



CATHOLIC HEALTH ASSOCIATION OF MANITOBA
ASSOCIATION CATHOLIQUE MANITOBAINE DE LA SANTÉ
МАНІТОБСЬКА КАТОЛИЦЬКА АСОЦІАЦІЯ ЗДОРОВ'Я



CHRISTMAS IS THE CELEBRATION OF THE BIRTH OF JESUS, THE SAVIOUR OF MANKIND

Why Christmas is Important?

Christmas is one of the biggest holidays of the year, and for good reason. However, the “reason for the season” has begun to get lost amidst all of our traditions and “stuff.” Christmas is important because 2,000 years ago the birth of Jesus Christ of Nazareth, the Son of God was born. Jesus’s birth was the biggest step in God’s plan of redemption. On Christmas, we get to celebrate that beginning, knowing what is to come. Christmas is a day of remembrance and worship, and traditions.

Yes, Christmas is a day of celebration and a time to be with those we love and care about. In so doing, many people purchase gifts to show that love. So, what do we do for people who have everything?

It is a commentary on our situation in life that the biggest problem most of us have with our Christmas shopping, aside from finding time to do it, is that most of the people we shop for already have everything they need. You might think I’m fresh out of ideas. BUT are they people who *have* everything or people who *need* everything? So, what do you and we really need this Christmas?

We need *simplicity*

Time for sorting out our lives, time for being together, time to get to know one another, and time for sharing ourselves at the deepest levels of human communication.

We need *holy time*

A sense of life’s deeper dimensions, of eternal mysteries breaking in upon finite existence, of the God of righteousness whose being conveys meaning to all of life’s actions and relationships, and the blessing of a world

December 2021

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that wants to bless us if we’ll only let it.

We need space for seeing life as it is

- ◆ For seeing the millions of people in the world who are starving to death and the millions who are dying of simple diseases;
- ◆ For realizing how shallow life is when it is lived merely for the pleasure of the moment without any regard to the future or its consequences;
- ◆ For standing back and looking at our lives, so that, like Scrooge when the ghosts of Christmas Past and Christmas Present and Christmas Future whisked him away, we will have a chance to mend our ways, to become wholesome, to become worthy, and to become children of God.

We need *the Christ of Christmas and renewal of our inner spirits*

That is what it all comes down to, isn’t it? We need to hear and receive the message of Christmas. The message that God loves us; that we need to have that wonder and amazement that God desires to bring purpose and meaning to our lives.

I am talking about all of us. That is the way it ought to be for us at Christmas. Most of us have been lost in the busyness of our existence, trying to cope from day to day, and have quite forgotten who we are or whose we are And then we, who thought we had everything, realize we have nothing, and, realizing we have nothing, stand ready to receive everything. For He is our joy and peace.

In all the frenzy and noise of the season, O God, help us to find our way home; and, having found it, let us never lose it.

“Glory to God in the highest, and on earth peace, goodwill toward all people!” [Luke 2:14](#)



What is divine providence?

As a layperson who has been a practicing Catholic all my life and involved in a number of organizations that were first created by Catholic Women Religious, I have heard countless times that we need to “trust in providence”.

So for this article, I decided to look up the definition of the word Providence:

“God conceived as the power sustaining and guiding human destiny” or “the care and control of God or of a force that is not human in origin”.

Over the years I have had the privilege of getting to know and develop friendships with many sisters who are firm believers in Divine Providence. I reached out to a few of my dear friends to share what Providence means for them:

Jo-Ann Duggan, sgm says that *“Every morning I end my prayer time invoking Divine Providence to guide me, protect me and provide for me in my needs of the day.*

I finish my prayer with the prayer from St. Marguerite d'Youville; {I leave all to Divine Providence, my confidence is in it; all will happen which is pleasing to God}.

I have sincerely become a dependent of Divine Providence who is so faithful to respond to my requests, who never disappoints me.”

For Cécile Poirier, a sister of the Missionary Oblates of Mary Immaculate of St. Boniface, *“trusting in providence is the courage to continue walking in darkness believing that Someone is waiting to help you, around the bend. “*

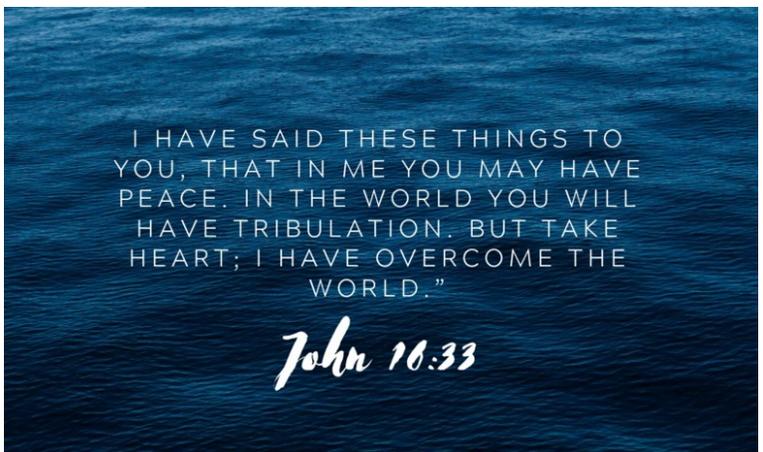
Darleane Pelechaty of the Sisters Servants of Mary Immaculate says that for her it is *“Being so we may be able to find our Comfort and Joy even when we find ourselves in the darkest places that we find most difficult to live in.”*

As chair of Centre Flavie - a charitable organization that provides comfort and support to the impoverished and the vulnerable by distributing at not cost material goods so that they may live in a dignified manner - our board of directors and Executive Director have had to have an absolute *trust in providence* as we rely so much on the support of volunteers and the community support our operations.

Centre Flavie has had many ups and downs since we decided to expand our operations: unsuccessful building purchase attempts before finding an optimal site, serendipitous properties coming up for sale next to our purchased building on Plinguet, inflated building costs due to COVID that forced up to completely re-design the building, incredible support from the community to support our capital campaign, and the list goes on. TRUST IN PROVIDENCE...

So I end this column with this question for you: do you trust in Divine Providence? When in your life have you walked in darkness believing that Someone is waiting to help you around the bend?

For so many religious congregations throughout the ages, Divine Providence is what kept them going, knowing that God has the power to sustain and guide them.



This edition of CHAM'S newsletter will highlight one of its sponsor organizations, the **Réseau Compassion Network**.

Réseau Compassion Network is one of CHAM's three sponsor members who are responsible for the governance of this association.

Réseau Compassion Network is responsible for a family of 15 health and human service agencies where every day, more than 7,000 people of all faiths, traditions and cultures make a difference in the lives of those who walk through our doors in their time of need

Why do they exist?

They were created by pioneering women religious who have entrusted us with their legacy of bringing together people of all faiths, traditions and cultures who want to be signs of compassion and hope.

Who are they?

They are a contemporary expression of the healing Ministry of Jesus Christ and His universal love.

What do they do?

They empower people and foster solutions to prevent and alleviate suffering where the needs are greatest.

Where do they want to go?

They live in a hope-filled community where every person acts in solidarity for the well-being of all.

How do they conduct themselves?

They are inclusive.
They walk with people of all faiths, traditions and cultures.

They make a difference.

They persevere to help individuals reach their full potential.

They act boldly.

They have the strength to make audacious decisions.

They trust in providence. They are comfor-

table with uncertainty in an ever-changing world.

They live their values of social justice and are faithful to the teachings of the Church.

Réseau Compassion Network health and human service agencies

- ⇒ Abri Marguerite
- ⇒ Actionmarguerite
- ⇒ Centre de Renouveau Aulneau Renewal Centre
- ⇒ Centre de santé Saint-Boniface
- ⇒ Centre Flavie
- ⇒ Despins Charities Résidence Despins Villa Aulneau
- ⇒ Gestion Providencia
- ⇒ Marymound
- ⇒ Square Angus
- ⇒ Sara Riel Inc.
- ⇒ St.Amant
- ⇒ Hôpital St-Boniface Hospital
- ⇒ Ste. Rose Health Centre
- ⇒ Winnipegosis & District Health Centre
- ⇒ Youville Centre

Réseau Compassion Network by the Numbers 2020-21

PEOPLE SERVED
310,000 +

**HEALTH & SOCIAL SERVICE
PROFESSIONALS AND
STAFF**
7,900 +

VOLUNTEERS
1,100 +

NETWORK MEMBERS
15

FOUNDATIONS
7

**APPROXIMATE TOTAL
COMBINED REVENUES**
600 000 000 \$
ANNUALLY

**TOTAL PERCENTAGE
OF HEALTH SPENDING
IN MANITOBA**



Réseau Compassion Network have gathered together a few ways that you can help to make the season bright for someone in our community.

We hope you'll take the time to share some warmth and joy this season!

Whether you have a few minutes to write a [Christmas](#) letter, want to buy a gift for a child in need of a pick-me-up or are looking for a new volunteer opportunity, we have easy ways for you to get involved.

Please [CLICK HERE](#) to learn more about these small acts that will make a huge difference - and be sure to forward this email to anyone who might like to participate, as well!

Réseau Compassion Network

Education and Training Opportunities

To view the upcoming offering on Mindful Self-Compassion January 14th to February 18, 2022, click below:

<https://compassionaction.ca/learn/education-and-training-opportunities/>



In the June edition of the CHAM Newsletter, the Hôpital St-Boniface Hospital's 150th hallmark anniversary was highlighted.

Since then, thematic videos have been created. Please click on the links below to view them. They are worth watching!

[150th anniversary - St Boniface Hospital through history - YouTube](#)

[150th anniversary - A pioneering hospital - YouTube](#)

[150th anniversary - Serving the community with passion and respect - YouTube](#)

[150th anniversary - A state-of-the-art hospital - YouTube](#)

Patient charter of rights and responsibilities:

<https://www.youtube.com/watch?v=VveOj5OjrTQ>

The patient charter of rights and responsibilities exists to clearly inform every patient who walks through the St. doors about their rights and responsibilities. Without being a legally binding document, this charter has been created as an opportunity to build trust between patients and the medical system, always with our core mission in mind: to provide the best possible comprehensive care to our patients while promoting human dignity, self-esteem and self-determination.

Testimonial videos will be released starting in January 2022 through to December 2022. To view these, you can subscribe to the St. Boniface Hospital's YouTube channel:



[stbonifacehosp - YouTube](#)

The Health Care Ethics Service (HCES) at St. Boniface Hospital
invites you and your colleagues to attend

HEALTH CARE ETHICS GRAND ROUNDS

Date: Wednesday, January 12, 2022

Time: 1200-1300 Hours

Topic: ADVANCE CARE PLANNING (ACP)

Presenter: Katarina Lee-Ameduri, JD, MA, HEC-C

Katarina Lee-Ameduri is a Clinical Ethicist with the Health Care Ethics Service, St. Boniface Hospital & Réseau Compassion Network and Assistant Professor with the Department of Family Medicine, University of Manitoba.

This presentation will address the ethical and legal issues of advance care planning and health care directives and the implementation of health care directives as part of the health care plan.

All are welcome to attend. No registration necessary.

Join Zoom Meeting

<https://sharedhealthmb.zoom.us/j/62970118544?pwd=dJJC0GIUd3o0S0pYOFZ3LzBseURkUT09>

Meeting ID: 629 7011 8544

Passcode: 800862

One tap mobile +12042727920

MARK YOUR CALENDARS

Ethics in Long-Term Care:

February 16, 2022

Policy Review/Development with an Ethical Lens: March 15, 2022

Please email Lydia Shawarsky at lshawarsky@sbgh.mb.ca to register and receive Zoom information details.



**2022 Leadership Program
Application Deadline
is December 15th**

The 11 month program is open to all Canadian Catholic women, from all walks of life who have a genuine interest in making a difference in their communities and places of work.

A candidate must be at least 21 years of age, demonstrate oral and written English language competencies, have a genuine desire to cultivate her gifts of leadership, and have made a previous contribution to her community in some capacity.

"This program was one of the best experiences of my life."

[CWLF Leadership Program 2021 Application Form \(jotform.com\)](https://www.jotform.com)

Opportunities for Indigenous Cultural Training

As the Truth and Reconciliation Commission reminds us, “reconciliation is not about ‘closing a sad chapter of Canada’s past,’ but about opening new healing pathways of reconciliation that are forged in truth and justice.” This process entails “awareness of the past, acknowledgement of the harm that has been inflicted, atonement for the causes, and action to change behaviour.”

We need to learn about the past, colonization, segregation, oppression, assimilation, residential schools and the impact of multigenerational trauma.

To engage in this process, we also need to listen deeply to what Indigenous Peoples are saying, open ourselves to be transformed by their words, and act based on what they are telling us so that we can begin to address injustices, heal relationships, and bring about a post-colonial Canada.

Fortunately, a number of organizations have created programs, courses, and other educational opportunities for us to gain a greater knowledge and understanding of the Indigenous past, traditions, culture, language and way of life. Here are a few offerings for your perusal.



4 Seasons of Reconciliation

RBC is honoured to partner with **First Nations University of Canada** and **Reconciliation Education** to welcome and invite you to learn from the various Indigenous contributors involved in the creation of 4 Seasons of Reconciliation. This self-paced online program offers 10 modules on truth and reconciliation, which is available to all Canadians. Upon completion of the online course, you will be awarded a “Certificate of Completion” issued by First Nations University of Canada. These resources are the result of many years of work and much careful thought – *ayâkwâmissiwin* (in Cree).

Course sign up: [4 Seasons of Reconciliation offered by RBC \(reconciliationeducation.ca\)](https://www.reconciliationeducation.ca)



UNIVERSITY OF
ALBERTA

Indigenous Canada is a 12-lesson Massive Open Online Course

from the Faculty of Native Studies that explores Indigenous histories and contemporary issues in Canada. From an Indigenous perspective, this course explores key issues facing Indigenous peoples today from a historical and critical perspective highlighting national and local Indigenous-settler relations. Topics for the 12 lessons include the fur trade and other exchange relationships, land claims and environmental impacts, legal systems and rights, political conflicts and alliances, Indigenous political activism, and contemporary Indigenous life, art and its expressions.

[Indigenous Canada | Coursera](#)

In 2015, San’yas partnered with Dr. Catherine Cook (Métis) and Jeanette Edwards



(Shared Health Manitoba-Indigenous Health) and an advisory circle of Indigenous leaders and educators to build Manitoba Indigenous Cultural Safety Training (MICST). MICST offers Core Training that has been specifically designed for people working in any sector. All of our courses are self-paced and facilitated. Updates and improvements are made in an ongoing way in response to current events and feedback from participants and facilitators. A full curriculum refresh is done in collaboration with regional Indigenous advisors every two years. Curriculum for additional courses is under development. **If you are an employee of Shared Health you can inquire with your manager about how to access MICST or click here <https://wrha.mb.ca/indigenous-health/cultural-initiatives/micst/>**



Listening to Indigenous

Voices explores Indigenous world views, examines the history of colonization, and concludes with sessions on righting

relationships, decolonization, and indigenization. The guide features writings from authors, along with works from a variety of Indigenous artists. Each session includes questions to guide sharing circles as well as curriculum ideas for use in secondary and post-secondary educational settings.

For more information: [Listening to Indigenous Voices | Jesuit Forum for Social Faith and Justice](#)



World Day of the Sick

Each year on February 11, World Day of the Sick is celebrated, and was established by Pope John Paul II, as a way for followers to pray fervently for all those struggling from illnesses. It is a real potential for all those who work in Christian Ministry of health to perceive trying to thing about someone who is ill and those who provide treatment to them.

World Day of the Sick 2022: Significance

An added significance was there of the World Day of the Sick in 2002 since the weak Pope John Paul II died on April 2 of that year. As he lay dying, a large crowd gathered in Rome's St. Dwindle's Square to pray to God for him. On this day in 2013, Pope Benedict XVI declared that he's leaving, citing the reason as his degrading health as the cause for this departure.

World Day of the Sick 2022: Theme

"Come to me, all you who labour and are oppressed and I will give you rest," Jesus said on World Day of the Sick in 2021. (Mt 11:28). The concept refers to a spiritual path of beauty that is revealed to the simplest and empowers those who might be exhausted and weary.

On this day, people all around the world make a special effort to pray to God for the sick and for those who work to alleviate their suffering.

Faith groups commemorate this day by providing drugs, food, and religious counselling to the ill.

World Day of the Sick 2022: Wishes

1. "All who provide for the ill and give of themselves with charity and simple compassion, such as St. Mother Teresa of Calcutta, are among the Church's most beloved."
2. "The World Day of the Ill is a chance for those who work in Catholic Health ministry to reflect on how they care for the sick and those who care for them. Happy World Sickness Day!"
3. "Happy World Ill Day" Looking for the health needs competence, kindness, and small acts freely provided, such as an embrace that makes people feel loved." On this World Day of the Sick, take care of those who are sick and assist them."
4. "Look with abundant mercy on all who suffer in body, mind or spirit. Help them and take care of them on this World Day of the Sick."
5. "Grant healing and hope to the sick, the wounded and the dying in their darkest hours, so they may witness the power of your healing presence in the world." Happy World Day of the Sick."



"This has been a blessing for me personally and professionally. The principles are very much useful not only for the elderly residents but for everyone who needs support. Thank you so much for your leadership and your untiring effort to bless us and help us grow as spiritual care gives to our community."
Neil Tagarao, Spiritual Care Practitioner, PCH

"I can honestly say there was not one thing with the series that I didn't truly enjoy. The program content was very well developed and it kept a person really connected. I highly recommend for others to take this course."
Roy Bechard, Spiritual Care Practitioner, PCH

2 HOUR WEEKLY MODULES

Understanding the Aging Journey

Spirituality in Aging

Good Communication

The Power of Storytelling

Dementia

A New Home, A New Way of Life

Loss, Grief, Death & Dying

Roles, Boundaries and Self-Care

START DATE
April 5/6, 2022

PUBLIC: \$125

CHAM & IHCAM Members: \$100
Includes workbook and on-line
program development

ON-LINE REGISTRATION:

[http://www.eventcreate.com/e/
join-the-journey-spring2022](http://www.eventcreate.com/e/join-the-journey-spring2022)

CONTACT:

Julie Turenne-Maynard

204-771-5585

jtmaynard@cham.mb.ca

AN 8-WEEK TRAINING PROGRAM

Designed to help develop a deeper understanding of how to accompany older adults in every aspect of their journey, whether they are living at home or are in Long-Term Care.

WHO SHOULD PARTICIPATE

This training is beneficial for family members, staff of Seniors Care facilities, Spiritual Care volunteers, Church leaders, and others who desire to serve and care for older people.

Medical science has brought about countless breakthroughs in the way we care for older people. But it has also led to a realization that physical and mental health are essential – but not enough. True, holistic care means understanding and supplying their spiritual needs as well.

join the journey

**BODY
MIND
SPIRIT**



Interfaith Health Care
Association of Manitoba
Association interconfessionnelle
en soins de la santé
du Manitoba



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Catholic Health
Alliance of Canada



Alliance catholique
canadienne de la santé

2022 National Virtual Conference

hosted by St. Joseph's Care Group in Thunder Bay,
on the traditional territory of the Fort William First Nation

Looking Within: Creating Culturally Safe Environments of Care for Indigenous Peoples

Catholic health care is committed to a healing journey and learning the truth about our history with Indigenous Peoples. We are working towards fostering relationships built on the truths of colonialism and oppression, learning from the past, understanding the importance of Indigenous People's right to self-determination in their own healing, and rebuilding trust to work towards developing healthier relationships.

The conference will showcase Indigenous speakers that will help us better understand the truth and highlight wise practices and innovative programs. It has never been more important for Catholic health organizations across this land we call Canada to embrace diversity, equity, inclusion, and belonging.

The conference aims to inspire action and equip leaders and organizations with insights and tools to support their efforts to ensure a culturally safe environment for all.

The Conference organizers are currently confirming an exciting array of keynote speakers and leaders. There will be opportunities for group discussions and learning.

Further details including registration information will be provided early in 2022.

~ Mark Your Calendar ~

Thursday May 12 and Friday May 13, 2022

10:30 a.m. to 16:30 p.m. EST

Artist ~ Jordan Quequish

For updates about the conference go to: www.chac.ca
or contact Cheryl Spencer, Operations and Events Manager:
Cheryl.spencer@chac.ca



2022 Conference Speakers,



Kahontakwas Diane Longboat BA, BEd, MEd

Kahontakwas Diane Longboat is an Elder from Mohawk Nation, Turtle Clan, a traditional teacher from Six Nations Grand River Territory, and a ceremonial leader, and healer.



Niigaanwewidam James Sinclair, PhD

Niigaanwewidam James Sinclair is an Anishinaabe academic and writer, activist and public speaker on Indigenous issues, and Head of the Department of Native Studies at the University of Manitoba.



L James Dempsey, PhD

L James Dempsey is a member of the Blood Indian Tribe of southern Alberta and Associate Professor of the Faculty of Native Studies at the University of Alberta.



Harmony Johnson BA, MHA

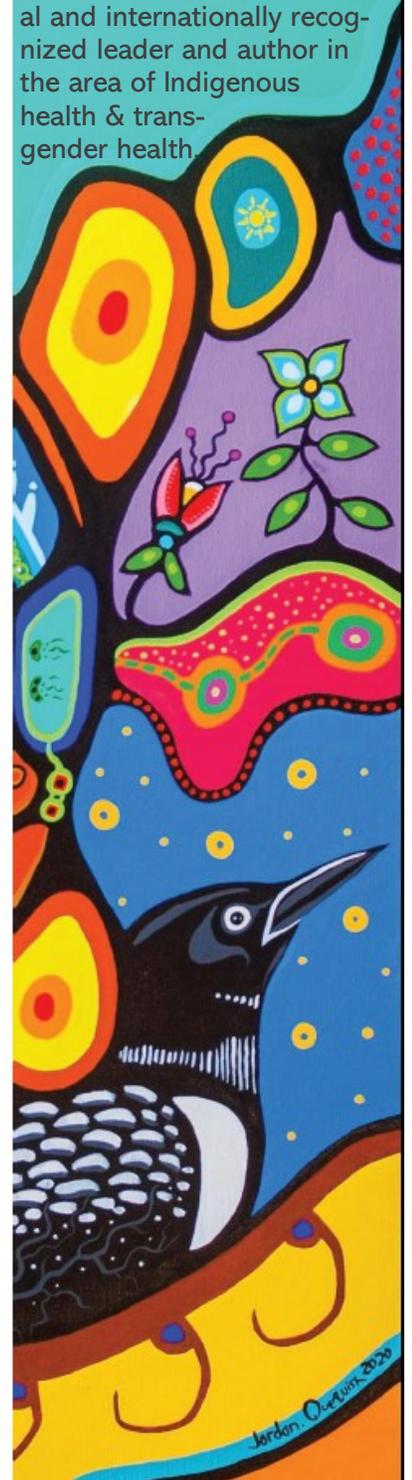
Harmony Johnson is of Tla'amin First Nation (Coast Salish) ancestry and Interim Vice-President of Indigenous Wellness and Reconciliation at Providence Health Care, Vancouver.



Lisa Raven

Lisa Raven is from the Hollow Water First Nation in Manitoba, and Executive Director of Returning to Spirit, an organization that delivers experiential reconciliation workshops.

Dr. James Makokis is a Nehiyô (Plains Cree) Family Physician from the Saddle Lake Cree Nation in north-eastern Alberta and a national and internationally recognized leader and author in the area of Indigenous health & transgender health.





May your Christmas sparkle with moments of love, laughter and goodwill, and
may the year ahead be full of contentment and joy.

Merry Christmas

Que votre Noël brille de moments d'amour, de rire et de bonne volonté et que
l'année à venir soit pleine de contentement et de joie.

Joyeux Noël

Julie Turenne-Maynard

Executive Director / Directrice générale



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