

St. Michael's Parish Newsletter

A Welcoming Eucharistic Community, Sharing Faith and Reaching Out to All.



Dear Friends:

Christ is Risen! Christ is Risen Indeed!!

On Ash Wednesday the second reading taken from 2 Corinthians 5:20-6:2 begins with these words: "We are ambassadors for Christ." An ambassador is, according to the dictionary, "a minister of the highest rank, employed by one prince or state at the court of another to transact state affairs, a messenger, intermediary, official representative."

This great privilege of being an ambassador for Christ happened when the water of baptism was poured over us. When God named us as His own. The moment of baptism is truly the greatest moment in any person's life, for then we are invited to be the official representative of Christ - we are His ambassador. The Lenten Season is that time when we reflect on the gift of Baptism. We prepare ourselves by prayer, fasting and caring for the poor. As ambassadors of Christ, everything we do needs to reflect our awareness of how precious it is to be a child of God. We need to offer, as Jesus did, our time, talent and our treasure to the God who has given it all to us.

As we renew our Baptismal Commitment this Easter Sunday, my prayer is that you truly appreciate who you are in the sight of our loving God. As the cool Easter water touches you during the sprinkling rite, savor all that your baptism means. You are Christ's personal representative here on earth, at this time and in this place.

Christ entered into death so that his brothers and sisters could live forever. On this Easter day, as we sing "Alleluia", may the blessings of Christ be with you and your families.

When I was newly ordained, I had the privilege of meeting a Ukrainian family. Maria would greet me on Easter morning with "Christ is Risen! And I would respond "Christ is Risen Indeed!"

This is a tradition of many people from Europe to announce that He is risen and to hear back the assurance that He is Risen Indeed. More than anytime in history, we need to announce with conviction:

CHRIST IS RISEN! CHRIST IS RISEN INDEED!!

Fr. Murray

The Mboko Family

Leopold Mboko came to Canada as a refugee claimant in 2001, after having survived an attempt on his life for advocating peace between warring ethnic tribes in the Democratic Republic of Congo. He settled in London and was a parishioner of St. Michael's. In 2003 he was accepted as a genuine refugee and started the process of bringing his wife, Godelive, and their six children to safety in Canada. Leopold died tragically in Ottawa of a brain aneurism on January 24, 2005.

In March 2005 we, St. Michael's Parish, agreed to sponsor Godelive and the children. We agreed to provide them with full financial, social and emotional support for one year. Godelive and the children arrived in Canada on March 28, 2006.

Godelive and children have all accomplished a great deal in the last year: just notice their use of English,

by Sister Maria van Leeuwen



Continued on page 8

To Our Readers

Easter is here, and so is the second issue of St. Michael's Parish Newsletter. From the unbelievable joy of Easter will soon come the pouring forth of the Holy Spirit at Pentecost and the mission to go out to the world. This theme of being sent, of being entrusted with a mission, echoes throughout this issue.

Fr. Murray reminds us that we have been named "Ambassadors for Christ," sent out into the world as Christ's representatives. Fr. Matt continues the theme by highlighting our common vocation to contribute, through our lives, to the building of God's kingdom. The Northern Light conference for youth had as its theme, "You are Sent."

We can only be ambassadors when we have allowed ourselves, like clay in the potter's hands, to be transformed into His image and likeness. These pages highlight the

many examples of ambassadors in our midst: young and not so young, newcomers and long time parishioners, people in the pews and two being formed for priestly ministry. We anticipate that you will find something to pique your interest in these pages.

You may notice we still don't have a name for the newsletter. The difficulty we have had in naming this newsletter makes us appreciate the task given to Adam and Eve to name all the creatures! Several possibilities have been discussed but none seem quite right. So we have put off making this decision until the next issue in the fall.

We also want to acknowledge the support and encouragement of the Pastoral Team and the Communications Committee as we strive to put together this newsletter. We hope you enjoy it.

We say goodbye and thank you to Fr. Matthew Bedard who leaves us for the Sarnia Deanery on June 30, 2007. Welcome to Fr. John Sharp who will be joining us on weekends, starting in July.

Autumn Issue The Newsletter welcomes your contributions. If you have an idea for an article please contact us before June 30. Email to gail-brown@rogers.com or ftheilad@uwo.ca.

Our Newsletter Team members are Gail Brown, John & Michelle Cavaliere, Terry Dollard, Paul Evans, Carmen Gicante, Beth Ann Kendrick, Terry McBride, Dorothy Solomon, Vincent Taylor and Frances Theilade.

BRUCE M. SWORIK, CCIM, ALC
Broker of Record

sutton group-select realty inc., Brokerage*
*INDEPENDENTLY OWNED AND OPERATED

250 Waverly Road North (@ Oxford)
London, Ontario N6H 2B8

(519) 433-4331
E-mail: bsworik@sutton.com



Private Fax: (519) 433-6628
Website: www.suttonselect.com



Knights of Columbus
St. Michael's Parish

Please Consider Joining
For Information Call
Steve Dietrich
519-660-1354

Hughes Contracting **473-5537**
over 35 years experience www.hughescontractor.com

- We - Install Warranty Parts for Moen & Delta Faucets
- Install & Recondition Toilets & Humidifiers
- Install, Clean, Restore & Seal Tile & Grout
- Install Countertops, Dishwashers & Garbarators
- Install Complete Bathrooms & Kitchens

10% discount on labour to seniors

Clarks *Bethany Jobb*
President

Fulfillment & Distribution Centre

We Lighten Your Workload!

Mailing Services • Store, Pick & Pack Your Inventory
Product Assembly • Piece Work • Customized Marketing Projects

520 First Street, Unit 19, London, ON N5V 3C6
Phone: (519) 452-0050 Fax: (519) 452-3757
E-mail: bethany@clarkslondon.ca Website: www.clarkslondon.ca

Hospitality North

Go out quickly into the streets and alleys of the town and bring in the poor and the crippled, the blind and the lame. Luke 15:21

Drive by Trinity Lutheran Church on the corner of Oxford and Colborne Streets early most Thursday evenings and you will see a throng of people, men, women and children, milling around the entrance to the church. No, they are not congregants awaiting the Eventide service. They are some of the poor, homeless and medically fragile of London waiting for what may be their only full meal of the day.

At 5:30 the doors open. During the next 45 minutes, between 90 and 125 hungry people will sit down at table and the volunteers of Hospitality North will serve them a hot meal. The meal is simple: a slice of ham with mustard, a scoop of mashed potatoes, a ladle of corn and two slices of bread. There is dessert, usually a brownie or a scoop of ice cream with chocolate syrup. Milk, coffee and tea are served and the helpers soon learn what a "double-double" or "triple-triple" is, because our guests crave the comfort and warmth that extra sugar and cream brings. Colorful placemats drawn by Sunday-school children and occasional treats left over from Halloween and Christmas brought by thoughtful volunteers add to the home-like nature of the occasion.

Our guests are invariably polite and thankful. Some love to chat with us and each other as we serve their meals. Others are quiet and withdrawn, cowed by the social and

medical circumstances that have put them in the position where they depend on help to survive. Most linger over their coffee and tea, delaying the time when they must go back outside to face the cold.

Hospitality North is a free meal service offered every Thursday between October and April by volunteers from St Michael's Roman Catholic, Trinity Lutheran, Colborne Street United and New St James Presbyterian Churches. Each group is responsible for one Thursday a month. The food is purchased from monies donated by each of the churches and the meal is always prepared and served in the facilities of Trinity Lutheran.

If you would like to assist in the preparation of the meal during the afternoon under the supervision of our long-time convenor and chief cook, Tom Kearns, or want to help by serving, call George and Mary Register at 519-850-4598. We also welcome students wishing to accumulate volunteer hours.



waiting for what may be their one meal of the day

**WORTLEY
Road**
Auto Care
INC.

Specialists In Alignment & Brakes

Jim Arnold

12 Wortley Road, London, Ontario N6C 5K2
(519) 642-3819

THOMAS C. UREN
HANES, BUCHNER & UREN
BARRISTERS & SOLICITORS

783 RICHMOND ST. - LONDON, ONT. N6A 3H4

OFFICE 434-7371
FAX 672-5012

RES. 439-7100

KROWN

Protect. Maintain. Save.

565 Glasgow Street
London, ON N5W 6E5
Tel: 519-432-3337
Fax: 519-432-9021
E-mail: beu.krown@on.aibn.com

KROWN RUST CONTROL CENTRE
MICHAEL BEUKEBOOM

519-453-3100

Flowers
by
Martha

- Flower/Plant/Silk Arrangements
- Funeral/Wedding Specialist
- Fruit/Gourmet Baskets
- Balloons & Gifts
- Worldwide Delivery

“Sending an Expression of You”

www.FlowersbyMartha.ca 1656 Hyde Park Road

Northern Lights Conference



“You are Sent” was the theme of the 2007 Northern Light Conference held recently at St. Thomas Villanova High School in Essex county. Approximately 150 high school students gathered to explore their faith with other young people through keynote addresses, workshops and liturgies. The highlight for many was the celebration of the Eucharist with Bishop Fabbro. I attended the conference with seven young people from our parish who were asked for their impressions. Their reflections follow.

“The conference was a breath of fresh air in our crazy world. For this day, we were all able to celebrate our faith with other young people from our diocese. The energy and spirit was really inspiring and the message of being ‘Sent’ out in the world to serve God was truly empowering.” Tamara

“It was a fun day with a lot of music and dance. The conference was a good way to meet more Catholics your own age. I attended the Liturgical Movement workshop. I learned several dance moves and got to make up my own. The keynote speaker was lively and could relate to all of us very clearly and in a humorous way.” Laura

“The conference was amazing! Some of the best events during this full day included the two workshops, mass with Bishop Fabbro, amazing music and hilarious (yet meaningful) keynote addresses. Special thanks to Dan Moynihan and all who made the day a success.” Joel

“The conference was a lot of fun. My favourite part was the different talks by the keynote speaker. He shared a lot of his personal experiences with us and was very funny. He also shared his musical talents with the group, singing and playing his own original songs.” Alex

“The conference was a great way to meet other Catholic students. By listening to speakers like Chris Padgett and Bishop Fabbro it brought me closer to God and with other people. I learned about saints and how we can pray to many different ones in different situations. We prayed, learned, danced, sang, went to mass, and made new friends, but also had a ton of fun. I would definitely recommend this to all Catholic High School students.” Stephanie

“The workshop on liturgical dance was very fun and the leaders taught us all about the meanings behind the cool moves that we were doing. After this workshop we had another workshop on ‘Jesus=Cool’. This was an upbeat presentation on how you could introduce Jesus to your friends and not be embarrassed about it. It also talked about how to have responsible fun at parties and not make stupid mistakes you will regret later.” Dominique

Continued on the next page



THINKING OF SELLING OR BUYING A HOME?

www.CallTheHendersons.com

John, Penny & Ashley HENDERSON

Sales Representatives

RE/MAX Centre City Realty Inc. Brokerage

675 Adelaide St N, London ON N5Y 2L4

519-667-1800



Show a Sign of Success

Professional Real Estate Service from Our Family to Yours for over 30 Years!

Email us today @ CallTheHendersons@rogers.com for a FREE MARKET EVALUATION

“The Northern Light Conference was a very positive, uplifting and motivating experience. The day started off on such a high note with the keynote speaker who, through humour, music and a video clip portrayed how Jesus has called each and every one of us. His prayer and reflections really helped me to discern what I am struggling with in my life, and how to surrender my whole being to receive

Christ. In the 'Jesus=Cool' workshop, I got to hear a young adult talk about the struggles of being a young practicing Christian.” Lauren



by Terry McBride

What You can Contribute

With the launching of our website a few months ago St. Michael's Parish has firmly established itself in the electronic information age. The initial content of the website is exactly as envisioned, with a bit of information about as many aspects of parish life as possible.

As we further develop our parish website it is important to receive feedback so we can assess, understand and include the expectations, needs and wishes of our most frequent site visitors. As our site progresses we will continue to modify existing content and add new information that is most relevant to the parish. You can routinely expect to find changes, some subtle and some not so subtle. So we invite you to visit often and send your comments, suggestions and constructive criticisms to the attention of Terry McBride

www.stmichaels.dioceseoflondon.ca

at stmichlon@rcec.london.on.ca.

We heartily encourage individual parishioners and all parish related Ministries, Committees and Organizations, to submit website content including articles and/or pictures about life in our community. For example, we would welcome materials from our schools and any of the groups (Catholic Women's League, Knights of Columbus, etc.) listed on the “Ministries/Organizations” page on our website. Please continue to visit our parish website and e-mail materials to me at the above address or call me at 519-672-3911.

Meals... and more



Meals, independence and compassion.
Call us today about volunteering.



Member agency of United Way of London & Middlesex

660-1430



Family owned and operated since 1930.

A tradition of care,
compassion and professionalism
helping facilitate those experiencing
the loss of a loved one.

362 Waterloo Street
London, ON N6B 2N6

519-434-2708

website: donohuefuneralhome.ca

Our Parish Finances

The Straight Story

Our Finance Committee provides advice and recommendations to Fr. Murray on the overall fiscal operations of the parish. It determines what is financially feasible, prudent, and sound. The Committee prepares an annual operating budget and monitors the financial performance on a monthly basis.

The committee strives to be accountable and transparent in all financial matters. It publishes an annual report outlining receipts and expenses, capital improvements undertaken, and goals for the upcoming year.

While it is valuable to review in detail financial outcomes for one year, it is also worthwhile to step back and review several years. The following chart shows the annual receipts, expenditures, and outstanding balance on our loan from 2001 to 2006.

It is evident that the parish runs on a relatively break-even basis, with little breathing room between expenditures and receipts. Receipts have increased from \$670,400 in 2001 to \$758,200 in 2006; a 13% increase. This demonstrates the generosity shown by parishioners in supporting the day-to-day operations. Expenses in the same period grew from \$569,000 to \$768,500; a 35% increase. Notably, in 2006, expenses exceeded receipts by almost \$10,000. This is of some concern. We are beginning to operate in a deficit mode, a financial model that is not sustainable. Also, in past years the surplus in operating dollars allowed us to pay down our debt. In 2006, debt pay down was achieved through special contributions by our community and not via surplus operating dollars.

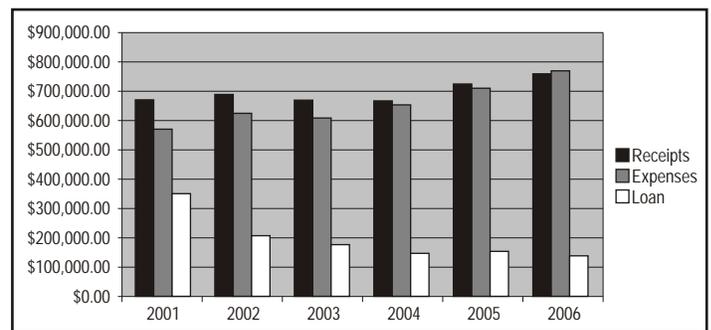
The current Parish debt originated in 2000 with the new addition to the church to provide meeting rooms and parish offices. The diocese loaned the Parish \$450,000 (total budget was \$1.53 million) to allow us to complete these necessary capital improvements. The third bar on

the chart illustrates the outstanding balance on our debt at year-end. The debt has decreased from \$351,000 in 2001 to our current amount of \$137,400. This is a significant accomplishment of which we can be proud. But the trend in recent years causes concern. The debt pay down rate declined in the years 2004-2006.

This lingering debt has implications for parish life, outside of financial implications. As long as this loan remains outstanding we are prevented by the diocese from undertaking any capital improvements. The hall kitchen is in dire need of renovation, not only from an aesthetic and utility perspective, but also for safety reasons. The church and its infrastructure are more than 35 years old and upgrades will be required, particularly to the heating and cooling systems. Consequently, we will need to investigate other means to finance these necessary capital improvements.

The finance committee established several goals in 2006 to begin addressing some of these concerns. The Preauthorized Offertory program was introduced to make it easier for parishioners to plan their offertory gifts. We are encouraging all parishioners to use offertory envelopes and to consider an increase in their level of contributions. You will be hearing of more initiatives to help ensure our ongoing financial stability. We welcome your views, comments and suggestions.

The lingering debt has implications for parish life



MAY-M^cCONVILLE
INSURANCE BROKERS LIMITED

Tel: (519) 673-0880

Fax: (519) 645-8764

Watts: 1-877-629-6226

Building God's Kingdom



Whose job is it anyway?? Well actually, it is a vocation, and it belongs to each and every one of us! We all are important in God's plan for the world. A vocation is defined as *A call from God to a distinctive state of life, in which the person can reach holiness.* The Second Vatican Council made it plain that there is a "Universal call to holiness in the Church" [Lumen Gentium 39].

These responsibilities: of being part of God's plan, the work of building His Kingdom, and of being holy, arise from our Baptism. God marks all Christians as His children, and as His children we are empowered to act in the name of Jesus Christ. What we sometimes fail to realize is that WE are the church. WE are the Body of Christ. Through our calling to faith and service, we continue to witness to the life of Christ on this earth. We

are responsible for continuing His mission.

That does seem like a huge responsibility and undertaking doesn't it? Don't despair! We have the joy of knowing that through His death and resurrection Jesus Christ won victory over sin and death. We need to rejoice in His victory. If we strive to live holy lives, it becomes easier to live as Jesus lived and His mission continues through us.

The season of Easter is a wonderful time, most especially for new Catholics who were Baptized or received into the Church at the Easter Vigil. They are the fruits of the labour of the Church, and they add to the fruits and continue to build up the Kingdom of God in their own lives. We welcome them warmly into our midst.

Our Parish Staff

Sid Wocks Hall Coordinator

by Beth Ann Kendrick



One of the things I enjoy about St. Michael's is how neat and gleaming every thing seems to be. Recently, I had the pleasure of speaking with one of the people responsible for keeping it that way. Sid Wocks' official title is Hall Coordinator, but he's really a Jack-of-all-trades. Fortunately, he seems to be master of them all. Sid takes care of the church and hall, inside and out. Inside, he keeps everything in good working order and ensures things are clean and neat. Outside, he cuts the grass and tends the gardens. Sid is quick to include his assistant, Ed Jackman who is employed part-time. Ed is a retiree and enjoys taking care of the church.

Groups use the hall for a wide variety of purposes, and Sid is their contact. He says this is a bit of a challenge because he wants to make everyone happy. Obviously, he's doing something right; there is a function in the hall almost every day.

Sid started at St. Michael's 26 years ago. His father-in-law was retiring from the position and it seemed natural

for the parish to offer him the job. Sid looked at it as a great opportunity to spend more time with his family. He went from being away during the week, to coming home for lunch. Apparently his wife, Pat adjusted to the change; they've been happily married for almost 31 years and have raised 5 daughters. Sid and Pat are very active members of the parish. They are members of the 10:30 choir, and have been since it began 15 years ago; Sid plays bass guitar. They also enjoy giving guidance to young couples as part of the marriage preparation team.

It was a real pleasure talking with Sid. He is a very personable man who obviously enjoys life and has a passion for his work. Sid says he finds people are generally thoughtful and take good care of things. But, if he could ask one thing, please don't jump on the kneelers when they are in the "up" position!

LIBERATE YOUR BANKING!

LIBRO FINANCIAL GROUP

CHEQUING | SAVING | BORROWING | INVESTING | E-BANKING | PROFIT SHARING | LIBERATING

4 London Locations: Central Ave 519-673-4130 Dundas St E 519-451-2200 Richmond St N 519-673-6928 Wellington Rd S 519-686-1291 1-800-361-8222 www.libro.ca

The Mboko Family

First Year in Canada

Continued from page 1

how they have adapted to so many new ways of doing things, and how they seem to fit in and be at ease here more and more. Naturally, the process of feeling at home, of growth and of learning will continue but we wanted to give you an overview so far.

Godelive will continue to study English and then seek job training. We felt that when you need to look after six children you need a good foundation. Consequently, we have applied to Ontario Works for financial support for Godelive and children.

The parish, as part of its sponsorship agreement, has over the last twelve months provided the family with \$19,000 for their living expenses, and repaid the loan from the Government of Canada for their air fares from Kenya (\$6,600).

We want to thank parishioners and Ronald Bisson, Leopold's employer in Ottawa, for the many ways in which you have helped this family from before their arrival till today, and we are happy to see that our unofficial help will continue through the friendship, support and generosity of so many of you. May God reward you each in a special way!

Godelive and children have written the following article to tell you how they are doing and to express their gratitude.



O Jesus Christ, I must say thanks for all you do for my kids and me.

Since 2001, my husband Leopold Mboko, Sima Keita, was very welcome in London, Ontario, Canada at Josephs' House by Sister Maria van Leeuwen. She took care of him. Every time my husband called me in Africa he told me about Canadian people, especially Sister Maria and his best friend, Janet Plaxton. There are nice people globally.

After a couple of years my husband moved to Ottawa because he found a good job with Ronald Bisson. This boss of Leopold helped him with different things and he did the same for my family from Canada to Africa. God, bless him a lot.

I couldn't imagine, people who didn't know my kids and me, took care of my family from Canada spiritually.

On January 24, 2005, my husband died in Canada from a massive stroke. It is still a dream for me. I didn't believe it. After that, I thought this is the end of my life because I trusted my husband implicitly; he was so good

towards me.

One month after the death of my husband I received an e-mail from Sister Maria who wrote me that my family was accepted to be sponsored by St. Michael's Catholic Church in London, Canada. The love I found, children of God, I tell you, it was like a dream. And then on April 5, 2005 my kids and I, we traveled to Kenya to wait to travel to Canada. This waiting was very long: it took us 11 months and 3 weeks.

In Kenya we lived in a nice house and my best brother-in-law, Father Willy Mukucha Kathemo, a Xaverian Missionary, who is now in Chicago, sent me a small amount of money every month for food. God bless him, too.

On March 28, 2006 at 12:45 p.m. my kids and I arrived at Toronto's International Airport. The first person I saw was Sister Maria. In her hands she had a sheet written: "GODELIVE H. MILAMBO, WELCOME TO CANADA." On the corners of the sheet were Canadian flags. Since that day, I keep that sheet. I knew it was Sister Maria because Leopold had sent me her picture. Peter Wilkins was with Sister and he drove a big van to take us to London.

Two days later, Sister Maria went with me to ask for the different Immigration and Health documents. In April she registered my kids at school. And then for me she found a nice ESL (English as a Second Language) school at Lorne Avenue. I started in May 2006. Thanks God!

O Jesus Christ, help me to know you and to see you every day in my life. Open my heart and come in and send me your Holy Spirit to guide me. I love you. But I know you; you love me before I was born.

With the eyes of the body I can't see you but in your children in St. Michael's Church, I see you.

Jesus, my Saviour, give me permission to call Sister Maria my ANGEL and Ronald my SHEPHERD.

My kids and I we have a big gratitude to all who help us with everything, even to settle us in our new town house on Limberlost Road.

Robert's part (age 16):



My God, I give you thanks, I bless you, I glorify you for your goodness to us.

Since the death of my father we didn't go to school. We lost maybe 2 years and my young sister, Deborah, didn't go to school at

Continued on the next page

all. After one year in Kenya she began school in Canada. My last brother, Willy Mukucha, didn't go to school. But now we are settled in Canada because of the help of God we found in his children in St. Michael's Catholic Church, specially Sister Maria, and we are in school now. All of us we enjoy our schools. I bless the Lord.

I am the first son of Leopold and Godelive, God, I beg you to help me with my best Mom who takes care of us; and help the other orphans that my parents helped in my country.

If I remember the advice that Ronald Bisson gave me in August 2006, when we were to visit the tomb of my father in Laval, he told me to work hard in school and he hopes that I'll succeed.

Jacqueline's section (age 15):



Thanks for our teachers who come to help us at home with our homework, Linda Ducharme and Anna Marie de Zwager. Every week, once or twice a week, they come to our home to help us. I thought if we moved away, maybe they can't come again. But I was surprised to hear them say by phone that they will continue to teach us at home.

O Jesus Christ, all of this help! I didn't see anybody but you, our Saviour. Without you no one can do anything.

Again I have to say thanks to Sister Maria because she does many things for us since my father, Leopold, arrived in Canada. I have a long, grateful list in my heart about St. Michael's Church.

Leon writes (age 13):



When I was a young boy, I didn't like to play games. My parents played different games and they encouraged me to play but I didn't. But my brothers played soccer very well. When we arrived in Canada my brothers played on the schools' teams. So, I remember one day Sister Maria asked me about sports. I didn't have an answer to give her. That evening my Mom told me to start to play in the school's team of basketball, and I did.

Thanks for your advice, Sister Maria and my Mom! Today I am good in my team of basketball, and I play on the soccer team, too. I like my sports very much, and my school, too.

Esaie's tale (age 11):



French is my second language; English is my third. I like it very much. For me to learn this language is very important because this is the language that teachers use in school. I like to become a judge; that's why I'm happy with English. All of us in our family, we begin to speak English, not very well yet but I hope we will become experts. Before in my life I didn't go to camp but in Canada I went. It is fun and I like it because I made friends and learned good things, how to live with different people outside my family.

Deborah is next (age 9):



Reading and writing were difficult for me. I was of school age but I didn't go to school, because in my country, since I was born, there was war. We lived in danger; so, I lost many years of school.

In Canada I started in Grade 2. I didn't know anything. If the teacher started to teach it was like stars passed before my eyes. So, I cried every day in school. I felt bad because I didn't understand anything.

Thanks to my teacher of Grade 2, Madame Martine! She contacted my Mom and then my Principal contacted Sister Maria, too, about my situation. Together they looked for teachers to help me at home and at school. Mrs. Janet Lynds and Mrs. Darlene Gwodz came to help me. Now I am in Grade 4. I'm starting to read and write. Thanks very much to all my teachers who help me with my school work. And I have to say thank you to my Mom who helps me every evening. We listen to CDs and together we follow the sentences in the book.

Thank you, Jesus Christ! To have a good life it is important to study hard.

Last but not least, Willy (age 7):



I like to play soccer. Canada is my first country for school. I start to count the numbers and read the letters and speak English. I'm happy because I'll finish my primary school, high school and I'll go to university. I wish to be a priest and have a PhD like my father and my uncle, Father Willy Mukucha, who is a priest.

Shape Up!

Seniors on the Move

Three quarters of all deaths in Canada each year result from four groups of non-communicable diseases: cardiovascular, diabetes, cancer and respiratory. The cause is a lack of physical activity and unhealthy eating.

Eleven years ago Ollie Wolanski, co-coordinator of St. Michael's *Seniors on the Move*, founded the program which focuses on the physical exercise requirements of seniors. She recognized that physical activity is one of the most important things you can do to maintain strength and mental health as you grow older. She will also tell you that stretching and keeping your muscles in good condition will help you to maintain your independence, an important plus for seniors. Older inactive adults lose ground in four important areas: endurance, strength, balance and flexibility.

Seniors on the Move is an enthusiastic group of individuals who meet in the parish hall each Wednesday during the twelve weeks of the course at 9:00am for forty-five minutes of aerobic exercise. The physical portion of the programme is led by Patricia Greenlaw, a Certified Senior's Fitness Instructor, who directs the participants through an energetic, non-competitive workout, using a combination of weights and elastic bands. The focus is on cardio-respiratory, strength-training, balance, flexibility and stretching.

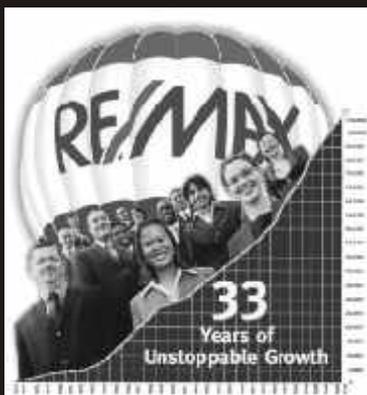
I watched the group during an exercise workout recently and two aspects were very noticeable: fun



and congeniality. After each class, coffee and biscuits are served in a socially friendly atmosphere. Ollie, who is also a certified fitness instructor, retired from 18 years of teaching nutrition at Fanshawe College. As a diabetic for the past 41 years, she has lived with a personal regimen of exercise and conceived the idea of the parish programme out of her own experience. According to Ollie, the age range of the participants this season is from 60-87 years young.

The age range of the participants this season is from 60-87 years young.

Seniors on the Move also has joint luncheons twice each year with the *Young at Heart* group and finds that it has encouraged an informal support fellowship. Interested? Think that you are too out of shape to participate? Wrong! Remember - it's never too late to get in shape! For more information, call Ollie at (519) 455-1078.



SELLING YOUR HOME? Why call Edward Placzek?

Award winning marketing, consistent sales performance with 25 years experience working at Re/Max, London

- Free professional staging and decorating advice
- State of the art marketing
- Top media exposure when you need it the most
- Internet site exposure with virtual tours
- Large number of potential buyers
- Extensive referral network worldwide
- Weekly update on marketing progress
- You become an important member of our team
- Matching the very best buyer for your property to obtain top value
- Three award winning Realtors for the price of one!!



Edward Placzek, Broker

We know more because we sell more
For FREE market evaluation call the Placzeks
RE/MAX Centre City Realty Inc. Brokerage
519-667-1800

With the
PLACZEKS
YOU'RE #1
Specializing
IN NORTH LONDON

The Seminary Connection

Although St. Peter's Seminary lies within the parish boundaries many parishioners may not realize the close connection between our parish and the seminary. You probably know about the annual parish appeal every May to raise funds in support of the seminary and prayers for vocations are often requested during mass. Some of you may have attended a lecture in the annual lecture series at St. Peter's or the annual bishop's dinner in Windsor in support of the seminary. Members of the pastoral team are enrolled in courses at the seminary and a few staff members and faculty from the seminary are parishioners at St. Michael's. But built right into the seminary program is a field education component that specifically includes placements in Catholic schools and parishes, including at St. Michael's.

The formation program of the seminary has four focuses: human, pastoral, intellectual and spiritual. As an integral part of pastoral formation students are introduced to various aspects of pastoral work in a variety of settings. Field education is a chance for students to gain some first hand experience and to put into practice what they have learned in the classroom. For those students enrolled in philosophy studies a "pre-practicum" is offered. These students are connected with a social agency in the community. They may volunteer at a soup kitchen, or visit the elderly or work with the developmentally challenged at L'Arche.

Once in the theology program there is a well-defined field education component. All first year theology students are involved in school ministry in a Catholic school in the London deanery. Students in this program visit in classrooms, sometimes visiting every class, at other times concentrating their time with a particular class or grade. Under the guidance of the teachers the students may be asked to answer questions about their faith, give a short teaching session or assist in school celebrations.

In the second year of theology the students are placed in a parish setting. In the parish the student may be helping with sacramental preparation, or youth ministry or perhaps they are involved with the RCIA. Placement in a parish is an important stage in discernment of a call to full-time ministry.



The formation program of the seminary has four focuses: human, pastoral, intellectual, and spiritual.

The pastoral year for seminarians takes place during the third year of study. It is a full year immersed in a parish setting in the seminarian's home diocese under the supervision of a priest. Returning to the seminary for the fourth

year the students enter the next phase of field education, that is, hospital ministry. The final component of field education consists of the students, now ordained as deacons, reaching out to the parishes in the diocese through weekend preaching. We have had a few deacons preach at masses at St. Michael's in recent years.

This year St. Michael's has two seminarians doing a field education placement. Dean Kelly, a first year theology student studying for the diocese of Timmins, visits two classes at St. Michael's school. Recently one grade five class he visits was invited for a tour of the seminary. The other class will come for a tour in the spring. In his second year of theology from Kingston diocese, Jan Kusyk works with the RCIA group. During the fall he assisted Dan with the school tours. In conclusion the seminary connection is fruitful and beneficial for all.

Windermere
ON THE **Mount**
RETIREMENT RESIDENCE

519-432-9863
1486 Richmond Street, London
(adjoining Mount St. Joseph)

www.retirementresidences.com

Wealth Creation & Capital Preservation

garybean 
SECURITIES LTD.

Specializing in Common Stocks and Mutual Funds

Paul H. Miller
Investment Advisor
519-642-0626
pmiller@garybean.ca

Member of the Investment Dealers Association and the Canadian Investor Protection Fund

Like Clay in the Hands of the Potter

Allowing God to Mould and Fashion Us



The pottery jars in our sanctuary, now overflowing with abundant life, lay empty during Lent as a symbol of our dependence on God. We were invited to surrender our lives in trust to Him and to open ourselves to the marvellous possibilities that could be ours if we allowed God to mould and fashion us, if we allowed Him to fill us with His life and love.

The image of God as potter is one we see often in Scripture. In Jeremiah 18:6 God compares Himself to a potter, "Just like clay in the potter's hand, so are you in my hand." It's a beautifully evocative image of a loving God gently moulding us through faith in Him and through the experiences of our daily lives.

Imagine yourself as a piece of clay in God's hand. See the master potter as He begins His masterpiece. God has had a plan for your life since the beginning of time. "For it was You who formed my inward parts; You knit me together in my mother's womb. I praise You, for I am fearfully and wonderfully made." (Psalm 139:13-14)

When we allow God to mould and fashion us, we agree to surrender our lives into His hands. We acknowledge that left to ourselves, we cannot achieve true peace and joy. We can lull ourselves into thinking that material possessions can bring contentment, that our achievements are all our own doing, and that we control our own lives. But sooner or later, we realize that lasting

happiness and inner peace can only be found in opening ourselves up to God. God wants us to be with Him forever and He has paved the way for us through the death and resurrection of his Son, Jesus Christ, who is the Way, the Truth and the Life.

Easter, the centerpiece of our Christian faith, celebrates this wondrous reality. It is in relationship with God, through his Son, by the power of his Holy Spirit that we will find our true identity. When we allow ourselves to be conformed to the image of Christ, when we seek to model our life on His, we will experience the fullness of life.

In Baptism we became a new creation. We were washed and anointed and claimed by God as His beloved children. We received the light of Christ and we are charged with being that light in the world. By the power of God's Holy Spirit working in us we can transform the world even as we ourselves are being transformed.

When we open ourselves to God, when we seek Him with all our heart, we will find Him. God longs to be in relationship with us. That is why He created us. And at a deep level I believe that we know this. "You have made us for yourself O Lord, and our hearts are restless until they rest in You." (St. Augustine)

I once watched a potter craft a beautiful pitcher and foot basin that had been commissioned for the parish's celebration of Holy Thursday's "Washing of the Feet." Through her skill, the potter was able to transform a piece of cold clay into two beautiful and functional vessels.

She knew what the finished piece would look like long before she took the moist clay in her hands. She had a plan for the clay that could only come about as she patiently shaped it. As she held the clay and applied just the right

Continued on the next page

Something happened
on Holy Thursday night
... I am changed

Sacred Heart Bookshop Books, Gifts, Sacramentals, Statues, Art and more...

located just minutes north of Masonville mall
on Richmond St. in Birr.

Tuesday to Friday 9:30 - 5:30 and Saturday 10:00 - 5:00
www.sacredheartbookshop.com 519-666-3600



- Data Management Systems
- Web Solutions
- Office Solutions & Document Preparation
- Computer Training and Support



www.midsolutions.com

office@midsolutions.com

330 Queens Avenue, 3rd Flr
London, ON N6B 1X1
tel: 519.667-0826
toll free: 1.888.730.5011
fax: 519.672-6247

amount of pressure in just the right place at just the right time, it gradually became transformed into something incredibly beautiful.

We are like clay in the Potter's hand. He wants to transform us into His image and likeness. As the clay yields to the potter's touch so also must we. As the clay remains moist and malleable in order to be shaped, so must we too. If the clay becomes hard and brittle, it becomes unworkable. If our hearts become hardened, how can God speak to us? "O that today you would listen to His voice, harden not your hearts." (Psalm 95:7)

An amazing thing happened the first time that pitcher and foot basin were used. During the celebration of the Eucharist on that Holy Thursday night, the pastor, in imitation of Christ, began to wash the feet of the parishioners who had been selected. When he came to one particular man, I was moved to see tears rolling down the man's cheeks as the water splashed over his feet and into the basin.

About six months later he asked to meet with me. He spoke about his experience that night, saying that he had thought of little else over the course of the summer. "Something happened on Holy Thursday night," he said, "but I don't know what. All I know is that I am changed. When Father bent down to wash my feet and the water poured over me, something changed inside of

me. What must I do to be baptised? How do I become part of this parish community?" He had been attending mass for many years with his wife and children. The following Easter he was received into the Church.



If those humble vessels of clay could play a part in changing that man's life, how much more can we influence the lives of those around us? We are earthen vessels holding within us a treasure of untold wealth, Jesus the Lord.

Jesus wants us to know how much we are loved and how precious we are. He asks each of us "Will you let me live my life in you? Will you let my spirit come in and clear away all those areas that hold you back from me? Will you trust me with your cares and worries? Will you let me change your heart?"

If we allow our lives to be transformed by Jesus, He will give us hearts that are ready to say yes to Him. And the more we surrender our lives to Jesus the more like Him we'll become. So that eventually we can say with St. Paul, "It is no longer I who live, but Christ Jesus who lives in me." (Galatians 2:20)



Paint Sale

Buy 6 (4L) cans of Beauti-Tone Paint and get the 7th free!
Over 2400 New Colours and a Colour Match Computer!

Plaza Home Hardware
1080 Adelaide Street North
London 519-434-0981

Plaza Home Hardware West
725 Notre Dame Drive (at Viscount)
London 519-668-6888



SCRAMBLED WORDS

RUSRETRCONI

MAPL

UESSJ

TAI LSNAOV

TELN

ODOG DRI YAF

MYSTERY
WORD

FIND
YOUR
WAY



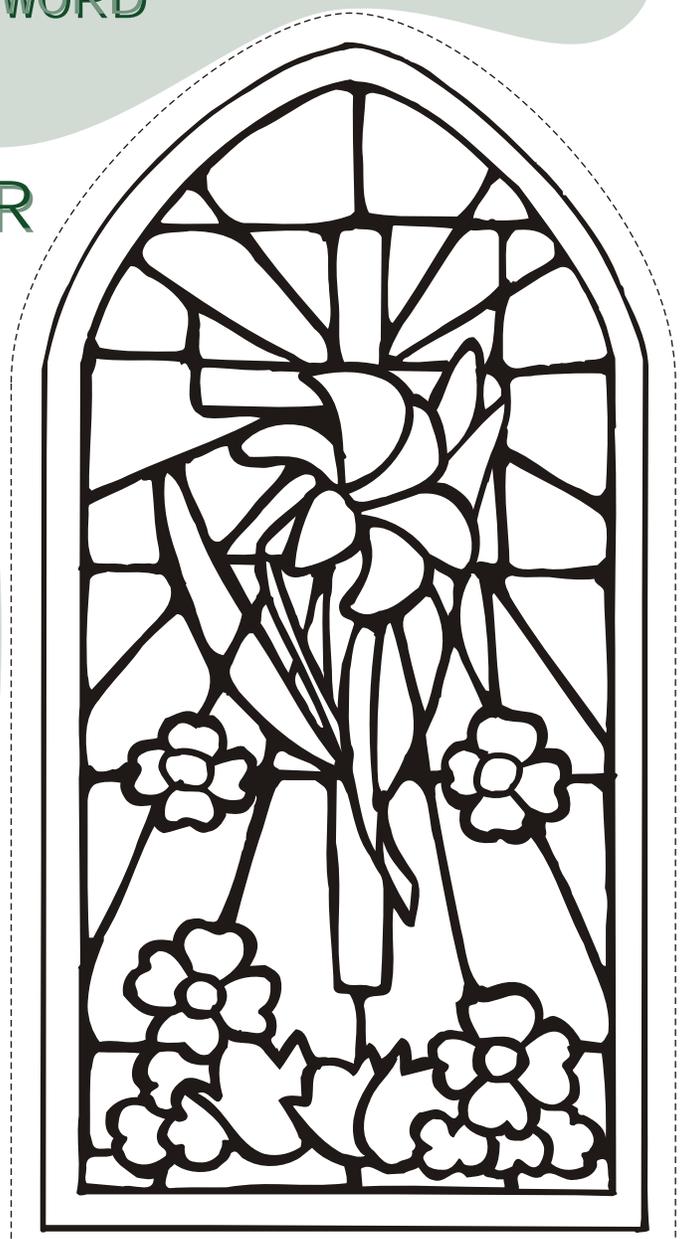
COLOUR

- Cut it Out
- Hang it Up

WORD SEARCH

JESUS
MICAH
ISAAC
JOSEPH
ESAU
MARY
SOLOMON
NOAH
JAMES
AMOS
JACOB
PETER

J	E	J	U	S	L	P	E	T	E	R	J
O	N	A	O	J	B	S	A	M	O	S	C
S	S	M	I	C	N	O	L	I	A	N	O
E	J	E	J	O	H	E	C	C	N	R	E
P	E	S	N	E	I	S	A	A	C	L	Y
H	O	A	J	L	S	G	N	H	J	M	C
J	A	Y	S	H	O	U	L	T	O	I	A
O	T	O	M	J	E	I	S	N	P	J	M
S	R	E	N	N	O	M	O	L	O	S	N



Answers to Scrambled Words: RESURRECTION, PALM, JESUS, SALVATION, LENT.
GOOD FRIDAY Mystery Word: EASTER

Advertise with Us

To Place Your Ad Call Carmen Gicante
519.672.4875 or E-mail cgicante@yahoo.com



John J. Callaghan, CA, CMC
700 Richmond Street, Suite 402
London, ON N6A 5C7
T. 519 433 5192 F. 519 433 5351
john@callaghanconsulting.com
www.callaghanconsulting.com

Bob Gibbons
Retired Plumber
All types of Repairs
Complete Bathroom Renovations

Seniors Discount **519-933-2669**

Vincent Taylor & Associates

Stewardship and development services
for parishes and faith-based charities

- Stewardship Process
- Capital Campaign
- Planned Giving

519-663-9211 vincent@vincenttaylor.com



Mike Whelan, B.Comm, CLU, CH.F.C.
Financial Security Advisor

Suite 30, 255 Dufferin Avenue
London, ON N6A 4K1
Office: 519-435-7904
Fax: 519-435-7999
mike.whelan@freedom55financial.com

A division of London Life Insurance Company

S O U L to
SOLE

A little care for your feet.

Vicki Whelan R. N. (519) 433-5432

Philip J. Squire Law Office

- Wills & Estates
- Slip & Fall
- Insurance Claims
- Powers of Attorney
- Criminal Defense
- Employment Disputes

200 Queens Avenue
Suite 302
London, ON N6A 1J3

TEL: 519-673-1233
FAX: 519-661-0807
E-mail: psquire@bellnet.ca

BMO  **Nesbitt Burns**
Abbott Investment Group

Antony D. Abbott
Vice-President, Investment Advisor
Jonathan Batch
Investment Advisor

Quality, Balance, and Experience

One London Place
Suite 1900 255 Queens Ave.
London, Ontario N6A 5R8
(519) 672-8560

The Mustard Seed

Specializing in inspirational Christian books
and gifts for all occasions.



- Baptisms
- Christenings
- 1st Communion
- Confirmation
- Weddings
- Birthdays
- Anniversaries

Supporting Your Faith Journey

519-439-4423
Home Delivery Available

502 Springbank Drive, London ON
(Just East of Wonderland)

www.MustardSeedLondon.com