



Are you looking for Joy this Lent?



I know it's hard to believe, but Lent is here again! As we begin our Lenten Journey with Ash Wednesday, we remember that we are invited on a journey. We are re-

minded of times of giving up candy, television, deserts. We might remember cheating, failing, and then giving up all together, all in order to start again next Lent.

But Lent doesn't have mean, nor should it mean, this simple giving up "just because" you have to. Our sacrifices made during Lent are meant to bring us towards joy; the "Joy" of freedom and renewal through the power of Christ's Resurrection and our Redemption. But in order to appreciate and enter deeply into the mystery and experience of Resurrection, we must first journey through the 40 days in the desert of Lent.

Author Marilyn Gustin wrote a book for Liguori Publications entitled, "Choosing Joy for Lent". She outlined the need that we have to seek out our transformation through the seeking out joy in life. We are invited to open ourselves to the power of the Holy Spirit through six methods: *detachment, surrender, contentment, non-injury, discipline, and contemplation.*

Detachment, or as St. Alphonsus said, "Distacco" means a letting go. It is the opposite of attachment. When we cling to things in life beyond their normal significance,

then they possess us. Detachment is an invitation to see that we need to focus our attachment elsewhere.

Surrender opens our hearts and our hands to let go of our attachments, but also to be in a position to receive. Receive what? That depends on how open we allow our hearts and hands to be to God's love and grace .

Finding **contentment** means to find peace and delight everywhere. You notice simple and beautiful things in life when you are not hampered with "things".

Non-injury is the effort to do no harm. Simple as that.

Discipline is the finding of inner strength to achieve a goal. It requires practice and freedom of heart to take on a discipline. We discipline ourselves always toward becoming better in life.

Contemplation is a centering of our whole being on God, and entering the mystery and wonder of God's creation.

So look for ways this Lent that you might deepen your prayer, your reflection, and your quest to find Joy in the midst of the quiet desert of your heart. Through scripture, meditation, and journaling, find opportunities to allow your openness to be an invitation for God's love and God's joy to find a home in you, so that you may know richly, the joy of the resurrection in your life.

Happy Lent!



From the Founder's Pen... The Passion

Alphonsus Writes...



From "The Passion and Death of Jesus Christ", Alphonsus writes:

"Jesus, the great high priest, by sacrificing his life for the salvation of his beloved humanity, accomplished the work of the redemption. Jesus Christ, by dying, stripped our death of its terrors. His death makes us worthy to enjoy the same glory that God enjoys and to hear God say one day to us,

"Enter into the joy of your Lord."..... God has more care for us than we have for ourselves. He regards our life as his own riches and our death as his own loss. O how great is our glory while we live in this valley of tears that we are able to say, "We are the Lord's", we are his possessions."

Also: Saint Alphonsus Liguori's "WAY OF THE CROSS". Used in popular devotion for public and private use. Available from Liguori Publications, and other religious good suppliers.

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RYVM: Redemptorist Youth (Young Adult) Vocation Ministry



Welcome to Pat Csinos to the RYVM Team for the Edmonton - Toronto Province.

Pat comes from Sudbury, ON,

where she worked as the Diocesan Coordinator for Sault-Ste-Marie. Pat was also an active member of the Holy Redeemer Parish, and participated in the Redemptorist Lay Associate Program.

Pat is responsible for S.E.R.V.E., Liguori Circle in Toronto and its coordination across the country, and the RYVM Newsletter. Fr. Santo is working in Vocation Ministry. But of course, Pat and Fr. Santo work together as two branches of the RYVM Ministry. The following is a little summary of what RYVM is about, and why this ministry is important to Redemptorists.

Reflecting on the Redemptorist Constitutions in light of the signs of the times of our world, in the mid 1980's, our Congregation worldwide saw that "youth" (ages 16-35) were among the poor and abandoned in our Church today. This has become a world-wide initiative for our ministry today in many parts of the world, and has evolved into a wide range of experiences of youth and young adult ministry, depending upon the needs and culture where this ministry has grown. The goals of RYVM would include.....

- To help Youth and Young Adults to discover their God given gifts and potential as signs of Christ's presence in the world. Through the giftedness of their lives, young people participating in the giving of the Good News of plentiful Redemption to a world in need.

- Redemptorists and Lay Collaborators look to find different ways to minister to youth and young adults, to empower them through leadership opportunities, and to continue to evangelize and be evangelized in these ministries.

Young people are invited to share in the mission opportunities, and not just be on the receiving end of the mission.

- Following in the footsteps of St. Alphonsus, our ministries must be performed through simple language, easily understood, attentive to people and their situations, capable of using the power of love and the centrality of conscience.

- Any Ministry "done well" is vocation ministry: "vocation" meant in terms of discovering the call of Baptism as the starting point of living out your life in Christ. Through promotion, mentoring, and accompaniment, we also specifically work to build the Redemptorist Family with vocations to the community.



Profiling our Ministries: Parishes

St. Theresa's—St. John's

Currently, celebrating their 75th Anniversary, the parish is home to 12, 000 Catholics in St. John's, and is one of the largest parishes in the diocese. The Parish is known for its work with youth, inner-city ministries, and pastoral presence in the community.



<http://stteresa.ca/index.html>

St. Patrick's—Toronto

St. Patrick's is home to the National Shrine of Our Mother of Perpetual Help.



Established in 1850, St. Patrick's is in the heart of downtown Toronto. Ministries include: RCIA, Mental Health Chaplaincy, Choir, German and English Parish Community, P.E.A.C.E. and Senior's Club.

www.stpatrickschurch.ca

St. Peter's—Saint John

Built in 1883, St. Peter's is known for its ministry for the Sacrament of Reconciliation, and for the Devotions to our Mother of Perpetual Help. It is also home to one of our retirement communities.



Holy Redeemer—Sudbury

Holy Redeemer Parish has been served by the Redemptorists for several decades. However, the current church was only built in 1996. Holy Redeemer is known for its strong parish community, and for the dynamic liturgies.



St. Mary's—Saskatoon

St. Mary's is home to several ministerial activities among the Redemptorists. Apart from the very active parish community. St. Mary's is home to Redemptorists who work in Mission Preaching, those who work with the Aboriginal community, those who minister to the poor in the local neighborhood, and those who work in Bioethics at St. Paul Hospital.



Our Lady of Perpetual Help - Vancouver

Right near the UBC Campus in Vancouver, OLPH see several young people and young families from the local neighborhood on Sundays. Our Lady's School, which is next door to the church is a vital part of the life of the parish. Other ministries include CAYAC (Youth group), ministry to shut-ins, and the like.



St. Joseph's

—Grande Prairie

St. Joseph's Parish is the only Catholic parish in the city. There are several active ministries there, including, RCIA, Youth Ministry, Family Ministry, Adult Faith Formation, Walk-In Ministry for food and assistance, School



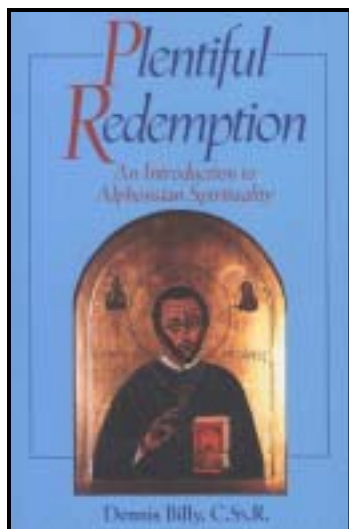
Chaplaincies, and working with diocesan programs. Plans to construct a new church are well under way!

www.sjchurch.ab.ca



Plentiful Redemption: An Introduction to Alphonsian Spirituality

Book by Dennis Billy C.Ss.R.



From the back cover:

"This engaging, comprehensive introduction to the spirituality of the founder of the Redemptorists, patron saint of confessors and moral theologians, prolific author, and Doctor of the Church, brings to light Alphonsus' deep pastoral sensitivity toward helping people come to believe the message of God's great love for them. It is this concern for the salvation of souls that has made St. Alphonsus Liguori an enduring representative of the best of Catholic tradition.

For those with little or no previous knowledge of Alphonsian spirituality, *Plentiful Redemption* provides a step-by-step look at his approach to mental prayer and its relevance for today. For those already familiar with Alphonsian thought, it examines in chronological order of appearance some of the more important spiritual treatises and devotional works coming from Alphonsus' pen.

Fr. Dennis Billy leads you through the

Alphonsian spiritual philosophy in a fluid, easy-to-follow style that seamlessly fuses readability with scholarship. Divided into two parts—"Alphonsian Prayer" and "Alphonsian Classics" - *Plentiful Redemption* summarizes the full gamut of Alphonsus' timeless contribution to Catholic spirituality. Each chapter opens with an appropriate selection from Alphonsus that addresses a specific theme of the work under consideration. Each closes with a series of reflection questions specifically designed to help you make appropriate adaptations of Alphonsus' spirituality to the present—and specifically to your life. The result is a book for all who seek to experience the love of Jesus Christ."

If you are interested in borrowing this book for a limited time, please contact Fr. Santo at (416) 789-3217, or emailing him at vocations@redemptorists.ca

Discerning a Vocation to the Priesthood and Religious Life

I. Vocation in General

- Everyone is "called" by God to a full human and Christian life, and full participation in the life of the Church.
- Every individual vocation (marriage, religious life, holy orders, single life) is a call to **community, holiness** of life and **service** of others, and no vocation is "better", "higher" or "holier" than the others.
- The vocation to priesthood or religious life has its own specific signs, qualities, characteristics, and skills.... As do the other vocations.

II. Signs of a Religious or Priestly Vocation

1. **DESIRE** for this life: attraction to the spiritual life and the life and ministry of the Church and Religious Order.
2. **MOTIVATION** to serve: to share the Good News of Jesus to build up the Church, Order and human community.
3. **FITNESS** for the life and ministry: the necessary abilities and skills for the religious life, vows and ministry of the Church and Order.
4. **PEACE**: a feeling of being "at home" with this vocation and this particular community or diocese.

III. Helps for Discerning a Vocation

1. **PRAYER AND SCRIPTURE**: seeking God's love, light, direction in your life through personal prayer and reading the Word of God.
2. **INFORMATION**: getting to know and visiting the diocese, seminary, religious community formation program of the particular group that attracts you to assist in clarifying desire, motivation, fitness, etc.....
3. **PARISH LIFE**: participating in Sunday Eucharist and other parish activities.
4. **SERVICE TO OTHERS**: doing volunteer service and apostolic work with others to experience the life of ministry.

IV. Questions to ask yourself **NOW!**

1. Am I deepening my spiritual life and participating in the life of my parish or prayer community?
2. Am I using and developing my God-given talents (academic, social, emotional, physical) for my life and service to others?
3. Am I aware of the needs of others and responding to them in love and generosity?

Constitution Corner

Constitutions and Statues

Article 3: Formation in General

81. Willing help should be given to the candidates, so that they be led to assume full responsibility for the decision they make. They should be guided and encouraged towards making their choice in perfect freedom, and should be helped to prepare for the forms of the apostolate that are in accordance with the spirit of the Institute.

Since their duty one day will be to preach the word of God, they must be abundantly nourished by it. They must constantly give themselves to meditation on the mystery of salvation. Let them think deeply too, on the needs of the world which are the Church's concern and which evoke sympathy in their own hearts. In the light of God's word, let them make every effort to discover, together with their confreres, in what way they can help to respond to these needs.

The candidates must be animated also by unwavering faith if they are to be adequately prepared for the trial of loneliness and for the uncertainties which accompany the apostolic ministry. This faith will also lead them to seek a life of brotherly union, in order to hasten the coming of God's kingdom in which Christ desires to unite all.

Becoming imitators of the apostle Paul, as he was of Christ (1 Cor 4:16), and nourished by his teaching, they will be rooted in an inexhaustible and radiant hope which never deceives, for it is founded on charity (Rom 5:5).

To read more of our Constitutions and Statues, go to our General Government Website at www.cssr.com.

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Check out the Web!!

There are several websites that pertain to the Church, Redemptorists, discernment, and different other "Catholic" things!

Check these ones out!

Canadian Vocation Network
Catholic Information Centre
Catholic World News
Christian Gifts
Faith Guide
Movie Reviews
Redemptorists in North America
Redemptorists in Edmonton-Toronto Prov
Redemptorists in Rome (General Gvm't)
Vatican
Zenit (Rome News Agency)

www.vocations.ca
www.catholic.net
www.cwnews.com
www.monasterygreetings.com
www.bustedhalo.com
www.usccb.org/movies
www.redemptorists.com
www.redemptorists.ca
www.cssr.com
www.vatican.va
www.zenit.org

Charism and Freedom of Spirit

By: Bernard Haring C.Ss.R.
From: "To Be A Redemptorist Today"



"The exodus of Saint Alphonsus was his turning to the poor. As he turned in loving and healing care toward the poor, his own freedom of spirit grew as a charism, as did his energetic struggle against the moral rigorism and fear-centered religion of jansenistic elitism. He had found the way to the promised land of "copiosa redemptio." He had heard his call to preach the liberating message to the poor. It was a participation in the self-donation of the Son of God and a share in the joyful love flowing between Jesus Christ and the Father. It was this exodus which led Alphonsus to the gift of freedom of spirit in the service of the good news."

Weekend Vocation Discernment Retreats

There are 4 dates set for this coming year for Weekend Retreat opportunities. You can register by mail by sending in the attached form on the brochure, or you can register online at www.redemptorists.ca!

So mark you calendars!

And please register by the deadlines.

Here are the dates of the upcoming weekend retreats:

February 25-27: Toronto

March 4-6: Saskatoon

March 11-13: Saint John

