



This Month in the Diocese

An E-Publication of the Diocese of Antigonish

Issue 4

November 2015



“... a love which is total.”

Thirty- six couples from the St. Andrew’s and Heatherton area, along with family members and friends, gathered recently in St. Andrews Church to honor those celebrating special wedding anniversaries. From left: Fr. Daniel MacDonald, Rick and Brenda MacInnis (celebrating 25 yrs.), Theresa and Frank MacDonald (celebrating 40 yrs.), June and Ron MacIsaac (celebrating 60 yrs.), Catherine and Bill MacGillivray (celebrating 50 yrs.) and Fr. Charles Cameron. Fr. Cameron retired from St. Andrews, St. Francis (Giant’s Lake) and Immaculate Conception (Heatherton) in October.



Times to Remember

Remembrance Day is Nov. 11: please pray for and honour all those who served and continue to protect our nation.

For other November events, see **Page 4.**

After the Congress

It has been two years since Diocesan Congress 2013 brought delegates together in dialogue, action and healing.

What has been done and what’s happening now? See **Page 2.**

Finding God in meditation

The Emmaus Centre recently hosted *Children, Young People and Prayer in the Christian Tradition*, a workshop on Christian Meditation. “I didn’t think this type of meditation was for Catholics; glad I attended the session,” one participant said.

To learn more, see **Page 3.**

We welcome your ideas and comments!

Contact Jennifer Hatt, Communications Officer: jennifer@dioceseofantigonish.ca

Or visit our website: www.antigonishdiocese.com



After the Congress

In October 2013, nearly 300 delegates from across the Diocese of Antigonish gathered to develop a five-year Pastoral Plan. For three days these delegates - clergy, religious and laity, representing organizations, parishes and the diocese - worked side by side to identify stepping stones to healing and growth. These stepping stones took the form of **Rebuilding Trust and Hope**: a five-year diocesan plan identifying six priorities and 75 objectives guiding the action.

Two years later, the Pastoral Plan continues to inspire new and expanded actions within the Diocese. Overseeing deliverables from the Pastoral Plan is the Implementation Committee. Co-chaired by Fr. Andrew Boyd (Ste. Croix parish, Pomquet) and Cecile Miller (Inverness Deanery), the Implementation Committee includes two representatives from each deanery and meets monthly to share updates on progress and activities.

What has been accomplished? This newsletter, for one. Communication is a Priority in the Pastoral Plan; the diocese hired a part-time communications officer in June 2015. This monthly E-news, rejuvenated Facebook page (which had been launched in 2012 to support the organization of the Congress), and website updates with Webmaster Deacon Art Riley, also a member of the Implementation Committee, are a few of the visible actions as this new position takes root. Other activities include:

- Revitalized Office of Social Justice, which is hosting a four-part workshop series on Pope Francis' encyclical *Laudato Si'*: On Care for our Common Home
- Diocesan Liturgical Commission videoconference in May 2015 on "The Word of God in our Sunday Celebrations"
- Vocations Committee "Come and See" priesthood information day for young men
- Full-time Director of Youth, Nolan Conrad, hired in August
- New Diaconate Formation with 13 candidates entering the four-year program
- Involvement of several deaneries in the formation of Pastoral Zones to address the new reality of fewer parishioners and priests.

"As I review some of the initiatives that continue from the spirit of the Diocesan Renewal Congress, I am deeply inspired by the number of parishioners who have been involved," Bishop Brian Dunn said. "I continue to pray for our diocesan renewal and realize that each one of us must take personal responsibility for our own individual renewal. As well, each parish must take corporate responsibility for the renewal of its community of faith and so I urge all parishes to consider how they need to be renewed during the coming year."

Rebuilding Trust and Hope may be viewed on our website:

<http://www.antigonishdiocese.com/PastoralPlanNov2013Final.pdf>

Bishop Dunn's letter on the anniversary of the Congress may also be found on-line:

In English: <http://www.antigonishdiocese.com/EngAnn2015.pdf>

en francais: <http://www.antigonishdiocese.com/2015OctAnniversaireducongress.pdf>



Finding God in meditation

Building on the prayer opportunities presented in *Finding God*, our new diocesan catechetical program, the Emmaus Centre hosted *Children, Young People and Prayer in the Christian Tradition*, a workshop on Christian Meditation.

The workshop was well-received, according to comments received from participants:

"It was a great learning experience."

"The actual doing (meditating) was helpful."

"I knew nothing about Christian Meditation; I learned a lot."

Facilitators were Paul Tratnyek, a Catholic Educator in Ontario and faith animator with the Brant Halimand Norfolk Catholic District School Board and Glenda Meakin, teacher of Christian Meditation and retreat leader in Canada, the US and the UK. They provided catechists and coordinators with the historical background of meditation in our Christian tradition. "I didn't think this type of meditation was for Catholics, glad I attended the session," one participant remarked. The facilitators guided the group into the presence of God through the meditation practice and talked about the physical and emotional changes which occur in the body during the Christian Meditation.

Among the resources provided during the day for those who could not join the presentation is the World Community of Christian Meditation website:

<http://www.wccm-canada.ca/#!/meditation-with-children/cx2k>.

Three items of note:

1. The Video "*Something is Growing*" demonstrates the value children and teachers place on being able to enter into the presence of God and the effect this time spent with God has on daily activities.
2. Christian Meditation with Children BHCNDSB formed the core of the Workshop.
3. WCCM Meditation with Children provides a general overview of the benefits of Christian meditation and steps to enter into this form of prayer.

"The workshop was very beneficial on a personal level for the catechists and coordinators," said Debbie Aker, Catechetical Coordinator for the Diocese of Antigonish. "It expanded their prayer life as well as aiding them with another form of prayer they could pass along to the children and young people of our Diocese."

Further information on Christian Meditation and the Finding God catechetical program is available by contacting Debbie: catecheticalcoordinator@dioceseofantigonish.ca

A special note of thanks to the St. Thomas More Society, (<http://www.antigonishdiocese.com/ThomasMoreSociety.jpg>) who provided the individual workshop participants with funding, the Seniors Club at the St. Louis Parish for a fabulous lunch and the St. Louis Parish for the use of their Hall.



Items of Note in November:



Nov. 29: First Sunday of Advent
Year of Consecrated Life begins

Nov. 22, 2 p.m. “This Changes Everything” documentary screening, St. Josephs Renewal Centre gym, Mabou. Canadian documentary directed by Avi Lewis, and inspired by Naomi Klein’s international bestseller *This Changes Everything*, it presents powerful portraits of diverse communities on the front lines of the climate crisis, connecting it with the current economic system. Making a similar argument in his historic encyclical *Laudato Si’*, Pope Francis recruited Klein to lead a high-level climate conference at the Vatican. Hosted by the Inverness County chapter of the Council of Canadians, in partnership with Development and Peace.

Admission Free. All are welcome.

Nov. 25, 7 p.m., St. Ninian Place, Antigonish.

World-renowned liturgist Fr. Paul Turner will provide an evening for parishioners and others interested in deepening their knowledge of our mass. A video of Fr. Turner introducing his talk can be found on our website:

<http://www.antigonishdiocese.com/new.htm>

The Body of Christ at Prayer

Why We Do
What We Do
When We Come to Mass

With **Fr. Paul Turner**

WEDNESDAY, NOVEMBER 25
7:00PM
ST. NINIAN PLACE, ST. NINIAN CATHEDRAL

NO CHARGE – BUT PRE-REGISTRATION REQUIRED
PHONE DARLENE STEPHENSON, DIOCESAN PASTORAL CENTRE
TOLL FREE 1-800-656-5311 EXT 222

The Songs We Sing
The Dialogues We Exchange
Between Priest and People
The Silences We Keep
The Postures We Take
The Gestures We Make