

Greetings to all of our dear Becoming Neighbours Friends

With the experiences of Autumn beginning to quickly fade away, we remember and celebrate this season of rich harvest. It is important to pause for a moment to give thanks. As we do so here at Becoming Neighbours, we recognize that we are ABUNDANTLY BLESSED not only with the generosity of our women and men religious congregations who sponsor the ministry of Becoming Neighbours but also with the generosity of household items/furniture from the residents of Presentation Manor.



Overwhelming gratitude echoes from the hearts of the newcomers and in the process, we are all mutually blessed!

It is in this spirit of mutuality, that we invite all of us each and every day, and especially on Nov. 11, in



REMEMBERING those who gave their lives to ensure the freedom of Canada.

BEING IN SOLIDARITY with victims of war especially women and children.

COMMITTING OURSELVES to be builders of peace by living lives of Peace.

Please find attached November 07 *"Fridge Notes for Companions"*, *"Prayer to honour Mother Frances Cabrini, MSC, Patron Saint of Immigrants and Migrants"* and the *"Special Edition to honour Remembrance Day"*

○ PERSONAL CHALLENGE FOR NOVEMBER 11 REMEMBRANCE DAY

On November 11 challenge yourself to do at least one act of PEACE in your life, your neighbourhood, your city, your world. Visit members in the infirmary, write a note of caring support to your Congregational Leader, phone a newcomer and offer a listening heart. Whatever it is, offer your PEACE to the heart of someone else. There is a good chance your own heart will end up singing! Embody PEACE and carry healing into the world to one person, one seemingly small action at a time.

Together, let us be builders of peace by living lives of peace,

Lois Anne Bordowitz, FCJ

Peter McKenna, SCJ