



Becoming Neighbours

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Fridge Notes  
for Companions

July 13, 2026

No. 390

# Celebrating Canada Day

Who is a Canadian? Are there telltale signs of "Canadian - ness"?

Is a Canadian someone ...

- ◇ Who thinks of no one as "them"? Who appreciates and lives cultural diversity?
- ◇ Who offers their seat on the TTC to a senior, pregnant woman, handicapped person?
- ◇ Who encourages others to be the best that they can be?
- ◇ Who rises up and takes a stand when they see others hurting?
- ◇ Who understands the global economy in terms of people, land, air and water?
- ◇ Whose favourite phrase is "Eh"?
- ◇ Who gives thanks to God every day for who they are and for the land of Canada?



These are, perhaps, some of the many telltale signs of what it means to be a Canadian!

In the words of Wade Davis: "The world in which you were born is just one model of reality.

OTHER CULTURES ARE NOT FAILED ATTEMPTS AT BEING YOU;



**THEY ARE UNIQUE MANIFESTATIONS OF THE HUMAN SPIRIT."**

Canadians, as you know, are not a particular people from a particular place.

**CANADIANS ARE THE EMBODIMENT OF THE HUMAN SPIRIT.**

To continue Celebrating Canada Day, we invite you to listen to:

[www.youtube.com/watch?v=xiMeZgnkBb8&feature=related](https://www.youtube.com/watch?v=xiMeZgnkBb8&feature=related)





## BECOMING NEIGHBOURS

In the spirit of interculturality, 125 people from  
twenty-one countries gathered July 05, 2026  
in High Park for

 *"Celebrating Canada Day."*

Dancing to the beat of African drums topped off  
with an awesome picnic helped us all to celebrate!





## Up Here, In Canada by Clark W.



This song is dedicated to the good people of Canada, and all the things that make us uniquely Canadian.

(Shared by ANGELA CONVERTINI)



[Click here to watch](#)





## O Canada!

Our home and native land!

True patriot love

In all of us command.

With glowing hearts

we see thee rise.

The true North strong and free!



*In gratitude to God  
for this celebration  
of the embodiment of the  
Canadian human spirit.  
Thank you for your presence.*

**EACH OF US SAID "ADIEU"  
MORE AWARE  
OF BEING NEIGHBOURS.**

