



St. Leo The Great

ROMAN CATHOLIC CHURCH

130 Watford Street, Brooklin, ON L1M 1H2

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Pastor: Rev. Charles T. Forget

Parish Secretary: Magda Nowak 905-655-3286 x 101

OFFICE HOURS:

Monday to Thursday 9:00 a.m. to 3:00 p.m.

Closed for Lunch from 12:00 noon to 1:00 p.m.

Friday Office Closed.

DAILY MASS SCHEDULE:

Tuesday, Thursday and Friday 8:30 a.m.

Wednesday 7:00 p.m.

Adoration of the Blessed Sacrament – Friday 7:30 a.m. - 8:30 a.m. (followed by 8:30 a.m. Mass)

SUNDAY MASS SCHEDULE:

Saturday 4:30 p.m. Youth Mass

Sunday 9:00 a.m. (with Children's Liturgy JK, SK, Grade 1 & 2) & 11:00 a.m.

SACRAMENT OF RECONCILIATION:

Saturdays 3:30 p.m. to 4:00 p.m. or anytime by appointment.

SACRAMENT OF BAPTISM:

Please download the Baptism Information Kit and Registration Form from the parish website, www.stleothegreat.ca

SACRAMENT OF MARRIAGE:

The Archdiocese of Toronto requires that you contact your parish priest at least one year in advance of the planned date of your wedding and that you participate in a marriage preparation course. Please call the Parish Office.

PARISH REGISTRATION:

All families attending St. Leo's are requested to register with the parish.

Registration forms are available in the vestibule of the church.

LOCAL HOSPITALS AND EMERGENCY PASTORAL VISITATION

If you or someone in your family is in the Oshawa, Whitby or Port Perry Hospitals and would like to have a priest (for serious reasons) visit the person who is sick for Anointing of the Sick, Last Rites, Confession or Communion, please note that there is a full-time Catholic Priest assigned to these three hospitals at various times of the week. Simply ask hospital staff to inquire as to whether *Father Pius Alejo* is present in the hospital (or when he will be). If Father Pius Alejo is not available and there is an emergency requiring a Catholic priest, please call St. Leo the Great Parish at 905-655-3286 and when prompted, press "8" and leave your message. Fr. Charles will receive your message (if he is available) and return your call. If there is no emergency but you would like to speak to Fr. Charles, please call the parish office and leave a message with the parish secretary at 905-655-3286 x 101.

ALL PARISHIONERS WELCOME TO THE EVENING HOLY HOUR TUES. DEC. 4 at 7:00PM.

**FIRST RECONCILIATION for the Children
Preparing for First Holy Communion is...**

TUESDAY, NOVEMBER 27 at 7 pm.

Reminder: *For the good of the children the church doors will only be open at 6:40 pm.*

MANY DOCTORS DON'T TRUST CAREGIVERS, BUT HERE'S WHY THEY SHOULD: *Dr. Brian Goldman*

My mother, Margaret, has had Dementia for the past 19 years, having just turned 87 a few weeks ago. While my mother has received institutional care for the last 8 years it was my father who was her caregiver and took over the 'doing' in her life, largely alone, stressed and overwhelmed sometimes with the radical change which came to his life and retirement with my mother's earlier diagnosis. My father found it difficult to being the one solely responsible for the day-to-day routine of his new life caring for my mother. He often looked tired and weary and may have in many ways led to his failed health or at least sped it up a bit. He loved my mom but found it hard to reach out and get help for both her and himself. Caregivers so often care more for the one they are responsible for than themselves. A friend sent me the following CBC article from the radio program, *Tapestry*. I reprint it here as I know there are a good many caregivers in the parish as well as some doctors who work with both patients and caregivers. (*Fr.C*)

As a physician for more than 30 years, I've been steeped in medical culture. As the host of *White Coat, Black Art*, I explain and unpack that culture.

In my experience, it's rare to find a doctor, nurse, or any healthcare worker who truly understands and appreciates what caregivers do for family members.

At best, we see caregivers as an extension of the patient. We think of them as a "living" crutch, or the patient's external brain. That's what most doctors want caregivers to be.

When the patient is discharged from hospital with a complicated set of new diagnoses and a dozen new prescriptions, the caregiver is responsible for making sure the prescriptions are filled and the patient takes them as directed.

If the diagnosis is cancer, the patient is given a complex schedule of appointments for biopsies, staging CT scans and meetings to discuss surgery, chemo and radiation. The caregiver may have to take hours and even days off their own jobs to make sure their loved one gets to their appointments on time.

At worst, the healthcare team see caregivers who advocate for their loved ones as a nuisance. If caregivers complain to the doctor, they may be met with defensiveness and pushback. - *Dr. Brian Goldman*

There are several reasons why doctors treat caregivers this way. Many of them are systemic issues, not the fault of individual doctors. One factor is time pressure. Patients are older, sicker and more complex than ever. Medical knowledge is also growing rapidly, and with it more things doctors need to master.

Almost every time I see a patient, I'm thinking about other things I should be taking care of at the same time.

Feeling that constant pressure of a ticking clock means I need every encounter with patients to go as quick and as smooth as possible. When a caregiver makes things go easier, they're a great asset to healthcare providers. When they don't, we get frustrated.

Burnout is another factor. As we've heard in the news lately, a third to half of all doctors have at least some symptoms of burnout.

Doctors don't value caregivers because it's a "soft skill", like cooking and cleaning. Society doesn't pay family members for doing those jobs, just as it doesn't pay for caregiving. It's likely that there's more than a bit of sexism in the way caregiving is devalued by doctors. We've heard lately that women doctors advance less quickly and are paid less than their male counterparts.

It's not just doctors. Society itself doesn't value caregivers. You can see it in who we pay, and how much we pay them. In general, caregivers aren't supposed to get paid. They do it out of love, a sense of obligation or some combination of the two.

By contrast, a care provider gets paid to take care of patients or clients as a job, career or profession. Doctors get paid handsomely. Nurses get a relatively decent hourly wage. Personal support workers or personal care aides – who provide the bulk of care for seniors – are paid as little as 12 to 15 dollars an hour.

Society and medical culture gloss over the money issue, but it's a big deal. The low wages paid to personal support workers tells you that society views this crucial function as [a low] job. That family members are paid zero by the state tells you that society places no value on their hard work.

A few years ago, a report by the Canadian Institute for Health Information or CIHI estimated that more than two million Canadians were what they called 'informal caregivers.' I fell off my chair when the report added that a conservative estimate of their economic contribution was 25 billion dollars a year.

There's one more factor that you may be surprised about. I know all about it because I've been a doctor for decades. It's a hidden form of stress we don't talk about. It's the stress that comes from feeling like we have to know the right answer to every question and to never make a mistake.

That stress comes from feelings of shame. I have come to believe that there's an epidemic of toxic shame within the medical profession.

Brené Brown, a researcher and a professor of social work, describes "toxic shame" as a paralyzing feeling of being unworthy. I suspect that many people become doctors to do

enough good deeds that will indemnify them from inevitable medical mistakes.

Unresolved shame grips doctors in a quiet terror. It leads them to avoid contact with critics, including caregivers. - Dr. Brian Goldman

Unresolved shame, time pressure, burnout and stress interfere with the doctor's capacity to empathize with patients and their caregivers, to imagine what it's like to be them.

But there is a sure fire way to gain that perspective. It's called life.

My mother Shirley was diagnosed with Alzheimer's disease around the time she turned 70. My parents were married for 62 years. I saw how tenderly my dad cared for her from the moment she was diagnosed. He moved from being my mother's social convenor and business manager, to her occupational therapist, and finally, her personal care aid.

My dad was one of the two million Canadians caring for a loved one at home. He spent long hours helping her function at a much higher level than her dementia should have allowed.

I remember too that he had his first heart attack exactly five months after he finally admitted he could no longer care for my mother at home.

I gained empathy for my dad because I saw things from his perspective.

As their health declined, my parents were admitted to hospital a combined total of 14 times.

I gained empathy for my parents as patients because I spent hours watching them up close, and tried to do something – anything – to ease their suffering.

Those experiences gave me something else: empathy for others going through the same kinds of crises.

It's been said that the best way for physicians to gain empathy for patients is to be patients themselves, or to be the family member of someone going through a serious health crisis.

What I know now is that empathy is not a soft skill. It's a core part of the human experience. Without it, we would not nurture our young and take care of our parents when they can no longer take care of us. But stress, pressure, sleep deprivation, fatigue and shame get in the way.

To empathize with caregivers, we must first take care of ourselves. When shame arises, we must strip it of its power by talking aloud about the mistakes we make.

We must ask those we harm for forgiveness and learn to forgive ourselves.

To be kind to caregivers, we must first be kind to ourselves.

CORNERSTONE MEN'S HOSTEL

Once again this Advent Season, St. Leo the Great Parish will be collecting items for the Cornerstone Men's Hostel in Oshawa. Items necessary to the men who live on the streets include: new-only socks, underwear, toothbrushes and deodorant, shaving cream, foot powder, lip balm and Kleenex tissues. We cannot accept used clothing. Please drop off these items in the bins located in the vestibule of the church. Thank you for your continued support.

MASS INTENTIONS

Tuesday, November 27th

8:30 a.m. † John & Maria Teresa Jeronimo

Wednesday, November 28th

7:00 p.m. Intentions of Fr. Phil Jones
† Mark Mason

Thursday, November 29th

8:30 a.m. † Armenio Medeiros and All Souls in Purgatory

Friday, November 30th

8:30 a.m. † Vincenzina Mammone
† Attilio & Maria Tuzi
† Jack O'Donnell

Saturday, December 1st

4:30 p.m. † Michael Higgins

Sunday, December 2nd

9:00 a.m. † Giuseppe and Carmine Bruni
11:00 a.m. † Tom Hurst

KofC BREAKFAST

St. Leo Knights of Columbus will serve Breakfast in the Church hall on December 9th. following the 9:00 and 11:00 A.M. Masses. Everyone is invited to enjoy a **full Breakfast** of eggs, sausages, baked beans, pancakes, biscuits, coffee, tea and juice. Adults - \$5.00, Children ages 4 - 12 - \$3.00, and Children under 4 - free. Hope to see you there. Funds raised will be donated to the St. Vincent de Paul Society.

CHRISTMAS CARDS, MAGNETS & SIGNS

St Leo Knights of Columbus will be selling **Christmas Cards** and **Keep Christ in Christmas Lawn Signs** after the Saturday and Sunday Masses starting on November 24th for four weeks.

VOCATION SEEDS

Today we hail Christ as our King. He is the Victor over the power of death Who loves us and freed us from our sins by His own blood, and Who by Baptism has made us a royal nation of priests in the service of His Father and our God. He Who is King continues to choose men and women to serve as priests, sisters, brothers or deacons, so that the faithful may know Him, love Him and serve Him as well. If you feel God is calling you to a Church vocation, then call **Fr. Chris Lemieux, Vocation Director, Archdiocese of Toronto 416-968-0997**
email vocations@archtoronto.org

A NORTHERN LIGHTS CHRISTMAS

At St. John the Evangelist Church, 903 Giffard Street, Whitby. Featuring the World Champion men's barbershop chorus **TORONTO NORTHERN LIGHTS** with *St John the Evangelist Choir* on Saturday, December 8, 7:30 p.m., in the church. General Admission Tickets \$25 for adults, \$15 for students. Call Kevin Dashney @ 905-432-1173

ADVENT RETREAT FOR CATHOLIC MOMS

Saturday December 1, 2018. St. Benedict Parish, 2194 Kipling Ave., Toronto, Ontario, Time: 9-5pm. Fee: 40.00 includes breakfast & hot Italian lunch. Register at www.CatholicMomsGroup.com



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