



Providence Associates



I am sending, from afar, my warm greetings and my prayers for these times of a worldwide health crisis, marked by the spread of the COVID-19 virus, which affects all of us in one way or another. May these greetings reach all the Providence Associates wherever they are in the world and who are living difficult moments through illness or who have lost relatives because of the pandemic, or even, those who live in great ➡

loneliness in this time of lockdown. May God Providence watch over you, may God console you and take care of you.

I want to share with you the blessings and challenges that we are experiencing in this moment as we discover the hand of our Provident God accompanying us. It is important to recognize that many efforts of solidarity and charity are happening to counter the effects of COVID-19. We observe a multiplying of solidarity and of mutual aid gestures that represent, a collective response to meet the kind of tremendous challenges posed by the Coronavirus. Charitable organizations are coming together to quickly respond to the needs of the most vulnerable. We observe an important shift in the way that organizations are giving of their time and money to offer different services for people in isolation or to the homeless, because the COVID-19 pandemic has caused an unprecedented state of emergency.

There are plenty of examples, and they are multiplying every day. Among these examples, my thoughts of gratitude go out to the Providence Associates who, in spite of the constraints of health, lockdown and social distancing, have mobilized themselves to help those in need through concrete actions. In addition to all those who continue to show compassionate charity to the most vulnerable, we recognize those who are unable to physically go out to others but who do so through communion of heart through prayer. May they be forever thanked!

In the light of all this, our world is suffering because everyone is affected in one way or another by the crisis. This has led to the need to develop a new approach during this crisis, that of

joining together in solidarity and doing their one's fair share in the global effort. It is essential that we maintain services as much as possible to those who are most vulnerable.

May our compassionate charity be inventive in these difficult times and let us stand at the foot of the cross, with Mary as did our dear Mother Emilie Gamelin who also lived through pandemics during her lifetime. May her example inspire us and help us get through this time of crisis in hope and in confidence in Providence.



Merry Christmas!

Happy New Year!

Let us open our hearts, Christ is born.

Let happiness begin to appear,

the time has come when everything becomes

softness and beauty!

Hortense Demia-Mbailaou, SP

AP General Coordinator

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Providence Family

FRATELLI TUTTI BROTHERS AND SISTERS ALL!

by Sisters Annette Aspirot, SP



Through the eight chapters of the encyclical **FRATELLI TUTTI**, Pope Francis addresses the realities inherent in the life of all human beings. For each of these realities, the encyclical reflects a teaching which, inspired by the good that each person derives from it, teaches us how to recognize one's brother and sister in this great human family who all have some attachment to each other. These realities call for wise guidance to achieve a noble and promising growth that is defined in fraternity and social friendship.

"Fratelli tutti" wrote Saint Francis of Assisi, in addressing all his brothers and sisters, in order to propose to them a way of life that is in keeping with the Gospel. Along with this advice, Pope Francis also emphasizes two things in particular, wherein he invites us to a love that overcomes the barriers of geography and space. It expresses the essence of an open fraternity that allows us to recognize, value and love each

person regardless of physical proximity, and no matter where they were born or where they live.

To illustrate the encyclical in a brief summary, the following is a glimpse into each of the eight chapters that compose it:

DARK CLOUDS OVER A CLOSED WORLD:

This chapter invites us to become aware of certain tendencies of the current world that hinder the promotion of universal fraternity. History is giving signs contrary to human fulfillment and growth.

A STRANGER ON THE ROAD:

Before presenting any avenues for action, the encyclical devotes a chapter to a parable told by Jesus Christ two thousand years ago. The parable is presented in such a way that each one of us can feel implicated. “What is written in the Law?” He replied, “You shall love the Lord, your God, with all your heart, with all your being, with all your strength, and with all your mind, and your neighbour as yourself.” He replied: “You have answered correctly; do this and you will live.”

ENVISAGING AND ENGENDERING AN OPEN WORLD:

Human beings are made in such a way that they are realized, develop, and reach their full potential through the selfless gift of self. There is no life where one can claim to belong only to oneself and to live as an island: in this attitude, death triumphs.

A HEART OPEN TO THE WHOLE WORLD:

To live in harmony among brothers and sisters, to accept the challenges that we face, is to promote understanding and assistance towards others; for instance, for a migrant person, there are many complex challenges. Our efforts in regard to



Providence Family

arriving migrants can be summed up in four verbs: welcome, protect, promote and integrate.

A BETTER KIND OF POLITICS:

A better kind of politics, at the service of the common good, is necessary to allow the development of a world community, able to achieve fraternity among peoples and nations. Pope Francis expresses this as follows: “Lack of concern for the vulnerable can hide behind a populism that exploits them demagogically for its own purposes, or a liberalism that serves the economic interests of the powerful. In both cases, it becomes difficult to envisage an open world that makes room for everyone, including the most vulnerable, and that shows respect for different cultures.

DIALOGUE AND FRIENDSHIP IN SOCIETY:

Coming together, expressing oneself, listening to each other, looking at each other, getting to know each other, trying to understand each other, looking for points of contact, all this can be summed up in the verb ‘to dialogue.’ In order to meet and help each other, we need to dialogue, to look for solutions, to recognize the values of the other.

PATHS OF RENEWED ENCOUNTER:

In many places in the world, avenues of peace, leading to the healing of wounds are needed. We need capable peacemakers willing to wisely and boldly develop processes to heal and to connect with one another. Learning to cultivate a *penitential memory*, capable of assuming the past to prepare for the future.

RELIGIONS AT THE SERVICE OF FRATERNITY IN OUR WORLD:

The different world religions offer a valuable contribution to the building up of fraternity and to the defense of justice. The dialogue between people of different religions is not achieved through mere diplomacy, kindness, or tolerance. The aim of dialogue is to establish friendship, peace, harmony and to share moral and spiritual experiences in a spirit of truth and love.

FRATELLI TUTTI is an exhortation that proposes the way to live social friendship in a world where so many opposing currents seem to attract human beings. May this commentary be an encouragement to refer to all the chapters of the encyclical. In the face of all that threatens good understanding among peoples, let us learn to discover a wise and fruitful application of our experience to achieve fraternity and social friendship. Then we will have attained the ideal of our human and Christian vocation. This encyclical could be our only bedside reading and the document that inspires our meetings, our meditations and our resolutions. This article is only a summary of FRATELLI TUTTI, and how much we will learn as we go through all the contents of this publication to the end. An ultimate guide for our experiences and those of our brothers and sisters around the world.



NEWS FROM BERNARDA MORIN PROVINCE

Juanita Tapia Robledo, PA



Since the beginning of the Providence Associates movement in Bernarda Morin Province, I have been a part of it. For many years I have been a volunteer at the Emilia Gamelin soup kitchen and, for some time now, together with the Provincial Council, we have started the work of a clothing depot for our brothers living on the street, so that, in addition to lunch, we also give them clothing. I was in charge of ordering and selecting the clothes for them. In addition, I had returned to teaching catechism for parents at Santa Rosa School of the Sisters of Providence, where I had been school volunteer/trustee for many years. I have always been a person of active service, imbuing each of my actions with the Charism that we share with the Sisters of Providence.

I never imagined that, with the arrival of the pandemic to our country, my life would change so radically, since I had never been obliged to interrupt my fraternal dedication and solidarity to others before. I did not even do it when



my daughter, Patricia, who was a Sister of Providence for twenty-two years, died; nor when my husband for more than fifty years passed away. However, everything changed in March when the mandatory quarantine for those over seventy-five years of age was decreed, and only until very recently were we allowed to

go out two hours a day, three times a week.

Today, I understand that our Providential God wants me to learn to occupy my time differently. During these months, I have dedicated myself to prayer, more than before, and many of the graces I have asked for people from different places have been fulfilled. How could I not be grateful for that!

Previously, I saw my grandchildren every week, and now I have not been able to receive them in my home, as I like to do; therefore, I have dedicated my time to manual work such as knitting, embroidery and tending to my garden. Although I have not been able to participate actively in helping others, no one who has knocked on my door has left without receiving something I have been able to share, because for many families this time has been very difficult.

This has been a year of learning in every way. At my age, I refused to relate to others through technology, but once the quarantine was decreed, our community of Providence Associates, Emilie Gamelin decided to continue having our formation meetings through ZOOM, and thanks to this platform we have never stopped being connected.

I also learned how to use Facebook and YouTube, and since



among the preventive measures there was the prohibition of the attendance at the celebration of mass so every day I connect to the Eucharist that the Cathedral of Antofagasta holds on line. On the other hand, I have been very happy to see, through the Internet, how the communities of the schools of the Sisters of Providence in Temuco, Ovalle and La Serena have been actively involved at this time, as well as being able to follow the celebrations of their schools' anniversaries on line. I never thought of singing Happy Birthday in front of a screen, but for each one of my daughters and grandchildren, I have had to do it.

Today it is our turn to take care of ourselves, to be patient and to trust that, through the intercession of our Provident God and our Mother of Sorrows, we will soon be able to recover our ways of life, although they will surely not be the same as before. For my part, I trust that I will be spiritually nourished so welcome whatever God has in store for me.

The Experience San José Community, Santiago

BERNARDA MORIN PROVINCE

Margarita Alarcón Escálate. , PA

At the beginning of the pandemic, we, members of the San Jose community, were quarantined in our homes but remained in communication through the telephone.

We decided that we would pray together every day at 9:00 p.m., to pray for all the people around the world,

Did you know?

There is a lot of information and news regarding the Providence Family on:

<http://providencintl.org/>

<https://www.facebook.com/Providencintl1843/>

<https://www.youtube.com/channel/UCgwryhZJL5r0owWh32XJr1w>



including our Associates, who were experiencing difficult times.

For the month of Providence and Solidarity, we were invited to participate, in collaboration with the Pastoral Team of San José School, in an activity for the the elderly women resident at San José. We made some small gifts that we gave to them with much affection.



One of our Associates, Susana Zambra, has been collaborating in a soup kitchen in her neighborhood, and shared with the Providence Associates what she is doing in the community.

For now, we are meeting through video calls, but we hope to have face-to-face meetings soon, once the

COVID-19 pandemic decreases.

A warm embrace from our community.



Margarita Alarcón Escárate
AP San José Coordinator

Dear Grandmothers and collaborative Staff

In this, the month of Providence and Solidarity, the Pastoral Team of the school [San José], together with the Providence

Associates, today want to give you a loving and fraternal greeting, expressed through this small gift, and to tell you that we miss you very much, for that sweetness that you radiate just by looking at us. And as Mother Bernarda Morin says, “We are grateful for the infinite patience and the unconditional love you always give us. Thank you.

«The works of God are accomplished little by little. »

BERNARDA MORIN PROVINCE

Yvonne Valenzuela. , PA, Coordinator

Susana González, PA, Formator

Santa Rosa PA Community

Dear Providence Associates from all the places where our Provident God and our Mother of Sorrows allow us to carry out our work.

It is very sad to see all that is happening in these pandemic times. Prayer has been our faithful companion. As for most of us in our community (Santa Rosa, Bernarda Morin Province), it has been very difficult for us to leave our homes, due to our age and health condition, since several of us have pre-



existing conditions but as they say, God takes care of everyone.

Since the beginning of this pandemic, and until now, two Associates from our community have been providing social work services to the community, and have made us participants in their actions. They are "our saints, our heroines" because, in spite of everything, they have represented us very well.

- Juanita Cristi is a PA who has collected both food and medicine, and has visited people in need of companionship, she has also cared for all the elderly persons (more than twenty-five) of the "Bernarda Morin" Senior Citizens Club, bringing them joy through a phone call, and putting herself at their service. However, her work is not limited to this, since at the same time she makes us, the other Associates, feel active and alive, since she involves us by asking us for food and prayers so that she can continue carrying out this work.

When we celebrated the national holidays in Chile, she went to the house of each of the members of the "Bernarda Morin" Senior Citizens Club and, in addition to delighting them with a delicious empanada, she gave them non-disposable masks, a gesture that made everyone very happy, especially those who were alone. She has also helped, to the best of her possibilities, with the delivery of nonperishable food to the La Macarena Home for the Elderly, located in our neighbourhood. As Christians, we know that we must be grateful and make known her work as a Providence Associate.

- Doris Llopis is another Providence Associate who also stands



out for her generosity in representing our community in places where there has been suffering, by bringing our greetings, love and prayers.

It is our duty as a community to thank them for their sacrifice and to bless their work in the name of God. As Providence Associates, we thank the Lord for their lives.

“The works of God are accomplished little by little.”

Bernarda Morin

Very grateful, we greet you in the name of God.

**Providence Mission
Experience in Pandemic Times**

BERNARDA MORIN PROVINCE

Providence Associates of Tocopilla, Chili

The Providence Associate community of Tocopilla, Chile, would like to share with you what happened during the months from March to November of this year 2020, in the undertaking of the Providence Mission.

This pandemic, which has struck all of humanity and which also made its appearance in this saltpeter producing port in the Great North of the country, led us to confine ourselves to our homes, in a quarantine decreed by the Chilean government. At the beginning we were told to stay at home and take care of each other to help stop the spread.

Therefore, we needed to reinvent ourselves in order to carry



out our Providence Mission. According to the schedule we had for this year 2020, we were to meet with the elderly (approximately twenty-four people) at Sacred Heart of Jesus Parish on the first and third Tuesdays of each

month, but we only met on March 3, since the following Tuesday the pandemic was declared and then we were forbidden to meet.

Nonetheless, we continued to communicate with them every week through phone calls, to find out how they were doing and what they needed, to help them if necessary, and to encourage them to stay home.



To this day, this listening and encouragement mission continues to be carried out, as there are people living alone and others whose health has been greatly impaired. Each Providence Associate has the responsibility to follow up with the members of the Providence of God Senior Citizen Club, and to submit a report.



In addition, we began to help the parish priest with everything related to the animation of the daily and Sunday



masses, celebrated via Zoom, and we assumed responsibility for the hymns and readings. These celebrations are transmitted through the parish priest's Facebook page, and are also shared through the Facebook page of the parish.

During September, we prayed the seven-dolor rosary of Our Lady of Sorrows and since then every Friday we continue to pray the rosary. For this we gather

in the SP Chapel, via Go to Meeting and, from there it is transmitted through the Facebook page Providence Vocations.

One of the Providence Associates had the mission of helping a neighbour whose immediate family contracted COVID-19; she did their daily shopping and requested the medicines for their treatment. Also, in collaboration with her family, she arranged to buy the daily bread and take it to an elderly couple living alone.

, Besides that she anonymously helped in the work of the Common kitchen in the neighborhoods, through which several families whose economy is very fragile have benefited.

In spite of the restrictions, it has been possible to continue, the Providence Mission under new forms. The members of this community of Providence Associates continue to meet twice a month, through Go to Meeting, and we continue to encourage

and support each other in this commitment to help people in need. To do this, we have been obliged to learn how to use technology, which is indispensable to keep us in touch, and for this we use WhatsApp, as it allows us to communicate more quickly and smoothly.

We carry out our work praying for all needs, moving forward and always attentive to government regulations, hoping to be able to meet one day without fear, confident that the future will be better.

Yours sincerely,

Nancy Cerda Abdala, Patricia Oporto Cornejo, Angelina Alcayaga Torrejón, Minerva Araya Araya, Sonia Hun Olivares, Providence Associates, and Liliana Díaz Cáceres, friend



**CALETA OLIVIA SAYS: PRESENT!
BERNARDA MORIN PROVINCE**

Providence Associates of Caleta Olivia, Argentina



The Providence Associates of Caleta Olivia, Santa Cruz, Argentina, want to reach out to you and let you know how our lives are unfolding during the pandemic.

First, we thank our Provident God because we, the Associates, for the most part are well, even though there have been positive cases of COVID-19 among our families.



We also thank Our Lady of Sorrows, and the intercession of Mother Emilie, Mother Bernarda and Mother Joseph, because through technology and different social networks, we, the people of God remain united. We

decided to say the rosary of the Seven Sorrows, recording audios and sharing our various home altars. This practice has



helped us to feel closer and more attentive to each other's needs. Everyone came together to help the parish in the work of distributing food to so many families who, because of this virus, lost their jobs.

With trust in God and filled with the charism that keeps us united, we always seek to respond to those who are most in need. Sometimes we are alone, and sometimes we are

accompanied by different groups that join in this mission of solidarity. Another surprising thing is the reinvention of the

rites and the exploration of virtual spirituality. To such an extent, that recently, through the Zoom platform, we found that



we were able to meet with a group from Chile, and we participated in a mini-retreat that we felt like soothing balm for the soul, and we are infinitely grateful for it.

During the month of September, our group celebrated and shared the triduum to Our Mother of Sorrows. We also felt that the Virgin Mother had covered us with her protective cloak so that we were able to visit some homes where we have some very elderly associates, or associates with health problems, and we were able to pray the Seven Sorrows rosary with them.

I would also like to tell you that, thanks to Elena, our faithful and consecrated servant, every time we arrive at our House

of Providence we find everything in order and very clean, and all the plants well cared for. In addition, I would like to share with you what one Associate Mary, wrote: “Something that fills me with energy to start the day, is Naty’s greeting, which is her current ministry. The first ring of the cell phone in the morning, the earliest one, is hers, wishing us all a good morning. Very valuable service, given her age!”.

Well, it only remains for me to greet you saying: May God bless you abundantly.

A LITTLE HOPE TO SHARE DESPITE THE RESTRICTIONS EMILIE GAMELIN PROVINCE



Here are a few words of hope from Emilie Gamelin Province who, despite advanced age or impediments due to illness or disability, have joined through prayer and other actions for the good of all and for the end of the pandemic:

- I want to thank my Father for protecting me from this virus. I live and I have lived this time as a time of retreat. I have more time to pray and to thank the good Lord for all the graces I have received. – Marguerite Provençal, PA
- In confinement, given our age, my partner and I prayed and meditated, we also made donations to refugees, to the homeless, to youth. Like Mary at Cana, I say to the Lord:
“Have you seen? Have you heard?” with the confidence that

whatever He says will be done. - Lise Pinsonnault, PA – Saint-André-Avellin

- During this time, I committed myself to making calls to lonely, elderly and vulnerable people to help to dissipate some of the consequences of the pandemic. I also registered with Petits Frères de Laval to do the same kind of volunteer work. This volunteer work is done in the residence where I live. – Jeannine Laurin, PA - Laval
- It is my pleasure to share with you the actions taken in our PA group. Since we are all over 79 years old, we had to stop meeting, but we continued to listen on the phone. As for me, I am undergoing treatment for cancer; I cannot see my Associate friends because I am more at risk. However, an Associate, Pauline Lafrenière, is going to meet the Associates and distribute the Bulletin, "Échos d'Émilie" to them. She takes the opportunity to chat with them and bring them comfort.

I can tell you that we all pray to Emilie, and as for me, she helps me a lot to live through this difficult time in my life. I pray the novena regularly.

Thank you for praying for us, may the Lord bless you. - Colette Dubé Bellerose, PA, Pincourt

- We, Diane, Lorraine and I, recite the prayer of St. Francis of Assisi on Skype daily, as well as the rosary for the end of the pandemic. Friendship and good memories! Cécile Charlebois, PA
- Let me introduce you to some new friends Providence Associates, Pierre Tanguay and his wife Rose- Annette Côté. An exceptional couple, of immense kindness and great generosity. One Sunday in November, in the midst of the pandemic, during mass, they asked the community to participate in their project: to bring warm coats, boots, mittens and hats for the homeless in the city of Gatineau, which is an hour away from our village. They are in charge of picking up and carrying these clothes to their

destination. Gatineau has about 40 itinerants who still sleep in tents. We are very proud to welcome Pierre and Rose-Annette to our PA group. Diane Vallée, PA Coordinator, St-André Avellin

**PORTLAND/VANCOUVER REGION
MOTHER JOSEPH PROVINCE**

Charlene Diss, PA



This has been a difficult time for all of the world's citizens but especially at risk to the Covid 19 virus are those who are elderly and may have underlying medical conditions. This, unfortunately, identifies the makeup of our local PA region and has impacted our ability to see each other and work as a group to achieve our common spiritual goals and mission to serve the poor and the vulnerable. There are 25 Providence Associates in the Portland/Vancouver region, 8 of whom have been active.

All of the Associates as a group have provided assistance to an immigrant Latino woman's (who is a mom and grandmother) efforts to pursue documentation for permanent legal status. After a multi-year wait, she was granted her Green Card early in 2020. But due to the Covid 19 epidemic and restrictions, she has been unable to effectively pursue employment. In addition to emotional support, the PAs contribute funds to pay her monthly cell phone bill, provide a monthly bus pass for transportation, help with a variety of needs including costs for medicine, clothing and a care box with paper and cleaning supplies.

All of the Associates have contributed financially to those in

need and with profound prayer. Josie Michael, Eileen Norris, and Roberta Sample have supported (to name just a few) Portland Rescue Mission, Catholic Charities Immigration Legal Services, Snow-Cap Community Charities.

DanVi Nguyen has devoted time and creative energy to writing lyrics to uplifting and spiritual music. She collaborates with other artists who compose the music

and/or perform the songs. Her lyrics are her personal song of praise and she is happy that these are being shared with other artists, musicians and music lovers. Dan Vi's songs can be found on Top Catholic Songs. She recently wrote and recorded Table of the King inspired by Mother Emilie Gamelin and dedicated to Katherine Smith, SP as she celebrates her 60th Jubilee in 2020.



Darlene Moore, Colleen Seed and Patricia Taylor participate in their home parish church social concerns committee which works to identify human needs in the larger community, develop strategies to meet those needs using each person's gifts in service to our Provident God. Pat and Colleen hygienically prepared 50 sack lunches which were then taken to the Blanchet House to provide a nutritious lunch for the (mostly homeless) and hungry in Old Town Portland. Blanchet House provides food, clothing, housing and recovery programs to people in need. Colleen and Pat have prepared these meals several times as the need is great: Blanchet House serves 1200 meals a day (twice which was served in 2019) including service to 3 outdoor shelters. Volunteers are encouraged to compose greetings and messages on the

paper sacks which connect them to the recipients in a fun and inspirational way.

Charlene Diss distributes meals weekly from Meals on Wheels a non-profit organization that serves any adult 60 years of age and older, who are isolated and in need of daily nutritious meals. Over 40,000 meals are prepared and delivered each week by volunteers. Char also participates monthly in the preparation of sack lunches for Blanchet House.

Small acts of kindness help people survive the cold realities of illness, hunger and isolation. May our Provident God continue to grant Associates the strength and grace to carry out the mission begun by Mother Emelie Gamelin.

**GREATER LOS ANGELES ASSOCIATES
MOTHER JOSEPH PROVINCE**

Roberta Sample, PA since 1976

Because of COVID-19:

We host a Zoom Rosary on Mondays and Fridays.

Some of us have also written letters to parents who are in prison. Their children are no longer able to visit them because of the virus. This is through a program called "On the Bus.@"

We are very busy with Bereavement in our parish, which is not the same. We have to meet with families who have lost loved ones either through Zoom or FaceTime. Thank God for that gift.

Life has changed so we must focus on how to use our time for prayer, for loving and for giving.

Providence of God we Trust in you!

Lillian Rouzan PA/PC

.....

How can I answer?

I wish I could tell you how I am responding to the needs of

others in this time of covid19. I know Mother Emilie spent time in the Typhoid Sheds caring for the sick and dying, however, I am limited, at my age, about how much I can be physically involved in caring for vulnerable citizens. I have been able to send monetary support to Portland Rescue Mission for their outreach services to homeless, hungry individuals (they prepare and serve over 1500 meals per day). In addition, I have been able to give monetary assistance to an undocumented immigrant and to hungry families with little children. Funds to help those with utilities i.e. heat, water, lights. Perhaps most of all, and the very best gift I could possibly give is to pray for these people so dear to the heart of our Abba God. Mother Emilie would agree with me!

JOY AND HOPE FOR ALL! HOLY ANGELS PROVINCE

Susan Fulgueras, PA



Hope this finds you well.

My name is Susan Fulgueras, PA, from Edmonton Alberta, Holy Angels Province, now in the Philippines since June 2019, caring for my family. I was sup-

posed to be back in Canada on April 2020 but got caught in this Covid 19 pandemic.

In response to your invitation, here is my contribution.
I have sent you photos in a separate email.

I don't have to go too far to attend to the most needy...my



own family. Since 2015, given the opportunity to spend more time caring for my 93 year old father (a hip surgery due to a fall; he died in July 2019), my 91 year old mother (a stroke in 2011, half paralyzed and bedridden), my special sister (Down Syndrome) until this pandemic time, I find myself more

drawn to serve with purpose, with gratitude, with love and compassion and with empathy inspired by the legacy of Mother Emily Gamelin.

I am thankful for the time God gives me to return the care and love my aging and fragile parents have given to us, their children, and for how we have matured as children of God. They have done their part so well... and for that I am grateful.



We are 7 children in the family, most of us residing in Canada and United States. We take turns caring for our parents and youngest sister, but now, due to the pandemic, our scheduled plans have changed. They are very much affected by the lockdowns and quarantine guidelines and the protocols and travel requirements in both departing and arriving countries to heed. Having said that, now I need to extend my stay in the Philippines for some months until it is safe to travel. My other sisters are serving as “frontliners.” And by the way, I am registered at our Canadian Embassy in the Philippines as citizen travelling abroad in order to receive any travel advisories the Embassy may post.



Each day is a challenge. My day starts at 6 am preparing breakfast for my mother and sister, bathing my mother and feeding her breakfast, giving a shower to my sister, cooking lunch and blending mother's meals for lunch and supper, cleaning up, doing the laundry and changing the beds on Saturdays and so on.

Thanks to social media, every day we can livestream the Mass at Quiapo Church, the Prayer

Novena to San Roque, The Divine Mercy Prayer, the Recitation of Holy Rosary, the recitation with my Rosary Circle, a sharing from St Thomas More Edmonton and some music from Spotify. My mother, sister and I enjoy these.

There are many things reasons to be thankful for God's grace and protection!

We survived the two super-typhoons that left a lot of devastation in the badly hit provinces and many lives were lost as well as livelihoods and precious belongings; houses were left under water and people left hungry. Government and countrymen are extending big and smaller help to aid the victims.

It's the "Bayanihan" (helping one another) of the Filipinos. As participant and contributor to the Bayanihan effort, I prepare a small donation of goods as they are requested for collection and delivery to the victims.

Another sad note, my 89 year old aunt, my father's sister, just passed away (not Covid) yesterday, Saturday, November 14, 2020.

Let us all pray for each other and keep safe, for a new hope for a new day for a new beginning. I love life!

