

Lenten Holy Mass will be celebrated on Wednesday April 8, 2020 at 11:00 am



Canadian Food for Children

La Nourriture du Canada pour les Enfants

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Lenten Newsletter 2020

As I humbly step into the role of Executive Director of Canadian Food for Children, I pray to God for his love, guidance and blessings to continue the exceptional work that Helen McGuire has accomplished for over 35 years. A heartfelt thank you to Helen for your leadership and commitment to serving God's children and we appreciate that you will remain a dedicated volunteer with Canadian Food for Children.

Mother Teresa (St Teresa of Calcutta) said: *"At the end of our lives we will not be judged by how many diplomas we have received, how much money we have made or how many great things we have done. We will be judged by: "I was hungry and you gave me food to eat. I was naked and you clothed me. I was homeless and you took me in".* Lent, a time of reflection, is a good opportunity to think about what difference are we making in the lives of God's children.

Recently my husband Gord and I had the opportunity to visit some of the CFFC beneficiaries in Sierra Leone, Malawi and Zambia. These trips provide us with a vast amount of hands on knowledge about what the communities need, how and when to send containers effectively and importantly, to build relationships with the poor and the people serving the poor. It is an honour to witness the compassionate and dedicated work of the missions as they effectively utilize and distribute everything that is sent to them. We share with you their immense appreciation and gratitude for your generosity.

When asked about our objectives for these trips, my answer is Love and Hope. We are the representatives for all of the CFFC volunteers showing each of God's children unconditional love and providing them with hope that people in this world care about them and will do everything we can to help them. These simple yet powerful objectives make such a difference in so many people's lives.

Likisina

We are pleased to share that Likisina is doing well and she is now a mother of a healthy son, Simone. Although they still have challenges, Likisina is a loving mother and baby Simone has a chance to grow and to learn. **Your donations are making the difference.**



Likisina as a baby with her mother and Father Hudson. Likisina was 1 year old, 3.8 kg and severely malnourished



Likisina today with her son Simone

Tiyamike Elisa

My brother, Ganizo (12 years old) and I are very hungry and tired. Our stomachs ache. Our mother is handicapped, and she cannot walk or help us like other mothers do. Ganizo does all of the chores, cooking, cleaning and he brings me to the malnutrition clinic 2-3 times a week. It is a 2 hour walk from our village to the clinic and Ganizo has to carry me because I am too weak to walk. Thank you for the running shoes for Ganizo. The shoes will protect his feet from glass, stones, the very hot ground and disease. Because Ganizo has to help our mother and me so much, he is not able to attend school. This makes him sad but he does not make us feel bad. We appreciate the food, clothing and love that CFFC kindly gives to us. **Your donations are making a difference.**

Tiyamike Elisa (1 yr, 2 mos, 5 kgs) and Ganizo (12 yrs)



Sr. Lontia Siakalambwa of the Religious Sisters of the Holy Spirit in the St. Vincent de Paul Community School in Monze, Zambia shared, *'Meals provide value to the children's education. They come to school so that they can have at least one meal a day. The food nourishes the children enough to participate in school. They learn, grow and stay off the streets. Their education helps the children transform themselves to have a sustainable future'*. **Your donations are making the difference.**



Food and Other Welcomed Donations:

All Non-Perishable Dry Foods: Some Examples:

Sugar	Lentils & Beans	Biscuits
Salt	Peanut Butter	Candy
White Flour	Nuts	Pasta
Milk Powder	Protein Bars & Shakes	Rice
Potato Powder	Powdered Chocolate	Dried Fruit
Egg Powder	Tea, Coffee	Powdered Fruit Drinks

All Canned Foods: Some Examples:

Fish	Vegetables	Soup
Chicken	Fruit	Stew
Meat	Pasta and Sauces	Drinks
OIL	Meal Replacements	Rice
Beans	Milk	Chili

Other Items: Some Examples:

Baby Food, Formula & Cereal	Balls & Sports Equipment	SOAP
Baby Tylenol & Vitamins	Sewing & Knitting materials	Hygiene products (for all ages)
Diapers and Rash Ointment	Bicycles	Candles: New & partially used
Clothes	Fold-up Strollers, Wheelchairs	Medical Supplies, Crutches
Used eyeglasses	SHOES and BOOTS	School Supplies
Musical Instruments	Shoeboxes filled with gifts	TOOLS, Nails, Lumber
Kitchen Utensils and Pots	Rosaries	Pneumonia vests & blankets

Monetary donations can be made on the CFFC website: <http://www.canadianfoodforchildren.net/> or by cheque written to: Canadian Food for Children. *Tax receipts will be issued for donations.*

May you all have a Blessed Lenten Season.

Sincerely,

Eva-Marie Moffat (nee Simone)

Secular Franciscan Meetings

Secular Franciscan meetings are held on the third Monday of each month at 1 o'clock in the front meeting room of Canadian Food for Children warehouse. We welcome all inquirers and visitors to join us for a time of prayer and companionship as we follow Jesus in the spirit of St. Francis of Assisi. "Come and see." John 1:39.

Peace and joy,

Helen McGuire, ofs hcmcguire@rogers.com and Patricia Rogan, ofs progan@rogers.com

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 the main office @905-274-9239.

Warehouse hours of operation Monday to Friday 7 a.m. until 12 noon.

From the Warehouse #14

It is always a pleasure to meet so many generous, thoughtful people at the warehouse, who donate to CFFC, whether it's through goods or money. Speaking of the latter, in the last newsletter, I wrote that we didn't ship containers for a few weeks in November, due to a shortage of funds, as the cost to send a container is \$5,000 on average. Well, people have shared their blessings abundantly and we have been shipping at full steam ahead ever since! In 2019, we shipped 321 containers to 13 countries.

The circle of life continues here at CFFC. We are saddened that one of our Wednesday regulars, Jude Malone, died in January. He was a big man with a very big heart. Another friend, Steve Charter, who was very helpful to us in arranging and sourcing deliveries to the warehouse, died in January. May they Rest in Peace. But we have also had several new volunteers in the past few months, and we are always happy to have the help.

At this time, we could really use a "warehouse teacher", to work with the students who come on a daily basis. Our warehouse teachers greet students, give them an overview of the charity, then guide them to working in the warehouse. Mondays are available currently, but we are flexible.

We have a Mass in the warehouse several times a year. At our December Mass, Deacon Damian McGowan preached. He spoke of CFFC as being like the "**breath of God**". What I heard was how we 'exhale' God's breath as we send forth the goods from Canada, as well as our good will, allowing our friends in the developing world to be nourished from the food and love we send. But every act of breathing has two parts, and so we also 'inhale' the breath of God through the love and thanks our partners return to us, as well as the lessons of gratitude, humility and non-materialism they teach us. I found this analogy of CFFC and God's breath to be very inspiring, reminding all of us of the holy work we do, and of God's presence among our work.

Please donate your goods to us **with love**. Every donation should be clean, complete and in working order. You might ask yourself if this donation is something the poor would be able to use. Some donations might be more suitable for recycling here, such as small plastic containers, or for organizations like Habitat or the Salvation Army, such as ornate lighting fixtures. Food staples, such as vegetable oil, rice,, powdered milk and peanut butter are always welcome.

God bless you. Hope to see you soon.

Sal Badali