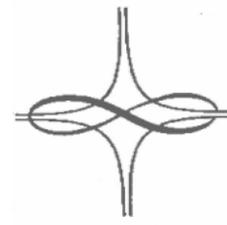


# IN VIA

Union of Catholic Apostolate  
Newsletter of the Canadian National Coordination Council  
Spring 2020



## MESSAGE FROM THE PRESIDENT

Dear Brothers and Sisters in the UAC,

We have come through a long time of isolation and physical distance from one another. I'm sure it has been both difficult and at times refreshing. Difficult in that we have not seen and been able to embrace each other in a very physical manner – after all we are very social human beings and need that contact. Refreshing in that we have had time to ourselves to entertain or pursue some of the things we have not had time to otherwise. In that sense it has been a gift to us.

So, in what ways have you been able to use this gift? In getting to things that you have left undone because time did not allow? Things such as cleaning out closets, cupboards, basements and garages that have long been neglected; general spring cleaning; sorting through books, discarding ones no longer needed or wanted. Were they things such as enjoying time with a hobby that had been left to the side; reading some of the books that you bought and have sat on the shelf for a long time; writing letters (emails, etc.) to people we haven't seen or heard from in a long time; going for walks to enjoy the outdoors; lately, gardening or other yard work that will give some exercise; or simply taking time to sit and enjoy the quiet?

Or, was this a special gift of more time with the Lord? Were you able to read more in Scripture or other inspirational books? Were you drawn to spend more time in prayer? Did you take time to view mass on television or on your computer during this time? Study more about St. Vincent Pallotti?

We have been, and still are, gifted by God who loves us with a never-ending love. Maybe He had a message for us in all this. Was He trying to tell us that we need to slow down? That we need to take more time to be with family and friends? To spend more time in prayer to draw closer to Him? To get to know Him better through Scripture? To become acquainted with the people whose names begin with 'S' (as St Vincent says), the Saints? To become more aware of the life around us, whether the happenings in the world or in nature and our environment? To realize that we are all in this together and that some will and do need our help to get through? To become more generous towards others, whether with time, prayer or donations? Take some time to reflect on how you have been gifted in this time of pandemic. I'm sure you will find many ways in which God has gifted you and those around you.

May you have a blessed summer and come back after all this refreshed and ready to join the work and mission we have been given through our charism. Even in this, we are all in it together and when we work as a community, we can achieve more than we can as individuals.

In unity with St. Vincent Pallotti,  
Maria

## CORRECTION

If you already have a copy of the revised chapter one, please make a correction on Page 19. In the Scripture suggestions it says Mark 19:16 + 30. This should read **Mark 10**, not 19 (There is no chapter 19. That was a typo we missed in rereading).

### *IRISH BLESSING*

*May God grant you always  
A sunbeam to warm you,  
A moonbeam to charm you,  
A sheltering angel  
So nothing can harm you...  
Laughter to cheer you,  
And whenever you pray,  
Heaven to hear you.*

## UAC PHOTOGRAPHS

To all members:

I volunteered to put the photos in albums for our UAC. I have one for events such as Cenacle, Study Day, Retreats and Family Eucharist. The other is Commitment Celebrations, Miscellaneous Group and Other Pictures. I also have a third one where I have two Cenacles – one from the year 2000 and one from the year 2003. Those years we had entertainment so I purchased an album that had 12x12 pages where I could add the text of the plays.

Thanks to Shirley Pearson for going through the pictures and naming the people that she could.

I also found some pictures that were specific to Red Deer Events such as Fr. Erik's 40<sup>th</sup> birthday party. After contacting Maria, it was decided not to include these. I would add them to a separate album if people are interested or think this would be a good idea.

If you have pictures that you would like to add to either of these projects, please let me know. I prefer prints rather than emailing them as the cost can add up to have them printed.

Please feel free to contact me if you have any questions:

Phone ----- or email [-----](mailto:darlene.opseth@uac.org)

Thank you,

Darlene Opseth

### **Quick Apple Cake** - submitted by Maria Domke

*Great warm dessert with ice cream*



Preheat oven to 350°F/180°C.

1 egg                            1 tsp. baking powder  
1/3 c. oil                        pinch of salt  
3 Tbsp. apple juice        1/3 c. brown sugar  
1 tsp. vanilla                1 tsp. cinnamon  
1/3 c. sugar                  3 apples, sliced  
3/4 c. flour

Beat egg, oils, juice, vanilla and sugar.

Combine flour, baking powder and salt. Stir into egg mixture.

Combine brown sugar and cinnamon.

Arrange apples on bottom of an oiled 8" baking dish. Sprinkle with half the brown sugar mixture.

Smooth the batter on top and sprinkle with the remaining brown sugar.

Bake for 35-40 minutes. Cool 10 minutes before serving.

### **Sally's Chocolate Brownies** – submitted by Isabel Bolhuis

Melt 1/2 cup margarine or butter (I use butter) in a saucepan.

Remove from heat and add:

6 Tablespoons cocoa  
1 C. sugar  
1/2 tsp. vanilla  
1/2 tsp. salt  
1/2 cup flour

Stir and put in a square pan (greased and floured) and bake 12 min. at 400 degrees.

Note: It does not rise very much. Be careful not to overcook.

Cool and sprinkle with icing sugar.

### **Brown Bread** – submitted by Isabel Bolhuis

1 cup white flour  
2 1/2 cups whole wheat flour  
1/2 cup cracked wheat (you could try oatmeal as a substitute)  
1 tsp. sugar  
1 tsp. salt  
1 1/2 tsp. baking soda  
2 - 2 1/2 cups buttermilk

Mix dry ingredients well.

Stir in 2 - 2 1/2 cups of buttermilk (I use closer to 2)

Knead slightly. (Don't work too much.)

Put round shape on a nonstick cookie sheet. Score.

Bake at 375 degrees for ~ 40 min.

## Rosary Garden at St. Mary's

Initiated in 2006 by Isabel and built in 2007 with the helping hands of many, the Rosary Garden at St. Mary's is a beautiful place of peace, tranquility and prayer.

A number of UAC members have taken on the task of looking after the Rosary Garden.

Thank you to all of those who have lent a helping hand over the years to keep the Rosary Garden looking so beautiful. Recently, Angelina d'Almeida, Colleen McIntyre, Margaret Coyle and Isabel Bolhuis have all spent time working in the garden, as well as praying the Rosary.

Angelina shared with me that it was a real labour of love for her. She is an avid gardener who has a large yard of her own that she cares for. She loves to garden and is happy to spend any spare time she has in the Rosary Garden. Over the years she has transplanted over 52 plants into the Rosary Garden. Some survive and some don't which means that it is evolving all the time. Her knowledge and expertise have been invaluable in maintaining and improving the flow-erbed in front of the Rosary Garden.

Angelina is particularly keen to keep the quack grass and other invasive weeds at bay and says the key is to get into the garden early and make sure that not just the green of the weeds but the entire root is pulled.

The arbour in the Rosary Garden, covered with climbing roses provides a beautiful welcome into the Rosary Garden. Isabel Bolhuis, whose husband Martin built the arbour; takes care of pruning and maintaining the roses with the help of Martin.

Benches along the pathway and in front of the statue of Mary, provide a place to sit, reflect and pray.

Margaret, Colleen and Isabel also clean the stones that make up the 'beads of the rosary' in the garden. Emmaus group has made a couple of replacement stones for a few in the garden that have not survived.



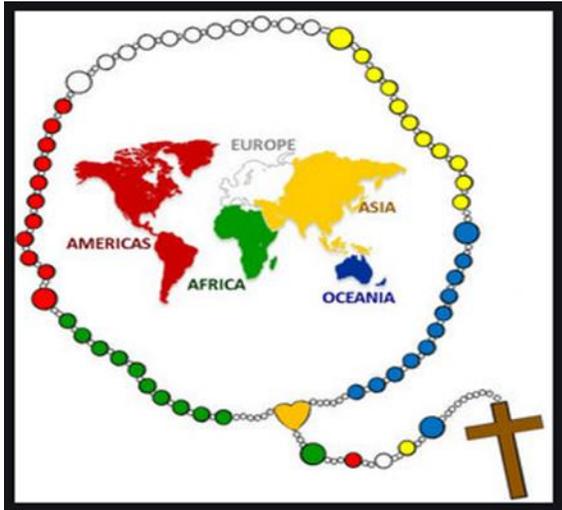
A shout out as well to Dave Hollman for helping with the heavy work, as well as working in the garden.

A special thanks to Father Mirek Kostarzewski, pastor at St. Mary's, for keeping the cross under the arbour (at the beginning of the Rosary pathway) clear of snow during the winter, as well as weeding and pruning the hedge around the Rosary Garden.

I invite you to say a little prayer of thanks when the beautiful flowers, trees, shrubs and pathway greet you as you visit St. Mary's.

Submitted by Yolanda Richards





**Pope Francis** ✓ @Pont... · 3h ✓  
Our God is near and asks us to be near to one another. Perhaps right now we cannot draw near physically to others for fear of contagion, but we can reawaken in ourselves a habit of drawing near to others through prayer and mutual help. #HomilySantaMarta

Emmaus has been praying the Rosary (using the “World Mission Rosary”; those of us who have one) for everyone in the world during the pandemic.

We have been praying the Rosary over the phone every Sunday since April 5<sup>th</sup>, and plan to continue until the last Sunday in June. One person starts off the Rosary and then they phone the next person and so on, until the Rosary chain is complete.

We pray that God will guide and bless all those who are suffering. We pray for all those who are facing uncertainty or having trouble meeting their basic needs. We pray for strength, courage, and faith. We pray for all those who have died, and all those who are mourning them. We pray for an end to the pandemic.

*Note: The **World Mission Rosary** was designed by Bishop Sheen in Feb. 1951, while serving as the National Director for the Society for the Propagation of the Faith.*

*Each colour represents the following areas of the world:*

**Green** - for the forests and grasslands of Africa.

**Blue** - for the ocean surrounding the Islands of the Pacific.

**White** - symbolizing Europe, the seat of the Holy Father, shepherd of the world.

**Red** - calling to mind the fire of faith that brought missionaries to the Americas.

**Yellow** - the morning light of the East, for Asia.

## **“Hope” is the Thing with Feathers**

~ Emily Dickinson

“Hope” is the thing with feathers -  
That perches in the soul -  
And sings the tune without the words -  
And never stops - at all -

And sweetest - in the Gale - is heard -  
And sore must be the storm -  
That could abash the little Bird  
That kept so many warm -

I’ve heard it in the chillest land -  
And on the strangest Sea -  
Yet - never - in Extremity,  
It asked a crumb - of me.

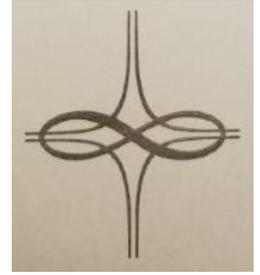


*"Hope" is the Thing with Feathers* is one of the best known of Emily Dickinson's poems.

An extended metaphor, it likens the concept of hope to a feathered bird that is permanently perched in the soul of every human. There it sings, never stopping in its quest to inspire.

~ Isabel Bolhuis

## FORMATION FOCUS:



Hello Brothers and Sisters in the UAC,

Who could have imagined how very different the world and life would look since the last In Via was sent out in February!

One of my favourite quotes is:

*"What lies behind us, and what lies before us, are tiny matters compared to what lies within us." ~ Ralph Waldo Emerson*

During this time of isolation there has been much time to ponder and reflect on what lies "within", as well as "who" and "what" are important in our lives. Perhaps the answers to the "who" and "what" has changed since pre-pandemic times. Perhaps we have also realized that we took many things for granted. Perhaps at times our faith has faltered in the face of all the uncertainty and feeling of being alone. And yet...and yet... there have been many unexpected blessings too.

So many stories...

- of people helping others "out of the goodness of their hearts"
- of people putting their lives at risk to care for the sick and dying
- of parents adapting to the new reality of schooling at home
  - (some in combination with working at home), and despite their exhaustion and feelings of inadequacy, finding joy and creativity in this new role
- of communities coming together to show support and thanks for health care workers and essential workers
- of people reconnecting and creating even stronger connections with friends and family
- of people from all around the world joining together in prayer
- of people realizing that despite their isolation they are not alone...

Stories full of faith, hope and love.

We are not alone...in the words of Nelson Mandela:

*"Our human compassion binds us the one to the other – not in pity or patronizingly, but as human beings who have learnt how to turn our common suffering into hope for the future."*

We are not alone...in the words of Pope Francis:

*"The Spirit loves us and knows everyone's place: for Him, we are not bits of confetti blown about by the wind, but irreplaceable fragments in His mosaic." ~ Pope Francis*

Even though our human interactions might look quite different these days, in pondering on what lies within us, the Pallottine Examination of Conscience is a beautiful reflection:

**“God of Infinite Love  
I thank you for the day ebbing away into night.  
Grant me an honest and clear mind to take a long, loving look at the realities  
of this day.**

What actions have I set into the world?  
Whom did I meet, and how did I encounter them?  
What events occurred, and how did I respond to them?  
In all these moments, O Lord, did I seek to respond to your Infinite Love?  
Were my responses inspired by your Infinite Mercy?  
Were my actions impelled by the love of Christ, your Son?  
Was I responsible out of love, or merely going through the motions?  
For all the moments when I was responsible out of love for you, I thank  
you for making me an apostle. I am grateful to you, for assisting me in  
spreading faith and enkindling charity. I am honoured that you  
called me by name to participate in the work of redemption, to set  
more apostolic light into the world.

**For the day that will dawn beyond the darkness of this night  
grant me, Father of Lights, the wisdom to know your will, the courage  
to choose your will, and the strength to make it endure. ``**

Amen

We are not alone...we pray to St. Vincent Pallotti:

``Saint Vincent Pallotti, your entire life was inspired  
by the motto: *‘the love of Christ urges us on’* (2 Cor 5:14),  
and all your actions were motivated by the glory of God.  
You wanted your life to be an unceasing dedication to God  
and to all people.

May the secret of your life work in our lives too.  
Let your pure and sublime love of God come upon us  
so that it may inflame our hearts  
especially when our zeal begins to diminish.  
Intercede for us with God for the grace of mercy  
that our love may remain true till death.``

Amen

In closing, just a little update on Preparatory Formation.

We have two people interested in going through formation, **Judy Ouimet** (wife of Roger Ouimet), and **Candace Schwarz**. We will be beginning our formation sessions on June 17<sup>th</sup> and we will do a couple of sessions before breaking for the summer and continuing in the fall. (Note: We will meet as a small group and follow social distancing guidelines.) Please keep Judy and Candace in your prayers as they learn about our Founder Saint Vincent Pallotti, Pallottine spirituality and prayer life.

May God bless you and keep you safe during these uncertain and unprecedented times,  
~ Isabel

P.S.

The following links were mentioned in the previous In Via, but just in case you haven't had a chance to check them out yet:

The link below is **the UAC website in Rome**. It is a great resource as well as a way to connect with Pallottine news from around the world:

<http://www.unionofcatholicapostolate.org/>

**Note:** if you scroll down to near the bottom of the Home page, you can take a virtual tour of SS. Salvatore in Onda; the church where St. Vincent Pallotti is enshrined. You can also take a virtual tour of the Museum and Room of St. Vincent Pallotti.

Below is a link to the **Catholic Apostolate Center in Maryland**. It has a lot of Resources and information, including videos you may be interested in taking a looking at:

<https://www.catholicapostolatecenter.org/>

### Misericordia

Misericordia group began in 1999. Our name translated loosely means mercy of the/in the heart. It implies being one with the suffering of another's heart. We felt that was something we wanted to be, people who are present to and compassionate with those who are suffering.



Our original members were: Anna Pelletier, Loretta Kohlman, Marion Damiani, Chris Edgar, Les Nielson, Theresa Beinsch, Irene Wieler, Anne Richmond, Herb Flaro, Evelyn Kruchten, Maria Jenkins, Dave and myself.

Our current members are: Loretta Kohlman, Theresa Nielsen, Irene Wieler, Jerry and Connie Maynard, Angelina d'Almeida, Lorraine Oakes, Dave and Barb Borle

\*\* Informal photo of Misericordia group members at Study Day presentation:  
Angelina d'Almeida, Dave Borle, Loretta Kohlman, Theresa Nielsen, Jerry & Connie Maynard



Please pray for the following:

- Bill Coyle would like to thank all those who prayed for him. He is feeling much better!

Please keep in your prayers all our ill members, those who are house-bound and our deceased members.

*May God show his infinite love and compassion at this time through the intercession of Our Lady Queen of Apostles and St. Vincent Pallotti.*

## MARK YOUR CALENDARS

COVID 19 – Dates were set prior to our world being impacted by the Corona virus.

\*\*Updates/changes will be sent out to let you know if these events will still take place.

**September 12 – CNCC meeting** for group Reps at Dave’s

**September 27 - Family Eucharist** in Calgary at St. Boniface Church. Mass at 5:00pm followed by potluck supper.

**October 17 - UAC Retreat** in Red Deer at St. Mary’s. More information to follow.

## SUBMISSION GUIDELINES

Submissions for In Via are welcome from all members of the UAC. Below is a list of categories that will be considered for publication. Please note that the editor has the discretion to use, omit or delay submitted material based on editorial guidelines prepared by the Canadian National Coordination Council, space limitations, or appropriateness of the submission for that particular issue.

### Categories

Group activities

New members or groups

Quotes

Articles

Poems

Recipes

Reflections

Pictures

### Content

Submissions should be no more than a 1/2 page in length and are subject to spelling and grammar checking. The editor may downsize the submission if deemed necessary for space consideration. Content should have a spiritual, educational or community-based focus. Pictures are always welcome. Submissions can be sent directly to the editor.

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**Editor:** Yolanda Richards -----