



Thanksgiving Mass October 21st 2022 at 10am

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

Thanksgiving Newsletter 2022

Joan Simone has lived a life dedicated to helping Mary's children

In October 1980, my mother, father and Shari Fazekas wrote the constitution for Canadian Food for Children. Since that time many poor people have benefited from the love of God. When my Mom and Dad were in Haiti, my youngest brother, Andrew, was 7 months old and weighed 15 pounds. My Dad took this photo of Mom, Andrew and a little Haitian girl who was also 7 months but was a mere 5 pounds. She was starving.

My Mom is now dying of brain cancer. May she rest in peace. My mother gave her life to helping the poor, never thinking of herself. Even up to these last moments, Mom has always said that Mother Mary wants us to help all of God's poor to eat.



A team of eight CFFC volunteers will be going on a pilgrimage to El Salvador called 'Project Mom and Project San'. We are going to empty Father Flavian and Father Jack's warehouse at Agape mission. Thousands of people will be very grateful to be able to feed and clothe their families. This is what my Mom and brother San want for the poor.

We give thanks for Joan Clare (Hoare) Simone

Rest In Peace

September 22, 1940 - September 26, 2022

Mom and Dad have always been 'one' in their steadfast commitment to the mission of CFFC. They have drawn on each other's strengths and God's love as they faced challenges, tribulations and successes to serve God's poor.



Dr. Andrew and Joan Simone have just celebrated their 62nd Wedding Anniversary.



Dr. Andrew and Joan Simone on a mission trip in El Salvador

We are surrounding Mom with love and prayers for a peaceful passing.

Here I am, Lord. Is it I, Lord?

I have heard you calling in the night.

I will go, Lord, if you lead me.

I will hold your people in my heart. (Isaiah 6, Dan Schutte)

Be not afraid.

I go before you always.

Come, follow me, and I will give you rest. (Isaiah 43:2-3, Luke 6:20, Bob Dufford)

God Bless,

Eva-Marie Moffat (nee Simone)

"Take 2 Aspirins. You'll Feel Better in the Morning."



A pounding headache can be debilitating. Muscle pain, allergies, and toothache can leave us incapacitated and in tears. Fortunately, most of us have access to well stocked medicine cabinets in our homes have a convenient supply of Aspirin, Tylenol, Motrin, Advil, and other safe, pain relief medications at the ready.

I recall being in a little neighbourhood "store" in El Salvador. These little shops are usually owned by a local family and might serve a small community of 30- 40 people living in a remote, desolate location. Visualize a small wooden hut with a corrugated metal roof and a large open window in the side wall. The poor can buy essential things at these places that they might need in an emergency. There are very few products stocked in these stores for the poor whom have no money. These little stores might have a small selection of candies for children, pencils, pens, lined school paper, a few crayons, needles, thread, matches, a few locally produced carbonated drinks, and a shelf or a drawer containing Aspirins, Tylenol and pain medicines. (See the above picture.)

In Canada, our variety stores sell various sized bottles of sealed, pain relief tablets for our home convenience. In poor remote places, these medications are not sold by the bottle, they are sold one pill at a time!

The poor could never afford to buy a full bottle of tylenol or aspirin. They could NEVER afford to invest US \$5.00 for an emergency home supply of pain meds. When they have a severe, crippling, headache they have to walk or send a family member to the little store, sometimes a great distance, and purchase one or two pills. Assuming of course that they have the necessary money in the first place. The cost at the small store I recently visited, in the mountains of El Salvador, 2022, was 30cents per pill. When I reported this information to Dr. Simone, he laughed and said to me "Brian, Asprin and Tylenol are luxuries that are beyond the reach of the poor." I think he was surprised that I did not know this already? I take so much for granted in my life. As a cancer survivor, I regularly have severe muscle pain and headaches. Where would I be without my Tylenol before going to bed?

There is no such thing as convenience for the poor. Convenience is expensive. Are there some convenience items in your home that maybe you can share with the poor? Is there a bar of soap, half bottle of tylenol or even a roll of toilet paper that you could donate and share with the poor?

Thank you Jesus for all of the conveniences in our lives that we take for granted. Help us to love and share with the poor.

Brian Finamore, Chaplain

From the Warehouse #24

Hurray! The students are back ! The students are back! We had our first class of students on September 13 (Our Lady of Mt. Carmel), and we are almost fully booked right up to Christmas. Glad to see them and their teachers.

Narda works at a florist, which often does the centrepieces for events. Sometimes candles are part of those. They burn for a few hours, then they get thrown out. Except Narda rescues them (ex. large 4" pillar candles), and drops them off to us. They have many hours of life left in them. Great when you don't have electricity in your home. Thanks, Narda. Do you know any florists?

John and Sandra Van Raay, have retired as directors of our partner organization in Chatham-Kent, after over 15 years of dedicated service. We look forward to working with the new directors. The good people of Chatham-Kent send us so many good things to share. Blessings, John and Sandra.

2 men from the Windsor area showed up with 4 skids on a truck in August (sorry, I forgot your names). The 4 skids contained many boxes of dried soup mix. The men were part of a gleaners organization (look up that word if you don't know it), and took the time to talk about their work to the student volunteers present that day. Their gift is wonderful!

Wayne from Port Elgin showed up with a truckload of stuff this summer. He's retired, said he has a good pension and should be giving back. He shops at wholesalers, etc. to find goods that are useful to the people we help. He enjoys the 'thrill of the hunt'.

A very cheerful man (whom I did not know) dropped off some donations recently. I said "How are you?" His answer: "Blessed!" What a wonderful attitude. Aren't we all.

Finally, people often ask us at the warehouse: "What do you take?" I am borrowing part of a response to this question from a volunteer in Chatham-Kent. I think it's a great way to approach giving.

BEFORE YOU BEGIN TO COLLECT ITEMS FOR DONATION PLEASE READ BELOW

Take a quiet moment. Imagine having almost nothing. No food. No clothing to cover your nakedness. Never enough water for bathing. Never enough water to keep your children clean. Nothing between you and the ground to sleep on. No medicine or schooling for your children. VERY LITTLE HOPE.

Now, imagine receiving all these things. We know that the people who receive your donations are amazed that others are willing to share such wealth with them. There is HOPE FOR THE FUTURE.

Please think carefully about what you want to donate. Would you enjoy receiving the items you are sending? Do they look (and smell) CLEAN? Are they PRACTICAL in a society where people often do not have permanent walls? Those things will be appreciated by the poor of the world and by the volunteers at CFFC who spend hundreds of hours a year sorting and packing your donations. When you put prayerful thought into your effort the results are far reaching. Now, enjoy the wonderful feeling that comes with sharing.

God bless you. 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. 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.

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.