

Christmas Mass, Wednesday, December 20, 2023 at 10:30 am.



Canadian Food for Children

La Nourriture du Canada pour les Enfants

1258 Lakeshore Rd E. Mississauga, On. Canada L5E 1E9

Tel: 905.274.9239, 905.990.9019. Fax: 905.271.6490

Email: cffc.aasimone@yahoo.ca

Christmas Newsletter 2023

“The poor do not need intermediaries, but the personal involvement of all those who hear their cry.” Pope Francis, Second World Day Of The Poor, 2018, 3

On a mission trip to Africa this year, my husband Gord and I heard the cry of the poor. It is heart wrenching and stays with us. May our testimonies inspire you to share your bounty with those who are in such desperate need.

These are the faces of the poor.



This family is being evicted from their home, they are starving and cold (despite the warm African climate). We shared some rice with them. They need more help from us.



These brothers are starving. The older brothers are trying to comfort their youngest brother as he is crying out for food. We shared some food with them and gave them hope that we will do more for them.

Thank you for your personal involvement through donations and volunteering.

We wish everyone a very Blessed celebration of Christmas. In this Advent season, may we serve those in need to bring the love of Christ into this world.

God Bless,

Eva-Marie Moffat (nee Simone)

Mary Elizabeth

Mary Elizabeth! What a beautiful name! Mary, the mother of Jesus. Elizabeth, Mary's cousin who was pregnant with her son John the Baptist. John the Baptist kicked with joy when Mary, pregnant with Jesus, came to visit her cousin.

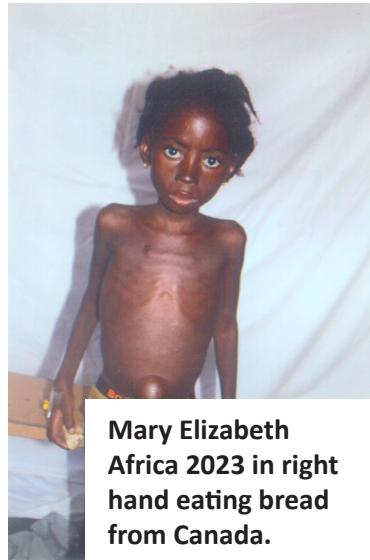
The first person to recognize Jesus was an unborn child.

This Mary Elizabeth, here in Africa, starving, weak, anemic, malnourished, her mother dead, all alone. She says "The doctor is kind and gentle".

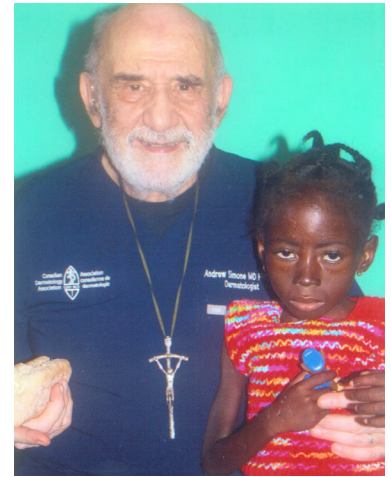
Saint Maria Euphrasia said that one human soul is worth more than all the material possessions of this world. Today the richest man in the world has 130 billion US dollars. He said that he will save us all from climate change by sending spaceships to Mars. Doctor Simone thinks that little Mary Elizabeth wouldn't be able to afford to be one of the passengers on the man's spaceship. He believes Jesus will save Mary Elizabeth.

So, the wars continue to cost billions of dollars and the richest man builds spaceships.

Will good people see Mary Elizabeth and want to help her?



**Mary Elizabeth
Africa 2023 in right
hand eating bread
from Canada.**



**Mary Elizabeth and Dr. Simone
Nov 2023**

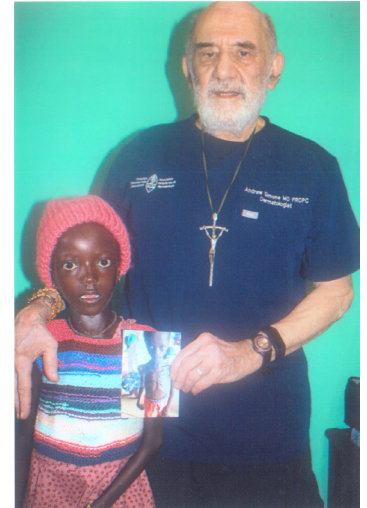
RUGIATU

Our children, Eva-Marie and Matthew, and I visited Africa in early October 2023. Because Rugiatu's mother was not able to provide food, Rugiatu suffered severe malnutrition. I recently returned to Rugiatu's country on an emergency basis. With the help of Father Augustine Combey and Matron Josephine, we started a special food program to help Rugiatu and the other fifty starving children. Your gifts of love were very precious. Rugiatu and the other suffering children are getting better. I enclose photos of Rugiatu with your gift.

Thank you very sincerely and May God Bless you,
Andrew A Simone MD FRCPC
Dermatologist
Canadian Dermatology Association



**Oct 2023
Rugiatu a malnourished 6
year old, 13kg (29lbs) AFRICA**



**Nov 2023
Rugiatu and Dr. Simone**



**Dr. Simone and Rugiatu Nov 2023 with gift
from Canada.**



**Rugiatu Nov 20 2023 with gift from
Canada.**

"Greater love has no one than this: to lay down one's life for one's friends." John 15:13.

"I don't want another tour of the hospital. I've already seen the place, I'm tired." Dr Simone was tired of the formalities of visiting St.Mary's Hospital in Lacor, Uganda. Everyone wanted to meet him and show him around. He wanted to get to work. "That's too bad" said Brother Carlos (Salesian Missionary in residence at the hospital). "I'm going to give you another tour anyway. My tour will only take 2 minutes." He walked Dr Simone over to the hospital church. Looking inside the front door, Dr Simone could see the Tabernacle and the burning sanctuary lamp at the side of the altar. Leaving the front of the church, they walked to a small cemetery located nearby. Br. Carlos pointed to the graves of the hospital founders, and of the hospital "martyrs" who died serving the poor at the hospital. Many of the graves were of hospital employees who died during a terrifying Ebola outbreak that swept through Uganda and central Africa, killing thousands of people. These hospital workers refused to leave the sick. The cemetery also contained the graves of hospital workers who died during the terrible Ugandan civil war. "My tour is over" said Br. Carlos. "My tour is a story of love. The love of Jesus, and the love of the people who died serving the poor at this hospital. That's all you need to know about this place." Dr. Simone was speechless. Br. Carlos's tour made quite an impact on Dr Simone.

Below, 1) Dr. Simone and Brother Carlos at St.Mary's Hospital, Uganda. 2) A section of the cemetery inside the hospital compound.



Recently, Troy Fonte, a CFFC volunteer, returned to the warehouse in Mississauga. Troy was a regular volunteer about 12 years ago while he was a student at St. Paul's Secondary School in Mississauga. A good friend of Troy's and of the young people in the photograph, had died. They wanted to do something in memory of their friend. They wanted to do something life giving and affirming of their friend's life. They collected money to share with the poor. Troy, Santhiya Kirupakaran, Alyssa Barbieri, Julian Cassano, and Sara Fitzgerald collected money at their kick boxing club in memory of their dear friend. EVERY GESTURE OF FRIENDSHIP THAT WE DO FOR OTHERS IS A SIGN OF GOD'S LOVE. The Kingdom of God is near. Thank you to Cayla Moreno and Rcomplex Fitness Team.



It's a Christmas tradition in many of our schools to recycle shoe boxes and fill them with toys, candies, school supplies, toothbrushes, and gently used clothing. It teaches children to share. The love that goes into the filling and preparation of a shoe box is immeasurable. The shoe boxes can be wrapped and a note can be attached indicating boy/girl and the age appropriateness of the contents. While the shoe boxes are special at Christmas, poor children love to receive these items all year round. Many children have never received a personal gift in their lives. In this photo Dr.Simone is opening a shoe box filled with dollar store toys sent

from St.Michael's College School in Toronto, with Kevin Jose, and his son. We have been supporting Kevin and his family in El Salvador for many years. (Note the photo in Kevin's hand) Let's try to keep Jesus and the poor in our hearts every day of our lives not just at Christmas.

Jesus, Mary and Joseph, our strength and our glory
Jésus, Marie et Joseph, notre force et notre gloire

From the Warehouse # 29

Greetings and blessings to all. I was speaking with another volunteer today, and we were commenting on how we often don't know when or if a certain company is making a delivery, or how much stock will be in the warehouse, or if we can fill a container, and that sometimes things don't seem very organized. But then we noted that there always seems to be enough in the warehouse, and that we are able to fill a container every day. In other words, the Lord provides (and Dr. Simone has an inner connection!). Coincidentally enough, twice in the past few weeks, students have commented on how organized we are in the warehouse. Sometimes one can't see the forest for the trees, I suppose.

I am including a picture one of our volunteers received from Fr. Kemoh in Sierra Leone, showing vegetables grown from our seeds! (A well-known seed company sends us a very large donation of seeds every year!) I often think that our friends in the developing world would much rather have a hand up than a hand out (but unfortunately we all know that circumstances, like war, climate change, poverty, etc., don't always allow self-sufficiency). I thought that a student from St. Martin, after the morning with his classmates at the warehouse, summed up our desire very beautifully in his prayer, which he said as we were closing the container that day:

'May the joy that we (students) have experienced today transfer into joy for the people who will receive this container'.

This fall I met Sr. Jeannine Landry, a Salesian Sister, in our warehouse. One of her (their) projects is a program called VIDES, which offers young people the opportunity to volunteer in developing countries, after a period of formation and training. Perhaps you know someone who would be attracted to this???

Last week, Edwina, from St. Paul the Apostle parish (Burlington), made and delivered hundreds of handmade pieces of children's clothing. You are amazing!

We recently received lots of Hallowe'en candy from Dufferin-Peel and Toronto Catholic schools, and some churches. Thanks for sharing your treats with kids who don't often get treats!



Today (Nov. 23) we received a large donation of gift boxes from St. John Paul elementary school in Bolton. These gifts were sent to El Salvador. Several of our other regular donors have brought in gift boxes this fall too. I like to imagine the joy of the children receiving these gifts. Sharing makes one feel good (and it's what God wants us to do!).

A few of our elves (Lorne, Rosella and Mary) have been making Christmas crafts for sale (see photo) from skids and other local materials, to help us buy food for our partners overseas. Come and see them at the warehouse!

Advent is a time of joyful expectation and waiting. While we wait, let's love one another! May you have a blessed Christmas.

Sal Badali

Contact Information:

CFFC Warehouse hours of operation Monday to Friday 8 am – 12 pm. (drop offs).

Address: 1258 Lakeshore Rd E. Mississauga, ON L5E 1E9

To book a visit for groups and students email us at: cffc_studentgroups@hotmail.com

Talks in Ontario or across Canada – Call the office @ 905-274-9239.