

Office Hours
Fr. Millan Sajonas
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Wednesday to Friday
9:00 am-12:00 noon
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Family Circles - Faith, Prayer, Life & Charity

The Adult Faith Formation Commission is organizing a diocesan-wide advancement of family faith formation. Family Circles Program is a Roman Catholic-based faith catechesis exploring the fundamentals of Catholicism and the promotion of devotions. It aims to connect families through prayers and family time activities. It also endeavors to unite families to concretize belief through charitable outreach.

Families interested in joining or knowing more about this initiative may contact the Adult Faith Formation Commission or email bmjs1981@gmail.com or call 306-763-5677. In Prince Albert, we have started an hour of Adoration every Thursday night from 7:00 - 8:00 pm at Our Lady of Czestochowa Parish. Join us!

Suggested Materials:

- (1) *Purgatory: Our Forgotten Family* (CD) by Dr. Mark Miravalle;
- (2) *Abandonment to God: The Way of Peace of St. Thérèse of Lisieux* (Book) by Père Jöel Guibert;
- (3) *The Tears of Christ* (Book) by Saint John Henry Newman;
- (4) *Saint Gianna: Her Life of Joy and Heroic Sacrifice* (Book) by Giuliana Pelucchi.

For more resources: padiocese.ca or bmjsajonas.com

Are you interested to join a Pilgrimage to the Holy Land?

There is a pilgrimage going to the Holy Land from January 7 to 20, 2020. It is organized by Fr. Millan Sajonas and Biaheng Kapamilya sa Holy Land. The theme is **"A Pilgrimage to the Holy Land: This is Holy Ground."**

For further details, visit www.kapamilyaholyland.com or <https://www.bmjsajonas.com/upcoming-activities> or call Fr. Millan at 306-763-5677/ email: bmjs1981@gmail.com

Next issue's contents:

Luke 14:15-24: The Parable of the Dinner Guests; Getting to know a parish in the diocese; Bible Study, Resources for faith formation, and much more...

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ADULT FAITH FORMATION COMMISSION

Diocese of Prince Albert

IMDVS October 2019



Life Chain: An Act of Gratitude
Jennifer Hetrick

If someone were to ask me how I spent my Sunday afternoon, I would say that I spent it in an act of gratitude.

On October 6th, which was Celebrate Life Sunday, around 100 members of the pro-life community united for an hour of silent prayer for the end of abortion, and for victims of abortion. We stood along 2nd Avenue in Prince Albert and held signs that stated several different pro-life messages. All across North America, thousands of people come together annually in over 1,900 different locations to participate in the Life Chain, which is a time of silent prayer and witness to build the Culture of Life.

Pro-lifers spent their Sunday afternoon bearing testimony to the beauty of life and showing support for both pregnant and post-abortive mothers and fathers. The Life Chain has been held in Prince Albert for over 25 years. This was the first time attending the Life Chain for several of the attendees. After an hour of silent witness, there was a time of fellowship at St. Joseph's church.

In honour of Celebrate Life Sunday, the Knights of Columbus also set up a memorial of white crosses on the lawn of the Diocesan office which represented the number of abortions in Canada every year. Each cross represented 700 lives lost every year through abortion in Canada.

I have attended the Life Chain on several different occasions. This year I was reminded to give thanks for my own life, and for the opportunity to stand and give witness to the beauty of life and the true pain which comes from abortion. Although I may not have used words to express my gratitude, I was able to express it through silent witness and prayer. I only hope that the individuals who saw my sign will perhaps give thanks for their own lives and take a step forward to promote the Culture of Life.

On-going: Building & Strengthening Marriages - Marriage Enrichment

So you've shared an anniversary or two...or twenty...and you've learned a lot about yourselves and each other so far. But what if marriage is more than you think it is? What if God has woven into the very fabric of your humanity a purposeful need and desire that can only be fulfilled in your marriage?

In 6 stunning sessions. We will uncover the mystery and the meaning of the sacrament of marriage, inviting couples to experience firsthand the wonder, mystery, and joy behind that first "I do"...whether you said it five years ago or 40 years ago.

Dates: Oct 20th, 27th, Nov 3rd, 17th, 24th, Dec 3rd

7:00 pm St. Mary's High School North Door - St. Mary's Library

Sessions approx. 1.5 hrs

Free Registration min 5 years of marriage/relationship foundation

To attend as a couple contact: Fr. Millan Sajonas bmjs1981@gmail.com

or call Heather 306-981-4656

National Shrine of the Little Flower – St. Theresa Parish, Wakaw, Saskatchewan

The St. Theresa Parish is the National Shrine of the Little Flower. Marie-Françoise-Thérèse Martin was the name given to her by her parents. At a young age, she showed a deep relationship with God and religious piety. She was blessed to have had the influence of the religious milieu of her home. At the age of 15, St. Theresa became a nun. She was afflicted with poor health but carried her responsibilities by doing little things in ordinary circumstances of her life for the love of God. Her popularity was the result of writing her memoirs, recounting these ordinary moments but doing them for the love of God. The published collection of her writings is entitled *The Story of a Soul*.

Each year in early June, there is a pilgrimage honouring St. Thérèse of Lisieux, also called "St. Teresa of the Child Jesus" or simply "the Little Flower." It is a special place for praying and for asking the intercession of St. Thérèse of Lisieux, a model of humility and service of God in the ordinary events of life, who was named "Doctor of the Church."

The Diocesan Family Faith and Music Events in Prince Albert and North Battleford

St. Joseph the Worker Parish in Prince Albert and St. Joseph Calasanctius in North Battleford held the Diocesan Family Gospel Jamborees on September 27 and September 28, respectively. The Adult Faith Formation Commission of the Diocese of Prince Albert organized these events. Prince Albert had 119 participants while North Battleford had 43 people.

Our entertainment was provided by the Amundson Family Band from Big River. The Amundson Family Band is composed of a father and three of his children who are gifted in playing different musical instruments. In both events, all the people present enjoyed the musical entertainment.

Jon and Deneige Courchene were our guest speakers. Jon spoke on the theme "Family Love: a vocation and a path to holiness." Jon and Deneige shared reflections on how to create special moments with the family. Communication, asking forgiveness, and receiving forgiveness were all highlighted as important components in family dynamics. The role of grandparents was also mentioned in passing on the faith. Jon and Deneige Courchene's family were all present for the two events.

In both places, the Knights of Columbus helped in providing/selling excellent food. The people in attendance enjoyed the meals that they were served. The events offered childcare so that parents could listen and visit while confident that their children were being taken care of. The Adult Faith Formation Commission members helped in organizing the events, as well as volunteering for the various needs of the program. Fr. Alberto led the opening prayer in Prince Albert.

Matthew 5:13-16: The Parable of the Salt and Light

By Fr. Millan Sajonas

"You are the salt of the earth...you are the light of the world." These are the words of Jesus uses to remind us for our unique and important vocation in the world as His followers. He means these words for all of His followers, today and those of the future. But how are we to understand these words? In our time, salt and light are frequently useful for day-to-day living. Salt gives flavor to food, and it acts as a preservative for all sorts of foods. Light, meanwhile, gives the ability to see one's surroundings, and it may bring warmth to those who are close to it.

As salt of the earth, we, the disciples of Jesus, have to continue to answer our call to bring the essence of the Lord's mission of salvation to others. Our words and deeds should draw awe and wonder for the Lord, our Master, so that those who receive the Good News may also inspire others to follow Jesus. Failure to do so is like salt losing its saltiness, becoming insipid, and failing to serve its purpose. The question to be asked is, "How can I continue being salt for the earth?"

Light's purpose is to shine. Through baptism, the light of Christ has been given to us. It is sharing in the Divine Life of God. As such, a disciple is to give witness to the Lord in words and actions. Let this light shine brightly. Jesus asks his disciples to let this life-giving light serve its purpose in the world, which is to be a light that captures the attention of others. Our light should attract others. Like a city on the top of the hill and a lighted lamp on a lampstand, let our good and loving works be seen by others. Their desired result is for others to give praise to our heavenly Father. Again, the question to be asked is, "How can I be a light that shines and directs others to Christ?"

Faithfully receiving the Eucharist sustains our mission of being salt and light for the world. It sustains our spiritual life and our relationship with the Lord. It is our supernatural help from heaven that strengthens us in good works, and sustains us. Our being salt and light for the world is merely a reflection of Jesus, who is the salt and the light of the world. We are his followers, spreading the life-giving and sharing the taste of a good and loving Lord.

Reflection Questions:

1. To what vocation in life God has called you? Is He calling you?
2. How can you be salt and light for the world, in the vocation that God has called you to?
3. Have you served as an instrument of the Lord's goodness to others? Reflect on one of these instances.
4. Have you helped others to see the Light of Christ? What particular deed did you do?
5. In your life, who has served to be instruments of the Lord's goodness to you? How?