

## Greetings to all of our dear Becoming Neighbours Friends

All our grace-filled blessings of these Autumn days seem to fade away quickly amidst the verging crises of the increasing number of people testing positive for COVID, many of whom are people we know. This is compounded with an over-saturation of the news and chaos of the US election. At this moment, it is important for us to slow down and with a contemplative gaze and “regain a sense of pause and being” rather than frantically scanning the news. 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 the generosity of donations of household items/furniture for refugees. 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 November 11, to engage 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.

### 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 residents/members in assisted living/infirmarary, 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