



*"Migrants and Refugees:  
Men and Women in Search of Peace"*

For the 2018 World Day of Peace, Pope Francis reminds us: "If the 'dream' of a peaceful world is shared by all, if the refugees' and migrants' contribution is properly evaluated, then humanity can become more and more a universal family and our earth a true 'common home'.

We know that it is not enough to open our hearts to the suffering of others. Much more remains to be done before our brothers and sisters can once again live peacefully in a safe home."

For Pope Francis' annual message, [Click Here](#)

**JAN. 14 WORLD DAY OF MIGRANTS AND REFUGEES**

*"Welcoming, protecting, promoting and integrating migrants and refugees"*



Pope Francis reminds us that "Every stranger who knocks at our door is an opportunity for an encounter with Jesus Christ, who identifies with the welcomed and rejected strangers of every age (Matthew 25:35-43). The Lord entrusts to the Church's motherly love every person forced to leave their homeland in search of a better future".

Pope Francis "reaffirms that our shared response may be articulated by four verbs: to welcome, to protect, to promote and to integrate". [Click here](#)

Becoming Neighbours Prayer Service for "World Day of Migrants and Refugees will follow".



**IN SOLIDARITY, WE CELEBRATE WITH:**



**Loretto Sisters (IBVM)**

Mary, Mother of God  
Institute Feast (Jan. 01)

**Basilian Fathers**

St. Basil Foundation Day (Jan. 02)

**Sisters of Charity of Halifax**

St. Elizabeth Ann Seton (Jan. 04)

**Congregation of Notre Dame**

St. Marguerite Bourgeoys (Jan. 12)

At Christmas, and beyond,  
advocate for refugee rights

"Do you believe Canada is a welcoming place for refugees?" – JOE GUNN [Click here](#)

**WORLD DAY OF PRAYER  
FOR CONSECRATED LIFE**

EUCCHARIST

**3:00pm - Sunday, January 28**  
Presider: Bishop Wayne Kirkpatrick  
St. Paul's Basilica, 83 Power St.



**WE REMEMBER**



FRANK HEGEL, SFM  
who died on Dec. 24, 2017.

Frank was an active supporter of the ministry of Becoming Neighbours.

# 'TIS THE SEASON TO APPRECIATE

(Tips for conversations with your newcomer)

**Pause for Thought.** As you come to the end of another year, step back, reflect and even talk about what you have achieved that helped you take another step.

**What are you grateful for in 2017?** What have you achieved? What barriers have you overcome? Who helped you? Name the moments.

**Create a record.** Create a victory log of your achievements. Use words, images, pictures. Refer to your records when your spirit needs a boost, to prepare for an interview or to provide inspiration.

**Forget regrets:** Give yourself permission to let go. Learn from mistakes.

*Give THANKS to yourself, to others and to God*

## BLESSED

## NEW

## YEAR

“WE are the boat  
returning to dock  
WE are the footprints  
on the northern trail  
WE are the trail  
WE are the iron  
colouring the soil  
WE CANNOT BE ERASED”  
—Remi Kanazi

Let us make **2018**  
a time when our dreams  
for a more **JUST WORLD**  
are realized with our  
**PRAYER, PRESENCE AND**  
**SOLIDARITY.**



# Recommended

## To Read

- ⇒ “Christmas Prayer for (nearly) everyone” [here!](#)
- ⇒ “Being Sad at Christmastime” [here!](#)
- ⇒ “Pope Francis prays for the world’s suffering children on Christmas” [here!](#)

## To Watch

### ⇒ HUMAN FLOW

More than 65 million people around the world have been forced from their homes to escape famine, climate change and war, the greatest displacement since WWII.

Filmmaker Ai Weiwei examines the staggering scale of the refugee crisis and its profoundly personal human impact. Trailer [here!](#)

## SELF CARE AND COMMUNITY CARE

Take a break from all the social media/news—  
FILL YOURSELF WITH POSITIVE, HOPEFUL  
THOUGHTS, STORIES, NEWS, EXPERIENCES.



**Be intentionally kind and gentle with yourself**

- ~Laugh more
- ~Practice random acts of kindness
- ~Use positive self-talk

### Remember your body

- ~Practice deep breathing, meditation and gentle stretching
- ~Do something active



## CELEBRATING EMMANUEL: “GOD WITH US”



“Into his world, this demented inn, in which there is absolutely no room for him at all, Christ has come uninvited.

But because he cannot be at home in it, because he is out of place in it, and yet must be in it, His place is with those others for whom there is no room.

His place is with those who are discredited, who are denied the status of persons, who are tortured, bombed- exterminated.

With those for whom there is no room,  
CHRIST IS PRESENT IN THE WORLD.”

-(Thomas Merton)



## ‘Christ Child of the Year’ should be the world’s refugee children

RON ROLHEISER, OMI poignantly and provocatively challenges us and the world:

“The real Christ is forever seeking a home in a world within which there’s no room for him. The Christ-Child can be seen most clearly today in the countless refugee children who, with their families, are being driven from their homes by violence, war, starvation, ethnic cleansing, poverty, tribalism, racism, and religious persecution. They, and their families, best fit the picture of Joseph and Mary, searching for a room, outsiders, powerless, uninvited, no home, no one to take them in, on the periphery, strangers labeled as “aliens”. But they are the present-day Holy Family and their children are the Christ-Child for us and our world.”

[Click Here](#)