



Monthly Newsletter

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SPORTS AS A METAPHOR FOR LIFE



By Pat Waters

Many of us, me included, have never felt the need or desire to take part in organized sports. That does not mean we are not interested in sports just that we are willing to leave the involvement to our more athletic friends. We have all spent hours watching our children play in their many team sports, enjoyed a summer afternoon at a ball game or a chilly winter night cheering on our favourite hockey team and who has not been excited when the home team is in the playoffs. In the words of Pope Francis, sport is a place for encounter and fraternity. As an avid soccer fan as well as an athlete himself, in his younger years, the Pope often used sport as a means of teaching about the Christian life. The Pope notes that "The discipline and temperance of athletes, as well as healthy competition, have often been valued as metaphors for virtuous Christian life."

Pope Francis often quoted the apostle Paul who himself has often compared spiritual life to athletic activity as a vehicle for personal development and communal cohesion. Paul's most famous sport's analogy is found in **1 Corinthians 9:24-27**. In the words of Pope Francis: "Sport is a way to spend leisure time that arouses interests and opportunities for meeting, brings people together, creates communities, energizes life in an orderly manner, and promotes dreams, especially in the younger generation. Sport

becomes a formative experience that helps new generations to cultivate the values of life, love for loyalty and justice, the taste for beauty and goodness, the search for freedom and solidarity."

Pope Francis' core teaching on sportsmanship emphasize four key themes:

The "Amateur" Spirit: maintain a pure, authentic and joyful approach to sports. Do not let big business and profit corrupt the essence of competition.

A Metaphor for Life: Discipline, sacrifice and motivation needed for sports build moral character. Playing well and fairly is more important than winning.

Radical Inclusion: The importance of Paralympic and Special Olympic movements opens the eyes and heart to the inherent dignity of every person. All people- regardless of their abilities or socioeconomic background - should be welcomed to play.

Teamwork over Individualism: Being part of a team means respecting opponents and lifting up teammates.

Much like Pope Francis, Pope Leo also sees sport as a tool for building character, discipline, and fraternity. Sports should always be done for others and to reflect the goodness of God - not as a self-serving performance. This is expressed in the Pope's Prayer Intention for June found on p.3.

1 Corinthians 9

²⁴ Do you not know that in a race all the runners compete, but only one receives the prize? So run that you may obtain it.

²⁵ Every athlete exercises self-control in all things. They do it to receive a perishable wreath, but we an imperishable.

²⁶ Well, I do not run aimlessly, I do not box as one beating the air;

²⁷ but I pommel my body and subdue it, lest after preaching to others I myself should be disqualified.

Saint Aloysius Gonzaga

1568 – 1591

Feast Day: June 21

Patron Saint of: Youth and Students

Aloysius, the Latin translation of Louis and called Luigi by his family, was born into an aristocratic family in northern Italy. As the eldest of 7 children, there was an expectation that he would inherit the family fortune, carry on the family name and join the army. When Aloysius was 9, his father sent him and his younger brother, Ridolfo who was 8, to the court of the Grand Duke of Florence where they studied languages, mathematics, fencing and dancing. Dancing? Yes, dancing. As sons of a marquis, they would be required to attend a number of parties.

Both boys were well-liked but there was something different about Aloysius. During this time, he took a secret vow of chastity. He was serious about his studies and listened attentively to the homilies at Mass. He fasted three days a week, prayed the Psalms daily and taught catechism to poor children. When he was 12, he received First Communion from Father Charles Borromeo, a future saint, who then became his instructor and confessor.

Aloysius was determined to become a priest but knew that he had to obey his father's wishes. He was drawn to the Jesuits after reading stories of their missionary work in India. Initially, his father

vehemently denied his request to join the clergy but eventually gave in. Thus, at the age of 17, Aloysius gave up his inheritance and entered the Society of Jesus in Rome, taking vows of chastity, obedience and poverty. He was ordained a deacon at the age of 20. He did not live long enough, though, to be ordained a priest.

Before Aloysius was accepted into missionary work, a plague broke out in Rome. There were not enough hospitals and doctors to care for the sick and dying so the Jesuits opened a hospital of their own. The Jesuit priests, deacons, brothers and novices were given the choice to stay and care for the sick or to leave but most chose to stay including Aloysius. Everyday, he cooked, cleaned, fed and buried the dead. Aloysius admitted to his spiritual director, Father Robert Bellarmine, another future saint, that he found the sights and smells revolting and that he had to work hard to overcome his repulsion.

When the plague had almost run its course, Aloysius contracted this illness. It did seem at first that he pulled through but it left him weak so his supervisors decided to send him to one of their country houses to recover. However, the night before he was to leave, knowing that he was dying, he asked Fr Bellar-



mine to give him communion and Extreme Unction, now known as the Anointing of the Sick. He then, at the age of 23, took his final breath, calling on the name of Jesus.

Aloysius was beatified shortly after his death in 1605 by Pope Paul V and canonized in 1726 by Pope Benedict XIII. His body now rests at St Ignatius of Loyola Church in Rome and his skull is in the Sanctuary-Basilica of San Luigi Gonzaga in Castiglione delle Stiviere, Italy, where he was born.

St Aloysius, intercede for young people everywhere. Help them to grow in faith, to resist temptation, and to choose what is good and true. Guide them to live with integrity, compassion, and love in a world full of challenges and distractions. Inspire them to serve others generously and to follow God's call for their lives with trust.

Amen.

By Angela Van Kralingen



Message from Jayne Evans, CWL President at Star of the Sea:

"Yesterday [May 11th], my husband and I delivered all the wonderful donations of diapers and baby essentials to Choose Life on Belton Blvd.

The staff was overwhelmed by our generosity! They experienced fewer donations during their Diaper Drive, so our donations were a welcome surprise!

Thank you to everyone who supported this annual cause!"



The Pope's Prayer
Intention for June

For the values of sports:

Let us pray that sports be an instrument of peace, encounter, and dialogue among cultures and nations, and that they promote values such as respect, solidarity, and personal growth.

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

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

PRAYER for JUNE

Heavenly Father,
We thank You for the universal language of sports, which brings together people from all corners of the globe. As nations gather on the field, the court, and the track, we ask that You look upon all athletes, coaches, and spectators.

Lord, let these competitions be a bridge of peace and a celebration of our shared humanity. Where there is rivalry, may it be met with mutual respect, fair play, and generous sportsmanship. May the spirit of the game break down walls of division, erase prejudice, and foster lasting friendships that transcend borders and languages.

Guide all leaders and participants to use these platforms as a catalyst for goodwill, demonstrating that teamwork and dedication can inspire the world. Teach us to rejoice not only in victory but in the strength, endurance, and courage of all who compete.

May the spirit of unity we see in sports echo in our communities, reminding us that we are all part of one global team. Amen.

First Communion in May



Many blessings to the students who received their First Holy Communion:

St Teresa of Calcutta
Saturday, May 2 @ 5pm

St Ann
Sunday, May 3 @ 2pm

O Jesus, this I pray with You in union,
every time I receive Communion.
I ask you, Jesus, to watch me grow
and teach me all that I need to know.
Protect me daily, from all things bad
and fill my heart with all things glad.
And if ever I should lose my way,
please guide me back when I kneel
and pray.
Amen.

◇ May the happiness of this celebration continue as you begin to grow a new life in Christ.



We welcome the newest members of our parish family who were baptized in May:

Roman Perna
Henley Perna

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.

Children's Liturgy at the 11am Mass

by Joyce Bott

Children's Liturgy during 11:00 am Mass had an exciting and well-attended winter season, with up to 30 children participating in each session. During these 30-minute classes, children ages 5–12 are invited to the parish hall to learn about the Sunday Gospel in a fun, welcoming, and engaging environment.

This winter, children explored many important Gospel themes, including the Samaritan woman at the well, the raising of Lazarus, Jesus' passion, Jesus' resurrection, the road to Emmaus, Doubting Thomas, and the Ascension. Each session begins with the Sunday Gospel reading, which is then reinforced through animated videos, interactive discussions, and hands-on painting activities

that help bring the message to life.

To encourage regular participation, students earn a loyalty token for each class attended. Once five tokens are collected, children can redeem them for prizes.

For more information about Children's Liturgy and how to enrol your child, please visit the Star of the Sea website:

<https://www.staroftheseachurch.ca/ministries/childrens-youth-and-school/>

Ms. Joyce is also looking for additional volunteers to join the teaching rotation. If you are interested in helping support this important ministry, please contact joyce@bott.ca

The last class for the 2025/26 academic year will be held on June 28.

Classes will resume on September 13th.



Meeting In Ottawa

Shared by Wilma Vanderzwaag

On May 1, 2026, the members of the executive of the Canadian Conference of Catholic Bishops met with the Prime Minister in Ottawa.

The CCCB has a responsibility to contribute to public life in Canada in a spirit of dialogue by communicating the concerns of the Bishops and the Catholic faithful, informed by the Gospel and the Church's social teaching. In a diverse and secular society, the Church's mission encourages engagement with elected officials, fostering mutual understanding and trust to identify shared values and objectives for the common good. At a time of important changes in Canada and amid current global uncertainty, the meeting offered an opportunity to raise awareness of the social impact of public policy. Topics included Canada's reduction of international humanitarian aid, world peace, and the need to remain attentive to those who are most vulnerable: the poor, the marginalized and those who are terminally ill and at the end of life.

The CCCB Presidency is grateful to the Prime Minister for his time and looks forward to future opportunities for constructive engagement with him and other parliamentarians.



From left to right: The Most Rev. Pierre Goudreault, Bishop of Sainte-Anne-de-la-Pocatière and CCCB President, the Rt. Hon. Mark Carney, Prime Minister of Canada, the Most Rev. Donald Bolen, Archbishop of Regina and CCCB Vice President, the Rev. Jean Vézina, CCCB General Secretary, and Mrs. Tracy Blain, CCCB Advisor for Indigenous and Government Relations.

STAR OF THE SEA - SMALL GROUPS (PILOT PROGRAM)

Building Community Beyond Sunday Mass

Have you ever wished you knew more people at church?

Would you like to grow in faith while building meaningful friendships and community?

This July, Star of the Sea will be launching a **Small Groups Pilot Program** inspired by the **Rebuilt Parish Program** (developed at the Church of the Nativity in Baltimore, Maryland), as well as the vibrant small-group ministry at St. Alexander Catholic Church in Fonthill, where more than 25 small groups gather each week to help parishioners grow in faith and fellowship together!

We are inviting 10 parishioners to take part in this first 6-week pilot experience.

Participants will choose between:

- An online Zoom group led by Joyce Bott (day/time to be determined)
- An in-person group led by Wayne Riddle (day/time to be determined)

Each weekly 90-minute gathering will include:

- Opening prayer
- Viewing Bishop Barron's 15-minute Sunday sermon reflection
- Guided group discussion
- Closing prayer

Our hope is simple: to create a welcoming space where people can grow in discipleship, build lasting friendships, support one another in faith, and experience community beyond the walls of the church. Small groups help people connect more deeply with one another and with Christ through honest conversation, prayer, encouragement, and fellowship.

The pilot will run for 6 weeks beginning in July. Meeting days and times will be selected based on participant availability through the registration form.

We welcome you and your friends! This includes:

- Parishioners looking for deeper connection
 - People who have left the church
 - People outside the church seeking Christian friendship and fellowship
 - People wanting to grow spiritually in a relaxed and supportive environment
- Participants are asked to commit to attending regularly for the 6 weeks, although reasonable absences with advance notice are perfectly understandable.

If you are interested in participating or simply want more information, please use your cell phone camera to scan and complete the online interest form here:

Or type this link into your internet browser's address bar: <https://forms.cloud.microsoft/r/nZZyLpkTcn>

Or send an email to: joyce@bott.ca

This pilot program will help prepare for the full parish-wide small groups launch planned for **Fall 2026**. Our long-term vision is to become a parish where faith and fellowship continue throughout the week — not just on Sundays. We hope you'll consider joining us!

FAQ's

What is a small group?

⇒ A small group is a group of six to ten people who gather on a weekly basis to pray, discuss their faith (focused on specific topics), and connect together in fellowship.

What is the purpose of small groups?

⇒ The purpose of small groups is to help parishioners identify friends in faith. They are primarily about connecting members of the parish in order to learn from one another's faith.

Where do groups meet?

⇒ Groups meet in homes, offices, local coffee shops, online, etc. It all depends on the group. Under certain conditions, groups meet at the parish hall at church. Depending on the group's host, there can be a specified group affinity. It could be a men's group, a retired person's, a young mom's, a youth group, etc.

How long is a group meeting?

⇒ Most group meetings are about 75-90 minutes long.

What's my commitment to a group?

⇒ It's up to you, a single season (like Lent or Advent) could be a place to start. Ultimately, our goal is for people to make an ongoing commitment to small groups as a lifestyle choice.

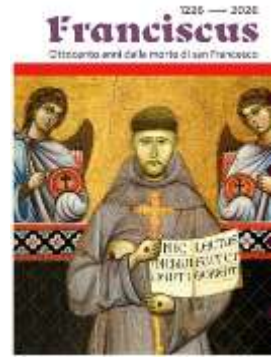
Star of the Sea - Small Groups Pilot
(July 2026)



Deacon's Franciscan Bench — #5 Peace

From the Testament of St Francis (Test 23) *The Lord revealed to me that we should use this greeting: "May the Lord give you peace!"*

In January 2026, all branches of the Franciscan family gathered to begin the year-long celebration of the **800th anniversary of his death**. They celebrated and prayed over six Stages in St. Francis' Legacy: **Mercy, Prayer, Fraternity, Work, Peace, and Blessing**. Of these six, **Peace** is one that most people would likely include in such a list.



From the Legend of the Three Companions [58] *It was his earnest desire that both he and the friars should abound in those good works by which the Lord is praised. And he said to them: "The peace that you proclaim with your mouths, have it even more abundantly in your hearts. Do not provoke anyone to anger or scandal, but let all be drawn to peace, goodness and harmony by your Meekness."*

In his remarks last January, Br Roberto Genuin, OFM Cap. explained that Franciscan peace is not a greeting, but a mission of evangelization, forgiveness, and hope.

Intervention of Br Roberto Genuin, OFM Cap

In his Testament, Francis identifies peace-giving as the mission he received from the Lord: "*The Lord revealed to me that we should use this greeting: 'May **the Lord** give you peace.'*" This is much more than a wish or a formal greeting; it is **a program of life and a commitment to evangelization**. At the beginning of his new life... on hearing the Gospel message of the disciples being **sent out to preach, carrying the greeting of peace wherever they went**,^{Matthew 10.5-12} Francis exclaimed: "*This is what I want, this is what I ask, this is what I long to do with all my heart!*" The greeting and proclamation of peace are **a mandate entrusted to the disciples, to the Church**, a mandate Francis feels incumbent on himself and passes on to us - and they are also **the greeting of the Risen Christ addressed to the disciples at a time when they were "closed in fear,"** combining this greeting with **the task of reconciliation**. This is the key to building peace: the courage of **forgiveness, reconciliation, and mercy**. Francis is the bearer of **a gift that comes from above, from the Lord, and he is aware of being its channel**. Let us too learn to be **agents and bearers of peace**, especially **when evangelical courage is needed** when confronted with apparent futility.

"*May the Lord give you peace!*" is an act of forgiveness, and a plea for all to "*forgive as they are forgiven*." Proclaiming "*May the Lord give you peace!*" is evangelization" proclaiming Jesus who is the Prince of Peace, in order to make Him more known and adored more fully.

Peace is not what we seek for ourselves, but what we offer. It is a gift - but not our gift; we are messengers, heralds, channels of peace. Peace is the gift of the Father in the risen Jesus.

We are commissioned to **carry this gift** to others: symbolically, liturgically, in the sign of peace at Mass, and then **out into the world**: "*Go in Peace, glorifying the Lord with your Life.*"

"*May the Lord give you peace!*" reflects a commitment to peace, not just within each person, and among people, but with all of creation. The universal Franciscan greeting is "*pax et bonum*;" that is, "peace and all good be to you."

pax et bonum - deacon maurice o.f.s



In Memoriam

We remember the recently departed faithful of our parish:

Joe Montague
Deacon Ed West



Let Us Pray:

Eternal rest grant unto them, O Lord, and let perpetual light shine upon them.

And may the souls of the faithful departed, through the mercy of God, rest in peace. Amen

Parish Pastoral Council, Star of the Sea Church

Recognizing that sound pastoral decisions are informed by the wisdom of the People of God, each of our parishes has in place a **Parish Pastoral Council**.

The documents of the Second Vatican Council recommended the establishment of such councils. They state that Catholics have a right and duty to express their opinion on what pertains to the good of the Church. Pastors should willingly consult their people, say the documents, and use their prudent advice. By establishing a pastoral council, the pastor acknowledges the wisdom of his parishioners and expresses his desire to share with them his responsibility for the governance of the parish.

Purpose: The purpose of the parish pastoral council is to investigate pastoral matters, to consider them thoroughly, and to propose practical conclusions about them. The council's task is, first of all, to study those matters brought to its attention and shed light on them. Its second task is to reflect on them thoroughly, to discern their true nature, to evaluate and to ponder them. Its final task is to draw sound conclusions. The council presents these conclusions to the pastor in the form of recommendations. This threefold task of the council-investigating, considering, and recommending conclusions-is called pastoral planning. After the pastor has accepted the recommendations of the council, he directs their implementation. Council members may assist him, but strictly speaking, implementation is the responsibility of the pastor, not the council.

Scope: The scope of the council is **pastoral matters**. These may include everything that pertains to the pastor's ministries of proclaiming God's word, celebrating the sacraments, caring for the faithful, promoting the mission of the Church to the world, and being a good steward of parish resources. The scope includes all the practical matters of parish life. There is, in short, nothing about which the pastor may not consult the council, apart from faith, orthodoxy, moral principles or laws of the universal Church.

Currently Serving: Fr. Richard Kowalchuk (Pastor), Rev. Mr. Maurice Prindiville (Parish Deacon), Ronald Eckstein (Chair), Idella DeLuigi (Vice-Chair), Joyce Bott, Mary Marano, Yvette Mondragon, Clarke Piller, Wayne Riddle and Patricia Waters.

by Fr. Richard Kowalchuk



Saints Trivia-Part Two

We all have our favourite saints that we pray to, but there are so many more to learn about and get to know. Saints don't go out of style, something about the saints attracts and intrigues us. Below are a few patron saints to try to match up to their particular cause or groups. You will learn a little information about these saints on the answer page. Hopefully this will entice you to read about one or more of these saints and they become a favourite of yours.

- | | |
|-------------------------------------|----------------|
| 1. ____ St. Jerome | a) Motorists |
| 2. ____ St. Claude de la Columbiere | b) Librarians |
| 3. ____ St. Martha | c) Parents |
| 4. ____ Madonna del Ghisallo | d) Scientists |
| 5. ____ St. Louis IX of France | e) Gardeners |
| 6. ____ St. Albert the Great | f) Bicyclists |
| 7. ____ St. Adelard | g) Waitpersons |
| 8. ____ St. Francis of Rome | h) Deacons |
| 9. ____ St. Stephen | i) Toymakers |

Answers are on page 8, along with a short story about each saint and why they have these patronages.

(Try not to peek until you've guessed!



Prayers and Best Wishes for the following couple who was joined in Holy Matrimony:

Carly Goupil & Ian Pasiak

Saturday, May 23, 2026



A Nuptial Blessing:

May love and laughter fill your hearts and your home for all the days of your lives. May you face every challenge hand-in-hand and side-by-side knowing that with God's grace, you will conquer all obstacles together. In Jesus' name we pray. Amen.



Saints Trivia-Part Two ANSWERS: 1-b, 2-i, 3-g, 4-f, 5-c, 6-d, 7-e, 8-a, 9-h

Did you know?

St. Jerome dedicated his life to books as a means of communicating the word of God and truth in general, he is the patron saint of librarians and of Scripture scholars.

St. Claude de la Columbiere is most known, for his role in spreading devotion to the Sacred Heart, through which countless people have come to know the great and very personal love of Jesus. He became the patron saint of toymakers because the main industry in a town in the diocese named for him is the manufacturer of whistles and toys.

St. Martha was the sister of Mary and Lazarus. Martha has traditionally been the model of active Christian service, while Mary is the model of the contemplative. Many a waiter and waitress would do well to call on the intercession of Martha when feeling frazzled as well as take to heart Jesus' words to spend a moment with Him.

Madonna del Ghisallo is one of the many honorary titles for the Blessed Virgin Mary, although one that is not widely known. Pope Pius XII declared the Madonna of Ghisallo the patron saint of cyclists during the 1949 Giro d'Italia, a long-distance bicycle race in Italy for professional cyclists that is held each year in May or June. There is a shrine of Madonna del Ghisallo that houses an eternal flame in memory of cyclists who have died. Some of the greatest riders have given their bicycles and jerseys to the shrine as an act of thanksgiving.

St. Louis IX of France was a model Christian monarch for his era. He was exceptionally generous to the poor, often distributing food to them himself. He founded a hospital to care for the poor and destitute. He also founded three monasteries. When he was fourteen, he married Margaret of Provence, who was thirteen. They had eleven children. He became the patron saint of parents as well as parents of large families. Parenting is a heroic vocation so saints who were parents are especially sensitive to our prayers for intercession.

St. Albert the Great was among the first and greatest of natural scientists. He had an extensive knowledge of biology, chemistry, physics, astronomy and geography. One of his treatises proved that the earth is round. He wrote on logic, metaphysics, mathematics, Scripture and theology. He was the first to apply the writings of Aristotle to the teaching of the Church. The project was taken up from him by his student, Thomas Aquinas. St. Albert the Great was canonized and simultaneously declared a doctor of the Church by Pope Pius XI in 1931. Because of his cutting-edge work in science for the times, he is the patron of scientists.

St. Adelard was the first cousin of Charlemagne. He entered a French monastery when he was twenty years old. His first assignment was to be a gardener, but soon after was elected abbot. Adelard zealously promoted literature in his monastery. He instructed the people who lived near the monastery, in Latin, Teutonic and French languages. Even though he was a nobleman and scholar, he cultivated the humility to work at gardening as well. He understood that gardening gives glory to the Creator.

St. Frances of Rome wanted to enter a convent but against her wishes was married at the age of thirteen. Frances along with her sister-in-law devoted many hours each week in prayer and caring for the poor of Rome. A plague and famine afflicted Rome and Frances did all she could to alleviate the suffering of the people. During this time an antipapal army occupied Rome and her husband had to escape the city. Her husband returned four years later but was in poor health. She nursed him until his death. She then entered a convent that she had established earlier for the Oblate women who wanted to live in a community. During the later years of her life, she was guided by an angel only she could see. Of course, St. Frances never drove a car but because of the angel that preceded her when she traveled at night, she became the patron of motorists. The angel's lantern kept her safe on her journey.

St. Stephen was among the first group of deacons selected as told in the Acts of the Apostles. His was the first name listed by St. Luke, the author of Acts. St. Luke says that Stephen was "full of grace and power" and "did great wonders and signs among the people". Like Stephen, today's deacons continue to dedicate themselves to service, particularly within the local faith community. St. Stephen's active faith, serves well as a model for deacons everywhere.



Dear Pastor Letters From Children:

Dear Pastor,
My father says I should learn the Ten Commandments but I don't think I want to because we have enough rules already in my house.