SEPTEMBER 2017

# BENE DICTUS

PHOTO: JOHN RAE

INVITATION P3
THE MAIN THING

MINISTRY P4
LIFE'S HEALING CHOICES

## SAINT BENEDICT PARISH

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

**PASTOR**
Fr. Simon Lobo, CC

**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

**SAINTBENEDICT.CA**

# CONTENTS

September 2017


## Father Simon Says

2 /3 SaintBP Serve | The Main Thing | All Hands on Deck | The Engine Room | Exaltation of the Holy Cross

## Ministry

4 Life's Healing Choices

## Alpha! A New Season Launches

5 What's Your Story? Walter Fekeshazy

## New Beginnings

7 A Reflection by John Rae

## Worship

9 Eucharistic Adoration, a Witness by Mike Pellerine


On the cover:
Congratulations to Amanda & Brent who celebrated the sacrament of holy matrimony at Saint Benedict Parish on May 27th.

Next issue of Bene Dictus: October 7th

## 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...

After a beautiful Halifax summer, it's time for some of us to go back to school, others to go back to work and all of us to get back into routine. It seems like a good time to launch a new preaching series to get us in the zone: New Beginnings. God is ever ancient and ever new, and, similarly, we want to enter into this season with a fresh zeal for what is tried and tested – the things that are bearing fruit. Perhaps it will be a time to re-commit to worshiping God at Mass every week? Some might see this as a moment to try out a new ministry or to serve in a more significant way (check out saintbenedict.ca/saintbpserve). Please don't wait to be asked but take the initiative to see how you can get involved and grow deeper in our community.

## The Main Thing

The founder of my religious community. Fr. Bob Bedard (1929-2011), spoke of the many different ways that God is at work in the world. He wrote, "Most of all, [God] inspires powerful ministries of evangelization which have the potential to draw multitudes of people into fervent commitment to him, to the Church, and to the Gospel, and he plants within them the burning fire of the Holy Spirit which transforms them and opens them up to being called into service." I see Alpha as one of these powerful ministries of evangelization, which has the potential to transform the human heart.

Our next Alphas (both Daytime and Evening sessions) begin on Friday, September 22nd. I would encourage any parishioners who have not taken Alpha to try it this Fall. At all of the weekend Masses on September 9/10

CONTINUED ON NEXT PAGE

and September 16/17, we will have lay witnesses sharing about their experience of Alpha. If you have someone in mind, who might be open to joining you for Mass one day, this would be a great opportunity for them to hear about Alpha from a "normal person" (as in, not a priest). God can do amazing things if we step out in faith and invite.

### All Hands on Deck

Between July 1st and Labour Day, there have been many staff transitions at Saint Benedict and with the Divine Renovation (DR) Ministry. Fr. James Mallon and I made the shift, with Anne Marie Sime continuing to support Fr. James in his new roles. Fr. Jim O'Connor (Associate) and Fr. Matthew Keshwah (Priest Intern) have arrived. Ron Huntley moved over full-time to DR, and Bill Scollard came onboard to replace him. Matt Vaughan just joined the team as Coordinator of Communications and Mission Support. Last but not least, Dan O'Rourke left his stable career to work full-time for JPII Media and DR. Needless to say, now that everyone is on site, we want to be intentional about re-forming each of our teams during this phase of "new beginnings".

### The Engine Room

There is no question that God has done and is doing a tremendous work at our parish. The stakes are high as so many around the globe are looking to us for hope.

With this in mind, I would like to ask every member to make a point of praying for Saint Benedict Parish and Divine Renovation Ministry on a regular basis. One of the ways we can do this is by spending time in the chapel (the Engine Room) before the Blessed Sacrament interceding for the mission. Furthermore, we have Exposition of the Blessed Sacrament throughout the day on Wednesdays; this is a very sacred way of going before God in prayer. Please see the article later this issue to hear more about the upcoming 24-hours of "engine-room-prayer" on October 4/5.

### The Exaltation of the Holy Cross

As many of you know, I am a priest with the Companions of the Cross (www.companionscross.org). One of our biggest feasts is the Exaltation of the Holy Cross, which takes place on Thursday, September 14th. You are welcome to join us for a special Mass that evening at 7pm at St. John Vianney (4 Beaverbank, Lower Sackville). Even if you can't make it, your prayers for my community are always appreciated.

# MINISTRY

## LIFE'S HEALING CHOICES

Life's Healing Choices Program offers an opportunity to make the connection between past hurts and how they can develop habits and hang-ups which interfere with the peace we are all seeking. Based on the Beatitudes (Matthew 5:3-10), Life's Healing Choices presents eight choices that are designed to guide you along God's healing pathway to wholeness, growth and spiritual maturity.

The first night (September 19th) is a mandatory information session where your questions will be answered as you are introduced to the group process and the content of the program.

### TESTIMONIALS FROM PREVIOUS PROGRAM PARTICIPANTS:

"Life's Healing Choices was very instrumental in my healing process. I had a lot of pain and hurt inside. This program assisted me in facing these issues and allowed me to start healing. At the same time, it also helped me grow in my relationship with God. I am very thankful that I decided to take this course."

"It was the Life's Healing Choices program that opened my mind, heart and soul to God's love and made me a true believer...As I attended our Tuesday evening meetings, listened, talked, prayed and had fun- healing, belief and happiness entered into my life. One of the key features of this program is that it does not focus on one particular problem. It brings benefits to everyone with a variety of issues.
I thank God that now I am a true believer, and a member in heart and soul as well as body, of Saint Benedict Parish. Life's Healing Choices saved my life."

"This program afforded me the tools to begin the healing process; tools I will use repeatedly as I continue my journey of healing through faith. My experience with Life's Healing Choices was very personal and transformative. It brought me from a place of great darkness to one where I felt loved and accepted despite my failings."

**TO REGISTER (SPACE LIMITED) OR FOR MORE INFORMATION PLEASE CONTACT LAURA:**
**MSLAURAWATSON@GMAIL.COM**
**902-476-1389**

**LIFE'S HEALING CHOICES**
**10 TUESDAY EVENINGS**
**SEPTEMBER 19 - NOVEMBER 21**
**7-9PM**

# ALPHA

**Peter Mallette**
Bene Dictus Team

On Pentecost Sunday, Walter Fekeshazy was one of dozens of SBP members who publicly declared that they had recently become Disciples of Christ. We were curious to know more.

### How did you become a disciple of Christ?

"For so many years, something was missing in my life. In November of 2016 everything changed. I committed myself to Alpha (after hearing Fr. James talk about it for so many weeks) and Alpha made me realize that I had a hunger for Jesus that I wasn't aware of, so and I jumped right in to find out more.

Alpha was like a holy kick in the pants. I had a powerful encounter with the Holy Spirit at The Weekend Away and it was a turning point for me. My whole life changed in an instant. I felt cleansed and it was the most profound thing to happen to me since getting married and having kids. It was like a spiritual rebirth."

### What was your life like before that?

"I was never much of a church goer and hadn't been to church in years except for weddings, funerals and holidays. I was a loner most of my life, took the wrong path a few times, and always thought I was the toughest guy in the world. If there would have been Ultimate Fighting Challenge (UFC) when I was a kid, I would have been a champion because I was a fighter my whole life. I didn't care about anybody but myself and my family. Nothing else mattered.

### What differences have you and others noticed?

Now that I am cultivating my relationship with Jesus, I am aware that there's been a shift in my thoughts and behaviour. My wife has commented that I am more understanding, compassionate and calmer. For the first time in decades I am able to show emotion. Tears come easy and it feels good to cry. I also think I am less judgemental.

### How does it feel to be a Disciple of Christ?

I sometimes feel like I am seeing everything with new eyes as I reflect on creation and God's words. I never put any thought into that before. I have never been much of a reader and now I enjoy reading religious books. When I walk my dogs, I listen to Christian music and with my headphones on, I look up, and I sing to God without worrying about what people think. That is so spiritually rewarding. I sometimes wonder how this can be happening to me. I'm just an ordinary Joe.

### So what's next for you as a new Disciple of Christ?

Because I left the church at a young age, my mother recently reminded me that I have never been confirmed, so I have been thinking about that. My spiritual rebirth has been awesome and my hunger to learn more about God has gone from zero to 100 percent in a matter of months. I'd say it's been quite a year and I'm waiting for the next miracle in my life to unfold.

# Alpha @SaintBP

## FRIDAY SEPTEMBER 22ND

**DAYTIME: 9:45AM**

**EVENING: 6:30PM**

**Join the adventure**

## Please register: saintbenedict.ca/alpha

**For Evening Alpha on September 22nd, arrival prior to 6:30pm is helpful.**


粵皇軒
Canton Garden Restaurant
Specializing in Cantonese Cuisine

30 Farnham Gate Road
**902-406-7788**

Matella EVENT CONCEPTS

**Event Planning and Communication**

**Weddings, Birthdays, Anniversaries, Meetings & Conventions.**

Matellaeventconcepts@gmail.com
www.matellaeventconcepts.com
Phone: 902-329-5888

Make the **Green** Decision. **GO BOTTLELESS!** It's Environmentally Friendly, Economical and Hassle Free!

Contact us today for a **FREE** consultation 902-576-3062
**www.alpinewater.ca**

# New Beginnings

## Reflection

**John Rae**
Bene Dictus Team

Our Christian faith is not 'idea' driven, like a philosophy or an ideology, but it is 'event' driven. It is the historical event of the death and resurrection of Jesus that seeds our faith and it is the weekly event of the Liturgy of the Eucharist (the Marriage Supper of the Lamb) where our faith is nourished.
In Celtic Spirituality, an event can be the occasion for a "thin place" to appear where the membrane separating Heaven and Earth is stretched out and becomes translucent.
To quote Pope Benedict XVI, from the encyclical Deus Caritas Est, "Being Christian is not the result of an ethical choice or a lofty idea, but the encounter with an event, a person, which gives life a new horizon and a decisive direction."
The nuptial event is the prime symbol for the Church's relationship to Christ; collectively we are the "Bride of Christ". In the normal course of events, by entering into the sacrament of marriage, a couple open themselves up, at an intimate level, to the mystery of God and agree to accept and work with whatever future graces He wishes to bestow.
In our life as a Parish, the major event of Father Simon becoming our pastor places us on the threshold of the next stage of our collective journey. One of the covenants, of the nuptial bond, is that the marriage relationship will be a society of mutual help and comfort. As Father Simon prepares to lift us over that threshold and into our future, let us lift him up in prayer.

# Becoming Catholic

RCIA (Rite of Christian Initiation of Adults): If you are interested in becoming Catholic or completing your initiation by celebrating confirmation and/or first communion as an adult, you're invited to an orientation session on **Sunday, September 24th (4-6pm, Auditorium).**
Please send us an email (rcia@saintbenedict.ca) so we can plan for numbers.

# The Encounter

(Grades 5 & 6)

## Second Tuesday of Every Month!

6:30 - 8PM

Contact Laura or Ronnie

YOU'RE INVITED TO

# The Experience

BEGINNING SEPTEMBER 18TH | 7-9 PM | AUDITORIUM

- **grades 7-12 welcome (non-church members welcome- bring a friend!)**
- **no fees or pre-registration**
- **every Monday night**

If you're interested in joining the team, or need more information, contact Ronnie Lunn, ronniel@saintbenedict.ca, 902- 443-0725 (37).


HOME TO Home Inc

**Relocating? Overwhelmed?**
Call me for a proven "Step by Step" written plan with effective downsizing tactics to help you:
**Prioritize, Categorize, Condense, Consign and Repurpose**

Sheila Kidd
RN, CIR
Downsizing & Relocation Specialist

*Call Sheila Today!* (902) 483-2593
Email: sheila_kidd@bellaliant.net

How do you want to be remembered?
FREE Pre-Planning Kit
Call 902-453-1434
Atlantic Funeral Homes Halifax Chapel
by Arbor Memorial
Arbor Memorial Inc.

since 1934
THOMPSON'S
MOVING & STORAGE
a great move!
902-469-5100
www.thompsonsmoving.ca

# Worship

## Eucharistic Adoration

**Mike Pellerine**

Adorer

In one of his homilies during the season of Lent, Fr. Simon spoke about prayer, almsgiving and fasting. He wanted us to understand that fasting is not the only Lenten practice we should consider.

We can add almsgiving and prayer, such as spending one hour with Jesus in Eucharistic Adoration. This made quite an impression on me so I went home and pondered the idea. After a few days, I decided to go to Adoration on Wednesdays between 9 and 10pm. Normally I would have simply given up chocolate or dessert for Lent.

The first time I went to the chapel, it was like walking into another world. The room was so quiet and I felt a peace I had never experienced before. I began to notice that Wednesdays had become my favorite day of the week. I could not wait to come home from work in order to get ready for Adoration. It surprised me that I continued to go when Lent was over. I could not give up this special time with Jesus. I also enjoy the repose of the Blessed Sacrament when placing Jesus back in the Tabernacle. I love the prayers and song.

Eucharistic Adoration is a powerful spiritual experience that allows me to sit silently with Jesus to pray about the previous week and the week ahead. I ask Him for the grace to include Him in all my daily activities. He always comes through. Adoration has touched my heart so deeply that I have grown substantially in my faith journey. It only takes one hour of my week, but the graces I receive are numerous! We are so fortunate to have this ministry here at Saint Benedict Parish!

**In addition to the weekly time of Exposition of the Blessed Sacrament (Wednesdays, 9:45am - 10pm) the Adoration Ministry team is holding '24-hours before the Blessed Sacrament' October 4th - 5th. Please consider signing up (after mass September 23/24).**

HALIFAX apartments.ca
1, 2 & 3 Bedroom Apartments
FIND A PLACE TO CALL HOME
WM Fares Group
Contact Kristi 902-401-6732
halifaxapartments.ca

Fisherman's Market Est. 1948 Fine Quality Seafood & Lobster
• Weekend Specials
• Gift Cards
• Platters
• Sushi Products
607 Bedford Hwy., Halifax NS B3M 2L6
443-FISH (3474)
Your Neighbourhood Quality Seafood & Live Lobster Store Since 1948
Best Fishes For All
www.FishermansMarket.com

# CALENDAR OF IMPORTANT DATES SEPTEMBER 2017

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|---|---|---|---|
| 10<br>SBP Kids<br>Preaching Series: New Beginnings | 11<br>The Experience Team Training | 12<br>The Encounter (Grades 5 & 6) | 13<br>Exposition of the Blessed Sacrament | 14 | 15<br>Men's Leadership Gym | 16<br>Confessions 3-3:45pm<br>New @SaintBP Event |
| 17<br>SBP Kids<br>New Beginnings | 18<br>The Experience (Grades 7-12) | 19 SBP Podcast<br>Grief Support Group<br>Life's Healing Choices | 20<br>Exposition of the Blessed Sacrament<br>*Gym to Knight | 21 | 22<br>Men's Leadership Gym<br>Alpha Starts! | 23<br>Confessions 3-3:45pm<br>Leadership Summit |
| 24 SBP Kids<br>New Beginnings<br>RCIA Orientation Session | 25<br>The Experience (Grades 7-12) | 26<br>Life's Healing Choices | 27<br>Exposition of the Blessed Sacrament | 28 | 29<br>Men's Leadership Gym | 30<br>Confessions 3-3:45pm |
| 1 October<br>SBP Kids<br>New Beginnings | 2<br>The Experience (Grades 7-12) | 3<br>SBP Podcast Released<br>Life's Healing Choices | 4<br>24 Hours of Exposition of the Blessed Sacrament | 5 | 6<br>Men's Leadership Gym | 7<br>Confessions 3-3:45pm |

## GYM- TO- NIGHT

For men
sing
a faith talk
small groups
song and prayer.
3rd Wednesday of every month
6:30 for 7pm start.

## SBPkids

Forming little disciples

**SHINE** Seeking Him in Everything

**Sunday Mornings**
← 9am →
&
← 11:15am

**WOW** Wee Ones' Word

Rafah DiCostanzo
MLA Clayton Park West
902-443-8318
rafah@rafahdicostanzo.com
287 Lacewood Dr, Suite 303
Halifax, NS B3M 3Y7
RafahDiCostanzoNS RafahDiCostanzoNS @RafahDiCostanzo

VENTURA REALTY LTD
KNOWLEDGE AND EXPERIENCE WORKING FOR YOU

Marilisa Benigno
Realtor/Parishioner
REALTOR® MLS MULTIPLE LISTING SERVICE
902.830.1343
marilisa@venturarealty.ca
www.venturarealty.ca

PRINT 101
PRINT. SIGNAGE. DESIGN.
SPECIALIZING IN:
DIGITAL & OFFSET PRINTING
LARGE FORMAT
GRAPHIC DESIGN
902.442.4144 • print101.ca

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

**Darlene Bonang (ex 0)**
Office Manager
DarleneB@

**Cheryl Boudreau**
Administrative Assistant
CherylB@

**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**
Communications Coordinator
MattV@

**Chris Yetman (ex 21)**
Director of Engagement
ChrisYetman@

## Financial Update - July 2017

| Parish Debt Reduction | Rec'd | Total | Avg/ |
|---|---|---|---|
| Envelopes | 174 | $4,185 | $24 |
| PAR (pre-authorized remittance) | 67 | $3,557 | see note |
| Mortgage Balance (as of month end) | | $672,844 | |
| Interest Paid (on mortgage) | | $1,942 | |
| Principal Paid (on mortgage) | | $9,495 | |

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 | 1,483 | $40,510 | $27 |
| PAR (pre-authorized remittance) | 385 | $51,654 | 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.

**********

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