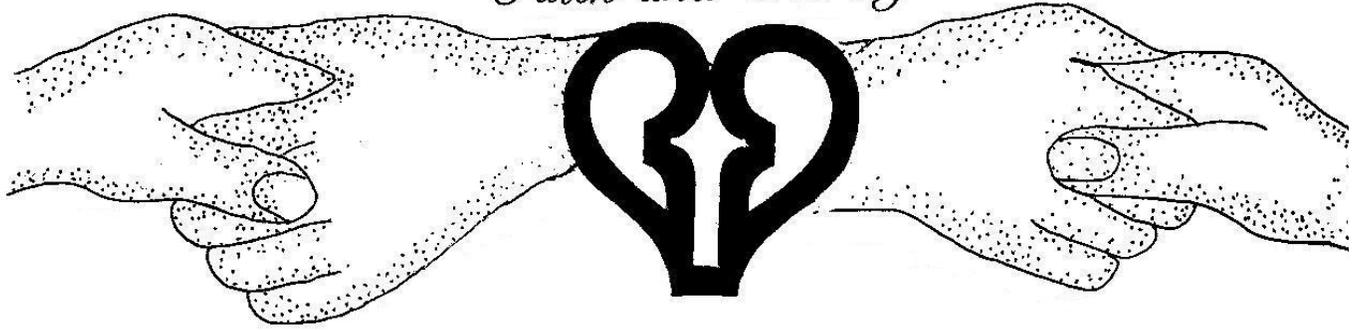


*Faith and Sharing*



## *Heart - to - Heart*

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North American Bulletin

April 2015  
Volume 41, no. 2

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Theme: “**The Holy Trinity – Father and Son and Holy Spirit**”

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### **The Holy Trinity**



*By Michel Denis  
Sherbrooke*

I think of God as a relational Being: Father, Son and Holy Spirit. I perceive an ongoing circulation of love, a love relationship. When I pray, I talk to Jesus most of the time but I know that He is love relationship.

Jesus seeks relationships: He came to tell us, through his whole life, that the Father wishes none of his children to be lost. I think of the parable of the Lost Son where the loving father goes out every day to see if his son is coming back. According to St-Paul's teachings concerning the body of Christ, every member is important and precious. Consider the Parable of the Lost Sheep; the shepherd leaves the flock to look for the one that has wandered away.



The constant love between Father, Son and Spirit sends a message to our own imperfect love relationships. The important point is that we keep growing in love. I was watching a French movie yesterday : “*Qu'est-ce que j'ai fait au bon Dieu?*” (*What have I done to God?*) It was lovely to see a father and a mother grow in openness and love. Their four daughters bring home their boyfriends: one is in love with a Muslim, another with a Jew, a third with a Chinese and finally, of all things, the fourth intends to marry an African. There is a certain joy however, for he is a Catholic. At the end of the movie, we can see how love circulates beautifully.

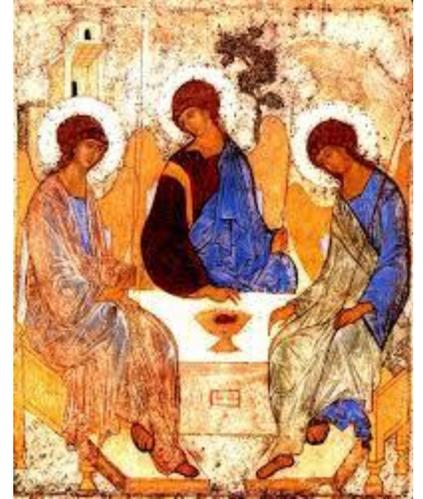
To summarize the way I see it, our challenge is to abandon in the arms of the Holy Trinity all of our shortcomings in our love relationships. The Holy Trinity can render us capable of more authentic love. His grace be with you. 💜

# “O my God, Trinity whom I adore”

Elizabeth of the Trinity

By Louise Daigle  
Salaberry-de-Valleyfield

There was a time when my human and reasoning mind tried to understand the role of each of the three persons in one God. I was trying to understand by examining my family: Dad had the role of a worker, and of a person in authority; mother had a role of feeding and protecting; my sister and my brothers a role of communication.



Time has gone by. The Holy Spirit received at Baptism, faith in Christ, the reading of the Bible, the sacraments and the teachings of the Church have greatly improved my understanding.

The Three Persons always act together. In the Nicene-Constantinopolitan Creed, it is written: *“I believe in one God, the Father almighty, creator of heaven and earth (...) I believe in Jesus Christ (...) Begotten, not made, one in Being with the Father; through Him all things were made (...) I believe in the Holy Spirit, the Lord (...) Who proceeds from the Father and the Son; With the Father and the Son, He is worshiped and glorified.”*

In John (14: 10-11) the union of the Father with the Son is thus mentioned: *“The words that I (Jesus) have spoken to you do not come from me but from the Father who remains in me and does His own work. Believe me when I say that I am in the Father and the Father is in me”.*

Union with the Father and the Son is offered to humankind: *“Whoever loves me will obey my teaching. My father will love him, and my Father and I will come to him and live with him.” (John 14:23).* And the Holy Spirit is in each of the baptized.

Glory be to God, the Father, the Son, and the Holy Spirit. 💜

## Heart-to-Heart

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## Themes of upcoming issues

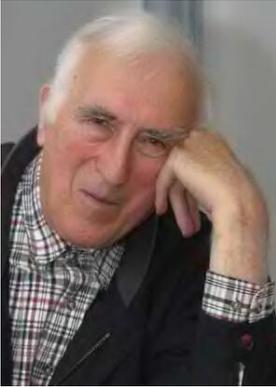
October 2015 (dead line: Sept. 15, 2015):

**Living community at Faith and Sharing,  
in order to live community in the world**

April 2016 (dead line: March 15, 2016):

**“He who believes in me will still live,  
even if he dies” John 11:25**

## To pray is to welcome the present moment



When I was in the navy, I knew how to pray. Every day, I was reciting the breviary on the bridge of the aircraft carrier. When I left the navy, Father Thomas Philippe, Dominican, became my spiritual father, he introduced me to the prayer in silence. I was studying in theology and philosophy and was taking one hour or two every day near Jesus in the Blessed Sacrament. I also liked reciting the rosary out loud.



Today, after 32 years at l'Arche, I don't know if I know how to pray. The prayer is not something to do, more or less well. It became something else: a friendship, a love ... Even when I have times of prayer that are a bit long, I don't know if I pray correctly. All I know is that I am there with my fatigue, my worries, and my poverty more radical than in the past. Sometimes my imagination wanders or I doze a bit. Sometimes I remain silent with a word that comes up once in a while: "Come, Lord Jesus, come!", "Here I am", "I want to be there for you", "I'm offering myself to you", "Pardon me", "I have trust in you", "I love you".

This silent prayer sometimes becomes a deep rest. I rest in Jesus, staying in his love. This rest may be linked to the presence of a person who was given to me in prayer. I also learn slowly to welcome Jesus, his peace and this interior quietness, when I travel by plane or at night when I don't sleep.

Over the years, my prayer became simpler. I don't look for an experience of God, even an experience of peace. Whether Jesus gives me his presence or not, it is his business. I am there for him. Throughout the day, amongst the preoccupations, I cry out more to Jesus, especially when I don't know what to do or what to say, or when I feel a bit anxious or lost.

The prayer at a fixed time, like an action to complete, became less important to me. It is necessary but less the centre of my life. What is important for me, is to be with Jesus, to let him live in me, to be attentive to him, to be his friend, to act as he wishes, to be his figure. How to drink at the spring to become spring? How to contemplate his wounded face to recognize his wounded face in my brothers and sisters in community and humanity? I don't know if I pray, but I know that my poverty, my wounds, my vulnerability are all places to meet Jesus. He is there behind walls that protect me. I surrender to his love.



Translated from "*Prier, c'est accueillir l'instant présent*", in *Panorama*, July-August 1998. 💜

## The Most Holy Trinity



*By H  l  ne Verret  
Qu  bec*

Ever since my teenage years, I'm very close to JESUS (THE SON); Jesus is within me day after day. He is my confidant, my GF (Great Friend), my BELOVED, my guide.

During the past years, Jesus has led me to His Father and the Holy Spirit. God the FATHER reaches out to me when I recite the OUR FATHER, a prayer transmitted by His Son. Such a prayer must be recited VERY slowly so as to be fully touched by it.

The Holy Spirit is the light that guides us in the decisions that we make. When we need to make a discernment, we ask Him to inspire us so that we may do the Father's will. He always answers us if we know how to read the signs: A time of silence, reading a book, TV program, sharing with another person, etc. He is the SPIRIT of wisdom, understanding, counsel, knowledge, fortitude, piety and fear (wonder & awe). We glorify you.



UNITED IN PRAYER 

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## Three Persons in one God



*By Lise Morin  
Coordinator for Faith and Sharing Sherbrooke*

Greetings:

The Holy Trinity, what a wonderful living mystery. Those three persons representing the Father, the Son and the Holy Spirit are but one God.

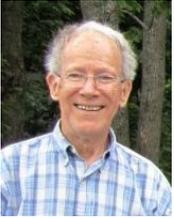
According to my humble knowledge, those holy Trinitarians, even though different, complementary and important, reveal themselves as equals. And one does not go without the other. I find that to be reassuring that the three Persons have the humility to work as a team so that we may fully live in their love.

Our Father, in his great wisdom, sends his Son to take on human life on earth. And He, as a matter of compassion and respect, goes through all the phases of society right up to his death. He witnesses that vicissitudes provoke joys and sufferings and makes Him understand that we are all sinners in need of mercy.

In all freedom, we can accept the Holy Spirit's salutary inspiration. I identify that holy inspiration with my own breathing. The deeper it is with no obstacle whatsoever, the more fruitful I can be. That small voice speaking to me from the inside comes from the Holy Spirit and I must pay attention to it and listen to it. In doing so, I would be better off and the others also.

The kind Father, surrounded by his two acolytes, knows me very well because he created me. If I have faith in Him, I will obtain what is best for me. It might not be what I desire, but it will be according to His Will. At all times, I must put my entire faith in Him and fear nothing. That is what I wish even if the going is rough. I believe, as I grow in my spirituality, that "letting-go" guides me toward a deeper peace. I give more place to God and believe that everything will turn out good in due time. His Love is the greatest.

Such is my idea of the Holy Trinity that I need to sustain me and to achieve a greater peace of soul. With Him, walk the road of kindness! 



## My Prayer to the Holy Trinity

By Jaquelin Léger, Québec

Some forty years ago, I was struck by a beautiful hymn sung by the *Myriam of Bethlehem* Community, and that song, since then, has inspired my morning prayer; I include my personal prayer:

*Holy Trinity, Blessed Trinity, I offer myself to you, I consecrate myself to you  
Holy Trinity, Blessed Trinity, keep me under your protection*

Yes, Holy Trinity, keep me under your protection and thus keep me in constant contact with you during this day and especially during this time of prayer.

*Here I am, Father; through Jesus I offer myself to you, I consecrate myself to you*

*Here I am, Father, through Jesus I offer myself; send your Spirit into my life*

Yes, Father, may your Spirit be upon me; may your Spirit dwell in me; and may He guide my thoughts, my words, my actions throughout this day. Without your Holy Spirit, I am nothing, I can do nothing, but with your Holy Spirit everything is possible. He is my strength and my love. May your Spirit guide me toward knowledge and wisdom and may He make me an instrument of your love.



*Jesus, you are the Light, the Father's Word; I offer myself to you, I consecrate myself to you*

*Jesus, you are the Light, the Father's Word, and as you did say yes, I also say yes*

Yes, Jesus, as you did, I say yes to the Father's will upon my life, knowing that I shall not be asked to do what you did, and also knowing that without your grace, I can do nothing worthy. But with the help of your grace, I can discern and accomplish the Father's will.

*Spirit of grace, uniting Son and Father, I offer myself to you, I consecrate myself to you*

*Spirit of grace, uniting the Son and the Father, recreate my childhood heart*

Yes, Holy Spirit, recreate my infant heart so that I may say:

Our Father, who art in heaven, infinitely kind Father, infinitely loving and infinitely generous, I adore you and I want to adore you every day of my life.

Hallowed by thy name; blessed be your Name, and may your name be praised and sung the world over.

Thy Kingdom come, a kingdom of peace, justice and love.

Your will be done throughout my life, my personal life, my family life, my life in the Church, my life in society; may your will be done in all aspects of my life, throughout the world as in heaven.



Infinitely kind Father, give us this day our daily bread, give us the grace to live in your holy presence, totally united with you. This grace of communion, I also ask it for ... *(for all the persons for whom I pray for today).*

Father, may your mercy help us, forgive us our sins, our carelessness, our lack of love, and help us to forgive those who have shown us no love.

Help us when we are tempted to break away from you, and deliver us from all evils past, present and those to come. Amen.

For the past two years, having become affiliated with the "*Foyer de Charité*", I recite nearly every day Marthe Robin's prayer to Mary. It begins as follows:

*Most Beloved Mother, you who know so well the paths of holiness and of love,  
teach us to often lift our mind and our heart to God,  
to fix our respectful and loving attention on the Trinity.* 💜

## One God Continually Creating One People



By Mo Van Gunten  
Cleveland

In the name of our Father, and of the Son, and of God's Holy Spirit, we were created as one people, united in Love.

This consciousness, of *being one*, was a providential gift and recurrent message to me on a recent pilgrimage to the Holy Land. Actually, I am still there in my vivid memories that I visit as often as I am able.

After travelling 3 days (yes! 3 days!!) to get to Israel due to inclement weather, we were slap-happy, *still* without sleep. Our first experience of solidarity took place under the auspices of a welcoming and warming sun, wearing only a t-shirt ((yes, only a t-shirt! no jacket needed!!! :), in an old wooden boat in the middle of the Sea of Galilee (yes!!!! the Sea of Galilee!!!!).

Mesmerized by the abounding beauty of *this* place, in a wave of childish delight we were exclaiming to one another, as if playing 'telephone': "Here we *are*, at last, **on the Sea of Galilee!!!!**" Our sharing of this wondrous disbelief was temporarily interrupted when, piped over the boat's loudspeaker system, an old, familiar tune indubitably woke us up: our U.S. National Anthem!!! Reflexively, we rose to our feet, and grabbed our hearts. As we sang, our Stars and Stripes were raised up high, to fly *united* with the Israeli flag. Under a true blue sky adorned by puffy, white, marshmallow-clouds drifting above us, and surrounded by a stronghold of enchanting mountains, we were *one* on that Sea. This light-hearted adventure was an omen of what was to come.

When trying to discern whether I would join other parishioners on this exciting expedition to the Holy Land, a trip I *truly* didn't have the money for, a deciding factor for me was going to see the Wailing Wall. As a Christian, I have always been fascinated by our Jewish roots, and so love the rich traditions and customs celebrated on Jewish holidays, especially those involving the children. My own children *still* reminisce about the Passover dinners that we held in our home during Holy Week for more than 2 decades.

Probably most impressive to me, a pinnacle experience, was praying at this Wall in Jerusalem. For me, the sense of 'oneness' permeating our pilgrimage became pivotal at this place. I had looked so forward to offering my petitions there, promising family members, good friends and all of my patients that theirs would be part of the prayers that I left behind in this wall so close to the ancient temple that Jesus himself prayed in.

Our guide took us off the bus at dusk one evening to take in the view from a vantage point overlooking the entire city of Jerusalem; it was majestically mesmerizing!! dreamlike!

For some reason, upon seeing Jerusalem, I experienced a sense of urgency to get to the Wailing Wall. After a short bus ride, we approached the Wall on foot through the Dung Gate in the Jewish Quarter: males on one side; females on the other. A sweet symphony of prayers, inspired by the greatest Composer of all, God's Holy Spirit, could be heard as a magnificently melodious melding of poles apart, yet quite similar pleas. The Muslim Salat, an Arabic invocation (repeated 5 times a day), heard from nearby Muslim mosques, blended beautifully with incantations from the Siddur, an ancient Hebrew prayer book of the Jews.

I remember, as if in slow motion, advancing toward the Wall to pray, perfectly present to the moment, using all of my senses to take in every drop of the experience. As I approached I picked up a white plastic chair, chose a vacant spot, and set it down very close to the wall. I was exhilarated!!! St. Peter's words to Jesus on Mount Tabor at the Transfiguration: "Lord, it is good that we are here!" reverberated through my soul as I sat down in silence.



Two young Jewish women, seated on either side of me, somehow seemed to be enunciating my own prayers. Prayer is certainly spiritual as well as physical. The women were rocking back and forth, back and forth; it seemed as though they were on rocking chairs (I later learned this is a Jewish custom, praying with your whole body; the movement is known as shuckling, whereas the prayer itself is called davening). Before long, I was drawn to try it myself and found it to be very comforting, ...this rhythm of prayer. I had no awareness of crying, yet tears were free-falling down my face. The Presence of God was overwhelming; dense, like an invisible fog.

It is still very difficult for me to put down into words, but seated there at that Wall, sandwiched between soul sisters, I had that same awareness, of being one with God, that I have experienced while sitting in Adoration. We were united, bound together by a force irresistibly Omnipotent; one previously perceived as pure Peace. I simmered in it for some time.

Before I got up, my parting prayer was that we would *all* go forward in *that* Peace, as God's children, glorifying G\_d with our lives. **Amen!** 💜

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## Morning Prayer to the Holy Trinity



*By Claire Delisle Léger, Quebec City*

*IN THE NAME OF GOD, OUR FATHER  
IN THE NAME OF THE SON, OUR BROTHER  
IN THE NAME OF THE HOLY SPIRIT WHO GUIDES US  
BE PRAISED, BE WORSHIPED O LORD!  
(abbalacha – abba-Father - Amen, Alleluia, Abba-Father (short song in tongues)*

### **Pray to the merciful Trinity**

Prayer received by Françoise Massé at the end of the 2013 retreat that I made mine daily:

*In your infinite love O Lord, you put the human being at the centre of your attention, your mercy and your compassion. For so much love, blessed are you Lord our God!*

*Father full of love, You reach to the human being, You carry him, You care for him, You embrace him. And here we are surrounded “on all sides” by our God “set aside”. For so much love, blessed are you Lord our God!*

At this point I recite the Our Father using the Bible Recitative sung and using body movements.



*Jesus, Son of God and our brother, You go down as low as the lowest human being. You reach for his feet, You kiss him, You wash him. For all this love, blessed are you Lord!*

Then I sing: “Jesus, Jesus, my God, I worship you. Jesus, Jesus, receive my prayer. Jesus, I praise you before the angels. Jesus, Jesus, my God, my Lord”.

And I continue with the following recitative: “My food is to do the pleasure of him who sent me and to make his work complete” (James 4:34) or any other verse from the Bible that dwells in my heart...

I end my prayer with the song of Mercy: “Jesus, I have trust in you!” and the prayer of the Sacred Heart to ask for the conversion of my family and of humanity to Jesus our Lord for their eternal life.

*Spirit of Love, Blazing fire, You come from Heaven to fill the heart of the human being, take possession and set it ablaze. For all this love, blessed are you Lord!*

I then continue with the recitative from James 3:8: “The wind goes where its pleasure takes it, and the sound of it comes to your ears, but you are unable to say where it comes from and where it goes: so it is with everyone whose birth is from the Spirit”.

Continuing in communion with everyone who prays whether immediate or distant:

*Come Holy Spirit in our hearts and send from Heaven a ray of your light.*

*Come Father of the poor, come dispenser of gifts, come Light of our hearts.*

*Sovereign comforter, gentle host of our souls, soothing freshness.*

*Through work, rest, through fever, freshness, through tears, comfort.*

*O blessed light, come fill, in the intimate, the heart of all your faithful.*

*Without your divine power, there is nothing in each man, nothing that is not corrupted.*

*Wash what is soiled, bathe what is dry, heal what is wounded, warm up what is cold, make straight what is distorted.*

*To those who have faith and confide in you, give the seven sacred gifts.*

*Give merit and virtue, give the salvation at the end in the ETERNAL JOY, AMEN! 💜*

## Memory of my Experience in the Bible Recitative



*By Huguette Gosselin Rousseau  
Quebec City*

At the end of my first course on "*RÉCITATIFS BIBLIQUES*" (BIBLE RECITATIVE), on that day it was Daniel who gave the course, he asked us: « And you, what is your treasure? »

At that moment I thought of the symbol that I wear on my third finger (for consecrated individuals). I remembered the day I was at Expo Quebec in a jewellery store where all jewels were each more beautiful than the last. I asked for a ring that would be "unique", simple without glitters which would be too shiny. The shopkeeper looked and showed me a silver ring mounted with three motifs. They looked like 3 sails of various dimensions and somewhat wavy. He told me: "I will give it to you cheap because no one wants this one. I had it for a long time!" I looked at it amazed; it lived up to my expectations:

1. Each motif is finished pearly, like the inside of an oyster.
2. It reminds me: Father, Son and Holy Spirit (the one I forget too often).
3. Going on a trip on the ocean all sails out!

Very happy with what I found, I wanted it! I bought it! At that moment I remembered my cousin, almost my twin, deceased at the age of 46, after a long illness he battled with courage until the end. He left us with this message: that he was moving away from the shore accompanied by the 9<sup>th</sup> symphony of Beethoven in his head and in his heart for the ultimate trip.

And then it was the grand finale: I saw the Faith and Sharing banner for 2013 advertising the annual retreat at Saint-Malo (Quebec City). I came in and read "Move to the open sea", don't be afraid, JESUS is there, trust Him. The TRINITY is with me. I'm confident in the symbol of the three sails to head for and reach the open sea.

Each time I make the sign of the cross, my thumb touches my ring and my spirit enters in intimate communion with the Holy Trinity. Since then I make regular appointments with the Lord at the parish church and when I make the sign of the cross, I am more attentive to the gesture I do. This way I remember JESUS' sacrifice till the end of the mass.

**THUS MY TREASURE IS WHAT BRINGS ME CLOSER TO FATHER, SON AND HOLY SPIRIT!!!**

You probably understood that the Bible recitative was: Mt 13:44-47, "The kingdom of heaven is like treasure hidden in a field." 💜



## The Holy Trinity in my daily life



*By Sister Claudette Dumont  
Québec City*

I like this topic. It puts me in immediate contact with three Beings whom I meet daily. Yes, three important Beings who have become center to my life, thanks to spiritual experiences that I will never forget.

JESUS: I start with Jesus, for it is with Him that my life of prayer began when I was a little girl. At a very early age, I considered Him to be my life companion, long before I entered the convent. Already, at age 8, I would leave home with my father every morning. (He worked at the Centre Robert Giffard). I prayed with the Sisters of Charity at 6:30 and attended mass at 7 a.m. then walked back home to get ready for school. Jesus was my strength and my joy. Today, after 50 years of religious life, I belong to my Beloved and He is mine.

FATHER: The Father was manifested to me in a very personal way during a retreat in 1983, at Lac Ste-Anne in Alberta. I had been on Indian Reserves for 15 years. During a personal experience of sharing in the Sacrament of Reconciliation, I felt with great intensity, the presence of God the Kind and Loving Father. Touched and filled with immense joy, I ran out to the frozen lake crying out loud "God my Father, God my Father". A few Indians were fishing through a hole they had drilled and were busy with their catch. After this unusual moment of "spiritual folly", I stopped and greeted the fishermen with a smile.



SPIRIT: In 1986, in Manitoba, I took part in a Training session about accompaniment of people undertaking the Spiritual Exercises of St. Ignatius of Loyola. The session lasted 3 weeks. What a wonderful experience. Although I had scheduled my annual retreat right after the training session, I experienced such intense presence of the Holy Spirit that I felt more like remaining silent to interiorize His Presence. So, I canceled my retreat and left for Lac Ste-Anne to spend a week all by myself. That lake has witnessed many of the wonders the Holy Trinity has blessed me with. Since then, whenever I am in charge of animation or accompany someone spiritually, I feel profoundly convinced that the Holy Spirit will do whatever is needed, in due course. He never fails.

Such is my experience with the Father, the Son and the Holy Spirit, called the Holy Trinity. They are with me all along my days. Whenever I pray or call out to One or the Other, I feel they are always together. GLORY BE TO THE FATHER, TO THE SON AND TO THE HOLY SPIRIT.

I wish you all a wonderful Holy Week and a glorious Easter Time.  
Love and Prayer. 💜

## Retreating with Brother Mickey McGrath osfs



*By Bob Kloos, Cleveland OH*

The annual Faith and Sharing retreat in Cleveland last July hosted more than eighty pilgrims from near and far. We managed to squeeze all our presentations, activities, prayer, and Katimavik into the Pilla Center in the heart of the Ursuline College campus on Cleveland's east side.

Brother Mickey has been an artist all his life, but he did not fully devote his time and energy to the canvas until his mid-thirties. Since then, his brush has been moved by the Spirit, and more recently, even the stylus on his iPad has brought saints and sayings to life.

Brother Mickey had a great space to work in at Ursuline. A lecture hall that was wider than it was deep had four tiers of seating and two large projection screens on which our animated animator could share his artwork. Hundreds of brightly colored images came to life from his laptop computer.



He spoke quickly as he wandered through the lives of Mary of Magdala, Sr. Thea Bowman, and St. Pope John XXIII. He had been drawing and painting each of these holy souls for many years, so his presentations not only marked time in their lives, but revealed transitions in the artist's own style and color.

He was a marvelous storyteller, weaving the spirituality of the Salesian's founder, Saint Francis de Sales, into each session. He offered loads of helpful suggestions for prayer and appreciating the smallest of blessings. Fifty minutes with Brother Mickey and his selected subjects overflowed with scripture, sayings, laughter, and dozens of brilliantly colored creations on the screens.

It was especially enlightening to hear so much about modern day saints Pope John XXIII and Sr. Thea Bowman. The first was recently acknowledged in Rome. Sr. Thea is waiting her turn, but is in no hurry. I had met her a few times during her trips to Cleveland before she became too sick to travel.



It was stirring to hear again the story of Sr. Thea's visit to the gathering of US Bishops just weeks before she died of cancer. No one who met her can forget her captivating gaze, her singing, and her deep, deep faith.

And there was another saint who was part of our 2014 Faith and Sharing experience, too. Kathy Cotman had been on the roster for years, accompanied always by an assistant. Her quiet presence in a motorized wheelchair guaranteed doses of wisdom, patience, good advice, and a "been-there-done-that" reassurance in her small groups. She died after a short hospital stay just a week after our retreat concluded. We pray that we were as much a blessing to her as she was for us. We miss her.

Brother Mickey travels a lot these days, and he posts a new image every week for anyone who signs up online. He most often sends an image that includes a tiny haloed dove as part of an illustration and a quote from Pope Francis. His artwork is for sale and he is offering some unique Christmas cards this year. Feel free to go to his site, sign up for weekly updates, and consider him for coloring your next canvas.

Contact Bro. Mickey:

Email: [info@bromickeymcgrath.com](mailto:info@bromickeymcgrath.com)

To view art and place an order visit:

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## The importance of everyone



*By: Lise Morin  
Coordinator, Faith and Sharing Sherbrooke*

Hello,

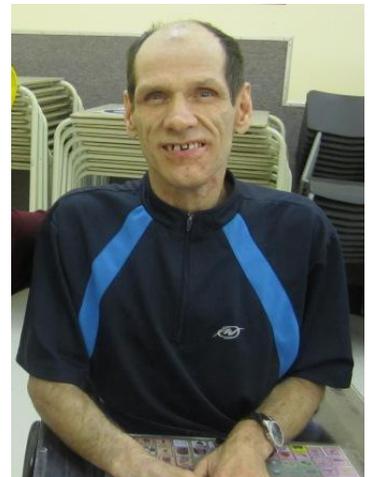
In the past few months, the Faith and Sharing community in Sherbrooke lost four of its members. Indeed, four of our brothers and sisters we loved passed away. Our grieving family is very sad for these departures. It is difficult for a “mother’s heart” to see her nestlings leave for a trip with no return...

The last one leaving us, on last March 12, was in a wheel chair, spoke with the help of a board and signs, and had an intellectual handicap. With his limits, Bertrand was happy to recharge his batteries each month at Faith and Sharing. He was contributing a lot with his contagious cheerfulness. Often Bertrand asked us to pray for his mother putting his hands on his heart and saying “mother” hardly audible. He made himself understood and he was proud of it.

By this testimony and his affiliation with Faith and Sharing, once more I see the importance of the community. In my humble opinion, the community must remain welcoming, simple, and brotherly. Everyone should feel good establishing bonds by sharing and rejoicing. Faith and Sharing is thanksgiving for many people recognizing their “weakness”.

Thank you dear Bertrand Dougherty and the others for your trust and your presence so precious that elevated, in your own way, the family and spiritual life of Faith and Sharing.

Rest in peace while watching a little over us. 💜



## Memories of Faith and Sharing

*By Maria Jacobs  
Wolfville, N.S.*

It was during the seventies that I became part of Faith and Sharing. We formed a group of eight women who met regularly and visited homes for the elderly and intellectually challenged in the Annapolis Valley area. We organized Faith and Sharing Retreats, all kinds of parties, cornboils, etc. We did get a van from the telephone company which was quite a help to transport people to events. We organized a large group of people to see Pope John Paul II when he visited Halifax.

What Faith and Sharing did for me was that it made me aware of the less fortunate in our society. To me, the Queen or the garbage man are on the same level and so are all people, rich or poor. And I feel I have passed that on to my six children. They all love each other and their fellow human beings.



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## Miracles Do Happen

*By Donna Patterson  
Woodbridge, Ont.*

I am a member of Faith & Sharing in Toronto and I thought I would give you an update of what is happening with my grandson Thomas.

When I got married, my Mother told me to get on my knees and never get off - and she was so right. I have prayed for the children, the grandchildren, and yes now the great grandchildren.



I go to Florida for the winter and am able to attend Daily Mass at St. Francis of Assisi Church; and in Woodbridge, Ontario I go to St. Padre Pio where Msgr. Greg Ace is the pastor. Last August after a very tumultuous summer with my one Grandson "Thomas", I asked everybody at our Marylake Retreat to pray for him. He was 19, had a baby - a year old - and was back living with his Mother. He then got into the Drug Scene and tried to kill himself. (He went to Church and Catholic High School until he was 17, but I guess his faith had not taken hold at that point.)

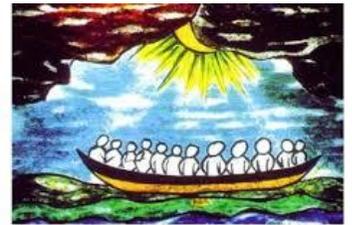
One night while praying before going to bed, I asked Mary to speak to her son Jesus and see if he would please intervene in this situation. Within minutes the phone rang and it was a friend of mine (who never calls at 10:50 p.m.). She said she wanted to know how Thomas was doing, and she said that I should take him to a place called Vita Nova. This is a rehab place for men in my own city and I knew nothing about it. The next morning I went there to find out they were having an Open House that night. Within a matter of days they accepted him in there, and he spent four months there - going home for Christmas and vowing not to return. While he wasn't "using", he was very disrespectful of his Mother, who is now raising his son. Finally one day the Social Worker called the police and they took him to the Hospital for evaluation. They let him out immediately; and what can only be called a Miracle, in the dead of winter, he agreed to go back to Vita Nova. My daily prayer of Thanks to Our Lord, Mary, St. Jude, and all of the people from Faith and Sharing is ongoing. Without daily Mass/prayer I don't know how people manage to live their lives in this hectic world. Thanks to all those who prayed for our family - especially for Thomas. 

## Thank You, Jean!



*By Marilyn Moore  
Yarmouth, NS*

In 1968 when Jean Vanier was asked to preach a retreat to the priests of the Archdiocese of Toronto, he agreed to do this only if the entire church - the entire people of God - were invited to attend. After prayerful discernment it was agreed that the retreat would be open to all. Little did the bishop and priests know that through their "Yes" to Jean's request another seed was planted and the Faith and Sharing retreat was born. People's lives changed because of this first Faith and Sharing retreat at Marylake, Ontario. Those who attended went back to their home communities with a new awareness of how each one of us has gifts to share with each other; and how each person - no matter what their situation in life - is to be valued and loved. Previous to this retreat Jean had already welcomed Philippe and Raphael to share their lives with him as they went to live in Trosly, France in what was to become L'Arche. A few years later, he will also start Faith and Light, another organization which supports people who have intellectual disabilities and their families.



At the end of the retreat Jean issued a challenge to those who attended. He challenged them to go back to their communities and begin having this kind of retreat in their own areas - to invite lay and ordained, married and single, those with disabilities and those who didn't recognize their own disabilities (!). His challenge was met and 47 years later there are Faith and Sharing retreats taking place across North America and beyond. Jean animated that first retreat and then encouraged and empowered others to spread Jesus' message of love through these retreats. We have often been blessed to have Jean animate North American retreats as he broke open the Word, as we prayed together and celebrated together.

Faith and Sharing has touched so many lives in so many ways over the years. I know personally the first retreat I attended in 1979 certainly changed the focus in my life! I met people who taught me so much - Fr. Jim O'Donnell, Maggie Conrad, Madeline Seguin, Fr. Bill Clarke, Sr. Sue Mosteller, Fr. George Leach; also people who had been so hurt in their lives but who had found "their place" - where they were loved for just being themselves, who had learned that they had gifts to share with others - Madeleine, Joe, Priscilla, Sarah, John and so many others. Faith and Sharing has played such an important role in my life. In 2005 I was blessed to begin a journey with L'Arche as well - 6 ½ incredible years with such amazing people both in L'Arche Antigonish and L'Arche Saint John.

This year, after having Faith and Sharing for 40 years in Nova Scotia for the Atlantic area, we are being invited to go to Saint John, NB to have our annual retreat. When L'Arche Saint John opened in 2005, the L'Arche community began coming to the Yarmouth retreat and each year more and more people from Saint John have attended and this year they will host the retreat in August on the beautiful Kingston peninsula. Seeds were planted, watered, and nurtured and now have grown - ready to welcome new growth in New Brunswick.

Yesterday, March 11, it was announced that Jean Vanier had been awarded the Templeton Prize for his great humanitarian work throughout his life. In 2014 L'Arche celebrated its Jubilee - 50 years since its tiny beginning of three men sharing their lives together to now having 147 communities in 35 countries. Faith and Light continues with over 1500 groups in 80 countries. Faith and Sharing continues to offer retreats - bringing people who continue to walk together - one hand in the hand of Jesus and the other hand in the hand of the poor.



Yes, Faith and Sharing also had its beginning because of Jean Vanier and we thank God for his "Yes" - his willingness to not only preach the Gospel with his words but with his life. "Thank you Jean - you are an inspiration for all of us." 

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## Faith and Sharing 7-day French retreat in 2016



By Jean Roy  
French Coordinator

If you refer to the schedule of the retreats at the end of the bulletin, you will find that five French communities will hold a retreat this summer. This is good news! The communities continue their mission by offering a time to pause in our life in order to reflect on God's Word in the perspective of Faith and Sharing.

For the communities in Montreal, Quebec City, Rouyn-Noranda and Sherbrooke, the retreat lasts three days. In Valleyfield, the retreat is for one day.

In all of those cases, we call this an "open" or day retreat meaning that it is held in a public place and is open to all. The retreatants come for the activities during the day and they return home at night.

At the beginning, Faith and Sharing retreats were held in a place where we would stay overnight. In Quebec we call these retreats "closed". Others call them Overnight Retreats. They often lasted seven days, so that God's Word slowly and deeply permeates our heart.



It is Jean Vanier who introduced the closed retreat as well as the open retreat, each having its own qualities. Each community now discerns the most appropriate retreat, taking into account the needs of the retreatants and the availability of the organizers.

A North-American retreat reunites participants from all Faith and Sharing communities every three years. The next retreat is expected for 2016. Noticing that we no longer have overnight retreats in the French communities (There are still some in English communities.), the North-American

committee, after a long discernment, chose to have a 7-day overnight retreat. In this way, the committee intends to offer a different and complementary experience as what is actually in the French communities.

This retreat will be in French only for practical reasons: translation renders the retreat heavy and sometimes awkward and the distance to get to the retreat is less if we do it only for the French communities. The English speaking community is in the process of deciding if a North-American retreat will be held as well.

Sister Rita Gagné, o.s.u., who preached retreats with Jean Vanier, agreed to be the animator.

Dates and place:

Date: Sunday to Saturday **June 19 to 25, 2016**

Place: Centre de spiritualité des Ursulines, Loretteville (Quebec City)

Of course there are costs to stay for 7 days at the centre. We often say that money should not stop anyone from participating in Faith and Sharing activities. In practice, people often say that the cost is an obstacle. It is not obvious to reconcile the sense of pride from doing our share and the humility of accepting that others can give more ... The committee is thinking about a campaign to finance specifically the retreat, in order that the proposed price remains affordable.

One wish from the committee: that people who know little or nothing of Faith and Sharing participate at this retreat. Not so they join a community of Faith and Sharing afterwards, but simply so they live an experience that might change their life.

The committee is also thinking about inviting members of L'Arche and Faith and Light and people from dioceses where there is no more Faith and Sharing communities. In the next months, do not hesitate to talk about this retreat to anyone that would be interested.

I invite you to pray for this retreat. May Jesus be in the heart of this project. May this retreat bear an abundance of fruit. 💙



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## Heart-to-Heart Express

By Jean Roy  
French Coordinator



Once in a while the North-American committee wants to give some news to people involved in Faith and Sharing, or information that may come from different communities, and that may require the participation of members. Since the Heart-to-Heart bulletin is published only twice a year, sometimes news is out of date...

In order to complement the Heart-to-Heart bulletin, the North-American committee will use e-mail and a distribution list for a service that we will call "Heart-to-Heart Express".

Contents: Short news on Faith and Sharing

Means: E-mail

When: As required

For whom: Anyone who subscribes

How to subscribe: By sending an e-mail to Jean Roy at [jea\\_r@videotron.ca](mailto:jea_r@videotron.ca)

Welcome to the Express to whoever is interested! 💙

## New North American English Coordinator



*By Eileen McIlwee  
North American English Coordinator*

Our new North American Coordinator is Maggie Walsh-Conrad. Maggie discovered Faith and Sharing at the closing conference of Cleveland's first retreat given by Jean Vanier in 1972. Since that time Maggie has been involved in Faith and Sharing Retreats in a variety of ways. She has first and foremost been part of the local planning team for retreats in Cleveland. She has also had the privilege of animating retreats locally, throughout the United States, Canada, Denmark and Ireland. In 1995 she also served in the role of North American Coordinator for the English speaking communities in the United States and Canada.



Maggie is a consecrated woman and a cofounder and member of the Little Brothers and Sisters of the Eucharist living in the central inner city of Cleveland, Ohio. It is in the city that she and her community and family strive to live a ministry of prayer and presence at the heart of a very marginalized neighborhood. In the spirit of Charles de Foucauld, her hope and desire is to cry the Gospel with her life by living as simply as possible a hidden life of Nazareth.

In addition to the presence in the neighborhood, Maggie has had the blessing of participating in prison ministry and also welcoming foster children into her home. She is privileged to be mother to three adopted children. She bears the titles: sister, amma, mother, grandmother, daughter and friend. But most of all Maggie wants to be a woman of prayer and gratitude for everything God has abundantly shared with her.

Maggie is happy to return to the role of North American Coordinator because Faith and Sharing has brought so many blessings into her own life and vocation. In her own words Maggie shares "Faith and Sharing has been a gift and blessing to me. Living as a consecrated woman in the world, it is Faith and Sharing that has nurtured my vocation and challenged me to grow. I always want to give back to Faith and Sharing the blessing and gift that has been given to me as a gift."

In that spirit Maggie asks for your prayers for her family, her community and for herself in her role as North American Coordinator. 💜

### **General Assembly**

Faith and Sharing Federation

Saturday **June 20<sup>th</sup>**, 2015

Cleveland, Ohio

Agenda on: [www.faithandsharing.net](http://www.faithandsharing.net)

## 2015 Retreats

Location	Dates	Theme	Animator	Person to contact	Remarks
Camp St. John <b>Jacksonville</b> (Florida)	<b>May 17 – 21</b>		Fr. Ron Camarda Sr. Maureen Kelley	Rebecca Aleman 904-230-7447 <a href="mailto:r Aleman@ccbjax.org">r Aleman@ccbjax.org</a> <a href="http://dosacamps.com/">http://dosacamps.com/</a>	
<b>Valleyfield</b> (Qc)	1 day in <b>June</b> date to come			Julie Prigent 450-373-1956 <a href="mailto:pregent.julie@bell.net">pregent.julie@bell.net</a>	1 day retreat  Shared meal
Ursuline College in Pepper Pike, near <b>Cleveland</b> (Ohio)	<b>June 18 - 21</b>	“Who are You, Jesus?”	Sr. Sue Mosteller	Michelle Rodio 216-407-6977 <a href="mailto:mrodio@hotmail.com">mrodio@hotmail.com</a> Bob Kloos 216-932-1733 <a href="mailto:bkloos@sbcglobal.net">bkloos@sbcglobal.net</a>	With children and youth programs  <a href="#">Brochure</a>
Précieux-Sang Parish <b>Sherbrooke</b> (Qc)	<b>July 5 - 7</b>	“Let's keep our hope alive”	Brother Yves Légaré, s.c.	Lise Morin <a href="mailto:lise.morin52@videotron.ca">lise.morin52@videotron.ca</a>	Open retreat
N.-D.-des-Neiges Church <b>Montréal</b> (Qc)	<b>July 14 – 16</b>  9:30 am to 4 pm		Fr. Loïc Huyghues- Despointes	Monique Maltais (514) 723-0200 <a href="mailto:moniquemaltais@live.ca">moniquemaltais@live.ca</a>	Open retreat  Bring your lunch
St. Paul of the Cross Retreat Center <b>Detroit</b> (Michigan)	<b>August 1</b>  9:30 am to 6 pm	“Receiving and Sharing God's Grace”	Fr. Joseph Esper	Pat Mueller: 248-661-9041 <a href="mailto:paulmueller1@juno.com">paulmueller1@juno.com</a> John Fitzpatrick: 248-624-9821 <a href="mailto:jmfitzpatrick@msn.com">jmfitzpatrick@msn.com</a>	Day of Renewal
Marylake <b>Toronto</b> (Ontario)	<b>August 16 – 20</b>			Monica Donovan 416-425-9944 Patrick Treacy 519-962-2482 <a href="mailto:patrickthink@yahoo.com">patrickthink@yahoo.com</a>	
Ste-Angèle of St-Malo Church <b>Quebec</b> (Qc)	<b>August 17 – 19</b>  1:30 pm to 9 pm	“Faith, a source of joy”	Fr. John Cannon	Jean-Claude Lizotte 418-831-0125 <a href="mailto:iclizotte@gmail.com">iclizotte@gmail.com</a> <a href="http://www.foietpartage.org">www.foietpartage.org</a>	Open retreat
<b>Kingston</b> (NB)  Atlantic retreat	<b>August 20 – 23</b>	“Come and see”		Marilyn Moore : 902-881-2107 or 902-749-8562 <a href="mailto:marilyn_moore@eastlink.ca">marilyn_moore@eastlink.ca</a>	Open retreat
L'Oasis de la Charité <b>Rouyn-Noranda</b> (Qc)	<b>August 28 – 30</b>	“God in the heart of our homes”	Éliette Aubry	Gisèle & Émilien Labelle 819-762-2515	Open retreat