



# STICIOD NEB



PHOTO: JOHN RAE

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SPIRITUAL SAWDUST   
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ALONG FOR THE RIDE 

## SAINT BENEDICT PARISH

45 Radcliffe Drive  
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### 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

## INTERESTED IN BECOMING A MEMBER?

Visit the Welcome Centre in the foyer  
after Mass for more information!



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*The Bene Dictus is your monthly magazine featuring stories about how Saint Benedict Parish forms disciples who joyfully live out the mission of Jesus Christ. It is available in print or in your email inbox.*

*The next issue of the Bene Dictus will be released on the weekend of April 6<sup>th</sup>/7<sup>th</sup>.*

*On the cover:*

*Fr. Alex incenses the altar at Mass.*

## **SAINT BENEDICT PARISH CLERGY**

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Associate Pastor: Fr. Alex Colautti, CC

Intern Priest: Fr. John Farley

Permanent Deacon: Deacon David Viscount

Episcopal Vicar for Parish Renewal: Fr. James Mallon

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**BENE DICTUS - March 2019**





## FATHER SIMON SAYS...



**Fr. Simon Lobo, CC**  
Pastor

### THE PROTECTION OF MINORS IN THE CHURCH

There was a gathering of bishops in Rome from February 21<sup>st</sup> to 24<sup>th</sup> to discuss the clergy sexual abuse crisis. This was another small step on the journey of healing for victims and purification of the Church, which will take many years to truly resolve. As a parish, we have been praying for healing and will continue to do so. If you would like to learn more about the Church's response, I would encourage you to go to the primary sources. You can find Pope Francis' address at [www.pbc2019.org/home](http://www.pbc2019.org/home).

Our own Archbishop Mancini was involved in a project with the Canadian Conference of Catholic Bishops to develop a substantial response. The document is about 150 pages and is titled *Protecting Minors from Sexual Abuse*. We have one hard copy in the parish office, which anyone is welcome to borrow. We will be sending out a digital copy in an upcoming Overview.

Locally, Archbishop Mancini is also inviting anyone to join him for a day of conversation and prayer regarding the impact of the sexual abuse crisis on Saturday, March 23<sup>rd</sup> from 9am-4pm. It will take place at the Atlantic School of Theology. Space is limited so please register soon at [www.halifaxyarmouth.org](http://www.halifaxyarmouth.org).

### SINGING IS PRAYING TWICE

On February 23<sup>rd</sup> we had our largest Praise & Worship night to date, with 250 people coming together. Many said that they felt like it was a breakthrough moment for us. Thanks to the worship band, Scott LeBlanc in his role as MC, Laura O'Rourke who gave a powerful talk, and

continued on next page  
[saintbenedict.ca](http://saintbenedict.ca) **2**

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# FATHER SIMON SAYS **continued**

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everyone who offered prayer ministry. A few people experienced physical healing, others surrendered their lives to Jesus in a new way, and others were re-filled with the Holy Spirit.

Special thanks to Paul Lang and his AV team for getting our new sound system and sound panels ready in time for that evening of prayer. Several parishioners have commented that they can hear everything so clearly now. (It makes me wonder if anyone actually heard the last few years worth of homilies!)

On Saturday, March 23<sup>rd</sup> we will have another Gregorian Prayer Night with Exposition of the Blessed Sacrament. This is an equally beautiful way to pray but with a totally different style of music. Please come out and invite a friend.

## **LENT IS UPON US**

We are launching our annual Lenten parish-wide Discipleship Groups. We are excited to be using the brand new book, *Mary Magdalene: Apostle to the Apostles*, written by our beloved staff member Dinah Simmons. Please purchase a copy for \$12 at the glass display case in the foyer or at the parish office. As always, you can form your own group and meet at a convenient time and location. Alternatively, you can join the larger group gatherings on Wednesday morning or Wednesday evening in the parish auditorium on March 13<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup>, and April 10<sup>th</sup>. For more information and to register, go to [saintbenedict.ca/discipleshipgroups](http://saintbenedict.ca/discipleshipgroups).

We will also be having a Parish Mission with guest speaker Vernon Robertson. He is a powerful communicator, born in Scotland

(sound familiar?), who is truly led by the Holy Spirit. He has developed the 'Seminar of Hope: How to Pray for Sons and Daughters and Loved Ones'. He will be with us the weekend of March 31<sup>st</sup> and will be leading the Parish Mission from April 1<sup>st</sup> to 3<sup>rd</sup>. The main evening sessions will start at 7pm and there will be shorter, more informal morning sessions after 9am Mass in the parish auditorium. Once again, this will be a powerful gathering to invite loved ones to attend.

## **SUPPORTING REFUGEES**

The tragic fire and the loss of life that the Barho family in Spryfield has experienced is unimaginable. I offered Mass for the mom, the father who is in critical condition, and for the repose of the souls of the children. In conversation with Chris Yetman, we have made a charitable donation to support this family. We also have some funds remaining from previous collections for refugees, and we've decided to offer this money to a special fund at the Archdiocese that directs money to other parishes who are currently sponsoring families.

## **PARISH PASTORAL COUNCIL REBOOT**

I am excited to say that our Pastoral Council is back online. Thanks to all of those who expressed interest when I made an appeal in the Fall for new members. We are up to full strength and have started monthly meetings. I am grateful for the diversity of opinions and gifts around the table and for the dedication of Sharal Riggs, our new Pastoral Council chair. Please pray for the Council as we enter into long range strategic planning. May we catch God's will for the future of our parish. ☺



# HEAVEN BROKE LOOSE



**Noreen Smith**  
**Bene Dictus Team**

*This reflection is on next Sunday's Gospel, Luke 9:28-36.*

There are moments when the barrier between here and heaven thins, and the weight of heaven falls through the dividing membrane into the mundane.

Jesus rose up to the surface of the River Jordan and prayed, and all Heaven broke loose.

The Son breathed the air.  
The Spirit came to rest.  
The Father spoke a blessing.

In that first time, before he started anything, he was Beloved.  
Now, as he is coming into his purpose, his Kingdom, he is Chosen.

A conversation about what's coming reveals the glory hiding in plain sight. It starts as discussion between a Father and Son, Jesus praying, and spreads to a circle of conversation with Moses and Elijah. And as the weight of all the Law and the Prophets gather to speak with the King about what Love is about to accomplish on the cross, Heaven can't help but colour an overlay of itself on their faces. And the fishermen are caught up in it all. They breathe it in, living for the moment on a line where beauty and terror overlap. And then the Voice. A moment on the mountain.

The men shook at the splendour.  
The Son shone in surrender.  
The Father spoke of selection.

He chose him. He chose him for this. He chose his Son. For the fishermen. For me. For you. So that we could breathe it in — His glory, His beauty, His perfection, His presence — and live. All the fishermen need to do, all I need to do, all you need to do, is choose him, too. Choose to listen to Jesus. He is calling us. He is calling every person we bump into every day in our lives. He is calling us all to come close. Listen. In

the grocery store line-up. Listen. In a conversation filled with conflict. Listen. In a coffee shop between friends. Listen. In caring for a child or a parent. Listen. In cleaning up someone else's mess. Listen. All these moments he

offers you and me chance to surrender, and have his kingdom come, his will be done, on earth as it is in heaven.

Peter, James and John didn't speak the moment they came off the mountain, but there came a moment when they did. And because they widened the circle of the conversation of what Love accomplished on the cross, I got to hear Jesus. I got a chance to listen, and took it. Father, help me to join in this widening wonder.

*Noreen is a contributor to Ora, where you can read reflections for the weekend Mass readings. Go to [oraministry.weebly.com](http://oraministry.weebly.com) to read more.* 



# SPIRITUAL SAWDUST



**John Rae**

**Bene Dictus Team**


I was in The Brick in Bayer's Lake the other day, and I overheard a sales clerk pitching some furniture to a couple. "It uses the latest technology in furniture making," she said emphatically. "It's made from engineered wood!" I think, "What's engineered wood?" It turns out that it is sawdust and glue pressure-molded by a machine that also presses on a thin plastic wood grain veneer.

Compare this approach to a more artistic approach in furniture making. For the artist, the nature and character of the piece of wood to be sculpted is important. The flow of the grain, the colour, and the texture of the wood are all elements to be worked with. With 'engineered' wood, all that is important is that the wood can be ground into sawdust.

The word 'devil' means to break apart and scatter. "The evil of our times consists in the first place in a kind of degradation, indeed in a pulverization, of the fundamental uniqueness of each human person," said St. John Paul II. Our person is reduced to a formless mass of

'spiritual sawdust', vulnerable to every modern ideology that wants to mold us to its specifications. Whatever we get formed into by pressure, our authenticity will be only a thin veneer, and our chaos will be lurking just below the surface. This is a soul destroying process, but there is an antidote: to enter into a soul-saving relationship.

To quote from the liturgy, "O Lord... you never cease to gather," whether that's a people to himself or the broken pieces of our lives, God is in the gathering business. In Ephesians 1:10, Paul says, "In the fullness of time, He will gather all things together in Christ." In the Old Testament, Jeremiah prayed, "God, pick up the pieces. Put me back together again. You are my praise!" (Jeremiah 17:14.)

Our Salvation has many elements, including Reconciliation. One of the aspects of Reconciliation is that we will be eventually 're-Edened'. We will be restored to our pristine condition, we will become like Christ, as one without sin. The sacrament of Reconciliation helps us, here and now, to enter into this promise. It lets us be selected by that master carpenter, from Nazareth, to be lovingly shaped and worked into the holy artifact that we were always meant to be. 

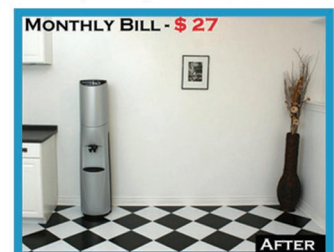
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# LENTEN MISSION

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**APRIL 1-3**

## VERNON ROBERTSON, SEMINAR OF HOPE

*Evening sessions at 7pm,  
morning sessions after  
9am Mass on 2nd & 3rd*

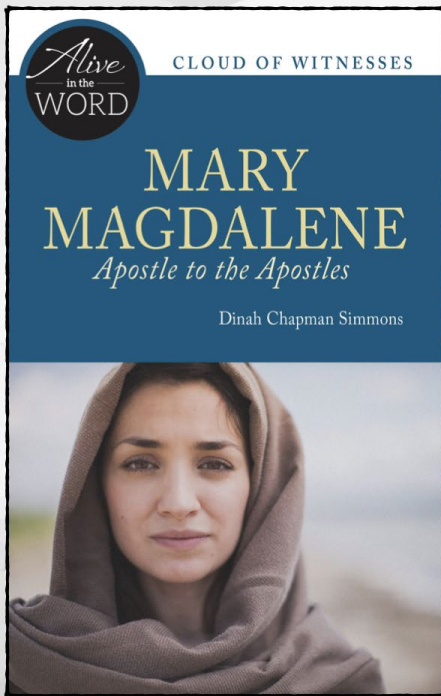




# FIRST COMMUNION







# Lenten Discipleship Groups

[saintbenedict.ca/discipleshipgroups](http://saintbenedict.ca/discipleshipgroups)

**What do the gospels tell us about Mary Magdalene? She was a committed disciple of Jesus during his public ministry and at the cross. She was the first to encounter the risen Lord on Easter morning. And she received his commission to be the apostle to the apostles. Through Dinah's reflections on these experiences, Mary Magdalene invites us into a deeper relationship with the Lord Jesus.**

***To sign up for a Discipleship Group, or to lead one, go to [saintbenedict.ca/discipleshipgroups](http://saintbenedict.ca/discipleshipgroups).***

*On the opposite page: some photographs from the First Communions celebrated at the 9am Sunday Mass on February 10th. "While they were eating, Jesus took bread, said the blessing, broke it, and giving it to his disciples said, "Take and eat; this is my body." – Matthew 26:26*

*Photo credit: John Rae & Adele Beaton*

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# ALONG FOR THE RIDE



**Peter Mallette**  
**Bene Dictus Team**

World Youth Day was started by Pope John Paul II in 1985 as an event for young people. Since then, tens of millions of young Catholics have made the pilgrimage to World Youth Day, the highlight of which is always an appearance by the pope.

Eric Myatt attended his first of three World Youth Days back in 2002 in Toronto. He was 20 years old.

“My brother and sister were going. So were people from my parish, St. Anne’s in Lake Echo. I had a good friend from high school going so I thought, ‘Why not, I’ll go too.’ But I was just along for the ride.”

As a young university student, Eric admits his faith didn’t mean much to him. He went to church on Sundays but faith didn’t impact any other area of his life. World Youth Day 2002 opened his eyes to faith.

“Encountering 800,000 young people in a field with Pope John Paul II was a big deal. Until then, I was never personally challenged or invited to respond to Jesus. I don’t know why I didn’t connect the dots before.”

Eric’s journey with Jesus began shortly after his return from World Youth Day at a Catholic Christian Outreach (CCO) conference in Vancouver.

“There was a priest there who spoke in a way that I had never heard anyone speak so passionately and personally about Jesus before. He explained that we were created to have a relationship with Jesus and that it was the meaning of life. I went to confession for the first time in years, and was blown away by Jesus’ love and mercy.”

Back home in Halifax, Eric was in a committed relationship with his girlfriend. He graduated from Dalhousie University and started working for CCO, a university student movement dedicated to evangelization.



In August 2005, fairly new at his job as a CCO missionary, Eric attended his second World Youth Day, this one in Cologne, Germany. Pope John Paul II had died four months earlier. Close to a million people were there to witness his successor, Pope

Benedict XVI, celebrate the concluding mass.

“That was so cool.”

That girl Eric was dating in university, Angie, is now his wife, and they have four children, who range in age from 3 to 10 years old. It is understandably a busy household. When Eric started working for CCO as a campus missionary, he signed up for three years. 13 years later, he is now the Director of the Eastern Region and manages nine university campuses.



“The best part of working with CCO is seeing people come to Jesus and what He has done for them. The second-best part is seeing the excitement and joy of someone who has experienced the power of sharing the Gospel with someone else.”

World Youth Day 2019 was held in January in Panama City where Pope Francis celebrated the closing Mass. Eric attended as a missionary along with 14 other CCO alumni.

“I shared with our group at the beginning that I was on the look-out for someone just like me, when I attended my first WYD 17 years ago, someone who hadn’t been invited to come to Jesus, or who didn’t have Jesus at the centre of their lives.”

Another reason Eric was in Panama City is that he is a gifted musician, and was asked to lead praise and worship at three breakout sessions for English speaking pilgrims.

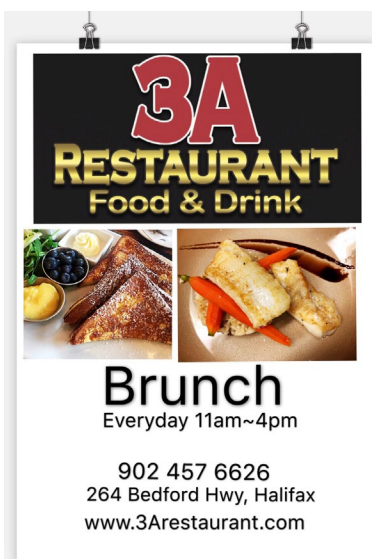
“This guy who was with a group from Tanzania comes up to me and says he really liked the music. We started a great

conversation. He told me he was married, and in his mid-twenties. When I asked him if he was leading his group, his exact words to me were, ‘No, I’m just along for the ride.’”

Within minutes, they were praying, and Eric says the young man told him he was finally ready to put Jesus at the centre of his life. Eric says finding that one person really was a gift from God.

“That experience at World Youth Day knocked the rust off of my missionary zeal. This put me back in the trenches. I experienced evangelization in a way that I haven’t experienced it in a long time. I have new confidence in our mission and a new appreciation for inviting people to have a personal relationship with Jesus and share the Gospel.”

The next World Youth Day will be held in 2022 in Lisbon, Portugal. Eric doesn’t know if he’ll be there, but if he is, you can expect him to be on the lookout for someone who is “just along for the ride.” 🙏



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# ASH WEDNESDAY



**Taya Vaci**  
**Bene Dictus Team**

Ash Wednesday marks the start of Lent, a season with fasting, prayer, and self-reflection.

Parishioners are invited to receive ashes on their foreheads during Ash Wednesday Mass. Ashes are a symbol of mortality. When applied, often the words, “Remember that you are dust, and to dust you shall return,” are spoken. Lent is a time for us to reflect on how we are called to die from our sinfulness and live more in Christ’s image.

While Lent has become synonymous with the question “What are you giving up?” it can also be a season to adopt a new behavior, like increasing time for prayer, committing to reading scripture daily, or sharing your faith with unchurched friends. Perhaps you mentally document your personal testimony, so it is readily available if the opportunity arises. Taking on these new behaviors can help us live a more Christ-focused life.

Prior to becoming Catholic, I didn’t know anything about Lent or Ash Wednesday. As a child I remember seeing a group of people with smudged foreheads and thinking they were an assembly of coal miners. A while later I saw a news anchor with ashes and was shocked that none of his peers had told him to wipe his forehead before going on TV. I figured they must have been gunning for his job! I never imagined that there was any correlation to these ashes and faith. In my defense, the ashes in these scenarios looked more like a smudge or blob, not a cross.

The first time I received ashes, I stopped at the gas station on my way home from Mass.



As I pumped gas, a handful of people looked at me strangely. Finally, the gas attendant kindly told me that I “had some dirt on my face.” I embarrassingly thanked him and left, with no explanation. Reflecting, I realize now that my gas station incident was a missed opportunity for evangelization. There are multitudes of people who know nothing about Lent. People who know nothing about Jesus and the love He has for them.

Sometimes I reflect on that encounter at the gas station and I pray for that attendant. I think it was guaranteed to be an awkward location to evangelize. Maybe the attendant would have even shooed me away. I’ll never know, because I missed the opportunity. But I would like to think that in God’s timing, someone braver than I, would meet that same attendant and share with him the symbolism behind the ashes, that an opportunity to evangelize would be presented, that a response to, “You have some dirt on your face,” would result in a bold invitation to try Alpha.

Living in Christ’s image can be as simple as sharing our faith with others. On Ash Wednesday, we are marked with the dust from which God made us. It is through God that we have life. This Lent, let’s commit to sharing that message. ☺

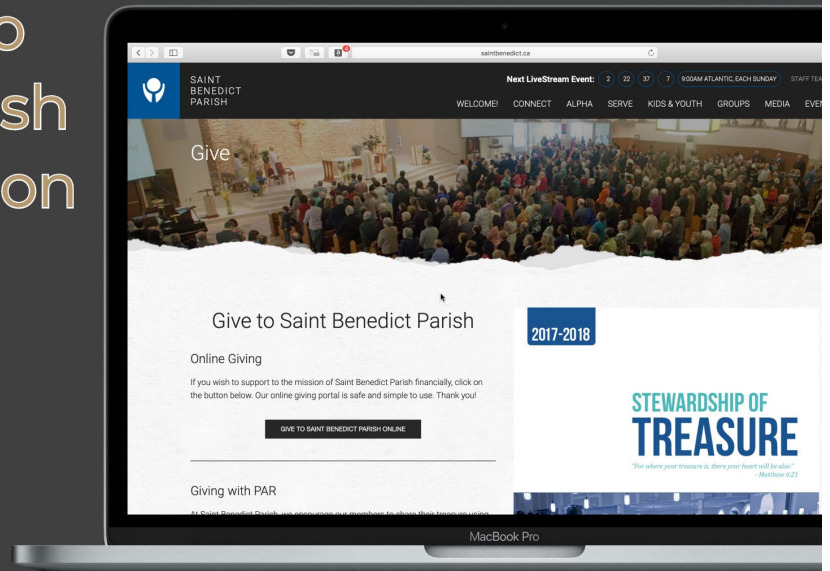


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If you're interested in the sacraments of baptism or matrimony at Saint Benedict Parish, please note that in addition to preparation, we require that you get in touch with us a minimum of three months in advance of your hoped-for date for baptism and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

For information on baptisms, please email Carol:  
**baptisms@saintbenedict.ca.**

For information on weddings, please email  
Deacon David: **weddings@saintbenedict.ca.**


For information on preparation for the sacraments of First Reconciliation and First Communion, please email  
**PACT@saintbenedict.ca.**

For information on becoming Catholic, please email  
**RCIA@saintbenedict.ca.**

For funerals or to be connected with our funeral ministry team, please call the parish office at **902-443-0725** and listen to the prompts.

### FINANCIAL UPDATE - JANUARY 2019

PARISH DEBT REDUCTION	REC'D	TOTAL	AVG
ENVELOPES	110	\$8,637	\$78.52
PAR (PRE-AUTHORIZED REMITTANCE)	62	\$3,177	see note
MORTGAGE BALANCE (AS OF MONTH END)		\$478,200	
INTEREST PAID (ON MORTGAGE)		\$1,842	
PRINCIPAL PAID (ON MORTGAGE)		\$9,596	
Principal payments include principal portion of monthly mortgage payment plus additional principal payments made from Parish Debt funds received.			
SUNDAY COLLECTIONS	REC'D	TOTAL	AVG/
ENVELOPES	1,241	\$31,386	\$25.29
PAR (PRE-AUTHORIZED REMITTANCE)	405	\$53,572	see note
Note: PAR options include weekly, bi-weekly, and monthly withdrawals; therefore a weekly average is unavailable.			



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