

Nazareth Newsletter

Greetings to all Nazareth families!

What better way to get through these long cold winter months, than to start dreaming about those hot summer days at the beach, relaxing with family and friends at Dominus Vobiscum. What a lovely thought, especially when the temperature outside today is -40. Brrrr!

Well, believe it or not, that time is almost here again and plans are underway to prepare for yet another two wonderful weeks of Nazareth family camps.

Nazareth Family Day

Mark your calendars for **Saturday, June 5th, 2004**, the date of the next Nazareth Day for families.



Where: Keith and Peggy Doucette's home,
606 Boundary Rd.,
Alfred, Ontario
(directions at end of newsletter)

When: 1 p.m. - 7 p.m.

The afternoon will begin with the celebration of Mass. Following Mass, there will be games for the children and a time for the adults. A potluck supper will finish off the gathering.

Things to bring:

- main dish and/or salad
- dessert
- drinks

Please call the Doucette's (613-673-4283) by the middle of May to confirm whether you will be attending or not. This will help with the planning. Please plan to come! It is a wonderful opportunity for families to come together for a joyful day of sharing faith, fun and family - a chance to see old friends and make new friends.

Summer 2004

A Nazareth week is an opportunity for families to learn more about the Catholic faith, to be together, to share with other families who want to grow in their faith, and to enjoy some summer family fun in a beautiful summer camp setting. Each morning after breakfast, we will be celebrating Mass together as a community as we give praise and worship followed by conferences for the parents and planned activities for the children. Afternoons are free for family time; beach and other family activities.

Nazareth Family Retreat is Sunday, August 1st - Saturday, August 7th, 2004 for families attending Nazareth for the first time. There will be a priest as the spiritual director for this week. In addition to viewing the Nazareth videos, team couples will be giving their personal testimonies relating to the themes of the videos during the morning adult conferences. There will be morning programs for the children and teens.

Nazareth "Follow-up" Family Retreat is Sunday, August 8th - Saturday, August 14th, 2004 for families who have previously attended Nazareth. Fr. Roger Vandernakker will be the spiritual director for this week. The Retreat team will be providing teachings for the adults during the morning conferences. There will be morning programs for the children and teens.

Registration for both weeks is now being accepted. **The cost for the week is \$350.00 per family.** This cost covers the expenses incurred to run the Nazareth retreat as well as the cost of the use of the facilities of "Dominus Vobiscum". It also provides you with prepared lunch each day from Monday to Friday.

Registration forms can be found on our website at www.raisit.com/nazareth You can also access a list of "things to bring" and the retreat center policies on this website.

Registrations are due by May 1st, 2004 and please note that the method of payment has changed from previous years. To allow for easier administration of finances and to allow for better planning, **we are now asking that you submit full payment at the time of registration.** You may post-date your cheques for May 1, 2004.

Upcoming Events To Consider

Lift Jesus Higher Rally

When: Saturday, April 17th, 2004
Where: Metro Toronto Convention Centre, North Building
Time: 8:30 a.m. - 6:00 p.m.
Cost: Adults \$15.00
Students \$8.00

The organizers of this event are Ralph Martin, Sr. Ann Shields and Peter Herbeck. The day begins with the Rosary and ends with the Holy Eucharist. Mass will be celebrated by Bishop Pearse Lacey. Guest speakers include Scott Hahn and Alex Jones. There is a special program for teens that will be lead by Fr. Mark Goring.

For tickets/information, call Larry (416-227-2560) or Sadie (905-270-2510) or go to their website at www.lift-jesus-higher-rally.org

Journey to the Father

A Spirit-filled conference for high school aged students

When: July 16th - 18th, 2004
Where: St. Raphaels, Ontario
Cost: \$100

This is a unique adventure in the Catholic faith, where 500 teens (along with adult chaperones) will come together to hear great speakers, celebrate beautiful liturgies, make peace with the Father and move to music that lifts your spirit. The featured speakers include: Bishop Paul Andre Durocher, Diocese of Alexandria-Cornwall, Fr. James McManamy, Precious Blood Parish, Scarborough, Fr. Stephen Pouliot, St. Paul the Apostle Parish, Kingston, Charity Andrzejewski, Net Canada Staff, Ottawa, Marilyn Bergeron, Youth Coordinator, Alexandria-Cornwall and Peter Van Kampen, Life Teen leader, Ottawa.

For more detailed information, check out their website at www.journeytothefather.ca

The Passion of the Christ

When: Opens Wed. Feb. 25th, 2004

Where: AMC Theatre, Kanata, Coliseum, South Keys and more (check for theatre closest to you)



This is the much talked about movie that Mel Gibson has produced and directed, and it is opening in our city on Ash Wednesday. There have been many reviews by those who have already viewed it at private screenings and the consensus seems to be that this is a movie, not to be missed! Mel Gibson has suggested that it is likely not appropriate for children under 12 years of age.

And speaking of Lent...

Here is an article taken from the Nazareth magazine on Lent, that you and your family might like to consider this Lenten season.

"What is a Spiritual or Internal Fast?"

A spiritual (or internal) fast consists of abstinence from "all evil," in other words, sin. Saint John Chrysostom taught that the "value of fasting consists not so much in abstinence from food but rather in withdrawal from sinful practices." And Saint Basil the Great explains: "Turning away from all wickedness means keeping our tongue in check, restraining our anger, suppressing evil desires, and avoiding all gossip, lying, and swearing. To abstain from these things---herein lies the true value of (a) fast."

"How to Perform a Spiritual or Internal Fast"

- Don't do any unnecessary talking; instead, say little prayers throughout the day. (to aid in this, write them down and post them around the house, or in your work place.)
- Remember to exercise your patience today in all things.
- Don't make any complaints today.
- Restrain any anger, and go out of your way to be kind to the person who caused your anger.
- Don't be distracted with someone else's business.
- Avoid any gossip today, instead say an extra Rosary to overcome this great fault.
- When asked to do something extra, do it with a joyful and pleasant attitude today. (children can really understand this one)
- Speak in a pleasant tone to everyone today.
- Tell the truth in all your dealings today.
- Don't look for praise today; instead find an opportunity to praise someone else.

"What is Spiritual Change?"

The development of virtues and habits of good works and prayer should be the main objective of any Lenten observance. The Fathers of the Church insisted that during Lent the faithful attend the Lenten church services and daily Mass.

Over the centuries since then, Lenten observances, especially fasting, have undergone many changes. While it was once normal for most people to fast on bread and water during Lent, to reduce their hours of sleep, and wear some form of penitential garment, today the observance of the Lent is almost over-looked. Yet, the point of the exercise, the spiritual growth and change of lifestyle is as important today as at any time in the history of the Church.

"How to Develop Spiritual Change" (practice virtues and good works)

- Practice humility today in all your actions.
- Be generous today; help someone in need.
- Look for ways to be helpful throughout the day.
- Do a job that needs being done without being asked.
- Be courageous; walk away from any impure situations today.
- Don't be at all idle today. Always be doing something for others or for your own spiritual growth.
- Go out of your way today to help or talk to someone who is usually difficult.
- Volunteer for an extra job today.
- Say an extra Rosary today for the conversion of a sinner.
- Visit someone who is sick or lonesome today. Offer to say the Rosary with them.

When the general idea and purpose of a Fast is presented and explained to children (of all ages) with clear and specific recommendations, they tend to embrace it enthusiastically.

If we can help them hold on to that enthusiasm for their faith practices with support, encouragement and our own example, we may just learn and grow through Lent ourselves, as well.

Prayer for the Family

Heavenly Father, you have given us a model of life in the Holy Family of Nazareth. Help us, O loving Father, to make our family another Nazareth where love, peace, and joy reign. May it be deeply contemplative, intensely Eucharistic and vibrant with joy.

Help us to stay together in joy and sorrow through family prayer. Teach us to see Jesus in the members of our family, especially in their distressing disguise. May the Eucharistic Heart of Jesus make our hearts meek and humble like His, and help us to carry out our family duties in a holy way.

May we love one another as God loves each one of us, more and more each day, and forgive each other's faults as you forgive our sins. Help us, O loving Father, to take whatever you give and to give whatever you take with a big smile.

Immaculate Heart of Mary, cause of our joy, pray for us. St. Joseph, pray for us. Holy Guardian Angels, be always with us, guide and protect us.

Mother Teresa M.C. (Year of the Holy Family, 1994)

Prayer...



Prayer is often said to be the glue that holds families together. As the saying goes - "families that pray together, stay together". With the Lenten season fast approaching, it is the perfect time to renew or enhance your commitment to family prayer. In the December issue of the Word Among Us, one of the articles provided online resources for family prayer. Below these websites are listed for you.

- www.circleofgrace.com
- www.familyrosary.org
- www.liturgyhours.org
- www.catholic.org
- <http://www.cptryon.org/prayer/child>

Thank You and Congratulations

Congrats are in order for The Dore family. The newest addition to the Dore family was welcomed into this world on Nov. 26th, 2003, weighing 9 lbs. .04 oz. Her name is Carina Marie and she is sister to big brothers Paul and Matthew and big sister, Nicole. Congratulations Ray and April!

And thanks to Ray for his continued work on our website. Among other things, we are now able to access registration forms on this site as well as the Nazareth Newsletters. Keep up the great job, Ray. We really appreciate your efforts!



Directions to Doucette's

- Travel East on 417
- Continue on till 417 turns into 17 (sign on Queensway says Rockland)
- Keep travelling East towards Rockland
- Continue East on 17 towards Alfred (approx 31 KM pass Rockland)
- As you are travelling you will come to Plantagenet, (there is a Motel on RHS) Stay on the HWY 17
- approximately 3 km up the hill on The RHS you will see Boundary Road. Turn Right onto Boundary Road
- our driveway is the first driveway on the right: 606 Boundary Road (613) 673-4283 Please call if you are unsure.