

Greetings dear friends of Becoming Neighbours,

"GOD OF THE SEASONS,
THERE IS A TIME FOR EVERYTHING;
THERE IS A TIME FOR DYING AND A TIME FOR RISING.
WE NEED COURAGE TO ENTER INTO THE TRANSFORMATION PROCESS."
(Prayer for Autumn Days - Joyce Rupp, OSM)

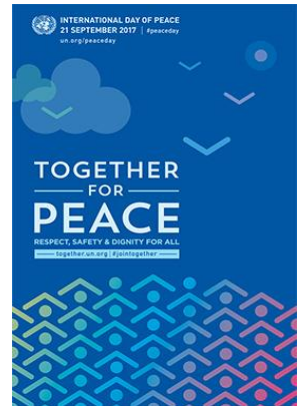
As you know, early signs of **AUTUMN** are beginning to take hold of us. These days are like passage moments: students returning to school, days becoming shorter and evenings becoming cooler with the cool autumn air accompanying the gathering of summer's abundant harvest and our hearts heavy in solidarity with the people experiencing the devastating effects of Hurricane Harvey and now Irma and Jose. These moments invite us to enter into a contemplative stance and to reflect on what is happening in our own hearts and in our world.

It is with this spirit that we offer you these Fridge Notes:

- **INTERNATIONAL DAY OF PEACE** ("*Peace Day*") observed around the world each year on September 21, it is a day devoted to strengthening the ideals of peace, both within and among all nations and peoples.

ANY ONE, ANYWHERE CAN CELEBRATE PEACE DAY.

Since its inception, PEACE DAY has marked our personal and planetary progress toward Peace. It can be as simple as lighting a candle at Noon on Thursday, September 21, sitting in silent meditation or doing a good deed for someone you do not know, or even reaching out to family members, friends or neighbours in ways that bring peace to these relationships.



- As well, we are pleased to invite you to join us for a

GATHERING OF COMPANIONS AND FRIENDS

with input by MARY ELLEN FRANCOEUR, SOS

"Accompanying People Living With Trauma."

Time: 2:00 pm – 4:30 pm

Date: Sunday, October 01

Place: Scarborough Missions

R.S.V.P at jam@becomingneighbours.ca by noon Monday, September 25 so we can plan the logistics.

May we give the Spirit room to transform us
so that together we may be instruments of God's **LOVE**, **PEACE**, and **MERCY**
with and for others and for our earth ---

Lois Anne Bordowitz, FCJ

Tina Solomon

Peter McKenna, SCJ