Faith and Sharing

Heart - to - Heart

North American Bulletin

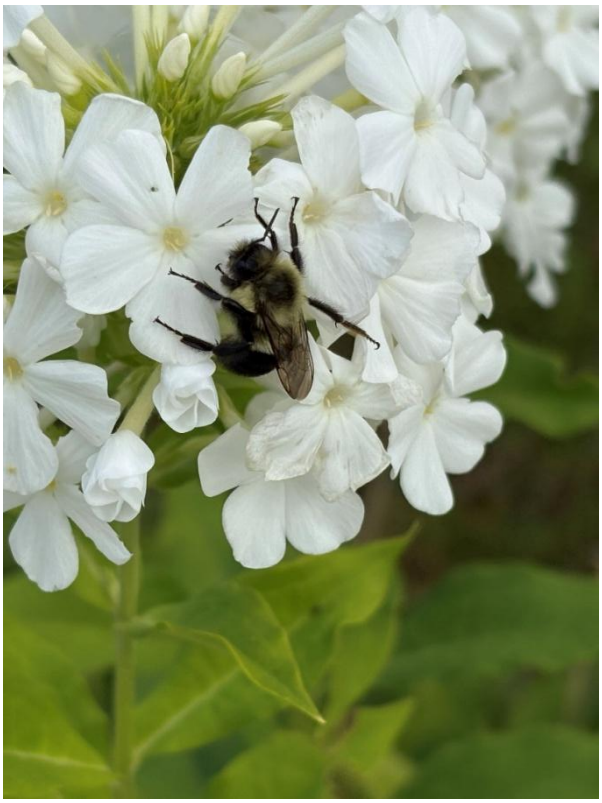
October 2026
Volume 53, no. 1

Theme of this bulletin: ***"How great are Your works!"*** Ps 92, 5

How great are Your works!

By Angèle Gagné osu
Quebec City

Yes, God's works are great, profound, and nourishing. God's works surpass my own wisdom and understanding. When I look at the mountains, the sky, and the sea, I feel so small… Yet I am the work of God's hands, made to be beautiful! (Isaiah 61:3)



What a marvel my body is! My body, like an internal factory. The small, juicy orange I just enjoyed is being digested without me even realizing it! Unless I am sick! My brain—what a wonder! My eyes, my ears—what wonders! My heart, my lungs, my kidneys! And so on…

The Spirit that has dwelt within me since my mother's womb! The Spirit, like the Breath that sustains Love. God's DNA—along with that of my father and mother—within me, keeping me alive! How great are Your works!

When I contemplate the infinitely small—a cell under a microscope! How great are Your works!

When I admire a bee foraging on a flower, going on to fertilize others! How great are Your works!

All that I do not see, because it lies buried in the deepest waters; what divers admire at the bottom of the sea… How great are Your works, Lord!

I could go on forever observing the greatness of God's work in the infinitely small, in the invisible. I cannot overlook what Hubert Reeves wrote in his latest book about earthworms. I quote:

"Earthworms are among agriculture's most precious allies. Beneath our feet, they till the soil, allowing oxygen to reach the microorganisms that ensure the fertility of the humus and contribute to enriching the earth. They transform plant debris into humus. Rich in protein, they form the foundation of numerous food chains: for birds, reptiles, amphibians, foxes, bears, and so on."

And this takes place unseen… How great are Your works, Lord!

Thank You for reminding me again that I am the work of Your hands, made to be beautiful.

How beautiful are Your works, O Lord!

By Luce Beaulieu
Rockland, Ontario

Thank You for the sun that rises each morning,
For the breath of life that animates us,
And for the nature that sings of Your greatness.
Help us to see Your invisible presence
In the visible wonders of our daily lives.
Amen

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Theme for the April 2027 bulletin:
First paragraph of the Faith and Sharing prayer:

Lord Jesus, we thank you for loving us.
We thank you for choosing us.
We thank you for giving us the gift of Faith and Sharing.
Help us to fully receive this gift,
and allow your Spirit to fill us
and reveal yourself to us through this gift.

Marching to the Beat of God's Drum

By Robert Cronier
Ottawa
Excerpt from his book "Les bergers du cœur" (Shepherds of the Heart)

September 20, 2016

Here I am, Lord, another day in Your presence, savoring the delights of the sheer gift of existence shared within the splendor of life.

In Your presence, my joyful heart contemplates the universe of being, while my analytical mind savors the invisible, keeping step with the rhythm of a heart beating in exultation and gratitude.

This beating heart is God's drum within us.

The beating drum of life invites us to contemplate the splendor of creation in the presence of the Creator.

Our awareness of being intertwines with the awareness of the Being who unleashes the splendor of infinite love.

We then become witnesses and children of the Ineffable.

God is the Author, and we are the work that has become conscious of infinite love—the source of all things.

Thus is the covenant between God and His creation fulfilled.

"Signed and Exhibited" Works

By Jean Roy
Sherbrooke

"The Great Artistic Outing"

Once a year in Sherbrooke, an event called "*La Grande Virée Artistique*" (*The Great Artistic Outing*) takes place. Over the course of two weekends, 30 local artists welcome the public into their homes, studios or rented spaces. It is an opportunity to showcase their work—whether in painting, sculpture, or fine crafts. While some artists are professionals, most are amateurs who take great pleasure in expressing themselves through an art form they are passionate about.

Additionally, to provide an overview, a downtown exhibition hall displays one piece from each artist. This allowed me to see 30 works in a single location. They were truly diverse, featuring a wide range of styles. I was then invited to vote for my "personal favorite" among the 30 pieces. I took my time looking at them, paying close attention to the emotions they stirred in me. Several were worthy of my vote.

Afterward, I visited a few of the artists whose work had resonated most deeply with me. I was able to get a better sense of their talent by viewing the various pieces displayed at each location. It was a delightful experience.

At one point, a watercolor painting particularly moved me. It depicted a landscape in Provence, featuring lavender and the silhouettes of houses. It reminded me of wonderful trips I had taken to that region. I had the chance to discuss the piece with the artist. She told me she had used "leftover" paint to create the lavender. The resulting color wasn't quite what she had expected, and she could see flaws in the painting. Yet, she was still satisfied and proud of it, and saw beauty in it. Enough to sign it and hang it on the wall for the exhibition. That is what I call a "signed and exhibited" work of art.

My outings into nature

Another type of outing I enjoy is a ride in nature—whether on foot, by bike, in a kayak, or on cross-country skis. I like to take my time and open my eyes and ears. There is only one artist exhibiting here: the one many call the Creator. Just as with my artistic outings, my gaze often shifts in two stages. First, I take in the landscape as a whole. Then, I choose to focus on a few special elements, my “personal favorites”: a flower, a bird, an animal...

Sometimes I spot "flaws": dead trees, litter, a threatening sky... Yet all of this is part of the nature we humans inhabit. Even these "flaws" can be beautiful, revealing how life and death exist side by side.

No two outings are alike. Even if I follow the same route, the natural scenery changes with the seasons, the quality of the light, and the variety of animal or plant life I encounter. At every moment, the Creator is "signing and exhibiting" a new work of art.

My outings among people

Another type of outing I enjoy is meeting people. As with my other excursions, there are broad overviews—such as at "Faith and Sharing" gatherings where I see many people—and then there are individual encounters, where I take the time to connect with one specific person.

I try to keep my eyes and heart open, recognizing that every person is a masterpiece created by the Creator. Each person is beautiful, capable of goodness and love. Sometimes I see a person’s flaws, or realize he or she is not quite as I had hoped. Yet, the very fact that this person exists means the Creator is pleased with this human being, who is a “personal favorite” masterpiece the Creator has "signed and exhibited."

"So God created humans in his own image, in the image of God he created them; male and female he created them. (…) God saw all that he had made, and it was very good." Genesis 1:27, 31

A Pentecost Retreat Day

By Claire Donovan
Vancouver Island

Faith and Sharing on Vancouver Island met in May to soak in good company and remember the gifts of the Spirit which are ours to claim.

Blown by wind and touched by fire was our theme.

We made crowns as we pondered the gifts of the Spirit.

And then each person blessed their neighbour and crowned them as they claimed the gift they most needed today.

There was singing and dancing and celebrating.

God continues to work in each of us, and when we come together we get to share a part of our journey and how God is working in us.

Better Welcoming Love and Loving in Return

By Valérie Carrier
Quebec City

Last summer, I had the joy of sharing the Word during the summer retreat in Quebec City. It was my second time doing so, and it was even more delightful than the first: instead of being in the church nave—where the echo makes it hard to understand the spoken words—we were gathered in basement rooms. The atmosphere fostered an intimacy that strengthened our sense of community. It was, therefore, an intimate retreat where the Lord worked on hearts—starting with my own!

The chosen theme was "*When people love God*" (Romans 8:28). We know that God loves us first—with a perfect, freely given, and infinite Love. So, when we learn to love God better in return, it is entirely to our benefit: it allows us to more fully welcome God's Love—the very thing we were created for and the only thing that can truly fulfill us! Then, the desire to do good becomes completely natural, and we seek no reward other than learning to love even better and more deeply.

For me, a sign of God's love is that God gives me the opportunity to speak about God during a retreat. God called me to preach long ago, yet I must sometimes exercise great patience while waiting for the Lord to provide the chance to fulfill the callings God extends and the desires God places in my heart! When that opportunity finally arrives, it becomes all the more beautiful and joyful. Indeed, speaking about God, God's Love to His other beloved children is one of the most effective ways for me to feel close and to draw nearer to God. And the Faith and Sharing team in Quebec acted as God's messenger, inviting me to do exactly that!

At 37 years old, I love hearing the stories of those who lived through the movement's heyday—a time of high participation when this wonderful organization was transforming so many lives. I thank God with all my heart for allowing so many people to experience a little more of God's unconditional welcome in this way! I see the legacy of those years in many people; while we might feel nostalgic that those days seem to have passed, the fruits they bore remain very much alive. That is what I told the retreat participants when speaking about hope: the famous "butterfly effect"—the idea that an insect flapping its wings can trigger a hurricane on the other side of the planet through a chain of cause and effect—applies equally to the good we do around us, even when we cannot always see the tangible results. No matter what the future holds for Faith and Sharing, this community has left an indelible, positive mark on the world! And in the same way, none of the good you have done throughout your life will be lost, either.

Quebec City Retreat

By Irène Brouillette
Sherbrooke

The annual diocesan retreat of the Quebec Faith and Sharing group took place from August 17 to 19, 2026. The main theme was "*When People Love God*."

The co-animators were Valérie Carrier and Father Pierre-René Côté, a scripture scholar.

Thanks to the unconditional hospitality of Ms. Françoise Gagnon, I was able to participate in this Diocese of Quebec event safely and without financial worry.

I met people there who were attentive to others and—even better—who expressed themselves with remarkable sensitivity. Consequently, through interacting with them, I became aware of my own impatience and the harshness of my thoughts during moments of extreme fatigue. That is why, on the third afternoon, I slipped away to drive around Quebec City, singing praises, discovering streets and neighborhoods I hadn't yet explored, and picking up a few small gifts to thank everyone for the hospitality and the tenderness we had shared. I needed that solitude, that silence, and that varied engagement as a member of a "Church going forth."

I plan to listen to the talks I missed at a later time. I returned for supper and Mass. The next day, I was scheduled to head back to Sherbrooke in the morning. I arrived home just before midnight, having helped Françoise get her granddaughter settled and visited Thérèse, whom I hadn't seen during the retreat.

We went to deliver items to people in need and shared a relaxing supper—just Françoise and me—before I set out alone on the road for the next three hours, filled with joy and peace.

Upon returning from the retreat in Quebec

By Françoise Gagnon
Quebec City

To you, dear friends,

It is a pleasure to share these few reflections and prayers following my return from retreat.

"*And we know that in all things God works for the good of those who love God, who have been called according to God's purpose.*" (Romans 8:28).

Love comes first!

God loved us first, and granted us the grace to love God by embracing the infinite Love placed within us.

Thank You, Lord, for the great gift You have placed in each of us! Continue Your work of Love for all Your creation—within us and through us!

"*Thank you for our sisters and brothers. Thank you for calling us together to live the spirit of the Beatitudes..."* (Faith and Sharing prayer)

Thank You for granting us the strength of Your Holy Spirit and for nourishing us with the gift of Your Eucharist!

Virgin Mary, accompany us always on the path of salvation!

Thank you, everyone, for your precious presence.

Let us remain united in service and prayer.

2026 General Assembly

By Jean Roy
French Speaking Coordinator

Once again this year, the Faith and Sharing General Assembly was held via videoconference, in French only. Twelve people attended.

We acknowledged the conclusion of activities for the Ottawa community.

There are still five active communities, each with its own approach that appeals to participants.

As has been the case for the past few years, there was a time for "fraternal sharing." We drew inspiration from the text "*Les gants de Dieu*" (*God's Gloves*), published by Robert Cronier, from Ottawa, in his book "*Les bergers du cœur*" (*Shepherds of the Heart*).

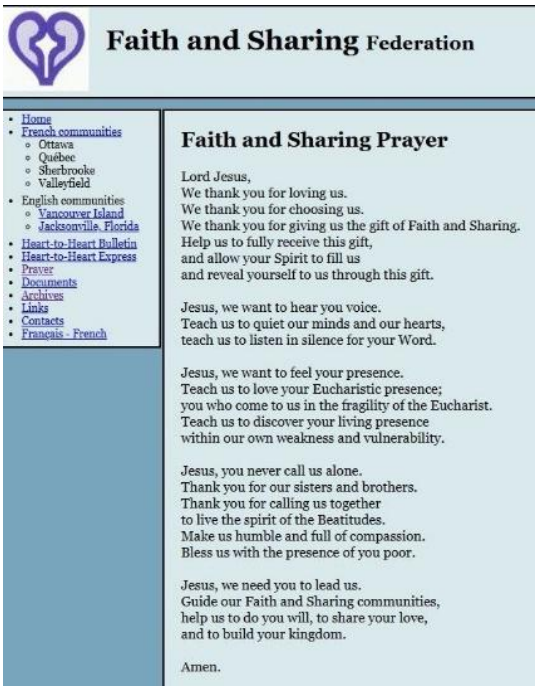
Reports from the last six general meetings are available on the website in the "Archives" section: https://faithandsharing.net/archives_en.html .

Heart-to-Heart – Upcoming Themes

By Jean Roy
French Speaking Coordinator

Each issue of *Heart-to-Heart* features a specific theme. The goal is to encourage readers and contributors to share their reflections. Participation from many people makes the newsletter diverse and lively. The bulletin also publishes community news and any reflective pieces that might interest readers, even if they are not related to the suggested theme.

Anyone can contribute to the bulletin. A short piece can be just as appreciated as a long one. You don't need to be a writer or a scholar; what matters is sharing in faith.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Faith and Sharing Prayer

Lord Jesus,
We thank you for loving us.
We thank you for choosing us.
We thank you for giving us the gift of Faith and Sharing.
Help us to fully receive this gift,
and allow your Spirit to fill us
and reveal yourself to us through this gift.

Jesus, we want to hear you voice.
Teach us to quiet our minds and our hearts,
teach us to listen in silence for your Word.

Jesus, we want to feel your presence.
Teach us to love your Eucharistic presence;
you who come to us in the fragility of the Eucharist.
Teach us to discover your living presence
within our own weakness and vulnerability.

Jesus, you never call us alone.
Thank you for our sisters and brothers.
Thank you for calling us together
to live the spirit of the Beatitudes.
Make us humble and full of compassion.
Bless us with the presence of you poor.

Jesus, we need you to lead us.
Guide our Faith and Sharing communities,
help us to do you will, to share your love,
and to build your kingdom.

Amen.

For the next five issues, the suggested theme will be a paragraph from the " *Faith and Sharing Prayer*" (unless a special event calls for a different topic).

You can find this prayer on the website in the "Prayer" section or via this link: Prayer of Faith and Sharing.pdf

The first paragraph will be the theme for the next issue (April 2027):

"*Lord Jesus, we thank you for loving us. We thank you for choosing us. We thank you for giving us the gift of Faith and Sharing. Help us to fully receive this gift, and allow your Spirit to fill us and reveal yourself to us through this gift.*"

Thank you to everyone who takes the time to write for *Heart-to-Heart*. It is a way of bearing witness to the Good News!.

Faith and Sharing

Activities 2026-2027

Group	Activity	Location	Dates	Remarks	Person to contact
Sherbrooke QC	Monthly meeting	La Maison Les Béatitudes 2295, Galt West	**2nd Sunday** of the month 2:00 pm to 4:00 pm	Theme: *"Have a heart of gold"*	Jean Roy 819-822-3172 jea_r@videotron.ca
Valleyfield QC	Monthly meeting	"Salle des Oeuvres" of the Cathedral 66, rue du Marché	**3rd Monday** of the month 6:45 pm to 9:15 pm	Theme: *"Praised be You, Lord, for so many wonders!"*	Julie Prégent 450-373-1956 julie1971.pregent@gmail.com facebook.com/Coordonnatrice.de.la.communaute
Quebec City QC	Monthly meeting	Church Notre-Dame-de-Recouvrance 290, ave Bélanger	**3rd Tuesday** of the month 10 am to 3:30 pm	Theme: *"Jesus: Words of Life"*	Jean-Claude Lizotte 418-831-0125 Website : www.foietpartage.org
Jacksonville Florida	Retreat	Marywood Retreat Center	**May 17-20**, **2027**	Animator: Father Bernie Tan Dang	Sister Rita Baum 904-826-7365 rbaumssj@yahoo.com facebook.com/FaithAndSharingStJohns
Vancouver Island BC	Renewal Day		**Spring 2027** Date to come		Claire Donovan merryfish321@gmail.com

Zoom Meetings

Group	Zoom Link	Date	Time	Remarks	Person to contact
Quebec city QC	https://us02web.zoom.us/j/4185761789?pwd=qH6Oae8E8VX3zHzbYbpHthrMFUzJhR.1	Each **Monday**	9:15 to 10:15 am	Prayer and sharing with the Gospel of the day	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