VOL. 42, Nº 3 | JULY • AUGUST • SEPTEMBER 2015 | $5.00

MIC Mission News

To sow seeds of joy and hope

Since 1923

Celebrating 95 years!

Malawi (Africa)

Moved By Compassion

Quebec (Canada)

My Spiritual Family

In Focus

FamilieS

PUBLICATION OF THE MISSIONARY SISTERS OF THE IMMACULATE CONCEPTION

MISSIONARY PRAYER INTENTIONS – 2015

JULY

That, amid social inequalities, Latin American Christians may bear witness to love for the poor and contribute to a more fraternal society.

AUGUST

That setting aside our very selves we may learn to be neighbours to those who find themselves on the margins of human life and society.

SEPTEMBER

That catechists may give witness by living in a way consistent with the faith they proclaim.

Masses for readers' intentions offered in the following countries:

January: **Canada**
February: **Cuba**
March: **Philippines**
April: **Haiti**
May: **Canada**
June: **Bolivia**
July: **Malawi** and **Zambia**
August: **Hong Kong** and **Taiwan**
September: **Madagascar**
October: **Peru**
November: **Japan**
December: **Canada**

CONTENTS

VOL. 42, Nº 3 | JULY • AUGUST • SEPTEMBER 2015

COLUMNS

SPIRITUAL LIFE
4 **Keep Hope Alive** — *André Gadbois*

CULTURES AND MISSION
6 **Malawi and Zambia—50 years of independence** — *Ref: Info-MIC*

YOUTH
8 **Family Communion** — *Émilien Roscanu*

ROOTS OF THE PAST
10 **A Spontaneous Outreach** — *Marie-Paule Sanfaçon, M.I.C.*

IN FOCUS

FamilieS

11 **Women from Here and Abroad** — *Huguette Turcotte, M.I.C.*

14 **Moved By Compassion** — *Gisèle Leduc, M.I.C.*

16 **My Spiritual Family, Same Roots… Same Sap** — *Jocelyne Dallaire, AsMIC*

ABOUT THE MICs

18 **Fruits of the Mission in Taiwan** — *Huguette Chapdelaine, M.I.C.*

20 **A Child's Dream** *(From a Japanese Version)* — *Monique Cloutier, M.I.C.*

MIC Mission News
Mission magazine published by the Missionary Sisters of the Immaculate Conception

Offices
Missionary Press MIC
120 Place Juge-Desnoyers
Laval (QC) Canada H7G 1A4
Phone: **(450) 663-6460**
Fax: **(450) 972-1512**
E-mail: **micmissionnews@pressemic.org**
Web site: **www.soeurs-mic.qc.ca**

Directress of Publication
Marie-Paule Sanfaçon, M.I.C.
Carole Guévin, Assistant

Editors
Marie-Paule Sanfaçon, M.I.C.
Claudette Bouchard, M.I.C.
André Gadbois

Translation
Claudette Bouchard, M.I.C.

In Collaboration
Linda Anderson, PhD
Huguette Turcotte, M.I.C.

Promotion
Yvonne Ayotte, M.I.C.

Circulation
Yolaine Lavoie, M.I.C.
Michelle Paquette, M.I.C.
Lucy Virginia Hung, M.I.C.

Accounting
Elmire Allary, M.I.C.

Layout & Design
Caron Communications graphiques

Printing
Solisco

Cover
Shutterstock

Editorial Board
Louisa Nicole, M.I.C.
Léonie Therrien, M.I.C.
André Gadbois
Émilien Roscanu

Tax Receipt
Registration Number:
NE 89346 9585 RR0001
Presse missionnaire MIC

Legal Deposits
Bibliothèque nationale du Québec
National Library of Canada
ISSN 0315-9655

Subscription rates (4 issues)
Canada: 1 year – $15 / 2 years – $25
U.S.A: 1 year – US$20
International: 1 year – C$30
Single issue: $5 (plus mailing costs)

Member of the Catholic & Ecumenical Media Association

We acknowledge the financial support of the Government of Canada Periodical Fund of the Department of Canadian Heritage.

Canada

EDITORIAL

The Family: Issues and Challenges

This Fall Season, the second session of the Synod on the Family is taking place in Rome. Such a worldwide assembly raises hope on issues and challenges that need to be addressed and dealt with. In our contemporary world, the concept of family has expanded: there are the nuclear families, the single-parent families, the blended families and the same sex families.

A Synod seeking answers for the happiness of all, but not granting permissiveness without limits… Pope Francis desires a Church that is opened, that listens to the needs of people. He knows that today to have a family is an adventure which must be embraced in a humane way, with understanding and love. He sees that the bond of brotherhood that is formed in the family between brothers and sisters is necessary for our world. This is also true for other entities which consider themselves as families; we think in terms of spiritual families, members of various associations. How often we hear a group that is happy to be together, say: *We are family!*

This word echoes—the ideal happiness, mutual understanding and reciprocity; but it also calls for tolerance. Our Foundress Délia Tétreault would say: ***The family spirit is fraternal charity in all its perfection***. It's a day by day exercise in life's concrete situation.

Family life is not easy with its material demands, children's education and life's unexpected surprises. Mary and Joseph did not always understand Jesus' behavior. Three days after they found him in the Temple he said to them: ***"Why did you look for me? Didn't you know that I had to be in my Father's house? Mary, His mother, treasured all these things in her heart"*** (Lk 2:46.51). The person will always be a mystery to the other and even to one's own self. This is the reason why understanding and tolerance are so important to assure each person's happiness.

In this issue, the focus is on ***Families*** written in plural because we wish to offer a reflection on the quality of our commitment towards biological and spiritual families. Let us remember the Synod in our prayers.

Marie-Paule Sanfaçon, m.i.c.

DÉLIA'S COLUMN

Similar to family life how can community life be pleasant and a source of happiness? Mother Délia knew very well the advices to give on this subject:

Let us ask for one another a true family spirit, wherein the good and the interests of all the members come before our own personal well-being and interests. (July 19, 1904)

"Make yourself all things to all people." In the world, St. Paul's statement is translated as "putting water in your wine." Ways and likings differ in communities as well as in families, but if everyone abdicates his own will and overlooks many things, peace and happiness reign in the homes. Another way to be happy in community is to apply ourselves to seeing the good side of people, as is done in families; this helps us to forget the shortcomings and creates holy affections. (April 15, 1931)

The family spirit not only forgives the wrongs we feel was done to us, but excuses them, conceals them and often does not even see them. (June 10, 1926)

Practicing fraternal charity in a community or in a family is like a foretaste of heaven. As you know, happiness does not come from riches or pleasures but from the love of God and the love of neighbor. How do we manifest this love of neighbor? By excusing and forgiving others. (March 27, 1931)

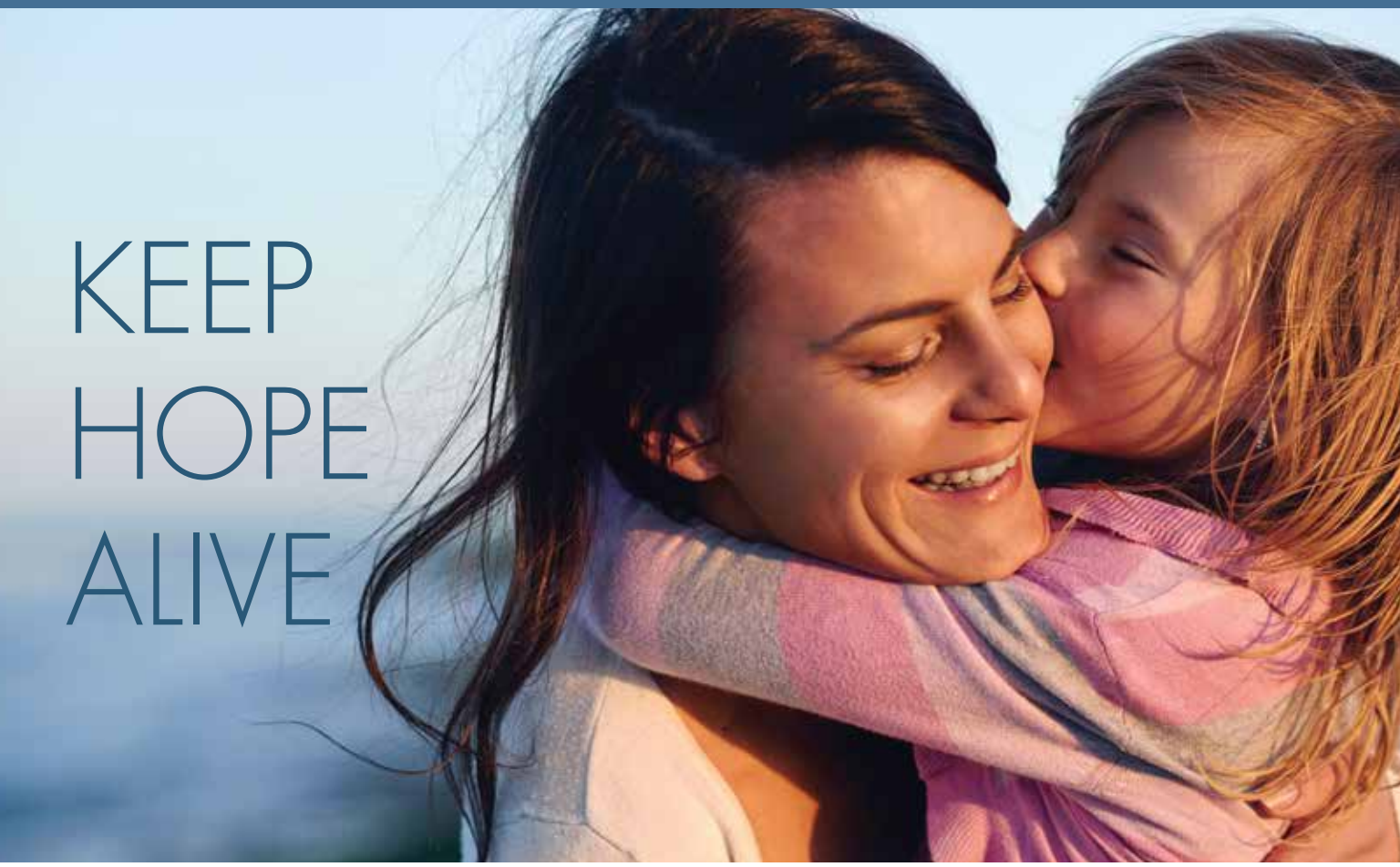
Let us joyfully live our family life… happiness and holiness cannot be found anywhere else. (November 21, 1932)

FOR ALL FAVORS RECEIVED-OR-DESIRED

Cause Délia-Tétreault
100 Place Juge-Desnoyers
Laval, QC — Canada H7G 1A4

E-mail:
causedtetreault@gmail.com

KEEP HOPE ALIVE



God is with us always, whether with Bishops united in a synod or with families searching for meaning in their perturbed life, we could say that He walks our journey with us.

By André Gadbois

I am not a vinyl record dealer nor am I an antique dealer but my wife and I possess dozens of old fashioned records; we have a three speed vinyl record player, and some antique Quebec furniture. I still love to listen to those LP records which contributed in fashioning my soul and my personality. Many songs written in the seventies have left their impact in the minds and hearts of people; for example, John Littleton's song: *AMEN, or I SEEK HIS FACE* in which a question is asked—***You are the Body of Christ, You are the Blood of Christ, therefore what have you done with HIM?...*** Recently, I was led to think about the upcoming Synod of Bishops—the theme of which will be THE FAMILY. It all happened at a funeral service in a Catholic Church. Approximately eighty people attended Margo's funeral, a 90 year old lady, and a member of my spouse's family. There were couples and there were families the majority of whom did not resemble THE model extolled by the Catholic Church. At communion time, almost everyone got up and went to receive the Body of Christ.

WHAT HAVE YOU DONE WITH HIM?

I must admit that I was surprised and felt a great joy to see all those people coming forward to receive communion even though they don't necessarily 'fit-in' or reflect THE model imposed by the Church. However, the Bread they received was a way for them to be united to the Lord and to Margo who publicly, for years, received the Body of Christ. I couldn't help but think of John Littleton's phrase: ***I seek the face of the Lord... what have you done with Him?*** In October 2014, a preliminary Synod of Bishops was convened by Pope Francis, Bishop of Rome; they came

together to seek the face of the Lord in the families of today. In his closing statement, Pope Francis told his guests, "*We have truly lived the experience of 'Synod', a path of solidarity, a journey together.*" He continued saying, *"Like every journey there were moments of running fast, as if to conquer time and reach the goal as soon as possible; other moments of fatigue, as if wanting to say 'enough', other moments of enthusiasm and ardor. There were moments of consolation, grace, and comfort upon hearing the testimonies of the families who have participated in the Synod."* Like the disciples on the road to Emmaus, there is a search to discover the Father in the realities of everyday living, in the astonishing contemporary events, in new styles of behaviors.

Orient people to the ESSENTIAL.

God is present and accompanies Bishops united in a synod as well as walking with individuals searching for Truth and meaning in life. No matter the long detours, sometimes incurred through life's trials, God never abandons His people. During His lifetime the Prophet of Nazareth, Jesus, revealed His Father's intentions; He oriented His people to the ESSENTIAL above and beyond the law of the Sabbath. He entrusted this role to His disciples; a role of benevolence to keep hope alive. Reconciling and drawing people closer to one another is part of that responsibility.

During his closing statement, Pope Francis, knowing the many obstacles that might come up during this preliminary journey warned all those who came to 'seek the face of the Lord' in today's families, to beware of the temptations. Among others, he mentioned, *"The temptation of hostile inflexibility, wanting to close oneself within the written word (the letter) and not allowing oneself to be surprised by the God of surprises (the spirit). The temptation of the 'do-gooders', that in the name of deceptive mercy binds the wounds without first curing them and treating them; that treats the symptoms and not the root causes. There is the temptation to neglect reality, making use of meticulous language to say so many things and to say nothing!"*

IS THERE A MODEL?

When two human beings are interested in starting a family, thus wanting to journey together with their children—teaching them goodness and forgiveness, to share and sympathize, to put aside a personal interest for someone else's need, to reveal the face of God, who is Lord of heaven and earth... for all this to happen, is it necessary for the two individuals to be of the same sex, to never have been divorced, to be officially married? I search... I observe... I pray... I try to 'avoid hostile inflexibility.' Sometimes my research becomes impatient... I notice some failures that discourage me, I experience moments of desolation... I also discover some marvelous couples and families, some away from the Catholic model while others are right 'with it'. The two models revive within me the Beauty of the world and help me see the face of the Lord. Recalling some Scripture passages, I hear Jesus saying that mercy is preferable to the law of the Sabbath (Mt 12:1.8); I see the paralyzed man on his mat being lowered, through a roof, by his friends that he may come close to Jesus (Mc 2:1.12); then I remember the people at Margo's funeral... and my hope is rekindled. This coming October, at the Vatican, the Synod on THE FAMILY will resume. A few months are left to mature and discern the proposed ideas given at the preliminary gathering and *"to find concrete solutions to so many difficulties and innumerable challenges that families must confront; to give answers to the many discouragements that surround and suffocate families."*[1] And I would add: to keep hope alive in the hearts of men and women on this Earth.

[1] Extract of Pope Francis' closing speech at the preliminary Synod-2014

PHOTO:
Warren Goldswain
Shutterstock

50 YEARS OF INDEPENDENCE

Ref: Info-MIC

MALAWI

In the year 2014, some seventeen African countries celebrated their 50th Anniversary of Independence. Among them were: Malawi, where the MIC Sisters have been working since 1948 and Zambia, where we have been present to the population since 1954. Numerous celebrations took place even though many wondered if there were reasons to celebrate. Though much has been achieved in the areas of education, health care, agriculture, communication and transportation, there is still much poverty in rural areas. Unemployment is high and three-fourths of the population lives with less than $1.47 CAN a day. Forty-six percent of the population is less than fifteen years of age. Freedom of the press and of speech are major benefits rarely found in Africa at large, and even if some change has occurred in this respect, there is still a long way to go before they truly become democratic countries.

In the Province of Our Lady of Africa, there are currently nine Canadian Sisters, seven African professed Sisters and thirteen African scholastics. Sr. Jacintha Henry, from Tanzania, has been a missionary at our Good Hope School in Hong Kong and has been teaching English for the past ten years. Since a few years, English speaking postulants and novices receive their training in Baguio, Philippines. Though optimistic in light of their future, the Sisters of the African Province must do with a lack of personnel due to the fact that seven scholastics and three professed Sisters are pursuing their studies.

The MIC schools continue to serve the growing youth population. Education is essential as it provides students and parents the knowledge and skills to break the cycle of poverty; it gives them a chance to have a better future.

While celebrating the country's golden jubilee, the Thunga Parish in Thyola was also commemorating its 50 years of foundation. Malawi's first lady, Madam Mutharika, who was a guest of honor at the function, hailed the Catholic Church for complementing the government's efforts in uplifting lives of people in the country. She said that the Catholic Church has carried out many crucial development projects in various sectors which have transformed lives of people and communities across the country.

"We take pride in the Catholic Church because it takes care of the spiritual and physical being of the person. There are a lot of education institutions from nursery schools to colleges, hospitals, broadcasting houses, human and civil rights organizations that are all initiatives of the Catholic Church. And there is also the advisory role to the Government that the Church continues to play which is very crucial to ensure that the Government achieves its mandate," said Mutharika.[1]

She also hailed members of the Catholic Church for being self reliant as evidenced by the selfless contributions they make towards the various development projects to the Church.

ZAMBIA

In 2014 Zambia celebrated its 50th anniversary of independence. Fr. Cleophas Lungu, Secretary General to the Bishops Conference, speaking to *AMECEA Online News* from Lusaka said that the Catholic Church in Zambia rejoices and gives thanks to God for the tremendous achievements the Church and the people of Zambia as a whole have attained over the years. Fr. Lungu said that the Church has tremendously grown since independence time as well as having contributed a lot to the development of the country especially in pastoral ministry, education and health sectors. ***"The Church from 1891 has been proclaiming the Good News so much so that there is no part in Zambia which has no Catholic presence."***

According to Fr. Lungu, the conference had very few priests at independence, more or less 50, but over the years the number has grown to over 500 local, diocesan priests. ***"At the time of independence we only had one or two bishop natives of Zambia; now we have a conference which we can proudly say is truly Zambian; all current bishops are Zambian citizens, some religious others diocesan,"*** Fr. Lungu said. He then added, ***"We are proud of the growth in the Church."***

Fr. Lungu declared that the contribution of the Church to areas of education and health are quite tremendous and a reason to celebrate and thank God. ***"Many Zambians have been educated up to university level because of the Church's contribution to the education sector; the Catholic Church also runs some of the best medical facilities in the country."***

And he continued saying: ***"As Zambia Episcopal Conference we would like to extend the message of good will and congratulations to the Republic and the people of Zambia upon the attainment of this golden Jubilee. This is the moment when we look back and see the many good things that the Lord has done for us. We have enjoyed 50 years of peace, and of ethnic integration; there are more than 73 tribes in the country and yet we are living in relative peace and harmony."***

The Secretary General stated that over the years the country has witnessed transition from one government to the other, a sign that Zambia is growing, though not yet mature democratically. He stressed that it is important for Zambian citizens, especially those charged with various leadership responsibilities to take this momentum event to look back and see where, as a country, they could have done better for the good of all.

He pointed out ***"some of the areas where we may have wasted a number of years would be areas of coming up with the constitution that represents the aspirations of all Zambians. In other words, a people-driven constitution and establishing better public services for the good of all, especially in health and education sectors."***[2]

[1] Nyasa Times, August 30, 2014
[2] Adinda, Pamela – *AMECEA Social Communications* – Amecea, October 2014

PHOTOS: MIC

Family Communion

By Émilien Roscanu

The family, a fundamental pillar of humanity, is a concept in constant evolution. It is difficult to grasp the extent of its meaning as different types of families occur in a wide variety of settings. Does family only mean sharing bonds with individuals? What is needed to make a family? What are its characteristics? What obstacles families come across in a society that is in constant evolution? These are the questions that have guided my reflection on a millennial concept which today is being redefined.

FAMILIES

The family is a sacred unit where communion, sharing, and fraternity take place. To have a family is a challenge. Individuals, who are considered as relatives living together and sharing whatever they have, are above all human beings. Dissension can take place in such a mix of people who look alike but are totally different. The family is made up of acquaintances whom we do not choose, and cannot get rid of when complications arise. We do not choose our parents, we must learn to live with them and their qualities, but also with their faults, and that is a challenge.

To have friends is very different from having a family. The relationship is different. A friendly relationship is based on affinities, common interests, shared life situations. As for a family, it is based on kinship, on blood line or similar bonds which are created between persons but not necessarily affiliated by consanguinity. Someone can be accepted in the family circle if that person decides to contribute and be integrated. Links that are woven in a family are profound and intimate.

INTERGENERATIONAL CHALLENGE

My generation is confronted with the greatest challenge—comprehending the former generations. The world that welcomed us is very different from the one that welcomed the birth of my parents, and even more so, the birth of my grandparents. The latter lived through the Second World War, the democratization of electricity, the invention of television, the Cold War, the first commercial flights, the first man in space as well as the first steps on the moon, the fall of the Berlin wall, the computer, the internet. It is therefore difficult for me as well as for them, to fully understand each other as our points of reference differ. The same goes for my parents, they were born in the second half of the twentieth century. Since I have lived longer in the twenty-first century, my life experience is much different from theirs and our mutual understanding demands a constant effort. Between tradition and modernity, differences of opinion, of thought or vision can actually meet. However, misinterpreting is a danger and so for this reason dialogue is vital. To understand the other, listening and empathy are of utmost importance. We must try to be in the person's situation to better appreciate his emotions, his apprehensions, his opinions.

PITFALLS

In this digital and globalization era, community seems to have no geographical boundaries; this phenomenon brings about new distractions and can have an impact on family life. We can have international human relations without ever leaving our home, but interpersonal family relations seem to have become more difficult. Society has changed tremendously; it has become dynamic, interactive, connected, but also complicated and in a rush to accomplish whatever. Time is our most precious asset, but time-eaters of all kinds are legion. Many pretexts added to the lack of time explain the deterioration or the non-existing concrete family relations; the obstacles are given free-way and harm the true, authentic links that we could personally develop and share with family. For example: keeping the T.V. running while having dinner, or family members eating at different hours are concrete obstacles to dialogue and to the bonding of family. With the busy schedules, different activities, and lives that alternate between studies, career, social outings, the family unit can be neglected, however unintentionally. But it is most important to give it its place and to cherish the moments together; seek ways to multiply family outings and sharing. Creating such conditions demands effort and time but at the end how gratifying it is.

Paré-Chabot Family – *Photo Credit:* Tir Productions

MULTITUDE

Today, different types of families occur in a variety of settings—we find the traditional nuclear family, blended parents, single parents, domestic partnerships and others. It is not rare for someone of my generation to hear friends or colleagues speak of their two families, or of a non-existent father or mother. It's obvious that the definition of family is rapidly changing. However, of greatest importance is not to judge or discriminate our brothers and sisters for that which they have not chosen, but to accept them with their differences and enjoy their presence. After all, we are all members of the same family, the great Human Family.

ALAIN LAMONTAGNE, D.D.
DENTURIST

Makes, fits,
repairs dentures

3168, boul. Cartier Ouest
Chomedey, Laval (Qc)
H7V 1J7

Tel.: (450) 682-0907

Office day and night

We take care of you

ARAMARK

Restaurant services for institutions, schools and companies.
www.aramark.ca

A SPONTANEOUS OUTREACH

Research by:
Marie-Paule Sanfaçon, M.I.C.

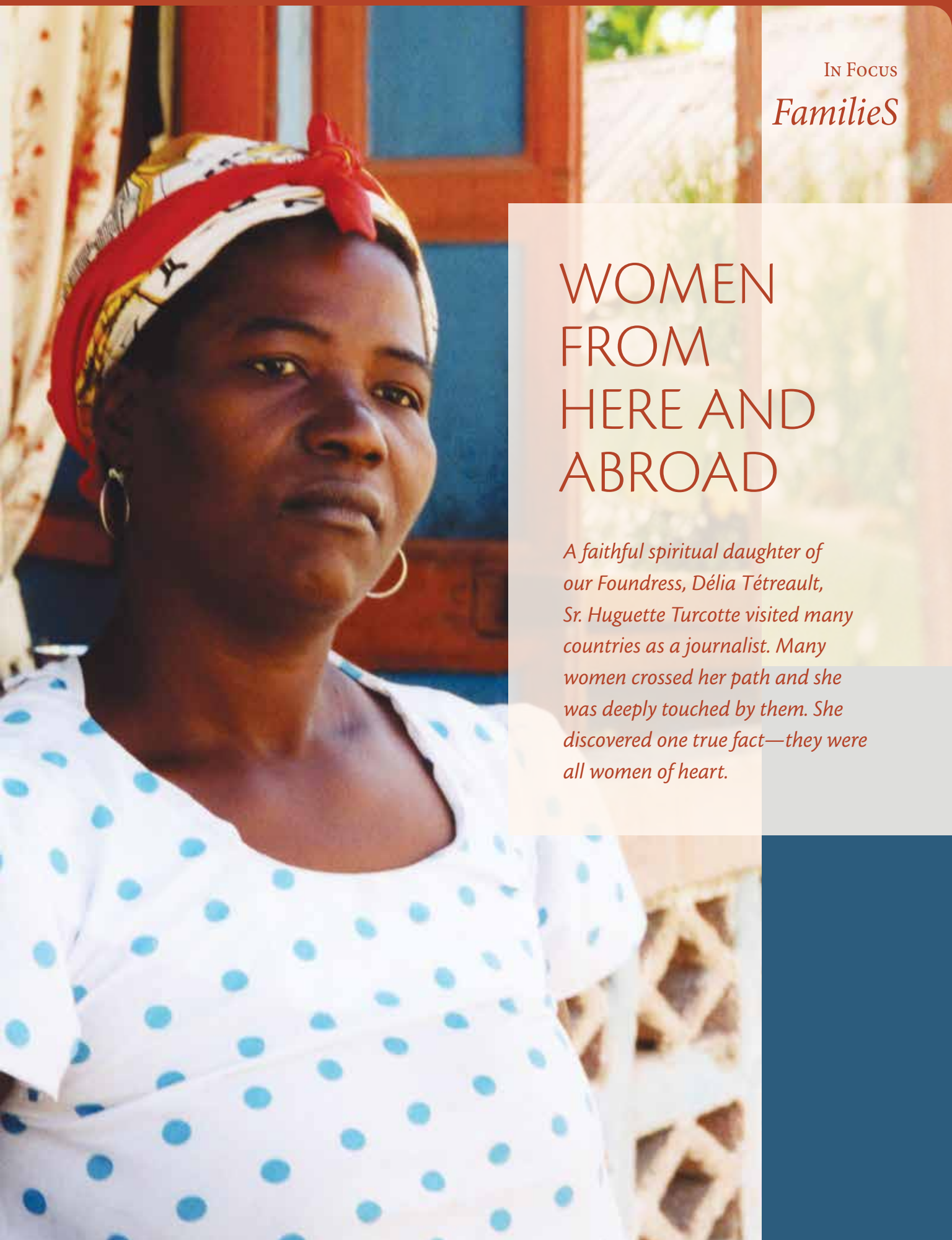
At all times, Délia Tétreault was open and she welcomed lay people to take part in our mission works. Particularly in Quebec, sewing circles were set up under the leadership of a nun; ladies would come and sew liturgical vestments. Still today, though participation differs from former years, many lay missionaries offer their precious collaboration in various mission fields. Below is an extract of how it was in the early 20th century.

« Nowadays, there is much talk about apostolic works. All around us, the pressing needs are being felt. Not only do we talk about it but we deal with the issues. The tasks are intensifying and increasing. Lay people who enroll in associations are given an apostolate according to their talents and capacities. It is great that we have come to understand that a missionary apostolate is not exclusively reserved to members of the clergy and to religious communities. There is an apostolate suitable for all Christians.

I would say even more: the apostolate is required from all Christians. I would like to shed some light on this affirmation. All the movements of the soul can be resumed in three points: know, love, serve. From these three noble faculties issues corresponding actions—to know via our intelligence which is always eager to learn more, to love which is an irresistible tendency of the heart towards goodness, to serve which means to willingly devote ourselves for the good of others; to apply all the powers of our being for the good revealed through our intelligence and felt by the heart is a worthy endeavor. Whether he wants it or not, whether he is aware of it or not, every human being is led by these three movements: searching to know someone or something so as to love more and by doing so, to act and serve. (...) This triple movement comes from God. (...) unselfishly the human being responds. The proof is that there is a spontaneous outreach; without thinking of one's own self, men and women go and tend a helping hand.[1] »

[1] *Le Précurseur, July 1921, P. 203*

PHOTO: A Sewing Circle of Women Volunteers
Photo Credit: MIC Archives



WOMEN FROM HERE AND ABROAD

A faithful spiritual daughter of our Foundress, Délia Tétreault, Sr. Huguette Turcotte visited many countries as a journalist. Many women crossed her path and she was deeply touched by them. She discovered one true fact—they were all women of heart.

… notwithstanding their differences they are so much like us.

By Huguette Turcotte, M.I.C.

People who know me will not be surprised that I chose to speak to you about my encounters with WOMEN ABROAD… women from every parts of the world—Asia, Africa, Europe and the Americas. Through my experience with these women I have come to realize that although they are different from us… they are also very much like us.

Whether her face is hidden in a dark chador with only her eyes visible, as was the custom agent who verified my passport in Malaysia, or whether she is a Zambian mother who at six in the morning, with her baby securely wrapped on her back, is out in the corn fields hoeing, or like an indigenous Otavalo weaving a poncho in a small town of Ecuador, or a woman guiding a Chinese junk in a port of China, each of these women is a MOTHER, a SISTER, a GRANDMOTHER, a LIFE BEARER, a WOMAN OF HEART. Like you and me, she is hungry, she is cold, she is sick, she is tired, she suffers, she laughs, she cries, she loves. Like all women, her life is a gift to all those who surround her; she is a gift to her village, to her city, to her country, to humanity.

A COMMUNICATIVE SMILE

I would have many delightful anecdotes to share relating my encounters with women of the world, often totally different from me by race, religion, language, culture. How to communicate when language stands between us? I found an irresistible recipe and it worked everywhere I went—the SMILE. On trains, in airports, on the street, I would try my recipe. First, I would seriously look at the person I wanted to approach. On both sides the expression was solemn and it remained as such as long as I, Sr. Huguette, kept it that way. It's the kind of attitude that says, "You are a stranger, I do not know you!" But gradually I allowed a smile to appear on my lips, my eyes reflected an interest, a wish to know her. At the same time I watched the smile appear on the lips of the stranger. The miracle would take place! The two smiles met, they became a welcoming sign, "I am your friend, do not fear!" Trust was established and grew. Parents, especially the mothers, always reacted positively when I would smile at their children and say, "What a lovely child! What a treasure!" They interpreted it as a compliment and of course it was. Everywhere I went this kind of approach has won me many profound and sincere friendships; they have enriched my life. Now, with the years that keep accumulating, I must stay "put" but the word "go" makes my missionary heart vibrate like a musical chord.

All those experiences made me understand that beyond the differences there are so many resemblances. We, women, sympathize spontaneously, because we understand each other, because all over the world women give LIFE, they nourish it, they keep it with a LOVE that is central to their own life. This love inspires the life of women; it drives them to a total gift of self from the cradle to the tomb. It is the

greatest of all gifts, the one that will remain until the end, as St. Paul says, ***"Faith, hope and love remain but the greatest of these is love."*** (1Cor.13.13)

A WELCOMING ATTITUDE

We know that the first victims of conflicts, wars, oppression, poverty, natural disasters creating so much suffering and deaths, are above all women and children. Every day, news media presents us horrifying tragedies. Sometimes I wonder if all these human dramas truly touch me or if I have become somewhat used to it, somewhat indifferent or blasé because I am not personally involved? I try to react by asking myself, "what if it were my brother, my sister, my child?" Developing a feeling of empathy towards the victims of human dramas, can help me extend a fraternal helping hand and show my solidarity with those women who struggle through life.

This brings me to mention my sympathy for the refugees, the immigrants, for those who leave their countries searching for shelter or a better life elsewhere and all this for the love of their children, to assure a better future for the coming generations. Perhaps my personal experience in having had to adapt to new ways of doing in countries, so different from mine, made me realize how difficult it can be. I had the impression that I was beginning with zero knowledge. I had to learn everything: how to use the telephone, mail letters, calculate the value of money in my hand, get directions to go from one point to another, how to use public transportation or simply how to communicate with the neighbor whose language I didn't know. From my experience, I can say that immigrants who begin a new life in an unfamiliar country undergo, for some time, a loss of dignity, autonomy, and self-confidence.

How comforting it is to receive a smile or a helping hand from a local resident. A cordial welcome is a sign of brotherhood/sisterhood all over the world. I think of all the beautiful and friendly adventures I've had with immigrant families particularly with women, those selfless providers who must feed and clothe their children. What a shock it was, once, to meet an upper class personality searching for assistance—it was a humiliating yet necessary step for her to take.

In conclusion, I must say that I rejoice over the profound worldwide efforts that are made to help build cross-borders solidarity among the women of the world. Once again, notwithstanding their differences they are so much like us. They are women of heart!

PHOTOS:

[1] (Page 11) A Haitian woman
Photo Credit:
M-.P. Sanfaçon, M.I.C.

[2] African women
Photo Credit:
M-.P. Sanfaçon, M.I.C.

[3] A Bolivian woman
Photo Credit: MIC

She is a woman of experience and benevolence. Sister Gisèle was general bursar for eighteen years and today she is a missionary in Africa. Competent in her field of work she willingly helps others and the Foundation Mnjale. She listens to her heart and has but one dream: assist the grandmothers who are the care givers of the AIDS orphans.

1

Moved By Compassion

By Gisèle Leduc, M.I.C.

MOVED BY COMPASSION

Thérèse Bourque Lambert, a courageous grandmother from West Hill, located in the vicinity of Notre Dame de Graces, Montreal, was deeply touched by the AIDS pandemic ravaging Sub-Saharan African countries. She decided to extend a helping hand to the grandmothers who are the caregivers of the AIDS orphans.

She began working with the Stephen Lewis Foundation and with fellow senior citizens raised funds providing much-needed aid; but Thérèse always felt she could do more. In 2007, she approached a friend Roger Roome who was posted to Lilongwe, Malawi; he worked for the Canadian International Development Agency (CIDA). She asked him if he knew of a local area that she and some friends and families could support as a project independent of the Stephen Lewis Foundation. After a long and minute research, the village of Mnjale was to be the beneficiary. With the help of Melissa Banda, responsible in channeling the donations, the *Mnjale Foundation* was born. This village is forty five minutes from Lilongwe, the Capital City of Malawi and it is surrounded by many other villages and four main centers.

In 2009, the Canadian International Development Agency in Malawi was closed and Mr. Roome was transferred to Mozambique. He could no longer continue his role in the Foundation but before departing he communicated with the MIC Sisters stationed in Lilongwe. I accepted to be the liaison person between the Canadian grandmothers and the *Mnjale Foundation*. Until 2011, year when Thérèse Bourque Lambert passed away, the funds, though minimum, were distributed to the Mnjale grandmothers who had meager revenues. In various ways we tried to comfort them; one example, we provided them with woolen blankets for the cold season. The passing away of Thérèse was a turning point in this great adventure of love and compassion. Today, her children and grandchildren took over this charitable work and it is now known as *The Theresa Foundation*.

Thanks to regular fund raising campaigns, the collected amounts are increasing and the Foundation's structure has reached a new level. The grandmothers have been

receiving a formation in grain storage, nutrition and marketing. My role, among others, is to keep track of the budget with Melissa Banda and the Board of Directors. Thanks to the donations received, several projects were completed such as the construction of a community center at Mnjale and the installation of an artesian well. With in-coming subsidies we have been able to offer food support, cultivate four large vegetable gardens, and come to the rescue of 87 grandmothers. Four high school students are the happy beneficiaries of scholarships.

The link between the Canadian foundation and the Mnjale group consists in receiving and channeling the funds according to the approved budget. On a regular basis I meet with Melissa and verify the projects. Sometimes we fill containers with bicycles, medication, clothing, tools, and send these out to the villages mostly in need. One Christmas we sent a very special gift—a bicycle ambulance designed for emergency transportation; the roads being in very poor condition the sick are transported through the fields. Every year, at Christmas, we offer a meal to all the beneficiaries and the youngsters who help them; we also renew the woolen blankets when needed.

A GREAT HEART

Though this project was not inaugurated by the MIC Sisters, I have been deeply touched by Thérèse Bourque Lambert's great heart. The generosity of this lady and her empathy towards women who face such great difficulties corresponds perfectly well with the MICs spirituality of Thanksgiving; unfortunately, our lack of personnel does not allow us to assist the caregivers on a regular basis.

The grandmother's dwellings are often inadequate; to this effect Melissa Banda and a group of youngsters see to the repairs and try to improve their living conditions. They also organize groups in ploughing and maintaining the fields for harvesting. Health wise, the medication we have been receiving contributes greatly in reducing the mortality rate caused by inadequate care. When hospitalization is needed, money from the fund is used to pay the expenses. It is important to also mention the loving and compassionate heart of Melissa Banda who left behind her teaching career to respond to the great needs of the elderly. Currently, the Foundation is paying for her studies in administration while I guide Melissa in the many responsibilities she is endorsing. Via E-mail I am the link between her and the Canadian Foundation.

AIDS ORPHANS

In 2012, it was estimated that there were 770,000 AIDS orphans in Malawi. To have taken such an initiative in helping the grandmothers who are struggling with the upbringing of their grandchildren is truly laudable. As for us the MIC Sisters, with the help of benefactors, we have been able to take, free of charge, 15 orphans at our Mzimba kindergarten. When we visit the children in their villages we realize how precious a help this is. In the very near future, the construction of a kindergarten in the Mnjale village will begin as a complement to the existing services.

The gratitude expressed by all the beneficiaries is in itself the most beautiful reward. Mother Délia reminds us, ***"It does not matter who performs the good deeds."*** There is cause for rejoicing here!

To know more:
www.theresafoundation.com

PHOTOS:
[1] Volunteers
[2] Grandmothers
Photos Credit: G. Leduc, M.I.C.

MY SPIRITUAL FAMILY

Same Roots... Same Sap

The KEYS[1] and CRC[2] jointly organized a day of reflection on the theme: TOGETHER, RISK THE FUTURE. The event took place last October, in Montreal, under the patronage of Cardinal Gerald C. Lacroix. It was an uplifting and profound experience for all those who participated.

By Jocelyne Dallaire, AsMIC

The conferences and discussions were a true source of renewal for all the participants; among them were a large number of associates, spiritual mentors, members of general and provincial councils from different religious institutes. As associates to the spiritual family of the Missionary Sisters of the Immaculate Conception, we drew from this source of ideas and varied life experiences to prepare ourselves for a presentation we were to give at the Sisters' Provincial Chapter in November 2014. Two challenges were before us: We were to present the history of our roots and explain the expression 'stowing' (i.e. lay and consecrated persons are stowed together in a spiritual family in the name of Jesus Christ. As such, both sides are securely fastened together but operate autonomously.)

STOWAGE

We began by illustrating the meaning of 'stowage'. Two associates held pieces of a puzzle and after a few attempts succeeded in joining them by matching the colors. Once done, the picture of a face appeared. Stunned, the participants discovered the face of their Foundress, Délia Tétreault. The facial traits fascinated us, seduced us; this is a person who questions us, who gathers us and invites us to pursue our spiritual journey. Under the influence of the Holy Spirit, Délia was led to a spirituality of Thanksgiving which she lived in union with Mary of the Magnificat. Within the universal mission of the Church she invites us to live this spirituality according to the inspiration of the day. But the puzzle was not finished. The pieces representing Délia Tétreault, a woman without frontiers, were placed on a geography map to symbolize that we, as associates, are one with the members of this large MIC family and international issues do not leave us insensitive.

This year is particularly important for both the Associates and the MIC Sisters. Three anniversaries are being highlighted: the 150th Birthday Anniversary of Délia Tétreault; the 95th Anniversary of the magazine *MIC Mission News/Le Précurseur* which the Foundress, Délia Tétreault, was inspired to produce and launch in 1920; and the 35th Anniversary of the Associates-Missionaries of the Immaculate Conception (AsMIC) which is of utmost importance for us. Our hearts are jubilating in a vibrant Magnificat.

SAME SAP

Our second challenge was to reflect on our roots. In the early beginnings of our Association, in 1980, we had chosen the tree as our symbol; it was now time to reflect on its growth. At the time we celebrated our 25th Anniversary, we had

[1] KEYS – A secular council whose members are engaged in a spiritual family.

[2] CRC – Canadian Religious Conference

TO JOIN THE AsMIC:
Jocelyne Dallaire
438-381-5535
promotion@pressemic.org

PHOTOS CREDIT:
J. Dallaire, AsMIC

planted an oak tree in front of the MICs central house in Laval. **Same roots, same sap**. Together the MIC Sisters and the AsMIC draw from the same holy soil of the community's foundation. It is a special sap which circulates and nourishes the roots and the branches. When the associated members discover Délia's inspiration and desire to live by it, they are happy to belong to this great tree, this spiritual family, to be part of its history and its future. Each member is invited to live the spirituality of Thanksgiving in a spirit of joy and praise, and to express it as we tread the mission trail, wherever we are called to be.

FORMATION—YESTERDAY, TODAY

Throughout the years, our spiritual journey has been enriched in various ways— deepening of the Word of God through Scripture reading and sharing; studying the letters of the Foundress in which we discover her Spirit of wonder before God's gratuitous love; learning about Mary, the mother of Jesus, and her role in salvation history. There are so many treasures that we keep discovering and these precious gems help us to live as true missionary disciples associated with Délia Tétreault and as daughters of Mary, the Immaculate Conception.

Though we were proud to present, in a symbolic way, the two challenges of the Association, we are nevertheless conscious that we must continue deepening our experience in terms of "stowage-relationship" between the Sisters and the Associates. We trust the Holy Spirit will lead us in our quest. Together, we must dig deeper so as to reach the nourishing sap that flows through the tree and its branches: **SAME SAP, SAME ROOTS**.

I underline the fact that committed lay people who are linked to a spiritual family and who come together to "journey-on" consider the gatherings as key events that provide a grace-filled formation. I realize and trust that those sacred encounters are most significant for the Church's growth even though we do not yet know its present and future impact.

Together, the MIC Sisters and the AsMIC draw from the same holy soil of the community's foundation.

1

Reading through the MIC Chronicles of Guanshi, we discover that Pope Francis' leitmotif, "Come out of yourselves and go forth..." was actually taking place in Taiwan in the nineteen fifties. An intuition emerged, progressed and bore fruits. The long road travelled since the arrival of the missionaries is an event which today the Church of Taiwan is celebrating.

By Huguette Chapdelaine, M.I.C.

Fruits of the Mission in Taiwan

The Church of Guanshi, Taiwan is rejoicing! It is celebrating the 60th anniversary of the MIC Sisters' arrival in the small agricultural city whose population is 30,000 inhabitants, Chinese and Aboriginals. When they first arrived, Christianity was in its embryonic stage. The leaven produced fervent members who are celebrating the arrival of the missionaries.

In 1954, the Jesuit Fathers and the Missionary Sisters of the Immaculate Conception came to Guanshi to sow the Word of God. Today, Msgr. John Baptiste Lee, Bishop of the Diocese, takes this opportunity to thank all the missionaries who at one time left their countries and took up the challenge of learning the Mandarin language in order to reach out to the families, the poor, the sick. He added: ***Our hearts overflow with gratitude when we think of the first missionaries who made so many generous sacrifices; without them, we would not be here.***

The early beginnings of the mission were committed to providing child care; the Sisters opened a kindergarten and met with families. These pioneers had to adjust to the country's weather, earthquakes, and devastating typhoons. The island's constant humidity was an everyday challenge.

SEEDS THAT BEAR FRUITS

Today, there are ten MIC Sisters in Taiwan. It is not easy to sow the Word of God in a country where, in general, people practice Buddhism, Taoism or other popular religions. A few families have responded to the Call and follow the Way of Jesus.

Mary Hsu Pei-Fang, was born in a Catholic family; she was a happy little girl when she first met the MIC Sisters. Later in life, she realized that there were options she could consider for her future. She observed the Sisters. In spite of their difficulty in speaking the Mandarin language, evenings would be a time when the Sisters would take a rickshaw, pulled by Mr. Chyou, to visit families; they would encourage the suffering hearts and speak to them about Jesus. Pei-Fang admired Mr. Chyou who would transport the Eucharist with the Sisters and whose home had almost become a chapel. Mary Hsu Pei-Fang became a Missionary Sister of the Immaculate Conception and for the past forty years she has been a dynamic apostle of the Good News. She has taken on the legacy of love left by her predecessors and is faithfully at the service of her people.

During the post-war era, the needs and demands were many. In response, the Sisters organized dispensaries and maternity clinics. With little means and infinite patience, one can wonder how they were able to cope and provide all the medical help needed; it was almost miraculous.

SAVOURING THE FRUITS

In 1989, our then Superior Provincial at Taipei, Sr. Aline Dumas, asked that we form a group of associates who would learn about our spirituality of Thanksgiving. Sr. Maria-Goretti Sun, Sr. Marcelle Paquet and myself contacted the people we knew would be interested. The monthly meetings pleased the participants whose great desire was to nourish and deepen their faith. Many of them were recent newcomers in the Church. To facilitate the sharing and reflection the content of Mother Délia's letters were translated in Chinese; this proved beneficial in the light of understanding the spirituality of Thanksgiving. For some, "thank you" was a new word in their vocabulary. The Marian dimension has always had its place during the formation years. With the years, other dimensions were integrated in the program such as the psycho-spiritual approach. Practically speaking, all the Taiwanese MIC Sisters have been involved in the initial formation program as well as the on-going formation.

Members of the Association (AsMIC) and the MIC Sisters welcome the beginners; they take part in the meetings, visit the participants, they support the members who are in need. Mother Délia's spiritual family is growing and taking root in a corner of the world she deeply cherished.

A TREE THAT KEEPS GROWING

During a span of twenty-five years, the MIC family has been growing with the AsMIC who share the spirituality of Thanksgiving. Miss Thérèse Peng, a convert and spiritual relative of the MIC Sisters declared in a moving statement: ***Mother Délia had a vision which was to make Christ known to all who did not know Him. She sent Sisters to various countries to proclaim the Good News. Her dream became a mission and the seed that was sown was transformed into a tree that bears fruits.***

Miss Peng followed the initial formation proposed to all Associates and joined the first group in Taipei. Her faith life has been deeply enriched, her gratitude for the gift of life is expressed in words and deeds, her greatest wish is to proclaim the Good News and she does so joyfully. In her parish she commits herself in the realm of evangelization, she directs a Bible study group, and animates spiritually other groups upon request.

For many years now, we have been animating the parish life in Guanshi. We pray the rosary with families, we accompany Bible sharing groups, we visit the sick, we surround families who are mourning, and we visit the families of our kindergarten students.

With the support and encouragement of the AsMIC Association of Taipei, which has progressed in membership, the Guanshi group, two years ago, began a mixed group of men and women. The same formation, enriched with new themes and commitments is given to all members once a month; the dynamic interest is promising.

During the 60th Anniversary of the Sacred Heart Parish in Guanshi and the 25th Anniversary of the AsMIC, it is with joy that we announce the 150th Anniversary of Délia Tétreault's birth; she was born on February 4, 1865. In the course of the year, other events will be announced to highlight the life of our Venerable Foundress Délia Tétreault. Without doubt, these celebrations will sustain all the good works which produce such marvelous fruits.

PHOTOS:
[1] Early beginnings of the mission
[2] AsMIC in Taiwan
Photos Credit: MIC

A Child's Dream

At Koriyama's school in Japan, the teachers decided to illustrate for the children the life of Délia Tétreault. With the eyes of her Japanese culture, the artist, Miwako Otomo, depicted Délia in a marvelous way. Below is an extract which you can communicate to your young ones.

By Monique Cloutier, M.I.C.
(Translated from Japanese to French)

1. Délia as a child

One hundred and fifty years ago, in a small town called Marieville, in the Province of Quebec, in Canada, a beautiful little blond girl was born and baptized.

As a child, Délia loved to look at the wheat fields which stretched as far as the horizon; perhaps the lovely blue sky and the large fields were so much in harmony with the pure heart of Délia that she felt attracted by their beauty.

In the spring, Délia sang hymns of praise to God which echoed through the luscious green fields.

In early summer, the eyes of Délia marveled before the ripe spikelets of wheat which seemed to bow in prayer.

Délia wondered: ***who is living way out there, beyond these wheat fields? I would want to meet those people and talk to them.***

Everyone loved Délia because she was always joyful, kind, and ready to help whoever had a problem; she was a true friend, a friend you could count on.

2. A mysterious dream

One night, Délia dreamt that she was standing in the middle of a field full of wheat. She had never seen spikelets to be so ripe and each kernel shined like gold.

She extended her hand to touch them and to her surprise all the spikelets were transformed and became faces of smiling children. Délia wondered: ***These children, where do they come from?*** This dream remained deeply engraved in her memory.

3. Stories from mission countries

Délia quickly learned to read and write. One day, she discovered in the attic of her home an old trunk filled with books. Among them were

magazines which illustrated various countries, describing their climate, their customs, habits, and mores. But what fascinated Délia the most were the stories of the missionaries who went to faraway places to make Jesus known.

Délia could not figure out why people did not know Jesus. She thought: ***When their mother or father is sick, to whom do they pray? When I am happy, I say thank you to Jesus.*** The more Délia thought about these things, the more a desire to make Jesus known was taking root in her heart.

4. "Come"

As days went by, the love of God grew in Délia's heart. She often prayed before the Blessed Sacrament; she was so happy near Jesus.

At the age of 13, she had the impression that somewhere in her heart someone was calling her and was saying: ***Come***. She felt more and more attracted to the missionary life.

At 15, she made a promise to serve God all her life. She now had the firm conviction that God was calling her and asking her to totally consecrate herself to Him. For Délia, this was a great honor and a great joy; however, she also felt pulled to life's worldly pleasures. The more she struggled against the temptation of delaying her entry at the convent, the more her indecisiveness worried her.

With a sigh she questioned herself: ***Oh, what should I do?*** With great fervor she prayed to God.

Her aunt, Julie Ponton, also Délia's adoptive mother, was a woman of wisdom and faith; she had observed the talents this child possessed and the extraordinary ease with which she approached people. With this in mind, and thinking that perhaps God could want this young girl for a special mission, she decided to send Délia to a school, run by the *Sisters of the Presentation of Mary*, established in her own native town. Without doubt, the wise guidance and thoughtfulness of the nuns inspired Délia's decision to follow God's calling.

The friends who knew Délia would say of her: Délia had a great memory, she was serious, happy, and very courageous; above all she had a great heart. She was also reserved, gentle and good, everyone respected her. Délia founded the community of the *Missionary Sisters of the Immaculate Conception* on June 2, 1902 in Montreal.

5. Descendants

Over the years, Délia's spirituality of Thanksgiving has been handed down to all the generations of MIC Sisters who followed her. They are currently over 500 members of 17 nationalities, transmitting the message of Jesus in 14 countries.

Eternally Happy in His Kingdom

There was a great multitude that no one could count, from every nation, tribe, people and language. (Rev 7:9)

Françoise Philie, M.I.C. *(Sr. Françoise-Romaine)* 1922-2015 — St. Hyacinthe, Quebec

On January 6, Sr. Françoise joined the choir of angels with her harmonious voice. As a missionary, she had a fruitful apostolate in Quebec as well as in Peru and Bolivia. Before entering our novitiate in 1947, she took part in activities pertaining to the Young Christian Students Movement and the Young Christian Workers Association. With these experiences Françoise was ready for her apostolate: choir formation, catechesis, mission animation in parishes and families. Her outgoing and bubbly personality opened the doors and hearts of people; she always gave the best of herself. Sr. Françoise, we give thanks for your happy and melodious life.

Marie-Paule Lafortune, M.I.C. *(Sr. Marie-Albini)* 1918-2015 — St.Paul de Joliette, Quebec

Imbued with a deep faith which she inherited from her family, Sr. Marie-Paule was ready to embrace the challenges of a religious missionary life; she entered our novitiate in 194l. Her sense of perfection underlined her performance in bookkeeping and as receptionist. Gratitude was also important to her; she expressed it in many ways such as writing letters to the Pope, to the Queen of England and to some ministers. However, her fragile health taught her to focus on the Essential in life: centering prayer helped her find peace and rely solely in God's infinite Love. Dear Sr. Marie-Paule, may your joy now be complete in Him.

Véronique Caouette, M.I.C. *(Sr. Marie-du-Christ-Roi)* 1934-2015 — St. Thomas-Didyme, Quebec

Tenderhearted, Véronique was predisposed in understanding and empathize with those who were in distress. She entered our novitiate on February 1, 1956; while in Canada, she taught and promoted our French magazine *Le Précurseur*. In Chile, she took part in the diocesan pastoral activities for migrants. Without fear she often acted heroically on their behalf; with ingenuity, bravery and joy she invited the pastoral agents to be involved in this matter. To the prisoners who opposed the country's dictatorship, she offered material goods that came from the Red Cross; she was their moral support. Sr. Véronique, "THANK YOU" for your Gospel oriented life.

Irène Rivet, M.I.C. *(Sr. Joseph-André)* 1929-2015 — Montreal, Quebec

Bearer of peace and joy, Sr. Irène brilliantly took up challenges throughout her missionary life. In 1953, she realized her dream of becoming a religious in a missionary institute and in 1967 her wish was granted; she was mandated to work in Madagascar. Her Girl Guides experience was an asset in the mission field; she helped young Madagascan girls develop their talents. Teaching French was Sister's passion; she invested many hours as teacher, assistant directress and librarian. The young Madagascan MIC Sisters received her attention and she helped them perfect their language. On February 15, 2015, she received her eternal reward. Dear Sister, pray for us.

Edita Telan, M.I.C. *(Sr. Edita-Priscilla)* 1927-2015 — Ibajay, Aklan, Philippines

In the town of Ibajay, Philippines, Edita was born in April 1927 and brought up in a pious Catholic family. In 1941, during World War II, the horrific scene of her brother being killed by the Japanese marked her life. In 1945, when peace was restored, Edita pursued her college education and later completed her Master's Degree. In 1956 she entered the MIC Institute in Baguio; her involvement in the field of education was enormous: English teacher, Assistant Dean, Head of the English Department, Head of Social Action projects these are but a few of the many commitments Sr. Edita endorsed. Thank you, dear Sister, for your dedication; you will be missed.

Poland – Krakow

SEPTEMBER 9 - 18, 2015 (10 days & 8 nights)

Join us for this once in a life time journey to Poland led by **Fr. Robert Lebel**, and Spiritours' guide **Laurence Maurin**. Walk the historic streets of ***Krakow***, where St. Pope John Paul II studied, and ***Kalwaria Zebrzydowska***, where he lived as a young priest, served as the Bishop of Krakow. We will also tour many cultural sites including ***Wadowice***, the city where St. Pope John Paul II was born; ***Czestochowa***, known around the world as the "Polish Lourdes" and so many other spiritual and historical sites.

SALT AND LIGHT
Catholic Media Foundation

Regular price: $3650* (per person)

A unique pilgrimage to Poland – Krakow for French-speaking pilgrims

*The price includes all the taxes (Compensation fund for customers of travel agents and airport taxes)
** Spiritours holds all necessary licenses and permits with the Quebec government - www.spiritours.com

spiritours

For more information: (French)
www.seletlumieretv.org/pelerinages

Reserve your spot today!

Salt + Light
Mireille Haj-Chahine
438.795.5029 ext. 101
Toll Free: 1.888.302.7778
mireille@saltandlighttv.org

Spiritours
Laurence Maurin and ***Lynda Savard***
514.374.7965 ext. 207 or 208
Toll free : 1.866.331.7965
laurence@spiritours.com or
lynda@spiritours.com

Préci Pack

La prescription parfaite
The perfect prescription

N. FRANCIS SHEFTESHY, PHARMACIEN
Tél. : **514.384.6177**
Téléc. : **514.384.2171**

PRINTED IN CANADA

Prayer to the Holy Family for the Synod[1]

Jesus, Mary and Joseph,
in you we contemplate
the splendor of true love,
to you we turn with trust.

Holy Family of Nazareth,
grant that our families too
may be places of communion and prayer,
authentic schools of the Gospel
and small domestic Churches.

Holy Family of Nazareth,
may families never again
experience violence, rejection and division:
may all who have been hurt or scandalized
find ready comfort and healing.
Holy Family of Nazareth,
may the approaching Synod of Bishops
make us once more mindful
of the sacredness and inviolability of the family,
and its beauty in God's plan.

Jesus, Mary and Joseph,
graciously hear our prayer.

Amen

[1] Pope Francis composed this prayer. He invites us to recite it.

© Ferli Achirulli / Stock Photo