

The Beacon

MAY/JUNE PENTECOST 2024

Holy Spirit,
**Come Rest
on Us**

We open our hearts in welcome.

May we give permission to the Holy Spirit to transform us!



**HOW WILL YOU
RESPOND?**

Will you place Jesus at the center of your life?



Saint Patrick and Holy Family will become an invitational community of disciple-making disciples who have Jesus at the center of everything we believe, say, and do.

The Beacon



Jesus said, 'I am the light of the world. Whoever follows me will never walk in darkness but will have the light of life (*John 8:12*)'. He draws every person to himself: to experience in him unimaginable love, unconditional mercy, and peace which flows from the heart. When we bask in that light long enough, we become like him. He says to his disciples, 'You are the light of the world (*Matthew 5:14*)'. We become like the 'light' and Jesus sends us out to be light for others, drawing them closer to Christ through our own witness of life.

We have come to understand that our new Family of Parishes' Vision and Core Values serve as a 'Lighthouse' of Jesus. He is using us as his humble servants, and this simple invitation - to call everyone to Christ. Each person is able to experience his life not only in our present life, but also in eternal life.

Saint Patrick Parish, Lucan and Holy Family Parish, London (Lucan Northwest London Catholic Family of Parishes) is obediently responding to Jesus' great commission 'to go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching [all] to obey everything that [he] has commanded' (*Matthew 28:19-20*).

Come and allow yourselves to be drawn by Jesus, the Light. Find in him what you can find nowhere else, and in no one else. Come and see for yourselves!



Lucan Northwest London Catholic Family of Parishes

Saint Patrick Parish, Lucan

32922 Richmond Street
Lucan ON N0M 2J0
Ph: 519.227.4726
stpatlucan@dol.ca

Office Hours
Tuesday – Friday
9:00am – 12:00pm

Holy Family Parish, London

777 Valetta Street
London ON N6H 2Y9
Ph: 519.472.0057
hfparish@dol.ca

Office Hours
Monday – Friday
9:00am – 4:30pm

wearelighthouse.ca

EDITOR-IN-CHIEF

FR. BOB REMARK

MANAGING EDITORS

ERWIN FUNG
JOHN RYAN

CONTENT DIRECTOR

SENIOR LEADERSHIP TEAM

ART DIRECTION

ERWIN FUNG

PHOTOGRAPHERS

CANVA
UNSPLASH.COM
TIM FIRTH
ERWIN FUNG
RACHAEL WRIGHT

CONTRIBUTING WRITERS

ROSALIE DIAS
PATTY DILLING
TRENT EASTER
SYLVIA GIROUARD
MAUREEN LOOBY
SYLVIA LUCENTE
DAVE PRESTON
ALEXIS TREMEER
FR. STEVE WLUSEK
CHRIS WRIGHT

JOIN OUR TEAM



We are building a team of talented and passionate people who have a desire to help prepare our publications, including *The Beacon*

If you are interested, please contact Erwin Fung at efung@dol.ca

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Photo by Tim Firth

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OUR FAMILY OF PARISHES PRAYER

Heavenly Father, we praise and thank you for bringing us together as a Family of Parishes, called to be a light for the world.

We thank you for giving us a vision to become an invitational community of disciple-making disciples, who have Jesus at the center of everything we believe, say, and do.

May we rely on the Holy Spirit to inspire us to love the Scriptures, to share our faith stories, to foster right relationships, and to be warm-hearted.

We entrust our Family of Parishes to the care of Our Blessed Mother and Saint Joseph, the Holy Family, and Saint Patrick, as we work together to bear witness to our core values, and to become the people you desire us to become.

We ask this in the name of Jesus, your Son, who lives and reigns with you, in the unity of the Holy Spirit, God forever and ever.

Amen.

INTERPRETIVE KEY TO OUR FAMILY OF PARISHES LOGO

The cosmic Christ shines throughout the universe to every land and to every person

The gold band reminds us of our 'Communion in Christ' embracing Saint Patrick & Holy Family Parishes. It also speaks to us of the gift of the Eucharist

Symbols of Jesus as the Alpha and Omega, the Beginning and End of all, sit on top of the Lighthouse

The stripes on the Lighthouse refer to the formation path of disciples, up toward Christ. The path equips the saints for ministry

Turbulent seas surround the base of the Lighthouse – never to be overcome by them.

Jesus is the light of the world; reaching out first, to those who have not yet encountered Jesus Christ; second, to those whose Christian faith has grown cold or who are lost; and finally, to those who struggle to live faith wholeheartedly.

So here we are with these Core Values

The base of the Lighthouse is open. Everyone is invited to enter on the path of encounter and formation as disciples



Jesus is our Light, our Lighthouse.

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FROM THE PASTOR



'A story is told about some Nicaraguan students who were on a boat trip to the island of Utila, just off the country's northern coast. One student asked to steer the ship. The captain agreed, saying, "Okay, just keep the needle at 335 degrees north." Two hours later they arrived at Utila: the student was still steering. How did the student steer the boat to an island the youth had never seen and couldn't see at the start of the trip? By simply following directions! The Spirit is like that. The Spirit can guide us to an "island" that we have never seen and cannot see at the moment.' (Taken from "Action 2000; Praying Scripture in a Contemporary Way," by Mark Link, S.J., C Cycle, Tabor Publishing, 1994)

The Spirit can guide us to an "island" that we have never seen and cannot see at the moment.

Jesus promised to his followers the gift of the Holy Spirit when he ascended to his Father in heaven. The Holy Spirit was poured on/into those who assembled in the upper room, on those entrusted with continuing the mission of Jesus in the world. Today, the promise of the Holy Spirit is not only a promise by Jesus, it is available to all who ask him committed to do his will.

The leadership of Saint Patrick and Holy Family parishes, as a family of parishes, has much like the Nicaraguan student in the story above, followed the direction of the Holy Spirit over the past number of years. The Spirit told us that we would become an invitational community of disciple-making disciples; that we would become a community whose members would themselves be making disciples, with intention and trust in Jesus. We are heading in that direction with the guide posts of our five core values. We know that we will arrive at the destination of our Vision when we teach and engage parishioners to be daily students of the sacred scriptures; when we are equipped by and led by the Holy Spirit; when we strive to sustain and make right relationships in our lives; when we share our own faith stories with others and encourage others to do the same; and, when we reach out with compassion to those in need. The Father, Jesus, and the Holy Spirit continue to convict us of this direction, their will for us. They also encourage us in our commitment by showing us the fruit of our faithfulness.

Dear good people of Saint Patrick and Holy Family Parishes, please join us in this Spirit-led journey toward the 'distant island' to become and to realize in, and through us, the dream that God has for us.

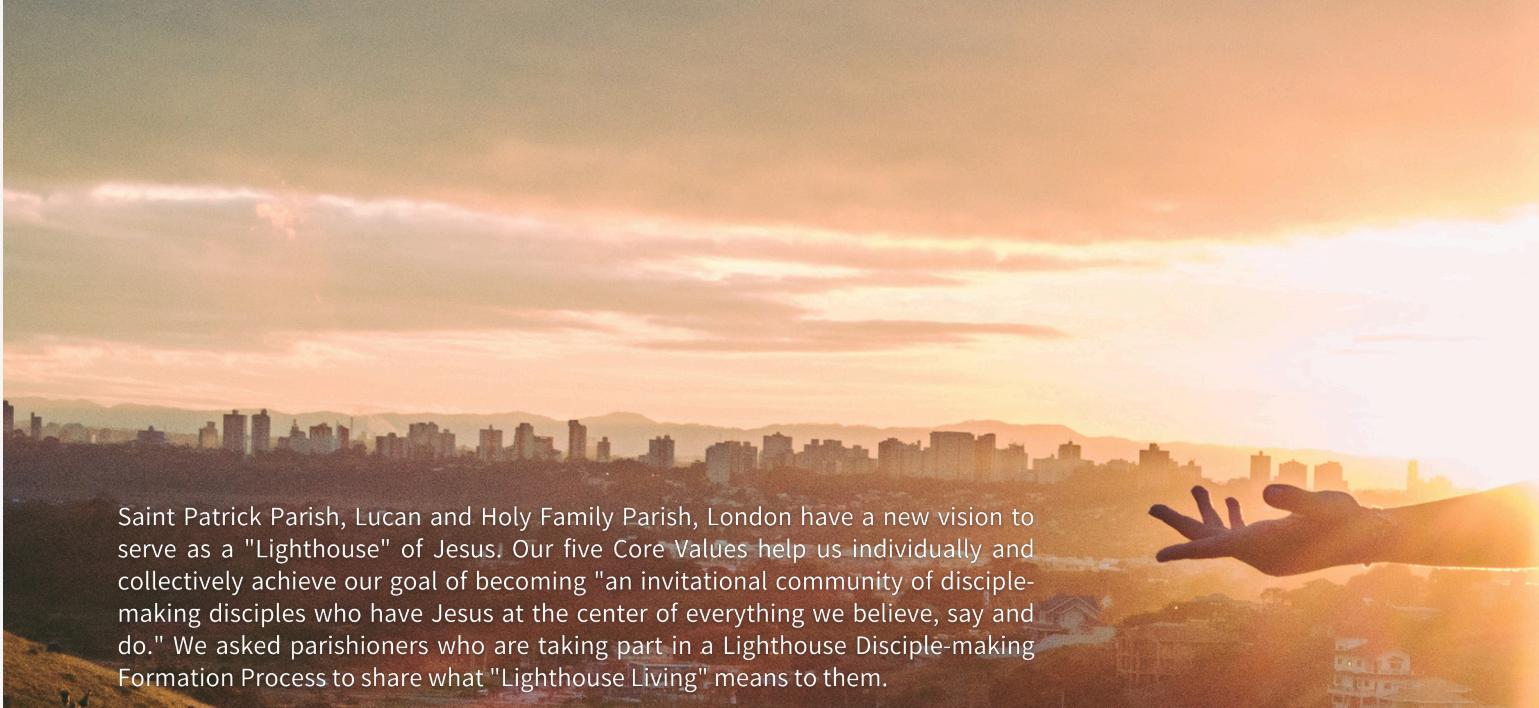
Holy Spirit, come rest on us; come rest on us!!



Fr. Bob Remark
Pastor

Saint Patrick, Lucan and Holy Family, London Parishes
Lucan Northwest London Catholic Family of Parishes

Lighthouse Living



Saint Patrick Parish, Lucan and Holy Family Parish, London have a new vision to serve as a "Lighthouse" of Jesus. Our five Core Values help us individually and collectively achieve our goal of becoming "an invitational community of disciple-making disciples who have Jesus at the center of everything we believe, say and do." We asked parishioners who are taking part in a Lighthouse Disciple-making Formation Process to share what "Lighthouse Living" means to them.

What is Lighthouse Living?

Lighthouse Living is choosing, by personal decision, to place Jesus at the center of your life through The Lighthouse - accepting the Core Values of The Lighthouse to become a disciple-making disciple.



Warm-Hearted

We recognize every person as an image-bearer of God. By joining people in their suffering and walking with one another, we are mutually transformed by Christ's love.

Patty Dilling, Lighthouse I

When I was first invited to participate in the Lighthouse Disciple-making Formation Process, I went in with an open mind and heart but I did wonder why I was asked. I had self doubt about what I could offer, but after I began the process of Lighthouse Living, it opened up my heart even more. I began to experience Jesus's love for me and what he had to offer.

Lighthouse Living has changed my Life. I'm growing deeper in my faith and drawing on the Holy Spirit for daily guidance and direction. I have come to know Jesus even more by spending time reading daily Scripture and meditating on his word. Doing this has made me want to learn even more. Jesus is ready and waiting and knocking at my door and yours to say, "Come follow me."

The vision and values are so important and are incorporated into my life. When we review our day at night, through the daily Examen, it is helpful to reflect on where I was "Jesus" for others and where I may have fallen short or have sinned. By using the Core Values it helps me to grow and to give where the need is.

I would like encourage others to say yes to Jesus and put him at the center of your life and follow the Core Values. I promise you, your eyes will be open, your heart will be filled, and your life will be changed!



Chris Wright, Lighthouse I

Lighthouse has most definitely changed my life for the better. It provides me with a more clear path to follow and lead. It now not only allows the opportunity for my faith to grow but more importantly, to have Jesus at the center of everything I believe, say, and do.

As I allow the Spirit to flow more freely into my heart, the Core Values have "melted" into each part of my life. This not only means at the church but in all parts of my life: at work, in personal relationships and in ministries at our parish community. This reflects how I lead as a disciple-making disciple. For example, the Spirit led me to make a small sacrifice to provide hospitality at every mass I attend. I receive so much joy and grace when I serve.

In my daily living, I find myself praying more for even the "small stuff," allowing the Spirit to flow in God's guidance. This allows me to be even more interrupted when the Spirit leads me in my day. This brings so many opportunities for me to follow, be a mentor or share with a fellow disciple, just like the story of Timothy, Paul, and Barnabas in the Bible.

The Spirit led me back to Alpha this winter to share a journey with others online. What an amazing challenge and gift to be a part of. I would encourage everyone to give permission to the Holy Spirit to move into their lives more freely and embrace this amazing challenge and incredible gift we have in our community.

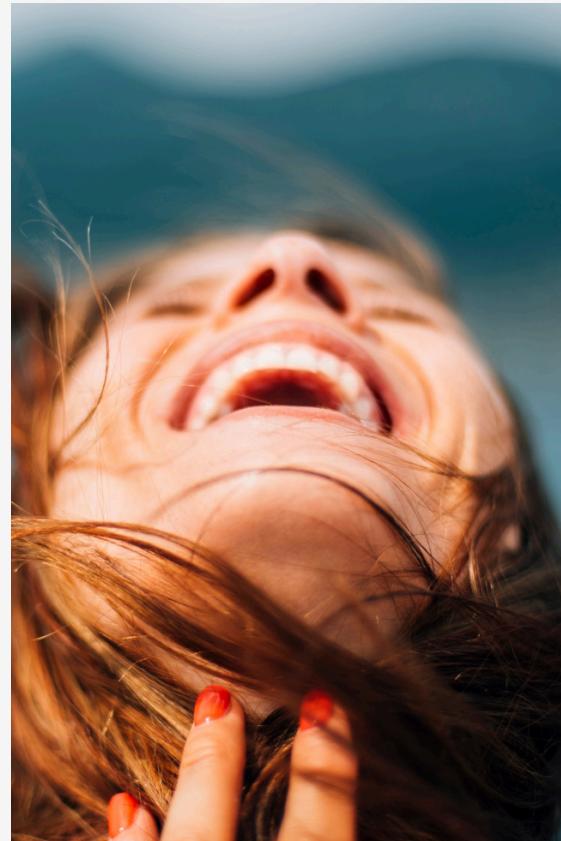
Lighthouse Living using our Core Values in every part of our lives allows us to grow our faith and encounter Jesus in everything we believe, say, and do. But our true calling is not only to be a disciple, but to reach out to others in fostering disciple-making disciples. This is God's plan for all of us. What a beautiful gift!

Our true calling is not only to be a disciple but to reach out to others in fostering disciple-making disciples.



Spirit-Reliant

We are dependent on the Holy Spirit's prompting and direction – that we might respond more fully to Jesus' mission to make disciples of all nations.



Sylvia Girouard, Lighthouse II

When I joined the Lighthouse disciple-making formation it felt like I was sailing straight into the arms of Jesus and then being sent back out to make Him known and loved by all.

It has deepened my relationship with Jesus, and I am spending more time with the Word of God, and serving His people in whatever way that I can which includes being more loving and understanding. Using Lectio Divina in all the parish meetings, studying the Bible and Catholic Catechism has deepened my knowledge of Christ and inspired me to imitate Christ more closely.

I am learning that there will always be things that annoy me but now with the help of the Spirit I am more forgiving and thankful that God is giving me the tools to become more holy, especially through Reconciliation and the Eucharist. Each day becomes a fresh start in my journey. He forgives me when I repent and He expects that I will extend the same forgiveness to others and myself.

I devote more energy in listening to the Holy Spirit and acting according to God's will using His gift of discernment.

Scripture-Soaked

By taking time everyday with the Word of God we soak in His Word and are better able to imitate the life of Jesus. We do this because we want to know Jesus and what He wants for our life.



He has led me into the prayer ministry and guided me along the way showing His love and mercy. Through leadership in the Life Groups I have discovered the importance of bonding in faith with fellow companions on the journey. I cherish the opportunity to proclaim His Word during the weekday Masses. Through serving on the Core Group for the Servants of Light Prayer Group we are praying for the needs of our parishes, community, country and world. We seek to use all the gifts of the Spirit which He has so generously given us.

I feel that I have more joy and peace in my life now and less anxiety when making decisions.

Lighthouse Living has inspired me to give more generously to my parish because this is such a worthwhile task bringing others to Christ and it needs to be supported financially.

I would encourage others to embrace the Lighthouse Living values because I see how important they are in forming a vibrant and intentional community carrying out the work of the Spirit. Through sharing with others and living a life deeply rooted in Christ I hope to be an example for others. May the light from within us shining out to the world bring others to know the goodness of Our Lord. May we all become disciple-making disciples.



And so I started doing everything just like she said.

I feel now that I'm closer to Jesus and the Holy Spirit than ever before. I pray more. I go to church more and this would never have happened without all those crises. And the best part is now I know how much Jesus really loves me. I was too busy before. I think the Holy Spirit just made me slow down and listen to his promptings. Maybe it was Lighthouse Living, maybe it was the music.

I think the Holy Spirit just made me slow down and listen to his promptings.

Have you ever seen the picture of the little lamb stuck in the mud and Jesus running after him? That was me. And now I am home. I know it will all be OK.



Rosalie Dias, Lighthouse III

I recently read Acts 14:22 and I thought that Scripture passage really pertains to me: "It is through many persecutions that we must enter the kingdom of God." I also thought of our Parish Mission in March by Fr. Allan MacDonald, CC on the theme "Crisis Precedes Renewal."

Well, I have sure had a lot of crises this year and at first it turned me away from God. I was angry and mad and didn't understand what was going on in my life. I've always been a good Catholic. Why was God putting me through one crisis after another?

Then I realized I needed more of God. And when I started reading Scripture and praying more, I couldn't get enough. Saint Catherine of Siena said, "Start being brave about everything driving out darkness and spreading light as well. Don't look at your weakness, but realize that in Christ crucified, you can do everything."

Don't look at your weakness, but realize that in Christ crucified, you can do everything."

– Saint Catherine of Siena



Repentant

We believe in right relationship with God, others, and the environment. This implies that we must own-up to our wrongdoings, ask for forgiveness from God and those who we've hurt, and do what we can to restore true peace.



Trent Easter, Lighthouse II

Lighthouse Living has had a tremendous impact in my spiritual life. At first, I thought maybe one or two of the Lighthouse Living Core Values made sense, but as we journey and adopt a true sense of the values and apply them without thought there is a synergy of all five values that resonate in everything that happens on any day, at work, rest, or play.

Having the Holy Spirit and Jesus at the center of my life provides such a comfort and truly a change in how things are seen, how I react to things, especially negative things, but positive too, in the amount of thankfulness that has become more evident. The Core Values along with Jesus at the center of it all makes for such a positive light in life as I see the plus-sides and do not feel being weighed down by burdens or issues.

In daily life, Lighthouse Living has brought Scriptural discussions much more to the forefront of our chats at home. Moreover, I find discussions of faith and church easier, even among or to those who do not participate, and I have more confidence. People want to hear about the Word, Faith, and Jesus but in my mind I didn't realize that.



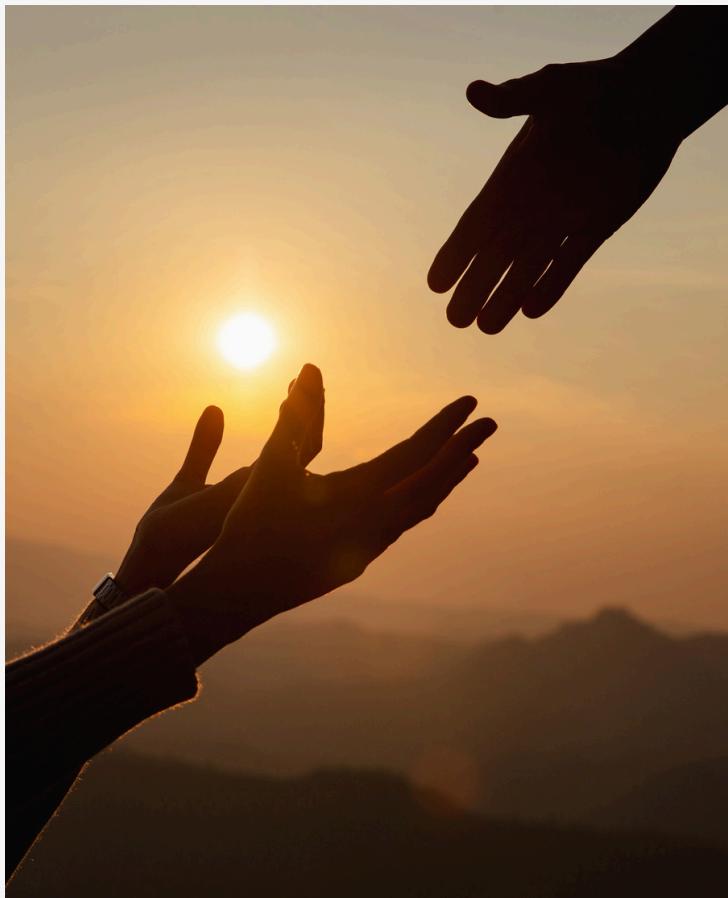
Beacons of Hope

We want to be a lighthouse on a dark sea and lead souls to the safety of Jesus, the Light. We do this by sharing our stories of how Christ is transforming us.

The parish ministries I participate in have been enriched by Lighthouse Living. As a lector the obvious is being Scripture-Soaked but I now see proclaiming the Word as more of an opportunity to be a Beacon of Hope as well. In serving as an Extraordinary Minister of Holy Communion, it is a time to be Warm-Hearted with fellow parishioners, especially the children and elderly. Serving with a smile is so often rewarded with beaming eyes and smiles right back.

I now see proclaiming the Word as more of an opportunity to be a Beacon of Hope as well

Lighthouse Living is the path towards true spiritual development. Without giving it a chance and immersing yourself in the values, there is not an easy way to share the benefits other than to say by living with the five Core Values in mind you have a great chance of having a beautiful relationship with Jesus and the Holy Spirit and in so doing a very positive impact on your relationships with family, friends, and even strangers. You worry less and trust so much more.



Dave Preston, Lighthouse I

Lighthouse Living has certainly made me very aware of my decision to keep Christ at the center of my life. I make decisions mindful of this. I find that volunteering in the parish brings a great sense of joy and peace.

Masses and the Sacrament of Reconciliation have taken on a much more meaningful role in my life. The Daily Examen has allowed me to summarize and question my decisions and behaviour during the day's activities.

With the encouragement of my "Paul," we have started The Chosen Bible study on Thursday afternoons which I believe has been well-received.

We have increased contributions, as we understand more of the Parish's needs.

I encourage as many parishioners as possible to join a ministry, any ministry, to explore faith and service more fully.

Sylvia Lucente, Lighthouse III

Jesus has always been in my life but now I am following His light toward Him, spending more time with Him in the Scriptures and being involved in the church, my peaceful place.

Lighthouse Living is making my life better by providing a feeling of belonging, not just to the Lord but to each other. As we speak about our beliefs and struggles, we realize we are not alone and are getting to know each other the way Jesus wants us to.

The Holy Spirit has been working through my life gradually. I believe the Spirit is always with us, especially through the hardest times of our life. He's my strength and guide.

I think the Vision and Core Values have been brought to life and remind us that nothing can be accomplished without Him who made us. The more we know Him and His ways, the closer we become to each other. Together and with our Lord leading we can accomplish anything. In our Lord you will get to know your worth, and through the Scriptures, Mass and getting involved in the parish He leads us through His light toward goodness and reminds us He made us to live our life in His light.

Lighthouse Living has opened my eyes to want to know more and aim to be more like Jesus each day with Him leading and guiding me; how can I go wrong?



Alexis Tremeer, Lighthouse III

My "yes" to Lighthouse Living changed my life because I didn't realize I was already living "Lighthouse Living" until I joined the Formation Process.

When I started learning all about the Core Values, it helped me be more aware of the things I'm doing each day and why and that I'm actually doing pretty good but could do a lot better — I've become more intentional.

Life has more meaning and purpose. Jesus has opened my eyes to more possibilities, thoughts, ideas, dreams, visions and values. He shows me His love every day — birds singing by my windows, a Scripture passage that speaks to me, a homily that seems to be meant for me at that particular time, in subtle messages I get on social media from others, through hugs, a touch of a hand, a kind word, and a loving look from others. He's given me confidence, hope, inspiration, desire to serve.

I desire love all the time — to give and receive love. I can't give what I don't have so I pray every morning for Him to fill me with His love so I'm able to give love to others.

I've been able to sense the direction that I'm being led in by how my spirit feels within me. I'm drawn to books about Saints to learn what they did in their lives. I'm drawn to learning more and more about God, about Jesus, about His mission and purpose. I'm so open to the Holy Spirit now that often I don't feel I'm doing anything except showing up and being used by Him for His purpose to benefit others. It's pretty incredible what He's been doing in my life for others — it humbles me and moves me to tears so often.

It's feels like a fire has been lit inside of me and I want to be so full of the vision and values of Lighthouse Living that others will feel them, see them, desire them for themselves. I want to become equipped like the original disciples were when Jesus walked the Earth. I want to hear what others have experienced, heard, felt.

Having conversations about my own Lighthouse Living with others helps them to see that they are probably doing it too. When people see that the majority of them are already living this way, it will catch on and it will make it so much easier to get on board and embrace this. It's that "spark" that gets the fire burning.

Sharing God's Gifts



Our Family of Parishes 2023 Financial Statements

We were blessed with an increase in your sharing of God's gifts at both parishes last year, and we continued to invest in our Vision and Mission in support of 'Lighthouse Living'. Your Senior Leadership Team, along with your Family Finance Council, forecasted a deficit for both parishes in 2023, and you can see in our financial statements (click on the link below or visit our website), that is what occurred.

Most of our cost increases, over 2022, can be attributed to the launch of The Lighthouse, where we invested in human resources, liturgical resources, and the logistical needs of the launch itself. One example of that is our outdoor Mass last September. While a tremendous success for our Family, those types of celebrations are an exception to a typical annual budget.

While we do have savings accounts in both parishes, the last three years have seen us having to use some of those savings to support the brilliant work that is happening with The Lighthouse. Looking ahead, we see many opportunities for all parishioners to pray for God's wisdom as to how and when we share His gifts. It is said that churches today have a faith problem, and not a finance problem, so we pray, that through your faith, you will find it in your hearts to embolden your financial commitment to your parish in 2024.

Looking ahead, we see many opportunities for all parishioners to pray for God's wisdom as to how and when we share His gifts

If you're not already signed up for pre-authorized giving, we strongly encourage you to do so. It is the most convenient way to give, and it also reduces the time and expense of the parish processing your offerings. Please contact us if you have any questions about that. Additionally, please visit our website for more information for other ways to give to your parish. Have you thought about putting us in your will? Transferring shares? Life insurance? Thanks for giving this your consideration.

Please contact Tim Firth at 519.472.0057, ext 224 or tfirth@dol.ca with any questions or comments.

Maureen Looby and Tim Firth, Finance Council

Come Holy Spirit!

On behalf of your Family of Parishes Finance Council, whose members are: Josephine Allan, Delyse Braganza, Paul Fox, Anthony Gene, Maureen Looby, Mike Lukas (and including Fr. Bob and Tim Firth), we are pleased to present you with the 2023 Family of Parishes Annual Financial Report.

As an introduction, I would like to emphasize the critical nature of the Vision and Mission of our Family of Parishes, which will lead all of us to 'Lighthouse Living.' With this as our direction, God is leading us towards a more faith-filled presence in how we approach our sharing of His gifts. Money is difficult to talk about...but is it really? In the Bible, there are 800 verses that, one way or another, refer to personal finances and how they impact our faith. Money is the second-most discussed topic by Jesus!

God is leading us towards a more faith-filled presence in how we approach our sharing of His gifts.

Our Vision of "being an invitational community of disciple-making disciples who have Jesus at the center of everything we believe, say, and do," needs to be continuously supported by all of us. That is best done through each of us closely examining what we can (and need) to do in sharing God's gifts as He shares those, and His love, with us.

Together, we can continuously achieve the levels of financial commitment that, in His glory, God has asked of us. We pray that you will all take time to discern this carefully, and with prayer. I look forward to this discernment being key to our Family of Parishes having the ongoing resources and support that are needed to live our values of being Scripture-Soaked, Warm-Hearted, Beacons of Hope, Repentant, and Spirit-Reliant.

Examen of Lighthouse Living

How did I experience God's love today? How did I respond?

1 In faith, come into the Lord's presence. Give thanks for the blessings of your day.

2 Ask the Holy Spirit for his light and direction in this reflection

3 Examine your day, mindful of our five Core Values

 **Warm-Hearted**

When we see a need in another person, we respond to their need with mercy and compassion.

 **Scripture-Soaked**

We take time everyday with the Word of God, to soak in his Word and are better able to imitate the life of Jesus.

 **Spirit-Reliant**

When we sense God is speaking to us through His Word, we act on it.

 **Repentant**

When we become aware of a relationship tension, we actively move towards restoring relationships.

 **Beacons of Hope**

When we hear that someone has encountered God, we encourage and help them share their story with someone.

4 Ask, "How have I responded to the promptings of the Holy Spirit – In gratitude? In repentance?"

5 Ask, "As a disciple, what has the Lord taught me today?"

This daily examen is a process of reflecting on our Core Values of Lighthouse Living to assist us in becoming a disciple-making disciple.

Holy Spirit,
**Come
Rest
on Us**



Novena to the Holy Spirit



**Saint Patrick
Holy Family**
Lucan Northwest London Catholic Family of Parishes

adapted from the Novena to the Holy Spirit from
The Ministry of the Wild Goose (wildgoose.tv)



wearelighthouse.ca

NOVENA TO THE HOLY SPIRIT

The novena to the Holy Spirit is significant because it was the first Novena. Before Jesus ascended to Heaven he instructed our Lady and his Disciples to return to Jerusalem to pray and wait for the promise of the Father. As our Lady and the disciples waited and prayed so will we.

DAY 1

PRAY:

Come, Holy Spirit, fill the hearts of your faithful, and enkindle in them the fire of your love.

V. Send forth Your Spirit, and they shall be created,

R. And You shall renew the face of the earth.

Let us pray.

O God, Who by the light of the Holy Spirit, did instruct the hearts of Your faithful, grant that by that same Holy Spirit, we may be truly wise and ever rejoice in His consolation, through Christ our Lord.
Amen.

PRAYER:

Holy Spirit, what do you want of me today? Give me eyes that can see, ears that can hear and a heart that can love. Our Father . . . Hail Mary . . . Glory Be . . .

DAY 2

PRAY:

Come, Holy Spirit, fill the hearts of your faithful, and enkindle in them the fire of your love.

V. Send forth Your Spirit, and they shall be created,

R. And You shall renew the face of the earth.

Let us pray.

O God, Who by the light of the Holy Spirit, did instruct the hearts of Your faithful, grant that by that same Holy Spirit, we may be truly wise and ever rejoice in His consolation, through Christ our Lord.
Amen.

PRAYER:

Holy Spirit, what do you want of me today? Give me eyes that can see, ears that can hear and a heart that can love. Our Father . . . Hail Mary . . . Glory Be . . .

Being Scripture-Soaked:

“I will give you a new heart, and a new spirit I will put within you. I will remove the heart of stone from your flesh and give you a heart of flesh. I will put my spirit within you so that you walk in my statutes, observe my ordinances, and keep them. You will live in the land I gave to your ancestors; you will be my people, and I will be your God”

(Ezekiel 36:26-28).

“I will put my spirit in you that you may come to life, and I will settle you in your land. Then you shall know that I am the LORD. I have spoken; I will do it” (Ezekiel 37:14)

Being Scripture-Soaked:

“It shall come to pass I will pour out my spirit upon all flesh. Your sons and daughters will prophesy, your old men will dream dreams, your young men will see visions” (Joel 3:1).

“But a shoot shall sprout from the stump of Jesse, and from his roots a bud shall blossom. The spirit of the LORD shall rest upon him: a spirit of wisdom and of understanding, A spirit of counsel and of strength, a spirit of knowledge and of fear of the LORD, and his delight shall be the fear of the LORD” (Isaiah 11:1-2)

DAY 3

PRAY:

Come, Holy Spirit, fill the hearts of your faithful, and enkindle in them the fire of your love.

V. Send forth Your Spirit, and they shall be created,

R. And You shall renew the face of the earth.

Let us pray.

O God, Who by the light of the Holy Spirit, did instruct the hearts of Your faithful, grant that by that same Holy Spirit, we may be truly wise and ever rejoice in His consolation, through Christ our Lord.

Amen.

Being Scripture-Soaked:

“The spirit of the Lord GOD is upon me, because the LORD has anointed me; He has sent me to bring good news to the afflicted, to bind up the brokenhearted, to proclaim liberty to the captives, release to the prisoners, To announce a year of favor from the LORD and a day of vindication by our God. To comfort all who mourn; to place on those who mourn in Zion a diadem instead of ashes, To give them oil of gladness instead of mourning, a glorious mantle instead of a faint spirit.” (Isaiah 61:1-3).

“This is the commitment I made to you when you came out of Egypt. My spirit remains in your midst; do not fear! For thus says the LORD of hosts: In just a little while, I will shake the heavens and the earth, the sea and the dry land. I will shake all the nations, so that the treasures of all the nations will come in. And I will fill this house with glory says the LORD of hosts” (Haggai 2:5-7)

PRAYER:

Holy Spirit, what do you want of me today? Give me eyes that can see, ears that can hear and a heart that can love. Our Father . . . Hail Mary . . . Glory Be . . .

DAY 4

PRAY:

Come, Holy Spirit, fill the hearts of your faithful, and enkindle in them the fire of your love.

V. Send forth Your Spirit, and they shall be created,

R. And You shall renew the face of the earth.

Let us pray.

O God, Who by the light of the Holy Spirit, did instruct the hearts of Your faithful, grant that by that same Holy Spirit, we may be truly wise and ever rejoice in His consolation, through Christ our Lord.

Amen.

Being Scripture-Soaked:

“I am baptizing you with water, for repentance, but the one who is coming after me is mightier than I. I am not worthy to carry his sandals. He will baptize you with the Holy Spirit and fire” (Mt. 3:11).

“The love of God has been poured out into our hearts through the holy Spirit that has been given to us” (Romans 5:5)

PRAYER:

Holy Spirit, what do you want of me today? Give me eyes that can see, ears that can hear and a heart that can love. Our Father . . . Hail Mary . . . Glory Be . . .

DAY 5

PRAY:

Come, Holy Spirit, fill the hearts of your faithful, and enkindle in them the fire of your love.

V. Send forth Your Spirit, and they shall be created,

R. And You shall renew the face of the earth.

Let us pray.

O God, Who by the light of the Holy Spirit, did instruct the hearts of Your faithful, grant that by that same Holy Spirit, we may be truly wise and ever rejoice in His consolation, through Christ our Lord. Amen.

PRAYER:

Holy Spirit, what do you want of me today? Give me eyes that can see, ears that can hear and a heart that can love. Our Father . . . Hail Mary . . . Glory Be . . .

Being Scripture-Soaked:

“And this is what he proclaimed: “One mightier than I is coming after me. I am not worthy to stoop and loosen the thongs of his sandals. I have baptized you with water; he will baptize you with the Holy Spirit” (Mark 1:7-8).

“For those who are led by the Spirit of God are children of God. For you did not receive a spirit of slavery to fall back into fear, but you received a spirit of adoption, through which we cry, “Abba,* Father!” The Spirit itself bears witness with our spirit that we are children of God” (Romans 8:14-16)

DAY 6

PRAY:

Come, Holy Spirit, fill the hearts of your faithful, and enkindle in them the fire of your love.

V. Send forth Your Spirit, and they shall be created,

R. And You shall renew the face of the earth.

Let us pray.

O God, Who by the light of the Holy Spirit, did instruct the hearts of Your faithful, grant that by that same Holy Spirit, we may be truly wise and ever rejoice in His consolation, through Christ our Lord. Amen.

Being Scripture-Soaked:

“Now the people were filled with expectation, and all were asking in their hearts whether John might be the Messiah. John answered them all, saying “I am baptizing you with water, but one mightier than I is coming. I am not worthy to loosen the thongs of his sandals. He will baptize you with the Holy Spirit and fire” (Luke 3:15- 16).

“But I tell you the truth, it is better for you that I go. For if I do not go, the Advocate will not come to you. But if I go, I will send him to you. And when he comes he will convict the world in regard to sin and righteousness and condemnation: sin, because they do not believe in me . . . when he comes, the Spirit of truth, he will guide you to all truth” (See John 16:7-13)

PRAYER:

Holy Spirit, what do you want of me today? Give me eyes that can see, ears that can hear and a heart that can love. Our Father . . . Hail Mary . . . Glory Be . . .

COME, HOLY SPIRIT



DAY 7

PRAY:

Come, Holy Spirit, fill the hearts of your faithful, and enkindle in them the fire of your love.

V. Send forth Your Spirit, and they shall be created,

R. And You shall renew the face of the earth.

Let us pray.

O God, Who by the light of the Holy Spirit, did instruct the hearts of Your faithful, grant that by that same Holy Spirit, we may be truly wise and ever rejoice in His consolation, through Christ our Lord. Amen.

Being Scripture-Soaked:

“The next day he saw Jesus coming toward him and said, “Behold, the Lamb of God, who takes away the sin of the world. He is the one of whom I said, ‘A man is coming after me who ranks ahead of me because he existed before me.’ I did not know him, but the reason why I came baptizing with water was that he might be made known to Israel.” John testified further, saying, “I saw the Spirit come down like a dove from the sky and remain upon him. I did not know him, but the one who sent me to baptize with water told me, ‘On whomever you see the Spirit come down and remain, he is the one who will baptize with the Holy Spirit’ (John 1:29-33).

“Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom”
(2 Corinthians 3:17)

PRAYER:

Holy Spirit, what do you want of me today? Give me eyes that can see, ears that can hear and a heart that can love. Our Father . . . Hail Mary . . . Glory Be . . .



OUR FAMILY OF PARISHES PRAYER

Heavenly Father, we praise and thank you for bringing us together as a Family of Parishes, called to be a light for the world.

We thank you for giving us a vision to become an invitational community of disciple-making disciples, who have Jesus at the center of everything we believe, say, and do.

May we rely on the Holy Spirit to inspire us to love the Scriptures, to share our faith stories, to foster right relationships, and to be warm-hearted.

We entrust our Family of Parishes to the care of Our Blessed Mother and Saint Joseph, the Holy Family, and Saint Patrick, as we work together to bear witness to our core values, and to become the people you desire us to become.

We ask this in the name of Jesus, your Son, who lives and reigns with you, in the unity of the Holy Spirit, God forever and ever.

Amen.

DAY 8

PRAY:

Come, Holy Spirit, fill the hearts of your faithful, and enkindle in them the fire of your love.

V. Send forth Your Spirit, and they shall be created,

R. And You shall renew the face of the earth.

Let us pray.

O God, Who by the light of the Holy Spirit, did instruct the hearts of Your faithful, grant that by that same Holy Spirit, we may be truly wise and ever rejoice in His consolation, through Christ our Lord. Amen.

Being Scripture-Soaked:

“While meeting with them, he enjoined them not to depart from Jerusalem, but to wait for “the promise of the Father about which you have heard me speak; for John baptized with water, but in a few days you will be baptized with the Holy Spirit” (Acts 1:4-5).

“I say, then: live by the Spirit and you will certainly not gratify the desire of the flesh. For the flesh has desires against the Spirit, and the Spirit against the flesh; these are opposed to each other, so that you may not do what you want. But if you are guided by the Spirit, you are not under the law. Now the works of the flesh are obvious: immorality, impurity, licentiousness, idolatry, sorcery, hatreds, rivalry, jealousy, outbursts of fury, acts of selfishness, dissensions, factions, occasions of envy,* drinking bouts, orgies, and the like. I warn you, as I warned you before, that those who do such things will not inherit the kingdom of God. In contrast, the fruit of the Spirit is love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, self-control. Against such there is no law. Now those who belong to Christ [Jesus] have crucified their flesh with its passions and desires. If we live in the Spirit, let us also follow the Spirit” (Galatians 5:16-25)

PRAYER:

Holy Spirit, what do you want of me today? Give me eyes that can see, ears that can hear and a heart that can love. Our Father . . . Hail Mary . . . Glory Be . . .

RENEW THE FACE OF THE EARTH



DAY 9

PRAY:

Come, Holy Spirit, fill the hearts of your faithful, and enkindle in them the fire of your love.

V. Send forth Your Spirit, and they shall be created,

R. And You shall renew the face of the earth.

Let us pray.

O God, Who by the light of the Holy Spirit, did instruct the hearts of Your faithful, grant that by that same Holy Spirit, we may be truly wise and ever rejoice in His consolation, through Christ our Lord. Amen.

Being Scripture-Soaked:

“On the evening of that first day of the week, when the doors were locked, where the disciples were, for fear of the Jews, Jesus came and stood in their midst and said to them, “Peace be with you.” When he had said this, he showed them his hands and his side. The disciples rejoiced when they saw the Lord. [Jesus] said to them again, “Peace be with you. As the Father has sent me, so I send you.” And when he had said this, he breathed on them and said to them, “Receive the Holy Spirit”

(John 20:19-22).

“When the time for Pentecost was fulfilled, they were all in one place together. And suddenly there came from the sky a noise like a strong driving wind, and it filled the entire house in which they were. Then there appeared to them tongues as of fire, which parted and came to rest on each one of them. And they were all filled with the Holy Spirit and began to speak in different tongues, as the Spirit enabled them to proclaim. Now there were devout Jews from every nation under heaven staying in Jerusalem. At this sound, they gathered in a large crowd, but they were confused because each one heard them speaking in his own language. They were astounded”

(Acts 2:1-7)

PRAYER:

Holy Spirit, what do you want of me today? Give me eyes that can see, ears that can hear and a heart that can love. Our Father . . . Hail Mary . . . Glory Be . . .

ACT OF CONSECRATION

PRAY:

On the final day pray the Act of Consecration to the Holy Spirit

On my knees before the great multitude of heavenly witnesses I offer myself, soul and body, to You, Eternal Spirit of God. I adore the brightness of Your purity, the unerring keenness of Your justice and the might of Your love. You are the Strength and Light of my soul. In You I live and move and am. I desire never to grieve You by unfaithfulness to grace and I pray with all my heart to be kept from the smallest sin against You. Mercifully guard my every thought and grant that I may always watch for Your light and listen to Your voice and follow Your gracious inspirations. I cling to You and give myself to You and ask You by Your compassion to watch over me in my weakness. Holding the pierced Feet of Jesus and looking at His Five Wounds and trusting in His Precious Blood and adoring his opened Side and stricken Heart, I implore You, Adorable Spirit, Helper of my infirmity, so to keep me in Your grace that I may never sin against You. Give me grace, O Holy Spirit, Spirit of the Father and the Son to say to You always and everywhere, “Speak, Lord, for Your servant is listening.” Amen.



Reflecting on Debbie Craven's Spiritual Discernment Workshop

(March 9, 2024)

Fr. Steve Wlusek

In his *Spiritual Exercises*, Saint Ignatius of Loyola writes about the need to pause and savour the graces one experiences on retreat. This allows one to allow those graces to steep within and make a difference in one's life. The retreat morning offered by Debbie Craven is an instance which calls us to ponder and to savour how the Holy Spirit has spoken to us through her.

With joy, confidence and being Scripture-Soaked, Debbie led us in reflecting on Scripture passages that reassure us Jesus is with each of us, and that we are each beloved children of God because God said so! Debbie's conviction was inspiring. We are called to truly believe this especially during times of adversity, sufferings and losses of our lives. To help us stand firm, we are to "put on the whole armour of God," as Saint Paul writes in Ephesians 6.

We are to accept that we are human, and although sinful by being part of the human family who has accepted the Original Sin of Adam, we are deeply beloved by God. We need to undergo a daily conversion, to accept that God has created us as good and that God longs for us to live in union with him. Debbie emphasized that the Sacrament of Reconciliation is a meaningful element of our ongoing journey of accepting God's forgiveness and healing of our wounded self-image.

Through daily conversion and ongoing reconciliation, we will come to know our true selves (as God knows us). We will be able to recognize God's deepest delight for us, in which we can become freer for, with and in Jesus.

Debbie devoted a good deal of her workshop to unpacking Saint Ignatius' teachings on the *Discernment of Spirits*. We all need to be attentive to where the Spirit is leading us if we want to be truly happy and free individuals. Debbie highlighted that God first calls each of us God's own Beloved Ones. We are to recognize that "God is in all things," as Saint Ignatius emphasizes, and so we don't have to look far for indications of God's guidance. We are to participate in God growing us into participation with the Divine Incarnation. Debbie reminded us that God is always with and at work in us. God is ever faithful. God sends *consolations* (of peace, joy, desire to serve, love for God and others) to indicate where the Spirit is leading. *Desolations* (such as anxiety, dryness, sadness, disquiet of the heart) accompany our movement towards decisions that are not in tune with God's Spirit. We are to be sensitive to our feelings when facing times of decision, so that it is the Holy Spirit that we are always following and not the voice of the Evil One or our own fallen human self.



Finally, Debbie spoke of the importance of the daily *Spiritual Awareness Inquiry Examen*, as developed by Saint Ignatius. This is composed of Five Steps:

1. Recall that you are in the presence of God
2. Ask for help from the Holy Spirit
3. Review your day
4. Ask pardon and give thanks
5. Resolve to listen to God's voice.

Using this method daily helps us to remain rooted in God and ever attentive to where God's Spirit is present and leading us.

We thank Debbie for her commitment to helping others grow in their spiritual life, as is clearly shown through her own family life and through the many lives she touches as a Spiritual Director. The closing words of her workshop give each of us a commission: "Let God go out to the world through you!"

SUMMER CAMP 2024



Saint Patrick

July 29 – August 2

Holy Family

August 6 – 9

SUBA

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information on
our website

wearelighthouse.ca



Pastoral Changes
within Our Family
of Parishes

In effect July 1, 2024

Fr. Bob is Retiring!

Fr. Jude is moving

to Perth Huron Crossroads Catholic Family of Parishes

We Welcome...

Fr. Thom Blondin – Pastor

Fr. Matthew Sawyer – Associate Pastor

Please pray for our priests and our Family
community during this time of transition

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GIVING AT SAINT PATRICK

Ways to Give



GIVING AT HOLY FAMILY

Ways to Give



For all the ways to support, please go to the Giving page on our website.

LEARN MORE HERE

OUR FAMILY TEAM

CHRISTINA BAHATI
Praise and Worship Leader
cbahati@dol.ca

STEVE BALDINELLI (ext #261)
Building & Property Coordinator
sbaldinelli@dol.ca

MARILYN BUGGY (ext #265)
Coordinator of Digital Media
mbuggy@dol.ca

BERT DAMEN
Caretaker
stpatlucan@dol.ca

TIM FIRTH* (ext #224)
Mission Support Team Lead
tfirth@dol.ca

ERWIN FUNG* (ext #258)
Discipleship Formation Team Lead
efung@dol.ca

CLAUDETTE McLEOD (ext #222)
Part-time Admin Assistant
cmleod@dol.ca

EMER MONTAÑO
Organist
emontano@dol.ca

Fr. JUDE OGBENNA, C.S.Sp. (ext #226)
Associate Pastor
jogbenna@dol.ca

BARB PRESTON*
Senior Leadership Team
bpreston@dol.ca

* Senior Leadership Team – advises and helps the pastor create long-term goals based on the parish's vision (The Lighthouse)

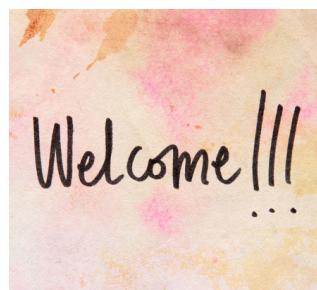
Saint Patrick Ph: 519.227.4726
email: stpatlucan@dol.ca

Holy Family Ph: 519.472.0057
email: hfparish@dol.ca

To meet the Team, please [click here](#) or scan the QR-code



WELCOMING NEW PARISHIONERS



If you are new to Lucan Northwest London Catholic Family of Parishes - Saint Patrick, Lucan and Holy Family, London, please take a moment and [click here](#) for more information, or call the Parish offices: Saint Patrick at **519.227.4726 x20**, or Holy Family at **519.472.0057 x201**.

We want to support you in prayer

Online Prayer Ministry

Join our Prayer Line to receive weekly prayers, reflections, music, and prayer.

To sign up or submit a prayer request, scan the QR-code or go to our website.

Submit your prayer requests online or email them to stp.hfp@dol.ca



The Prayer Line is powered by Flocknote



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