

Holy Week Mass Wednesday April 17, 2019 @ 11 am



Canadian Food for Children

La Nourriture du Canada pour les Enfants

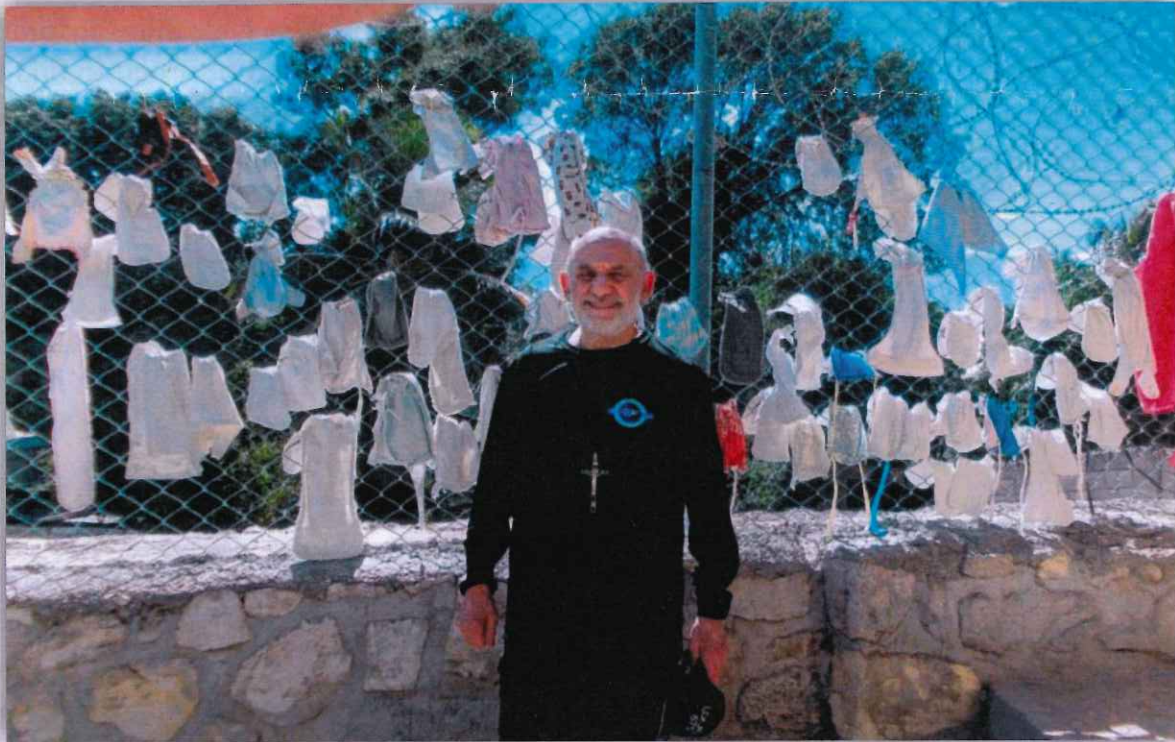
1258 Lakeshore Rd. E, Mississauga, Ont., Canada, L5E 1E9

Tel: 905.274.9239, 905.990.9019 Fax: 905.271.6490

Email: cffc.aasimone@yahoo.ca www.canadianfoodforchildren.net

LENTEN LETTER

SOAP FOR HOPE, SOAP FOR JESUS



In the above photo, I am standing in front of a wire fence and hanging on the fence are 50 diapers drying in the sun and wind. The missionary sisters and their lady helpers have 75 malnourished infants all in diapers. Your gift of soap is so precious to the missionaries as it helps them to care for the poor.

May God bless you,

Andrew Simone, MD

P.S. When we give a bar of soap to the poor, we prevent skin, lung infections, and diarrhea. We also stop the flies going into the eyes of the poor children. When the poor are clean, they are not ashamed of themselves. They have dignity and self-respect.



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EMMANUEL

New Year's Eve 2018, Haiti: Emmanuel was in his diaper and it was very obvious this one and half year-old child was malnourished.

I helped feed him his protein fortified porridge, but Emmanuel could not eat well because he did not have much energy. I gave him an orange lollipop and three hours later, I returned to find that he was still finishing the same lollipop!! To cheer him up, I gave him a toy car and held him on my knee which made him feel at peace.



New Year's Day 2019: I was with Emmanuel giving him food, biscuits, and toys. Emmanuel was now smiling. His recovery is beginning.

Please note that the lollipop was the "medicine" that started him eating.

When Joan and I met St. Mother Teresa in 1986 she said, "You have the gift of getting people involved. Use this gift and start Canadian Food for Children."

Your involvement in helping the poor means so much to them.

God Blesses You as you help the poor.

Andrew Simone, MD

P.S. Joan and I visited Emmanuel in Haiti, Jan. 21, 2019. He is much stronger. We met his lovely mother she was so happy that good people would help a poor family. God Bless you, Andrew



EQUIPMENT

One Bicycle

One Axe + Thin Rope

One pair of Sandals

(CROCS)

Plan

Up at 5am - Cycle 15KM to Forest

Cut wood by hand

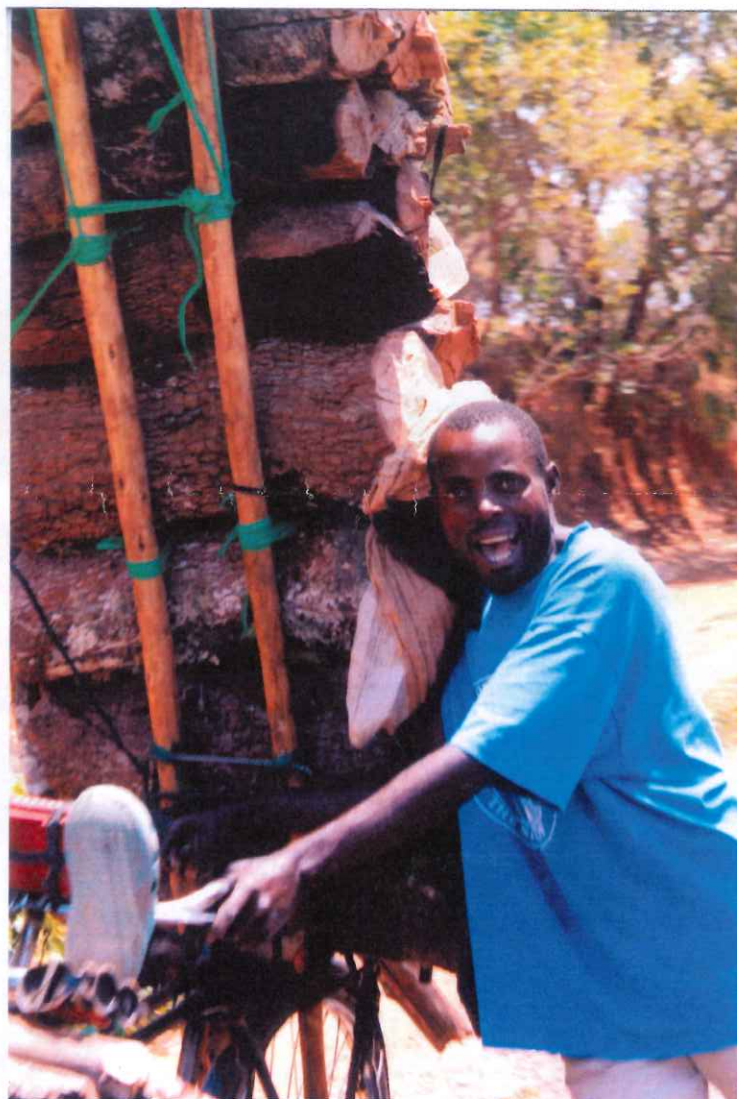
Pack and Tie Wood

Home

Walk 15KM in bare feet

Goal

Sell Wood and have income to care
for my wife and 3 Children



Right Photo - Joan Simone with an elderly man in El Salvador.

Help for Missions gave this pail to him.
He uses it to earn a living washing cars.

Levi - Before and After

Bottom right and left Photo

Thank you for your gifts of soap, food,
toys and clothes.



Last Will and Testament

A number of years ago, Dr. Simone was contacted by an estate executor for a woman who had died. The executor informed Dr. Simone that a deceased woman, he was representing, had included Canadian Food for Children in her Last Will and Testament. He told Dr. Simone that this woman had left CFFC \$500,000 that she wanted to share with the poor. What surprised Andrew the most was that when he was given the name of this generous woman who had died, he did not recognize her name. He was told by the executor: "That's OK. All that matters is that she knew about you and the good work of CFFC." As the conversation continued, Dr. Simone was told that the woman had died several years earlier. He was told that her donation to CFFC was unfortunately delayed because the woman's family had contested the will and her donation to the charity. When Dr. Simone heard this, he immediately implored the executor to please take the money back and share it equally among the aggrieved family members. Dr. Simone told the executor that "Jesus will always provide" for the charity." He didn't want the woman's family to fall apart and become bitter over the money. The executor explained to Dr. Simone that it was important that the deceased woman's wishes be honored; that is why "wills" exist. He reassured Dr. Simone that the deceased woman had not forgotten her family in her will. In fact: "she left *each* of her children \$1 million and *each* of her grandchildren \$50 thousand." It would appear that the woman's family were not satisfied with what they were given and wanted more. They may have felt that their mother was crazy to give that much money to the poor?

I am sure that Dr. Simone could see the concerned look on my face as he told me the story. I think he instinctively knew where my thoughts were going. He told me to be careful and not to judge the *family* of the deceased woman. He told me to pray for them and give thanks for the tremendous generosity of the deceased woman. This beautiful woman made an important spiritual connection in her life, a connection all of us are also called to make. She identified and saw the poor, suffering and struggling children in the world as being a part of her *own* family and thus in need of her care. In Jesus, we are all a part of one body. We are all one family.

Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me.
(Matt.25:40)

If one part suffers, every part suffers with it, if one part is honored, every part rejoices with it. (1Cor.12:26)

When Dr. Simone speaks with students, teachers, and volunteers at the warehouse, he asks us to save a little place in our hearts for the poor. He asks us to remember them. Dr. Simone always encourages people to take "baby-steps" at first in their spiritual lives. When it comes to helping and sharing with others, we might start by prayerfully examining our lives. Is it possible that we might be able to make do with a little less and share with the poor? Do we really need all of the things that advertising tells us we need? Do we really need a new smart phone every year? Do we really need first class tickets on an airplane? Do we really need a new fancy winter coat every year? Do we need to run the air-conditioning in our homes all summer long? Do we need the deluxe mocha chocolate latte every morning? Perhaps, we might really need some of these things? It is not for anyone to judge us or to shame us into sharing. What is important is that authentic Christian sharing must not come from a place of guilt but from a place of love. Dr. Simone does not want the students who visit and work the warehouse to feel guilty about what they have, he wants them to love the poor. Can we lovingly economize and do with less in our lives? If we can start by loving the poor, this will help guide us in our decision making and in the choices we make. St. Paul reminds us that **Love** is the greatest of all the gifts. **Love never fails.** Even the smallest act done in **Love** can change the world.

Brian Finamore
Chaplain

From the Warehouse #10

We're so grateful to have our warehouse volunteers. Maureen Capuano, who comes 3 days a week, has been volunteering with CFFC for over 35 years! She's the one who greets the students with "Smile, Jesus loves you" and offers hugs to all. Her warmth, dedication, tea-making and sorting prowess are invaluable. She loves to shop at the thrift stores to find dolls to ship overseas. We have other volunteers who just started last month. All are welcome and important.

In January, Tony Melnik, one of our long-time donors, passed away. A humble man with a good sense of humour, Tony would come by regularly with skids in his pickup truck, as well as trays of canned goods. In the past month, we have received large shipments from our friends in KW (Herb Wittich), Penticton, Chatham and Windsor (Chauvin family and friends). Your ongoing support is amazing!

Pat Rogan and Jeanene Luckhart are Monday and Wednesday warehouse volunteers. While visiting our partners in Sierra Leone in January, they told some high school students that many students in Canada get picked up by a school bus, which drew laughter. Pat and Jeanene asked the students in Sierra Leone to describe their typical day. Below is their response. Another reminder of how blessed we are! By the way, one group of students call the biscuit they receive at lunch a "morale booster".

Sal Badali,

Assistant Executive Director

Written by the students attending J.S.S.111
St. Kizito's Junior Secondary School,
Panguma, Sierra Leone. January 2019

"A day in the life of a student in Sierra Leone"

When I wake up in the morning, I go to the stream to fetch water. I wash my face from the water I have fetched from the stream. I sweep the compound, wash the dishes, take my bath and dress for school. I walk to school without even having breakfast in the morning. I don't have a bag to put my books. I use plastic to put my books. I only have two exercise books for all the subjects we are offered. During lunch hours in school I don't have lunch to eat. I only eat during lunch hours when Father Mondeh gives us biscuits to eat. I only depend on the biscuits for lunch. After school I go home and change my uniform. I launder my uniform and hang it to dry. I go to the farm with my parents, we stay there working until evening. In the evening hours we come home to cook dinner. I only eat once a day, that is at night after we have cooked the dinner. I have enthusiasm to study, but there is no light at home to study at night. We are four in number, and we sleep on one mat with the clothes we were wearing during the day.

(Students walk up to 5 miles to school. The biscuits for lunch are donated by C.F.F.C.)

Please Contact:

Loretta Antonacci books appointments for students and other groups to come to the warehouse at cffc_studentgroups@hotmail.com Talks in Chatham, Windsor and London, call John and Sandra Van Raay @ 519.352.6659. Talks in Ontario or across Canada, call main office @ 905.274.9239. Warehouse hours of operation Monday to Friday 7am to 12 noon.