and I would like to see another event like this next year - Ian Bagnas



Fr. John Jasica, Chris Bray,
Natalie MacKay and Fr. Stan Fortuna

Spirit on Fire night at St. Michael's parish was an exciting and enjoyable night. Lots of teens came to enjoy the activities. I decided to come because my friend, Sienna, invited me to come with her for the evening. The words of the concerts by Fr. Stan and Chris Bray were very effective with their songs. I believe that the parish coordinators were hosting these nights for us to have fun and learn more about God, and I hope they do it next year for teens to enjoy! - Maryam Nafea



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Youth Ministry Events 2012-2013

September - December 2012

- Youth Ministry Fair (September 15-16 after all masses in the hall)
- Spirit Day Rally for Grade 8's (October 13 in Woodstock, ON)
- Teen Nights (twice a month)
- Family Nights (4 a year – stay tuned!)
- Word on the Page (blog)
- Sacrament of Confirmation Preparation in classes (Sept - Dec)
- Family Christmas Party (Sun Dec 2, 1:30-3:30)
- Christmas Card Art Contest
- Youth Testimonies in September and Christmas newsletters
- Youth Ministry Bulletin Boards (weekly and monthly updates)
- Youth Ministry Pulpit Announcements



January – June 2013

- Teen Nights (twice a month)
- Family Nights (4 a year – stay tuned!)
- Word on the Page (blog)
- Sacrament of Confirmation (Jan - May) Retreat, catechesis, service day at Seminary, journals, workbooks, organizing service hours opportunities
- Retreats at church for grades 5-7, led by Natalie (Jan - April)
- Lenten Parish Mission (talks at 7-8:30 each night, youth reading)
- Youth Testimonies in Easter newsletter
- Stations of the Cross (March - April)
- Family Skating Party (March Break)
- Sacrament of Confirmation (April 30, May 1)
- Catholic Education Week (May 6-10)
- Youth Commission Retreat-Strategic Planning (May 10-11)
- "Spirit on Fire" – The second annual Youth Ministry Celebration – Teen Night, Parent Talk, Concerts (June - date TBA)
- Christian Leadership Camp (July 2013 for grades 9-12)



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Parish Photos



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SUDOKU

	4		2	1	6
2	1	6	5		3
		3			1
1	6	2	4		
5	3				
	2			5	

Blank/Highlighted spaces in puzzles on the left must be filled with numbers 1 through 6. Each column and each row must contain unique numbers.

4	6	1		2	
2	3				6
	1				2
5	2	3			4
3	5		6		
		6	2		5

4					3
1	3				
5		3			4
		4		5	1
3	5		4	2	6
	4	6		3	5

2		4		3	6
	1		2	4	
5	4		6		3
3		1			
4		5	3	6	
	3		5		

3		2	
2			3
	3		2
1	2		

	2		
	3	2	4
		3	
3	1	4	

		4	
4	3	2	1
2	1		4

2			3
1			
	1		4
4	2		1

2			4
		1	2
3		2	
	2		3

Blank/Highlighted spaces in puzzles on the right must be filled with numbers 1 through 4. Each column and each row must contain unique numbers.



The puzzle solutions are posted on our St. Michael's Parish website at www.stmichaels.dioceseoflondon.ca/news_events/newsletter_18.htm

Parish Information

St. Michael's Parish, 511 Cheapside St., London, ON N5Y 3X5

Phone: 519-433-6689 • Fax: 519-433-2301

E-mail: stmichlon@dol.ca • www.stmichaels.dioceseoflondon.ca

Office Hours: Monday to Friday 8:30 a.m. to noon and 1:00 to 4:00 p.m.



Sunday Masses

Saturday: 5:00 p.m.

Sunday: 8:30 a.m., 10:30 a.m., 12:30 p.m.

Weekday Masses

Tuesday & Thursday: 12:00 noon

Wednesday & Friday: 8:00 a.m.

Saturday: 9:00 a.m.

African Caribbean Catholic Community Mass (St. Josephine Bakhita)

4th Sunday of each month at 2:30 p.m.

Pastoral Team

Father Murray Sample, Pastor

msample@dol.ca

ext. 202

Father Peter Amszej, Associate Pastor

pamszej@dol.ca

ext. 205

Father John Sharp, Weekend Ministry

jsharp@dol.ca

Sr. Kathy O'Keefe, Pastoral Minister

kokeefe@dol.ca

ext. 203

Natalie MacKay, Coordinator of Youth Ministry

nmackay@dol.ca

ext. 206

Sacrament of Reconciliation

Saturday: 10:00 – 11:00 a.m. and 4:00 - 4:30 p.m.

Free Bus Service to 10:30 a.m. Mass



The route . . .

9:50 a.m.

- 64 Wyndham
- Blackwater east of Adelaide - bus stop
- Grenfell just east of Blackwater
- Fanshawe/Trossacks - bus stop on corner
- 770 Fanshawe Park Rd east of Fremont - bus stop
- Fanshawe Park Road - west of Fremont
- Adelaide/Fanshawe - bus stop south of Fanshawe
- Kipps Lane/Adelaide - bus shelter just east of Adelaide
- Kipps Lane/Barker
- Kipps Lane - bus stop east of Barker
- Kipps Lane/Kenmore Place - bus stop
- 295 Briarhill
- Cheapside/Boullee
- Huron Street - bus stop east of Wedgewood Drive

10:15 a.m.

- Royal Oak Apartments - 3 stops
go to St. Michael's Church

*The bus will stop at regular bus stops or wherever it is
hailed along the route*

Staff

Pat Estabrooks, Receptionist/Secretary

stmichlon@dol.ca

ext. 201

Jolanda Squire, Financial Secretary

jsquire@dol.ca

ext. 200

Sid Wocks, Hall Coordinator

swocks@dol.ca

ext. 210

Parish Council Chairperson

Ozzie Buhrmann

Children's Ministries

Sunday: 10:30 a.m. Mass

Liturgy of the Word: Grades 2, 3 and 4

Sunday School: Aged 3 to Grade 1

Babysitting: Infants to age 3

Calendar of Events

First Reconciliation Parent Meeting, 7:00 - 8:30 p.m.

September 25 & October 2

Feast of St. Michael

September 30

Thanksgiving Mass, 10:00 a.m.

October 8

Mass of Healing, 12:00 noon

October 16

Ministry Fair, following each Mass

October 20 & 21

Volunteer Appreciation

November 18