My Dear Brothers and Sisters,

Jesus used images drawn from everyday life to illustrate spiritual principles. An example is the story of the nobleman who charged his servants to look after his investments while he went on a journey. He gave the servants equal portions and told them to invest his money until he returned. Upon his return, he called his servants to account for their STEWARDSHIP. The first two servants reported their earnings and were rewarded appropriately. The third servant confessed he was afraid of losing on his investments, so he buried that money for safekeeping. The nobleman was outraged at his servant’s lack of productivity. He took the allotted money from the third servant and gave it to the first. The one who had the most was given more. The one who had the least lost what little he had.

This parable teaches us the blunt phrase “Use it or Lose it”. Each of us has been given certain talents. We are all different, and we are not equally endowed. But each of us has some gift that we can use to improve the world around us, whether a gift for teaching children, community organization, development or problem solving. We have a talent for helping the poor, visiting the sick, befriending the alien, or supporting the handicapped. Perhaps our talent lies in building a house, creating a garden or using a paintbrush. Whatever our talent, we will get better at it if we use it, and we will surprise ourselves with what we can do. By the same token, if we don’t use the talent, over time we will surely lose it.

My brothers and sisters, I invite you to ponder how I can help make the Kingdom of God present now by using my talent. Whether in our Parish or in the community of London or beyond, please help us make the Kingdom of God present here.

I am so pleased to welcome Sister Kathy O’Keefe to our Parish Team. Sr. Kathy will help us be the presence of Christ here and now. As our new Pastoral Minister, she will assist in preparing families for the gift of Baptism. She will help parents teach and lead their children to the Sacraments of Eucharist and Reconciliation. She will be the voice of comfort to those who are dealing with death and sickness. Sr. Kathy comes with a wealth of knowledge but more importantly with a deep love for Christ.

I also want to welcome Lorne Pollard who joins our Parish Team as a Pastoral Minister with the mandate to lead us in being the People of Praise. The “New Roman Missal” will soon be promulgated. With it comes new music, new language, and new posture. Lorne has been trained in music and theology. I look forward to working with him. I know him to be a man who loves Christ and the Eucharist.

continued on page 2

Parish Feast Day

You are invited to attend The Feast of St. Michael’s Parish following the Mass you attend
Saturday, September 25 at 6:00 p.m. or Sunday, September 26 at 9:30 a.m. or 11:30 a.m. or 1:30 p.m.
for various light refreshments

For more information, please contact Mary Taylor at 519-663-9211

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To Our Readers

by Keith Rodrigues and Paul Tremblay, Editors

With the fall approaching, we are excited to introduce another collection of articles that reveal how the St. Michael's Parish family is full of life and hard at work in many different ways. Terry Dollard, one of our very enthusiastic colleagues on the newsletter committee, discovers a real gem in the Young at Heart group that plays cards regularly. Cathie Gauthier, a member of the Social Justice Committee, writes about mental illness and reflects on a recent presentation by Bill MacPhee who talked about his experience of schizophrenia. Mary Ann Colihan, also a member of the Social Justice Committee, reports on other speakers who presented at St. Michael’s this year.

In this issue we continue to feature schools affiliated with our parish. Margaret Marotta, Principal at Blessed Kateri Elementary School, describes the richness of the Catholic community at her school. A sample of students who were confirmed this past year by Bishop Fabbro reflect on their experiences. Another group of young people, the pilgrims who will attend World Youth Day on August 10-22, 2011 in Madrid, Spain, express their excitement as they await and prepare for this very important spiritual journey. Karen Owens, Chairperson of the Anniversary Steering Committee, provides an update on the planning and preparation of activities for the St. Michael’s Parish Centennial next year.

You will find in the pages of this issue, the St. Michael's Annual Report which includes an interview with Father Murray about his thoughts on current and upcoming activities in the parish.

We thank Frances Theilade for her contributions to the Newsletter and its committee as co-editor since the inaugural issue in December 2006. Frances stepped down earlier this year but helped the new editors tremendously during the transition. We appreciate all her insights and advice.

As always, we invite our readers to provide comments about the newsletter including suggestions for future articles. We also invite anyone interested in writing an article to contact the editors to discuss an idea or to submit an article. We would also be pleased to welcome new members to the Newsletter team.

The 100th Anniversary Celebration will soon begin with its many events. We will begin Our Year of Grace with Advent November 28, 2010 and end with the Feast of Christ the King, November 20, 2011. I invite you to come and join us. Our Parish will truly celebrate the 100th Anniversary the weekend our Bishop Ronald P. Fabbro comes to the Parish, September 24-25, 2011. We also have a wonderful Parish Anniversary Dinner planned for November 5, 2011. There are two Anniversary trips planned. The first is to the Holy Land, March 24-April 5, 2011, where we will walk and celebrate mass where Jesus lived and died. To visit the Holy Land is to read the Gospel with a new awareness. Every Christian should visit the Holy Land. As Pope John Paul II said “to visit the Holy Land is to read the 5th Gospel”. The other trip, from September 5-18, 2011, will be to the Holy City of Rome. There we will visit the tombs of Peter and Paul. If you are interested in either trip please contact me.

On a less optimistic note, I must report that the roof on our entire Church building needs to be replaced before damage occurs to the inside. This will require each of us making a pledge to help “Raise the Roof for the 100th”. More details will be shared as the Building Committee receives the information. Our Building is a magnificent testament to our Faith. It is our responsibility to preserve it for the next 100 years. All pledges are welcome.

May the Risen Lord bless all of you.

To Our Readers

continued...

Telephone: 519.667.0826
Toll Free: 1.888.730.5011
E-mail: office@mldsolutions.com
www.mldsolutions.com
The Anniversary Steering Committee has been planning the events for our centennial year since April 2009. The members of this very enthusiastic and creative committee are: Louise Watt, Brenda Callaghan, Hans Beretta, Michael and Michele Specht, Joanne Zwolski, Penny Yip, Carole Murphy, Pat Coderre, Maria DeLuca, Karen Owens and Father Murray. Under the guidance of this committee, several smaller committees were created to accomplish specific tasks and to coordinate and plan events.

The logo was introduced last fall and has been on display in the church. Our Anniversary slogan “100 Years- Believing † Remembering † Celebrating-1911 to 2011” will be printed on a banner and hung outside the church at the beginning of Advent to announce the start of our centennial.

Thanks to our Cookbook Committee members, Louise Watt, Connie Adili, Maria DeLuca, Katherine Viner and Karen Owens for their wonderful work in putting together the Heritage Cookbook. Parishioners submitted a variety of nearly 450 recipes which will provide us with endless possibilities for cooking for our families. Cookbooks make excellent gifts for everyone, and this one will be a great keepsake for our younger parishioners. Cookbook orders will be filled in September, and there will be extra copies on sale throughout the Fall.

The Parish Photo Album Directory Committee got underway in May and photo shoots began in August to accommodate families with kids going off to college or university. With 2700 families in our parish, our committee under the leadership of Lynda Ducharme and Pam Beker, knows how daunting a task this is. We hope that everyone will participate so that our centennial Parish Photo Album reflects of our entire parish family. This is a wonderful way for us to get to know each other better. There is no cost to parishioners unless they choose to order pictures. Families who have their picture taken for our album (whether or not they purchase additional photo packages directly from the company) will receive a complimentary album.

A mission with Father Philip Chircop has been organized to begin our celebrations and one year later, a mission with Father Richard Fragameni will carry us into the next 100 years of parish life challenging us to look into the future for our parish.

The year will be one of travel with three trips: one to the Holy Land, the other to Rome, and our young parishioners will be journeying to Madrid, Spain to celebrate World Youth Day.

Children in their confirmation year will be working with our Youth Minister, Natalie Simek, to develop a centennial prayer for our parish. Other events being planned include a mass for couples celebrating special anniversaries, (Father John will celebrate his 40th year as a priest in 2011!), a Heritage Tea honouring the elderly of our parish, a family event for parents and younger children, an historical photojam display from the past and stories from families who have been parishioners at St. Michael’s for a long time!

Bishop Fabbro will celebrate our Feast Day on September 25th, 2011 and will join us at a reception after each mass. The Family Feast BBQ will also be a great part of the weekend.

The year will end with a Gala Dinner Event on November 5th, 2011 and we encourage all adult parishioners to participate. This will be a wonderful opportunity for all of us to come together as a parish family to celebrate the end of our centennial year and to begin the next century! What a party it will be!!!

It takes many people to plan for so many events and projects throughout the year. If you would like to help in any way, big or small, please contact Father Murray or any member of our Anniversary Steering Committee.

We all look forward to all these events and to celebrating our 100 years!!!
Blessed Kateri Catholic Elementary School is located in the Masonville area in North London. The school was built in 1992 and is named after Kateri Tekawitha, Lily of the Mohawks, (1656-1680), who is honored by the Catholic Church as the patroness of ecology and the environment. Kateri Tekawitha devoted her life to Christ through personal sacrifice, prayer, and care of both the elderly and the young.

Blessed Kateri Catholic Elementary School has a student population of 328 children in our full-day learning program through Grade 8, supported by 36 dedicated and devoted staff members. Our students are continuously involved in the pursuit of excellence in a variety of activities and programs both academic and non-academic in nature. Together with the pastoral team at St. Michael’s Parish, our families, our Catholic School Advisory Council (C-SAC), our generous volunteers and our community partners, we provide opportunities that enrich the lives of our students and foster a desire for strong citizenship and social responsibility. Committed to Catholic education, our students thrive in an environment that stresses tolerance and acceptance of one another.

We appreciate both the opportunity and privilege of the learning partnership that we share with our families and the parish. Together, we try to promote and maintain a Catholic school community that is informed by the Gospel and reflects the tenets of our faith. Providing a safe learning environment with a focus on academic excellence and responsible citizenship is paramount.

The Ontario Catholic Graduate Expectations prepared by the Institute for Catholic Education (ICE) provide us with an image of the learner that is distinctive. This vision acknowledges the value of the human person and his/her journey in the community. Everyone shares the responsibility of educating our young people. So, we very much value working together.

We are delighted to be one of five schools within the London District Catholic School Board that will be offering this year the new provincial initiative, a full-day learning program for our youngest learners (ages 4-5). This engaging, play-based educational program will be provided by teachers and early
childhood educators (ECEs) who will work together to implement a carefully planned program that is challenging and geared to each child’s level of development. The program promises to provide our children with a strong foundation for future learning.

Each school year, it is an honour and a privilege to embrace the opportunity to extend our hospitality to the community as we open our doors with the following Threshold Prayer written by Bishop Thomas Ken:

O God,
Make the door of our school
wide enough to receive
all who need human love and fellowship,
and a heavenly Father's care;
and narrow enough
to shut out all envy, pride and hate.

Make the threshold of this place
smooth enough
to be no stumbling-block to children,
nor to straying feet,
but, O God,
Make this threshold rugged enough
to turn back the tempter's power:
Make it a gateway to Thine eternal kingdom.

Amen
It’s been a year since we arrived in Canada, and throughout the year, we have found a beautiful country full of nice and good people like you and with so many opportunities for us and our children.

We want to thank all of you who have supported us during this year because we feel happy and are able to start a new life in this wonderful country. We also want to thank you for letting us come into this community and share with you.

To Sister Maria for everything she has done for us. You have been a light in our path, and you are part of our family.

To Adele, David and their family for opening the doors of their house and for their beautiful friendship.

To Father Murray and Father John, thank you for the solidarity and understanding, and to all the people who have helped us in one way or another.

We all love you. You will always be in our prayers. God bless you!

A few words from Tatiana, 6 years old:
I like the trees in Canada, especially in the fall. I like St. Michael's School but not Day Care. I love Jesus. I love snow, my Mommy and the baby who is coming.

Luis, 10 years old says:
I’m happy we came to Canada. I like summer and winter and friends. In Canada, I could go to camp; I never went to camp in Colombia. Here I can learn English and French.

Tania speaks for herself and her husband who is at work:
Colombia is very noisy and dangerous; Canada is peaceful and safe. Francisco never went out with us because it was too dangerous, and many times he told us not to go out at all because the children might get kidnapped. Francisco is very happy to have a job and to be able to look after his family financially.
Parish Photos

Faith

Community

Celebrate
Each week as I read through the various events listed in St Michael’s Sunday Bulletin, I always come across one informative note that catches my attention.

Young at Heart – Cards!
Drop in for an afternoon of cards, on Thursdays at 1:00 p.m. to 3:30 p.m. Light refreshments, conversation, bridge and euchre in the Parish Hall. Cards are provided. Friends are welcome! Registration is not required – simply bring a loonie and pay as you go.

Even though I myself am approaching eighty, I am definitely, like so many other seniors in our parish, “young at heart,” so I decided to visit the card players in action one Thursday afternoon to see what this message was all about. Here is what I discovered.

I was pleasantly surprised to learn that as many as twenty-four to thirty-six people regularly attend the meetings each Thursday. They range in age from sixty to ninety years, and I was informed that even a one-hundred year old often shows up (St Michael’s seniors are the hands-down leaders in “durability”). Most are Bridge players, but a smaller number are fans of Rummi. Mary Bambrick, who hosts the games, calls them the “Rummi Crew”. There is also a small number of Euchre players which Mary hopes will increase as time passes.

I asked if they give Bridge lessons and was informed that they play “kitchen” style, which means relaxed with plenty of conversation across the table to keep the atmosphere light. Also this helps the “newbies” to learn the game and tactics quicker. Bridge competitions with prizes are held periodically.

Amicable conversation goes well with the tea, coffee and “goodies” served. On the subject of food, the “Young at Heart” group combines forces with the “Seniors on the Move” (exercise) folks twice each year for a special catered lunch and, in addition, will have some “potluck” dinners through the playing season. The season, by the way, can last right through the summer air conditioned months for many of the players, thanks to the kind help of Sid Wocks.

Some special events sponsored by Young at Heart such as an “election meeting” with municipal candidates can attract over a hundred people who will come to listen; seniors are a group that tend to vote on election day, so I guess the candidates pay attention to them.

The cost for attending and participating on Thursday afternoons from 1:00 to 3:30 is a mere loonie, a bargain indeed for an afternoon of enjoyment with one’s peers. Parking is available in the church lot (handicapped available) or on the adjacent streets and is free.

The Young at Heart group is self sufficient, not having asked for money from the Church, and in fact has made contributions to the Parish, most recently towards the new roof. One request by Mary Bambrick: “If you like to play Euchre and enjoy the company of others come on out and join us at “Young At Heart” for a great afternoon of fun.” For further information contact Mary at 519-433-3763.
The Social Justice Committee at St. Michael’s helps to support a range of issues. Social justice, spoken of in the Beatitudes, is at the root of a struggle for a better world – to right a wrong, heal the afflicted or include the disenfranchised.

Each committee member has a different interest that draws us together under the social justice umbrella. This spring we brought in guests to speak on a range of social justice themes, including how these topics impact our faith community and the world beyond.

Our first speaker was Dr. Gordon McBean, a Professor at the University of Western Ontario and Policy Chair at the Institute for Catastrophic Loss Reduction. He is a noted weather expert with a PhD in physics and oceanography from UBC. His early career included boundary layer research, hydrometeorology, environmental impact research and weather forecasting. As a result of his scientific work on the United Nations’ Intergovernmental Panel on Climate Change, he was awarded the Nobel Peace Prize in 2007 along with 2,500 scientists from 130 countries and former Vice President Al Gore. With his wealth of experience, he came to talk on climate driven natural disasters.

Our next speaker was Bill McPhee – a well-known contributor to the dialogue about mental illness. He personally has survived the devastation of schizophrenia, achieved recovery and is now married with children. Bill shared the importance of spirituality in the healing process and the role that faith has played in his own life. “We know lack of understanding breeds fear and we avoid what we fear. Thus, we see education as a crucial element in empowering people to reach out to these members of our society that suffer is so many ways.” he says. (Please see Cathie Gauthier’s article this month that discusses mental illness, and Bill McPhee’s presentation, in greater detail.)

Our final speaker this spring was Professor Anton Allahar who came to speak about closing the divide between new and old Canadians and how multiculturalism is both a treasure and a challenge. He is a professor of Sociology at the University of Western Ontario and has studied the economics of immigration as well as racism as it relates to multiculturalism. Dr. Allahar gave a rousing lecture on how to improve harmony as we become more diverse in race, culture, ethnicity and religion. “At heart, we are all the same even though as human beings we have our differences,” he says. He also emphasized the need for structural change in Canada’s immigration policies, particularly those that favour one region over another.

We welcome you to, share with us some of the social justice themes that interest you so we might find other experts to address these issues and gain a broader understanding of the important challenges in our community and the world beyond. Suggestions can always be left in our mailbox outside the church office.
This past year, on November 24th and 25th, 2009, 169 young people in Grade 8 and high school were confirmed by Bishop Fabbro. Here are some reflections on how the Sacrament of Confirmation has impacted them.

Hannah Gregor: *The act of confirmation means confirming my belief in the Catholic faith. By doing so, I have received the seven gifts of the Holy Spirit. To me it means I now get to make my own choices in what I choose to follow, whether in religion or people. I feel that I can play a bigger part in our Catholic community, which gives me strength to be able to contribute in a meaningful way in society. Having received all of the gifts of the Holy Spirit has allowed me to believe in myself more and feel as though God is always with me in everyday life. I am able to see the Lord through people's everyday actions.*

Isaac Burton: *A time in a teenager's life when they become adults in the eyes of the church. I am one of them. I am a Confirmed Grade 8 student who is also an altar server in this parish. When the question comes up about confirmation, I do not have to think hard about the subject because the answer is simple. It means that I have grown up, although I am still one of God's children and have established a stronger relationship with God, like a better nest in the tree of God, and things are simply clearer. It just makes it easier to see the things that life throws at us on the way. A study was done about religion. The conclusion was that people that have a religion do not get stressed as easily. They are more sure of themselves, and being Catholic gives you that knowledge that someone is there. He does not care how much you talk, he is always listening and watching and protecting you.*

Dana Zagar: *On the day of my confirmation, I was very excited. I remember having the feeling of happiness and joy. When the Bishop put the chrism on my forehead, I felt as if I had matured and had become an adult in the Church. I was nervous at first, but the ceremony was gentle and friendly, and I get a picture with the Bishop as well as with some of my friends who were also confirmed. It was certainly an amazing experience! To me, the most important gift of the Holy Spirit is the gift of understanding. Understanding helps me get into a deeper level with friends and family, aids me when helping someone in need, and even helps me when my Religion teacher reads a rather complicated Bible passage in class. Understanding is very important to me! If I could ask the Holy Spirit to help the world in any way, I would ask for world peace. I think that peace is important for the whole world because if world peace was restored, there wouldn’t be a war going on in Afghanistan, Iraq, and other countries. Peace would fulfill the dreams of many, many people in our world. To show a good Christian example to society and my school, myself and two of my friends started a two week fundraiser called Change 4 Change in Haiti. Every student in the school was challenged to fill a plastic water bottle with spare change. Our original goal was $500, but our school rose to the occasion, and we raised a staggering $4000 to donate to the Red Cross! I was honoured to be a part of this by God and the Church and that in times of great need, God will call upon us to make a change and help our neighbours, no matter how far away they are, be it next door or on a distant Caribbean island.*

Jeff Helder: *Being newly confirmed to me means becoming an adult in religion. It's like getting a new pair of glasses to see the way of God clearer. This helps in my everyday life with almost everything from talking to people, to shopping, to going to school, and to going out with friends. After*
confirmation I realized that it changed me. I find myself stopping and asking myself, “Is this what God wants me to do?” Out of the 7 gifts of the Holy Spirit, understanding stands out for me. When I talked to Father, I told him I would like for people to understand me. Father told me that instead of me wanting people to understand me, I should try to understand others so that I can help them understand me. I thought that was a good idea so I gave it a try; now I am happy that everyone can understand me. If I could ask the Holy Spirit to help the world in anyway, it would be with Haiti because so many people are suffering, and I strongly believe that no one should ever have to deal with that. I would like the Holy Spirit to help also with the war in the Middle East countries because everyone needs peace.

Tom Miller: When the opportunity came up to be confirmed, I made my decision to confirm my faith in the Catholic Church and to continue to live my faith as an adult as my parents had been leading me as a child and youth. When my mom asked me why I chose to be confirmed, I told her I really wanted to be married in the Catholic Church. She said, then I had the right desire to be confirmed in my faith. I really enjoyed getting prepared to be confirmed, and I especially remember my retreat day and the chance I got to sing with the youth group! I was really happy on this day, and I enjoyed seeing friends from previous schools I attended. I will be joining these friends again in high school and journeying with them in faith and in education. What I hold most important about my decision is that I will continue to surround myself with my family and my friends in faith, and it is the glue that binds us for celebration and in sorrow as we move through the sacraments and life’s lessons.

You are called and invited to serve!

Did you know that once you are Confirmed, you are now invited to serve the parish as a Lector, a Eucharistic Minister or an Usher? You can also serve at Mass by joining one of our choirs or by being an altar server. We would love to have more youth serving as leaders at Mass.

For more information please contact Natalie Simek at (519) 433-6689 ext 206.
Matt Pizzuti: I have chosen to go to World Youth Day in Madrid because I would like to further my understanding of God and also I would like to experience life in another country.

Joel Whelan: I have chosen to go to WYD to build great strong relationships not only with God, but with my fellow pilgrims. Our journey together will be spectacular and the memories will last a lifetime. I want to strengthen my faith and this pilgrimage is an awesome way to do so.

Stephanie De Vincenzo: It was an amazing experience to have been part of the largest international youth event when I went to WYD in Sydney in 2008. I enjoyed the experience so much that I would love to be a part of it again in Madrid. This will allow me to strengthen what my faith means to me and to partake in cultural festivities.

Christina De Vincenzo: I’m looking forward to traveling to Spain next summer to share and learn about my faith with thousands of other young people from every corner of the world. It will also be a great opportunity to meet up with friends from around the world that I met while in Sydney in 2008!

Alexandra De Vincenzo: I have chosen to go to WYD Spain because I had an amazing experience in Australia. I know that the experience will help me to continue to grow in my faith and I am excited to share it with the other young people from St. Mike’s.

Emma Romano: I think it will be a great experience, and I want to see and experience the Catholic Church and my faith in other ways than just going to church.

Natalee Whelan: I want to go to WYD to meet other teens from all over the world, and I am also looking forward to creating awesome new friendships among the group of people that I will be journeying with to Madrid.

Christine Ngo: I want to go to WYD in Madrid because I think it would be a wonderful opportunity to see new places and witness a celebration where many different cultures share one religion. To me, these kinds of events signify that there’s still hope in the world.

Lauren MacKay: In 2008, I went to WYD in Sydney, Australia, and the whole experience was such an uplifting and refreshing testament to the importance of youth involvement in the Church. I can’t wait to get a taste of this again in Madrid!

Eddy Avila: I am excited to attend WYD because it is a pilgrimage that enables us to learn about different cultures and how they celebrate God’s name as well as giving us the opportunity to show others how we profess our faith.

Danny McKee: I have chosen to go to WYD because I would like to meet other youth that share the same beliefs that I do. I think that going to Spain will be a great opportunity to celebrate and strengthen my faith.

Jacqueline Mboko: I want to go to WYD because I look forward to meeting and praying with other youth from all over the world.

Danny Avila: I have chosen to go to WYD in Madrid because I believe it is a great opportunity to grow in faith while expanding my own personal relationship with God. Not only will I be able to experience Christ in a new and unique way, but I will be able to experience Christ in the presence of my fellow peers with whom I love spending time.

15 youth and 4 adults are busy preparing for August 10 to 22, 2011 when they will embark on a pilgrimage to Madrid, Spain. They will join thousands of Catholic youth from around the world as they celebrate their faith with the Holy Father. The pilgrims wish to thank you for your prayers and financial support as they raise funds towards the cost of their trip (US $2400 per person). They will continue to prepare spiritually for the pilgrimage and you will see them serving in the parish through bake sales, breakfasts and the yard sale in the coming year.
Mental Illness and the Christian Response

An evening with
Bill MacPhee and Fr. Michael Prieur

By Cathie Gauthier

A number of years ago, when the London hospitals were rearranging and streamlining their health care delivery, it was decided that mental health would move to the care of St. Joseph’s Health Care. Although St. Joseph’s hospital lost some things it was proud of in the shuffle, how appropriate and right it was that an institution with Catholic roots be given responsibility to care for and advocate for a group that suffers marginalization in a very specific way. Are not Christians the ones who opened the first AIDS hospices? Has not Jean Vanier’s solidarity with the mentally and physically handicapped inspired us to consider our humanity and connectedness to one another more deeply? The responsibility of care for mental health brings to mind the words of the psalmist “the Lord is close to the broken-hearted,” and the call of justice from our Church to give “preferential option for the poor.”

Poverty can be described in many ways. There is poverty in loneliness, in being misunderstood, in being cast under the shadow of stigma and prejudice and, of course, there is economic poverty. We have seen time and time again that poverty and mental illness can form a tragic combination. Mental illness has a tremendously damaging impact, not just on the person directly affected but on the entire family. The Social Justice Ministry at St. Michael’s is making its own small effort to instill a more positive attitude toward mental illness.

With this objective in mind, we invited a remarkable man to share his own experience with mental illness. Bill MacPhee is a successful, happily married man. He is also a man who takes medication to manage schizophrenia. On an evening in April, he shared with us his journey through schizophrenia. Bill is in a place of recovery and is now able to tell his story. With remarkable humour and candour, he described some of his psychotic episodes. He also talked about the people who stood by him, giving him practical help and praying for him. He witnessed to the role his faith and his faith community in keeping him connected to others and giving meaning to his life. His own experience is proof that there is life and meaning during and after a serious mental illness.

Prevention and intervention research on mental illnesses has shown that social support is an important protective and recovery factor. In the Christian tradition, we call ourselves the children of God, and therefore, as the extended communal family, we can do so much to provide a safe and welcoming place.

We are challenged to befriend those whose life plans and dreams have been altered by mental illness; not only the persons who have become ill, but the lives of those who love them - parents, spouses, siblings and friends. The Social Justice Ministry will explore ways for people to exercise their natural and inspired compassion in this area of care. If you would like to share ideas of how this can be done (or how you have been doing it already!), please contact Cathie Gauthier through the parish. We would like to hear from you.

Comprehensive information on schizophrenia and other mental illnesses can be found at the Centre for Addiction and Mental Illness website, www.camh.net.
Every so often someone standing at the church lector will ask us, “Please visit our website.” Also, periodically in the bulletin, we read, “Please visit our website.”

Why? Well, simply put – because we have one of the most entertaining, informative and interesting websites of all of those in the Diocese of London, and beyond.

“We” means YOU – this is “YOUR” website.

Take a look for yourself – you will find features such as all the previous issues of the St Michael’s Newsletter with photos and stories of your friends and perhaps coverage of past events in which you or someone you know were present.

If you missed picking up a copy of our bulletin while at Mass on a particular date – it’s there! Want to know “special” Mass times – in a click it’s there before your eyes!

Like to find out more detail about special speakers at Missions and other parish meetings and events, including their biographies? You guessed it – it’s there!

There are links to some important Catholic websites to help you to keep up to date on conferences and take their biographies? You guessed it – it’s there!

There are links to some important Catholic websites to help you to keep up to date on conferences and take you directly to very informative newspapers and articles, etc. Take a look at “Bits and Bites”, maps, CWL latest news, K of C events, even take a “digital” trip to the Vatican.

Who are those folks who represent your interests on the Parish Council and all of the other committees? Find out quickly – that information is there as well including photos so you can recognize them!

Connect immediately to the websites of the Parish schools that your kids attend to keep up to date on all of their activities and special events.

You will be surprised and pleased at the wealth of information that you will find on YOUR website! It is designed and updated constantly for YOU.

Come and visit – it is as simple as clicking www.stmichaels.dioceseoflondon.ca

Our Webmaster is Terry McBride, the same talented fellow who provides all those outstanding photographs that you see in each and every issue of the St Michael’s Newsletter!

We would be glad to receive your comments and ideas.

One click and you are there! It’s free – and it’s YOURS!

Our Newsletter Team members are John & Michelle Cavaliere, Terry Dollard, Carmen Gicante, Terry McBride, Keith Rodrigues, Dorothy Solomon, Vincent Taylor, and Paul Tremblay
**Get to School**
Help the children find their way to school.

**Sudoku**
Fill in the missing numbers. Each horizontal row has 1 to 9, each vertical column has 1 to 9 and each box has 1 to 9.

Note: you cannot have two of the same number in a line or box.

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**Be Creative**
Colour and create your own design.
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.

Pastoral Team
Father Murray Sample, Pastor
msample@dol.ca ext. 202
Father John Sharp, Associate Pastor
jssharp@dol.ca ext. 205
Sr. Kathy O’Keefe
kkeefe@dol.ca ext. 203
Natalie Simek, Coordinator of Youth Ministry
nsimek@dol.ca ext. 206

Staff
Pat Estabrooks, Receptionist/Secretary
stmichlon@dol.ca ext. 201
Jolanda Squire, Financial Secretary
jsquire@dol.ca ext. 200
Sid Wocks, Hall Coordinator ext. 210

Parish Council Chairperson
Karen Owens

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

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

Sacrament of Reconciliation
Saturday: 10:00 - 11 a.m. and 4:00 - 4:30 p.m.

Free Bus Service to 10:30 a.m. Mass
The route . . .
9:50 Richmond & Windemere
770 Fanshawe Park Rd. east of Fremont
10:00 Adelaide St. & Fanshawe Park Rd. bus stop south
Adelaide/Kipps Lane 1st bus stop
Kipps Lane/Barker St. bus stop west
McNay/Huron St.
Huron St. bus stop east of Wedgewood Dr.
10:15 Royal Oak Apartments 1136 Adelaide St.
St. Michael’s Church
The bus will stop at regular bus stops or wherever it is hailed along the route.

Parish Information

Calendar of Events
St. Michaels Parish Feast Day September 26
Mass of Healing October 5
R.C.I.A Process Starts October 6
Volunteer Appreciation November 14
Mass of Remembrance November 16
1st Sunday of Advent November 28

New Parishioners? Moving?
We invite all new parishioners to register with the Parish. The registration form is available at the Welcome Desk or parish office. If you have recently changed your address or phone number, please advise the parish office.