

# ST. THERESA'S CHURCH

## ACCENDO

TO KINDLE, ILLUMINATE AND INFLAME



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### A MESSAGE FROM FATHER JAMES

Dear sisters and brothers,

A vibrant and active parish community has many different facets and activities present in its midst. Some of these facets are connected with the celebration of the Sacraments and with catechesis for our younger members. The celebration of the Sacraments and catechesis have a similar goal: to transmit the Spirit that unites us to the generations that come after us. This transmission of our beliefs, however, cannot limit itself to the younger generations. In all of us there are so many riches and treasures of experience, of belief, of faith, of hope, and of love, that we need to discover them, in order to understand the working of the Holy Spirit in the here and now, in our very lives.

Our parish activities should mirror this journey of discovery of the treasure given to us by our ancestors and present deeply within us. We can categorize these activities into three major areas, in which we as a parish should be active:

catechesis, liturgical life, and community activities. Unfortunately we all have preconceived notions about all these aspects: it becomes a following of a program, instead of a discovery of the treasures present within us.

So, for example, is catechesis most of the times connected, in our minds at least, with the passive reception of information and teaching given by the Church. Catechesis, however, is the journey of conquering an unknown country present within us. In our minds there are always questions, there are always doubts, there are so many things that we don't necessarily understand or comprehend. This is true even for non-religious aspects of life: I believe most of us have asked ourselves the question in regards to the working of a light bulb. But have we embarked on the journey of discovering how it works?

The same is true for aspects of our faith: how does our faith work? Why do we believe what we do?

Where do I truly come from? Where will I go? What is this experience that I am living now, and how is it connected with my faith? What is my faith exactly?

All these questions are questions that we should conquer in order to understand ourselves, and our faith, much better. Whereas I can live easily and happily without knowing how a light bulb works, this is not the case for all the questions regarding our faith. Our faith regards our whole person, in all our aspects: body, mind, and spirit, and throughout all of time, even into eternity.

One of our activities, therefore, will focus on this journey of discovery, while at the same time attempting to increase the spirit of being in communion with each other.

Peace and all Good, and let us embark on this journey of discovering the treasures of our community!  
fr. james+



### SPECIAL POINTS OF INTEREST:

- *Message from Fr. James*
- *Saint Theresa's Olymics*
- *Catholic Spirituality*
- *Lectio Divina*
- *St. Theresa's CWL*
- *Saints*

### SAINT THERESA'S OLYMPICS

The inaugural Saint Theresa's Olympics took place on Sunday August 10<sup>th</sup>, and began with the lighting of the games' torch at the end of mass. Parishioners from all age groups took part in a variety of games under the direction of Sister Gemma, Joanie Langley and Lindsay O'Rourke. The games included Birds of the Air Badminton, Three Kings Bean Bag Toss, Saint Sabastian

Race, Good Samaritan Race and a Washer Toss Game that was donated by Margaret Trainer. Everyone was a winner and Saint Theresa medals were awarded to all participants. Following the games, barbecued hot dogs were served thanks to Angela Francis' great cooking. Appreciation also goes out to Geri Kearns, Marcia Burke, Pauline Gannon and Connie Bryant

who donated food, and to all who helped with set up and take down. Sean Cody had the closest guess for the number of Skittles in a mason jar and made a very gracious and entertaining acceptance speech. A good time was had by all and we are hoping to make it an annual affair.



## Catholic Spirituality: Prayer

In this article on prayer I want to continue our reflection from last month's newsletter. We have said that prayer is composed out of two aspects: being in relationship with God, and then actively spending time with Him, whom our heart loves.

This leads us to some of the practices that we associate with prayer: verbal prayer, mental prayer, and contemplative prayer. We are able to identify the corresponding aspects of a human person to these different activities: verbal prayer is mainly connected with the body, mental prayer mainly with the intellect, and contemplative prayer mostly with the human spirit. This,

however, does not mean that in these activities the other aspects of a human person are not present. On the contrary, all aspects of a human person are present and active in all forms of prayer. It is simply one aspect that will be predominant in one or the other form of prayer.

We can say therefore that it is always the whole human person that prays, or better, that should pray. This allows us to define the purpose of prayer a little bit better. Prayer, as activity, has the purpose to bring the whole human person in front of God, Father, Son, and Holy Spirit.

This implies that prayer never is just an activity that needs to be done, but is most of all the spending of time in front of the one whom we recognize as author of our existence, and of our salvation. This also has consequences for us, as human persons. In our society, in our day and age, we can find, even within ourselves, an increase in a division between the different aspects of the human person: oftentimes we will divide up into body, mind, and spirit. There is then a real division that we can experience. Commonly this division is called stress:

so, for example, can our mind be so active and busy with worrying about the many different problems and struggles that we are concerned about, that our main attention is on our thoughts, ideas, and concepts. By doing this we neglect our bodies, and our spirit, and can feel drained and exhausted. Another possibility is the fixation on the body, and its many different facets: weight gain or loss, the perceived necessity to correspond to a given image by society, and so on.

Continued on page 4.....

## LECTIO DIVINA (DIVINE WORD)



Lectio Divina (Divine Word) is the most traditional way of cultivating friendship with Christ. It is a way of listening to the texts of Scripture as if we were in conversation with Christ and He was suggesting the topics of conversation. Lectio Divina leads us to Communion with God.

The Lectio that Father James gives on Thursday evenings is an exegesis (critical explanation) on the coming Sunday's Gospel but the following is a format you can do on your own to better meet God in your personal prayer.

To get the most out of Lectio doesn't all happen on the first try. It, like most kinds of meditative prayer, needs to be practised. So persevere.

We need to prepare ourselves in Lectio. After reading a Gospel passage, close your eyes and think about what you read. Imagine that you are there. You could imagine that you are Jesus, or one of the characters in the story you are

reading about. Be attentive while you read and meditate on what God may be speaking to you. His words usually come in the form of ideas or understandings that come to mind while you are searching for meaning in what you are reading.

The four fold method of Lectio Divina consists of:

**Lectio:** the actual reading and re-reading of the text until certain words call forth our attention.

**Meditatio:** The rumination on key words, phrases or images, allowing them to evoke something within the reader.

**Oratio:** these words, phrases or key words eventually evoke or inspire prayer. We hear the word and respond in loving dialogue.

**Contemplatio:** Dialogue gives way to silent awareness of God's presence.

We simply abide with God as long as attracted by God's Grace.

*Step One:* Read the passage, and Listen with the "ear of the heart". What phrase, sentence or even word stands out for you?

*Step Two:* Read the passage again and Reflect on the word of God. Be aware of what touches you.....a thought or reflection that is meaningful. Allow a minute or two silence.

*Step Three:* Read the passage again and Respond spontaneously to the word of God. Be aware of any prayer that rises up within that expresses the experience. Allow a minute or two of silence.

*Step Four:* Read the passage a final time and Rest in the word. Reflect or pray and allow God to speak in the silence. Allow three or four minutes of silence.

**Finally, make a resolution.** How can you apply in your daily life what you understood or experienced in your Lectio prayer time? Make a precise and practical resolution. In doing this we become transformed by the word of God.

## SAINT THERESA'S CATHOLIC WOMEN'S LEAGUE



*The seal and crest of the League is the cross, exemplifying faith, and is set above 10 maple leaves, representing the provinces of Canada, with the words*

**THE CATHOLIC WOMEN'S LEAGUE OF CANADA - FOR GOD AND CANADA**

*enclosed in an unbroken circle, symbolic of constant service. The colours of the crest are blue, for the Virgin Mary, and the papal colours white and gold.*

Since its inception as a National organization in the early 1920's, the C.W.L. of Canada has acted as a powerful vehicle representing more than 99,000 Catholic women across the country, expressing their concerns on political, social and spiritual issues of the time. Saint Theresa's Council received its charter in May of 1956 with Marguerite Burns as its first President—making our council 58 years young. Gone are the days when CWL was considered the ladies who did the funeral receptions—Rather we are involved in many activities—Phoenix Youth—the outreach programme at the Basilica—giving gifts to newly baptized—first communion and confirmation children of our parish—hospitality at the Basilica—coffee drive for Hope Cottage—Birthright—raising funds for Signs for Life—taking the initiative

for leading retreats and novenas – and the rosaries for special occasions .Last year we were happy to be able to provide a new Paton for our parish. Members have taken leadership positions at the Diocesan and Provincial levels and those who are able -attend Diocesan meetings and Conventions as well as Provincial and National Conventions .It is through our once a year fund raiser that we are able to provide support to our charities both here and in Third World countries.

The CWL is a gift of Faith, Friendship, Leadership Development ,Support and Affirmation. I am very proud to be a member of such an organization and honored to be president of this group of such faith filled women.

Sharon MacKinnon— President— St Theresa's CWL



**The League Patroness -  
Our Lady of Good Counsel**

**Saint Theresa's Catholic Women's League invites you, If you—**

- **Want to develop**
- **A deeper spiritual life**
- **Believe in the power of prayer**
- **Strive to set a Christian example in your home and workplace**
- **Believe in the sanctity of life**
- **Believe women play an important role in church and society**
- **Seek to uphold the dignity of all human beings**
- **Believe in the value of Catholic education and affordable health services**
- **Value the importance of religious freedom, social justice, peace and harmony**

**Come Join Us!!**

**Want to know more!!!**

**Contact**

**Sharon 453-2918**

**Phyllis— 454-5189**



**Enjoying Friendship at our closing dinner**



**Our coffee drive for Hope Cottage**



**Members leading the rosary at the Basilica**

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## WE ARE A FAMILY IN CHRIST

## EMAIL ANYONE?

Should you wish to receive your monthly newsletter via email or view all the issues on our website, please let us know by emailing Pat at:

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## *Catholic Spirituality: Prayer continued....*

This leads to the possibility of our being present predominantly in the body, and constitutes another form of stress, where mental activity is reduced to this physical aspect of our appearance. The same is true for a predominance of being in the spirit, though its forms are more difficult to describe: the body is perceived as being negative, and the source of all evil. This last aspect can be found in many currents of thought and spirituality from the past, and even today.

Authentic prayer has the effect of uniting these different aspects of our human person, and acts therefore as a remedy against stress and its harmful effects in us. The reason is that authentic prayer guides us back to the original image given to us by our creator: it is this image of being in a uniting relationship with ourselves, the environment, and God, that will allow us to stand in front of our Creator and Redeemer, being sanctified by the work of the Holy Spirit.

## Saints

“We need saints without cassocks, without veils. We need saints with jeans and tennis shoes. We need saints that go to the movies, that listen to music, that hang out with friends. We need saints who put God in first place, ahead of succeeding in any career. We need saints who look for time to pray each day and who know how to be in love with purity, chastity, and all good things. We need saints of the 21st century with a spirituality appropriate to our new time. We need saints that have a commitment to helping the poor and to make the needed social change. We need saints to live in the world, to sanctify the world by their presence in it. We need saints that drink Coca-Cola, that eat hot dogs, that surf the internet and that listen to their iPods. We need saints that love the Eucharist, that are not afraid or embarrassed to eat pizza or drink a beer with their friends. We need saints who love movies, dance, sports, theater. We need saints that are open, sociable, normal, happy companions.

We need saints who are in this world and who know how to enjoy the best in this world without being callous or mundane. We need saints.”

*Pope Francis, World Youth Day 2013, Rio de Janeiro*

## GETTING INTO HEAVEN

A fellow finds himself in front of the Pearly Gates. St. Peter explains that it's not easy to get into heaven.

There are some criteria that must be met before entry is allowed. For example, was the man a church-goer or religious? No? St. Peter told him that's bad.

Was he generous, giving money to the poor or to charities? No? St. Peter told him that that, too, was bad.

Did he do any good deeds, such as helping his neighbor? Anything? No? St. Peter was becoming concerned.

Exasperated, the Saint says, 'Look, everybody does something nice sometime. Work with me, here! I'm trying to help. Now think!'

The man thinks for a minute, then says, 'Well, I did help this old lady once. I came out of a store and saw that a dozen Hell's Angels had taken her purse and were shoving her around. I threw my bags down and got her purse back, then I told the biggest biker there that he was cowardly and I spat in his face.'

'Wow,' said St. Peter, 'That's impressive! When did this happen?'

Oh, about 15 minutes ago,' replied the man.