November 2017

BENE DICTUS

P9
Praise & Worship Night

P4
The Encounter

SAINT BENEDICT PARISH

45 Radcliffe Drive
Halifax, Nova Scotia, CANADA B3M 0E1
902-443-0725

Sunday Mass
Saturday: 4pm
Sunday: 9am, 11:15am, 6pm

Weekday Mass
Monday to Friday 9am

Confessions
Saturday: 3 - 3:45pm
Wednesday: 9:45 - 10:30am

Bene Dictus is your monthly newsletter available in print or in your email inbox.

NEW MEMBERS WELCOME!

Please stop by the Welcome Booth and Introduce yourself.

@SaintBP livestream.com/SaintBenedictParish

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CONTENTS

November 2017

Father Simon Says

2 / 3 November | In A Word: Team | Saints & Souls | Year End

The Encounter

4 For Kids in Grades 5 & 6

Ever Ancient, Ever new

5 Music at the 11:15 Mass

Lift High the Cross

6 Parishioner, Clifford Saulnier

Divine Renovation in the UK

7-8 Maintenance to Mission Conference

9 Praise & Worship Night - Nov 25

11 November - All Souls

13 Litany of Humility

14 Calendar

Next issue of Bene Dictus: December 11th

Saint Benedict Parish Clergy

Pastor, Fr. Simon Lobo, CC
Permanent Deacon, Dcn. David Viscount
Associate Pastor, Fr. Jim O'Connor
Intern Priest, Fr. Matthew Keshwah
Episcopal Vicar for Parish Renewal, Fr. James Mallon

Father Simon Says...

The first weekend of November was jam-packed. Many of our Alpha guests and team experienced the Weekend Away where they grew in their understanding and love of the Holy Spirit. Thanks to all who made the time to participate. May you, and all of us, continue to receive more of God's love being poured into our hearts.

That same weekend, the Archdiocese of Halifax-Yarmouth held their annual Assembly of the People of God. The faithful from all over the province gathered in our neighbourhood at Halifax West High School for talks and inspiration. The Assembly ended with 4pm Mass at Saint Benedict, and we were honoured to have Archbishop Mancini as the presider.

As you may know, Archbishop Mancini is a modern day representative of the apostles for us in Halifax-Yarmouth. We are called to love and support our shepherd, not because he is without any flaws, but because he has been chosen to lead us at this moment in the history of our Church.

I've been learning that leadership can be challenging. In recent weeks, our Archbishop has received a lot of negative press due to misperceptions and "fake news." I would ask that we continue to pray for our apostolic leader, that he may have courage and perseverance. By extension, please pray for all who work for the diocese, including some of our parishioners and Fr. James Mallon.

CONTINUED ON NEXT PAGE

FATHER SIMON SAYS CONTINUED

IN A WORD: TEAM

Last month, I was blessed to join Fr. James, Ron Huntley and Kate Robinson as we spoke at a conference in the UK titled Maintenance to Mission. There were 300 church leaders (including 100 Catholic priests) who gathered to learn from us about parish renewal and leadership. For me, the summary of the whole experience was the blessing of being a team. We shared the load, giving a variety of talks and workshops, but more than that, we modelled what we are trying to live out at Saint Benedict. Delegates could witness the love and unity between the four of us, which is a microcosm of the love and teamwork in our parish.

As I preached at the opening Mass, I observed: "Divine Renovation began with a book, but it has grown because of a team!" I'm grateful for the way God is using Fr. James as a visionary, and I'm so impressed by our parish – made up of people who have taken ownership for the mission. Everywhere I turn I am amazed by my staff team, the Alpha team, the teams of people ministering every Weekend... I could go on and on.

If you're reading this and you're still a spectator at our parish, I want to invite you to step up and join the team. We have a bold and exciting mission from God and we want you to be part of it.

SAINTS AND SOULS

This month our Church calendar places a particular emphasis on All Saints on November 1 (those who are already in heaven) and All Souls on November 2 (those who have died and might be in need of some final purification before entering the throne room of God). We held our annual Mass on All Souls' Day, inviting families of all those who lost loved ones in the past year and had funerals at our parish. Thank you to our Funeral team and our Consolation Choir for the ways you minister to these families.

YEAR END

Liturgically-speaking, our Catholic calendar comes to a close at the end of November. Advent kicks off a new liturgical year. We thought it would be fun to go out with a bang. On Saturday, November 25, we begin the celebration of Christ the King. That evening we will have a New @ SaintBP event. If you are new or have recently started attending but have never taken the step to officially become a member, we would love for you to come out to a casual wine and cheese gathering to learn more. It will take place in the St. Joseph Room from 6-7pm. Please register at the Welcome Booth so we can plan for numbers.

Starting at 7:30pm that Saturday, all are welcome for our Praise & Worship Night. I always look forward to these moments to let go and and get refilled. This can be an easy entry point for people who may not be familiar with Catholic liturgy. Please invite your friends, family members, neighbours, Connect Groups, the person who does your dry cleaning, etc. Let's finish this year strong!

The Encounter

Jenna LeBlanc
Bene Dictus Team

The Encounter is a new program for young people in grades 5 and 6 who are a little too old for children's programs and not quite old enough for The Experience. The preteens of our parish were kind enough to let this 20-something crash their October meeting and see what it's all about!

The environment was incredibly welcoming. I noticed lots of nervous parents at drop-off, but most of the participants were excited and ran off to get in on the action. It turned out that the first activity of the night was a fun game of human Mario Kart, where everyone got two balloons tied to their ankles and tried to pop others' balloons by stomping on them! It was a hilarious and fun way to start the evening.

"The Encounter is awesome!" - Isabel

Once all the balloons were popped and winners were declared, we settled in to meet the leaders of the program. The Encounter is jointly run by Laura O'Rourke from SBPKids and Ronnie Lunn from Youth Ministry. This great team encouraged lots of fun while keeping the chaos in check. Laura gave the evening's talk: Does God really care about the stuff I'm going through? She rocked a Wonder Woman t-shirt and earrings while explaining what it means to be a superhero, and how we can become superheroes in our everyday lives. Her talk included two videos that helped to bring her talk to life.

After Laura's talk, we broke off into small groups, and the grade 6 girls let me sit in. Both small group leaders were young – Meg is in high school, and Paige is in junior high – and it made a huge difference. The participants felt so comfortable sharing, and the leaders weren't adults trying to teach a lesson but fellow young people who have recently gone through the same struggles. We talked about some big stuff: what bullying looks like for girls, what kinds of things we do to live out our faith, how do we know if God is listening when we talk to him? Not everyone thought the same way, but there was lots of room for healthy disagreement which made our conversations even more interesting. We also ate Halloween candy – lots and lots and LOTS of candy.

After small groups, we ended the evening with a praise & worship song – an opportunity to sing and dance, but also a way to pray about all the things we'd been learning and talking about.

"This is only our second day, but it's really good!" - Emma

I had an amazing time at The Encounter! If this sounds like something you (or a young person in your life) might be interested in, come check it out from 6:30-8pm on November 14. Bring a water bottle and a friend!

Ever Ancient, Ever New: Music at the 11:15 Mass

Peter-Anthony Togni

The music sung and played at the 11:15am Mass at Saint Benedict Parish is a continued response to the Church's view of traditional sacred music, which is a "treasure of inestimable value." Music for traditional liturgy draws upon over a thousand years of tradition, much of it rooted in sacred and beautiful Gregorian chant. This is a tradition that is still alive, not a walk down memory lane. It is a tradition which is "ever ancient and ever new", as St. Augustine put it. Many of the great composers in the western world wrote music for this liturgy, including Palestrina, Mozart, Beethoven, Schubert, and Stravinsky. Even today there are composers who are writing traditional Catholic music.

Part of my ministry is to write music for our choir and congregation. Much of the music at the 11:15am Mass is sung in Latin. It may seem a bit strange in our modern world to praise God in an ancient and dead language, but the actual sound of Latin and Greek has a sacredness to it, a universality, reserved for the praise and worship of God!

At Mass, one can participate in different ways: by joining in the hymns, responses, and Mass parts; by praying through the choral meditations known as motets; by listening to the music played on the organ at the end of Mass. It's not important whether Mass is in Latin or English, it is the spirit of the music, and that one can be drawn into prayer. As Bishop Robert Barron says, music is an old idea and very powerful. We are shaped by what we hear. It is meant to harmonize us. The harmonies in nature, imitated by a musical artist, produce a harmony in us. This harmony is perhaps one way of thinking about the Trinity, a harmony that we hear and feel.

I like to think that when you come to the 11:15am Mass, you leave the world behind and are drawn into God's time, you are drawn into a place where heaven meets earth, a place of contemplation and joy! Pope Benedict XVI said it so beautifully in his book The Spirit of the Liturgy: "The singing of the Church comes ultimately out of love. It is the utter depth of love that produces the singing."

I am always on the lookout for new singers, and remember: you don't have to have a big voice or years of opera training to join our choir. You don't even have to read music! I am looking for a clear sounding voice that can blend, someone with good pitch and most importantly, one who is open to growing in the faith through the gift of music. The choir is becoming quite a family. We work hard, but have a lot of fun, and we have (on occasion) been known to end up at a local pub after a long hard night of trying to tune that perfect chord! If you are interested in joining the choir please contact me at peter@petertogni.com, or come see me at the end of Mass. It would be a great pleasure to meet you.

Lift High the Cross

Susan LeRue
Bene Dictus Team

Clifford has been hearing impaired since birth. His parents brought him to church since he was a baby. He is 83 years old, but age and hearing loss don't stop him from serving on the altar during weekday Mass.

When I asked him about altar serving, he uses American Sign Language to sign with a sparkle in his eye and a smile, "Yeah, I've taken the cross up a few times, I like doing things like that. I like to be as involved as I can, but you know, there is only so much really I can do at my age." Clifford has been known to take some time to scrape all of used gum off the pews in the church. How humble is that!

In spite of the language barrier hampering a connection with people at events like coffee socials or other get-togethers, he finds people are very friendly to him. He smiles as he says he thinks everyone here in the parish knows him by name. Then he chuckles a little because he doesn't always get to learn their names in return. "People have always been very kind to me in every church I've been to."

On his relationship with Jesus, he shares sometimes it has been very weak and other times very strong, depending on what has been going on in his life. There was a five year period when his son passed away, his relationship with God and with the church was very affected. He continues, "Over time, that has come back, I feel good again and I have that love for God and I am happy to be at Church."

Clifford worships with the deaf community and shares that it is always wonderful when an interpreter comes. He signs that he loves church and how wonderful it is to understand everything that's going on and to be involved. When an interpreter isn't available, he follows along in his Missal.

Clifford ends with this, "Whenever I get an opportunity to carry the cross, or anything like that, I really enjoy it."

Lift High the cross Clifford! Thank you for being an example of convicted, devoted service. You are such a blessing. Many thanks to Margie, the sign language interpreter, for taking the time to translate for us.

Maintenance to Mission UK

Matt Vaughan, talks to Kate Robinson about her recent trip to Europe.

What was the Maintenance To Mission Conference?

It was a gathering of church leaders from around the UK who are inspired by Divine Renovation and are committed to making parish renewal a reality. We met in mid-October at Saint Mary's University in Twickenham, London, with 300 attendees, including 100 priests.

Who from Saint Benedict Parish and Divine Renovation Ministry went?

Fr. Simon, Fr. James, Ron Huntley, and me.

What was shared at the conference? What did you speak about?

We spoke about leadership, parish culture, forming missionary disciples and developing parish teams. I spoke about effective communications, and the role of communications in transforming and renewing a parish culture. I also had the opportunity to speak about, senior leadership teams, which is a new way of forming parish leadership, which we model at Saint Benedict.

The people who came to my communications workshop came from a wide variety of roles and backgrounds with their parishes. They had a lot of questions about how to communicate changes around things like sacramental preparation, how to handle front-line communications, and how we use different tools like newsletters, websites and social media.

Was there a memorable moment (or two) that happened at the conference, outside of your talks and workshops?

It was a blessing to meet and interact with people who are passionate about parish renewal. It was fun to be there as a team, and to be working out of a team, even in our presentations. It's fair to say we grew as a team during the conference.

Conversations with various people running the conference were an absolute highlight as well. Hearing about their heartfelt support for Divine Renovation Ministry and Saint Benedict Parish, was edifying.

What did YOU get out of it?

Presenting and speaking helps me articulate better what we're doing here and that helps me grow as a leader. I'm reminded of the 'why' behind the things that we do, and that while things (like introducing change) may not always be easy, they're worth it if they help us focus on making disciples who joyfully live out the mission of Jesus Christ.

I also really appreciate hearing about the efforts and innovations of other parishes and always return with a renewed sense of gratitude for my parish home.

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Praise & Worship

Peter Mallette
Bene Dictus Team

On the eve of the Feast of Christ the King (Saturday, November 25th), Saint Benedict Parish will host another Praise & Worship night. Sarah and Phil Marmen are band leaders of the Praise & Worship night.

When did You begin leading Praise & Worship Nights at Saint Benedict Parish?
In the fall of 2015.

Who Typically attends?
It's for everyone. We tend to get people from ages 7 to 87.

So what's it Like?
Hopefully the music takes people on a journey--moves us at a heart level. Each song is a personal prayer put to music. We go from singing the lyrics to belonging to the lyrics. It's much different than a Sunday Mass because there is no Eucharist, so at Praise & Worship night we experience Christ in a different way. The lights in the church are dimmed and the band is much closer to the congregation. People are encouraged to sit close to the front, spread out, and let themselves be wrapped up in the spontaneous praise, and open to whatever they want to do to be closer to Christ..

Tell me more about the Praise & Worship journey.
Think of the letters P – R – A – Y.
We ease into the evening with Praise, a call to worship where we look to God and how amazing He is. The music is upbeat and intended to get people focussed and the juices flowing.
We then may come to an intimate time of Repentance, an awareness of our sins and suffering, where we ask Christ for help, and praise him for what he is capable of doing.
There is some silence built into the evening. It's an Awareness where we listen to God, and open ourselves up to the Holy Spirit.
We finish by Yielding, where we welcome God in, and allow ourselves to be vulnerable.
Praise & Worship nights can be exactly what you need if you feel broken or sad. There is a joy that comes out of a Praise and Worship night. It can be quite dramatic and it can change people's lives.

Advent Preaching Series:

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November: All Souls

November is the month of All Souls, where we remember and pray for the dead. One way to do that is to care for gravesites locally. Melissa Kane, a member of SaintBP who joined the church last Easter, volunteers at Holy Cross Cemetery on South Park Street, and is on the board for the Old Burying Ground Foundation.

How did you get involved in cemetery clean-up? What appealed to you about it?
Volunteering at Holy Cross Cemetery was mentioned in one of the weekly Archdiocesan emails this past May. I started participating in July. I've always found cemeteries to be interesting places – full of history and stories. It's important for the community to see that the cemetery is cared for and I like to help make that happen.

What does it involve?
There are many tasks: landscaping, weeding, raking, general maintenance of the grounds, painting, and adjusting headstones to make sure they are stable.

How often do you do it?
It is from 9am until 12pm every third Saturday, from May to October.

Is it something you would recommend to others?
Absolutely. It's a wonderful opportunity to meet people, spend time outside, and help maintain a historic cemetery.

Is there a spiritual component to this for you?
Volunteering at Holy Cross Cemetery gives me an opportunity to help make it a welcoming place for people to visit and, for whatever reason they are there, I pray they find it to be a tranquil and contemplative place.

How can others get involved?
We're finished for the year and will start up again in early May.

If you want more information on Catholic cemeteries in the city, or if you'd like to be involved in maintaining gravesites, go to: http://halifaxyarmouth.org/pastoral-services/catholic-cemeteries-of-halifax

May the souls of all the faithful departed, through the mercy of God, rest in peace. Amen.

PRAISE +
WORSHIP
NIGHT
NOVEMBER 25TH, 7:30PM

Litany of Humility

Cardinal Merry Del Val

O Jesus meek and humble of heart, *Hear me.*
From the desire of being esteemed, *Deliver me, Jesus.*
From the desire of being loved, *Deliver me, Jesus.*
From the desire of being extolled, *Deliver me, Jesus.*
From the desire of being honored, *Deliver me, Jesus.*
From the desire of being praised, *Deliver me, Jesus.*
From the desire of being preferred to others, *Deliver me, Jesus.*
From the desire of being consulted, *Deliver me, Jesus.*
From the desire of being approved, *Deliver me, Jesus.*
From the fear of being humiliated, *Deliver me, Jesus.*
From the fear of being despised, *Deliver me, Jesus.*
From the fear of suffering rebukes, *Deliver me, Jesus.*
From the fear of being calumniated, *Deliver me, Jesus.*
From the fear of being forgotten, *Deliver me, Jesus.*
From the fear of being ridiculed, *Deliver me, Jesus.*
From the fear of being wronged, *Deliver me, Jesus.*
From the fear of being suspected, *Deliver me, Jesus.*

That others may be loved more than I,
Jesus, grant me the grace to desire it.
That others may be esteemed more than I,
Jesus, grant me the grace to desire it.
That in the opinion of the world, others may increase, and I may decrease,
Jesus, grant me the grace to desire it.
That others may be chosen and I set aside,
Jesus, grant me the grace to desire it.
That others may be praised and I unnoticed,
Jesus, grant me the grace to desire it.
That others may be preferred to me in everything,
Jesus, grant me the grace to desire it.
That others may become holier than I, provided that I become as holy as I should,
Jesus, grant me the grace to desire it.

CALENDAR OF IMPORTANT DATES NOVEMBER 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
12 SBP Kids Preaching Series: Getting Rooted	13 Office Closed (Remembrance Day Observed)	14 Coffee Social The Encounter! (Grades 5 & 6)	15 Exposition of the Blessed Sacrament	16	17 Men's Leadership Gym	18 CWL Christmas Luncheon & Sale
19 SBP Kids Getting Rooted Name Tag Sunday	20 The Experience	21 Coffee Social Grief Support Group	22 Exposition of the Blessed Sacrament	23	24 Men's Leadership Gym Alpha	25 New @SaintBP Event Praise & Worship Night
26 SBP Kids Christ the King	27 The Experience	28	29 Exposition of the Blessed Sacrament	30	1 December Men's Leadership Gym Alpha	2 Advent Wreath Making (2-3:30pm)
3 1st Sunday of Advent SBP Kids Series: Room for Waiting	4 The Experience	5 Anointing of the Sick Coffee Social	6 Exposition of the Blessed Sacrament CWL Christmas Social	7	8 Men's Leadership Gym Alpha	9 Dec Bene Dictus comes out

Parish Staff Team (Office: 902-443-0725; Email: @saintbenedict.ca)

Darlene Bonang (Ex 0)
Office Manager
DarleneB@

Jen Ferrier (Ex 30)
Evangelization Coordinator
JenniferF@

Catherine Gould (Ex 27)
Discipleship Group Coordinator
CatherineG@

Bill Scollard (Ex 39)
Director of Pastoral Ministries
BillS@

Paul Lang (Ex 41)
AV & Music Coordinator
PaulL@

Ronnie Lunn (Ex 37)
Youth Ministry Coordinator
RonnieL@

Rob McDowell (Ex 26)
Director of Parish Life
RobM@

Ryan Orlando (Ex 40)
Facilities & Custodial Manager
RyanO@

Laura O'Rourke
Director of Children's Ministries
LauraO@

Kate Robinson (Ex 29)
Director of Communications
KateR@

Dinah Simmons (Ex 24)
Director of Sacraments & Liturgy
DinahS@

Joanne Thibeau (Ex 28)
Manager of Finance
JoanneT@

Matt Vaughan (Ex 42)
Communications Coordinator
MattV@

Chris Yetman (Ex 21)
Director of Engagement
ChrisYetman@

Financial Update - September 2017

Parish Debt Reduction	Rec'd	Total	Avg/
Envelopes	155	$3,570	$23
PAR (pre-authorized remittance)	66	$3,442	see note
Mortgage Balance (as of month end)		$647,907	
Interest Paid (on mortgage)		$1,972	
Principal Paid (on mortgage)		$9,466	

Principal payments include principal portion of monthly mortgage payment plus additional principal payments made from Parish Debt funds recieved.

Sunday Collections	Rec'd	Total	Avg/
Envelopes	1,290	$36,493	$28
PAR (pre-authorized remittance)	386	$53,008	see note

Note: PAR options include weekly, bi-weekly and monthly withdrawals; therefore a 'weekly' average is unavailable.

If you're interested in the sacraments of baptism or matrimony at Saint Benedict Parish, please note that in addition to preparation, we require that you get in touch with us a minimum of 3 months in advance of your hoped-for date for baptism and one year prior to your desired wedding date.

For more information on baptisms, please contact Carol: baptisms@saintbenedict.ca. For more information on weddings, please contact Deacon David: weddings@saintbenedict.ca.

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For funerals, please call the parish office (and listen to the prompts) to be connected with our funeral ministry team.