

Heart - to - Heart

North American Bulletin

April 2024
Volume 50, no. 2

Theme of this bulletin: *"The Faith and Sharing bulletin is 50 years old"*

The birth of the bulletin



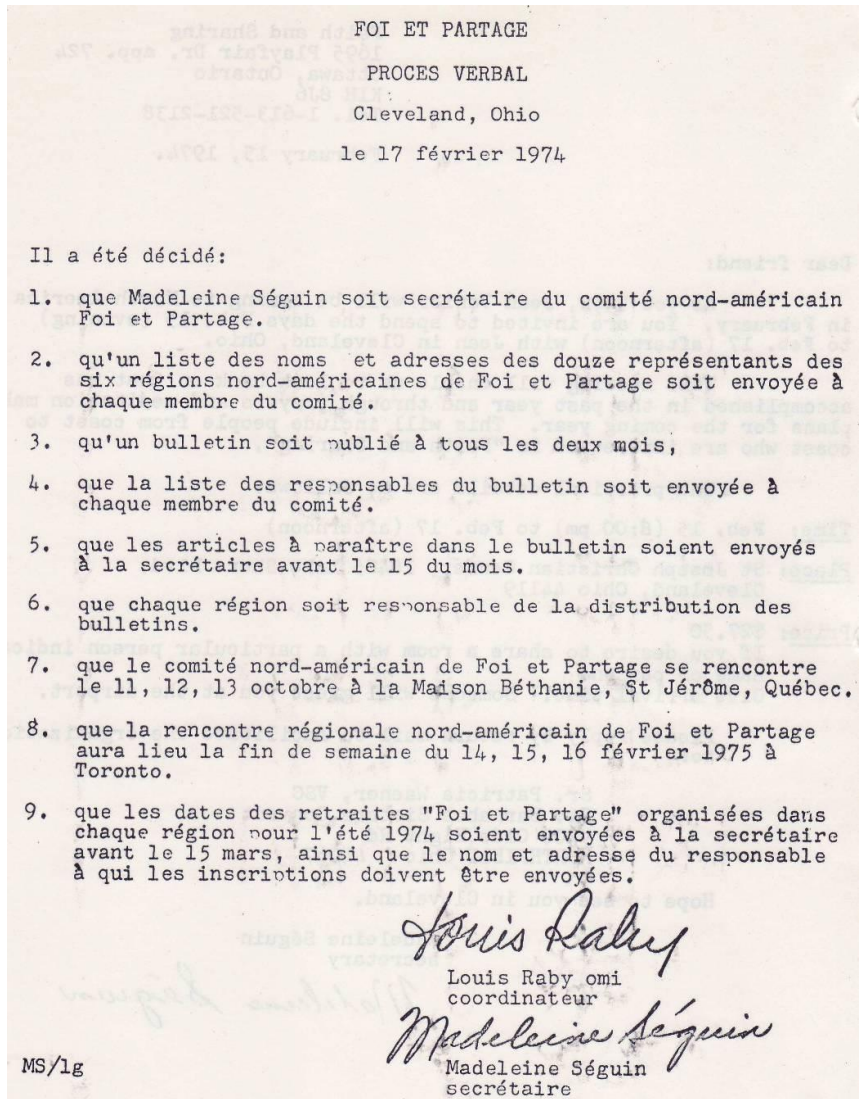
By Jean Roy
Sherbrooke

On February 17, 1974, the North American bulletin of Faith and Sharing was officially born. In the minutes of the North American committee, we read in point 3 that it was decided "that a bulletin be published every two months". Birth with simplicity, but the baby will be healthy.

Before 1974, Madeleine Séguin, secretary, was already sending "newsletters"; in 1974, a decision was made to structure this, believing that a bulletin would be good. The bulletin still exists, so it was certainly good.

The bulletin is made by participants and friends of Faith and Sharing, for participants and friends of Faith and Sharing.

Thank you to all the people who, over the years, have shared their faith.



Bulletin history in brief

February 1974:

Official creation of the bulletin
Madeleine Séguin, from Ottawa, is responsible
Name: *North American Bulletin nord-américain*

1990:

Louise Bergeron, from Quebec, becomes editor of the bulletin.

1996:

A team from La Maison Les Béatitudes in Sherbrooke becomes editor of the bulletin:
Jean Roy, Jean Beloin, Jacqueline Noel
2 publications per year, April and October
New name: *Heart-to-Heart, Cœur à Cœur*

April 2010: Start of email distribution

Early 2011: Creation of the website, the bulletin is online

May 2015: Start of the Heart to Heart Express

Subscription prices:

For 4 issues per year:

1985: \$5 per year

1986: \$6 per year

For 2 issues per year:

1996 to 2023: \$3 per year, \$6 for 3 years

Since October 2023: Free

Number of subscriptions:

Date	French			English			Fr.+Eng. total
	paper	email	total	paper	email	total	
Oct. 1997		0			0		203
Oct. 2002		0			0		175
Oct. 2006	154	0	154	36	0	36	190
April 2010	135	22	157	47	14	61	218
April 2013	107	45	152	39	21	60	212
April 2016	88	59	147	48	42	90	237
April 2019	76	70	146	40	46	86	232
April 2022	52	51	103	10	40	50	153
April 2024	45	33	78	9	18	27	105



Contact details for the current Heart-to-Heart bulletin

Subscription:

Free

By email:

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By mail (paper):

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Team :

Coordination: Jean Roy

Revision of texts:
Lise Morin and Claire Donovan

Formatting:
Jacques Trudeau and Jean Roy

Collaborators:
a lot of people!

2 issues per year:

October and April

Aussi disponible en français

Website: www.faithandsharing.net

Next dead line:

September 15, 2024

Theme for the October 2024 bulletin:

"In You I take refuge" Ps 16:1

Our Heart-to-Heart...

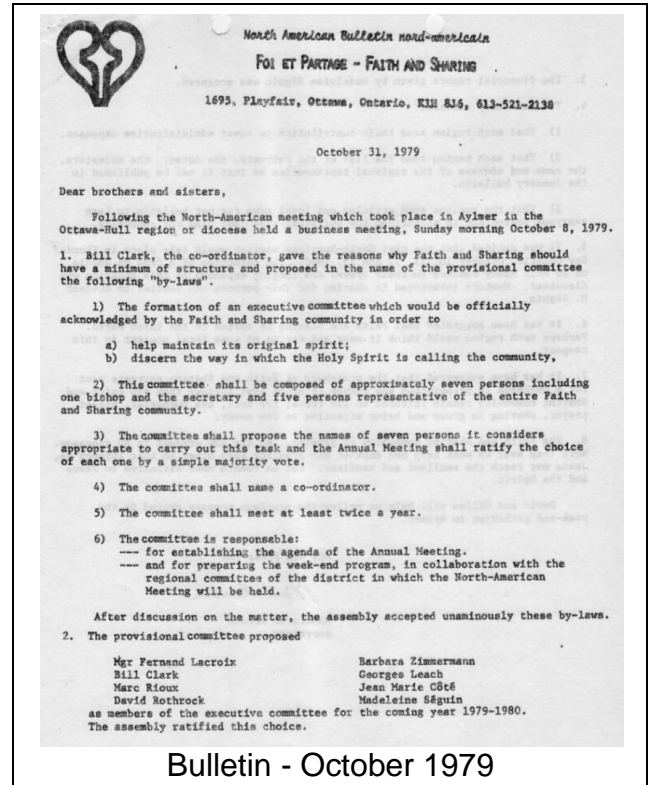


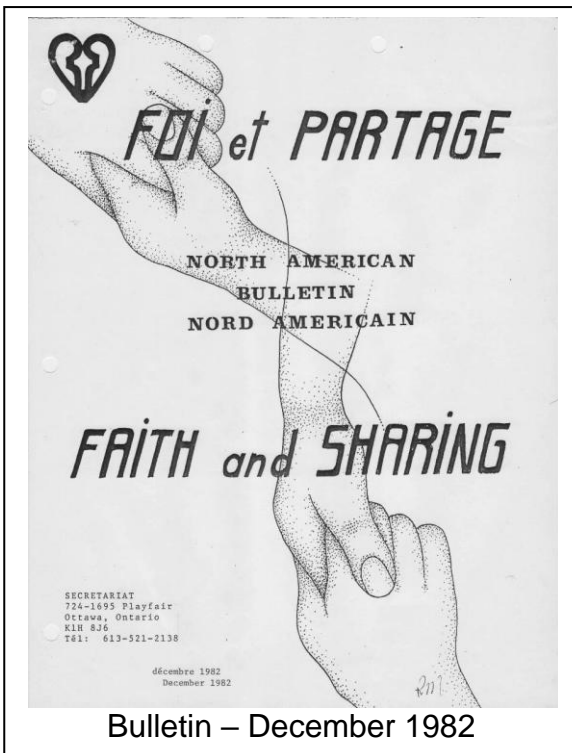
By Brother Jean Beloin s.c.
Sherbrooke

Already 50 years old for our bulletin which was formerly called "*North American Bulletin Nord-Américain*". At La Maison Les Béatitudes, we have all the issues of the bulletin since February 1983. I have read them all, usually quietly as bedside reading. I keep them a bit like a family album that I hope to be able to revisit, one day, if I live old enough to become retired... The bulletin allowed me to open up to a "family" much bigger than that whom I had known here, at Faith and Sharing Sherbrooke, since November 1977. A large family where I was able to recognize the same faith which unites us from coast to coast and from north to south. Not having a phenomenal memory, I don't have any particular articles that I could remember clearly, but what I do know is that the sharing that I found there and the useful information that was offered to us, over the years, have nourished me for the road I was walking, step by step, at each of those moments. I recognized sisters and brothers from everywhere who dared to share their faith, their joy, their difficulties and their hope; it did me good and encouraged me to continue the journey following this Jesus whom I discovered more and more as one of us, a God with a penchant, a weakness for the poor and the little ones that we are even if, we know, no one is excluded from his Love.



Even if I don't have much of a memory, I remember very well Madeleine Séguin, a giant who had Faith and Sharing tattooed on her heart, a strong and generous woman who was for a long time secretary of the North American Committee of Faith and Sharing and who, if I am not mistaken, was the one who "gave birth" to our bulletin which is now celebrating its 50th anniversary. She took the **time** and the **HEART** to make it grow to maturity and this with means that are far from those we know today. To my knowledge, Madeleine was the "master builder" who did practically everything with, occasionally, a little help: solicit articles from different communities and spiritual animators, translate all these articles, copy them to make the layout with a typewriter (at least in the first years), print hundreds and thousands of sheets (at that time everything was only on paper), maintain a database of subscribers' addresses, print labels for the shipping envelopes, staple and fold the assembled ballots to finally insert them into these same envelopes which she also had to label and stamp, glue and send. Phew! What work!... especially since at that time there were around four publications per year, instead of the two we know now, and it must also be said that our bulletin was rather voluminous; all this, without the internet to make work easier.





Bulletin – December 1982

“family” bulletin to life: those I have explicitly or implicitly mentioned above, those who shared articles from their hearts or their experience, and finally all those who subscribed to the bulletin and who have been nourished by it year after year.

At La Maison Les Béatitudes, we have a birthday song that says: “*In this gift (or in this cake or in this meal), we have hidden love...*” Today, I would like to sing: “*In this bulletin, we have hidden love, in this bulletin, we have hidden Love...*” and this love has nourished us and, I hope, will continue to do so for a long time.

In closing, I share with you a song that I really like: “*Regardez l’humilité de Dieu*” (“*Look at the humility of God*”):

<https://www.youtube.com/watch?v=HMCCUIhdwzo>

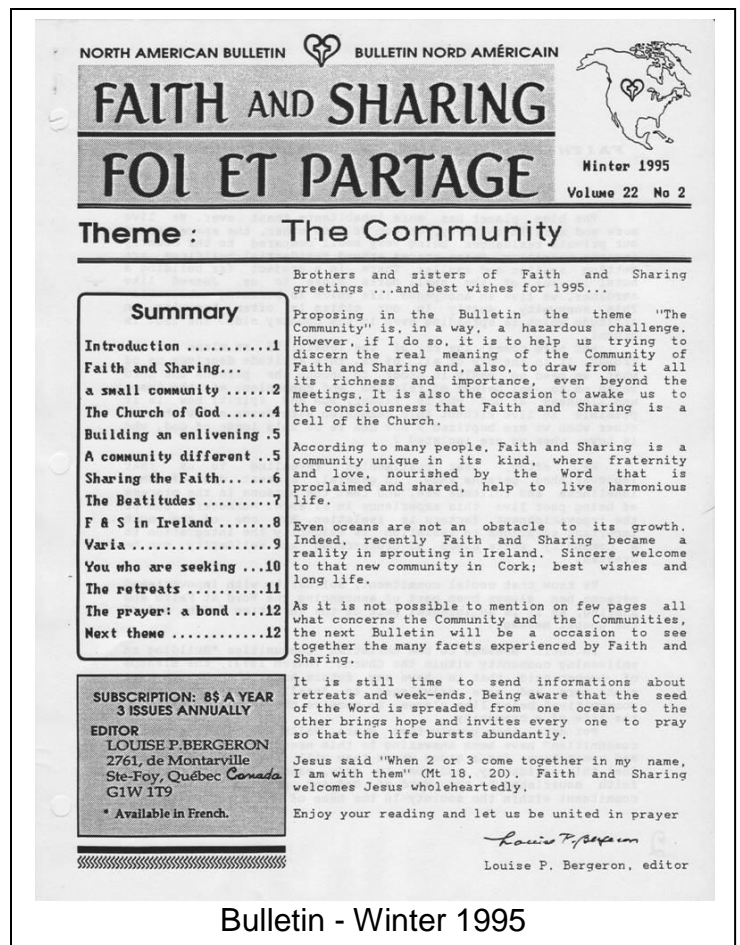
It is precisely this humility of God that I found embodied at Faith and Sharing and it is probably for this reason that Faith and Sharing attracted me so quickly from the first meetings. Thanks to Faith and Sharing and the people at Faith and Sharing who started me on a path to happiness that I could never have imagined.



After several years, at this almost infernal pace, in 1990 Madeleine felt the need to pass the torch to another generous person who would take over. It was then Louise Bergeron, from Quebec city, who responded “present” to this “job offer”. Louise, another valiant woman, was able, with a little help, to meet the challenge that such a commitment represented.

Finally, since October 1996, it has taken an entire team to take over from a single woman who was carrying out this essential service to keep our English-speaking and French-speaking communities united. As this task was obviously too heavy for the succession team led by Jean Roy, we then reduced the publications to two per year, we subjected the bulletin to a slimming treatment and, the new technological means helping to facilitate the task, we have been able to hold on until now, 27 years later.

A big THANK YOU to all those who, over the years, have been involved, in one way or another, in bringing our



Bulletin - Winter 1995

Congratulations on Fifty Years!



By Pat Mueller
Faith and Sharing Detroit

This morning, I searched my file cabinet for past Faith and Sharing bulletins... a colorful collection! The oldest one I have is from April 2012. When we moved in 2019, I reluctantly recycled even earlier bulletins. Why do I save them? They hold wisdom, nostalgia, inspirational articles/poems, and informational ones. But what I really love are the pictures! I love that each article has a picture of the author. I can see the beautiful faces of the many people I have met at North American Retreats. I reengage with their smile; I see them age (gain wisdom!) because of course I'm not aging at all! I "meet" new Faith and Sharing members through the pictures and have come to recognize the members and leaders of communities throughout Canada and the United States.



I mustn't forget the pictures of the various retreats held across North America. Don't you enjoy seeing the joy expressed in the activities captured in the photos? Also, the faces shining with Faith and Sharing love? I can feel the welcoming environment of each retreat. These pictures affirm my Faith and Sharing values and sustain me here in Detroit where we no longer regularly gather as a Faith and Sharing Community. I am blessed by the pictures!

The two bulletins I value the most are from 2018 – the Fiftieth Anniversary of Faith and Sharing.

The April bulletin is filled with stories of the beginnings of Faith and Sharing in cities across North America. Inspirational reading that prompts gratitude in my heart for the seeds of Faith and Sharing sown, watered, and cultivated to produce much fruit. The October bulletin is filled with testimonies about the "Fruits of Faith and Sharing". Both of the 2018 bulletins are on our website: faithandsharing.net.

THANK YOU to Jean Roy who shepherds the current *Heart-to-Heart Bulletin*; to Faith and Sharing members who many years ago began and sustained the Bulletin; to all who contribute articles; to the translators; to the many people whose hands folded, stapled, and mailed the bulletin to us over the last 50 years. We are grateful. May God bless you for your dedication to this important work.



The grace of Faith and Sharing



*By Luce Beaulieu
Rockland, ON*

Faith and Sharing allowed me to discover the closeness of the Lord in my daily life. Thus, this approach makes me responsible for my choices always accompanied by the hand of God. When fear inhabits me, I trust in the Lord. He invites me to move forward with the help of his grace.

Everything that relates to Faith and Sharing resonates with me: the oral and the written. The bulletin is part of the fountain where we can recharge our batteries.



Thank you and long life to those responsible for the bulletin. ♥



50 years



*By Maude Rioux,
Quebec city*

Heart to Heart is 50 years old
Let us give thanks to the Lord for this beautiful landmark
Which made it possible to publish these testimonies
Which continue to tell of our heritage

It continues to inform us
Of what is happening in our communities
We are in communion with each other
Through Jesus who made himself one of us

Thank you to the people for their commitment
Who over the years
Have filled us
With the wonders of Faith and Sharing



50th of Heart-to-Heart A story to tell




*By Jacques Trudeau
Sherbrooke*

When I look back, I realize how enriching the Heart-to-Heart adventure was for me. I don't know how long I've been involved in the layout of this little bulletin. But what I know, during all this time I worked with Jean Roy. By doing Heart-to-Heart, we went through small difficulties, savored moments of happiness and built memories. In this 50th anniversary year, I am delighted to continue this beautiful story. It's nice to work with Jean. I think of his patience, his dedication to the little ones, his concern for a job well done, his sense of organization, his welcome... Jean is a pillar.



You will understand that it is pleasant to work with him. And, to top it all off, doing the bulletin and his involvement in Faith and Sharing, what volunteering!

Yes, there have been volunteers for 50 years who have produced this bulletin. Let us think of those who write, those who translate, those who do the layout, those who take care of shipping, those who take care of the printing, those who correct the texts, those who read it...

Let us thank God for the gifts he puts our way. Thank you God for putting Jean on my path. 



Shared Memories and Anniversaries



*By Claire Donovan,
Vancouver Island*

I have been involved with Faith and Sharing for 35 years. That's more than half my life now. I first attended a Faith and Sharing retreat in 1989. I met a vibrant, passionate community, many of whom I could see lived with the fire of God's love in their bellies. Back then, on

Vancouver Island, every year we held a five day summer retreat, weekend Lent and Advent retreats and monthly renewal days. There were children, teens, adults, elders, people with and without disabilities, street people and people from prisons who were welcomed. There was a lot of energy, a lot of love and kindness shared and a lot of lives transformed.

There were many Faith and Sharing groups across North America, and we gathered regularly for regional retreats, praying and celebrating together and encouraging each other in our mission. I remember being inspired to see the way the Spirit moved in our communities and individual lives. I also attended a couple of International Retreats in Montreal and met French speaking and American members of the Faith and Sharing family.

This year our Faith and Sharing community on Vancouver Island is celebrating our 50th anniversary. The Heart-to-Heart bulletin started the same year. It has documented many of our highlights, our thoughts and wonderings and kept us connected as a community of communities. I am always intrigued and humbled as I read what is happening in different communities and read the reflections of members in the bulletins.

Happy Anniversary, what an accomplishment!



The Vancouver Island
Centrepiece

Vancouver Island community

Faith and Sharing 50th reunion

Saturday May 4th

10am – 4pm

Brechin United Church Hall,

Unit 100, 2020 Estevan Road, Nanaimo, BC, V9S

You are invited!

- Meet and greet at 10am
- MusiCal Call at 11am
- LunCh will be provided
- End by 4pm

Please register with Barenda bjonet@shaw.ca to save your spot.

If you Can't travel to the event, please be with us in Spirit on the day.



The Faith and Sharing bulletin is 50 years old



By Michel Denis
Sherbrooke

I carefully keep the April 2018 bulletin, published 6 years ago, on the occasion of the 50 years of the first retreat Faith and Sharing. Pope Francis invites us so much to go to the peripheries, to open up to the world, and I realize, rereading this bulletin, how much Faith and Sharing has been contagious, even going into the prison, as far as Sherbrooke is concerned. What can also be said about the foundations of La Maison Les Béatitudes, in Sherbrooke, and La Maison La Charité, in Ottawa.



It is a bulletin that of course drew me into thanksgiving, with the joy of also knowing the story, a story that began long before me. I also give thanks for the retreats (even in zoom) and the meetings that I was able to experience with different groups; I'm thinking of Quebec city, Montreal, Valleyfield.



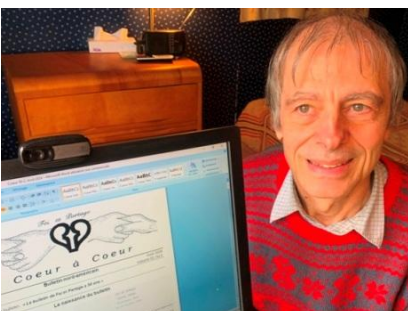
I would also like to quote a sentence from Marc Rioux's article: *"Faith and Sharing was, for hundreds of people, a place both of growth in faith in the God of Jesus and a place of commitment and solidarity with more deprived sisters and brothers."* I like to read that faith in the God of Jesus and commitment go together; if I do not nourish my faith, if I do not let myself be loved by Jesus, my commitment will be lifeless, I would say, and even wither away. What can we also say about this commitment which is a commitment of solidarity with the most deprived, also inhabited by God and for whom

we have been able to make room at Faith and Sharing; beautiful message for our world, for each of us, of the greatness, of the dignity of every human person. I want to quote, in the same sense, a passage from the letter to the Hebrews which speaks to me so well of the precious contribution of Faith and Sharing, throughout the years: *"Keep on loving one another as brothers and sisters. Do not forget to show hospitality to strangers, for by so doing some people have shown hospitality to angels without knowing it."* (Hebrews 13:1-2).

Congratulations to all the artisans of these 50 years of the Heart-to-Heart bulletin!



The shock of 2020



By Jean Roy
Heart-to-Heart Editor

In February 2020, a shock: "the Jean Vanier revelations". A lot of emotions for something that we will have to deal with! It was therefore in February 2020 that we learned that this man, who had a positive

influence on my life and that of many, had made inappropriate and hurtful sexual gestures. Since then, L'Arche has published several documents on the revelations; see:

<https://www.larche.org/about-larche/news/inquiry-statement-test/> and
<https://commissiondetude-jeanvanier.org/commissiondetudeindependante2023-emprireetabus/index.php/en/home-english/>

Like others, I am upset. I can no longer see this man in the same way, because a great “shadow” within him is revealed. I reproach God: why did you use this imperfect man to make his message of love known to me? It would have been so much more comfortable if he had been able to maintain his image of “saint”, of great man... But thinking that, what image of God do I have? Does God reveal himself to the great and wise, or to the little ones, to the imperfect?

Since then, I have had the chance to discuss the subject with several people, who helped me integrate the matter into my thoughts and emotions. I had great consolation when the following thought came to my heart: God will now use other people to carry his message.

For its part, Heart-to-Heart reflected this shock. In April 2020, several texts on the case were published. I ended the column which cited the writings of Jean Vanier. Since 2021, not a single mention of the name “Vanier” appears in the bulletins. This, without any instructions having been given to people submitting texts.

Why this “silence” about his name and his writings? In respect for people abused, by Jean Vanier or by others. To avoid reviving wounds. So as not to give the impression that we condone his actions.

When Jacques Trudeau and I invited readers to participate in the 50th anniversary of the bulletin by drawing on past issues, I had not thought about the fact that Jean Vanier was in practically every issue. The goal was to bring back happy memories. There were surely some painful reminders too.

The Catholic Church in Quebec is currently experiencing a shock (like Churches in many other places). In the wake of the “me too” movement, the law was changed in Quebec, the statute of limitations was abolished, which allows victims of sexual abuse to sue for compensation, even if the abuse took place a long time ago. Most, perhaps all, Catholic dioceses and several male religious communities are being sued in class action lawsuits. Another shock! Suffering of the victims. Heavy weight for the bishops, the clergy, the religious, who must deal with this imperfect past. I also think of the participants of Faith and Sharing, many of whom are close to their Church. They are between compassion for the victims and questions about the past. It's more difficult to look at your history, and your future, with Hope. But shouldn't we also remember everything good that the Church has done, and turn our hearts towards the good that is currently being done? Because the Spirit is always at work...

In my story with the Church, with Faith and Sharing, with Heart-to-Heart, there are shocks, shadows, of course. I look through the old bulletins. Then I read the articles that have been submitted for this issue. I see so much light there! It's beautiful, it's good, it's full of love. It is the Word of God. Several people show me their gratitude for what I do for Heart-to-Heart. It's a little embarrassing, but I welcome it. From your hearts to my heart, into the heart of God...



Articles loved over the years



By Jocelyne Martel,
Quebec city

I am grateful to Francine Desaulniers who introduced me to Faith and Sharing in Quebec city. Then, I met members of Sherbrooke and the Heart-to-Heart bulletin; and I participated to a North American zoom retreat.

I enjoy in my life sharing joy and love with lots of people open to knowing more about God, in communion with His other children, once a month, in our group of prayers and fraternal meetings.

Here is a double-sided page (p.5-6) from the April 2011 issue whose theme was "Celebrate the Lord". See: <https://faithandsharing.net/pdf/april2011.pdf>.

Maria's face glowed with joy and happiness. And she told Audrey that was the nicest gift she had ever received. Audrey was so glad to see Maria's face so warmly bright.

Micheline and I had not realized what a gesture of love our little girl wanted to do for Christmas. We were probably too busy with our own preparations for Christmas and forgot all about such a nice gift made by a child.

And this morning, I realized, with Micheline, that we had also received the nicest gift that we could receive through Audrey's charitable action. No doubt Jesus showed us that Christmas is for children and for persons that are alone and suffering. It also reminded me that God has given us the greatest gift of all, his son Jesus. And I thank him for putting in the heart of our little girl his true Love.

I told you this story to share with you the love and joy that our grand children give us.

Jean-Claude Lizotte
Québec

The Child Jesus and the Cat (according to a legend)

Affection is a balm...



One night, in the Bethlehem grotto, the Blessed Virgin could not console the child Jesus. She asked the cow:

- Could you put Jesus to sleep?
- I cannot, answered the cow, but I can give him some milk.

Then, she pleaded with the sheep who answered:
- Impossible, but I can give him some wool.

The hen also declined the invitation, giving as an excuse that she supplies eggs. The donkey, coming back from the village, said he was too tired. The bull offered his services and said to Mary:
- I will warm him up with my breath.

Jesus...remained inconsolable!

Then comes along "Petigris", the cat, and he asks the Blessed Virgin:
- Do you want me to lie beside him?
And... the child falls asleep immediately.

Since then, "Petigris" and all his descendants are proud to have the letter "M" on their forehead as a souvenir of that memorable night. (In French, the letter "M" is pronounced like the verb "aime". Aime = love)

Carmen Dallaire
Chicoutimi



5

Theme: Celebrate the Lord

Jean Vanier, Dynamic Source of our Anniversary Retreat

Greetings,

It is a privilege to know Jean Vanier, because, according to me, he is the living Word of Jesus. His love for the "small ones", as proven by his way of life, truly confirms that each one has a sacred history.

Being a member of Faith and Sharing for over thirty years, the Lord has given me, six years ago, the beautiful mission of coordinating the Sherbrooke community. I am well supported by an excellent committee of five persons, and by several other persons who are always ready to be of service. I am really aware that prayer is an unending source capable of giving me enough love to offer to my brothers and sisters, on a monthly basis, a renewal that is worthy of their valor. I humbly admit that last June, after five years, I had to quit, but no one was available to render such a service of coordinating. I think that the Lord is putting his confidence in me and I must submit to his divine will in spite of my "weaknesses". But I rely heavily on His Love.

In the year 2011, we are celebrating our "fortieth anniversary" and we will underline it at our "popular retreat" that will take place at *Précieux-Sang* church from July 31st to August 4th. Brother Yves Légaré, s.c. will be the retreat master and the topic will be: *Our retreat, an encounter...* We are called to live this event with great simplicity because, in spite of our good will, "old age and poor health" do not give us any respite. Also, we hope that our four-day retreat be considered very important and also a time of renewal for the community in general. The Word of God invites us to realize more than ever that God loves us in spite of our frailties and that we must give ourselves to what is really essential so that we may grow in depth in all serenity.

To enhance the celebration of the fortieth anniversary of our Sherbrooke family, I invite you to read the message of "hope" as written in one of the letters by our friend Jean. And this is what he writes: "I give thanks for those who are part of this large family, which desires to be a sign of the evolution towards peace and unity of humanity, through love rather than force."

Our kind thanks to you, Jean Vanier, for being a catalyst for the communities of Faith and Sharing through the Word of God given during the retreat at Marylake in 1968.

And for such a compassionate man, my wish that he always keeps his wonderful wisdom that nourishes our souls.

Hoping to see you at our anniversary retreat,



Lise Morin
Coordinator for Faith and Sharing Sherbrooke

6

I have these 3 texts at home that I reread often.

The longest text is by Lise Morin, coordinator of Faith and Sharing Sherbrooke. The title is: "Jean Vanier, Dynamic Source of our Anniversary Retreat". This was on the occasion of the 40th anniversary of the Sherbrooke family.

The other two texts that I really like are by Carmen Dallaire from Chicoutimi and Jean-Claude Lizotte from Quebec city. The respective titles are "The Child Jesus and the Cat", and the other one which I do not have the title speaks of the Love and Joy of our grandchildren.

Thank you Jean Roy and the team, for the continuity of this beautiful Heart-to-Heart bulletin.



Half a century of love...



*By Lise Morin,
Sherbrooke*

Greetings,

A little over 50 years ago, God called sisters and brothers, weakened at various levels, to live in communion at Faith and Sharing. To this end, spiritual activities prepared by religious or lay people have helped us progress and evolve. These took place in locations that were sometimes very poor but very warm. There were retreats, the Word of God, group sharing, celebrations, meals, wrapped in beautiful fraternization. All favored by a climate of great simplicity.

Like a gift, I found people there with hearts overflowing with mutual assistance, who care that everyone is well. Together we discovered our gifts which value us and take on meaning. Our poverty and our weaknesses were fading.

Although I am getting older, my neighbor, whatever his color, is invited to join the Faith and Sharing community. Love predominates because the Lord always remains our good guide.

I give him thanks for so many blessings, as people testify in the bulletin.

With all my heart!



50 years of faith and sharing!!



*By Rita Gagné osu,
Trois-Rivières, QC*

50 years! This takes me back to the summer of 1974! Jean Vanier was with us in Matane for the Faith and Sharing retreat organized for the dioceses of Gaspé and Rimouski! And to think that Heart-to-Heart is also the same age and golden color!

The Bulletin started very small, with Madeleine Séguin. Louise Bergeron took over. Then Jean Beloin put his whole heart into it with and in La Maison Les Béatitudes! Story from one Jean to another Jean, the Roy!

My heart has always followed him, amazed by the continuity, nourished by testimonies and tender reflections.

I can only give thanks for continued life and shared love! How many faces come back to my heart! So many gestures! How many fragilities have woven this bond which holds strong! Thank you to each person to whom Heart-to-Heart owes its life!



Tribute to Father Jean-Marie Côté C.Ss.R



*By Nicole Paquette Laparé
Valleyfield*



Father Jean-Marie was born at Lac St-Jean in Métabetchouan and died on January 7 in Quebec city at the age of 100.

He was the eldest of a family of ten children. He was educated at Sainte-Anne-de-Beaupré, Sherbrooke and Rome.

He was ordained a priest on May 13, 1948. He taught for thirty years and his students loved him very much. They appreciated his knowledge, his positive listening, his teaching and his patience.

Holder of a doctorate in theology, he remained very humble and possessed remarkable gentleness.

I knew him more intimately around 1996 when he was appointed chaplain to the Redemptoristines of Sainte-Thérèse. He worked there until his retirement in 2013.

Father Jean-Marie received me warmly on a few occasions in the small house very close to the nuns' monastery. He was very simple and warm. His attentive listening, his calm and his smile pampered me!



With Madeleine and Isabelle
Valleyfield, June 19th 2000

He came to “give the Word” to Faith and Sharing Valleyfield in the early 2000s. He spoke in a simple, concrete and convincing way which made us drink from his lips, his wisdom, his thoughts and his heart in Jesus Christ.

He would never have displayed his great knowledge, he spoke to us heart to heart in Jesus Christ.

He was there at the very beginning of Faith and Sharing when the meetings were organized.

Mary Munroe told me that he guided the Faith and Sharing Montreal community all together towards love for one another. The community met at the Redemptorist house in Montreal.

I knew him to be cheerful and calm at the same time. He was very close to the people of Faith and Sharing. Everyone loved him!

In 2013, he went to stay at the Redemptorist monastery in Sainte-Anne-de-Beaupré. That’s when we lost sight of each other.

In 2018, he was relocated to the Cardinal-Vachon residence in Quebec city where his colleagues and friends celebrated his centenary.

His funeral was celebrated at the Basilica of Sainte-Anne-de-Beaupré on January 20.

I have a deep memory of his kindness, his humility and, as Mary Munroe told me, his eternal smile!

Thank you Father Jean-Marie, thank you for your loving journey with all of us at Faith and Sharing!

Ref. His obituary January 18, 2024



Toronto, October 1978

Lord, I hear you calling



*By Mo Van Gunten
Cleveland*

Lord, I hear you calling in countless ways: in my littleness, my laziness, my loneliness, my liveliness, my laughter, my longing, my leisure, but especially in my choice to Love!


Your Word is written in my heart and reinforced by the messengers you regularly send my way to guide me, if ONLY I have eyes to see and ears to hear Your invitation to grow.

If I stay focused, in the present MOment, I am better able to receive the gifts You send: the utter beauty, joy! and happiness of summer, the convincing call of your feathered friends, a blue moon, stupendous sunsets, a view of God's eastern sky waking up each morning as I am getting ready for

my day, my little grandchildren speaking Your Word to me: "MoMo, do you think we will have bedtime in heaven? (LOL) ...MoMo, do you think Chelsea (Quinn's newly deceased dog) is lying at Jesus's feet now??"

I was just washing a batch of the last of the summer blueberries in preparation to freeze them; I was shaking them onto a baking sheet lined with paper towels and noticed the absolute beauty of those berries ...Maybe God was calling me to share



this re-discovery with you. "I am with you always" MT 28:20. In everything!!!! In everyone!!!!!! I am FILLED with gratitude with this regularly repeated realization, which builds me up to do God's work in whatever way God calls me to do so in the MOment!! I hear you calling me, Lord! 

2024 French-Speaking North American Retreat



By Jean Roy
French-speaking coordinator

In the October 2023 Heart-to-Heart, I spoke about my call to organize a North American retreat in 2024. It will take place soon! Here are the details:

May 6 to 10, 2024

Ursuline Spirituality Center, Quebec city

Animator: Louise Pelletier, from Quebec city

Theme: "Who will make us see happiness?"

Retreat in French only

Number of registered participants: 20

All information: <https://foietpartage.net/retraite2024.html>

Two Zoom meetings, where everyone was invited, took place to prepare for the retreat.

The first took place on October 12, 2023. Suggestions were made, and a retreat coordination committee was formed: Marc Rioux, Alphonse Rheault, Michel Tittley and me.



Prayer meeting of March 7, 2024

The second took place on March 7, 2024, and brought together 28 people. The meeting focused on prayer. Louise Pelletier, our retreat animator, gave a brief lecture on the theme: *"There is great happiness in giving"*. There were sharing groups and songs. It felt like a "mini-retreat"!

According to the tradition of Faith and Sharing, everyone is invited to pray for the success of this retreat. May hearts be touched by the love of God, both the participants and their neighbors.

The theme of the retreat is: *"Who will make us see happiness?"*. When I wrote my text in the October 2023 Heart-to-Heart, this theme had not yet been suggested by our animator. However, I concluded my text like this: *"When God calls, it is for our happiness, even if it comes with requirements. I give thanks for all the happiness I have found at Faith and Sharing over the years..."*

Today, I thank God for the happiness I find in preparing for this retreat.



Who will make us see happiness?



By Louise Pelletier

Quebec city

Some time ago, I suggested to the coordinators for the May retreat that we ask ourselves about happiness. This theme is developed from the text of Psalm 4 and this question is found throughout the Bible... What gives us the most happiness in life? What happiness does God want for us? How to access it and, above all, stay there?

In this short text, I offer you a somewhat poetic meditation, but which also aims to reach a beautiful depth. I chose a small phrase from the Gospel that Jesus said during the sermon on the Mount. He then speaks of love of neighbor and even of the enemy... And Jesus concludes by saying: **"You therefore, be perfect as your heavenly Father is perfect."** (Mat.5:48)

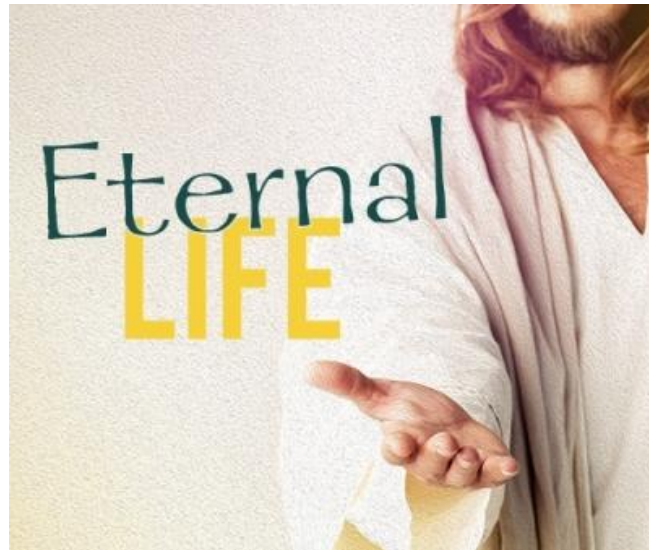
What does it mean to be perfect? Would this be a condition for experiencing great happiness?

Maximus the Confessor, a mystic, said: "We do not know God in his essence, we know him rather by the magnificence of his creation, and by the action of his providence which presents to us as in a mirror the reflection of his goodness, of his wisdom and his infinite power." Yes, all the immensity that surrounds us bears the sign of our relationship to the infinite.

We are all the emanation of the mysterious call that comes from Life. True Life is eternal, it takes its source from God himself. We all participate in the work of the Son of God in us. Then, through the Spirit, we become attentive to our origins which do not come from below, but



from above. **This is how God our Father continues to recreate us constantly, every day, to raise us to the level of “new creature”.** It is our whole being clothed with Christ by the Spirit; it is our human nature which repairs itself and becomes Life, Communion, Love.



Only that which cannot die is true life.

God's desire is that we become perfect like him, in the unfathomable love that transforms us little by little. It is a grandiose work of birth by this God who revealed himself father and mother at the same time, as Isaiah the prophet tells us. Saint Simeon writes: "God has never disdained anyone, on the contrary it is we who hide, not wanting to go towards him, out of fear, because it is beyond us and almost fills us with fear". We don't know him! **But to dare to look up at Him is to see the smiling face of the Father who goes out to meet his child.**

Let's be perfect. Let God make his home in us, leading us towards the true Life which is the very Life of our God.

It's not the path that is impossible... it's the impossible that is the path.

Let's be perfect. Let the impossible be realized in us until beyond the horizon of death. Let kindness illuminate all our actions and all our words. Let the light of Christ, his light in us, overcome the darkness of meaninglessness, sadness, despair, death.

Let us be saints. It is a magnificent invitation to experience for ourselves, the perfection of our God which was revealed to us by Jesus.

It is God's happiness and ours! 



Activities 2023-2024

Meetings “in person”

Group	Activity	Location	Dates	Remarks	Person to contact
Sherbrooke QC	Monthly meeting	La Maison Les Béatitudes 2295, Galt West	2nd Sunday of the month 1:45 pm to 3:30 pm	<u>Theme:</u> <i>“I am the way and the truth and the life”</i>	Lise Morin lise.morin52@videotron.ca
Valleyfield QC	Monthly meeting	“Salle des Oeuvres” of the Cathedral 66, rue du Marché	One Monday per month 6:45 pm to 9:15 pm	<u>Theme:</u> <i>“Heart to Heart”</i>	Julie Prigent 450-373-1956 julie1971.pregent@gmail.com
Quebec city QC	Monthly meeting	Church Notre-Dame-de-Recouvrance 290, ave Bélanger	3rd Tuesday of the month 10:00 am to 3:45 pm	<u>Theme:</u> <i>“Disciples of Jesus”</i>	Jean-Claude Lizotte 418-831-0125 www.foietpartage.org
Vancouver Island BC	50 th anniversary reunion	Brechin United Church Hall, Nanaimo, BC	Saturday May 4th 2024 10 am to 4 pm	See: 50th invitation Register with Barendia bjonel@shaw.ca	Claire Donovan merryfish@shaw.ca
North American	Retreat (in French only)	Centre de Spiritualité des Ursulines, Quebec city	May 6 – 10, 2024	<u>Theme:</u> <i>“Who will make us see happiness?”</i>	Jean Roy, jea_r@videotron.ca https://foietpartage.net/retraite2024.html
Jacksonville Florida	Retreat	Marywood and Camp St. John	August 5 – 8, 2024	<u>Animators:</u> Sr Maureen Kelley, Fr Ron Camarda <u>Theme:</u> “Called to be Wounded healers”	Sister Rita Baum rbaumssj@yahoo.com
Vancouver Island BC	Retreat	Bethlehem Centre, Nanaimo, BC	August 11 – 16, 2024	<u>Theme:</u> <i>“Designed by the Divine”</i> <u>Animator:</u> Deb Hinksman	Terri McCormack 250-465-2080 littleriverk9@gmail.com
Quebec city QC	Retreat	Church Notre-Dame-de-Recouvrance	August 19 – 21, 2024		Jean-Claude Lizotte 418-831-0125

Zoom Meetings

Group	Zoom Link	Date	Time	Remarks	Person to contact
Quebec city QC	https://us02web.zoom.us/j/4185761789 Meeting ID: 418 576 1789	Each Monday	9:30 am		Jean-Claude Lizotte 418-831-0125
Prayer in French by North American committee	https://us02web.zoom.us/j/8198223172 Meeting ID: 819 822 3172	3rd Thursday of the month	10:30 to 11:30 am	Prayer and sharing around the Word of God (in French only)	Jean Roy 819-822-3172 jea_r@videotron.ca
Ottawa ON	https://us02web.zoom.us/j/87189648771?pwd=U2lSUlhDTW5iS09jN2lVcTBkQnljQT09	2nd and 4th Friday of the month	7 pm	<u>Theme:</u> <i>The Niceno-Constantinopolitan Creed</i>	Isabelle Frappier 613-565-9435 isabelle_f@hotmail.com