

# CATHOLIC STAR

## MOUNTAIN

THE ROMAN CATHOLIC DIOCESE OF NELSON

July 2023

“You are the salt and light  
of the world.”  
- Matthew 5:13 - 16



*The Kelowna Catholic Youth Group organized a Mother's Day bake sale at St. Charles Garnier and Immaculate Conception to raise funds for the mobile hospital for Ukraine. Many thanks to the parishioners from both parishes who generously supported the fundraiser.*

## BISHOP'S MESSAGE

# “Be still, and know that I am God.” (Psalm 46.10)

Dear Brothers and Sisters in Christ,

Greetings and peace in the Lord!

It has been a while since we last published an issue of the Catholic Mountain Star, so I am happy to be writing this

message for our latest edition. I hope you enjoy the many stories and articles from news around the diocese.

Summer is usually the time when most people take vacation, or at least, their workload eases up a bit, unless they are in a high

demand occupation. Since we are only human and life moves at such a fast pace, it is good and necessary to have the summer season, indeed, any holiday time for that matter, to take a moment to relax and “just breathe.”

When we take holiday time to enjoy family, nature, recreation or to just plain sleep, it is also good not to forget to take time with the Lord. With our busy lives, varied commitments and other demands, it is easy for God to get lost in the shuffle. But that is the wonderful thing about vacation. Although we can get caught up in the things we are doing or not doing, it is an opportunity to marvel at and appreciate the beauty of creation and the beauty of one another, whether in small or big things.

Holiday time is a great time to take time and make time for God. Holiday time is a great time to remember who we are and why we are here. When

we are grounded and re-centre ourselves in God, our busy and hectic everyday lives take on a whole new perspective. We might even live our everyday lives in a new way when we return to them! As St. Paul writes to the Romans, “Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.” (Rom 12.2)

So, when you pick up a good book, sit down to watch a movie, swim in the lake, hike in the mountains, camp in the forest, sit on the beach, admire your children at play or your elders at rest, do not forget to look for God in all these moments and in one another.

Wishing everyone a beautiful summer, and every blessing on your vacation and holiday time. “May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.” (Rom 15.13)

*Gregory J Bittman*

*Bishop of Nelson*



# Bishop Bittman's 10th Episcopal Anniversary



Most Rev Bishop Gregory Bittman with the priests and deacons of the Diocese of Nelson on the occasion of Bishop Greg's 10th Episcopal Anniversary at St Charles Garnier Parish last September 12, 2022.

## Secular Order of Discalced Carmelites (OCDS)

Carmelite Seculars, together with the Friars and Nuns, are sons and daughters of the Order of Our Lady of Mount Carmel and of St. Teresa of Jesus. As a result, they share the same charism with the religious, each according to their particular way of life. It is one family with the same spiritual possessions, the same call to holiness (*cf Eph 1.4; 1Pet 1:15*) and the same apostolic mission. Secular members contribute to the Order the benefits proper to their secular state of life (*Constitutions #1*).

For more information please contact

**Laurent 1-778-212-1945 or  
Loretta 250-448-5633**

## OUR NEW PASTOR

By Fr Harry Clarke

I was assigned to 13 parishes over 48 years. It is always a time to ask: what is the Holy Spirit saying in my heart as I fold the shepherd's tent and head out to pastures new? Here are my reflections of what is awaiting new pastors today.

I am aware that my early time as a pastor was different. Fr. Charlie told me that during his first years at St. Pius X, around 1973 that he had about 5 people at daily Mass and he wondered what would happen when they died. Then along came the

Cursillo movement and that number reached over 30. At that time, all young priests became involved in the new movements of the Holy Spirit: Cursillo, Core, Search, Engaged Encounter, Charismatic conferences and Marriage Encounter, and we experienced a revival in the parishes. What can we do today, with so many young and highly educated young priests, to bring forward "a new springtime" for parish life?

*Continued on page 4...*

*Continued from page 3...*

1. It is important to be educated with awareness of this historical moment for the Church. We must recognize that Jesus has become a diminished figure in parish life when every Christian is called to be an apostle of Christ.
2. An awareness that illness before death is one of God's blessing, encouraging us to be loving toward God and neighbour to the end. One of the great signs of a good parish is where people die holy deaths.
3. Baptism, First Communion and Confirmation must become more than folk religion. Young plants in the garden of the Church require personal cultivation.
4. Pope Francis speaks of Church life as a culture of encounter; where

each parishioner is inspiring the others in putting love in the world; by sharing experiences of what the Holy Spirit can inspire us to do in the world, and especially in our families.

5. I would no longer see children and youth as a "problem" but "partners" in putting love in their families and in their schools. In my life we never asked this age group to put Christ's love in their families.
6. The Holy Spirit must become better known as the gift that Jesus offers us at every Mass; to accompany us in our professions and family life.
7. The Pastor must have a pastoral council that helps him listen to what parishioners are saying and that is aware that everything in parish life exists to bring forward

the Kingdom of God.

8. Every Marriage must be celebrated as Christ establishing a new centre of love in the world. "Where two or more are united in my name, there am I in their midst". Matt 18: 20.
9. Many leave the Church because they do not have the gift of prayer. I inquire discreetly all the time if our children have the gift of prayer yet.

Let us live for a new springtime for the Church in our Diocese of Nelson.

## Ukrainian Catholic Clergy Retreat/Conference held May 1-4, 2023 at Seton House of Prayer



The photo includes Bishop Andriy Rabi, Bishop David Motiuk, Fr. Steven Basarab, Fr. Pavlo Myts, Fr. Joe Ostopowich, Fr. Mykhailo Ozorovsky, Fr. Yuriy Sakvuk, Fr. Yuriy Vyshnevskyy, Fr. Stepan Vytvytskyi, Fr. Andrzej Wasylanko, Fr. Andriy Werbowy, Sr. Angelica Hodowansky, ssmi, Sr. Patricia Lacey, ssmi.



# ST. JOSEPH

ELEMENTARY SCHOOL, NELSON

EDUCATING THROUGH FAITH...EXCELLING IN ACADEMIC ACHIEVEMENT

In the 2021-2022, St. Joseph School Nelson became a Kindergarten to Grade 9 school. They now offer elective classes to their intermediate students: Food Studies, Musical Theater, Visual Arts, Dance, Media Arts, Textiles & Music. All classes receive instruction in Religion, French, Music, and Computer in addition to the prescribed BC Ministry of Education curriculum. They will be celebrating their 125th Anniversary next school year.

*Pictures going counter clockwise: Principal Michael & Father Neil's I Mission trip to Mexico, Christmas Concert, new "It's Kool To Be Kind" playground mural, Terry Fox walk, student Altar Servers, Food Studies class.*



## “RUAH”: PARISH YOUTH DAY 2023 – OKANAGAN

By Ferdinand M. Bayarong

On April 29, Our Lady of Lourdes Church in West Kelowna hosted the Parish Youth Day 2023. The event gathered 73 strong participants from the Parishes of Immaculate Conception Church (Kelowna), St Charles Garnier (Kelowna), Holy Child Catholic Church (Summerland) and Our Lady of Lourdes Church. The event dubbed as “RUAH” which means the breath of God was filled with games, short talks, group activity, food and concluded with the celebration of the Holy Eucharist presided by Bishop Gregory Bittman, Bishop of the Diocese of Nelson.

The gathering’s rationale was to ignite the spirit of

dancing and worshipping God.

The emcees, JV Ilagan and Dayle de Guzman, gave the orientation and taught the participants different yells wherein the whole place was filled with shouts and laughter. The sessions were given by Jinyl Fernandez and Maverick Quidasol entitled “God’s Love and His plan for us” and “Growing in the Spirit” respectively. It was deepened by group

effort of Our Lady of Lourdes Church Youth group and CFC Youth for Christ Canada from Vancouver. Youth For Christ Canada is the youth arm of the Couples for Christ. It is a community of young people whose advocacy is to mold the young generations by reaching out to the young community, campus and school so as to deepen youth’s relationship with Christ and His Church.



RUAH Parish Youth Day 2023 team & staff with Bishop Greg and Fr. Rex

Rev Fr Rex Velmonte, Pastor of Our Lady of Lourdes Church expressed his utmost support to the young people who attended the gathering and reassured the youth that the Church is willing to create different activities that will bring them closer to God. He also challenged them to be more visible in their respective Churches by taking part in some of its ministries such as readers, altar servers or music ministry.

the young people about their journey of faith. A reminder that they are not alone in their journey of faith and that it is fun and exciting to know Christ and Church.

RUAH started with a fellowship game of knowing their fellow youth. They were encouraged to know each other by sharing what their favorite song, artists and hobbies. It was followed by a song entitled “My Grace is enough.” The youth had fun singing, clapping,

activities lead by some members of the team. The small group sharing allowed the participants to share their thoughts, ideas and experience about the topics given. Furthermore, the youth enjoyed the food and drinks donated by the host parish and its parishioners. Before the program ended, Bishop Gregory delivered a short message and then imparted his blessings to the participants.

The whole program was a collaborative

RUAH ended with a celebration of the Holy Eucharist where the parents accompanied their children in celebrating Good Shepherd Sunday. The whole team and staff expressed their gratitude to those who volunteered and took part of this youth event. AMDG.



## Holy Cross Parish, Creston

Patricia Hayes presented four catechumens for First Holy Communion; Madeline Kirkness, Christian Seniuk, Kai and Raiden Meher. A celebration followed for the joyous kids, as well as the altar servers who were named and honored.

## World Youth Day 2023 Lisbon

2023 World Youth Day delegates posing with Bishop Bittman and staff during the send off mass at ICC Parish on July 23, 2023. The pilgrims left the next day for Lisbon, Portugal.



### Roman Catholic Diocese of Nelson

#### Seton House of Prayer and Retreat Centre



#### Come and Discover

Seton House of Prayer and Retreat Centre is nestled in the hills above the Mission area of Kelowna. Come experience spiritual renewal and discover a deeper awareness of God in the stillness and the beauty of this natural setting.

### Seton House of Prayer

5819 Chute Lake Road  
Kelowna, British Columbia  
V1W 4L5

Telephone/Fax: 250-764-4333  
Email: [setonhouse@nelsondiocese.org](mailto:setonhouse@nelsondiocese.org)  
Website: [setonhouseofprayer.org](http://setonhouseofprayer.org)

#### Facilities

- |   |                               |
|---|-------------------------------|
| Conference rooms                            | Chapel in the woods           |
| Library                                     | Outdoor Stations of the Cross |
| Dining room                                 | Labyrinth                     |
| 16 bedrooms each with ensuite               | Mary's Grove                  |
| Indoor heated swimming pool                 | Outdoor walking areas         |
| Fully equipped 2 bedroom mobile home        | Poustinia (Hermitage)         |
| Overnight accommodation for up to 32 people | Indoor exercise equipment     |

Seton House hosts groups and individuals from all faith communities, schools and organizations, as well as other groups who are in accord with our mission of peace, healing and prayer.

Come for a day, a weekend or even longer to experience personal spiritual growth. Walk the Stations of the Cross, retreat to Mary's Grove, experience the Labyrinth or pray in St. Joseph Chapel. Gather in the conference rooms, complete with spectacular views. Relax in our comfortable dining room with catered meals and enjoy some down time in the heated indoor swimming pool.

- Room Rentals \$70 per person per day (meals not included)  
Meals: \$65/day
- Breakfast \$15
  - Lunch \$20
  - Dinner \$30
- Groups:  
Day and multi day rates are available upon request.  
Note: Rates are subject to change annually.

We value the many loyal friends and benefactors who have supported Seton House. Donations are gratefully accepted by cheque mailed to the above address or by e-transfer to:  
[etransfer.seton@nelsondiocese.org](mailto:etransfer.seton@nelsondiocese.org)



## A Fernie Ascension

### By Fr David John

The bell tower of the Catholic Church in Fernie is the highest point in the town, and from there one gets a simply magnificent view of the snow capped mountains that surround the town. So just five days before the feast of the Ascension, Bp. Gregory did the long

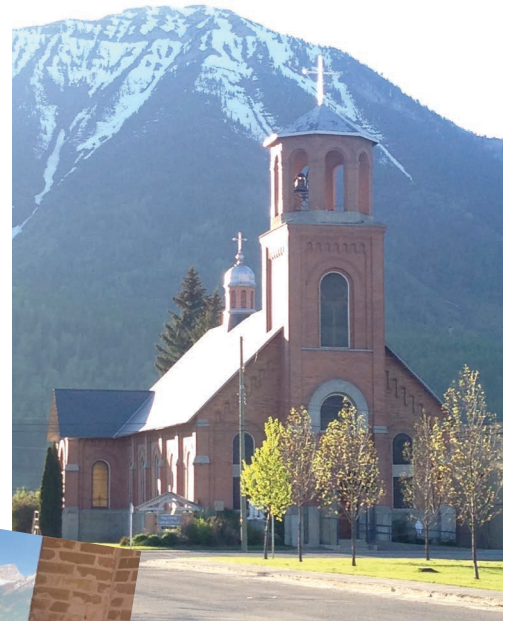


(and somewhat dirty) climb up the hundred year old wooden ladder that takes one up the church's tower, so he could ascend and be that bit closer to

God.

Over the last few years there has been extensive renovation work done to the tower and to the seating of the single bell it houses. This bell has rung out over Fernie for more than a hundred years and has marked some of the great events in the life of Canada as well as more local history. At each wedding it is rung in joy, at each funeral it is solemnly tolled once for every year of the life of the person being commended to God, and every weekend it announces the celebration of Mass. It is so much part of the community.

Yet this bell is rarely seen close up because the climb up the tower isn't easy. There is one very narrow section, and one has to be quite agile to pull oneself up in places, but Bp. Gregory



managed this without any drama.

So was this the high point of his visit to Fernie? It was certainly a memorable moment, and from the smile on the Bishop's face it appears to be an adventure he enjoyed.

## PREPARING FOR A HAPPY AND HOLY DEATH

By Fr Harry Clarke

1. Illness before death is one of God's blessings; giving us time to make the final preparations for life eternally with Jesus.
2. Our whole life is a journey to that place in the House of God, prepared for us by Jesus.
3. As long as we can put love in this world we are building up treasures for ourselves in Heaven.
4. In the later years of our lives, we must reflect on our human journey; acknowledging our failures and thanking God for the mystery of our existence on earth. God is full of mercy and love for everyone.
5. There are temptations in times of

illness and old age to end our lives but this is the inner voice of the evil one who tells us falsely that we are doing something noble; like making things easier for our family.

6. Jesus, has loved us into human existence and he has accompanied us in childhood, marriage and old age. He waits to welcome us into Paradise on the day that God will call us; racing towards God in the final days.
7. It has become fashionable to organize one's death, surrounded by sports companions and other friends, toasting to a life that lacked any sense of the mystery

of Christ's love waiting for us beyond the grave.

8. Parish life is the safest place on earth when we are facing death. Praying for a happy death is our finest prayer as we approach the great mystery of meeting Christ face to face.
9. The grace of a happy death is the finest gift we can give to our families and friends.
10. The great prayer that comes down through the centuries at a funeral Mass is this: Eternal grant to him/her, O Lord, and let perpetual life shine upon him/her.



## Rosary Rally By Eileen Collins

On Oct. 15, 2022, Immaculate Conception Parish hosted its 2nd annual Public Rosary Rally in honor of Our Lady of Fatima. Initially organized by the National organization “Canada needs our Lady”, the headquarters in Quebec promotes praying a public Rosary across Canada. This past October 780 communities across Canada participated. Local participants met in the parking lot of ICC where the procession began led by Fr. Cerlouie Jimenez. We journeyed down



Sutherland Ave to Rowcliffe Ave and gathered in Rowcliffe Park, situated among tall apartment buildings, on a large grass field.



A large banner with the image of Our Lady of Fatima was carried in procession by members of the Knights of Columbus with the crowds singing Marian hymns along the route. Approximately 150 men, women and children joined this Rosary Rally. Following an introduction of each decade, each mystery was led by different individuals, including Fr. Cerlouie, Fr. Sebastian Puthenpura, Dr. Ryan Wilson (President of the Canadian Pro Life Physicians) & his family, Claire & Andrew Hall, representing students

from UBCO & OK College, and members of the ICC Rosary Cenacle of Prayer.

Following the Rosary, we enjoyed singing more Marian hymns as we processed back to ICC. Upon gathering back at the church, the Knights of Columbus hosted refreshments and a social in the hall.

We look forward to hosting our 3rd Public Rosary Rally on Saturday, Oct. 14, 2023. We will meet in the ICC parking lot @ 11:15 am and process to Rowcliffe Park. The Rosary will begin at noon. Everyone is welcome to join and please bring your children.

## A Farmer's Prayer

Wander with me, Lord,  
Across the field of green  
To feed the calf and spoil the horse  
With apple treats  
And carrot snips  
And gentle rubs and curry.

Wander with me, Lord,  
Through mud and muck and straw  
To clean the pigs and gather eggs  
From clucking hens  
Who strut and preen  
With neither thought nor worry.

Share my tractor seat, O Lord,  
That You may ride with me.  
And wrestle bales and plough the land  
With glimpse of deer  
And sparrow's song  
Being always close at hand.

Then grab a hammer and the nails  
To pound the posts  
To mend the fence  
To build the pen  
Secure the roof against the wind  
To fix the broken  
Dawn til dusk  
Til I am worn and weary.

Then rest with me, O Lord,  
That I might find the strength  
Again, to rise at break of day  
And so to work  
And farm away  
My days upon this earth.

Refreshed, and Blessed, in You, O Lord  
I'll persevere  
And with you, near,  
Face all that comes my way.

So, wander with me, Lord,  
Across the field of green,  
That, hand in mine  
Through You,  
I feed the hungry.

*P. Hayes*

## Abundance of Gifts!

By RCIA of the Cathedral of Mary Immaculate, Nelson

Jesus left them...., the apostles are hiding in the upper room on a holiday, called the feast of Pentecost or the feast of the wheat harvest. They feel abandoned, afraid, they are lost. Today, Catholics and most Christians are in, an "upper room". It is very real. We are ashamed to say we are Catholic or even Christian. We too are lost, alone and powerless.

But remember, on that day, the apostles were filled with the fire of the Holy Spirit, a cornucopia of amazing gifts and a harvest of 3,000 souls.

I want that. We all seek that. The world needs that.

But first, we must go back and follow the apostles. As they were baptized, so we too are baptized. As a shoot of Jesse, watering us to be strong trees, feeding us with the living waters of our Baptism, and these seven virtues: (CCC 1803-1832), with three theological virtues: Faith, Hope, Love and four Cardinal virtues; Prudence, Justice, Fortitude and Temperance. They grow with us as we mature.

Then the Spirit strengthens us in Confirmation, with seven complementary sanctifying gifts of wisdom, understanding, knowledge, fortitude, council, piety and fear of the Lord. These gifts help us to grow stronger in our faith.

At Pentecost the Spirit pours out nine charismatic gifts of wisdom, knowledge, faith, healing, miracles, prophecy, discernment, tongues, and interpretation of tongues. These gifts move us into action for others.

And it isn't even our birthday or Christmas.

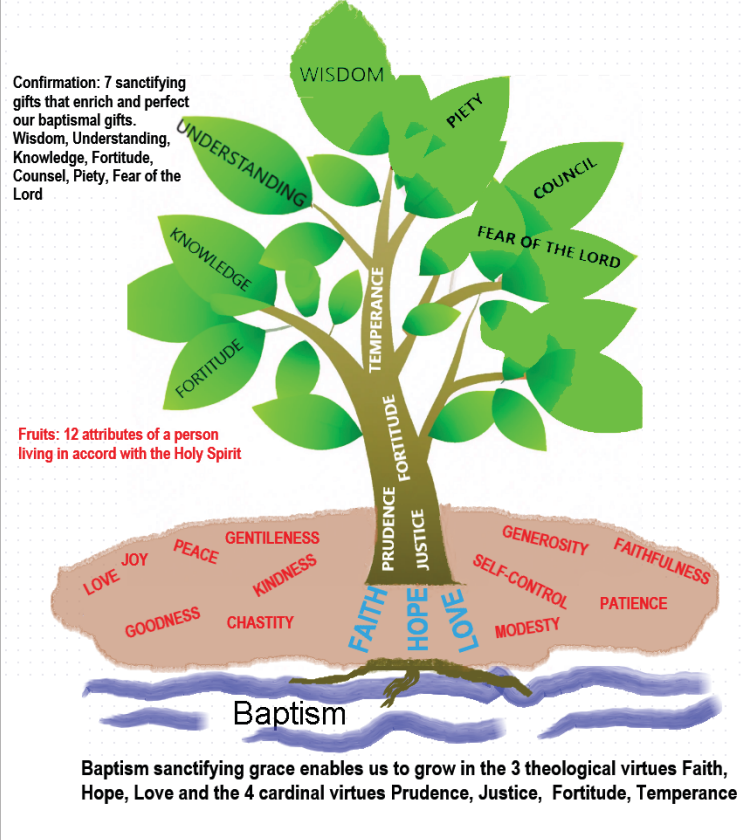
When we use these gifts, the Holy Spirit showers us with the abundant fruit for our efforts in doing the will of God. The twelve fruits of the Holy Spirit, (Galatians 5:22-23) and St. Jerome added 3 more: faithfulness, generosity patience, gentleness, love, goodness, peace, joy, kindness, modesty, chastity, and self control are blessings that make us shine with the Light of God's grace. Think Saint Mother Theresa of Calcutta. But most

## Catechesis on the topic of "Your Spiritual Gifts"

The Holy Spirit Acting in Our Lives

The Charismatic Gifts They are freely given by the Holy Spirit and cannot be earned or merited. They are for the benefit of others to build and comfort the Church. from Pentecost: the Holy Spirit and They are for the benefit of others to build and comfort the Church.

Wisdom, Knowledge, Increased Faith, Healing, Miracles, Prophecy, Discernment of spirits, Tongues, Interpretation of Tongues



important, by these virtues, gifts, and fruits of the Holy Spirit, we become instruments in opening hearts and minds to conversion. Let us seek and pray for these gifts.

**Catholic Mountain Star request for future article submissions: Please limit articles to 600 words (fit one page of 8 1/2" x 11" paper) using size 11 font. News articles from parish or caption information limit to 1 or 2 sentences.**

<p><b>Catholic Mountain Star</b></p> <p>Catholic Mountain Star of the Roman Catholic Diocese of Nelson is printed two times a year, subsidized entirely for publication and distribution by an annual grant from the Diocese Pilgrimage of Faith.</p>	<p>Editorial and Advertising Address: catholicmstar@gmail.com</p> <p>Circulation mailing address: 3665 Benvoulin Road, Kelowna, BC V1W 4M7 Tel No: (250) 448-2725</p>	<p>Publisher: Most Rev Bishop Gregory Bittman</p> <p>Editor: Rev Neil Lustado</p> <p>Associate Layout Editor: Taylor Godby, Kelowna InstaPrint</p> <p>Staff/volunteers: Lee Abamonga, Fran Hooker, Christine Schmidt</p>
---	---	--



## Our Lady Queen of Peace - Stations of the Cross Radium Hot Springs, BC By Walter Romaniuk

“If anyone wishes to come after me, he must deny himself and take up his cross daily and follow me.” (Luke 9:23)

This Lenten season, as happens every year, pilgrims around the world flock to churches, holy sites and shrines on Good Friday. They go to commemorate and experience, in their own way, the story of Jesus Christ’s passion and death.

One shrine in our Diocese that continues to draw such pilgrims from BC, Alberta, and beyond is the life-size Stations of the Cross at Our Lady Queen of Peace Shrine in Radium Hot Springs, BC.

the known world, it was not possible for people to travel to Jerusalem to make the remembrance. The Franciscan priests began the practice of placing the Stations of the Cross around the churches, where people could practice the devotion without travelling to the Holy Land. The practice of fourteen stations became standard in the 18th



century.

In 1969, a group of faithful parishioners from Our Lady Queen of Peach Church in Radium Hot Springs began a project to place life-sized statues, depicting the Stations of the Cross, on the mountainside above the church. The new St. Joseph’s church was built in the early 90’s and the statues were then moved to the present location. The shrine was blessed by Bishop John Corriveau in 2009.

With COVID in the rear-view mirror, the pilgrims returned this year. With God’s grace, may they continue to return, to pray and to experience Christ’s passion at this Shrine for many years to come.



Meditating on the passion, crucifixion and death of Jesus has been a devotional practice of Christians for over a thousand years. Christians would walk the route that Jesus took on his way to Calvary and recall the events of His passion and death. As Christianity spread throughout



# Aid Ukraine

## By Eileen Collins

Parishioners of Immaculate Conception Parish embraced several events over the past year to support the Ukraine, following the outbreak of the war Feb 24, 2022. During that spring and summer, several

which were shipped to refugee camps in Ukraine.

In the fall of 2022, I was approached by the UkrainianAid committee to assist with providing household furniture, bedding, kitchen appliances, dishes, towels, bicycles, and clothing for newly arriving refugees settling in Kelowna. This has been an ongoing need throughout the year. One elderly Kelowna woman, who was recently widowed

in June, phoned in August to donate her entire household. She was moving to Ontario in Sept., had sold her home and decided after hearing of our project, to forego selling, her belongings, and donate everything to the Ukraine refugees.

The fund raising became more creative and adventuresome. During the Kelowna Rockets Hockey season of 2022 - 23, club owners granted us the opportunity to host an **AID UKRAINE DISPLAY** in the main lobby of Prospera Arena during three home games. We crafted and organized two large display tables and poster boards displaying the reality of the war, the homeless and displaced families, children and soldiers.

*Continued on page 13...*

women assisted the **Ukrainian Catholic Church of the Dormition of Mary** with their fund raising projects. Initially, this involved helping in sessions at the church to make homemade pyrogies, cabbage rolls and borscht soup. These items were frozen, packaged and sold at bake sales. The funds raised were used to purchase First Aid supplies, medication, baby formula, diapers, baby clothing, and sleeping bags,



**AMBULANCE FOR**



*Continued from page 12...* Donations were collected from the fans. We were blessed to collect \$3,000.00 towards the purchase of an **Ambulance Bus** being built in Europe, designed with a surgical suite and operating room equipment. This bus will travel to the bombed areas where hospitals and clinics have been destroyed, to provide medical expertise and care. Gabriele Geismayer, Patrick Lundeen and Eileen Collins manned these displays at the games, with Patrick displaying the winning smile to engage interest and donations.

Recently on May 7, the K of C of ICC granted the opportunity to host a display table at their monthly breakfast. Promoted earlier in all

parish bulletins, as **STUFF THE BUS FOR UKRAINE**, everyone was invited to bring donations of First Aid supplies, medications, burn cream, baby supplies of formula, diapers, blankets, sleeping bags and suitcases, (which are used to ship the First Aid supplies). We were overwhelmed to receive a truck load of these items. The biggest surprise was receiving four large boxes of First Aid supplies from the Girl Guides. I don't know who specifically to thank, but a huge thank you to that troop for your generosity and compassion. Funds of \$780 and supplies were delivered that afternoon to Fr. Pavlo Myts, pastor at the Dormition of Mary. He

expressed tremendous appreciation for all this support.

An ongoing need for all these supplies continues. Donations may be brought directly to the Ukrainian Catholic Church of the Dormition of Mary @ 1091 Coronation Ave, M F., 12:30 - 4 pm. Alternatively, they may be dropped off @ ICC office, M - F, 9 - 12 pm. Cash, cheques, etransfer donations over \$20 will be income tax receipted. Thank you to everyone who has participated, donated and hosted these events. It has been an exciting, heart warming experience of Corporal Works of Mercy in action. God bless you all.

## The Letter

### By Karen Krout

St. Charles Garnier Parish in Kelowna hosted an ecumenical showing of the film *The Letter* (available on YouTube), featuring Pope Francis and five activists from different cultures and different parts of the world. The film offers hope to a world suffering from climate change but also healed by people who care for the earth and one another. CWL members provided cookies, tea and coffee service.

The Care of Creation Circle, consisting of Karen Krout, Caroline Halili and Marlene Bourdon-King organized the event with much help from Father Gabriel, Pam Kemp, and Mairead Sikkes as well as Carmen, our



hard-working and patient church secretary. There were 70 people in attendance, coming from various parts of Kelowna and several churches.



## Cornerstone Parish Catechist



## QuickStart Catechist

Is God calling you to accompany adults or children in our communal walk of faith?

If you believe you're not enough – holy, Catholic, wise, fill-in-the-blank – think again! God uses those who are willing. Perhaps the greatest blessing of being a catechist is growing along with those you teach.

For those seeking a little extra confidence, consider two diocesan programs designed to offer you a Catholic orientation specific to your call. For more information, visit Faith Formation at [www.nelsondiocese.org](http://www.nelsondiocese.org).



### OKANAGAN CATHOLIC FAMILY CAMP

September 8-10, 2023

**Camp Winfield, Lake Country**

- BBQ's and Breakfast
- Pool and Waterslide
- Campfire and Social- Teen/Tween Activities
- Saturday Night Mass
- Talks for Men, Women and Teens by Clay Imoo

**Registration Fees:**

Registration Opens May 1st, Early Bird Rate: \$275 After May 15th : \$300

Non Camping Day Rate: \$100 per family or \$50 for Single

Registration closes June 15th

Register Online at [www.okanagancatholic.ca](http://www.okanagancatholic.ca)

 [facebook.com/okanagancatholicfamilycamp/](https://facebook.com/okanagancatholicfamilycamp/)



Featuring Keynote Speaker Clay Imoo

## St. Rita's, Castlegar By Denise Laurie

Our members were very busy in the middle of February. The council chose to support Mary's Meals by holding a raffle at the church. A former St. Rita's council member, Cecilia Skwarok, a talented painter, donated a painting for the raffle. We were able to donate \$398.00 to Mary's Meals.



CWL members, Irene Preto and Veronica Buratto ready to sell raffle tickets.

Life. As usual, our ladies provided some delicious baking and our parishioners bought it ALL. We raised \$600.00. What a great group of ladies in Castlegar.



Picture donated by Cecilia Skwarok.

We also hosted a Bake Sale to support the Bishop's Fund for

## 87th CWL Nelson Diocesan Convention

By Victoria Oppertshauser

On behalf of the diocesan officers, thank you to the volunteers who made the 87th Annual CWL Diocesan Convention a success! It was a team effort between the diocesan council and the host council of Corpus Christi Kelowna. CWL volunteers of Immaculate Conception, St. Pius X, St. Charles Garnier, Corpus Christi, and Our Lady of Lourdes provided coffee breaks and lunches for the those who were at

relief. The spirit of friendship was clear to see, and happy smiles were captured by our cameras.

I am happy to inform you that the diocesan officers for 2023-2025 are as follows:

- President- Debbie Cloutier
- Past-president -Victoria Oppertshauser
- Vice-President -vacant
- Treasurer- Sandra Stajduhar
- Secretary- Heather Morisette

- Faith Chairperson- Wilma Pinzon
- Service Chairperson - Michelle Eveson
- Social Justice Chairperson- Rosa Rocca

These officers look forward to working with our twenty-two parish councils for a stronger and more vibrant CWL in the Nelson Diocese. Together we are stronger. It is good to know that the Mountain Star, after a hiatus of about two years, is back so we have an additional venue

where we can share news and pictures from CWL. May the Holy Spirit and Our Lady of Good Counsel continue to guide us.



Our 87th Nelson Diocesan Convention, Kelowna BC May 4-6, 2023  
Corpus Christi Church

the convention. The Knights of Columbus volunteers of Fr. Delestre council supported us from the very start. Special thanks to the clergy led by Bishop Gregory Bittman and our spiritual advisor Fr. Neil Lustado.

The Holy Spirit was undoubtedly with us in the spiritual element, topics chosen for guest speakers, audience participation, food, music, and the dancing. Even the songs we encountered became comic



Our awesome volunteers who cooked the fantastic banquet (from left) Ann Bannick, Gloria Chopik, Maria Federica, Kate Evans, John Bannick, Shirley Munday, Theresa Versluys, Ron Hagel, Linda Merkel, and Lea Rippel.

## CWL Fernie: Centennial Celebration

By Joshua Fischlin (reprinted with permission)

The Catholic Women’s League (CWL) in Fernie celebrated their centennial anniversary last Nov. 5, 2022, with a church service and banquet.

Celia Roccamatysi, past president of the CWL and master of ceremonies for the Saturday celebration, said their motto is ‘For God and for Canada’, and that their objectives have been to deepen faith, do service, and attain social justice.

The CWL was organized nationally in June, 1920. Fernie was the first charter in B.C. and the ninth in Canada.

“We are celebrating the centennial. We are having it a little later because COVID delayed our celebration, and I thought it was important to organize one, because we are with the original charter. And out of respect for the women who signed the original charter, I just thought that we should have a celebration,” Roccamatysi said.

The evening started with Mass at the Holy Family Church, followed by a dinner attended by a broader group at the Family Centre. There were about sixty people in attendance throughout the celebrations, which featured speeches, socializing over cocktails and coffee, a full ham and turkey dinner, and a musical performance.

A write-up, prepared by the CWL, was placed at everyone’s dinner seats. It explained some of the history of the organization and named the signers of the original charter.

The original Charter says the Holy Family

Church was built by the men of the parish from 1909 to 1911, and is viewed as the primary heritage Catholic Church for B.C.

“Complementary to this, the Holy Family CWL Council (Fernie) was formed with the original 1920 Charter signed by Belle Guerin,

socialize. Particularly, in the early years of the parish, the church, was the social center of the parishioners’ lives, having teas, dances, pageants, suppers, and luncheons frequently hosted by the CWL Council. These events have helped

with the financial management of the parish.”

Roccamatysi said that 100 years is a long time, but that it passes quickly.

“I just think this was an important thing to do, because the Catholic Women’s League has accomplished many good things. And



Celia Roccamatysi past president speaking on charter members.

the first National President.”

“From the League’s inception, CWL members, with the Knights of Columbus, have been the heart

of the parish, participating in all the ministries serving their church

and community.”

It adds that on the provincial and federal level, members serving on resolution committees have caused some resolutions to become legislation.

The write-up goes on to say that on the parish level, league members have focused on the immediate spiritual, social and financial needs of the parish.

“The Pastor has always needed assistance to evangelize, to minister the sacraments and to bring parishioners together to



Mayor of Fernie, Nick Milligan.

just out of respect for our ancestors... The people who came before us.”

*According to the CWL write-up, the first members who signed the Charter were: Mrs. J. Aiello (Guisepina Josephine), Miss Elizabeth Banks (Lizzie), Mrs. J. Bella (Mellia Jane Curts (Nellie), Mrs. Edward Caufield (Mary Elizabeth), Mrs. Jack Caufield, Mrs. T. Costanzo (Thomasina), Mrs. Crisafio (Maria Concetta), Mrs. F. Denison, Mrs. Wm. Eschwig (Mary), Mrs. Wm. Morris (Ann), Mrs. Penney (Roseanne), Mrs. Wm. Turner, and Mrs. Staff Wilson.*





## Holy Cross Soup Community Kitchen in Creston BC

We began our sit down community soup kitchen in September 2018. In 2020, it was shut down, as everything was, due to Covid. We put word out that we would deliver lunches, thinking we would have about fifteen - twenty lunches to deliver.

We have always put Jesus in charge of our soup kitchen, and He very clearly showed us what was needed in our community, which is meals delivered to our shut-ins and those who cannot afford the meals on wheels program and cannot cook for themselves. The list grew to 100 deliveries in two weeks. We realized that his was the greater need in our community.

We are part of the ministerial association in Creston and so we put word out at the next meeting that we would be needing extra hands. (There are seven different denominational churches who make up the Ministerial Association) The response was tremendous. Many helping hands came forward and delivery drivers as well, all volunteers.

The soup kitchen consists of six "teams" who rotate every six weeks, doing the cooking and packing of the soup, a bun, some fruit or veggies and a treat. There are also three teams of drivers, consisting of eight people each week who rotate through a three week schedule doing all the deliveries.

We receive referrals for people needing

the soup lunch from some community organizations, from Interior Health as well as friends and families referring their loved ones.

Our community soup kitchen has really been an obvious example of being the hands and feet of Jesus. We (the different churches) have come together, putting our differences aside, to work TOGETHER as a community, running this project through our united love for our one God and for one another!

We would like to extend a BIG THANK YOU this year to **Ex Corde Foundation** as well as **Mazon Canada** for their contribution of \$5000 and \$2340, respectively. We run the soup kitchen completely on donations and with volunteers.

It would not be the great success it is without financial help from these foundations and from other private donors in our community: like the **Golden Flour Bakery, Gleaners Food Bank, Dairy Queen, Demetri's Catering**, and of course, without **all the volunteers** who help prepare the soup, package the lunches, deliver the soups, clean the kitchen, and the hall floors, pick up the buns and food from Gleaners and so the list goes on. Without them, this successful ecumenical community soup kitchen would not be. It is ALL of these generous contributors who make this happen. **We want to thank all** from the bottom of our hearts!

Below are a few testimonials we have received from various volunteers, some from our parish and some from other churches and the community. Please pray



for our soup kitchen, for all those who receive soup and for all those who help make it happen.

**I am one of the soup team leads** as well as coordinator of the deliverers. I have also delivered our soup lunches to the most vulnerable in our community. From my several years of experience in this endeavor, I can say unequivocally that this activity not only has brought our churches together to work ecumenically but it has also drawn other people in our community to volunteer alongside us.

However, until you actually meet the 'shut ins', the physically and mentally impaired, the frail and the aged, you don't realize how destitute and needy people are as they are the silent minority. A smile and the comfort of some small amount of food can brighten their day and we become more compassionate people through the giving."

**I am a volunteer driver for the soup kitchen** program that delivers meals to various people in the community. My job simply is to deliver the prepared food once every 3 weeks. I arrive at the Holy Cross Church, who facilitates this charitable program, pick up the prepared meals, and deliver to those assigned to me at a specified time.

I am grateful for the kind souls who volunteer to make sure this program continues week to week. My part is easy about one hour per month. Those who take care of the program are the real heroes. May God bless them, and continue to give them strength as they give of their time to help those who need it.

*Continued on page 18...*

*Continued from page 19...*

I find the people I work with in this program to be thoroughly prepared, very kind, and selfless. It is an honor and a privilege to be able to support this program in my small way.

The people I deliver to have a need for this program, and are so very grateful every time I drop off the prepared food packages to them.

I hope this program will continue for as long as people live in our beautiful valley. When we are in the service of our fellow beings, we are only in the service of our God.

**As a soup maker** for this program, I am happy to say we are able to fill the need for feeding people and showing love to them through food and kindness. To show them God's love through our many hands that work this program.

**We encountered a lovely 88yr old**, who was struggling to start her snowblower after a big snowfall. We were able to help start it, then clear her driveway. We continue to have regular wonderful conversations, and the program is so appreciated. She has limited vision and her husband is recovering from a stroke, and this is one of the programs that make it possible for them to remain at home.

**A client has mobility and communication issues.** She is so happy when we arrive. She does not have to let us in. So we put her soup in a cup and into the microwave, for her to heat later. I have noticed an improvement in her appearance and her mood lately.

One week a client was struggling with installing a wireless doorbell when we arrived. We were able to finish the job, and we had a lovely conversation. She told me she cannot cook anymore, as she forgets to turn the stove off, so she relies on these programs.

**We had a new client on our list**, and there was no answer when we

arrived. The only number available was her reference, and when we called she assured us that we could leave the soup outside and she would conduct a wellness check. This is an invaluable service, and we are so happy to be a part of it.

**My name is Bob Leduc** and I have a working relationship with Helen and the Catholic Church as a funeral director. I know Helen is quite involved with the soup kitchen and other community services. Helen walked us through the process; what was required of volunteers including the needed police checks and food preparation requirements. We have assisted in our joint community efforts participating in the delivery and preparation of soup lunches to the members of our community. This has been a wonderful blessing for our church members to interact with different volunteers, church groups and to those in need. The program reaches out to those individuals at a very difficult time.

It has been my personal joy to see the many faces of those who have benefited from this truly giving program on so many levels. One story that shines a light on the service was when I was delivering the lunches on Boxing Day. One of the recipients had answered the door and was absolutely bewildered that we are still out delivering the lunches on holiday. She was so very grateful for the interaction and contact that I believed was the best part of her day.

**Each Monday** as we send out a bowl of soup, bun and sweets to shut ins in our community. This might seem small but I think it really makes a difference in their lives to have the lunch and a small visit.

**As Volunteers**, we love what we do for the Soup Kitchen. It's wonderful to be a part, however small, of a great group of people who bring comforting bowls of soup to those who are alone or in a difficult situation.

## CRANBROOK CATHOLIC PARISH OUTREACH PROGRAM

The Joint Parish Outreach Program is celebrating its 25th Anniversary in 2023! As we remember this important anniversary, we want to help our parishes remember how this all started and to recognize the work that has been done over these last 25 years to make this program a place of joy, safety, and hope for those living on the margins.

In the mid 1990's Fr. Ken Forster OMI, often helped men and women who came to St. Mary's rectory looking for food and often a listening ear. This desire to reach out to those in need was the genesis of the current program. In the early years, the food was distributed out of the basement of St. Mary's rectory, supported by parish members who filled the hampers and handed them out.



While this humble beginning offered a small hamper of food, something was lacking. After discussion and prayer, it was decided that a more social environment would provide not only food support but also provide a warm and accepting atmosphere for folks. They could get their food hamper but also stay and have a coffee and chat with the volunteers. Over time, a hot breakfast was added, and the ever-ready supply of coffee provided a place for the volunteers and participants to meet and develop relationships in a non-judgemental space. At the height of the program, up to 90 hampers a month were distributed.

In the early years, the Parish Youth Groups  
*Continued on page 19...*

*Continued from page 18...* took turns selling food before Sunday Mass to help support the program financially. Various parish members would do the bulk shopping and then take the food to the Church for the Sunday sale. The youth learned not only important life skills while managing the food sale tables but became aware of the needs in the community. During the offertory procession, families and individuals would bring their food contribution forward and place it before the altar as a very visible symbol of our commitment as a parish to those living with less.

Christmas was and remains to this day a special event at Outreach. Parish members donate gift



cards, cold weather supplies such as socks, mitts, hats, and scarves as well as much needed personal care items. St. Mary's School is also a supportive partner. The older students provide home-made Christmas cookies for every client while the younger grades make Christmas place mats with messages

of love and support. An amazing breakfast plus our musical group makes this morning a joy filled event. The homemade cookies and the simple messages of love and support bring smiles and some tears to the faces of those coming to the Christmas breakfast as they



come and gone, what remains constant is the unwavering support of parishioners in volunteering their time, in supporting financially the Outreach program and in recognizing our Baptismal call to serve others. Blessings and congratulations for 25 years of

remember and share memories of Christmas past.

The Outreach Ministry – Cranbrook Catholic Community


The generosity of parish members has not wavered over the years. While the needs of those we serve have changed and participants and volunteers have

love and service to our Lord in work and action.

### What does Our Pilgrimage of Faith Appeal support?

- |                                       |                          |
|---------------------------------------|--------------------------|
| Parish Youth Ministry                 | Seton House of Prayer    |
| Young Adults & Families               | Catholic Education       |
| Office of Faith Formation             | Vocations                |
| Lay Training                          | First Nations Ministry   |
| Marriage Tribunal                     | Social & Pastoral Grants |
| Capital Projects                      | Assistance to Clergy     |
| Parish Catholic Christian Outreach    | Catholic Mountain Star   |
| Pension Assistance to Retired Priests | .....and more            |

Contributions to Our Pilgrimage of Faith Appeal can be made using the following methods:

- E-transfer to : [etransfer.pof@nelsondiocese.org](mailto:etransfer.pof@nelsondiocese.org) Please include your name, address and parish location in the message area. The funds are automatically deposited to POF and no security question/answer is required.
- Scan the QR Code for credit card donations. 
- Donations can be made online at [CanadaHelps.org](http://CanadaHelps.org) or via the "Donate Now" button which is administered through Canada Helps on the Diocesan Website [www.nelsondiocese.org](http://www.nelsondiocese.org). An administration fee of 3.96% of the donation is retained. Canada Helps issues their own tax receipts.
- Cash or Cheque payable to The Roman Catholic Bishop of Nelson. Mail to POF Appeal, 3665 Benvoulin Road, Kelowna, BC V1W 4M7.
- Direct Debit—Include a void cheque or bank account authorization form. Mail to POF Appeal, 3665 Benvoulin Road, Kelowna, BC V1W 4M7.



### Diocese of Nelson

### Our Pilgrimage of Faith Appeal 2023

Rejoice!  
The Lord has done great things for us;  
we are filled with joy.

Psalm 126:3



### Roman Catholic Diocese of Nelson Pilgrimage of Faith 2023 Appeal

For information and to donate contact:  
Diocesan Appeals Office  
Catholic Pastoral Centre, 3665 Benvoulin Road,  
Kelowna, BC V1W 4M7  
250-448-2725 X 240 Fax: 1-250-869-8697  
[appeals@nelsondiocese.org](mailto:appeals@nelsondiocese.org)  
[www.nelsondiocese.org](http://www.nelsondiocese.org)

**2023 POF Goal:**  
**\$565,000**



## Come With Your Power and Might Conference

By Marcia Lawrence

On April 21st and 22nd, 2023, one hundred forty, plus, participants gathered at Our Lady of Lourdes parish in West Kelowna to take part in the Annual Nelson Diocesan Renewal Conference.

These participants came from all over B.C. and Alberta to take part in the rosary, talks, meals, testimonies, Praise and Worship music sessions and sharing of the Prophetic Word. Childcare was provided so young parents could be free to participate.

Fr. Sylvester "Obi" Ibekwe, pastor of St. Anne and St. John Vianney parishes in Penticton was the featured speaker. Jesus is the one who saves us, redeems us loves us; He is the "splendor" of the Father.

Father said that we often hear "the young are the future of the Church". But the truth is "The young are the NOW of the Church." Jesus is the GOD of today and He dwells in the praises of His people. The Church is alive and when we gather, the kingdom grows. God speaks in the darkness and whatever He touches becomes new. Father Obi used the image of a canoe and said the young do the rowing and the older laity chart the direction by the stars; he exhorts us to "row together". His further advice suggests our prayer groups could fellowship with the young adults at a monthly event such as, a barbecue, the beach or the pub. We would share, network and meet them where they are at.

God makes a "story" of our life, a "tapestry". Even out of our mistakes, the tangled mess of threads we might see on the back of a tapestry, God however, can weave the beauty of his image and likeness in the story of our life.

Wherever we go, Jesus is already there. His word is new every morning; He makes all things beautiful in its time. We need to ask the Holy Spirit to fill us with the Spirit of the Risen Jesus like those disciples on the road to Emmaus; may Jesus set our hearts on fire! He invites us to friendship with Him, a real encounter, especially daily mass. He will renew our zeal for prayer, Father Obi said, and will begin renewal of the kingdom in our parishes. At mass we go from Calvary to the Resurrection. Each mass we go on "mission"; we need to come to the font as adults, to "rise" from the waters of

the Jordan river, as Jesus did, and hear the Father say to us, "This is My beloved son, with whom I am well pleased." One mass can change the world, was the message Father Obi gave.

He quoted Pope Paul VI who said, "Modern man doesn't listen to teachers; we must become witnesses." We need to tell the world the reason for our hope, declaring His works, for there is nothing greater than friendship with God. Because of the free gift of the Sacrament of Confession, won for us by the blood shed on the Cross, we can be redeemed, saved, loved and forgiven.

And so we hear the voice of Jesus, once again, as when He raised Lazarus from the dead, brought the daughter of Jairus back to life and healed the paralyzed man lowered down on the stretcher, "Rise, let us be on our way." Amen.

## OUR MODERN DAY LEPERS?

By Tom Smithwick

"Now there were four men with leprosy sitting at the entrance to the city gates. "Why should we sit here waiting to die?" 2 Kings ch.7 v. 3

The lepers of the Bible were people who were feared and shunned and left helpless until they died. As we look back at the people's reaction to this disease and these wounded people, we may have a tendency to judge those who treated the lepers so badly. Yet, if we look at the modern day wounded who live on our streets, can we claim to be innocent of fear or shunning?

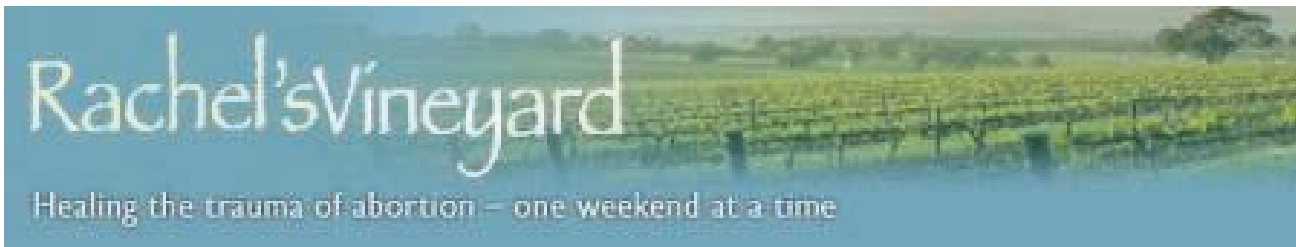
I look back to a time, 20 years ago, when I clearly avoided and feared those men who lived on the streets, who approached and begged, or just looked up from the concrete with sad eyes. I knew nothing of their plight or traumas, and fear of the unknown can be the worst.

But then, in 2002, I was invited to get involved in developing a new project, Freedom's Door, an addiction and mental health recovery home for men in Kelowna. I went into my first meeting with trepidation. I entered a room with ten guys who looked rough and tough. I came away from their morning prayer and proverb session with a great sense of comfort. What a transformation in knowledge and empathy for these

suffering souls who were simply seeking sobriety and acceptance.

Now, two decades later, Freedom's Door has grown from humble beginnings to a very successful long term and live in program. During the past 20 years we have served over 2000 men. Our approach is faith based and utilizes the 12 Step Program of Alcoholics/Narcotics Anonymous. We have learned that there is no quick fix and each person needs to be dealt with based upon his own personal, mental, physical, emotional and spiritual needs. No "cookie cutter" approach here. An in depth look at each person's traumas, addictions and mental health issues must be a part of the healing process.

*Continued on page 21...*



**RACHEL'S VINEYARD MINISTRY** has been offering retreats in our Nelson Diocese, since 2002 to men, women, grandparents and friends of those who have been affected by an abortion experience. About 400 people have experienced healing through these retreats.

The next retreat takes place on **October 20-23rd, 2023**. Contact Vicki: 250-762-2273, [info@rachelvineyardkelowna.com](mailto:info@rachelvineyardkelowna.com); [www.RachelsVineyardKelowna.com](http://www.RachelsVineyardKelowna.com)

Testimony of a candidate who has attended a Rachel's Vineyard Retreat.

I was given a gift from God that I was not ready for or willing to accept. I was too young and full of aspirations and goals to achieve. My world was shattered and the decision I made to abort was one of self-interest and to ease my situation. I had strayed from God and lost touch with my Faith and Belief. I spiraled into denial and depression, and was overcome with shame, grief, and unimaginable pain. I was alone with

no support and feared judgement from God and others. And yet, by the grace of God, I met an amazing support person who showed me compassion and guided me through the Living in Color: the goal of post-abortion recovery and healing program. I worked diligently over many months to piece myself back together and reconnect with God and my Faith.

Towards the end of my program, I was introduced to Rachel's Vineyard. It was the next step I needed to pursue; to take accountability for my actions, work through my grief, and open myself up to forgiveness, love, and hope. I was hesitant to participate, but the retreat was more than I could have ever imagined. Located in a sacred place that overflowed with healing energy, I was able to connect to a group of individuals and share my experience. Although everyone's experience was unique and painful, we listened, shared stories, and related to one another on a deeper emotional and spiritual level. We supported each other as we cried, laughed, and prayed all weekend. It

was like nothing I had ever experienced before. After many months of pain, loneliness, and despair, I was finally able to accept God's Mercy. I could see this was all meant to be, and He was there guiding me through it all. Jeremiah 29:11 states *"For I know the plans I have for you, declares the Lord, plans to prosper you and not to harm you, plans to give you hope and a future"*.

The RV retreat was a tremendous opportunity that I cherish deeply; it was an experience that has touched my soul and brought me back to my Faith. I am eternally grateful for the organization and the amazing team for operating such an essential sanctuary. I have unlocked this new devotion in my life and through Christ, I can live a fulfilled life and support others in their journey. Rachel's Vineyard is a one-of-a-kind experience and I highly recommend anyone going through this loss to seek God's forgiveness and Mercy – Rachel's Vineyard can help you do that.

*Continued from page 20...*

Based upon Statistics Canada there are 235,000 people living on the streets of Canada. Sadly about 75% of these people suffer from mental health issues. There are inadequate services available to them. When they do receive treatment in our hospital's emergency wards, they are simply sent back to the streets, as they have no home. There are very few detox centers and recovery homes.

Jesus told us to love our neighbors as ourselves. Are the homeless people

our neighbors? Each of us needs to examine our attitudes when dealing with these wounded neighbors. Or do we just conclude that they are outcasts?

At Freedom's Door so many men have received healing through a God centered approach. Faith can overcome fear and faith commands us to love those most in need.

"Large crowds followed Jesus as he came down from the mountainside. Suddenly, a man with leprosy approached him and knelt before him. "Lord", the man said, "If you are

willing, you can heal me and make me clean." Jesus reached out and touched him. "I am willing," he said. "Be healed." And instantly the leprosy disappeared. Matthew 8. V. 1-3

If you know a neighbor or family member who needs help, contact us at [www.freedomdoorkelowna.com](http://www.freedomdoorkelowna.com).

# Fun, Fellowship, Friends: “For you Alone are Holy, You are Great and do Marvelous Things.”

Come! Join us in Kelowna, August 13-18, as we Gather in the Spirit, at Seton House of Prayer. Up-and-coming Catholic speaker Pauline Dumas McGrath is passionate about seeing every person become empowered and fully alive. Inspired with insights from the Holy Spirit, Pauline’s unique style combines personal testimonies and creative practical applications which enhance her gift of teaching. Pauline will lead us to partner with the Holy Spirit to be activated in His Gifts and bring God’s love to others, often with signs and wonders following. To register, contact Maria McManus 1-250-707-1423, or at untamedspirit@telus.net

Early Bird Rate: closes June 17, and is \$675 with accommodation at Seton House, (limit 50 people). Commuter rate is \$325. From June 18-July 22, the rate with Seton House is \$725 and \$375 for commuters. Limited financial assistance is available from Pilgrimage of Faith, \$225 for Seton House and \$108.33 for commuters, please confirm with registration. Posters and brochures contain detailed information, and are in your parish and on the web: <https://www.holyspiritbaptizer.com/gathering-in-the-spirit>

## Our Lady of Pentecost Gathering in the Spirit



Pauline Dumas McGrath

**Theme- For you Alone Are Holy, You are Great and do Marvellous Things**

**Scripture- Rev 15:4a Who would not Revere and Praise Your Name, O Lord?**

**Seton House of Prayer and St. Charles Garnier Church, Kelowna, BC - August 13 to 18, 2023.**

*Up-and-coming Catholic speaker Pauline Dumas McGrath is passionate about seeing every person become empowered and fully alive! Inspired with insights from the Holy Spirit, Pauline’s unique style combines personal testimonies and creative practical applications which enhance her gift of teaching. Pauline will lead us to partner with the Holy Spirit to be activated in His Gifts and bring God’s love to others, often with signs and wonders following!*



**Registration:**

Maria McManus, #22- 2035 Boucherie Rd. West Kelowna, BC, V4T 1Z6, 250-707-1423, email [untamedspirit@telus.net](mailto:untamedspirit@telus.net)

See Brochure for details

Sponsored by the Nelson Diocese Catholic Charismatic Renewal and endorsed by Catholic Charismatic Renewal of BC

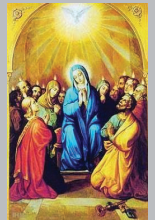


Image courtesy Pallottine Fathers

**Our Lady of Pentecost Gathering in the Spirit 2023**

**Theme- For you Alone Are Holy You are Great and do Marvellous Things**

**Scripture- Rev 15:4a Who would not Revere and Praise Your Name, O Lord?**


**Mission Statement:** To facilitate ongoing spiritual development to all who seek to live a life empowered by the Holy Spirit in response to the call of Jesus to make disciples of all peoples.

**Vision:** To make missionary disciples empowered, encouraged and equipped by the Holy Spirit.

**Scripture:** "Go therefore and make disciples of all nations" (Mt 28:18)

The Gathering in the Spirit is our opportunity to gather with Mary, the mother of Our Lord, calling upon the Holy Spirit to inspire us and impel us to move forward in the power of the Spirit to bring the knowledge of God’s love and mercy to our communities and the waiting world. It is here that we learn to listen and, like Mary, ponder in our hearts and integrate God’s message for us and be moved to share with all that God is doing in the Church today.

This year, through the ministry of Pauline McGrath, we pray that we will all be activated in all the Gifts of the Holy Spirit to bring God’s Word, healing and love to our communities and to the world. **Don’t miss this wonderful opportunity!**



**SPEAKER ON OUR THEME AND OUR HOST**



**SPEAKER:** Up-and-coming Catholic speaker Pauline Dumas McGrath is passionate about seeing every person become empowered and fully alive! Inspired with insights from the Holy Spirit, Pauline’s unique style combines personal testimonies and creative practical applications which enhance her gift of teaching, enabling her to bring the theology of the Church to a more relatable level. Pauline graduated from the Encounter School of Ministry with whom she currently works as an online class facilitator. It is with the Encounter School that Pauline has learned to lead others to partner with the **Holy Spirit** in order for them to be **activated in His Gifts** and bring God’s love to others, often with signs and wonders following! Presently, Pauline is excited to volunteer with the Encounter Ottawa Satellite School; the Servants of the Cross community; and as a member of a prayer ministry team in her vibrant home parish of St. Maurice.

**HOST**



**Father Sylvester Obiora Ibekwe** was ordained October 13, 2015 but he has been a long time supporter of the Catholic charismatic renewal in the diocese of Nelson. He is currently pastor at St. Ann’s and St. John’s Parishes in Penticton.

Father Obi is a gentle, loving man who has inspired people in the renewal with his deep insights in spirituality. He can be seen to be guided by the Spirit as he talks and the Spirit’s message and inspiration is brought through him to his hearers. This makes him sought-after for his spiritual direction and counsel.

He is also very skilled in bringing participants to deep experiences through his spiritual exercises and activities.

Father Obi will celebrate Masses, including the healing Mass on Thursday evening.

On Friday Father Obi will be celebrating the commissioning Mass prior to departure.



Our Lady with the Apostles and Disciples at Pentecost

**REGISTRATION**

Name: \_\_\_\_\_ Telephone: \_\_\_\_\_  
 Address: \_\_\_\_\_ Fax: \_\_\_\_\_  
 City: \_\_\_\_\_ Prov./State: \_\_\_\_\_ PC/Zip: \_\_\_\_\_  
 Mode of Travel: Car: \_\_\_\_\_ Bus: \_\_\_\_\_ Plane: \_\_\_\_\_ Flight#: \_\_\_\_\_  
 Arrival Time in Kelowna: Date: \_\_\_\_ Time: \_\_\_\_  
 Departure Time From Kelowna: Date: \_\_\_\_ Time: \_\_\_\_  
 I will need to be picked up (yes or no) \_\_\_\_\_

Checkes payable to: OLP/PSI  
 Address: #22-2035 Boucherie Road, Westbank, B.C. V4T 1Z6  
 Telephone: Maria 250-707-1423  
 Email: [untamedspirit@telus.net](mailto:untamedspirit@telus.net)

# Sanctity of Human Life Mass

By Eileen Collins

On May 11, 2023, Immaculate Conception organized and hosted the Annual Mass for the Sanctity of Human Life celebrated by Bishop Gregory Bittman together with Fr. Cerlouie Jimenez, Fr. Sebastian Puthenpura, Fr. Wayne Pfliger, Fr. Rex Velmonte and Fr. Pavlo Myts of the Ukrainian Catholic

experiencing in a culture of death perpetrated by abortion, euthanasia, medical assistance in dying, and most recently, the do it at home abortion pills Mifepristone and Misoprostol. These abortion pills have increased 60% in use, since the onset of COVID.

Bishop Gregory spoke to



former director of a Planned Parenthood clinic in Texas, who, during her 8 years working there, oversaw 22,000 abortions. Her eventual leaving of PP, conversion from abortion advocate to Pro Life, then to Catholicism, was the focus of her personal story in the movie Unplanned.

During the month of May, videos were shown weekly in ICC hall, focusing on LIFE issues. After Unplanned, next videos included Dr. Anthony Levatino, former OB-GYN abortionist, turned Pro Life;

the true story of Melissa Ohden, abortion survivor, a strong Pro Life speaker & advocate and Dr. John Bruchalski, former abortion provider, turned Pro Life. Each of these speakers, in their own careers and journey, share their gradual decline into the Pro Abortion / Euthanasia mindset. All believing they were helping women, serving society and preventing suffering.

Church of the Dormition of Mary.

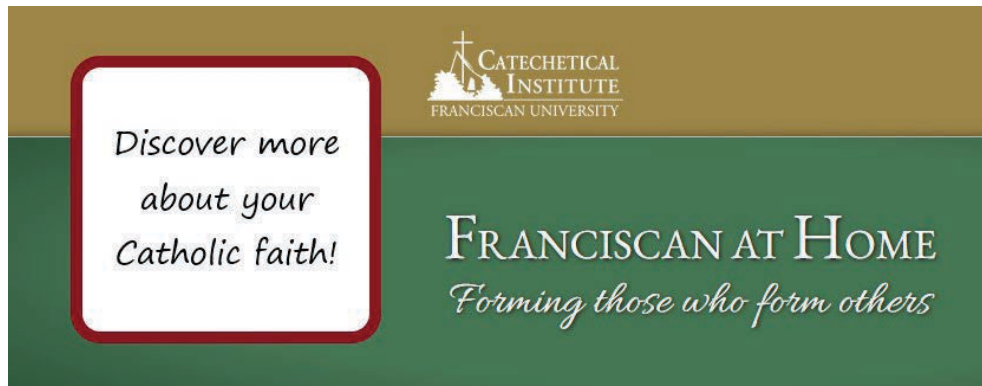
May 14, 2023 represents the 54th year of legalized abortion in Canada. The theme for this year's event, chosen by the National Organization, Campaign Life Coalition was **STAND FIRM**, from Ephesians 6:14. 'Stand Firm therefore, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, and with your feet fitted with the readiness that comes from the gospel of peace.' The theme highlights the increasing slippery slope Canada is

this theme in his homily, encouraging that the response of the Catholic community be rooted in truth, compassion and action that leads to forgiveness and healing. The offertory gifts were brought up in procession by Kathleen Mayhew, Raymonde Gaudet and Anne Mould representing the weekly Prayer Vigil at Kelowna General Hospital who stand, pray for and witness to the sanctity of life every Tuesday, when abortions are being performed.

Following mass a video



interview with Abby Johnson was shown. She shared her personal story, as the



Discover more  
about your  
Catholic faith!

CATECHETICAL  
INSTITUTE  
FRANCISCAN UNIVERSITY

FRANCISCAN AT HOME  
*Forming those who form others*

Every month the Catholic Pastoral Centre receives requests from parishes seeking ideas for the next retreat or Bible study or ministry orientation event.

An endless variety of themes and expert presenters is available to

anyone residing within diocesan boundaries through a free account with the Catechetical Institute at [www.franciscanathome.com](http://www.franciscanathome.com).

Try an individual study or explore organized collections through the many ministry tracks offered online. Parishes

and schools find small group studies so easy, with engaging conversations and snacks provided in-house, while all of the instruction and preparation is delivered by Franciscan's presenters.

Explore the custom Cornerstone tracks for a broader adult orientation, or delve into the many ministry-specific courses of study.

For more information, contact the Office of Faith Formation at [faithformation@nelsondiocese.org](mailto:faithformation@nelsondiocese.org), or visit the Faith Formation website at [www.nelsondiocese.org](http://www.nelsondiocese.org).

## From grief to joy!

### By Maria Sofia Briceno Aleman

Everything seems to be falling apart at times: wars, job insecurity, marriage issues, diseases, death of a loved one. In these moments we may question, "Where is God?"

Things are not always as planned and in these moments of fear, anxiety, and uncertainty; we need to seek Him. King David knew it well. On **Psalm 30:2-3, 5b, 11**; he describes how the Lord delivered him in the moment he deeply sought God.

*2 O LORD my God, I called to you for help and you healed me.*

*3 O LORD, you brought me up from the grave; you spared me from going down into the pit.*

[...]

*5b weeping may remain for a night, but rejoicing comes in the morning.*

[...]

*11 You turned my wailing into dancing; you removed my sackcloth and clothed me with joy,*

The word wailing on verse 11 encloses a crying with anger, sadness, and grief, yet God promises us to turn these emotions into joy!

We may not understand the reason behind the situations we face every day but one thing we know is that God will never let us fall; our Father is always ready to extend His arms for us.

Throughout this season of my life I have learned that praying should not be fully about what we want or expect from God to do in our lives, but on aligning the desires of our heart to what God has already planned for us (**Jeremiah 29:11**).

*11 For I know the plans I have for you," declares the LORD,*

*"plans to prosper you and not to harm you, plans to give you hope and a future.*

In this world, we will have trouble. But take heart! He has overcome the world (**John 16: 33**). No matter how painful the situation can be, no matter if your faith is shaken, His unfailing love and consolation will be with us to bring us an everlasting joy and peace to our heart

**(Psalm 94:18-19).**

*18 When I said, "my foot is slipping", Your unfailing love, Lord, supported me.*

*19 When anxiety was great within me, Your consolation brought me joy.*

Without noticing God will make a way during the lowest times of our lives and show us how our faith was made stronger and how He was always taking care of the tiny and huge events in our lives. We have to remember that He has the bigger picture and we only see sparkles of His plan for our lives. We should pray to have an unshakable faith when in despair as our Father takes good care of us; we should choose to have joy in the midst of our grief.

*See, I am doing a new thing!  
Now it springs up; do you not perceive it?*

*I am making a way in the wilderness and streams in the wasteland.*

**Isaiah 43:19**