



Monthly Newsletter

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COFFEE – A Catholic Tradition

By Pat Waters

Having that first cup of coffee in the morning is an absolute necessity for many people.

Witness the early morning line ups at the coffee shops as people get their morning “wake up” on their way to work. Even Archbishop Fulton Sheen had a cup of coffee first thing in the morning to stay awake praying the Divine Office. Even though it may seem strange to consider, coffee has long been a part of Catholic culture bringing people together in cafes and parish halls around the world.

Coffee was introduced to Christendom by a Lebanese Maronite priest. The story goes that the goats would not sleep. They were jumping and dancing all night, the shepherd went to complain to the monks at the nearby monastery. Driven by curiosity the prior from the monastery went looking on the hillside where the goats had been grazing and found that they had been eating berries from a small bush that grew there. After boiling the berries in water the prior found that this drink helped him keep awake at night. The prior then ordered that it be used daily during night vigil so that the monks might be more alert for the night services and prayers. The oldest addition of this tale first appeared in Rome in 1671.

Father Antonio Fausto Naironi taught Syriac at Rome’s Sapienza and penned a discourse on “the most salubrious drink called cahue or coffee”, the first book printed in the West entirely devoted to this beverage. On the title page Father Naironi indicated that this was a medical treatise “for the public good” and “the preservation of health”. He placed his work under the patronage of Cardinal Giovanni Nicola Conti, a

central figure at the time. But it was Father Naironi himself who truly legitimized this beverage, and his work has gone down in history. Within a single generation, coffee had established itself in the sociocultural landscape of Venice and Rome. Italy embraced this beverage so fully that the whole world now orders the espresso and cappuccino in Italian. The cappuccino itself carries a Catholic memory, named for the brown habit of the Capuchin friars and bound by tradition to Marco d’Aviano, the preacher who is credited with lifting the Ottoman siege of Vienna in 1683.



In early European traditions coffee was viewed with fascination and suspicion. Advisors urged Pope Clement to consider condemning coffee, arguing that Christians should not drink a beverage associated with the Muslim world. Before making a judgment, the Pope chose to taste it and is reported to have found the drink so pleasing that he remarked it would be a shame to allow only non-Christians to have exclusive enjoyment of it. He then gave his blessing, thus “baptizing” coffee and deeming it acceptable for Catholics to enjoy.

And enjoy it we have! Coffee is everywhere in Catholic life – and so ordinary it barely registers as remarkable. The early morning cup before Mass, the coffee pot at parish coffee hour, the steady drip in a monastery kitchen, it is woven into daily rhythms of prayer, work and community. In the words of Archbishop Fulton Sheen,

“Let them have coffee before meditation.”



A PRAYERFUL Coffee Recipe

Bishop John Doerflinger of Marquette, Michigan, prays this while he prepares his coffee using a French Press:

Before making the coffee, thank the Lord for his goodness in giving us coffee. Contemplate his benevolence.

Place about 15 grams of coffee in the French press.

Heat the water. While the water is heating, continue to ponder the goodness of God and the blessing of another day to serve Him. Make an offering of the whole day to God.

Pour the heated water into the press to your preferred level, stir, and affix the plunger. Depress the plunger.

Pray three Hail Marys, asking the Blessed Virgin’s intercession to draw you closer to the Lord today.

Enjoy the coffee.

Taste and see the goodness of the Lord!

The Archangels — St. Michael, St. Gabriel & St. Raphael

Feast Day: September 29

St. Michael

Patron Saint of: soldiers, police, first responders, mariners, pharmacists

St. Gabriel

Patron Saint of: messengers, telecommunication workers, radio broadcasters, postal workers

St. Raphael

Patron Saint of: travelers, blind people, physicians, nurses, therapists, people who are ill

One of the truths of our faith is that God created angels. The Catechism of the Catholic Church (CCC) dedicates a number of paragraphs to the understanding of these spiritual beings, CCC 328-336 and CCC 350-352. Angels are referenced many times in the Bible but only three are named. It is these three archangels that the Church has given a feast day.



St Michael: Michael means, “*who is like God?*”. He appears in the Bible in the books of Daniel 10:13 and 10:21, Jude 1:9 and Revelation 12:7-9.

St Michael is the defender against evil spirits.



St Gabriel: Gabriel means, “*God is my strength*”. He appears in the Bible in the books of Daniel 8:16 and 9:21, and Luke

1:19 and 1:26. Each time that Gabriel that appears, it is as a messenger.



St Raphael: Raphael means, “*God heals*”.

He appears in the book of Tobit, in particular chapters 5-12. St Raphael accompanies Tobit's son, Tobias, on his journey and heals Tobit of his blindness.

By Angela Van Kralingen

Faith Grows Better Together: Join a Small Group This Fall

Following the success of our Small Groups pilot this summer, Star of the Sea Parish is excited to launch our first parish-wide Small Groups program this Fall!

Based on the *Rebuilt Parish* Small Groups model developed by Fr. Michael White and Tom Corcoran, the program brings together groups of six to eight people once a week for 10 weeks. Each gathering will provide an opportunity to reflect on the Sunday Gospel and, more importantly, explore what its message means in our daily lives.

Small Groups offer a welcoming and safe space where parishioners can slow down, build meaningful relationships, talk openly about faith, and recognize the ways God may be working in their lives. You do not need special knowledge or experience, just a willingness to share experiences, listen, and grow alongside others.

Our vision is simple: **One church, one message, lived throughout the week, beyond Sunday Mass.**

Our hope is to become a parish of small groups, not simply a parish *with a few* small groups. In other words, we want every parishioner to have the opportunity to belong to a small group. As an example, St. Alexander Parish in Fonthill currently has 25 small groups!

Small Groups will begin during the week of **September 27** and continue for 10 weeks, ending during the week of November 29. **Everyone who participates will also receive a complimentary copy of Matthew Kelly's book, *Holy Moments*.**

Come to Our Sign-Up Event: Join us in the parish hall after Mass on the weekend of **September 20**. Coffee and treats will be served, and members of the Small Groups team will be available to answer questions and help you register.

You can sign up to:

- Participate in a Small Group
- Host or help lead a Small Group
- Learn more before deciding

Hosts will receive training, practical resources, and ongoing support. A host training session is planned for Wednesday, September 23.

Ready to take the next step? Fill out the interest form: <https://forms.cloud.microsoft/r/nZZyLpkTcn>

Or Google ‘Star of the Sea community groups’ for more information.



by Joyce Bott

The Pope's Prayer
Intention for September

For the care of water:

Let us pray for a just and sustainable management of water, a vital resource, so that everyone may have equal access to it.

To read more of the Pope's Prayer Intentions, visit

<https://www.popesprayer.va/>

PRAYER for SEPTEMBER

Creator God, we thank You for the gift of water.

It fills our oceans and lakes and the rain You send refreshes the earth, sustaining all living things.

Lord, we know water is life, yet many people struggle to find clean water to drink or use every day.

Give wisdom and strength to leaders and communities.

Help them manage and share water fairly so that no one is left behind.

Inspire us to protect our rivers and streams.

May we use this resource with care, ensuring equal access for all your children.

We ask this in the name of Jesus Christ our Lord.

Amen.



Dear Lord,

As our students begin a new school year, I pray that You will keep them in your care.

Send your Spirit to open their minds to all that is true and beautiful and good.

Help them to see the gifts and talents

You have given them and to use them well.

Help them to grow in knowledge and wisdom.

Help them to be kind to others and lead others to be kind to them.

Give their teachers patience and understanding and help them teach what is just and true.

Send your angels to guide and guard our children and to keep them from all harm.

Open their young hearts to your presence and enfold them in your peace and protection.

Hold them in the palm of your hand and bring them home safely at day's end.

Amen.

Catholic Devotions:
Growing Closer to Christ

Star of the Sea Parish

Sept. 17 to Oct. 22

from 7 to 8:00 p.m.

Discover the beauty and richness of Catholic devotional life. Explore traditional prayers, practices, saints, sacramentals, Marian devotion, Eucharistic devotion, and ways to deepen your relationship with Christ.

Hosted By:



Sisters of
OUR LADY IMMACULATE



Pope Leo is set to travel to France this September



Ignite Your Passion
Empower His Mission

Road trips and Resolutions

by Wilma Vanderzwaag

In the past two months I had two important road trips. The first one was to Thunder Bay to take part in the Ontario Provincial Council of The Catholic Women's League of Canada, 79th Annual Convention. Here two resolutions created in our diocese were presented for discussion, dialogue and then voting for adoption. The first resolution began at the St. Catherine of Alexandria Parish Council led by Dianne Heritz. This resolution was gifted and presented at the Diocesan Council Annual Meeting of Members in April. It was adopted and gifted to the Ontario

Provincial Council and was presented as:

ON.26.04 Provincial Government to Increase Ontario Works Payments to Reflect an Annual Indexed Current Living Wage

Deedee Alexander, Past President of the Diocesan Council spoke about this resolution and why The Catholic Women's League of Canada should adopt this resolution. It was discussed and debated and was adopted. The Ontario Provincial Council will post this new resolution on their website cwl.on.ca with the action plan for all to implement. The council will also present this resolution at Queen's Park when they visit our provincial government representatives.

The second resolution began at St. Thomas Aquinas Parish Council led by Syl Roach. This resolution was also gifted to the Diocesan Council and was adopted at the AMM (Annual Meeting of Members) in April. It was then gifted to the Ontario Provincial Council for consideration at the convention. This resolution was presented as:

ON.26.05 The Federal Government to Implement a National Guaranteed Basic Income Framework

This resolution was also debated, discussed and adopted at the convention. As this is a resolution for the federal government, it had to be gifted to our National Council and go through another process. This resolution was presented and debated at the National Convention in Halifax in August. Syl Roach attended and spoke about the resolution and why The Catholic Women's League of Canada should adopt this resolution. Syl was very prepared and organized for the discussion and debate. This resolution was adopted and will be taken by the National Council to Ottawa when they meet with Federal Ministers and Representatives in November. This resolution and the action plan will be on the National website, cwl.ca.

Congratulations to all who had the passion for these issues to research and work on these resolutions. Be proud of your sisters in the League that are speaking for the poor. The Catholic Women's League of Canada is the only women's group that meets with both the provincial and federal government each year. We are a trusted, long-standing partner in addressing issues that impact families, vulnerable populations, and the common good.

We welcome the newest members of our parish family who were baptized in July and August:

Gabriel Orion Daley
Ellayn Grace Calla
Lowell Catenacci
Harvest Catenacci
Orson Catenacci



Prayer for Child's Baptism:

Heavenly Father, we thank You for the gift of these children who have been received into Your church through baptism. May Your blessing of peace and joy be with them always and protect them all their days. We make this prayer in the name of Your Son, Jesus. Amen.

In Memoriam

We remember the recently departed faithful of our parish:

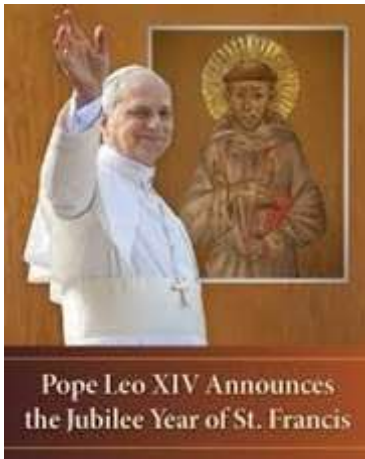
Dorothy McIntyre
Melody Lemieux



Let Us Pray:

Eternal rest grant unto them, O Lord, and let perpetual light shine upon them. May the souls of the faithful departed, through the mercy of God, rest in peace. Amen

Franciscan Deacon's Bench



In a world that cries out for peace and justice, Pope Leo XIV has announced a Jubilee Year of St. Francis, **from January 10, 2026, to January 10, 2027, for the 800th Anniversary of His death**

- an urgent invitation to put our faith into action following the example of St. Francis of Assisi.

from Pope Leo XIV's letter of Jan. 07, 2026

I wish to join spiritually ... with all those who will take part in the commemorative events, hoping that the message of peace may find a profound echo in the Church and society today. At the beginning of his evangelical life, Francis heard a call: "The Lord revealed to me that we should say this greeting: May the

Lord give you peace." With these essential words, he conveys ... the inner wonder that the Gospel had brought into his life: peace is the sum of all God's gifts, a gift that comes from above. What an illusion it would be to think that it can be built by human efforts alone! And yet it is an active gift, to be welcomed and lived every day.

It is the same greeting that, on the evening of Easter, the Risen Lord addresses to his disciples, afraid and locked in the Upper Room: "Peace be with you." It is not a formula of courtesy, but the certain proclamation of Christ's victory over death. Like the voice of the Angels on Christmas night – "Glory to God in the highest, and on earth peace to those whom he loves" the peace that Christ himself made resound between heaven and earth. In this age, marked by so many seemingly interminable wars, by internal and social divisions that create mistrust and fear, Francis continues to speak. Not because he offers technical solutions, but because his life points to the authentic source of peace.

The Franciscan vision of peace is not limited to the relations between human beings, but also embraces the whole of creation. Francis, who calls the sun "brother" and the moon "sister," who recognizes in every creature a reflection of divine beauty, reminds us that peace must be extended to the entire family of Creation. This insight resonates with particular urgency in our time, when our common home is threatened and cries out under exploitation. Peace with God, peace among human beings and with creation are inseparable dimensions of a single call to universal reconciliation.

Dear brothers and sisters, may the example and spiritual legacy of this Saint, strong in faith, steadfast in hope and ardent in active charity towards his neighbour, inspire in everyone the importance of trusting in the Lord, of living a life faithful to the Gospel, and of accepting and illuminating every circumstance and action of life with faith and prayer.

In this Year of Grace, I wish to offer you a prayer that Saint Francis of Assisi may continue to instill in all of us perfect joy and harmony.

pax et bonum deacon maurice o.f.s

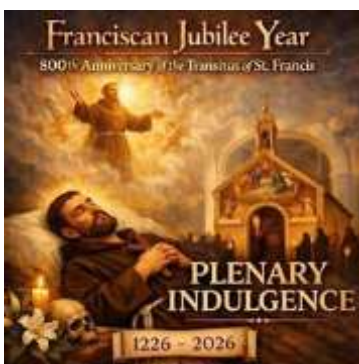
Saint Francis, our brother, you who eight hundred years ago went to meet Sister Death as a man of peace, intercede for us before the Lord.

You recognized true peace in the Crucifix of San Damiano, teach us to seek in Him the source of all reconciliation that breaks down every wall.

You who, unarmed, crossed the lines of war and misunderstanding, give us the courage to build bridges where the world raises up boundaries.

In this time afflicted by conflict and division, intercede for us so that we may become peacemakers: unarmed and disarming witnesses of the peace that comes from Christ. Amen

Pope Leo XIV



Plenary Indulgence

Inspired by the "Pardon of Assisi" granted by Pope Honorius III to St. Francis, a plenary indulgence will be granted to all faithful who make a pilgrimage to any Franciscan church or place of worship dedicated to St. Francis in any part of the world, and complete the usual conditions (sacramental confession, Eucharistic communion, and prayer for the Holy Father's intentions).

If you are unable to undertake a pilgrimage, the plenary indulgence will be granted to you if you spiritually join the Jubilee celebrations and offer your prayers, pains or sufferings to God.



Graduation Awards 2026



St. Ann Catholic Elementary School

St. Teresa of Calcutta Catholic Elementary School



Grade 8 CWL Religion Award:
Cooper St. Denis
Presenter: Audrey Chaput



Grade 8 Josephine Baranek
Memorial Award for Visual
Arts: **Nathan Galang**
Presenter: Joanne Baranek-Fior



Grade 8 CWL Religion Award:
Jax Pascale-Bolton
Presenter: Karen
Shakespeare-Eckstein



Grade 8 Josephine Baranek
Memorial Award for Visual
Arts: **Sofia Romena**
Presenter: Joanne Baranek-Fior

Saint Francis Catholic Secondary School



CWL Stewardship Award:
Riyana Chahoud
Presenter: Lyn Bourret



Other Awards: Society of Saint Vincent de Paul Phoenix Award
St. Ann — Jesse Bolland
St. Teresa Of Calcutta — Dominic Latocha
Presenter: Maureen Potton

The Sisters of the Immaculate Heart of Mary, Mother of Christ

Mission Appeal at Masses on the weekend of July 26/27, 2026

To learn more of their story visit: <https://ihmsistersng.org>



Photo courtesy of Jayne Evans

VBS Star of the Sea 2026 — Wilderness Adventure Through the Sacraments with John the Baptist

Star of the Sea Vacation Bible School 2026 embarked on a five-day journey with John the Baptist. We uncovered the 7 Sacraments and the wonders of our Faith! Our Camp is loaded with friendship, learning and adventure for children ages 4-13. Divided into eight groups, the campers were all named after God's wilderness creatures. Every morning, we explored our Faith with bible lessons, games, songs, arts and crafts, and drama, all guided by the Saints to develop a better understanding of the 7 sacraments that deepen our love for Jesus and our Faith. The Wilderness Adventure through the Sacraments VBS program is specially designed to help the children to discover amazing things about Baptism, Eucharist, Confirmation, Reconciliation, Anointing of the Sick, Marriage, and Holy Orders. Campers had fun learning and celebrating the importance of having courage, gratitude, perseverance, self-control and hope. Each afternoon was an adventure to solidify the learnings.



Monday: team writing and videoing their plays about overcoming adversity. We watched each video and celebrated the successful acting!



Tuesday: Bowling at PlaMor with our teams and counselors, followed by a faith-based movie in the parish hall.



Wednesday: a bus trip to the Shrine of the Holy Rosary in Port Colborne where we celebrated Mass with Father Richard, had a BBQ prepared by the Shrine staff, and painted bird houses in the beautiful wilderness setting.



Thursday: a bus trip to Balls Falls for Wilderness Adventure Camp where the campers experienced archery, campfire with Smores, and a wilderness hike...both days were 45°C!



Friday: we attended Mass and Adoration at SOTS, and then had a party with game stations, face painting, delicious treats and cake. Of course, the campers surprised Father Richard with a special action song on the lawn!

So many new friendships developed at camp, and children attended from our local community, and from as far away as Sudbury, Kitchener and Burlington. Thank you, Father Richard, for always guiding our journey of Faith with joy and love. None of this could have happened without the generosity of the teachers and counselors. Many blessings and thanks to the Sisters of Our Lady Immaculate, Sister Mary Isidore and Sister Maria Immaculata, for instilling the richness of our Faith into the hearts of our campers. A heart-felt thank you to Miss Lara (arts and crafts) with the wonderful assistance of Miss Isabella and Miss Emma, to Miss Maliah and Miss Ashley for teaching the action songs, to Mr. Ezra and Mr. Mathew for running games and activities, to Miss Kayla for moving the children from station to station, and to Miss Raina who stepped in to assist with Friday's party. Last but not never least, thank you to Miss Mary and Miss Nadia for your delicious feasts every day, continually prepared with love. My heart overflows with joy seeing the Catholic faith take deeper root in our children. We offer our deepest gratitude to our Lord Jesus Christ for His constant guidance and grace throughout our camp program. Under the spiritual patronage of St. John the Baptist, our campers walked a path of faith, joy, and fellowship. May the seed of faith planted this week continue to grow in their hearts! In Christ,

Karen Shakespeare-Eckstein
Director VBS Star of the Sea



Thank you to our fantastic Wilderness Trail Blazers!





World Day of Migrants and Refugees- September 27th

Shared by Wilma Vanderzwaag

Pope Leo XIV in his message for the 112th World Day of Migrants and Refugees says that the cry of displaced appeals to the conscience of all. This year's day features the theme "Even just one of these children", from the Gospel according to St. Matthew. Pope Leo began his message by insisting that the title draws our attention to the minors directly involved in the experience of migration and flight, to the care owed to them, and to the Lord's promise

that "whoever receives one such child in my name receives Me". (Mk 9:37)

In the life of the Church, he said that we are called "to transform welcoming from an abstract concept" into "a stable pastoral practice." "Before the concrete faces that confront us in daily life," the Holy Father exhorted, "the entire Christian community is called to regard these children as its own sons and daughters, and to engage with the concrete story of each one of them." Christian communities, he said should be encouraged to promote the integration of refugees and migrants and to value them as full members of the ecclesial family. These children, "remind us that the vulnerability of the young shows no religious boundaries and unites us in a shared humanitarian and spiritual responsibility". He emphasized that this becomes fertile ground for a concrete interreligious dialogue, in which believers, drawing upon their own sense of transcendence, cooperate in weaving networks of protection.

"Faith communities", he stated, "are called to create spaces in which every boy and every girl is respected and valued in his or her own cultural identity, thereby preventing the risk of radicalization by extremist groups." The Pope called on public and private institutions, which "are bound to prioritise the protection and dignity of every single child and adolescent, the adoption of effective legal instruments of protection, the promotion of family reunification, and the prevention of the trauma caused by separation."

"An urgent change of perspective is needed," he said: "The focus of the debate must shift from the mere management of migration to the full and immediate protection of human rights, adopting 'a coordinated, supportive and effective response, capable of guaranteeing protection, welcome the genuine opportunities for integration to those who migrate."

The Pope concluded by praying, "Let us entrust migrant and refugee children to the maternal protection of the Blessed Virgin Mary who, together with Saint Joseph and the child Jesus experienced the cruelty of Herod's violence and the tragedy of exile in Egypt. May she accompany their steps and help our communities to become living and credible signs of the Gospel."

Vatican News August 14, 2026

"Leone a Roma"- Documentary

The Editorial Directorate of the Dicastery for Communication presents the documentary "Leo in Rome", featuring interviews, archival footage, and images that retrace the years Robert Francis Prevost — now Pope Leo XIV — spent in the Eternal City.

The documentary was produced by

journalists Felipe Herrera-Espaliat, Salvatore Cernuzio, and Tiziana Campisi, with editing by Jaime Vizcaíno Haro.

You can watch this 55-minute documentary on YouTube. [Learn more about our Pope!](#)

