



Tony Melendez Messenger of Hope

tonymelendez.com

"Lift up your left hand, lift up
your right hand, now you tell me
where the miracles are - you are
the miracle!"

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Tony Melendez will perform at St. Mary's Cathedral on Oct. 14

Photo by Rev. Mariusz Satuk, SDS

What's inside

St. Maximilian Mary Kolbe	2
Denis Grady on a gathering of men	2
Bishop Henry on beauty and hope	3
Morag Northey on transformation, the artist's way	3
Carmel Gatt on building spirit	4
Fr. John Gallagher on face time with Mary	5
Dr. David Bershad on ruminating on Rubens	6
Deacon Kenneth Noster on Living Water College of the Arts	7
Laura Locke on God in the kitchen	8
Tracy Tomiak on the art of relationship	9
Dr. Gerry Turcotte on a work for eternity	9
Ron Semenoff on the talent to give	10
David Parker on guitars for Guatemala	11

Tony Melendez: Messenger of Hope
By Amanda Achtman

G. K. Chesterton once wrote, "The world will never starve for want of wonders, but for want of wonder." Soon Calgary will welcome a man who affirms this aphorism. That man is Tony Melendez, a guitarist born without arms who, while learning his instrument, also learned to be God's instrument.

Wonder and awe are gifts, and when we forget to wonder at wondrous things, art can point us to beauty, and beauty to truth. Melendez's art consists in "toe-jamming", singing, and songwriting. His art points to the beauty of music and to God's generosity of unique talents. It also points to a still deeper truth: we have a responsibility to develop a culture of life and a civilization of love where not utility, but intrinsic dignity is the measure of human worth. Melendez shows us that the capacity for creativity is one of the important ways in which we are made in God's image. Melendez was born in Nicaragua, after his mother was prescribed the drug Thalidomide during pregnancy. As a youngster he became proficient in using his feet, and began to play guitar and harmonica in high school.

When people ask Melendez about the challenges of living life with no arms, he replies, "I have these [feet] which do everything for me, I have my family...my heart wants to dance, wants to sing, and wants to live life, because in God's eyes, I am whole." This sense of wholeness comes from Melendez's wonder at the gift of life.

"Tony is touching lives around the world without arms," says Dallas Frank, lead pastor and coordinator of the Special Needs Ministry at Calgary's Centre Street Church. "He embodies hope for others in their seasons of loss, and promotes inclusion as he breaks down social barriers and changes perceptions. We don't look at Tony through the lens of tragedy or condescending pity as he shares his inspiring life with us. He helps us to see others through God's eyes and with an eternal perspective."

In this cynical age, Melendez asks us to open our eyes and see the miracles around us. "Lift up your left hand, lift up your right hand, now you tell me where the miracles are - you are the miracle!" says Melendez.

After Melendez performed the song *Never Be the Same* for Blessed John Paul II in Los Angeles in 1987, the Pope gave him this heartfelt message of appreciation: "My wish to you is to continue giving this hope to all the people."

Melendez, an award-winning musician and composer, has been doing just that ever since, travelling the world and sharing his music, his faith and his story of perseverance and hope. Come and celebrate with Tony Melendez.

Amanda Achtman is a political science student at the University of Calgary.

St. Maximilian Mary Kolbe



St. Maximilian Mary Kolbe

Raymund Kolbe was born into a devout Catholic family in Poland in 1894. His life was profoundly shaped by a childhood vision of the Blessed Mother holding out to him two crowns, one white and the other red. "She asked me if I was willing to accept either of these crowns," he later explained. The white crown symbolized purity, the other martyrdom. He told her that he would accept them both, and after this event, his life was never the same.

Young Kolbe entered a Franciscan seminary near his birthplace, and at age 16 became a novice. Though he later achieved doctorates in philosophy and theology, he was always deeply interested in science, even drawing plans for rocket ships. Ordained at 24, he adopted the name Maximilian Mary. He saw that religious indifference was the deadliest poison of the day, and his mission was to combat it.

Fr. Kolbe founded the Militia of the Immaculata, whose aim was to fight evil with the witness of the good life, prayer, work and suffering. He dreamed of and then founded Knights of the Immaculata, a religious magazine, to preach the Good News. He also established a City of the Immaculata – Niepokalanow – that housed 700 of his Franciscan brothers, and later founded one in Nagasaki, Japan as well. Both the Militia and the magazine ultimately reached the one million mark in members and subscribers. Fr. Kolbe's love of God was daily filtered through devotion to Mary.

In 1939 the Nazis overran Poland with deadly speed. Niepokalanow was bombed and severely damaged. Kolbe and his friars were arrested and then

released. In 1941, he was arrested again. The Nazi strategy was to liquidate select leaders in the country. He was taken to Auschwitz Concentration Camp.

One day, three months later, a prisoner escaped. The commandant of the camp announced that ten men would die in his place. He relished walking along the ranks, pointing and shouting. "This one. That one." One of the ten men, Franciszek Gajowniczek, cried out, "My wife! My children!" Fr. Kolbe stepped forward and volunteered to take his place.

The commandant was dumbfounded, but nevertheless kicked Gajowniczek out of the line and ordered Fr. Kolbe to join the nine others as they walked to the "block of death". Once there, they were ordered to strip naked, and the slow starvation began in darkness. But there was no screaming, as Fr. Kolbe led the men in prayers and song. As the days went on, the men died one by one until finally only Fr. Kolbe was left alive. The jailer came to finish him off as he sat in a corner praying. He was injected with a hypodermic needle filled with carbolic acid, and then they burned his body with all the others. Fr. Kolbe's death was

not a sudden, last-minute act of heroism – his whole life had been a preparation. He was beatified in 1971, and canonized by Pope John Paul II in 1982.

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A Gathering of Men



A Gathering of Men
By Denis Grady

In Joe Queenan's bittersweet memoir *Closing Time*, a familiar theme on broken relationships between fathers and sons is poignantly expressed. Queenan's father was a hopeless, angry, often violent man with that spooky character shift of Jekyll & Hyde. You never knew which man was going to appear. The fact that he was Irish Catholic added to the elixir of the label. Queenan is a brilliant writer with a license to dispense riveting humour on the battlefield; the kind of guy you want to share a bunk with at scout camp. In a generous way he tells the truth about his early childhood in the projects of South Philadelphia.

After a childhood of alcoholic chaos, Queenan pursued his curiosity of the

priesthood by entering seminary, only to again be disappointed by experiencing an absence of love in a place he'd hoped to find it. All of this led to a quest for a spiritual civilization. Somehow he manoeuvred through the emotionally scarred landscape of insanity to a brilliant career as a journalist, while also becoming a decent father and husband. His own father continued to drink, eventually to death. In the last years of his father's life, Queenan lovingly took care of the dying man, not as a father figure but as a severely wounded human being.

The brilliant Franciscan thinker/writer Richard Rohr has passionately committed to the healing of men who have suffered deeply as the result of a father wound. He once shared an experience of speaking in Germany to a church full of men who had grown up fatherless because of the war.

continued on page 8

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Beauty and Hope

"This world in which we live needs beauty in order not to sink into despair..."



Bishop Frederick Henry

Beauty and Hope
by Bishop Frederick Henry

Popular magazines, radio, television and the Internet are full of "lives". But they are the lives of pop singers, film stars, television personalities and secular politicians. Instead of teaching spiritual

lessons, they repeat trivia and revel in scandal. Something has been lost. We need to rediscover our spiritual roots.

At the conclusion of the Second Vatican Ecumenical Council on Dec. 8, 1965, Pope Paul VI proclaimed solemnly, "To all of you (artists), the church of the council declares through our lips: If you are friends of true art, you are our friends!"

He added: "This world in which we live needs beauty in order not to sink into despair. Beauty, like truth, brings joy to the human heart and is

that precious fruit that resists the erosion of time, that unites generations and enables them to be one in admiration. And all this through the work of your hands. ... Remember that you are the custodians of beauty in the world."

Consider the impact of Michelangelo. For four grueling years, he lay on his back painting the ceiling of the Sistine Chapel, for which he paid a great price. The work permanently damaged his eyesight and wore him down. Michelangelo said: "After four tortured years, more than four hundred over-life-sized figures, I felt as old and as weary as Jeremiah. I was only thirty-seven, yet my friends did not recognize the old man that I had become."

Michelangelo pleased his benefactors and the pope, and received other commissions from the Vatican. But more importantly, he made a huge impact on the artistic community. His masterpiece forever changed the course of painting in Europe and laid a foundation for his equally important impact on sculpture and architecture.

When asked why he was working so diligently on a dark corner of the Sistine Chapel that no one would ever see, Michelangelo's simple reply was, "God will see." And so many of us have also seen.

Unfortunately, the present time is marked not only by negative elements in the social and economic sphere, but also by a weakening of hope, by a certain lack of confidence in human

relationships, which gives rise to increasing signs of resignation, aggression and despair. The world in which we live runs the risk of being altered beyond recognition because of unwise human actions that, instead of cultivating its beauty, unscrupulously exploit its resources for the advantage of a few and not infrequently disfigure the marvels of nature.

However, the experience of beauty liberates the daily reality of our lives from darkness, transfiguring it and making it radiant. Beauty is capable of restoring enthusiasm and confidence. It can encourage the human spirit to rediscover its path, to raise its eyes to the horizon, to dream of a life worthy of its vocation.

Artists are the custodians of beauty. Thanks to their talent, they have the opportunity to speak to the heart of humanity, to touch individual and collective sensibilities, to call forth dreams and hopes, to broaden the horizons of knowledge and of human engagement, and to glorify the Creator.

F. B. Henry is Bishop of the Roman Catholic Diocese of Calgary

Transformation - the artist's way



Morag Northey Photo by Larry Chirka

Transformation - the artist's way
By Morag Northey

My boyfriend recently decided to observe the fasting of Ramadan and wondered if I might help with the odd meal at the end of each day. Instead I offered to join him, knowing community support and inspiration is important when embarking on a disciplined, enlightening journey. A wonderful time of transformation ensued, where we have been gifted with knowing each other again from a currently authentic place. The clarity and connection experienced through Ramadan has informed my art as I let go and let be, developing further, the honest artist cellist, singer/songwriter me.

This came on the heels of a St. Mary's Cathedral *Together Calgary* series I created, of ten vocal/cello meditative improvisation sessions, expressed from a 'place of emptiness' through listening to those who shared the time and space. My writing and instrumental technique flourished. The things that challenge us, more clearly define our selves and our art.

How remarkable that Kolbe Times asked me to write a piece on the transformative power of music/creation, and my connection to Jane Siberry.

During my tumultuous teens, artist Jane Siberry represented strength, freedom of creativity and uniqueness. When I was told to quit singing/songwriting (not the producer's idea of what would sell), when later dealing with divorce, raising children, and how all factors challenge an artist's inspiration, output, and belief - Jane Siberry was a lifeline.

In earlier years her individuality encouraged me to keep believing. She is prolific, dedicated and fearless. She follows the path of her beliefs, and sheds skin after skin to stay current with who she inwardly sees, and is.

Born in Toronto, Ontario, singer/songwriter Jane Stewart changed her name to Jane Siberry as a life-guiding talisman to honour the full, true, richness of love she felt and observed between her maternal aunt and uncle. In 2002 she released the album "Love is Everything" - true to form (one of fourteen albums, four live albums, five compilations, eleven movie soundtracks, poetry, and video).

Jane has endured creative highs and lows, alcohol addiction, difficult relationship periods, the embracing of her sexuality and its sacredness. She has fought requests by record labels to be more marketable and rather, created her own Sheeba label, self published, sold all belongings (except one guitar),

travelled to Europe, and changed her name a second time, to "Issa" (a simple empty cup).

As Issa, she allowed herself to let go of expectations and just listen. Purely motivated by inspiration, the result was thirty three songs written in thirty three days - a trilogy of albums called "Three Queens." Further metamorphosis saw Issa changing her name back to Jane Siberry in December 2009, as the change to Issa had gotten in her way.

Jane Siberry plays small venues, advertising through her fan mailing list. She wants all people to be able to have her music, and created a flexible payment policy - pay what you can!

As I work to publish my own poetry, get two distinctly different albums off the ground, and take to the Camino de Santiago trail with cello on back, I will keep Jane Siberry as a talisman - walking the walk of personal and creative integrity so art rings clear and true, inspiring all to be the best of themselves, giving thanks to the thick and thin.

Morag Northey is a Calgary-based cellist, singer, songwriter, teacher, poet, and pianist. She has collaborated on film soundtracks and with artists such as Tony Bennett, Lyle Lovett, Johnny Mathis, Linda Ronstadt and Rod Stewart, and worked extensively across Canada. Visit her website at www.moragnorthey.com.

Building Spirit



Photo by Bill Locke

Building Spirit
by Carmel Gatt

Some say that prostitution is the oldest profession – but even prostitutes needed a building to sleep in. One could therefore say that building is the oldest profession. It is certainly one of the most important, altering human interventions on this planet. It has profound implications for how we live. Nothing matters more than human beings. Everything around us acquires meaning only when experienced by humans. There is no beauty, no art, no science except when lived through and by people.

We are made of body and spirit. Since ancient times, it has been accepted by most that there is more to our existence than just what we see. The vast majority of humanity believes in some kind of god or spirit or life force that is outside our corporeal existence. It influences how we live our lives. Science, on the other hand, argues that if a phenomenon is not tangible, it does not exist. However, science can explain only a small part of everything around us. Religion and spirituality do a much better job at explaining all that we experience in life. Most importantly, they honour the human spirit.

Our built environment has lost connection with the human spirit. Financial considerations and politics have trumped human needs. We now design buildings that are cheap, or that try to capture attention, and preferably both. Our work spaces are devoid of soul. Our neighbourhoods are characterless, cold and insipid. Compare today's subdivisions to older neighbourhoods. Relate most new towns to older cities. These spaces were designed to nurture the body and inspire the soul. Scale, proportion, composition and materials were developed with appreciation for how they affected the total human experience. They created opportunities to enhance human connections. Narrower streets increased human interaction. The work of human hands was transmitted to others, through the craft of building. The expression of

human toil that went into building them is still palpable. On the other hand, our contemporary-built environment sets the human aside. It expects the human being to adapt to the soulless enclosures that are wrapped in machine-made materials that have no human signature.

Is this recoverable? We no longer have the skills to produce another St. Peter's Basilica or Chartres Cathedral or the Alhambra. Neither should we – the expression of life is different now. But we can capture the essence of their effect by focusing on the human spirit again. Buildings can only express the character we give them. It is only when we create buildings that nurture the relationship with the total being, the body and soul, that we can start recreating inspiring environments. Buildings can help us become human beings when our bodies are nurtured and our souls are inspired.

We must start building spirit again.

Born in Malta, Carmel Gatt is an award-winning architect with over 32 years experience. He studied at the University of Malta, the University of British Columbia and Harvard University, and is the Principal of Carmel Gatt Architect Ltd.

We must start building spirit again.



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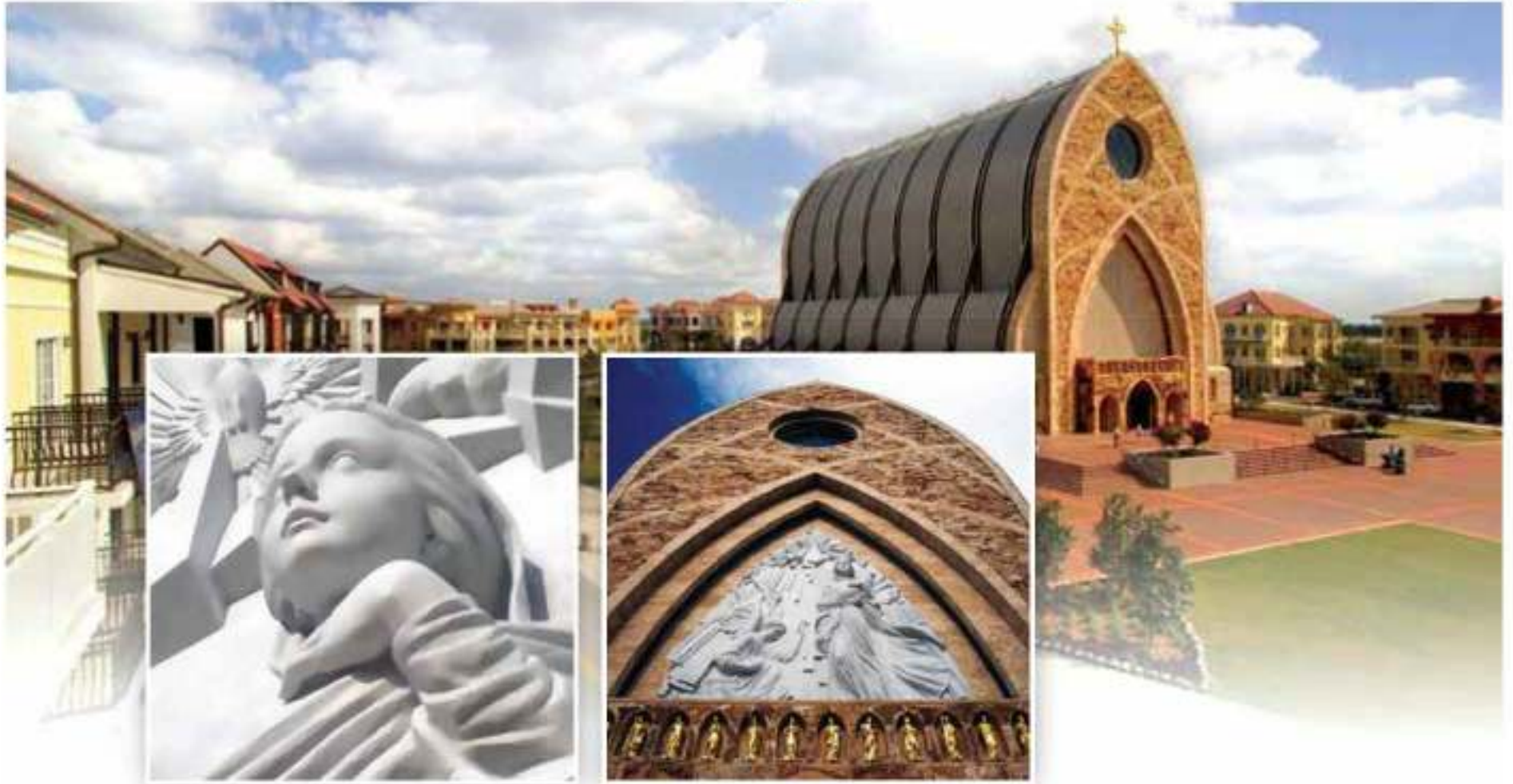


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Face Time with Mary



Face Time with Mary
By Fr. John Gallagher

The following is an extract from a book by Rev. John Gallagher themed on the Annunciation, due for publication in early 2013.

It all began while I was working at Ave Maria University in Florida, where a new sculpture of the Annunciation had just been commissioned. The timing was perfect, and I found myself in the appropriate place to witness a massive block of marble undergo a transformation into the engaging face of the Blessed Virgin, thanks to the extraordinary talent given to a sculptor.

Undeniably it would be fascinating to watch a beautiful creation emerge from a cold chunk of stone, I thought, especially since I have always admired artistic inventiveness. Therefore, with the addition of a spiritual motif, the process was guaranteed to not only capture, but also hold my undivided attention.

Since the sculpture was being carved on site, I knew I'd have a face-to-face encounter with Mary every day. It certainly was thrilling; hence I should have been brimming over with enthusiasm. So why did I hesitate to approach the work? Why did I coyly try to avoid eye contact with the stunning representation of Christ's Mother?

For a long time I shied away, unwilling to admit I was evading the encounter. How strange, I thought after the fact. I answered the call of Jesus in my vocation to the priesthood, yet I had shunned meeting His Mother's gaze. It made little if any sense.

Nevertheless, though I could rectify neither my actions nor my thought process, it mattered little. Mary was firm but sweet in her own resolve. The more I tried to scurry by, either reading a text message or making a call on my cell,

something inexplicable always paused my pace as I neared the sculpture. Why? Why would I suddenly stop when my intention was to pass hurriedly? Why was I fighting the inevitable attraction? "What is happening?" I whispered in prayer.

My courtship with the Annunciation sculpture continued until it was completed and ensconced on the front façade of the Oratory at Ave Maria University, gaining recognition as the most massive and prominent caption of the Annunciation in the world. It was exhilarating. I recall how humid and weighty the air felt on the morning the piece was scheduled to be unveiled and blessed. The sun was a no-show at dawn, casting a bit of a pall over the event. As I walked my dog, Truffles, the mounting fog left minimum visibility, making of us a looming apparition in a bystander's vision.

Nearing the sculpture I stopped, fixing my gaze on Our Lady's delicate features. In that moment I realized I was not merely glancing at a work of art. Instead, as if approaching the entry of a sacred shrine, I was on the first lap of a pilgrimage of faith. Meanwhile, within, my spirit was on its own journey, the interior walk of my soul. The destination: God's plan for me in this particular moment in time, a misty, muggy day in Florida.

Yet in the midst of the fog, my annunciation came to fruition. Stirring ever so gently, my renewed encounter exploded, signaling the Lord was about to orchestrate a new dimension of discovery regarding the renewed man I was on the verge of becoming. It was a time of renewal—my time.

Fr. John Gallagher is an international evangelizer, motivational speaker and author, and founder of Lazarus Renewal Ministries:
www.lazarusrenewalministries.com

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Ruminating on Rubens



Altarpiece the Blessed Virgin Mary with Saints

symbolism of Catholic art.

During the 16th century there was a war against the use of images initiated by Protestant theologians. Martin Luther believed religious art represented false doctrine unless accompanied by scriptural text, whereas John Calvin believed all religious art represented false worship, a violation of God's Second Commandment that "Thou shalt not make unto thee any graven image..."

Sir Peter Paul Rubens (1577-1640), the most influential Flemish artist of the 17th century, was a devout Catholic. His altarpiece the *Blessed Virgin Mary with Saints*, painted in 1634 for a chapel in the Church of Saint James in Antwerp, Belgium, epitomizes Catholic Reform ideas and emphasizes many of the doctrines refuted by Protestants.

The altarpiece depicts the seated enthroned Blessed Virgin Mary holding the Christ Child in her lap. They are

attended by: St. Mary Magdalene, bare footed and bare breasted; St. George, having slain the dragon whose skeleton lies on the bottom left of the painting, pierced by the Saint's broken lance; St. Jerome, holding a closed book in one hand and a cloth in the other; and Saint Ignatius, hands clasped in piety and respect while kissing the hand of the Christ Child. An angel extends a wreath of roses to crown the head of the Virgin.

Now let's look at the meaning of the painting.

Mary Magdalene, the patron saint of the penitent, is the personification of both sin and hope since Jesus Himself forgave her sins. Her bare feet and bare breast are a sign of penance. St. George, legendary hero, saint and martyr, is seen holding a victory banner unfurled after having slain the dragon – a subject understood as the triumph of Catholicism over pagans and heretics. St. Jerome (342-420) is one of the four Western Doctors of the Church, seen here partially naked as a penitent. He holds a closed book, presumably his translation of the Old and New Testament into Latin known as the Vulgate. The lion at Jerome's feet is based on a medieval story in which he pulled a thorn from the paw of a lion who subsequently followed him everywhere. St. Jerome symbolizes the Sacrament of Penance, a sacrament the Protestants denied. The cloth he holds is a reference to a future event when the body of Jesus is removed from the cross and wrapped in a cloth. St. Ignatius of Loyola (c.1491-1556) was a soldier turned mystic whose Society of Jesus (the Jesuit

Order) was recognized by Pope Paul III in 1540. The most famous work by St. Ignatius was his *Spiritual Exercises*, which Rubens read and practiced daily. By depicting St. Ignatius kissing the hand of the Christ Child, Rubens emphasizes the Sacrament of the Eucharist, and as the founder of a religious order, St. Ignatius personifies the Sacrament of Ordination.

The seated Christ Child foreshadows the future when the lifeless body of Jesus will once again be held in His mother's arms. The wreath extended to the Virgin indicates her intellectual prowess and the roses her charity. In addition, the Virgin Mary and Mary Magdalene are allegorical portraits of Rubens' first wife, who predeceased him, and his present wife. Thus Rubens shows respect and love for his wives, and stresses the Sacrament of Marriage.

One can admire Rubens' altarpiece simply as a work of beauty, but careful study and instruction reveal its full significance.

Dr. Bershad received his Ph.D Magna Cum Laude from the University of California at Los Angeles. He is currently a professor of art history at the University of Calgary and St. Mary's University College. One of Dr. Bershad's books, *The Christian Traveler's Guide to Italy*, is a bestseller.



Sir Peter Paul Rubens, self portrait

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"I shall dwell in the house of the Lord forever." [Ps 23:6]

Living Water College of the Arts



Deacon Kenneth Noster, President
Living Water College of the Arts

Living Water College of the Arts:
integrating art, faith and reason
By Deacon Kenneth Noster

The world is full of colleges; do we really need another one? Or is there something our colleges are failing to achieve?

Pope John Paul II thought so. He advocated a change in fine arts training, employing faith and reason to produce artists who are heralds of truth. Pope Benedict affirms that the social and moral ills of our day spring from false understandings of who the human person is. This confusion is renewed daily by the media. Only by helping artists develop right thinking and lively faith can we equip them to use their art responsibly, expressing clear truths about mankind.



Though most fine art schools hold a visible disdain for organized religion, there are programs at Catholic and other Christian campuses where faith and reason are valued. Is this sufficient? It might be if all students were to arrive at these colleges with similar values and were able to initiate healthy dialogue in philosophy and religion. Unfortunately, the impact of peer influence, the general lack of strong thinking skills, and the anti-religious tone amidst fine art professionals have tended to relegate faith to a sideline at best, and irrelevant at worst. Even though students might be able to study philosophy or theology at the same college as fine arts, very few make significant connections between these disciplines. Their study remains fractured and so does their art. If students on Christian campuses don't connect their faith with their career, what



must be done differently? What was it, centuries ago, that formed the lives and works of great artists like Michelangelo, da Vinci, Shakespeare, and others? When looking back at great artists, one can see a threefold consistency. First of all, their active faith motivated and directed their lives. Secondly, they had developed thinking skills and powers of discernment through studying classical literature and philosophy. Thirdly, they spent significant time and energy immersed in their art, seeking more effective ways to express the truths bursting from their minds.

Can this happen today? Is it possible to have a place where artists can grow in faith, develop skills of reason, and learn their artistic craft as their means of expressing truths? The founders of Living Water College of the Arts spent decades

researching arts schools and finally chose to fill the void with a curriculum that purposefully integrates art, faith, and reason. In 1999, with the enthusiastic blessing of the local Archbishop, construction began on a tract of donated land in Alberta's beautiful lake district, where artists could withdraw from the distractions of city life and immerse themselves in studies amidst the glories of God's creation. Meanwhile an international committee of artists and academics began developing a program unlike any other, one that would help students make daily connections between their thinking, their artistic craft, and their faith.

In 2009 the college began offering Summer programs: Theatre, Iconography, Drawing & Painting, and Sacred Choral Music. Each features world-class instructors in the arts and academics, undergirded by daily prayer and sacraments, and all students and staff report coming away greatly enriched. Not only do they take away a great unity between their mind, soul and talent, but they find themselves to be members of a growing community of like-minded artists. See how you can become a part of this work at: www.livingwatercollege.com

Deacon Kenneth Noster and his wife, Marlane, are founders of Living Water College of the Arts. They also founded WISDOM Home Schooling, and live on a family farm producing organic grains and beef. They have six children and nine grandchildren.

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Chinese Cultural Center

Fri. 21/7pm

Lighthouse Church 9827 Horton Rd. SW

Sat. 22/7pm

St. George's Anglican Church 244 Templemont Dr. NE

Fri. 28, 7pm

King's Court, Airdrie 209-2903 Kingsview Blvd. Airdrie

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God in the Kitchen



Photo by Bill Loebe

God in the Kitchen
By Laura Locke

"Your sacred place is where you find yourself again and again."
-Joseph Campbell, author of *The Hero with a Thousand Faces*

In this age of spiritual seekers and restless pilgrims, it seems that many amongst us are on a journey, looking far and wide for meaning, purpose and passion in life. But we might do well to explore the path of a simple, uneducated monk from the 17th century, who found holiness in the ordinary, common "business of life."

Nicolas Herman was born into a peasant family in France in 1614. Poverty limited his educational opportunities and his options. Soon after joining the army mainly for the free meals, he was injured in battle. He was then hired as a valet but experienced little success due to his self-admitted clumsiness. Finally he joined a Carmelite Priory in Paris at the age of 24 and took on the name Brother Lawrence. He was assigned to the monastery kitchen, and it was in that mundane daily reality of cooking and cleaning, chopping and scrubbing, that he discovered a spiritual practice that later became a source of healing and peace for Christians around the world.

"Your sacred place is where you find yourself again and again."

Despite his lowly position in the monastery, Brother Lawrence began to attract attention because of his reputation for honesty, warmth, common sense...and great joy. One person who regularly sought him out was Father Joseph de Beaufort, vicar general of the Diocese. When Brother Lawrence died in 1691 at a ripe old age, Fr. De Beaufort wrote out some of their conversations, and these, along with a number of Brother Lawrence's letters and spiritual sayings, were published in a book called *The Practice of the Presence of God*. It became a spiritual classic, crossing all denominational and cultural lines.

What was Brother Lawrence's secret? Simply to make it his lifelong habit to seek rest in that place in his heart where the love of God resides. This practice made even commonplace tasks an opportunity to experience divine union, beauty and grace.

"It consists in taking delight in and becoming accustomed to God's company, conversing lovingly with him all the time, at every moment," writes Brother Lawrence. "And it is not necessary to have important things to do. I flip my little omelet for the love of God."

Can we practice the presence of God in our own kitchen? Perhaps not to the degree that Brother Lawrence experienced, but we can certainly give it a try. In mindfully enjoying the colours, smells, shapes and tastes around us with a

grateful heart, in talking to God as we do the dishes, in praying for our loved ones as we put together a salad, we, too, can find that place of rest. And listening to Gregorian chant on your iPod while you chop might help, too!

Anthony Lawlor, architect and author of *A Home for the Soul*, writes, "Your kitchen is calling. It's inviting you to engage the magic of transformation by taking the gifts of the earth and cooking them into meals that nourish the depths of your being. To make a kitchen for your soul, you don't need an expensive remodel. You don't need new cabinets or industrial strength appliances. All you need is to open your senses to the act of preparing food and the willingness to appreciate the simple miracle being created in the act."

Follow Brother Lawrence into the kitchen, and spend some time with God.

Laura Locke is Editor of Kolbe Times.



Brother Lawrence in the kitchen

continued from page 2

A Gathering of Men

His extensive study of male "rites of passage" in a broad context of cultures has brought healing to many men. Rohr's book *Return to Adam* cultivates some rich ideas on how ritual can be powerful and transformative.

The 1990 New York Times bestseller *Iron John* by Robert Bly brought attention to the seriousness of the quest for healing by men. Somehow the books, the therapy and the pharmaceuticals serve as a wind on the path that many have no choice but to walk. The rampant epidemic of addictions probably has a lot to do with this relationship fracture.

The importance of the story serves as a well of that often-overlooked virtue of hope.

People can truly be the best medicine. No doubt it can be work finding healthy human beings to connect with, but Scripture advises to wear out the path to a wise man's door. One just has to locate the right neighbourhood to find the guy.

In Calgary, a group of men meet weekly at 6:00 am in a church basement to discover purpose and a true definition of manhood, fatherhood and being. That Man Is You started in Houston, Texas and has rapidly caught the attention of men across the continent. Getting up at the break of dawn to talk about feelings – not sports – is an obvious indicator that men are searching and that the current worldly take on manhood is not having much success in bringing lasting happiness to the male heart.

One May a few years back, an American greeting card company did a prison project, offering free Mother's Day cards to inmates. It was a resounding success. They tried it again in June for Father's Day and it was a big failure – but what a valuable

piece of research. We don't have to go to prison to meet the hurting; many casualties are in our midst.

It is not really a mystery that when we experience a painful trial, one of two things happen. We can call wardrobe for a victim costume to wear for the rest of the play, or we can take the battle scar forward into the light of day, determined to get our money's worth from the pain. Processing all this in a community seems to flow with nature's laws of healing.

Denis Grady is publisher of Kolbe Times, an award-winning country/gospel songwriter and performer, and founder of Franciscan and Friends Music Mission. A Secular Franciscan, Grady has a deep attraction to the zany life of St. Francis of Assisi.

That Man Is You, a Men's Christian Program, is being offered at St. Bonaventure Church in Calgary, Wednesday mornings, from 6:00 to 7:30 AM.

Its goal is the transformation of marriage and family life, and to help men become more knowledgeable, more responsible, and better husbands and fathers. The Fall session begins September 19, 2012. The Spring session begins January 16, 2013.

For more information, please contact:
Chic Paolini 403.271-8587
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The Art of Relationship

When our relationships are impacting our lives in a positive manner we are in the strongest position to share our gifts with the world and appreciate the gifts of others.

The Art of Relationship
By Tracy Tomiak

One of the things that people all around the world have in common each day is their interaction with other people. The quality of our relationships directly affects the richness and quality of daily life; the importance of solid and healthy relationships plays itself out in the dynamics of everyday living. The reality is, however, that many of us have both healthy and unhealthy relationships in our lives and it is often difficult to determine which relationships fall into which category.

The good news is that we each have the ability to define how we allow our relationships to enhance or diminish our quality of life. Here are some points for creating and maintaining healthy relationships:

- Realistic and effective boundaries allow healthy relationships to grow, and diminish the impact of unhealthy relationships.
- Time is essential for relationships to grow and create trust. Give time to your relationship with God, yourself and others.
- As often as possible give others the benefit of the doubt that they are doing their best under the circumstances, and that their intentions are in the right place. Apply this concept to how you judge yourself as well.

Healthy relationships create an environment where we can be challenged to be at our best; they recognize both our strengths and weaknesses and allow us to be free to be ourselves. The healthiest of relationships help us to grow in understanding of who we are, "made in the image and likeness of God." They allow us to grasp how much we are loved for who we are and not what we accomplish. This doesn't mean that there will not be trials or tribulation within these relationships, but through the challenges we grow stronger.

What about our relationship with ourselves? This often can be the most volatile relationship that exists in our lives. In his 1994 Inaugural Speech, Nelson Mandela touched on the struggle between who we are and who we see ourselves to be: "Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. ... We are all meant to shine, as children do. We were born to make manifest the glory of God that is within us. It's not just in some of us; it's in everyone. And as we let our own light shine, we unconsciously give other people permission to do the same." The strength and health of the relationship we have with ourselves lays the foundation for the strength and health of the relationships we have with others.

When our relationships are impacting our lives in a positive manner we are in the strongest position to share our gifts with



the world and appreciate the gifts of others. Christ needs

each one of us to live out our purpose and be His hands and feet on earth. We may see ourselves as being less talented than someone else, but through the eyes of Christ you are just what He needs for that moment in time. Take courage and let your light shine in all aspects of your life.

Tracy Tomiak holds a Masters in Counselling, is a Certified Marriage Counsellor and author. She can be contacted at Hope Focused Counselling: 403-560-9163 or hopefocussed@shaw.ca

A Work for Eternity

The importance of the Bible, of course, cannot be overstated, both for Christian and non-Christian communities alike.



A Work for Eternity at St. Mary's University College
By Dr. Gerry Turcotte

"Bible reading is an education in itself"
-Alfred, Lord Tennyson

On the 4th of October, St. Mary's University College in Calgary will be celebrating an important initiative — the arrival of the Saint John's Bible. This magnificent work, the first illuminated manuscript commissioned by Benedictine Monks in over 500 years, is the culmination of 16 years of painstaking labour. Handwritten in seven volumes, the project boasts the artistic direction of one of the world's greatest calligraphers, Donald Jackson, Senior Scribe to Her Majesty Queen Elizabeth's Crown Office, and some of the most remarkable artists working today.

The original edition, produced by the Saint John's University in Minnesota, is printed on vellum. Only 299 facsimile editions have been produced from this edition and St. Mary's will become only the second university in Canada — and the only one in Western Canada — to own a set. The works have been hand treated with gold, silver and platinum leaf, and are over 3 feet tall by 2 feet wide. Most importantly, the books are meant to be seen and touched, not locked away under bulletproof glass.

Coinciding with the Year of Faith, and the Diocese of Calgary's 100th anniversary, St. Mary's University College will be developing a series of talks throughout the year connecting this magnificent artifact with discussions about Catholic faith, with sacred art programs, and with interfaith initiatives.

The project also coincides with the launch of an annual CWL Chair for Catholic Studies address, delivered by Dr. Michael Duggan.

The importance of the Bible, of course, cannot be overstated, both for Christian and non-Christian communities alike. Significant translations of the Book have taken place throughout the ages, and these have influenced human art, writing, and culture for centuries. There have been both masterpieces and unfortunate productions throughout the Christian era. Of the latter, one immediately thinks of what has been dubbed the Wicked Bible of 1631 where errors abounded.

One of the most glaring was the transcription of one of the Ten Commandments as "Thou shalt commit adultery." Needless to say the printers were heavily fined for their failings and stripped of their license.

There are no such weaknesses in The Saint John's Bible which brings together the 73 books from the Old and New Testaments, based on the New Revised Standard Version and is presented in seven volumes of approximately 1,150 pages. The first two volumes to arrive at St. Mary's will be the Psalms and Pentateuch. As His Holiness Pope Benedict XVI has said about this Bible, "This is a work of art, a great work of art ... a work for eternity."

More information on the Saint John's Bible program will be available at www.stmu.ca/SJB



Dr. Gerry Turcotte is President of St. Mary's University College. He has authored over 200 publications, including 15 books and three collections of poetry. He was awarded the Governor General's Award for Canadian Studies in 2011 in recognition of his outstanding contribution to scholarship and to the development of Canadian Studies internationally.

The Talent to Give: A Reflection on Philanthropy



George Harrison, The Beatles

The Talent to Give:
a reflection on philanthropy
By Ron Semeroff OFS

The issue of need is a very old reality. Jesus said nearly 2000 years ago, "You have the poor always with you." So why is it a fact that so few help the many in need?

George Harrison, while with the Beatles, answered the question beautifully in his song "I Me Mine."

All I can hear I me mine, I me mine, I me mine, Even those tears I me mine, I me mine, I me mine, No one's frightened of playing it, Everyone's saying it, Flowing more freely than wine, All through the day I me mine.

Harrison's point is that inflated ego and self-absorption cause us to see only our own concerns and not the needs of others. Having a healthy ego is a good thing. When



Frank Sinatra

our egos are balanced we acknowledge and look after both our own needs and those of others. When our egos become unbalanced and totally self absorbed all that remains is "I Me Mine."

George Harrison was gifted with great musical talent, a strong ego, and the ability to be a generous giver of his time, treasure and talent. On his "Dark Horse" album, Harrison dedicated the song "Far East Man" to one of the most generous givers of all times, Frank Sinatra.

In spite of having more than his fair share of faults, Sinatra was a man with a large ego who never let it get in the way of caring for others. During his life, he raised over one billion dollars for charities across the world. Sinatra felt that being an over privileged adult meant he needed to help underprivileged children. Key to his giving was a desire to do good rather than receive accolades for being generous.



Johnny Carson

A desire to quietly make a difference was also part of the life of Johnny Carson. Carson was well known as a generous quiet giver, donating to charities and individuals whose stories touched his heart. When he died, Carson bequeathed an additional 156 million dollars to charity. This donation only became public knowledge six years after his death.

One cannot write about philanthropy without mentioning Warren Buffett. No one has made more on the stock market in the last century than Buffett. In June 2006 he gave the largest single donation to charity in history, 30.7 billion dollars. His act follows the Biblical dictate, "For unto whomsoever much is given, of him shall much be required."

Who can be a philanthropist? Everyone. Everyone who chooses to look beyond his/her narrow concerns is a philanthropist. We need not have the wealth of Harrison,



Warren Buffett

Sinatra, Carson or Buffett. Let us remember the ultimate giver, the impoverished widow.

Mark 12:41-44: "And Jesus sat down opposite the treasury, and watched the multitude putting money into the treasury. Many rich people put in large sums. And a poor widow came, and put in two copper coins, which make a penny. And he called his disciples to him, and said to them, 'Truly, I say to you, this poor widow has put in more than all those who are contributing to the treasury. For they all contributed out of their abundance; but she out of her poverty has put in everything she had, her whole living.'"

Ron Semeroff OFS is a Secular Franciscan, pastoral counselor and co-founder of "Breathing Life into Ministry", a resource that assists ministry personnel in stress management, conflict resolution and effective planning.

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Guitars for Guatemala

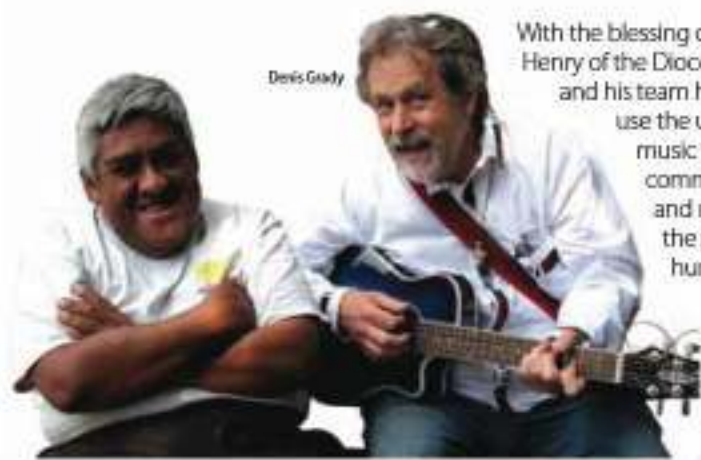


Guitars for Guatemala
By David Parker

He has a passion for the poor. And Denis Grady also has a keen appreciation for music; not only writing, performing and producing CDs, but also using his talents over the last five years touring Guatemala with a group of musicians and friends, doing benefit concerts at churches and communities.



A member of OFS (Order of Franciscans Secular), Grady was invited in 2008 to sing at the Eventos Católicas Song Festival in Guatemala. He fell in love with the peoples and land and has been returning each year since with his Calgary-based Franciscan & Friends Music Mission, to perform at a Franciscan Drug and Alcohol Rehab Centre, the Hermano Pedro Hospital for Children and in several parish and street concerts.



Denis Grady

With the blessing of Bishop Frederick Henry of the Diocese of Calgary, Grady and his team have been able to use the universal language of music to help build community, evangelize and minister not only to the poor but the whole human family.

In 2010 the group met with Franciscanos en Accion, a ministry based in Guatemala City that has been feeding the poor for over 20 years. The camaraderie was spontaneous and the combined energy and enthusiasm inspired a simple idea of collecting used guitars here in Canada, making sure they are in good playing condition with the help of James Fry of Calgary's Guitar Repair Shack, and distributing them free to children in Guatemala.

"Guitars not gangs" is a slogan Grady is using as his personal incentive to persuade people to search their basements for guitars that have been gathering dust. Each will be given an identification number that will allow donors to follow the progress of the children to whom they have been allocated. Franciscanos en Accion, who are administering the program, will start by distributing the guitars in five villages. Its leader, Monica Mack, is excited about the Guitars for Guatemala program and says she is certain the donors will be blessed by giving children in these poor villages the gift of music.



Grady might be asking for more guitars for other Central American countries. Later this year Franciscan & Friends has planned a trip to Belize where they hope to distribute guitars through a church in Belmopan.

For more information about the Guitars for Guatemala program, visit www.franciscanandfriends.ca

David Parker is a Calgary business columnist, an Anglican and Friend of SSJE (Society of Saint John the Evangelist).



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Guitars for Guatemala is a project coordinated by Franciscan & Friends Music Mission, a not-for-profit charitable ministry based in Calgary, Alberta, Canada.

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