

Faithfully

FAITH. LIVED. FULLY.





True love defined

The experience of love and friendship, the awareness of being loved at the level of our souls, is the very desire of God for our human fulfilment. It is interesting that the United Kingdom's Prime Minister, Theresa May, has appointed a "minister of loneliness" to tackle the personal and health issues caused by communal isolation. In Canada, Dr Robin Lennox, an assistant professor at McMaster University reported that "anywhere between 25 and 30 per cent of Canadians across various age groups are reporting persistent loneliness or social isolation." (January 2019) The experience of such loneliness is not due to the absence of people or the availability of means to communicate with each other. Indeed, technological progress and the various social media provide many ways to communicate, text, phone, and to express "likes" and even human emotions to each other.

The feeling of loneliness can reflect an inner emptiness which eludes human fulfilment. St. Augustine speaks to such desolation when he

prays, "You have made us for yourself, O Lord, and our heart is restless until it rests in you." Through the grace of God, we come to realize that the feeling of emptiness cannot be filled by distractions or acquiring things. Rather, it is during moments of openness or spiritual awakening that the Holy Spirit fills our hearts with the fullness of God's love. The Catechism of the Catholic Church reminds us, "God is Love and love is his first gift, containing all others. God's love has been poured into our hearts through the Holy Spirit who has been given to us." (CCC 733) God's work of grace in our souls is directed towards helping us to love God wholly and generously, as God loves us.

At the closing Mass of WYD 2019 in Panama, Pope Francis spoke in his homily about the importance of love, "we may possess everything, but if we lack the passion of love, we will have nothing. Let us allow the Lord to make us fall in love!" Love seeks out, welcomes, accompanies and serves. Love inspires us to hold others in our hearts desiring for them the fullness of God's love and grace. This act leads not to loneliness or isolation in our human experience but rather to true love and friendship in union with God and others.

Most Reverend William T. McGrattan, D.D.
Bishop of Calgary

January 29, 2019

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Faithfully gives a snapshot of faith at work in the lives of everyday people. It features stories and events that deepen our connection with God through others.

This monthly online publication is sent by email to all subscribers. A print version may be available in your parish.

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Submit your stories

Share stories of your faith in action within your parishes, community, lay associations or at work.

Send your photos and write-ups to communications@calgarydiocese.ca by the 15th of each month.

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This is love, gathered 'round the kitchen table

Written by: Joy Gregory



Visitors to the Faba home may be surprised by the size and shape of the kitchen table. Where others might have a couch that faces a television, this family of 11 has a round table that spans 72 inches in diameter. This is where the family gathers for evening meals and in a month where the secular world pays lip service to messages about love, this family works to live it. Indeed, if red is the colour of love and the colour of a house might speak to what's inside, the heritage red hue of the Faba home in southwest Calgary is right on the money.

Kari and Phil Faba, who married at 20 and 25, readily admit they didn't begin their married life with a plan to have an extra-large family. "I would suggest that the one thing that made all of this happen, one child at a time, was that there was a love for the Church that allowed us to trust," says Kari.

Now parenting nine children ages 27 to seven, she and Phil talked to Faithfully about how they manage, as parents, to keep a love for Christ at their family table.

WORK-LIFE BALANCE

Kari's got no shame in admitting she juggles faith-filled parenthood with paid work. But she knows where her priorities lie. Having worked full-time at a city bank until their third child arrived, she then moved to part-time work, taking night shifts opposite of Phil's hours in the construction business. Looking ahead to her family's future, she also partnered in a farmers' market business that eventually became a full-time occupation.

These days, she and Phil own and operate that business outright. While they have full-time staff, The Stock and Sauce Co. at the Calgary Farmers' Market is a seven-days-a-week enterprise and the Fabas are hands-on entrepreneurs.

The absence of firm boundaries between their marriage and their business partnership can be complicated. "It's one thing to be married and then go off to your separate jobs," says Kari. "We don't have the luxury of comparing different job notes at night."

Here, faith helps them keep priorities straight, says Phil. "As Kari likes to say, in our marriage there is sacrament. In business, there is no sacrament." Daily mass as frequently as possible, regular reconciliation, constant prayer. The Church, says Kari, "always has our best interests at heart."

QUALITY TIME

Phil knows the notion of "quality time" with one's children can come off sounding a bit corny. But he makes no apologies for how he and Kari make quality time with their kids a primary goal. In 2002, Phil took his first paternity leave when their son Thomas was born. "It was a totally different experience for me." Taking responsibility for the home front helped Phil understand that while there may never be "enough" time, he would aim to know and love each child for his and herself. "Each one is different and you learn to nurture their strengths," says Phil.



With the three oldest kids now living on their own (two own the house another brother rents a room in while attending university), Phil and Kari admit their parenting strategies have evolved with experience. Certain house rules, however, hold steady: All of the kids are involved in church, school and work; they participate in sports, but sit down to eat—together—every night; and they don't leave family time to chance. By planning game and movie nights, they commit and recommit to being a strong presence in their children's lives.



OF TRUST, PATIENCE AND FAITH

Phil admits that trust in God comes more easily to Kari than him and he is grateful for how her example strengthens her faith. "There were times when I worried: how am I going to feed them, how am I going to house them?" He also seeks to be more patient and admits, with a smile, "God gives me lots of opportunities to improve."

Sitting beside Phil in their living room, one wall featuring a gallery-sized collection of school portraits, Kari smiles back at him. As she sees it, trust in God opens the door to what's possible. "If we stay where it's safe, we miss opportunities."

MADE FOR MORE
 VISIONS OF THE PROMISED LAND

with **CHRISTOPHER WEST** MUSIC BY **MIKE MANGIONE**

**Theology of the Body
 Conference 2019 | March 8 & 9**

[HTTP://TOB.CALGARYDIOCESE.CA](http://TOB.CALGARYDIOCESE.CA)

UPCOMING EVENTS



**Film Screening:
 Over 18**
 Feb. 28, 2019



**Transitions for Newly
 Divorced**
 Begins Feb. 20, 2019



**Coldest Night
 of the Year**
 Feb. 23, 2019

RETROUVAILLE
 A LIFE LINE FOR MARRIED COUPLES

March 8-10, 2019

To register call:403-879-7893
 or visit our website at

www.helpourmarriage.org

For a full list of events, visit
www.catholicyc.ca/calendar

Movie Review:

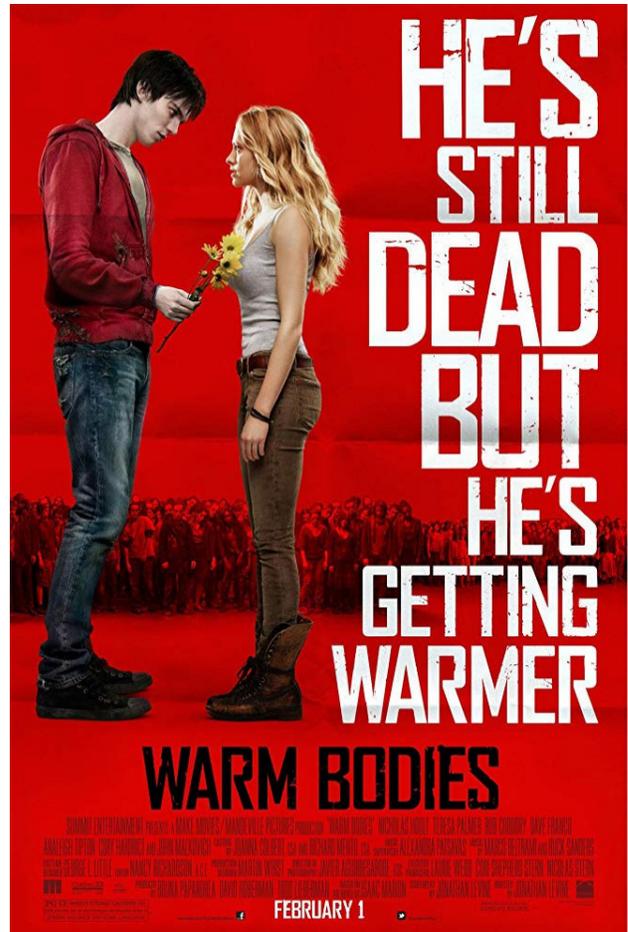
WARM BODIES

When I was asked by the Calgary Diocese to write a movie review about the theme of my talk, “Love Thy Body,” at the upcoming Theology of the Body Conference at St. Michael’s Church (March 8-9), the film that immediately came to mind was “Warm Bodies.” “Warm Bodies” is a zom-rom-com. A zombie romantic comedy. In fact, I teach a short workshop “Theology of the Body According to Zombies.”

Zombie “R” (Nicholas Hoult) can’t remember his name. He can’t remember how he died, or much of anything else, except that, as a human, he didn’t live a very good life and he has come to deeply regret that. Human Julie (Teresa Palmer) is the daughter of the leader of the embattled humans (John Malkovich). Zombies, of course, must feed on humans’ brains to stay alive, er, dead. When they eat brains, they have access to humans’ memories. It’s the only way they can experience anything of what they once were as humans themselves. “R” is re-learning and savouring how precious it was/is to be human, body and soul. But there’s a way to love ourselves--body and soul--and truly enjoy and appreciate life in all its fullness, and a way not to.

“R” falls in love with Julie--as best he can, that is, with his non-functioning heart—and saves her by bringing her to zombie land (she must pretend she is a zombie to survive there). He informs her that she must stay there for a few days, but that’s only so that he can begin to woo her. Sneaky, those zombies.

Although all films worth their salt are meant to be journeys of change, the overwhelming message of “Warm Bodies” is that people can change for the better. Massively change. And love is the ONLY catalyst. Primarily male/female love. “Warm Bodies” is not only a “Theology of the BODY” movie for all the obvious reasons, but—even if unknowingly—has showcased male/female love as THE crux, THE matrix which brings love and life into the world AND can bring peace to unlike, warring factions. TOB principle: “All differences are a call to communion,” not competition, oppression or domination.



Movie review by Sr. Helena Burns, fsp

Sister Helena Burns, fsp, is a member of the Daughters of St. Paul, an international congregation of Roman Catholic Sisters founded to communicate God’s Word through the media. She has an M.A. in Media Literacy Education, a B.A. in theology and philosophy from St. John’s University, NYC. Sister studied screenwriting at UCLA and Act One-Hollywood. She is a movie reviewer for Life Teen and The Catholic Channel -Sirius XM and co-producer on www.The40Film.com. She has written a Theology of the Body curriculum: www.tinyurl.com/TOBtraining and her daily book for young women is “He Speaks to You.” Sister offers Media Literacy & Theology of the Body workshops & courses to youth & adults throughout Canada and the U.S.

LIVING OUT THE FIVE LOVE LANGUAGES AT HOME

Love Language

Actions

Communication

Avoid

Words of Affirmation

Spoken words
Written cards and letters

Encouraging words
Compliments
Affirming spirit

Emotionally harsh words
Undue criticism

Quality Time

Running errands
Taking trips
Doing things together
Going on walks
Sitting/talking at home

Quiet places with no interruptions
Undivided attention
One-to-one conversations

Too much time with friends or groups
Isolation
Gaps of time between meetings

Receiving Gifts

Giving gifts
Giving time
Remembering special occasions
Giving small tokens

Private giving of gifts
Pleasant facial expressions

Materialism
Forgetting special events

Acts of Service

Assisting with house chores
Ongoing acts of helpfulness
Exchanging of chores

Say:
"What can I do for you?"
"I will stop and get..."
"Today, I did... for you."
Making a checklist

Forgetting promises
Over commitment of tasks
Ignoring

Physical Touch

Hugs
Pats
Touches
Sitting close

Pleasant facial expressions
Mostly non-verbal

Physical abuse
Corporal punishment
Threats
Neglect

Novena prayer for those seeking a spouse



Loving Father,

*You know that the deepest desire of my heart is to meet someone
that I can share my life with.*

*I trust in your loving plan for me and ask that I might meet soon
the person that you have prepared for me.*

*Through the power of your Holy Spirit, open my heart and mind so that I recognise
my soulmate.*

*Remove any obstacles that may be in the way of this happy encounter,
So that I might find a new sense of wholeness, joy and peace.*

Give me the grace too, to know and accept, if you have another plan for my life.

*I surrender my past, present and future into the tender heart of your Son, Jesus,
Confident that my prayer will be heard and answered.*

Amen.

Sacred Heart of Jesus, I place all my trust in you.

St. Valentine, pray for me.

Retirement home sweet home

Written by: Salima Bandali

From the moment Phyllis and Clem Steffler walked into Evanston Summit, they knew it was destined to be their new home. “Phyllis was ready to move in the next day,” laughs Clem. Retired and living in Airdrie, the couple was seeking greater ease in their lives, without the worry of maintaining a home and cooking their meals. They’d been looking at options when Judy, from Covenant Living’s Evanston Summit, met them at their local church and invited them to a BBQ. They walked in and immediately loved the welcoming, attractive front entrance.

Their instinct was confirmed several months later when their daughter, a public health nurse in Toronto, was in town. “We took her to several retirement residences,” Phyllis recalls. When they got to Evanston Summit, she turned to her parents and said, “Dad and Mom, this is the place for you.” The couple moved in on July 18, 2018. Seven months later and they are completely settled and content in their two-bedroom suite. The staff are kind, generous, and thoughtful, “just like Judy,” they say. Friendships are borne over home-cooked meals served in a common dining room, and there are plenty of activities to keep them busy. They especially enjoy the Tuesday afternoon spiritual discussion where readings are the foundation to delve into questions that help them better know each other and themselves.

“Opening up to one another makes for a closer-knit community,” says Clem. The couple appreciates the weekly outings that are organized by the residence and the convenience of walking from their home to several amenities including a drug store, hair salon, doctor’s offices, grocery stores, and banks.

Phyllis and Clem chose a life lease, selling their house and investing the funds into the cost of their suite at Evanston Summit, paying only a monthly amount that covers meals and amenities. Those funds are in a trust, and they are guaranteed a 99% return when the suite is vacated. The life lease model offers three levels that reduce monthly fees and generates a return on investment that is over 5%, which is better than what is offered at banks. Renting suites is also an option.

“This works out for us,” says Phyllis. “We are happy, and our children are happy that we are in such a wonderful place.”



Covenant Living : transforming the health system to create vibrant communities of health and healing.

<http://covenantcare.ca>

THE OUTDOOR WAY OF THE CROSS

GOOD FRIDAY
APRIL 19, 2019

St. Mary's Cathedral, Calgary | From 9 AM
Please dress for the weather.

WAYOFTHECROSS.CA



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The passion of loving - in sickness and in health

Laura Tysowski pays homage to her late role model and author of *The Passion of Loving*, Micheline Paré. In her letter Laura shares what she learned from the book and what she wished she told Micheline before her death. Micheline Paré worked as a Compassionate Care Consultant and as the Diocese of Calgary Pastoral Care Coordinator at Rockyview Hospital. Her message of love and hope is something we all could benefit from at a time of loss.

My Dear Micheline.

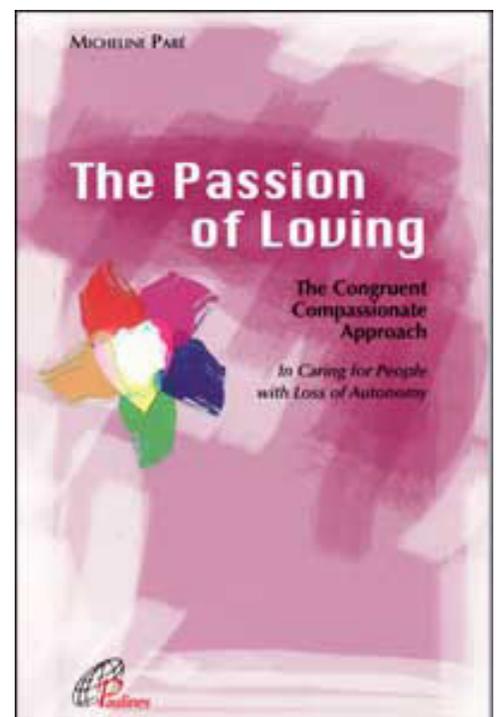
When we met for the first time somehow our souls locked. I was sitting in the front row and you came up to me with a smile and touched my hand and whispered in my ear "You are beautiful". It's been months since we last talked. I'll never forget the day we first met at St. Cecilia's Roman Catholic Church. It was May 17, 2018 at the Diocesan Pastoral Care Course #84. "Caring with Compassion".

I sincerely apologize for not getting back to you sooner. As Benjamin Franklin once said, "Don't put off until tomorrow what you can do today". From this I learned the value of time; snatch, seize, and enjoy every moment of it. No idleness, no laziness, no procrastination: never put off 'till tomorrow what you can do today.

I was wanting to go and have coffee with you at the Rockyview General Hospital and maybe I could volunteer with you in working with the elderly. I did complete the course, "Caring with Compassion" and now I'm an Exemplary Pastoral Minister.

I have the two books titled "The Compassion of Loving" you signed and gave me during the course. I have two because I promised that I would get one signed by the Honorable Senator Dan Hayes who wrote the preface to your book "The Congruent Compassionate Approach".

I did indeed get this done but not soon enough. On December 7, 2018 my mentor Rita Gerwing, advised her ministers of your passing. Coincidentally that same day Kathy Hays dropped off the autographed books. As I wasn't home she left them by the door. My husband, Bert went out to retrieve something from the front porch and found the books. When he gave them to me I couldn't believe my eyes. I knew then that you were trying to tell me something.





I listened and read your book "The Passion of Loving". I have this picture of who I am and ultimately who I would like to be. It consists of my goals and ambitions and is forever changing. I have a positive attitude and I'm full of energy. When I see people I see "LOVE".

Your book literally touched my heart. In some of your excerpts I felt as if you were talking about me. In my teens I volunteered in a Nursing Home helping to feed people unable to feed themselves. They so wanted to eat but there were so few people to assist. Later in my life, my father, Guido was in a nursing home before he passed. He was, oh so lucky, as he had nine children, including his immediate family who would attend his every need and if not just sit and be there with him. I would usually take him to supper with the other residents. I can't tell you how many times I'd meet your "John" there. For no reason, than to help, I always tried to attend to their needs. Now I know why.

I so agree with you when you say "illness or age makes the task of daily living challenging, and the quality of the relationship between the resident and the caregiver presents one of the most pressing challenges, but also one that is among the most satisfying".

These words bring tears to my eyes. My husband, Bert, who is a gentle soul, got sick in 2015 and it's been the most challenging years of my life. We would have these fights and to relieve the stress I would leave the house for a while and cry. I've spent a lot of time trying to figure out a way of dealing with this so that both our needs are met. What I didn't know then was what was inside your book.

The transformation in our relationship after reading your book has been nothing but a miracle for me, and I'm so grateful. Although I was compassionate and caring, I was also so very angry inside. I would see him cross the room and notice how frail he's getting and it would break my heart. To change and be able to show him compassion, sympathy, empathy, considerateness, tenderness, kindness, sensitivity and my unconditional love that I feel for him has changed our lives.

Today I am now the Coordinator at Swan Village Evergreen, and I cherish every minute of my Ministry. I have a mentor, Rita and a helper, Editha. They are both beautiful souls. Together we say the rosary and do Communion Services with the Seniors every week. Once a month Father comes from St Patrick's Parish to do a full mass.

Now finally we have come full circle. "The Passion of Loving" has given us the expertise, understanding and all the lessons we can take and cherish from your book. You were an exemplary role model, and your dedication was so admirable that others would do well to copy it.

For me, a lesson learned. For the rest of my days, I will try to emulate you. I know I have big shoes to fill so I may need a nudge once in a while. I heard what you were trying to tell me.

I shall keep you close, Micheline Paré, in my heart and prayers always.

Thank you for sharing.

Laura Tysowski

Canada & the World

This section compiles the top four major news of interest to the Catholic community.



Asia Bibi is free and to live in Canada

After spending 8 years on death row for being convicted of blasphemy, this Pakistani Catholic has been acquitted of all charges and is coming to Canada where she will join her family.



Historic declaration for world peace

Pope Francis and Ahmed el-Tayeb just signed a historic declaration of peace, freedom and women's rights. In the document, the two leaders issue a strong condemnation of terrorism and violence: "God does not want his name to be used to terrorize people."



The new US legislation on abortion "is evil, pure and simple."

A law recently passed in New York not only legalizes abortion essentially for any reason through all nine months of pregnancy. USCCB has issued the following statement in response to several states moving forward with it.



Ending the stigma around mental illness

Medicine Hat Catholic Board of Education: "We're actively working to end the stigma around mental illness for the well-being of our students, staff and community! Check out how Monsignor McCoy High School joined the conversation!"

MARCH 2019

Liturgical Calendar

2018-2019

Year - C Series I

(S) Solemnity, (F) Feast, (M) Memorial,
(MS-OM) Memorial reduced to an Optional Memorial
(OM) Optional Memorial
(*) no assigned rank
Lect., Wkday, A, B: *Lectionary, Weekday, A* (1993) or *B* (1994)
Lect., S&S: *Lectionary, Sunday and Solemnities* (2009)
~ an event or collection ~

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Lectionary: Weekdays references will change upon publication of the revised Lectionary for Weekdays.

Given delays at the Congregation for Divine Worship and the Discipline of the Sacraments, as of June 2018, there is no estimated date for the publication of the revised Lectionary.

3 8th SUNDAY
IN ORDINARY TIME
Readings: no. 84, p. 677; BG, p. 381
1st Reading: Sirach 27.4-7
2nd Reading: 1 Corinthians 15.54-58
Gospel: Luke 6.39-45

4 ferial
Readings: Lect. Wkday A,
no. 347, p. 205
1st Reading: Sirach 17.24-27, 29
Gospel: Mark 10.17-27
OM: St. Casimir

5 Ordinary Time Ends
ferial
Readings: Lect. Wkday A,
no. 348, p. 207
1st Reading: Sirach 35.1-15
Gospel: Mark 10.28-31

6 Lent Begins
ASH WEDNESDAY
Readings: Lect., S&S, no. 219, p. 112;
Lect., Wkday A, p. 374; BG, p. 56
1st Reading: Joel 2.12-18
2nd Reading: 2 Corinthians 5.20 - 6.2
Gospel: Matthew 6.1-6, 16-18

7 ferial
Readings: no. 220, p. 377
1st Reading: Deuteronomy 30.15-20
Gospel: Luke 9.22-25
MS-OM St. Perpetua and St. Felicity

8 ferial
Readings: no. 221, p. 379
1st Reading: Isaiah 58.1-9a
Gospel: Matthew 9.14-15
OM: St. John of God

9 ferial
Readings: no. 222, p. 381
1st Reading: Isaiah 58.9b-14
Gospel: Luke 5.27-32
OM: St. Frances of Rome

10 1st SUNDAY
OF LENT
Readings: no. 24, p. 206; BG, p. 144
1st Reading: Deuteronomy 26.4-10
2nd Reading: Romans 10.8-13
Gospel: Luke 4.1-13

11 ferial
Readings: no. 224, p. 386
1st Reading: Leviticus 19.1-2, 11-18
Gospel: Matthew 25.31-46

12 ferial
Readings: no. 225, p. 389
1st Reading: Isaiah 55.10-11
Gospel: Matthew 6.7-15

13 ferial
Readings: no. 226, p. 391
1st Reading: Jonah 3.1-10
Gospel: Luke 11.29-32

14 ferial
Readings: no. 227, p. 393
1st Reading: Esther 14.1, 3-5, 12-14
Gospel: Matthew 7.7-12

15 ferial
Readings: no. 228, p. 395
1st Reading: Ezekiel 18.21-28
Gospel: Matthew 5.20-26

16 ferial
Readings: no. 229, p. 397
1st Reading: Deuteronomy 26.16-19
Gospel: Matthew 5.43-48

17 2nd SUNDAY
OF LENT
Readings: no. 27, p. 209; BG, p. 146
1st Reading: Genesis 15.5-12, 17-18
2nd Reading (longer):
Philippians 3.17 - 4.1
or 2nd Reading (shorter):
Philippians 3.20 - 4.1
Gospel: Luke 9.28b-36

18 ferial
Readings: no. 230, p. 399
1st Reading: Daniel 9.3, 4b-10++
Gospel: Luke 6.36-38
OM: St. Cyril of Jerusalem

19 SAINT JOSEPH,
SPOUSE OF THE
BLESSED VIRGIN MARY (S)
Readings: Lect. S&S, no. 543, p. 778
1st Reading: 2 Samuel
7.4-5a, 12-14a, 16
2nd Reading: Romans 4.13, 16-18, 22
Gospel: Matthew 1.16, 18-21, 24a
or Gospel: Luke 2.41-51a

20 ferial
Readings: no. 232, p. 403
1st Reading: Jeremiah 18.18-20
Gospel: Matthew 20.17-28

21 ferial
Readings: no. 233, p. 405
1st Reading: Jeremiah 17.5-10
Gospel: Luke 16.19-31

22 ferial
Readings: no. 234, p. 408
1st Reading: Genesis
37.3-4, 12-13a, 17b-28
Gospel: Matthew 21.33-43, 45-46

23 ferial
Readings: no. 235, p. 411
1st Reading: Micah 7.14-15, 18-20
Gospel: Luke 15.1-3, 11-32
OM: St. Turibius of Mogrovejo

24 3rd SUNDAY
OF LENT
Readings: no. 30, p. 212; BG, p. 147
1st Reading: Exodus 3.1-8a, 13-15
2nd Reading: 1 Corinthians
10.1-6, 10-12
Gospel: Luke 13.1-9
For alternative readings, see the Ordo.

25 THE ANNUNCIATION
OF THE LORD (S)
Readings: Lect. S&S, no. 545, p. 782
1st Reading: Isaiah 7.10-14; 8.10d
2nd Reading: Hebrews 10.4-10
Gospel: Luke 1.26-38

26 ferial
Readings: no. 238, p. 424
1st Reading: Daniel 3.25, 34-43
Gospel: Matthew 18.21-35

27 ferial
Readings: no. 239, p. 427
1st Reading: Deuteronomy 4.1, 5-9
Gospel: Matthew 5.17-19

28 ferial
Readings: no. 240, p. 429
1st Reading: Jeremiah 7.23-28
Gospel: Luke 11.14-23

29 ferial
Readings: no. 241, p. 431
1st Reading: Hosea 14.1-9
Gospel: Mark 12.28b-34

30 ferial
Readings: no. 242, p. 434
1st Reading: Hosea 5.15b - 6.6++
Gospel: Luke 18.9-14

~ World Day of Prayer ~



PRESENTS

BE NOT AFRAID... TO BE A SAINT

22ND ANNUAL MEN'S CONFERENCE



MARCH 15, 6-9PM & MARCH 16, 8-4PM

ALL MEN 14 & UP WELCOME

ST. PETER'S ROMAN CATHOLIC CHURCH
541 SILVERGROVE DR NW, CALGARY, AB

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