

## St. Joseph's Church – Ottawa

### 2019 GUIDE TO PARISH MINISTRIES

#### **St. Joseph's Parish Mission Statement**

*We who choose St. Joseph's Parish are called, as part of the Body of Christ, in the Archdiocese of Ottawa, to be:*

- **A Proclaiming Community** which is a living witness to Christ in the inner city and in partnership with the Oblates of Mary Immaculate, proclaims the Good News to the poor;
- **A Welcoming Community** which is gathered together, in weakness and strength by the Spirit of Jesus, to nurture its faith by sharing the Word and breaking the Bread, remembering and celebrating God's love for us;
- **A Discerning Community** which, inspired and led by the Holy Spirit on a journey of Faith, encourages the gifts of individuals to flourish;
- **A Ministering Community** which serves the needs of its people and reaches out in solidarity, especially to those who are poor and marginalized in the community at large

*St. Joseph's currently has 41 Ministries. Ministries are grouped into four clusters:*

- *Liturgy and Music*
- *Pastoral Care and Social Justice*
- *Faith Formation and Initiation*
- *Community Building Cluster*

*Each cluster is represented on Parish Council. This Guide provides a brief description and contact for each Ministry.*

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## MINISTRY DESCRIPTIONS

### I. Liturgy & Music Cluster

#### 1 Altar Linen Ministry

Each week, the altar linens are gathered, washed and returned to the church in preparation for the following weekend's Masses. Most weeks, only the purificators (cloth napkins used with each chalice) need washing and ironing, but occasionally there is an altar cloth or alb (priest vestment) as well.

**Time commitment:**

Usually a monthly commitment by pre-set schedule (i.e. second Sunday of the month). Flexibility is available.

**Skills/Qualities:**

Willingness to pick up and return the linens in time for the following weekend

**Training:** Minimal

*Contact: Gail Hillier 613-565-5945*

#### 2 Bread Baking Ministry

We are happy to offer the option of baked bread at the weekend Masses from September to June.

*"Those who offer to bake the bread see it as a privilege and a prayer."*

**Time commitment:**

There are 15 bread bakers who commit to making the bread. This commitment is renewed each year in October. Everyone has a chance to bake bread for the Eucharist three times during the year. Sometimes people are unable to renew their commitment and there is a need for more bakers. I always make this known in the bulletin and through an announcement at Mass.

**Skills/Qualities:**

Bakers need to be able to follow the provided recipe and deliver the bread to the church according to the schedule.

**Training:**

Each year, there is a demonstration in February, graciously provided by one of our parishioners. This Tea and Bread Afternoon is an opportunity to get to know the other bread bakers.

*Contact: Clara Nasello CND      613-241-7085      clara.nasellocnd@gmail.com*

### 3 **Celebrant's Assistant**

The Celebrant's Assistant (CA) functions as the "Master of Ceremonies" for liturgical celebrations at St. Joseph's Parish. In ecclesiastical terminology, this is the Liturgical Ministry of Acolyte.

This ministry is all about providing service to the community by eliminating distraction and miscues during the Liturgy. The CA is responsible for ensuring that all other ministries interact smoothly and efficiently by providing discrete direction to all concerned. Like the director of a play, the CA operates as much as possible "behind the scenes."

*"My experience as a CA makes me both humble and proud: proud to enable Liturgies that proceed smoothly and prayerfully, and humble to know all about the efforts that others put into creating a meaningful and cohesive Liturgy."*

**Time commitment:**

The CA usually serves for one weekend liturgy every 4 to 6 weeks. The CA should arrive about 20 minutes before the beginning of the Liturgy to ensure that all is in order. The CA may be required to assist with clean up following the Liturgy.

**Skills/Qualities:**

- Knowledgeable concerning liturgical practices/theology and liturgical "flow," especially at St. Joe's
- Able to provide direct support and assistance to the presider throughout the Liturgy
- Watchfulness and ability to respond as needs arise

- Comfortable being visible throughout the Liturgy
- Comfortable with making announcements during the Liturgy

**Training:** Provided

**Interview:** Meeting with the CA Coordinator

**Contact:** *Bob Part* 613-837-3368 [rbpart@sympatico.ca](mailto:rbpart@sympatico.ca)

#### 4 Children's Liturgy

In order to discuss the liturgy at an age appropriate level, St. Joe's kids are invited to participate in either the Kindergarten-Grade 1, Grade 2-3 or Grade 4-6 group.

During the school year at the 9:30 Mass, children are invited to gather for about 15-20 minutes to break open the Word of God. We recognize that children are equal in discipleship to adults. Their experiences and contributions are validated and treated with respect. In our activities, we invite children to express their faith at a level appropriate to their age and help nourish their spirituality.

"Watching and listening to the children express their spirituality is life-giving, moving and just wonderful. When I help the children reflect on what it means to be a follower of Jesus, I learn so much myself and come away recharged and refreshed with words of wisdom to live by for the week ahead."

**Time commitment:**

Our Children's Liturgy program always requires many volunteers. We facilitate three separate groups and require a leader and an assistant for each group, who typically help once per month. If you are a leader, some preparation is required. We communicate mostly through emails but volunteers meet from time to time throughout the year for fellowship and to share experiences.

**Skills/Qualities:**

- A joy and affinity for working with children
- Some experience in managing small groups of children is handy
- A measure of creativity, sense of humour and patience
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**Training:**

We provide a workshop and shadowing experience. Ample resources and guidance are available to help you be successful.

**Police check:** Required

*Contact: Toni Tarasco 613-981-2820 [tarasco.toni@gmail.com](mailto:tarasco.toni@gmail.com)*

## 5 Counter's Ministry

Monetary donations to the parish and its various ministries are counted each week by volunteers. It is probably the oldest activity in our church, as there has always been a need to count the donations given for the church and for the needs of the people the church supports. Two counters are needed at all times. The tasks are generally divided by the preferences of the counters and decided between them.

**Time commitment:** We try to maintain about eight counters so that the rotation would require a commitment of about two hours just once a month. We always count on Sundays following the 9:30 mass.

### Responsibilities:

- Accurately count the monies donated
- Ensure that the count balances (there are checks in place to do this)
- Record cheques
- Complete deposit book
- Ensure that all monies are recorded according to the various ministries, e.g. Supper Table, Oblates
- Maintain tax receipt information for visitors and non-registered parishioners
- Sort envelopes by number
- Ensure that deposits are placed in safe
- 

### Skills/Qualities:

- Sense of humour
- Comfortable knowledge of basic Mathematics
- Ability to work in an organized fashion and as a team
- Ability to follow procedure
- 

**Training:** Provided for those interested in being part of the team.

**Police Check:** Yes

*Contact: Jill Lamont 613-680-3744 [jill.lamont26@yahoo.com](mailto:jill.lamont26@yahoo.com)*

## 6 Eucharistic Ministers

When we minister in sharing the Eucharist with our community, we are nourishing and nurturing – helping people to become one body by sharing the gift of Jesus’ body and blood.

Parishioners from all walks of life and experience are invited to take part in this ministry, recognizing that it is both a privilege and a gift to be called to serve at the Table of the Lord. Eucharistic Ministers are commissioned by the parish to distribute the Body and Blood of Christ during the Liturgy in a spirit of loving service.

*“I feel called, blessed and compelled to serve my parish and to grow in my faith in the grace of God. I feel very proud to be able to serve as a Eucharistic Minister in our parish.”*

**Time commitment:**

Frequency of serving varies during the year from once a month to every Sunday (the need is greater during the summer months). Eucharistic Ministers are asked to arrive 10 minutes before the beginning of Mass and check in with the Eucharistic Minister Coordinator.

During the Mass, Eucharistic Ministers come to the front of the church after the Amen and form a semi-circle around the altar (you will receive training about when to come up, where to stand, etc.). They are also encouraged to help clean up after Mass.

**Skills/Qualities:**

- Have been confirmed in the Catholic faith
- Willing to learn how to serve the Eucharist and follow procedures
- Available to serve a minimum of once a month
- Feel comfortable being in close contact with people

Note: All Eucharistic Ministers are required to sign the Pastoral Code of Conduct.

**Training:**

Formation is provided. Eucharistic Ministers are required to attend an annual Formation and Renewal Session.

*Contact: Please contact the Front Desk for contact info of the Current Coordinator.*

## 7 Gospel Players

The Gospel Players are children who want to bring the Gospels to life by acting them out. In this way, the message of Jesus becomes more alive for them and helps them and the congregation to spread the Good News throughout the whole world. These children present the Gospel dramatization from the Children's Lectionary at the 9:30 Family Mass on the third Sunday of each month. They also join older groups for dramatic presentations throughout the Liturgical Year.

*"It makes the Church more of a community. It allows more young people to get involved." "It was fun. And I learned more about the Bible." "It was easy to go up and do it, and you make people happy."*

### **Time commitment:**

At a short meeting following the 9:30 Mass on the first Sunday of the month, the children receive copies of the Gospel, choose the parts they want to play and have a brief practice. Often their parents help them to understand the Gospel better, speak the words clearly and assist them with the acting. Then on the third Sunday, they attend a 9:10 am practice just before their presentation.

### **Skills/Qualities:**

Any young children who show an interest in joining the Gospel Players are most welcome. They learn quickly from the experienced children and from the directors, who are made up of both adults and older children.

**Training:** Provided

**Police Check:** Yes

*Contact: Robyne Warren 613-424-4843 [warrenrobyne@gmail.com](mailto:warrenrobyne@gmail.com)*

*Connie Goulet 613-421-8299 [cgoulet58@gmail.com](mailto:cgoulet58@gmail.com)*

## 8 Lectors

Lectors proclaim the Word at the Sunday Liturgies with the goal of making the Word of God alive and meaningful for the congregation, to better understand the Word of the Lord. Weekly practice/discussion sessions are offered if a minimum of three lectors are able to attend. The evening sessions are arranged by the Session Leader for that week

*"I learn so much about the readings and grow in my faith through meeting with other Lectors at the Practice and Reflection sessions. It feels like an honour to proclaim the Word at Mass."*



**Time commitment:**

Lectors may be asked to proclaim and attend the preparatory meeting once a month (more often for the Saturday Mass, less often for the Sunday Masses). During the school year, they attend a practice session mid-week (Wednesday or Thursday evening, 7-8 pm) to prepare. During summer, we use a voluntary sign-up sheet at the back of the church, with no weekly Practice and Reflection.

It is recommended that Lectors arrive early before their scheduled Mass to advise the Celebrant's Assistant that they are present and ready to proclaim.

**Skills/Qualities:**

- Comfort speaking in public and in front of a microphone
- Clear pronunciation in English
- Willingness to prepare individually and with other Lectors

**Training:**

Each Mass community has a "Lead Lector" who gives information and trains and plugs in new volunteer Lectors.

**Contacts:**

*Lector Scheduler Dick Gunstone 613-262-2484 [dick.gunstone@gmail.com](mailto:dick.gunstone@gmail.com)*

*Lead Lector 5:00 Mass Ann Kelly 613-749-8412 [ak-3@sympatico.ca](mailto:ak-3@sympatico.ca)*

*Lead Lector 9:30 Mass Sr. Mary Ruddy 613-231-3347 [mtruddy@sympatico.ca](mailto:mtruddy@sympatico.ca)*

*Lead Lector 11:30 Mass Mark Stolarik 613-825-6015 [Mark.Stolarik@uottawa.ca](mailto:Mark.Stolarik@uottawa.ca)*

*Shelley Lawrence [shelleylawrencerscj@gmail.com](mailto:shelleylawrencerscj@gmail.com)*

**9 Liturgical Environment Committee**

The Liturgical Environment Committee works in collaboration with the Liturgical Planning Committee, designing and installing large scale, multi-media installations in the liturgical space at St. Joe's. These installations attempt to harmonize with The Music, Reflections and other St. Joe's Ministries in reinforcing The Word as presented in the Gospels.

**Committee Members (2019):**

Dorothy Collins, Cheryl Tymchuck, Kathy Crowe, John Weir. (Christophe Legare has made himself available for lighting consultations as needed. Others make themselves available for specific tasks such as setting up the installations.)

**Time commitment:**

- Meeting times and locations are scheduled collaboratively, as needed.
- At least one member of our committee attends the Liturgical Seasonal Planning meetings and reports back.
- Before Advent, Christmas, Lent and Easter seasons there is usually a need for a larger time commitment for planning, preparation and installation.
- Aside from meeting the major seasonal needs, we also attempt to set a tone for ordinary times and other events that are a parish focus.

**Skills/Qualities:**

- We share our ideas, skills, talents, time, etc. collaboratively.
- We have acquired quite a supply of materials which we store and endeavour to recycle into different projects
- Our members contribute:
  - o Leadership through developing ideas which can become an installation reflective of a seasonal theme.
  - o Skills in sewing, floral arranging, suspending, lighting, structural supporting, building and balancing, elements of an installation.
  - o Time and space in which to work to design and create installation elements, (usually a church space).
  - o Physical strength for some heavy lifting and climbing etc.
  - o An ability to share ideas as a member of the liturgical planning team
  - o Openness to work with others i.e. consultation with St. Joseph staff for direction as we proceed with installations (custodians, carpenter, front office staff etc.).
  - o Some members help with specific tasks as needed i.e. installation, lighting, etc.

**Training:**

No training is required. Bringing an ability to share ideas and work collaboratively has proven to be enough to plan, create and install the installations.

*Contact: Dorothy Collins and John Weir*

*collind@rogers.com*

**10 Music Ministry**

Ministering to the community through Music

The Music Ministry is a pastoral ministry that supports people's journey to, relationship with and experience of the Divine. It does so -by enhancing the liturgy of the Eucharist and the Word at Mass, and by enhancing other services through the gifts of song and instrumental

music. We minister to those who gather, promoting their active participation in the liturgy as a whole.

The Music Ministry is committed to using the active integration of music into the ongoing spiritual life of the parish community to enhance the liturgical experience by encouraging and leading the gathered assembly in song. The hymns and other music are specifically selected to expand on and reflect the other parts of the liturgy, notably the Word. While the choir leads the singing, the intent is to bring the community together as a single choir raising our voices in praise and thanksgiving to God, Jesus Christ and the Holy Spirit.

Who can take part and minister?

St. Joseph's Music Ministry welcomes people of all ages, from children and youth to seniors. Regardless of your experience and whether a singer or instrumentalist, if you have basic musical ability, there is an ensemble that will fit your gift.

Every member of the Music Ministry is a parishioner. The Ministry is led by the Music Director, who is dedicated to promoting musical excellence and ensemble development. Choir members often find that their vocal skills grow through their involvement in the choir. The Ministry offers opportunities for those with the ability and the interest to serve as cantors or soloists.

St. Joseph's Parish is blessed with four choirs, one at each weekend liturgy. An integrated ensemble composed of choristers from several masses sings at Christmas and through Triduum/Easter. While many choose to join the choir at the Mass they most frequently attend, the Music Director will work with you to determine which choir best fits your availability and skills.

**Saturday Evening 5 pm Mass Choir:**

The Saturday 5 pm choir currently consists of fewer than 10 regular members. This tightly-knit, but musically disciplined "family" nonetheless often sings in harmony (SATB: soprano, alto, tenor and bass). As a smaller choir, every member's regular presence and participation is critical.

This choir rehearses every Saturday from 4 - 4:45 pm, before the 5 pm mass.

**Sunday Morning 9:30 am Mass Choir (Family Choir):**

The 9:30 am choir is a multi-generational group of singers and instrumentalists, whose mission is twofold: to support the assembly in song and to call forth and develop the musical talents and leadership abilities of our younger parishioners. This choir is a good starting point for those with less experience. It rehearses at 8:45 am before Mass.

**Sunday Morning 11:30 am Mass Choir:**

The Sunday 11:30 am choir is a traditional SATB choir that challenges all members to reach high standards of excellence. In addition to singing St. Joseph's "canon" of beloved hymns, this ensemble also introduces new hymns and liturgical works to the community that reflect the modern, inclusive spirit of the parish.

The choir is the core of the 'high holiday' choir and of the Music Ministry's concerts throughout the year. Its concert selections include recent compositions by Canadian

composers, bigger works and songs reflecting Canada's and St. Joseph's pluralistic community.

This choir requires greater commitment and engagement, with an expectation of personal practice and reliable attendance at rehearsals, including every Thursday evening from 7:30 - 9:30 pm and again on Sunday morning at 10:45 am. To sing at Mass or in concerts, attendance at rehearsals is mandatory.

**Sunday Evening 7:00 pm (University Mass) Choir:**

The University Mass Choir arises anew every new university school year, as it is largely composed of university students who are studying or enjoy music, although all members of the community who wish to join are welcome.

This choir rehearses Sunday evening an hour before Mass, at 6:00 pm, in the church during the university school year (September – April).

**Time Commitment for all choirs:**

Depending on the choir, the usual weekly time commitment ranges from 2-4 hours, including attendance at Mass. This is necessary to be able to truly serve pastorally by confidently leading the assembly in musical prayer and liturgy. As our primary responsibility is liturgical ministry, choristers must commit to Mass first and may not join solely for concerts or the high seasons. Choristers are expected to attend rehearsals regularly, both during the week (depending on the choir) and immediately prior to Mass, arriving promptly and ready to sing. During the Christmas and Easter Seasons and prior to concerts, attendance at additional rehearsals is also required.

**Skills/Qualities:**

Those interested in the Music Ministry should be able to carry a basic melody and match musical tones when they are played. All singers are expected to have a positive and respectful attitude towards the Music Director and other choristers and be willing to accept direction from the Music Director.

**Training:** Provided

**Interview:** A brief meeting with the Music Director to determine the most appropriate choir and your voice placement (Soprano, Alto, Tenor, Bass).

The Music Ministry is led by Jamie Loback, one of Ottawa's most respected and rising young choral conductors. Jamie holds a Bachelor's and Master's degree in music from the University of Ottawa and is experienced at leading children's, youth and adult choral ensembles, serving as Artistic Director of the Ottawa Regional Youth Chorus, the Ottawa Catholic School Board Chamber Choir and the Capital Chamber Choir in addition to his work

as Music Director at St. Joseph's. Jamie also plays a leadership role in weekly and seasonal liturgical planning, ensuring an integrated liturgical experience.

Contact: [Jamie Loback](mailto:jamieloback@yahoo.ca) 613-233-4095, ext. 228 [jamieloback@yahoo.ca](mailto:jamieloback@yahoo.ca)

## 11 Offertory Collectors

At each weekend Mass, just after the Prayers of the Faithful, the Offertory Collectors pass the collection baskets throughout the community to receive their monetary offerings. Usually a total of four Collectors are required, but this figure may rise to as many as eight for special masses when the church is full or overflowing. Collector duties on such occasions also include ushering members of the congregation during Communion. Each Mass has an informal team of Collectors to carry out these duties. After the passing of the baskets, two of the Collectors bring the collection forward during the offertory procession and secure it before final accounting and deposit.

**Time commitment:** Collectors serve for approximately 5-15 minutes during the Mass.

### Skills/Qualities:

- Ability to communicate and interact with others
- Proactive nature, watching for ways to help others
- 

### Training:

Those wishing to act as Collectors should volunteer while basket duties are being assigned and, if selected, they will receive instructions and on-the-job training.

Contact: [David Robb](mailto:dm42robb@gmail.com) 613-834-4036 [dm42robb@gmail.com](mailto:dm42robb@gmail.com)

## 12 Prayers of the Faithful

In the Prayers of the Faithful, the members of St. Joseph's community respond to the Word of God and to their baptismal commitment to the Christian way of life. Prayers are offered for the Church, for those who govern, for those weighed down by various needs, for all humanity and for the salvation of the world. These are the prayers of our community.

Prayers of the Faithful are included in each weekend Eucharistic celebration and also for particular celebrations, such as confirmations, marriages or funerals.

*"In formulating the Prayers of the Faithful, one can truly enter into the spirit of our faith by contemplating the needs of the Church, the community, the afflicted, the poor and the numerous challenges and needs facing our world today."*

**Time commitment:**

Time is required to reflect on the Word of God for the particular celebration of the liturgy and for developing an awareness of current needs that require prayer and petition. The task of writing the prayers is coordinated by having different volunteers write the prayers for each Sunday. For example, with four volunteers, each would formulate the prayers for one Sunday per month.

**Skills/Qualities:**

This task requires writing prayers which are sober, composed with a wise liberty and in few words expressive of the entire community.

**Training:** An orientation to the structure used in formulating the prayers is provided.

*Contact: Dick Gunstone 613-262-2484 [dick.gunstone@gmail.com](mailto:dick.gunstone@gmail.com)*

### 13 Reflections Ministry

The members of St. Joe's Reflections Ministry are lay parishioners and ordained clergy who attempt to illuminate new dimensions of the Sunday readings through reflections that are engaging, thought-provoking, true to the values and mission of our parish and church and which respect the mature, educated and informed spirituality of our community. Reflections are prepared and delivered in such a way as to support listeners to discover new meaning and relevance in both the richness of the scripture lessons themselves, as well as in their applicability to the daily life of the people of our parish and in St. Joe's various ministries.

**Time commitment:**

- Several hours to prepare a reflection
- Attendance at Saturday afternoon Mass and two Sunday Masses to deliver your reflection
- Attendance at periodic ministry meetings

**Skills/Qualities:**

As this ministry reflects a break from the Diocesan norms, the choice of and continued involvement of individuals in the ministry is based on rigorous assessment. The pastor and current ministry members nominate members of the community to begin a discernment and formation process before they begin serving as members of this ministry.

Ministry members must:

- Have a passion for scripture;
- Attempt to live a reflective life;
- Express themselves in a manner that respects the intellect and faith of the community, reflecting and deepening an understanding of the parish's charism, while also engaging newcomers and visitors;

- Be willing to embrace and act on constructive feedback, changing the tone and length of their reflections to respond to such feedback.
- While an attempt is made to represent the wide variety of parishioners who belong to St. Joe's in terms of age, gender and life experiences, the ability to deliver high quality reflections that enhance the overall liturgy and St. Joe's reputation and charism are paramount in selecting potential reflectors and in renewing their place in the ministry.

**Training:** The group meets for prayer, training and discussion occasionally.

*Contact: Chris Adam 613-233-4095 x 223 cadam@st-joseph.ca*

## II Pastoral Care & Social Justice Cluster

### 14 Anointing of the Sick

"If one member suffers in the Body of Christ, which is the Church, all the members suffer with that member." (I Corinthians 12:26)

It is the ministry of the Church to minister to the sick. Their vulnerability calls us into service. In turn, in the anointing, those who are sick are missioned to live this time of suffering in faith and to accept the support of others.

In receiving the Anointing of the Sick, some will find physical and mental cures, while many find the gift of internal healing. But the great gift that is often forgotten is that this anointing reminds us that we are not alone. God is with us through the love of community and the expression and faith of the Body of Christ. Being ill is a mysterious time for us, and this sacrament helps to strengthen and heal us for the journey ahead.

#### **Receiving the Sacrament:**

We recommend this sacrament for all who feel in need of God's healing love. You can call for an appointment and we can meet you in your home or the hospital or after Mass. We have even set aside time where families and friends have gathered in our Healing Space to pray together, lay hands on the person who is sick and anoint them.

*Contact: If you feel you want to celebrate this sacrament, you can make an appointment with the Pastor through the Front Desk 613-233-4095, ext 251 [frontdesk@st-josephs.ca](mailto:frontdesk@st-josephs.ca)*

*If you are in a hospital, the chaplain can be called.*

### 15 Community Healing Service Ministry

"For where two or three are gathered in my name, there am I among them." Matthew 18:20

Here at St. Joe's, healing is a part of our personal and community life. Where two or three are gathered, God is present with us and we encounter a new beginning. Every person

experiences healing differently, but together we are called to walk in harmony as we continue to seek healing from things that may hold us back from becoming more alive in our God and in each other.

The **healing ministry** is available after the Saturday and Sunday liturgies the first Saturday and Sunday of the month.

Those who wish prayer for healing are invited to gather in the prayer space (Healing Centre at the front of the church on the left side.) A member(s) of the healing ministry will be present and you are invited to bring family and friends with you. Parishioners are welcome to come and join in the prayer.

The sacrament of the sick will be offered during the Sunday celebration on the Sunday closest to the world day for the sick in February.

#### **Skills /Qualities**

Comfort in praying with people and joy in serving others.

**Contact:** *Clara Nasello CND*    613-241-7085    [clara.nasellocnd@gmail.com](mailto:clara.nasellocnd@gmail.com)

## **16 Development and Peace**

Canadian Catholic Organization for Development and Peace (Caritas Canada)

Being involved with this social justice, international development and environmental organization of the Canadian Catholic Church gives people an opportunity to put their faith into action and do what Jesus asks of us all in the Bible. By doing parish education and helping to raise funds for Development and Peace partners, members can help support struggling sisters and brothers in the Global South. With our participation in education and action campaigns here in Canada, we help to raise the awareness about the reality of social injustice in the Global South, our complicity and how we can be agents of change.

#### **Time Commitment:**

**Fall:** Education and action campaign;

**Lent:** Preparations for annual Share Lent activities and collection

#### **Skills:**

- Openness to learn, especially about Southern partners/countries experiencing poverty;



- Interest in global issues plus Canada's and the Canadian Catholic Church's knowledge, involvement and influence;
- Willingness and a faithful and cooperative spirit;
- Willingness to participate in activities and presentations
- Openness to consider and prepare a Development and Peace themed Sabbath reflection at mass
- 

**Training:**

Learn as you go with a faithful and fun-loving team at all different levels of knowledge and experience in development and peace issues.

**Contact:** *Larry Martin,*                      *ldmartin@sympatico.ca*

## 17 Funeral Ministry

Funeral ministers are privileged to help the families of deceased loved ones as they come to us with overwhelming pain. We enter the lives of families at one of the most difficult and sorrowful times of their lives when the ache of loss is so profound. We strive to be attentive to the pain in their hearts as we walk them through the funeral preparations. Our goal is to ensure that grieving families are welcome, accepted and comfortable as we help them prepare the funerals of their loved ones. We strive to bring compassion, comfort, and support and ensure that funerals are meaningful, positive, healing experiences for families. Since the funeral ministry began in 2010, the team has provided assistance for over 100 funerals.

We guide the family in the selection of the readings, the prayers of the faithful and their choice of music and logistics of a funeral. We are present to support, guide, and assist the family at the funeral with all that a funeral entails. We are often called upon to assist the family for the wake in the church and the committal.

The Funeral Ministry holds funeral preparation workshops and can assist people wishing to pre-plan their own funeral or that of a loved one.

**Contact:** *Sharon Gravelle*                      *613-837-3368*                      *segravelle@bell.net*

## 18 One on One Experience of Healing Touch

For a few years, a group of four has offered a one-on-one experience of healing touch to anyone who is interested. This is open to parishioners and their friends who are experiencing spiritual, emotional or physical stress or pain. The purpose is to restore

physical, emotional and spiritual harmony and well-being. The experience creates relaxation, clarity of thought and peace.

The 15-20-minute sessions are available in the church on scheduled Fridays during the year. There is a poster on the bulletin board indicating the Fridays that this takes place and it is always in the weekly bulletin.

Please sign up at the Welcome Table in the weeks prior to each session, or phone the contact person for that month whose phone number and e-mail are in the bulletin.

*Contact: Clara Nasello CND 613-241-7085 clara.nasellocnd@gmail.com*

**Facilitators:** Norah McMahon, Colette Chartrand, Helena Robb

## 19 Pastoral Visiting Ministry



“We are a listening ministry; we bring a smile, enthusiasm and love to shut-ins in Sandy Hill, residents at Rideau Place (550 Wilbrod) and Roman Catholic patients at the Civic Hospital. The requirements for each site are different. The people we visit are no longer able to take part in regular parish life, in fact they no longer feel they “belong” to a parish. One of our group shares this perspective: *I find it life-giving and faith-strengthening because these people have kept the faith...very humbling.*”

Home visits are by request and forwarded to our Pastor who either makes the visit or passes the request along to us. We visit in a team and do not initially take the Holy Eucharist: some people wish only a visit. Request for a home visit is made by contacting the Front Office (613 233-4095). After the visit, there is a follow-up with either Father or the coordinator.

### **Time commitment:**

- Home and retirement residences: 1-1½ hours weekly, the Civic is 3-4 hours weekly.
- Once a year we gather for noon Mass, a potluck and a meeting where we share the joy and experiences in our ministry.

### **Skills/Qualities:**

- Listening skills, patience and compassion

- Non-judgemental, respectful
- Able to put people at ease
- Provide friendly and welcoming atmosphere

**Training:** Pastoral Care Training ([www.ottawapastoralcare.com](http://www.ottawapastoralcare.com)) or approved equivalent

**Interview:** Yes

**Police Check:** Yes

*Contact: Kathleen Allan      613 729-1903      [kathleenallan@maqma.ca](mailto:kathleenallan@maqma.ca)*

## 20 Practising Attitudinal Healing

This is a facilitated course that usually takes place in the autumn. It will be announced in the bulletin. Based upon the 12 Principles of Attitudinal Healing, participants are invited to learn to see themselves and others in a different light, to look at life positively. By exploring the thoughts, feelings and attitudes about people and events that cause us conflict or fear, we can eventually see things differently and begin to heal. This begins with a willingness to find another way of looking at the world, at ourselves and at our relationships. A participant has noted: "Having applied these principles in my own life has enabled me to be more positive in any given situation and to seek God's love in all."

**Time commitment:** 7-week course (3 hours/week)

*Contact: Margaret Dumoulin;      [mijd24@hotmail.com](mailto:mijd24@hotmail.com)*

## 21 Refugee Outreach Committee

The Refugee Outreach Committee (ROC) welcomes newcomers who are fleeing hardship and persecution and assists them in their transition to an unfamiliar country and culture. We extend friendship and support through settlement and hosting plans and actions; sponsorship and co-sponsorship; advocacy for refugee rights and raising awareness of refugee issues; collaborations with partners; and ad hoc responses to situations.

The committee generally consists of 10-12 members who participate regularly and actively to assume various roles and responsibilities.

In 2018, we established a Settlement Support Team to respond to the unique settlement needs of refugee claimants by providing hands on direct support under the guidance of the Leadership team i.e. helping with English as a Second Language, familiarizing with public transportation, navigating the school system, accompaniment to and help with accessing Government Services, moving and setting up a household, etc.

**Time commitment:**

Committee meetings are held the third Tuesday of the month from September to June from 6:30 to 8:30 pm. Meeting attendance is variable depending on each member's involvement.

**Skills/Qualities:**

Involvement in the ROC requires openness, generosity, enthusiasm, respect for confidentiality, and an ability to be flexible when situations are unpredictable and challenging. Long-term committee members are ready to share their experience and to be part of a team effort.

"I believe in God's immense compassion, and my involvement in the work of the ROC is a way to acknowledge that. It is also a response to Jesus' call to welcome the stranger, and a belief in our common humanity."

**Interview:** Yes (to ensure a good fit between ROC goals and those of potential members).

**Police Check:** Yes (along with the Archdiocese Pastoral Code of Conduct)

**Contact:** [John Weir jhnwr99@yahoo.ca](mailto:John.Weir@jhnwr99@yahoo.ca); [Angela Murphy schwartzfamily@rogers.com](mailto:Angela.Murphy@schwartzfamily@rogers.com)  
[Margie Cain mtcain05@gmail.com](mailto:Margie.Cain@mtcain05@gmail.com)

**22 St. Joe's Supper Table**

This is a meal and food sharing ministry. We serve a supper from 5 - 6:15 pm, Monday through Friday to an average of 100 people an evening.

**Volunteer Opportunities:****Meal Preparation:**

Morning Prep Shifts are from 9 am - 12 noon.

- The morning volunteers prepare the meal with the help of a cook coordinator or a very good recipe. They also prepare the salad, dessert and bag lunches.

Evening Prep Shifts are from 3 - 5 pm (available on Mondays, Thursdays and Fridays).

- Volunteers ensure that the meal is heating properly, juice is made, tables are set, condiments are prepared, coffee station is ready and any donations for guests are set out on tables.

The Evening Serving/Clean-Up volunteers work from 4:45 - 6:45/7 pm.

- They ensure that there is awesome hospitality through serving meals and clean up.

**Food Sharing Ministry (Food Bank):**

Wednesday morning we receive food bank deliveries and need help unloading and sorting the food.

Fridays from 11:30 am - 1 pm we need help setting up the food bank and from 12:45 - 3:30 pm we need help serving at the food bank.

**Gardening:**

The community garden operates from spring through October (digging, planting, composting, weeding, harvesting, etc.). Watch for sign-ups in the spring or contact the manager. Volunteer times can vary according to availability including weekend shifts.

**Training:** Provided for all positions

*Contact: Ryan Mitchell, Manager 613-233-4095, ext 240 [rmitchell@st-josephs.ca](mailto:rmitchell@st-josephs.ca)*

## 23 St. Joe's Women's Centre

St. Joe's Women's Centre is dedicated to the needs of women and their children. The Centre serves women of all faiths, cultures, ethnicities, racial background and sexual orientation. Service is to women and/or those who identify as a woman over the age of eighteen, and children accompanied by their mother or legal guardian. Social and educational programs are offered to promote empowerment, autonomy and dignity in a non-judgmental atmosphere.

Services offered include:

- . nutritious breakfast and lunch
- . emergency grocery program
- . toiletries and personal hygiene products
- . community service referrals
- . crisis intervention and support
- . access to computers, phone and fax
- . access to laundry and shower facilities

- . parent/child programs
- . social, recreational and educational workshops

More information can be found at [www.stjoeswomenscentre.org](http://www.stjoeswomenscentre.org)

Contact: 613 231 6722      [sjwomensctr@gmail.com](mailto:sjwomensctr@gmail.com)

### III. Faith Formation & Initiation Cluster

#### 24 Christian Meditation

Rooted in Christian tradition from earliest times, Christian meditation is a form of prayer rediscovered in recent years by John Main, a Benedictine monk, and renewed through his teachings. It is a way of simplicity in which we quiet the mind and become still and attentive to God. It is a prayer of silence which takes us beyond words, thoughts and images to experience the presence of Christ within us. We say a mantra.

##### **Time commitment:**

It is recommended that we meditate twice daily – morning and evening – for 25-30 minutes. We can meditate alone or with others.

St. Joseph's Parish offers three periods of meditation at the church each week:

- Monday morning at 9:30 am
- Wednesday afternoon at 4:00 p.m.
- Friday evening at 7:30 pm

Everyone is welcome. Each meditation session consists of a 15-20-minute recorded teaching by John Main or Fr. Laurence Freeman, followed by a 25-minute period of meditation. There is time for questions, comments, and a closing prayer.

##### **Skills/Qualities:**

Willingness to gather with others to pray in stillness and silence

##### **Training:**

No special training. Learn as you go.

Orientation is offered at each session, as required. There are written materials available.

##### **Contacts:**

*Monday morning: George Martin and Rosemarie Morris 613-730-0108 [morris-martin@rogers.com](mailto:morris-martin@rogers.com)*

Wednesday afternoon: Chaplain Rick Gariepy 613 265 1652

Friday evening: Elizabeth Smith [bboris59@gmail.com](mailto:bboris59@gmail.com)

**Commented [k1]:** Rick and Elizabeth not on excel spreadsheet as contacts.

## 25 Infant Baptism

The Baptism Preparation team seeks to provide a safe and encouraging space for families to prepare for the baptism of their young children - by helping them to explore and share their own faith experience as they look ahead to how they will introduce and raise their children in the Catholic faith. By creating a welcoming and open environment, the Baptism Preparation team integrates new parents into a Parish community that seeks to nourish the faith of its children, through companionship, solidarity, faith sharing, outreach and support. The Ministry welcomes and encourages new volunteers to the team.

Volunteers can be involved in any or all of the elements of the ministry including:

- Facilitating sessions with families preparing for the baptism of their child  
Preparation sessions are offered 2-3 times a year on Saturday mornings. Group size is generally 3-6 families and their children
- Assisting the presider and families during baptism at Sunday liturgies  
The preparation team members usually spend about one hour before Mass for set-up and about 20 minutes after Mass for clean-up.
- Participating in team meetings

### Skills/Qualities:

- Ability to facilitate/co-facilitate group discussions
- Comfort with sharing own faith experience
- Flexibility in accommodating special requests and circumstances

### Training:

- Orientation is provided and leader resources are available.

Contact: Kathy Crowe

[crowne@sympatico.ca](mailto:crowne@sympatico.ca)

## 26 Male Spirituality Open Circle

The intention of the Males Spirituality Open Circle (MSOC) is to create a sacred space for men to explore and express the shape and language of the male inner journey. Men range in age from 18-78, from all walks of life and all faiths and from across the Ottawa region.

<http://www.malespirituality.ca>

Internationally, the Circle is affiliated with Illuman, which carries on the Men's Work started by Fr. Richard Rohr. We promote their Men's Rites of Passage, offered in about 7 countries, with several opportunities annually in the U.S.

The Circle forms on the last Monday of each month (year round) at Bethesda Renewal Centre – for an evening of nature, fire, drumming, spiritual threads, connecting and silence. Annually we host our own retreats for local men in Ottawa and others across Ontario.

Contact: David Perry [davidanthonyperry@gmail.com](mailto:davidanthonyperry@gmail.com)

## 27 Marriage Preparation

Marriage Preparation at St. Joseph's Parish is divided into two areas: the Couples' Weekend Sessions, and the FOCC2US inventory.

### Couples' Weekend Sessions:

We presently hold two sessions of Marriage Preparation each year, one in the spring and one in the fall. Couples preparing for marriage attend and participate in the sessions, which are hosted by facilitator couples.

*"By leading the conflict resolution and interfaith marriage sections of the Marriage Prep sessions, we are able to re-examine our own marriage and reflect on the growth in our marriage over the last 11 years. It is great to have the opportunity to meet young couples who are full of love and to absorb the youthfulness of their relationships, re-invigorating our own love for each other."*

### **Time commitment:**

Most facilitator couples would present once in the spring and once in the fall. Each workshop is about an hour. Topics include: communication, spirituality, sexuality, conflict resolution, finances, etc. We also hold a general team meeting once or twice a year.

### **Skills/Qualities:**

For this weekend we seek couples and not individuals. They should both be at ease in front of groups and willing to share the blessings and challenges of their own marriage journey as related to their given topic.

**Training:** Provided

**Interview:** Yes

Contact: Andrew Pump 613 233 4095 x 235 [apump@st-josephs.ca](mailto:apump@st-josephs.ca)

### **The FOCCUS Inventory:**

The FOCCUS inventory is a pre-marital inventory that helps a couple as they prepare for marriage. One of its main strengths is to help couples become aware of important areas of discussion as they move forward with their commitment. A couple preparing for marriage completes the inventory online. The FOCCUS facilitator(s) would receive a report generated



from the couple's online responses and would then meet with the couple for about two hours to go over the results. Facilitators can be couples or individuals.

**Time commitment:**

You decide how many couples you want to meet in a given year. Each meeting will take about two hours per couple.

**Skills/Qualities:**

This ministry can be provided by a couple or an individual. This is not marriage counselling but good listening skills are important.

**Training:** Requires specialized training as a FOCCUS facilitator which is offered through the Archdiocese throughout the year.

**Interview:** Yes

*Contact: Andrew Pump 613 233 4095 x 235 apump@st-josephs.ca*

## 28 Oblate Associates

One of the many ways a parishioner can share in the life and ministry of the Missionary Oblates of Mary Immaculate, the religious order that founded St. Joe's, is as an Oblate Associate.

Oblate Associates are men and women who recognize a Spirit-initiated call to the Oblate charism, based on the life of St. Eugene de Mazenod, to live in intentional relationship with the Oblate Province of OMI Lacombe Canada. As a way of living their baptismal commitment, Oblate Associates form community with the professed Oblates and witness to the Oblate charism in their ministries. Along with other Oblate Associates from Ottawa and Arnprior, Associates from St. Joe's meet monthly for fellowship, prayer, formation and reflection on their missionary outreach.

If you are interested in learning more about the Oblates of Mary Immaculate, St. Eugene de Mazenod, Founder of the OMIs, or about the Oblate Associates, please contact the pastor or

*Contact: Pamela Dixon*

[pkossman@rogers.com](mailto:pkossman@rogers.com)

## 29 RCIA – Rite of Christian Initiation of Adults

The RCIA Team works in partnership with adults who are seeking to grow in their faith in God within the Catholic faith and community. We journey with both baptized and

unbaptized who are interested in learning more about the Catholic faith or are seeking to join the Catholic Church.

*“Being involved with RCIA has been a great place for me to journey. I love to learn, to discover God in places I had yet to notice God. I feel blessed to share and learn with others who are discerning, growing and manifesting their connection to God in our faith community.”*

At St. Joe’s, we are developing an initiation practice based on the premise that the entire parish is the curriculum for RCIA. While we meet from time to time as a group with our inquirers, candidates and catechumens, we want to emphasize connection with individual sponsors and participation in parish ministries and activities.

**Roles and Time commitment:**

There are various ways to get involved.

- **Team Member:** Presently, formation sessions occur twice a month after one of the weekend Masses; a Team Member takes the lead. We also meet monthly for Team meetings.
- **Dismissal Leader:** This facilitator leads a group sharing on the Mass readings for the last half of Mass each week.
- **Sponsor:** Many people do not know other Catholics, and we look to match candidates with a sponsor who can journey with them on their faith journey. This is a role we would like to develop further. You will get out more than you put in!
- **One-Time volunteering:** Volunteering for a one-time event is also possible.

**Skills/Qualities:**

This varies, but one of the most important qualities of this ministry is to be a good listener. We can help you discern where your gifts will be best used.

**Training:** Provided

**Interview:** Let’s chat

Contact: *Michèle Babin*

*819-770-3342*

*babinmichele91@gmail.com*

## 30 Sacramental Preparation – First Communion and Reconciliation

### A. First Communion Preparation Classes and Reconciliation Retreat

Each January we open registration for families with children of age to receive First Communion. In early February we begin two months of preparation classes with both the children and parents. The First Communion Celebration is held in Spring, shortly after the Eastern Triduum weekend. Later in June, that same cohort will have a weekend retreat for the sacrament of Reconciliation.

**Time commitment:**

In November we begin seeking out 4-6 catechists who would teach the classes. Each week a pair of catechists teach the children after the 9:30 Sunday Mass. We also seek parents whose children have already received these sacraments to be willing to meet with the children's parents to reflect on raising families in faith. Each session would require some preparation time and we hold a training session before the start of classes.

**B. Confirmation**

Similar to First Communion Preparation, we open up registration in September to families with early teens ready for the sacrament. We then begin Faith Formation sessions in October which finish in the early advent season. Depending on the number of teens, the Archbishop will come for the Confirmation Mass which we aim to celebrate in late January or early February.

**Time commitment:**

Pairs of catechists lead weekly sessions of faith formation with the teens at the end of the 9:30 Sunday Mass. We begin the search for catechists in the late Summer and through September.

**Skills/Qualities:**

Working with the children:

- A love for early childhood education and child faith development
- Openness
- Honesty
- Patience
- This ministry is ideal for Student Teachers

Working with the parents:

- Authenticity
- Willingness to share your experience

**Training:** Provided

**Interview:** Yes

**Police Check:** Required

*Contact: Andrew Pump 613 233 4095 x 235 apump@st-josephs.ca*

### 31 Scripture Studies

This scripture study is offered jointly by the “sister” Oblate parishes of St. Joseph’s and Canadian Martyrs on Main Street to provide an opportunity to reflect on the Word of God. A session leader directs discussion and allows for exploration of a specific portion of the Bible (e.g. The Gospel according to Mark or the Book of Exodus) using scripture text, a commentary by a recognized scholar and a study guide. Discussion could also include noted historical, cultural or sociological references, personal understanding or reflections and shared experiences.

*“It is always exciting and fascinating to see if my understanding of what was read matches that of others from the group. I find this a truly fulfilling way to deepen my understanding of the Word of God and then to live/apply it in today’s society.”*

**Time commitment:**

- 20 minutes/day Friday through Wednesday at home
- 90-min. group discussion and prayer
- Sessions are usually 7 - 12 weeks in length (depending on the study)

**Skills/Qualities:**

- Willingness to read the assigned readings
- Willingness to share reflections, thoughts or comments on the assigned readings
- Leader may have to become familiar with DVD, audio-visual equipment
- Leader should be able to steer discussions such that all feel they have participated (if they wish); focus on specific questions that may generate discussion; and/or encourage many different perspectives to be shared on a theme.

**Training:** Leaders will require some training on AV equipment.

*Contact: Pamela Dixon*

*pkossman@rogers.com*

### 32 Small Group Faith Sharing

For the last several years, this group has met weekly during Advent and Lent to prepare for the following Sunday’s liturgy. Through scripture reading, guided questioning and faith sharing, participants reflect and share their personal faith experiences. The group also prays together for common or personal concerns.

Some people join the group at a particular time in their life - bereaved, recently retired, new or enquiring Catholic, student – and move on. Others return from season to season,

providing some continuity to the group. Over the course of the season, the members grow in their sense of community with each other and enjoy the opportunity to meet parishioners from other Masses.

*"I have very much enjoyed the Advent preparation sessions, which provided time for faith sharing, quiet reflection, prayer, readings and discussion, and the opportunity to hear the perspectives and insights of others, all in a contemplative and respectful atmosphere." "To hear the thoughts of others was always enriching to me, showed me hitherto unnoticed shades of meaning or gave me a completely new perspective. I feel close to the members of our Small Christian Community; they somehow became part of my life and my faith. And this community brought me closer to God, made him more real because he was reflected so openly in the lives of the others."*

**Time commitment:**

We meet at 7:30 pm on Wednesday evenings during Advent and Lent. Watch for details in the bulletin and sign-up at the Welcome Desk so that sufficient copies of the resource, *Celebrating the Word*, will be available for all participants. Participation is flexible; people are welcome to attend even they cannot attend all of the sessions.

*Contacts: Joy Heft      613-232-1492      [jheft@rogers.com](mailto:jheft@rogers.com)  
Lolita Walsh      613-565-6205      [lelawatiewalsh@yahoo.com](mailto:lelawatiewalsh@yahoo.com)*

### 33    **Spiritual Seekers      Mini Retreats**

"We need to fall, to fail, and to jump into the mystery of our own existence, or we literally stay on the surface of life." (Richard Rohr, OFM)

The Spiritual Seekers is a mini-retreat experience every month (except summer). The retreat sessions provide a meaningful spiritual, scriptural or psychological teaching along with a communal experience of prayer, time for personal silence and reflection and shared meals. Based on the spiritual threads of the likes of Fr. Richard Rohr, OFM, each session explores new pathways to identity and freedom in the mystery of God, inviting awakening to our Christ-Self. Our language is Christian but we see it as complementary and non-competitive with seekers on all paths.

**When:** 2nd (or 3<sup>rd</sup>) Saturday of the month, from 9:30 am – 12:30 pm (with optional pot-luck lunch)

**Where:** Usually at St. Joe's but it can move around the city. Watch the bulletin for details.

**Time Commitment:** 3 hours per Saturday retreat

There is no charge for the series, though freewill offerings are appreciated. A free lending library allows people to catch up on missed talks or borrow other presentations (DVD or CD) and books.

Contact: *David Perry*      [davidanthonyperry@gmail.com](mailto:davidanthonyperry@gmail.com)

### 34 **Young Adult Ministry and Sunday 7PM University Mass**

At St. Joseph's Parish we have a particular outreach to young adults. Those in their late teens, twenties and thirties are an important part of the community and are involved in all aspects of parish life. Young adults gather together for events and programs as well as serve in many ways during the Sunday Liturgies, at our social outreach programs and assist with formation for the children and teens of the community.

#### **College and University Students:**

Given the proximity to the University of Ottawa, we are delighted to journey with so many students who call St. Joe's home while they are studying. We also have students from Carleton, Saint Paul University and Algonquin College.

#### **Young Adult Ministry Weekly Email Update:**

All young adults are invited to sign on to our young adult list to receive our weekly email update. Through this list young adults stay informed of all the events listed below. This list can be found at the Welcome Desk at the church entrance during masses or you can get on the list by contacting Andrew.

#### **A. Young Adult Dinners and Reflection:**

Approximately every two weeks we come together and share a meal while reflecting on a chosen topic related to our Catholic journey. These usually take place on Thursday evenings throughout the year.

#### **B. Pancake Breakfasts:**

We host a pancake breakfast every other Tuesday during the school year for young adults to drop-in and say hi on their way to class.

#### **C. Games Nights:**

Twice a month on Wednesday evenings we hold a games night with snacks and refreshments.

#### **D. Monthly Young Adult Brunches:**

There is a monthly young adult brunch for all those 18-39 usually held in the 2nd floor lounge after the 11:30 am Mass. This is usually held on the last Sunday of the month.

#### **E. Sunday Evening University Mass (from Early September to Late April):**

Although young adults participate in all of our weekend Liturgies, the Sunday evening University Mass is a dedicated time for students and other young people to gather and worship together. It is a low-light, peaceful and contemplative liturgy, aimed at taking a break from the busy-ness of life and resting in God. Young adults serve in all liturgical ministries and gather after Mass for a small reception.

#### **Time commitment:**

From greeting at a University Mass to helping cook or set-up for one of our Sunday brunches, Young Adults are free to choose how or when they want to help. For those more inclined, there is a monthly ministry meeting to discuss the overall efforts of the ministry.

**Skills/Qualities:** Dependant on position and event of interest

**Training:** None needed, but guidance provided based on need and comfort level

**Interview:** let's chat

*Contact: Andrew Pump 613 233 4095 x 235 apump@st-josephs.ca*

## **IV. Community Building Cluster**

### **35 English Conversation Group**

*"I am an immigrant, and almost every week I sit in conversation with newcomers to Canada – fellow immigrants, refugees, students, teachers, anyone new to our city who has a need to improve her or his English-speaking ability. I like being part of this, helping a newcomer make progress in conversational English in order to become better equipped to participate more fully in the community. I like it too, because the ever-changing conversations give me a unique opportunity to learn about other countries and their cultures." - Participant*

With little bridges of conversation the English Conversation Group speaks welcome, fosters understanding and brings the diverse communities within our community a little closer together.

#### **Time commitment:**

The group meets for conversation every Wednesday evening for 1.5 hours. Weekly attendance by volunteers is not mandatory.

#### **Skills/Qualities:**

A decent command of English and a friendly disposition

**Training:** None required

Contact: Michael Richard 613-744-2429 michaelrichard2008@hotmail.com;

### 36 Financial Coaching

St-Joe's Financial Coaching Ministry has a mission to equip St. Joe's parishioners with tools and education in personal finance management in order for them to prosper at any and all stages of their lives.

This ministry consist of:

1. Free confidential one-on-one financial coaching with a certified financial coach which includes:
  - a. Preparing a written, monthly budget
  - b. Creating a plan to reduce and eliminate your debt
  - c. Providing money-saving tips
  - d. Helping deal with specific financial issues
2. Financial Peace workshops to teach the basic steps to manage personal finances God's way: taking control of one's finances; getting out of debt; saving for the future and making an impact with one's resources.
3. Access to educational resources about sound financial and biblical teaching.

Contact: Mélanie 613-294-1418 [coach@melanieforquet.ca](mailto:coach@melanieforquet.ca)

### 37 History Committee

The History Committee is responsible for researching, documenting, updating and maintaining the history of St. Joseph's Parish and periodically informing parishioners about our history. It accomplishes its responsibilities by:

- Ensuring that church records (baptisms, marriages, funerals, bulletins, etc.) are in good usable condition and that they become digitized by 2022;
- Ensuring that any article or artefact is reviewed to ascertain its importance as a historic document or item;
- Researching church stories in various publications and meeting with people who may have information of interest to further capture our history;
- Obtaining and maintaining photos of the parish and identifying events, timeframes and parishioners in these photos;
- Presenting items of historic interest in the two showcases in the front entrance of the church;
- Researching and producing one-page histories of the parishioners who served in WWI and WWII in order to breathe life into the plaques that commemorate their service.



In 2019, we have initiated two major projects:

**Project A:**

We will begin to capture the story of the various religious sisters who taught at our parish schools as well as those other religious sisters who contributed to our parish life.

**Time commitment for Project A:**

A couple of hours each month to undertake research.

**Project B:**

In addition, we will begin writing a second book detailing the history of our parish that has not yet been told. This time it will be through the work undertaken by various parishioners over the past 160 years. This book, tentatively described as the “Photo History of St Joseph’s parish 1856 to 2020” is targeted to be completed by 2021.

**Time commitment for Project B:**

A couple of hours a month during which time you would undertake research, interview people etc. in order to write one page stories about individual parishioners who have significantly contributed to our parish life for an extended period of time.

**Skills/Qualities:**

For those who love history, this project should really entice you as there is a huge amount of history that has already been unearthed about our parish. With a little more research and some good written communication skills we should be able to wow our parish community as we recount its history through the stories of its parishioners.

**Training:**

Interested parishioners will be given access to the large amount of research already done and will be become part of the decision making process on how we proceed with each of these two projects.

Contact: Terry Byrne 613-488-2682

[TerryByrne@sympatico.ca](mailto:TerryByrne@sympatico.ca)

### 38 LGBT – Straight Alliance

Hi, my name is Ewelina. I am a Catholic lesbian and I volunteer at the LGBT and Straight Alliance ministry in the parish. When I first found a parish community that would accept me as I am, my life changed. Love from the community was God’s love for me, love that I was unable to see until then. And I got the courage to love, too! Together with our group at St. Joe’s, I want to build bridges between LGBT people and the rest of the Catholic community because I believe that everybody has the right to love.

**Gatherings:**

Our group meets once a month for discussions, faith sharing, praying and socializing. In addition, we run a book club and meet to discuss LGBT-themed books every second month.

**Skills/Qualities:**

All-are-welcome attitude

Contact: *Ewelina Frackowiak*      [Sjcglgroup@gmail.com](mailto:Sjcglgroup@gmail.com)

### 39 Library

The Library is located on the main floor of the Parish Office and is currently open during regular office hours. Begun in November 2012, the Library collection has increased steadily through book donations and now contains over 2,400 titles. Borrowing is on a self-serve honour basis, with a one month loan period. Topics range from church history, prayer, scripture, spirituality, teaching materials and much more.

As the Library is used regularly for a variety of Parish activities and meetings, please contact the Parish Office ([frontdest@st-josephs.ca](mailto:frontdest@st-josephs.ca)) when you wish to reserve this space.

The January 2019 versions of the Library Catalogue (Author, Title, Subjects) can be accessed via this link [Current Collection](#)

Contact: *Elizabeth Behrens*      [ebehrens@grenfell.mun.ca](mailto:ebehrens@grenfell.mun.ca)

Commented [PM2]: David to add hyperlink

### 40 Social Committee

This is a great way to meet people at St. Joe's, especially if you are new to the parish. The social group initiates two community socials after the masses twice a year to allow parishioners to get to know one another.

After the Saturday 5 p.m. mass, a potluck meal is organized. It is a true potluck! Whereas, on Sunday, we offer refreshments after the two morning masses. Parishioners are encouraged to wear name tags. At some of these events, there will be a special activity to allow people to get to know one another even better. There is no requirement to bake anything, though some members choose to do so. Your role is simply to help set up the event, encourage participation at the event and then help with clean-up after.

**Time commitment:**

A couple of hours twice a year.

**Skills/Qualities:**

Work as a member of a team with good interpersonal skills.

**Training:**

Limited training needed; will be provided at first event in which you participate.

Contact: *Kathleen Allan*      613-729-1903      [kathleenallan@magma.ca](mailto:kathleenallan@magma.ca)

## 41 Welcome Ministry

*"It is an ancient Catholic tradition that all are welcome."*

At St. Joseph's Parish we try to make this sentence come alive:

- We greet people with a smile at weekend Masses at the church doors.
- We speak to other parishioners in the pews.
- We provide advice and information at the Welcome Desk.
- We write welcome letters to new parishioners and meet them over coffee for a personal touch.
- We introduce new parishioners to other parishioners over a relaxed lunch or dinner.

**Time commitment:**

Varies according to activity: greeters at the Masses; Welcome Desk; writing welcome letters; making personal contact; hosting/organizing welcome meals.

**Skills/Qualities:**

good interpersonal skills;  
enjoy meeting new people

**Interview:**

No official interview, but discussion with Ministry Coordinator

Contact: Maria Virjee

613-234-6000

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