



# The Shepherd



Published by the Couples for Christ and its Family Ministries, Vancouver, B.C.

**“Since you have accepted Christ Jesus as Lord, live in union with Him. Keep your roots deep in Him. Build your lives on Him and become stronger in your faith as you were taught and be filled with thanksgiving”**

*Colossians 2:6-7*

## How Do I Thank Thee...

*By Jimmy Arzadon*

A line adapted from a famous poem by Elizabeth Barrett Browning “How do I thank thee... let me count the ways”. There are so many ways to show appreciation for things done for us. Besides the hundreds of languages or dialects on saying it, there are hundreds of ways of showing it. People show appreciation to others by buying flowers, doing errands, performing household chores and so many more. This Thanksgiving Day, we commemorate those instances. Although Thanksgiving Day is a holiday with special religious significance, different cultures have different ways of celebrating this day. For us Christians, on Thanksgiving Day, our main recipient is our Lord and Creator for the blessings He has bestowed upon us. Families and friends get together during the Thanksgiving dinner and then, take turns sharing things for which they are most thankful to God. The concept is to convey an honest gratitude towards God and celebrate HIS presence in their lives. We should not look at thanksgiving as just an obligation towards God, but rather as something that should inherently come out from the bottom our heart.

Enter His gates with  
thanksgiving and  
His courts with  
praise

My wife Liza and I have been in this community for almost 15 years and although our gratitude towards Him goes way beyond those years, it is in CFC that we are more aware of it. As we were listening to the homily last Thanksgiving Sunday pertaining to the ten lepers in the Gospel of St. Luke (17 v. 11-19), it once again donned unto us how thankful we are like the one Samaritan who thanked the Lord for his healing. How sometimes we forget or even ignore to thank HIM as what the other nine healed lepers has done. In the middle of his homily, he began asking, “if you were driving a nail with a hammer on to a board and it hit your finger instead, what is the first thing that comes out of your mouth? certainly not thank you Lord”. Funny but it is true. We are familiar with the story of Job when trials upon trials came unto him and yet in Job 1:21, “he said: Naked I came from my mother's womb, and naked I will depart. The LORD gave and the LORD has taken away; may the name of the LORD be praised.” In the midst of the many blessings we have received, there are trials and tribulations. It may not be as extreme as what Job has experienced but these are trials that tend to challenge our faith in HIM. The CFC community has taught us how to handle these obstacles. We had the opportunity of listening to so many brothers and sisters who are more than willing to reveal to us the blessings they have received. Share to us the challenges that they were able to overcome. When we openly share these blessings, we undoubtedly are showing our gratefulness to God. This is especially true when our sharing has touched and made a difference in someone's life. It is a common habit of taking for granted all the benefits of life and only when we lose something, do we realize that it was God's gift. Being in the CFC community strengthens our awareness on the existence of these blessings.

CFC will be celebrating its 30th anniversary next year and this indeed is a milestone that we, as members, are thankful for. We are all aware of the storm that the community has gone thru and we, brothers and sisters, are the survivors. The best way to express our gratitude is by sharing our time, talents and treasures. Be it with our evangelization work or our work for the poor. Be it with serving in our CLPs or sponsoring a child or two. There are so many ways to thank our Lord for all our blessings, but most of all to thank the Lord for our sufferings. In reality, for us in the CFC community, every day is “**thanksgiving day**”.

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Share your stories, pictures, blessings and God's love encounter. email to: [cfcvan.theshepherd@shaw.ca](mailto:cfcvan.theshepherd@shaw.ca)



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**DATE** : 5 October 2010  
**TO** : **ALL ANCOP PARTNERS**  
**FROM** : **Ricky Cuenca**  
President & CEO, ANCOP  
**SUBJECT** : **OFFICIAL ANCOP LOGO**

Peace in Jesus!

As approved by the CFC ANCOP-Tekton Foundation Inc. Board of Directors, we are happy to present to you the new ANCOP logo. This new logo was designed primarily to show oneness in our community's efforts as far as our work with the poor is concerned. ANCOP is the ministry of Couples for Christ that caters to our work with the poor, and as one, we will work for the mission of building the church of the home and building the church of the poor.



#### WHAT THE LOGO MEANS

The logo illustrates that ANCOP is very much aligned with the work of CFC. The programs under ANCOP are to be implemented based on the core values of CFC—Pro-God, Pro-Family, Pro-Life and Pro-Poor, with the key principle that Christ is the center of the work and must be proclaimed in word and in deed.

- The houses represent the **Community Development Program**, whose primary objective is to provide optimal living conditions for the ANCOP Homes Home Partners, where they could raise their children in a safe and clean environment.
- The children stand for the **CHILD SPONSORSHIP PROGRAM** which sends school-aged children to school, whether in elementary, high school, college or vocational. ANCOP believes that through quality education, these children can learn to hope again, and help them fulfill their dreams of a better life for them and their families.
- Together with the children are the mothers and fathers, as illustrated above. This **simple family illustration** (depicting our being Pro-Family) represents Couples for Christ's fulfillment of the mission of building the Church of the Home by providing them support in the spiritual (being Pro-God through evangelization), health (being Pro-Life by providing them medical support and

For more details go to [www.couplesforchristglobal.org](http://www.couplesforchristglobal.org)

## True North Youth Ablaze at Youth for Christ

*(Article from BC Catholic, Official Newspaper of the Archdiocese of Vancouver)*

Fullness Youth from across Canada pray during the annual Youth for Christ national conference held this year at UBC. Over 400 young people from five different regions participated in the event. At the end of the three-day conference, Vancouver Archbishop J. Michael Miller CSB, celebrated a special Mass for those involved



The Student Union Building of the University of British Columbia was ablaze with God's presence as 400 youths from all over Canada gathered for Youth for Christ's national conference last August 6-8.

With youths representing the Atlantic region (Montreal), Capital region (Ontario), Big Sky region (Manitoba), Mountain region (Alberta) and Pacific region (B.C.), UBC was alive with singing, worship and praise.

Entitled "Alive!", the young people attended talks and competed in sports and creative pursuits, fostering friendships and fun as they gathered and gave their best to glorify God. Speakers at the conference were full-time or part-time missionary workers, as well as invited speakers from the archdiocese and Youth for Christ volunteers.

Talks such as "Blog of John" and "Weapon X: the Unused Weapon in Spiritual Warfare" were geared towards the young audience, who were enthused to hear more about their faith in their own language.

The keynote speech "Fullness in Christ" was given by Father Lucien Larre, who speaks in parish missions and neighboring provinces but who admitted that it was his first time to address Youth for Christ. He confessed that he liked to preach to young people because they have tremendous energy. "You can feel their energy which is necessary for Christ's work. They are the future of the Church, the future of Canada."

Father Larre said youth have dreams, ideals and are very optimistic. "This is what we need in the Church — those who dream, who have ideals and goals for the faith. The youth move toward achieving these goals: they have the energy to do that."

Robert Contreras and his wife, Rebecca, who are Couples for Christ members, brought the entire family to Vancouver from Winnipeg for the national conference. "It was a family trip for us," said Contreras, whose three children are also YFC members serving with them in their evangelical work.

Candy Subang, one of the speakers and a full-time mission worker from the Philippines, said that servanthood starts early in life, thus the Kids for Christ and YFC ministries of Couples for Christ are wonderful opportunities for families to serve and worship together.

"My father became a full-time mission worker in Mindanao when he lost his job at a steel company. I grew up seeing my parents work for the Lord, and I was inspired to do the same," she said. Michael Parillas, who came from Edmonton and is a mission volunteer with YFC, said this was his seventh conference. "I like coming to the conferences because I like sharing my faith with others. The excitement of being able to share my Catholic faith with my peers brings out the best in me. And knowing that this is all for God is the best thing about this service."

The three-day conference was capped by a Mass celebrated by Archbishop J. Michael Miller, who thanked the Couples for Christ and the Family Ministries for their dedication to evangelical work, and especially for their work with the youth.

A thanksgiving assembly followed the event at the Don Bosco Youth Center in Surrey the following Wednesday. Father Dave Sajak said he is always excited to see youth come to the center to celebrate their faith, and he and the Bosconian brothers appreciate the work that the YFC does for its ministry. "They truly keep the faith alive."

# CFC MEETS JERUSALEM JONES

By Richie Tolentino

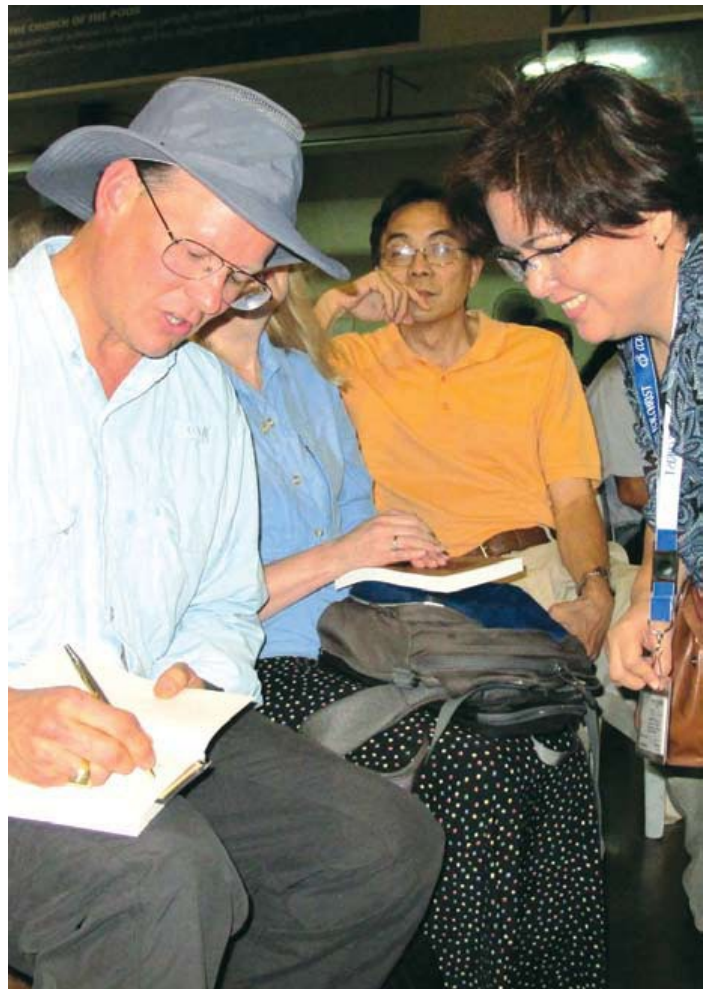
The Manila MCG teaching assembly last July 13 featured a charismatic speaker in the person of Steve K. Ray, a Baptist turned-Catholic who has made it his life mission to bring people back to the Catholic Church. Ray, who also goes by the nickname *Jerusalem Jones*, came with his wife of 33 years, Janet. In his talk, he shared about his difficult and sometimes painful journey from the Baptist tradition that he was raised in to the Catholic faith that he once considered extremely flawed. He talked about his life as a devout Baptist—memorizing Bible verses, studying the Scriptures, and teaching others about Jesus Christ and His gift of salvation. He took to heart what he was taught; that is, that Catholics have the wrong gospel and are going to hell, while Baptists are saved and going to heaven.

At 17, Ray gave his life to Jesus Christ and started devoting his time and energy to “saving” Catholics. He found no reason to convert to Catholicism, adding that the Catholics he knew then were “the biggest arguments against the Catholic Church.” Years later, however, his view changed when he and his wife saw problems in their own Protestant faith.

Ray said there were *three questions that started him and his wife off on their journey to Catholicism*. **First**, what is the essence of worship? The Protestants may have good preachers and vibrant music, but the one thing their churches lack is an altar of sacrifice. In his visits to the oldest churches in the world, Ray always noted the presence of such an altar, which in Protestant churches has been replaced with a podium. **Second**, who speaks for God today? Protestantism leaves the Scriptures open to varied personal interpretations, which have led to the mushrooming of many different denominations. **Third**, what does God expect of me, particularly concerning morals? Faced with so many moral issues, how does one choose which way to go?

Ray admits he almost became an agnostic in his quest for enlightenment. But after months of diligently poring over various books and references, he and his wife found the answers to their questions. First, the Catholic Church has kept the essence of worship; that is, the sacrifice we partake in during the Holy Eucharist. Second, the Catholic Church has a Pope who gives definitive teaching, thus preventing spiritual chaos. Third, the Catholic Church has unwaveringly stood its ground against the attacks on morality, insisting that God has laws that He expects us to obey.

“I read my way into the Catholic Church,” said Ray. “The more we learned, the more we were convinced that the Catholic Church was right. The Protestants are wrong.” Ray recounted how he sobbed when the realization that he was “Catholic” first hit him. He and his wife knew they would lose their family and friends once they converted to the Catholic



Church. As expected, his father was enraged when he found out about their plan. His teenage children refused to convert along with them. At that point, Ray decided to write his father a letter, which he asked his 16-year-old daughter to proofread.

The letter later became the basis for Ray’s book *Crossing the Tiber*. After reading the letter, his daughter told him she was joining the Catholic Church, too. Their family was formally received into the Roman Catholic Church on Pentecost Sunday in 1994. Ray recalled how he cried the entire time during the first mass he attended and through every mass for the next six years. Today he calls himself a missionary to those who do not know Jesus Christ, to those who are Christians but not Catholics, and to those who were born and raised as Catholics but have no clue. How lucky they are. The man who “came to the Catholic Church backwards” by arguing against it has vowed to never leave” and to “get people back into the fold.” He called on CFC to help turn the world upside-down for Christ. “Don’t just sit down and do nothing. Do something about it now.”

The open forum that followed was spirited. In reply to a question as to whether we Catholics should make the Sign of the Cross in front of non-Catholics or even non-Christians, Steve Ray countered that we Catholics should not compromise our faith and beliefs, we should always testify on who we are for *(next page)*

continuation

## CFC MEETS JERUSALEM JONES

Jesus Christ, and we should be proud to announce our Catholic faith and demand that we be respected for it.

With regards to whether evangelization or conversion includes the acceptance of the teachings of the Catholic Church and the Sacraments, Steve said that when we accept Jesus, we should also accept what is important to Jesus -- His Bride, the Church and an integral part of His Church, the Sacraments. He also said that in doing works of mercy, we should always declare that we did the works of mercy as Catholics following Jesus' command to love. Central to this is the fact that in all our works of evangelization, even in our work with the poor, our Catholic identity should stand out.

Central to this is the fact that in all our works of evangelization, even in our work with the poor, our Catholic identity should stand out. *(With contribution by Charly Laiz)*



Whenever we see Bro. Joe & Sis. Meg, we remember that movie and whenever we watch *The Notebook*, we are reminded of Bro. Joe & Sis. Meg. They are the fulfillment of everything that life, love, marriage, and family is for, according to God's design.

We have seen how Bro. Joe lovingly and patiently cares for Sis. Meg, even when she suffers from the effects of her attack of aneurism many years ago. And Sis. Meg has been so loving to him too that at any time that she doesn't see Bro. Joe, she would ask: "Where is Joe?".

Despite their age, Bro. Joe and Sis. Meg have continued living a normal life and being faithful in serving God through their parish, through Couples for Christ, through their family who they continue to love and care in their own thoughtful ways, and through others. They continue to travel to be with relatives and friends on special occasions. They have been faithful in attending CFC activities whenever their schedule permits.

We look to them as our living example and we hope that when we reach that stage (which is not too far for some of us), we will be like them, remaining in love and faithfulness to each other while placing God at the center of our marriage.

Congratulations, Bro. Joe & Sis. Meg. We wish you many more anniversaries, and we look forward to attending your 75<sup>th</sup>!

*By Joey Soriano*



Many of you may have watched the movie, "The Notebook", a story of a couple who were attracted to each other, fell so much in love with each other, went through many challenges in their relationships and ended up still loving each other until they grew old. The wife had Alzheimer and the husband faithfully served her with love, patience and endurance.

# CFC Honors Wedding Milestone Celebrants 2010

*“Father, you have blessed and sustained these CFC couples in the bond of marriage. We thank you for their long and happy marriage, for the children they have brought into the world, and for all the good they have done. Continue to increase their love throughout the joys and sorrows of life, and help them grow in holiness all their days. Continue to bless their lives together with gifts of peace and joy. Grant these through Our Lord Jesus Christ, Your Son, who lives and reigns with you and the Holy Spirit, one God, forever and ever.”*

This was the Opening Prayer by Fr. Patrick Chisholm, Parish Priest of St. Bernadette, as he led 25 CFC couples to a renewal of marriage vows and blessed them in a Thanksgiving Mass he officiated last August 21, 2010 in a mass wedding milestones celebration. It was, for the celebrants, their families and brothers & sisters in CFC, an affair to remember ... a most meaningful and memorable celebration of LIFE, LOVE, MARRIAGE, and FAMILY. A simple reception and program followed at the church hall.

This annual Mothers & Fathers Festival is spearheaded by the CFC Sector ProLife Core Team led by Andrew/Rita Chua, whose members are: Nonoy/Angie Cruz (for West Cluster), Romy/Marissa de Leon (for the Vancouver Cluster), Grace Florendo (for HOLD), and Joey/Baby Soriano (for East Cluster), in partnership with leaders and members of different CFC Chapters and Family Ministries. Mass choir was provided by Danny/Suzy Felices' Chapter; decorations were supplied & arranged mainly by HOLD members, Norma Brual and Grace Florendo; and photos were taken by Ken (Elizabeth) Fung (CFC-Vancouver).



The Shepherd



## “Renewal of Faith”

*By Pat & Maylene Ratuaita (CFC Burnaby/New West Chapter)*

We are a family with a lot of plans and ambitions. Living in a society with too much competition around and everybody wants the best for their life; we have that so called living our life without satisfaction of what we have. We are always wondering when are we going to commit all our dreams and living our life the way we wanted it to be. Arguments and questioning each other are always a part of our daily lives. We never appreciated what we have, those simple things that we should consider ourselves lucky such as having a caring and loving family, a healthy and lovable daughter, good jobs, friends who are always there to help and laugh with in times of problems and most of all just simply having each other in our lives. And we are so thankful that a friend of ours introduces to us the community of Couples for Christ.

A new found peace and unexplainable happiness we experienced and continue experiencing since we joined the CFC community. The 12 Saturday that we attended the Christian Life Program, we met our best friends and we believe that He will be always there to guide, care and love us unconditionally, our Lord Jesus Christ. Before the CLP we did not have enough understanding how important things are and to appreciate blessings from our Creator. We thought that attending the mass is good enough to show our thanks giving. Through listening to all the speakers and sharing thoughts with our facilitators, our minds and hearts were opened. We were so overwhelmed with all the love and care among our brothers and sisters in the community. All the problems and heart-aches seems like easier to handle because we now know that our Lord Jesus Christ is always there willing to help and guide us all the time. He will comfort us when we are sad and in pain. As written on Luke 11:10 For everyone who asks, receives; and the one who seeks, finds; and to the one who knocks, the door will be opened.

As we living our life now with Christ we can say that our main goal is to win heaven. Fortunately, we just focus to heavenly treasures instead of earthly things that certainly just temporary. We realized that there is no such thing as permanent in this world whereas we have to enjoy and appreciate what life has to offer. It seems that everything in this world happens with a purpose which we just leave it all in God's hands. In addition to that, He is the one who knows what is best for everyone. Trusting Him with our lives show how strong our faith to Him and sincerest gratitude with all the blessings the He shared with us all the time. Therefore, we would say that we are living our lives more comfortably now because we always thought that as long as we continue seeking God every day, then He would always give the desire of our hearts. Definitely, our hearts is tremendously full of contentment and satisfaction that we could be proud of.





# Blossoms in God's Gardens

by sis Glenda



When the Winnipeg HOLD Conference was announced I didn't have any 2<sup>nd</sup> thoughts and I registered right away even before my household leader. I went to the Conference without any expectations at all. What I wanted personally was to find fulfillment and nourishment. Best of all, I was looking forward to meeting other sisters from across Canada.

I was also excited to be a part of the Performance for the Friday night. No matter how busy I was at work or at home, I found time to practice with my sisters, set up a HOLD Conference Account with West Jet to get us 10% off regular flights, booked 25 of my sisters and myself to the conference and truly looked forward to be a part of it.

The minute we got there Friday afternoon, September 17, we felt the excitement from the crowd of HOLD members scattered around the lobby of the Radisson Hotel, the activities were hectic and we were under time constraint because the Opening Night ceremonies was just a few hours away - but as it turned out it was a fun-filled event. We managed to rehearse our presentation one last time one hour before the Holy Mass that is I found out the traditional way to start a conference. At the same time we assisted our Festival Princess Marilou to get ready, put make-up on all my sisters who were performing. By God's grace we managed to still attend the Rosary and was also on time for the mass. Immediately after the mass we rushed to get changed in the washroom littered with women in every stall and corner trying to change into their costumes.

The best part of the evening was when it was our turn to perform. We had so much fun performing in front of all our sisters across Canada because it showed on our faces that we truly enjoyed our presentation and that everyone loved it as well. We also enjoyed the other area presentations transforming the theatre stage into one blossoming garden like the bumble bee wiggling its stinger, beautiful butterfly expanding their wings to Hawaiian dancers, dancing trees and us, of course, Hippies of the 60s as we interpreted the song Aquarius/Let the Sun Shine In.

That night we were also taught a new HOLD dance depicting the theme of the 2010 Conference "Blossoms in God's Garden".

The excitement filled the air and it will be forever embedded in our hearts. We all had fun and enjoyed the night away that Friday night. Hope you'll have a chance to see our performance during our Christmas Party on December 11, 2010.

Saturday morning was when we all wore our respective delegation t-shirts and listened to our own sisters Yolly, Malut, sisters from other cities including the Philippines share their life experiences. We were all able to relate one way or another to their respective stories. As you can imagine, Kleenex boxes were brought to the conference room. Saturday was also when we listened to 4 powerful talks titled as follows:

Talk 1 - And God Saw it was Good

Talk 2 - Uprooted from the Garden

Talk 3 - Regaining Paradise

Talk 4 - Tending the Garden

Talk 4 was given by no less than our own East Chapter Head Nody Boongaling who also gave a very powerful personal sharing.

In the evening we had the Dinner/Dance Gala event. We went dressed up in our favourite Hawaiian, Caribbean or Filipiniana outfits. The fun filled atmosphere never cease I tell you, especially when Sister Zeny Gabisan volunteered me to join our Couples for Christ sisters from Winnipeg dance while Elvisaya was singing Hawaiian songs. After that Elvisaya went around the room and ended up serenading Sister Zeny Gabisan. Our own Sister Mil Ong of Richmond won the Best Hawaiian outfit. We all danced the night away, just ask our sisters.

Sunday came too fast to all of us. The last talk was given by our elder from the Philippines, Didi Galsim who talked about "In Full Bloom". Also, a few more sisters shared their life experiences and again Kleenexes came very handy.

I loved and enjoyed the moment our leaders where gathered in front of the stage holding lit candles with Sister Didi. That was a very solemn moment for me. What touched my heart that day was a sweet talented 12 year old girl name Justony who started supporting ANCOP by giving up her family allowance since she was 5 years of age. Here she was again, produced her first CD and was selling it for \$10 and all proceeds going to ANCOP. She also sang two of her songs and shared her talents in front of all of us. To top it all, Winnipeg served us the best going away Filipino lunch - "Tapsilog" on our last day.

Sisters Mila Zipagan, Marilou Lazo and I were hosted by Sister Terry Villianueva, one of the Unit Heads in Winnipeg. She not only showed us around Winnipeg, bought us the best halo-halo ever then she and Sister Maria had a household pray over for us. I felt the presence of the Holy Spirit and Mama Mary's sweet floral fragrance while being prayed over. All of us felt so blessed that day.

This year 2010 brought me doubt and unworthiness but found self contentment, soul nourishing experience being with the Lord and the Holy Spirit. Also found inner peace and joy and of course it is great having sisters all around me. Even after graduating from CLP, I felt that I am not worthy enough to serve the Lord until the Winnipeg Conference. I couldn't believe the revelation and the feeling of being uplifted off all my doubts and worry in Winnipeg.

The Winnipeg Conference was just the beginning of my soul nourishing expedition. Thinking of the Conference Theme, "Blossoms in God's Gardens", it made me felt like a kid growing up in a home showered with tendered loving care. A plant starting to seep through the ground and finally has a place in the environment. It's like a rose bud that just starting to open up. The theme made me felt like blossoming as a handmaid of our Lord. (next page)

# Blossoms in God's Gardens

by sis Glenda

He has taken care of us and it's time for us to expand our wings and continue his work as well as time for us to spread the word of the Lord. It has such a nice meaning to it, "Blossoms in God's Gardens", **WE** are the Blossoms in his garden and **HE** is the Gardener who takes care of us. Just imagine a well cared for garden, full of beautiful flowers with butterflies everywhere, bees pollinating the flowers and birds chirping everywhere! That was the message I took from the conference, as Handmaids we are very lucky to have the Lord as our Gardener as he takes good care of us all the time.



I was inspired that it also got me writing my life experiences upon coming home. Things and events I couldn't remember before came pouring out one after another and got my spirit rejuvenated. I still couldn't

believe that all these years of not remembering, here it was pouring left, right and centre.

I don't know what is for me out there but I have never been happier, content, ready and willing to accept whatever the Lord will direct my way. I know now after reflecting back that the Lord was just getting me ready for today and what is coming in the future. Because of all the challenges, adversities and dismal experiences as well as the happy ones that I went through growing up here in Canada, I can truly say that I had become a much stronger individual and a much better person.

I am truly blessed because I am alive first and foremost, I have a good job, a good health, financially stable, seen the world through my travels, I have a house I can call my own home, a good talented son, surrounded and supported by trusted and loving friends and family here and around the world, encouraged by colleagues to be the best I can be, I have you my sisters in my life, have a boyfriend who is loving, caring and supportive of my stand in HOLD but above all, I have the Lord God Almighty, the Holy Spirit, Mama Mary and Jesus in my heart, my mind, my body and my soul. All along, I have been searching for a family I can call my own when it has always been in front of me. I just needed to accept it.

I can tell you this my sisters; I cannot wait for the next conference in Toronto. Don't focus on the things you wanted to see or where to shop – just open up your mind, body and soul and experience the Lord's miracles and accept his plans. You and I are being transformed to be the person he had planned us to be.

Thank you sisters and Praise the Lord!!

## Family Fun Day



# CFC FAMILY MINISTRIES EVENTS



Turnover ceremony of graduating KFC members to YFC on Nov. 19 ,2010, 7- 10pm.  
KFC Formal (East Cluster) – November 12, 2010,  
KFC Formal (West Cluster)- November 20, 2010, St Paul, Richmond  
International Kids Village (IKV) to be held in Singapore, Dec 17-19, 2010



Vancouver Camp – October 22-24,2010 at Camp Capilano  
Richmond Camp – October 29-31, 2010 at Camp Capilano.  
MCG – Every fourth Friday of the Month at SFU Surrey  
Couple Coordinators Training – November 6,2010 venue TBA



CLP in Whistler, Saturday October 16, 2010, 6pm at Our Lady of the Mountain Parish  
Leadership Training at CFC office on Nov 2,2010 at 7:00pm  
National Leaders Summit, Calgary Alberta, Nov 19-21,2010.



CLP at St. Patrick's parish – Every Saturday 6pm.  
CLP at Holy Rosary Cathedral – Every Sunday,  
CLP at St. Mary's parish – every Saturday, 10am  
HER 1 & 3 at Rosemary Heights, November 27-28, 2010.  
HOLD Christmas Party at St. Mary's on Dec. 11,2010 at 6pm.



MEN's Forum on November 6, 2010,  
1pm at Our Lady of Mercy parish basement.  
All servant heads are invited to attend.

**CFC and its Family Ministry SECTOR Christmas Celebration  
Saturday, December 4**

# FREEDOM TO LOVE

## Applying the Theology of the Body to Life and Relationships

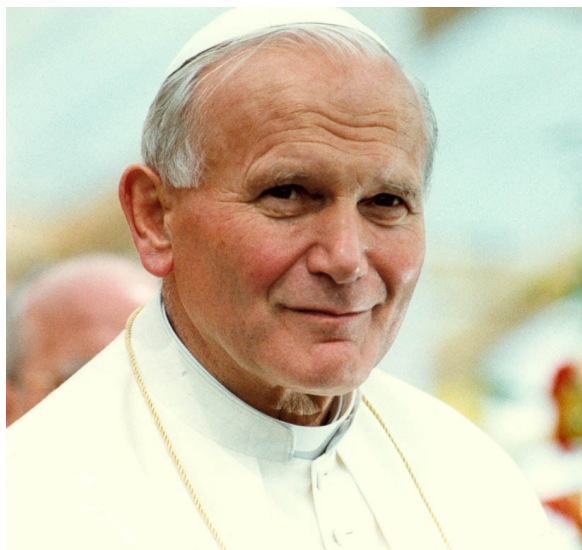
by Baby Soriano



*“The world tells us that freedom is the ability to do what you want, whenever you want, with whomever you want. But has this led to strong relationships, strong families, or strong communities? In reality, since the days of the ‘sexual revolution’, the exact opposite has played out. Every day, we see rampant sexual chaos, exploitation, broken families, and a lot of pain – all as a result of an abuse and misunderstanding of ‘freedom’.”*

“God wants us to experience the ‘Fullness of His Love’ in our Life, Marriage and Service”, was

how Norma Borja, CFC-Canada National Pro-Life Coordinator, envisioned it when, after two years of persistent prayers and follow ups, CFC was favored with an acceptance by the Theology of the Body Institute (TOBI) for Christopher West to conduct a “Freedom to Love” Conference in Vancouver, BC, last October 2, 2010. This is the annual Regional Pro-Life Conference conducted by CFC’s Pro-Life Ministry.



About 650 CFC members and parishioners from various parishes in the Archdiocese of Vancouver – couples, handmaids, singles, youth, priests, religious – packed St. Patrick Church at Main St., Vancouver, to listen to very lively, entertaining, deeply inspiring and invigorating talks by Christopher West, Catholic author and speaker, best known for his work on Pope John Paul II’s series of audience addresses entitled the Theology of the Body.

The whole day Freedom to Love Conference started at 8:00 a.m. with Holy Mass officiated by His Excellency, Archbishop Michael Miller, and concelebrated by Father Vincent Hawkswell, Parish Pastor of St. Patrick Parish. Archbishop Miller expressed his appreciation to CFC for organizing such an event in Vancouver.

Five very interesting topics vibrantly discussed by Christopher West were: Gods Eternal Plan of Love (a brief overview of the Theology of the Body); For Freedom Christ Has Set Us Free (Exploring What Freedom Is and Not); Love As I have Loved You (Exploring What Love Is and Not); Sexual Morality and the Freedom to Love (The “Why” Behind the “What” of Catholic Teaching); and Living the Freedom of Love (Journey of the Interior Life).

The Conference ended promptly at 4:00 p.m. with Closing Prayers led by Nick Borja, CFC-Canada National Director. Everyone who attended the Conference felt so privileged to meet and to listen to Christopher West, whose calendar of speaking engagements is fully booked for more than a year. All participants were all praises for Christopher West, were thankful to God and to CFC, and expressed hope to see and to listen to him again.

The same Freedom to Love Conference will be held in Toronto, Ontario, BC, on November 13, 2010, for CFC members in the East Coast of Canada and their families and friends.

More information about Christopher West, schedule of his conferences, and his publications, are available in his website: <http://www.christopherwest.com>.