



Lenten Newsletter

Canadian Food for Children

La Nourriture du Canada pour les Enfants

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JANUARY 5 - MONEY

SAINT JOHN NEUMANN 1811-1860

"How much money does one need in order to be happy?" Many studies have shown that whatever you earn is always a little less than you think you need. It appears that the majority of us believe that we will be happy if we earn more money each year.

Bishop John Neumann, 4th bishop of Philadelphia, understood the weakness of this argument. He took seriously his vow of poverty when he became a priest of the Society of the Holy Redeemer. One day when he arrived back home with soaking wet feet, someone suggested that he should change his shoes. He said he would have to put his left shoe on his right foot and vice versa since he only had one pair of shoes. In his funeral he was dressed in a new suit for the first time in many years.

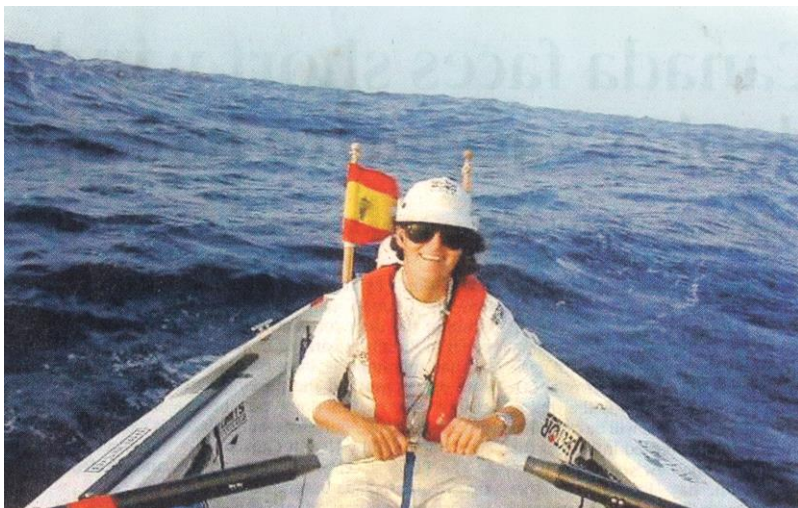
Saint John Neumann did not choose poverty because he enjoyed denying himself. He decided to give up many material possessions because he understood that the real treasures of life cannot be bought.

If we value ourselves by what we possess we will always be poor. Only when we understand that God loves us for what we are and not what we have, then we will become "rich" in a very beautiful way.

How does how much I earn or have in "material goods" affect my opinion of myself? What do I consider my very best treasures?

I AM NOT MY MONEY: "I CAN BE RICH WHATEVER I OWN BECAUSE GOD, OUR FATHER LOVES ME AND SENT HIS SON JESUS, AS MY SAVIOUR."

365 Saints. Your Daily Guide to the Wisdom and Wonder of Their Lives by Woodeene Koenig-Bricker.



Tori Murden McClure begins her journey to cross the Atlantic Ocean in October, 1999. The voyage spanned more than 4,700 kilometres and lasted 81 days.

FIRST WOMAN COMPLETES HER ROW ACROSS THE ATLANTIC

As a child, Tori Murden McClure was told girls shouldn't play sports or be intellectually curious. The American declined the advice, instead competing in rowing and squash while studying psychology in college before earning advanced degrees in law, divinity and fine arts. In 1998, she attempted to row across the Atlantic Ocean solo, but encountered severe hurricanes that repeatedly capsized her boat. A second storm

resulted in her rescue. After returning home, while working for Muhammad Ali, the legendary boxer told her to try again, urging her to not be the woman "who almost rowed across the ocean." In 1999, McClure set sail from the Canary Islands. After 81 days and more than 4,700 Kilometres rowing the 23-foot American Pearl (boat she built herself) across the Atlantic, she arrived in Guadeloupe. She was the first woman and first American, to make the voyage alone. McClure released a memoir. *A Pearl in the Storm*, in 2009 and she currently serves as the president of Spalding University in Louisville, Ky.

In the bleak mid-winter (A Christmas Carol for LENT)

In the bleak mid-winter
Frosty wind made moan,
Earth stood hard as iron.

Water like a stone;
Snow had fallen, snow on snow,
Snow on Snow,
In the bleak mid-winter
Long ago.

Our God, Heaven cannot hold Him
Nor Earth sustain;
Heaven and Earth shall flee away
When He comes to reign:
In the bleak mid-winter
A stable-place sufficed
The Lord God Almighty,
Jesus Christ.

Enough for Him, whom cherubim
Worship night and day,
A breastful of milk,
And a mangerful of hay;

Enough for Him, whom angels
Fall down before
The ox and ass and camel,
Which adore.

Angels and archangels
May have gathered there,

Cherubim and seraphim
Thronged the air –
But only His mother
In her maiden bliss
Worshipped the Beloved
With a kiss.

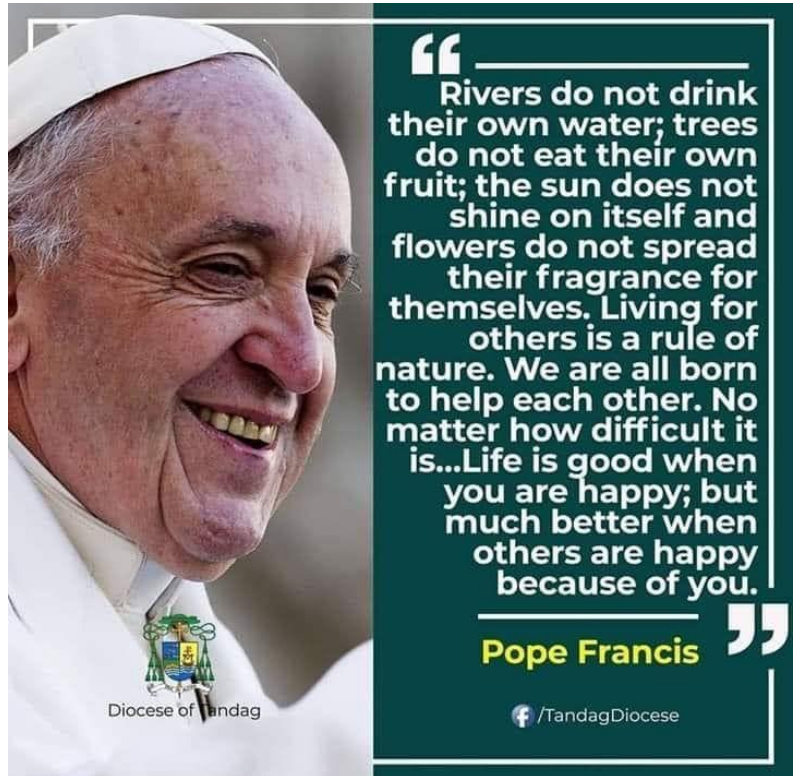
What can I give Him,
Poor as I am?
If I were a shepherd
I would bring a lamb;
If I were a wise man
I would do my part;
Yet what I can, I give Him –
Give my heart.

We are all born to help each other

Pope Francis' message is a powerful reminder to us for our every day living as well as in these particularly challenging times. We are all looking for ways that we can be happier. A way to do so is to share God's gifts with others. God's poor are happier because of our willingness to share our time, prayers, money, things, kindness and love.

Like Toni Murden McClure who was inspired by Mohammed Ali to not be the person who 'almost reached her goal', we continue to pursue our goals to provide the poor with food, clothing, love and hope. Sometimes this may be difficult for us and we ask Jesus to be our strength. Our core warehouse team are not deterred by the challenges we are facing. In fact, we are so thankful that they are more determined than ever to ensure that your donations are being sent to God's poor. These children are happier because of your generosity. Thank you!

God Bless, Eva-Marie Moffat (nee Simone)



*Ludzi Mission, Sisters of Charity of Ottawa,
Malawi, Africa*



Leonor and her children, Arequipa, Peru

From the Warehouse #17

Things have certainly been quieter in the warehouse over the past year. The biggest difference is not having students. While we can fill a container without them, we miss their joy, energy, compassion and their willingness to learn. They also make us feel younger! We traditionally have a Mass in the warehouse in December, but that, of course, couldn't take place. Nevertheless the work of helping our neighbours in the Global South continues. Fortunately there is a core group of volunteers who come to sort donations and fill containers. With the more recent lockdown guidelines, we are asking the public not to drop off donations, and our sorting crew to stay at home for now.

It did feel a little bit like Christmas in December, as St. Michael's College School in Toronto, Nativity of Our Lord parish and Our Lady of Sorrows School in Etobicoke brought in over a thousand beautifully wrapped gift boxes. Looks like it will be Christmas in February for our friends on the receiving end. I'm sure that a gift is welcome at any time!

Many of our volunteers and donors have been connected to Canadian Food For Children for many years. I believe it's because people know the kind of lifestyle and the values of Andrew and Joan Simone. People feel that this place is "the real thing" and that their contributions are valued. It is God's work and we are happy to be here.

We are grateful for God's gifts and remember you, our donors and volunteers, and our friends in the developing world in our prayers when we close the doors of the container at the end of the day.

Sal Badali



Secular Franciscan

Mary Mother of the Poor 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.

Please join us in your personal prayer for the poor at the scheduled meeting time and we look forward to returning to our in person meetings as soon as we possibly can.

Peace and joy,

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

Newsletter now available online!

If you would like to receive the newsletter online, visit: <http://www.canadianfoodforchildren.net>

To register for the E-newsletter. Otherwise we will be happy to continue mailing the newsletter to you.

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 Toronto Area or across Canada- call the main office @ 905.274.9239
Canadian Food for Children Warehouse: 1258 Lakeshore Road East Mississauga, ON, L5E 3D8 (West of Dixie Rd.) Tel: 905.274.9239. Hours of Operation: Monday to Friday 8 a.m. until 12 noon