



Canossian Colleges Alumnae Association Newsletter

6071 Christina Road Richmond, B.C. V7C 2P7
Website: www.canossialumnae.org

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"Those who love are never tired, since love knows no burden"

St. Magdalene of Canossa

Spiritual Director's Address

Sr. Cecilia Cham

FdCC

Jesus goes to the Jordan River to be baptized by John the Baptist. John immerses Him in the water, as Jesus re-emerges, His head breaks the water, the heavens open and the Father's voice is heard to say: "This is my beloved, in whom I am well-pleased!"

When we were baptized, the Father spoke the same words over each of us. "This is my beloved, in whom I am well-pleased!"

In a text from Pope Francis' general audience at the Vatican June 25, he said: "None of us become Christians on our own; we owe our relationship with God to so many others who passed on the faith, who brought us for Baptism, who taught us to pray and showed us the beauty of the Christian life; our parents, and teachers. We are Christians not only because of others, but together with others. Our relationship with Christ is personal but not private; it is born of, and enriched by, the communion of the Church.

God has called us to know Him and to love Him by loving our brothers and sisters, by persevering in the fellowship of the Church and by seeing in all things to grow in faith and holiness as members of the one body of Christ."

Christian spirituality teaches us that we receive by giving. We attain things by giving them away, as the famous Prayer of St. Francis of Assisi puts it. We cannot make ourselves happy, but we can help make others happy. Thus, we cannot force anyone to bless us – but we can bless others. Wholeness and happiness lie there. Simply put, when we act like God, we get to feel like God.

Prayer of St. Francis of Assisi

Lord make me an instrument of Your peace.
Where there is hatred, let me sow love.
Where there is injury, pardon.
Where there is doubt, faith.
Where there is despair, hope.
Where there is darkness, light.
And where there is sadness, joy.
O Divine Master, grant that I may
Not so much seek to be consoled, as to console;
To be understood, as to understand;
To be loved, as to love.
For it is in giving that we receive,
It is in pardoning that we are pardoned.
And it is in dying that we are born to eternal life.



MAY GOD BLESS YOU AND YOUR FAMILY AND KEEP THEM SAFE AND HAPPY ALWAYS!

Message from the President

Carmen Tam Leung

SHCC Macau

Dear Alumnae,

2014 is almost over. Before we look ahead for the New Year, let us look back to what we have achieved in the past 11 months. Have we done something productive in our lives physically, mentally and spiritually? I hope everyone is taking good care of her health and enjoying life.

Our Spiritual Director, Board Members, Advisors and Volunteers have been working very hard to serve our Association. This year, we had the Past Board Lunch and Lenten Retreat. A lot of our time was spent to organize the Canossian Sisters' Silver Jubilee celebration in August. There were thanksgiving mass, fundraising dinner and the production of a souvenir brochure. During the dinner, we were able to raise \$2,650 for the Chihuahua Project in Mexico.

Since the launch of our visiting project in July 2013, our visiting team started to hold meetings and arrange visits. Our team members are all very enthusiastic and dedicated. If you know of any alumnae and teachers who need us to pay a visit, please let us know.

We look forward to having more alumnae who can take time to serve the Board in 2015, and more suggestions on the direction of our Association would be much appreciated.

May I take this opportunity to thank our Spiritual Director, Advisors, Board Members and Volunteers for their time, hard work and contributions to make 2014 a successful year.

I wish you all a Blessed and Merry Christmas, as well as a Happy and Prosperous New Year!

Meet our Board of Directors

2014-2015 Board of Directors

Spiritual Director	Sr. Cecilia Cham
President	Carmen Tam-Leung
Secretary	Beatrice Yeung
Treasurer	Esther Ng
Membership	Mary Chan
Director	Karin Poon
Advisor	Helen Wong
Advisor	Vicky Wong
Advisor	Janet Mak

Special Announcements

Past Board Lunch

Lenten Retreat

AGM

Summer Picnic

Christmas Dinner



2013 Christmas Gathering

Esther Ng

PT

With God's blessing, we have several enjoyable parties throughout the year and the weekends are the more favorable dates. Canossian Colleges Alumnae Association usually holds its Christmas Dinner in the second weekend of December. A lot of alumnae treasure this gathering and last year, we had a total of eleven tables at our Christmas banquet at Fisherman's Terrace Restaurant.

Registration started at 6pm as usual. All alumnae were busy finding and sporting their own name badges which, besides their names, also indicate which school they attended. It was a sense of belonging, because each of us was honored to be a graduate of a Canossian School and to belong to the Canossian family. Dinner started after Sister Cham said grace. While filling our stomachs with delicious food, we chatted with each other to bring back fond memories of the good old days.

After showing us photos of the Chihuahua project from our last fundraising, the board members started selling raffle tickets which were in different colours. It was the moment for alumnae to show continued support for this project and the Association. The lucky draw was the highlight of the evening. Christmas carols brought the party to a close. Alumnae and guests left with gifts, smiles and a happy heart.

The next gathering cannot come soon enough!

2014 Luncheon for Past Board Members

Karin Poon

SFCC

The Past Board Lunch was held on the chilly afternoon of February 18th 2014 at Canadian Martyrs' Church. Being a novice board member, I did not know any of the past board members and was a bit nervous. It turned out that the lunch was pretty enjoyable. The food was nice, well-picked by the organizers. The vegetable dish cooked by Sr. Cham was just right, not oily or salty.



There were around 20 past board members. Helen Lui and I were both new board members, and got acquainted with some of the past board members. It was my honour to meet a senior of my school, who was one of the first group of graduates and subsequently became our teacher. I also noticed that quite a number of past board members were from Sacred Heart Canossian College. They had an awesome time sharing fond memories and singing the school song. While we chatted, other past board members shared their experience of the Alumnae Visiting Team and other activities.

Time flew by so fast while we were having a good time. It was already early evening when the lunch ended, and all the cleanup was done. I still remember the beautiful sunset which drew a happy ending to this event.

CCAA Lenten Retreat, 2014

Theresa Chu

SHCC Macau

This year, I attended the retreat organized by CCAA at the Canadian Martyrs Catholic Church in Richmond. The speaker for this retreat was Fr Bryan Duggan, who is the Associate Director of the Vocation Office at the Archdiocese of Vancouver. He is a bright young priest.

The theme was Knowing and Loving Jesus. There were slide presentation and movie extracts, as well as group discussion and reflection.

In the eyes of others, do we mirror Christ? Did we reach out to our neighbour the way Jesus did - with acceptance, generosity, patience, compassion, non judgmental attitude and readiness to help?

As a catholic, I have read/heard about the life of Christ and His miracles time and time again. It was an amazing story to me in my childhood. In my youth it was history. In my adulthood, it was a harmony on every Sunday. The sad part was I seldom associate the Scripture on Neighbour, because I did not spare time on the scriptures except on Sundays. There was not much to remind and impact me

to reach out to my neighbour as Christ did, even in a minuscule scale. It was not until I participated in the bible study that I become mindful of the example of Christ reaching out to all mankind at all time. The Scriptures reminded us - "As you do to the least of your brother, you do unto Me."

It is about the prayer that helps to tie up the relationship with Christ. Be persistent with our prayer through ups and downs will help to keep hope in us.

The retreat ended with confession and holy rosary. I find that the annual retreat is a very good opportunity for us to pray and reflect on the heart of our relationship with God.



CCAA Visiting Team

Esther Ng

PT

In our CCAA Board, the idea of visiting our senior or sick alumnae dragged on for a long time without taking flight. The Board was not confident enough and was worried there was not enough manpower to fulfill this goal. At our last AGM meeting, when we announced this idea, with God's help, we were supported by most of our alumnae. Finally this project kicked off in the middle of last year.

With the support of Sister Cham, volunteers Annie, Annabelle, Carmen, Karen, Leslie, Lucy, Marion, Rebecca, Rosena and I signed up for the task. We formed two teams. One looked after the Vancouver area and the others, Richmond. Our team members went to different senior homes, hospices, hospitals and individual residences periodically upon request from the family members or the senior alumnae themselves. Our main objectives are to serve our senior or sick alumnae. We act as companions - listening to them with a sympathetic ear, chatting with them; sharing the good and bad memories with them and picturing the old days at our Canossian Schools.

Seniors may be suffering from diseases such as Alzheimer's, Parkinson's, dementia, cancer, mental illness or stroke. All these are pretty scary. However, those who do not suffer from these diseases may still lose their daily ability because of old age. When God wishes that we suffer from any of these conditions, there is no escape. I believe these brave senior and/or sick alumnae really welcome our visiting team to spend time with them during their lonely and helpless days, to share their story and accept our encouragement. The companion hours usually go quickly. We could see the excitement, joy or warm feeling on their faces as well as those of their family members during each visit. Our team also senses the power of love. I strongly believe God also has another plan to support our healthy visiting team members to spread the sign of love within our alumnae family.

Christmas season is coming; it is also the time for our alumnae gathering. While we could enjoy the food and the pleasant surprise from winning the lucky draw; we would be happier if our homebound senior alumnae could join our party too. Let us pray for the sick so that one day they could share our happiness under one roof.



25 Years of Making Jesus Loved and Known in Vancouver, BC Canada [1988-2013]

Resela Wong-Sing

SMCC

"I find out the nature of the Canossians. They are people who say 'I can' before they say 'no'. Canadian Martyrs Church Pastor Fr. Paul Chu's remark at the August 16th, 2014 banquet celebration captured the spirit of not only the Canossian Sisters but also the students who are and have been under their tutelage.

This milestone celebration on August 16, 2014 began with Mass in the morning at Canadian Martyrs Church celebrated by Fr. Joseph Ngyuen, Vicar General, con-celebrated with Fr. Paul Chu, Pastor and six priests including Fr. Peter Chiang, Fr. Francis Chang, Fr. Dennis Flores and Fr. Cyrille Ogbabo. Two other congregations of Sisters also attended this memorable event were Sr Veronica Tang and Sr Maria Pang. The Mass and the reception after were well-attended by many alumnae, Lay Canossians, parishioners and friends. It was indeed a joyous occasion.



Fr. Ngyuen began his homily by commending the Canossian Sisters for their 25 years of faithful service. The Sisters answered Archbishop James Carney's call to serve the bilingual need of the Archdiocese. On August 15, 1988, Assumption of the Blessed Virgin Mary, three Sisters arrived from Hong Kong. They finally settled in Richmond on October 2, 1988 and the first Canossian Convent – ***Mother of the Redeemer*** was established.

Fr. Ngyuen also recounted the history of the founding of the Canossian Daughters of Charity by Magdalene of Canossa in 1928. Magdalene was canonized on October 1, 1988. St. Magdalene, Fr. Ngyuen emphasized, was a woman of faith and passion. She answered God's call by giving up her wealth and comfort of life to serve the poor and needy with joy and zeal of an apostle. Her apostolic work soon spread far and wide.

Fr. Ngyuen pointed out that the Sisters are example of what Pope Francis called ***the Joy of the Gospel***, that is, living example of proclaiming the Gospel by saying ***"yes"*** to God's call and consecrated their lives ***"to make Jesus loved and known"*** – the Canossian charism. They tirelessly serve in Canadian Martyrs Church, spearheading the various parish ministries: Youth, Altar Servers, PREP classes, RCIA, Legion of Mary, visiting the sick, etc. They are also active in Vancouver General Hospital and Mt. St. Joseph Hospital in pastoral care. They are instrumental in keeping the Faith alive in their past students and Lay Canossians.

Fr. Ngyuen ended his homily with message on behalf of the Archdiocese of Vancouver that the Archdiocese is grateful to the Canossian Sisters for their commitment and joyful service. This message of thankfulness was echoed by the hearty singing of the impromptu Canossian Alumnae choir at the Mass.

The church hall was festively decorated. The scrumptious food was prepared by the Lay Canossians. Cake-cutting and group photo taking helped commemorate this event. The atmosphere was cheerful and camaraderie. Everyone had a joyous time!



This celebratory day ended with a fundraising banquet at the Fisherman's Terrace Seafood Restaurant attended by 240 guests. Speeches were made by Fr. Paul Chu, Pastor of Canadian Martyrs Church, Sr. Kay Taylor, Provincial Leader and Sr. Cecilia Cham.



Fr. Chu heaped accolades on the Sisters for tirelessly helping him in parochial work. Sr. Kay gave an excerpt on the needs of their mission work in Chihuahua. Sr. Cecilia rounded up the evening with thanking the entire guests for their continual support and encouragement.

\$2,650 was successful raised by the raffle tickets, thanks to the generosity of donors and patrons.

During the course we renewed our acquaintances, enjoyed the food and fun. The evening ended with us parting with grateful hearts.

"I am continually thanking God about you, for the grace of God which you have been given in Christ Jesus; in Him you have been richly endowed in every

kind of utterance and knowledge; so firmly has witness to Christ rooted in you....."

1 Corinthians 1:3-9



From the Board of Directors