

STUDIOS DIO E B



PHOTO: JOHN RAE

p. 7
EVIDENCE AND ANSWERS

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DEACON PATRICK SALAH

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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.

The next issue of the Bene Dictus will be released on the weekend of February 13th.

On the cover:

A camera operator films the band at Christmas Eve Mass.

SAINT BENEDICT PARISH CLERGY

Pastor: Fr. Simon Lobo, CC

Associate Pastor: Fr. Alex Colautti, CC

Permanent Deacon: Deacon David Viscount

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BENE DICTUS - January 2021



FATHER SIMON SAYS...



Fr. Simon Lobo, CC

Pastor

FEELING THE LOVE AT CHRISTMAS

I want to begin by expressing a huge THANK YOU to all who sent cards, prayers, food, and gifts to Fr. Alex, the staff, and me. I've tried to personally thank a few people, but with the restrictions it's hard to bump into parishioners. Please know we all feel tremendously loved and supported. It is an absolute privilege to serve at this parish. On a side note, I think the clergy have received enough funky socks to last us until Jesus returns in glory. Finally, I was deeply touched by the number of local and international cards that we received, expressing gratitude to us for offering an uplifting online Mass through these challenging times.

I also want to acknowledge that our COVID Christmas was extremely unusual. We had to pivot at the last minute, with the province increasing gathering sizes from 5 to 100 people just three days before Christmas Eve. As a result, many of you were not able to join us in person. If you truly longed to be here but couldn't be, I am so sorry. Perhaps you can relate more with Mary and Joseph that first Christmas when they heard, "There's no room in the inn!" Please know that Jesus desires nearness with you even more than you desired to be at Christmas Mass this year. Jesus sees your sacrifice and loves you. May Christmas 2020 be the first and last of its kind.

A NEW START IN 2021

As I preached on the Solemnity of Mary, Mother of God (January 1st), I think it's important that we not merely write-off 2020, but ask Jesus to show

Continued on next page...



FATHER SIMON SAYS *continued*

us where He was at work and where there were blessings. I recommended that we sit down with a pen and paper and write an honest list of challenges from last year (I came up with 11), then write a list of blessings (I reached 30 and could have written more). If we look back with God's perspective to find the blessings amid the challenges, we will be in the right frame of mind to look forward to this new year.

There is positive news with the distribution of COVID-19 vaccines. It remains unclear how long it will take for us to gather in-person, without restrictions, in our church. We will likely have to adapt as we continue to receive directives from the province and the Archdiocese. Thank you for your patience as we work our way through these restrictions to the other side of this pandemic.

OPERATION MORTGAGE: ACCOMPLISHED

A week before Christmas, I co-signed the final mortgage payment cheque with Brian Boyden (you can see a photo on page 13). Once again, I have to express my gratitude to you, the parishioners, who have faithfully given to this parish for years and years. Your investment and sacrifices have given us, and future generations, a beautiful sacred space to worship God, a beacon of hope on the hill from which we are sent out on mission. It continues to amaze me that we were able to completely pay off the mortgage in the midst of a pandemic. Thank you for your generosity.

We previously had a monthly collection that went towards the Parish Debt, which is no more. However, we want to continue to be wise stewards and save for future capital expenditures for our church, so we've

created a new 'Reserve Fund'. If you had been contributing to the Parish Debt fund through Automatic Giving, we ask that you follow up with Chris Yetman (chrisyetman@saintbenedict.ca) if you want to make a change or to cancel. If we haven't heard from you, we will presume that you'd like to transfer your donations to the new Reserve Fund.

We had tentatively planned for a Mass of Thanksgiving to celebrate the end of the mortgage early in 2021. Given our current restrictions, we are going to wait a few months until a much larger group can gather in-person to celebrate and worship God. Stay tuned.

ONLINE ALPHA RELOADED

We've seen God use Alpha – even over Zoom – to change people's lives. So we're going to keep using it, because our parish needs to continue to be all about life transformation. To be clear, the Holy Spirit is the one who does the heavy lifting, but we need to do our part to cooperate, to step out in faith, to invite. We are going to have two Alphas running simultaneously this winter, one on Tuesday evenings and the other on Wednesday evenings – starting on January 26 and 27, respectively.

If you haven't tried Alpha yet, I urge you to give it a shot. If you're really unsure, just sign up and try the first three weeks. If you don't like it, you don't have to continue. I would also ask that you think about a couple of people – from literally anywhere in the world – who might be open to exploring the meaning of life. Please take that step and invite them to try Alpha. It could be as easy as sharing this link and asking them to watch the short video on our website: saintbenedict.ca/alpha 🙏

REPENT AND BELIEVE



Kendra Lang
Ora Ministry

*This reflection is
for next Sunday's*

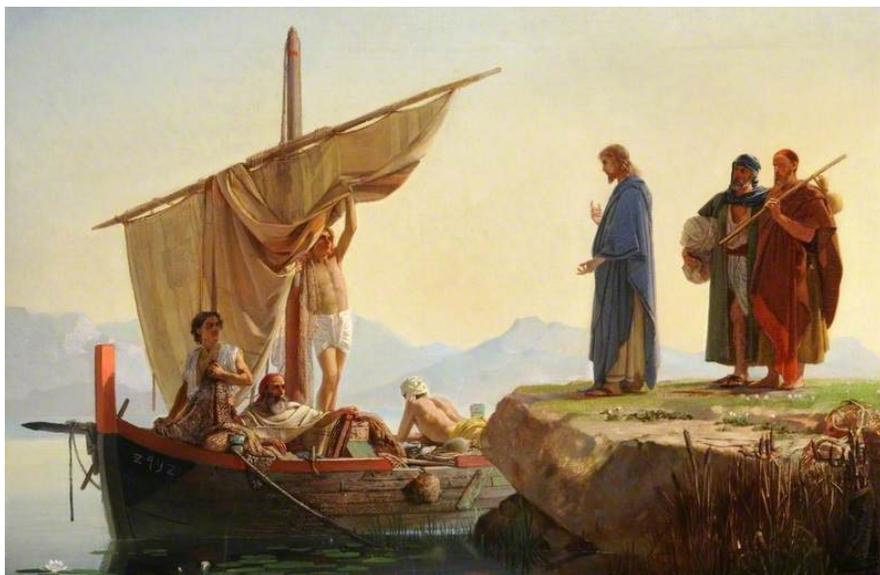
Gospel, Mark 1:14-20.

In this Gospel reading, Jesus shares the Good News in Galilee and calls his first disciples: Simon, Andrew, James, and John. These four men each respond immediately to Christ's call to become 'fishers of men', leaving their livelihood, their families, and everything familiar to follow him.

My first response to their bold abandonment is awe and wonder, and then a tinge of fear takes over as I realize that, somehow, I am also called to respond to Jesus in this way. If I am not careful, I can get stuck and dwell on the question, "What will discipleship cost me?" When I do this, I fail to see the beautiful gift Christ freely offers – a relationship of life-giving love, joy, and restoration. It is free, in the sense that I cannot earn it, and although the self-denial and accompaniment (all the way to the Cross) demands everything, he promises I will lose nothing.

I know this in my heart, I understand this by faith, but it is so, so hard to live out. Yet, Jesus already offers the first few steps on the journey of discipleship: "Repent and believe."

Repentance, or *metanoia* in the original



Greek, literally means 'a change of mind'; it consists of two movements of the heart: *away* from sin and *towards* God. After this 180° turn, our heart is properly oriented and can receive the gift of faith. To believe, *pisteuō* in Greek, means 'to entrust', so now we are invited to give our heart to God.

When I listen to and receive those three words, 'repent and believe', what I initially perceived as a daunting task becomes simple and possible, as the Holy Spirit makes himself available to help and regularly remind me of God's goodness and mercy. With three small but courageous steps, each of us can respond to Christ in the small and big moments in our lives where he calls us to *turn away* from sin, *turn towards* him, and *entrust* our hearts to him. Building a habit of this will help us in the gradual transformation God is accomplishing in us on our way to holiness.

Kendra is a contributor to Ora, where you can read reflections for the weekend Mass readings. Go to oraminsty.weebly.com to read more.

ONTOLOGICAL OUCHIES



John Rae
Bene Dictus Team

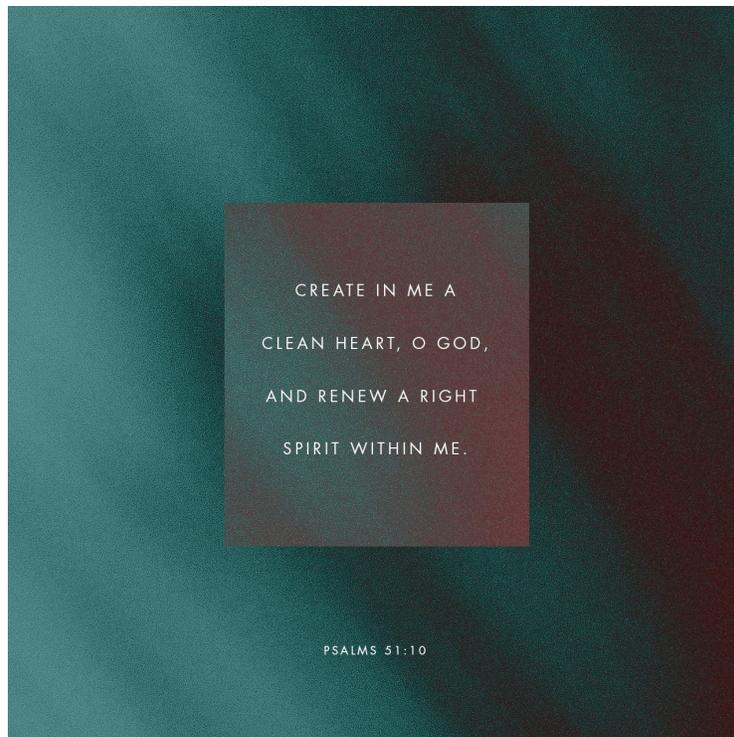
In one of our recent preaching series, Set Apart, Fr. Simon used the word ‘ontological’ to refer to our spiritual DNA. Ontology looks at the big WHY questions, like what it means to exist, and what is reality, really? From our point of view, sometimes reality can pounce on us like a roaring lion seeking what it may devour, and that can be a pretty bruising encounter. As children, when we ran home crying with our playground bruises or ouchies, we looked to our mother to kiss our ouchie and make it all better.

The responses to the COVID pandemic have pummelled us with one-two punch combinations that have given us lots of surface bruising, individually, socially, and economically, along with some deep bruising. The experience of being on the receiving end of ontological-level ouchies can provoke some soul searching. Where do we go to receive healing for our deeply felt ouchies?

Politics, philosophy, and theology are

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all in the business of trying to get us to change our minds, but what if the deep healing of our ontological ouchies also requires a change of heart? David sensed this when he prayed, “Create in me a clean heart, O God,” (Psalm 51:10). Like him, we can be made aware of the mother of all ontological ouchies, our sin. In this situation, who do we run to for a healing kiss? It is to Christ, our Bridegroom, of whom Paul says, “Therefore if anyone is in Christ, he is an [ontologically] new creature,” (2 Corinthians 5:17). They are born again. And, from Psalm 147:3, “The Lord... is the healer of the brokenhearted.” When a loving kiss touches our lips it simultaneously touches our heart.



The Sacraments of the Church, the kisses of Christ, are two dimensional. Like a kiss, at the surface level, they are physical realities; water, bread, wine, oil, touch, and proclamation; but, in a deeper sense, they are the conduits through which the balm of God’s grace and love is poured over our hearts. The COVID restrictions have reduced our access to the Sacraments, so as well as giving us ouchies, these restrictions have also given us longings. 🕊

BENE DICTUS - January 2021

CHRISTMAS PHOTOS



EVIDENCE AND ANSWERS



Matt Kerrigan
Bene Dictus Team

What is FAR180?

According to founder David Palmer, it is **Faith and Reason**, connecting hearts & minds and changing attitudes **180** degrees. Many of us have confronted some of the big questions of life through Alpha with amazing results in growing faith and commitment. Any who are lingering skeptics and still living with doubts need to visit FAR180.com.

Recently, I had an opportunity to talk to David Palmer about the genesis and trajectory for this ministry, which provides a wonderfully accessible focus on the evidence that supports our faith. David pulls together the latest in research from science and scholarship that address the big questions.

In the beginning, several years ago, David harboured doubts about his Catholic faith. He referred to himself as a closet skeptic. During his second session of Alpha, he took greater interest in the talks that dealt

with the evidence for Christian beliefs. This interest grew, and later spiked, when his son came home from university talking about his Comparative Religions course. Rather than seeds of hope, the course was spreading seeds of doubt. David felt called to answer these doubts.

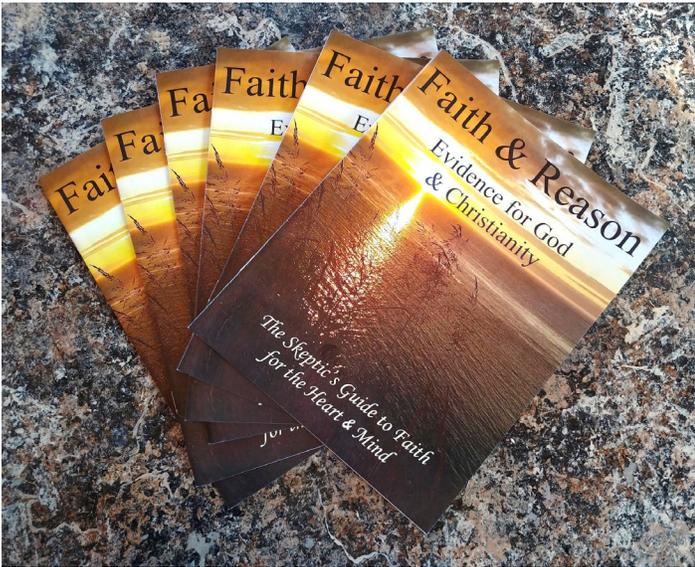


FAR180 founder David Palmer

He began compiling his research and, with the help of a committee at his parish and a very generous donation, he was able to publish a magazine presenting the results of his research entitled *Faith and Reason*. The first audience for this publication was his own parish, but word spread quickly, and demand for additional copies and distribution flooded in. I first met David at the Men's Leadership GYM (a Life Group for men) on

Friday mornings, which is where I first heard a presentation on Faith and Reason. David is an engaging speaker who clearly is invested in sharing his discoveries. As part of the FAR180 ministry, he regularly speaks to groups and introduces them to resources.

With a nudge from younger family members and readers of the magazine, David was



best of contemporary spiritual scholarship. Each of the listings will link you directly to the publication or author's online presence.

David is an engaging host for the YouTube presentations. The videos lend authenticity and provide a multimedia background for the fascinating content. One of my favourite spots on the website is the blog called the FAR180 Journal. John Rae, Mark Pilon, and David Palmer offer musings on their research and reading, richly embroidered with their own faith life.

I strongly encourage you to pay a visit to **FAR180.com**, **Facebook.com/FAR180**, and their YouTube channel. Even if you go in with no doubts, you will come away greatly fortified in your beliefs.

When I asked David what the road ahead looked like, he said that he is looking forward to visiting groups in person (when permitted) or virtually to introduce FAR180 to help the "closet skeptics and non-believers" to rethink the big questions with reliable information. Prayers for the success of the ministry are most welcome.

You can contact David Palmer through the website **FAR180.com**. 

encouraged to put his work online. He boldly launched a website that incorporates a thought-provoking blog, a YouTube channel, and a Facebook page with additional content contributors and technical expertise. Saint Benedict parishioners Mark Pilon, John Rae, and Adele Beaton have come on board and joined David in adding content and broadening the platform for FAR180.

As soon as you go to the website, it is clear that this is a comprehensive gathering of the underpinnings of our faith presented in a very attractive format. The Topics menu includes titles like Science, Archeology, Jesus, Bible Authenticity, Prophecies Fulfilled, Moral Law, and Natural Wonders. A comprehensive listing of resources attests to the scholarship behind this ministry. The authors and sources listed represent the

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MEET DEACON DAVID



Matt Vaughan
Communications Coordinator

Each month we'll be featuring a profile on one of the Saint Benedict Parish staff members so parishioners can get to know them a little better and get a better sense of what they do at the parish. This month, we're featuring Deacon David Viscount.

What's your job title?

DEACON DAVID: I don't know if I have one... 'Deacon' would be appropriate and most accurate. Or maybe, 'fill-er in-er' when there is something liturgical (such as weddings, funerals, and baptisms) that needs to be done, which can be done

without a priest (because they are both really busy), while still being liturgically correct and valid! Failing all that... Bishop's servant, or priest's support.

What staff team are you on?

I am part of the Clergy/Preaching team, but more 'officially', I guess I'm a humble servant on the Worship & Sacraments Team.

How long have you worked at Saint Benedict Parish?

5½ years, since my ordination in June 2015. I know, it's an amazing first assignment, hey?! I'm very blessed and I know it!

What does your job entail? What's a typical week look like for you?

If you find out what my job entails, let me know, would you! One of my primary 'jobs' is to manage and work with couples who are preparing for marriage. That can take up a lot of time. Patty (my wife) and I host two Life Groups. There are two preaching meetings per week, I have one Worship & Sacraments Team meeting per week, and I am at three of the four masses on the weekend (before COVID, of course). If I'm preaching, then I'm at all four. I tend to spend a fair amount of time at the church over the weekend. I am also the chaplain for the Knights of Columbus.

What did you do before you worked at Saint Benedict Parish?





your time working here?

There are many and they are on-going. It's a blast to meet people from all over the world who come to visit us at the parish. Is that amazing, or what? I'd say the DR16 and DR18 conferences. Patty and I met people at the conferences who are dear friends today. I'd also say our trip to the UK in May 2019 for

the Alpha-led Leadership Conference was incredible! There are so many awesome memories – to choose one is impossible!

What do you like to do outside of work?

Patty and I love anything to do with the outdoors (particularly in the Spring, Summer, and Fall – I'm not a 'Winter person'). We love to camp and hike, we love to play golf (I'm not very good at it though!), sail, play pickleball (don't judge!). We love to go for long walks, and are still hoping to do the Camino de Santiago pilgrimage in Spain as soon as possible. 🌍

Although Saint Benedict keeps me busy, I still work part-time as an investment advisor at Assante Capital. Before being assigned to Saint Benedict, my family was part of St. Thomas Aquinas Parish (near Dalhousie University) for 25 years.

What do you like most about working at Saint Benedict Parish?

It's always about the people. The people I meet, the people I serve, the people I serve alongside... People are what make this place work. People are what make Saint Benedict the wonderful and life-giving place that it is!

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DEACON PATRICK SALAH



Taya Vaci
Bene Dictus Team

If you tuned into Mass at Saint Benedict during the last few weeks of December, you likely encountered guest homilist Deacon Patrick Salah.

Deacon Patrick Salah is currently in his final year of seminary, studying at Saint Augustine's Seminary of Toronto. This past August, he was ordained a deacon at Saint Mary's Cathedral Basilica in downtown Halifax. He has roots here at Saint Benedict, as he was a young parishioner at Our Lady of Perpetual Help Parish, which was one of the three churches Saint Benedict brought together in 2010. He served on staff here at the parish as the Director of Music for five years.

I had an opportunity to connect with Deacon Patrick about being back in his home parish and his journey to the priesthood.

Hearing God's Call

After a difficult first year at university, studying music at Dalhousie and working with the music ministry at Saint Benedict, Patrick recalls a time he was at the Basilica praying and seeking God's guidance on what he was supposed to do

next. He heard God speak to him, saying that he was where he was needed FOR NOW. God's will was for Patrick to finish his music studies, but that there was more of a call for him to serve. Around his third year, he started to discern more intensely his next steps after university, and at that time recognized he was called to priesthood, and that he was to pursue a Masters degree in Divinity, instead of a Masters degree in Music.



Patrick plans to be a diocesan priest, which means he will 'belong' to the Archdiocese of Halifax-Yarmouth. When initially discerning his call to priesthood, Patrick felt called to serve in his local church within this Archdiocese.

Guest Homilist

The weekend after his ordination to the diaconate, Deacon Patrick served at a Mass at Saint Benedict, but he had to quickly return to seminary in Ontario. When he confirmed he would return home to Nova Scotia over Christmas break, Deacon Patrick offered to share the diaconate duties with Deacon David at the various Christmas Masses, after he went through the appropriate time in quarantine. Fr. Simon suggested that Deacon Patrick might preach at Sunday Mass after Christmas, on Holy Family weekend.

Deacon Patrick spoke about the great experience he had working with the preaching team (Fr. Simon, Fr. Alex, Deacon David, and our seminarian, Isaac) to build the homily. He shared a draft of what he would preach, then the group worked to build the message together.

The Homily

Deacon Patrick emphasized that the physical church building should not be the focal point of our faith practices. Now, more than ever, when we don't gather together in the midst of this pandemic, we must determine what a domestic church looks like for ourselves and for our families.

Have you committed to a specific Mass, prioritizing Mass over your other activities at that time? Is there perhaps a room in your home where your family participates in Mass? Can you commit a set time to prayer, like singing praise & worship music? What does it look like if you implement these ideas in your life? How will you create your domestic church? Whatever it is that you do, Deacon Patrick asks us to be intentional about our domestic church and to guard the time we spend on it.

Deacon Patrick also shared a simple prayer that can be prayed with our domestic church: "God, I offer you my prayers, my works, my joys, and my sufferings."

As some parishioners would remember Deacon Patrick as a young child playing



the piano at Mass, he admits he was a bit nervous to come back to his home parish to preach. Once he started though, the nerves were gone, and he was able to deliver an amazing homily.

If you were not able to hear the homily, I encourage you to go back through the archives and listen.

What's Next?

God willing, Deacon Patrick will be ordained a priest this summer, and he will be serving in a parish within the Archdiocese by the Fall. Until then, please continue to pray for Deacon Patrick as he completes his final semester at Saint Augustine's Seminary. 🙏

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saintbenedict.ca/alpha

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#TryAlpha



MORTGAGE PAID OFF - Brian Boyden and Fr. Simon Lobo hold the cheque for the parish's final mortgage payment. You can read more about paying off the mortgage in the November 2020 issue of the Bene Dictus.



UPCOMING EVENTS

at Saint Benedict Parish

JANUARY 25 - Feast of the Conversion of Saint Paul

JANUARY 26 - Alpha kicks off

FEBRUARY 13 - Praise & Worship Night

FEBRUARY 14 - Life Group Campaign

FEBRUARY 17 - Ash Wednesday

For full event details, be sure to subscribe to The Overview by visiting saintbenedict.ca/read



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If you are interested in the sacraments of baptism or marriage 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 Viscount: **weddings@saintbenedict.ca.**

For information on preparation for the sacraments of First Reconciliation and First Communion, please email **FACT@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 - NOVEMBER 2020

SUNDAY COLLECTIONS	RECEIVED	TOTAL	AVERAGE
ENVELOPES	-	\$25,323	-
AUTOMATIC GIVING	415	\$57,290	\$138.05*
LOOSE	-	\$1,768	-
ONLINE	-	\$21,036	-
TOTAL	-	\$105,417	-
PARISH DEBT REDUCTION	RECEIVED	TOTAL	AVERAGE
ENVELOPES	-	\$2,818	-
AUTOMATIC GIVING	51	\$2,408	\$47.22*
MORTGAGE BALANCE (AS OF MONTH END)			\$107,909
PRINCIPAL PAID (ON MORTGAGE)			\$160,154
INTEREST PAID (ON MORTGAGE)			\$643
TOTAL PAID (ON MORTGAGE)			\$160,797

*NOTE: Automatic Giving average includes weekly, bi-weekly, and monthly withdrawals, which are totalled and divided by the number of givers.



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