

Living Matthew 25

Meeting the Needs of OUR World!

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DO NOT BE AFRAID

by Sean D. Krausert

Vulnerability . . . fraud . . . self-interests . . . the unknown . . . these are a few of the many things that can trigger fear when one ventures to help others.

Recently, the media has reported on fraudulent charities that have bilked thousands of people of millions of dollars. Of course, such crimes create two victims – the well-meaning donor and the innocent intended recipient. Despite the scams, we must not allow ourselves to stop giving or resolving to never trust again. Such only hurts those in need, not those who did wrong. Keep giving . . . keep trusting (albeit ask questions). *Do not be afraid.*

Some people conclude that they cannot give *now* because they might need it *later*. The truth is that others will not have a 'later' unless someone gives now. What can be done to resolve this seemingly irreconcilable dilemma? There is a body of scholarly and spiritual work that suggests one should have faith. Trust that, by giving now, you will be provided for later. This is a big step . . . towards helping others, but also to freedom from the bonds of material wealth. *Do not be afraid.*

It is easy to be overwhelmed with the sheer volume of need in the world. The numbers are big, the demands unceasing, the pain rampant. "Where do I start? What difference can one person make?" We must remember that when a few drops gather a stream is created; the



stream joins another and another and a lake is born; from the lake flows the mighty river; and into the vast ocean flows all rivers. We are not alone, and each small step taken individually, when combined with others, amounts to significant change in the world. *Do not be afraid.*

There are those in need, who are 'without' or oppressed, and do not know how their challenges will ever be overcome. When lacking basic necessities such as water, food, medicine, housing or freedom from fear – tomorrow can seem a long way away. If you are one of these people, I encourage you to hang on because there is much love in the world, and help is on the way. *Do not be afraid.*

Let us move past the fears and work as one to meet the needs of OUR world. *Together . . . we can!*

GINNY'S SECRET

**By Sean D. Krausert as told by
Dorothy Gibson & Marilyn Avient**

Our friend Ginny knows a secret that allows her to accomplish amazing things. To some, these things are miracles.

From a distance, Ginny looks normal enough. Her full name is Virginia Lee Brucker, and she was born and raised in Vancouver, BC. She's been a teacher for over 30 years, the last 20 years at the Nanoose Bay Elementary School on Vancouver Island. She teaches grades two and three. Ginny lives in Nanoose Bay with her husband, Charlie.

During her first year at Nanoose Bay Elementary School, Ginny created the "Elf Project", which gives Christmas presents to those who cannot afford them. At that time, she started with only 3 or 4 families. Now she provides food *and* presents to 59 people! And, we're not talking a single, second-hand gift for each person . . . but rather 5 to 6 gifts for each child and 1 or 2 gifts for each parent . . . and they all have to be *brand new*. Some have told her that if she had not assisted a particular family then they would not have had a Christmas at all.

"Christmas is a hard time for people who can't afford it, and it even shows on their faces," Ginny states explaining why she started the Elf Project. "Children are told that Santa is a loving guy, but then one little boy wonders why Santa brought him something from the Dollar Store and the boy sitting beside him in school got a computer. There is too much of a gap between the 'haves' and 'have-nots', and so I want to do what I can to close that gap in our area." From her mouth to God's ears.

Ginny also spreads the Christmas cheer by giving gifts to EVERYONE at her school – from the janitor to the principal, no one is left out. She's also written a book entitled, *Gifts from the Heart – Simple Ways to Make Your Family's Christmas More Meaningful*.

So how does she manage to pay

for all of these gifts? Ultimately, the generosity of others helps quite a bit. However, it all starts with a little faith on her part. She is constantly on the lookout for good gifts, and buys them on her credit card as she finds them. She just *knows* that the Universe will open up and put some of those dollars back in her wallet. Of course, she also has volunteer "elves" who help wrap and organize the gifts (27 boxes of gifts so far this year!).



Virginia ("Ginny") Lee Brucker

By the way, her book has sold tens of thousands of copies but Ginny gives away the proceeds (after expenses are paid). As of 2006, \$98,000 has been raised through book sales for cancer research, and another \$138,000 has been raised for the charitable efforts of other organizations. As writer Janice Kennedy has remarked in her newspaper column – "Yes, Santa Claus, there is a Virginia!"

But Ginny's Christmas exploits are only the tip of the iceberg. Ginny is a co-founder of The Food Cupboard, which is like a food bank. Run by Charlie, The Food Cupboard meets the needs of families who do not have enough money for food after high heating and housing costs are paid. Charlie knows what it's like to be without, and so it pleases him

to help people get the food they need. (*Charlie also helps Ginny deliver the gifts to the families at Christmas.*)

And there's more. Ginny sells beads from Guatemala to assist impoverished people in that country. She makes cards for the Stephen Lewis Foundation which assists AIDS victims in Africa. She's always connecting people-who-can-help with people-in-need . . . a pair of glasses for one person, a donated computer to a family, etc. Also, Ginny keeps a special cupboard in her classroom stocked with socks, shoes, and whatever else may be needed by kids that do not have extra clothing. She loves the kids with all of her heart, and reaches down into those thin pockets of hers to help anyway she can.

Oh yeah . . . Ginny's secret! It actually has 2 parts. *Part One* - it's really not hard to help others . . . you just have to be creative and "bloom where you're planted". Take a look around, see where there is need, and figure out what may help. *Part Two* - helping others is so rewarding that it doesn't feel like work. Her secret may seem simple, but just look at all the good it has created.

With Christmas just around the corner, Ginny also makes a couple of simple requests to anyone who wants to listen. First, she asks that parents designate the least expensive gift to come from Santa and let kids receive the nicest gift from Mom and Dad. Second, Ginny asks that every person help one other person this Christmas, whether that be a family member or someone in the community who needs it.

EDITOR'S NOTE –*To be one of the angels that supports Ms. Brucker's efforts, she can be contacted at (250) 468-9888 or by e-mail at vlbrucker@telus.net. Her website can be found at www.webelieve.ca.*

Of course, I'm sure that Ms. Brucker would be thrilled if you incorporate some of her practices in your community.



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MAKING POVERTY HISTORY!

October 21, 2009 Press Release by
"Global Call to Action Against Poverty":

A Guinness World Record shattered October 16 – 18, 2009 when **173,045,325** citizens gathered at over 3,000 events in more than 120 countries, demanding that their governments eradicate extreme poverty and achieve the Millennium Development Goals. "Stand Up, Take Action, End Poverty Now!", now in its fourth year, has been certified by Guinness World Records as the largest mobilization of human beings in recorded history, an increase of about 57 million people over last year.

"The more than 173 million people who mobilized this weekend sent a clear message to world leaders that there is massive, universal, global demand for eradicating poverty and achieving the Millennium Development Goals," said Salil Shetty, Director of the United Nations Millennium Campaign (UNMC). "In particular, we have seen citizens determined to show their governments that they will hold them



accountable for keeping their promises to end hunger, improve maternal health and abolish trade-distorting agricultural subsidies. They will not accept excuses for breaking promises to the world's poorest and most vulnerable people, who have already been hardest hit by the global food, economic and climate crises they had no role in causing."

STAND UP TAKE ACTION
END POVERTY NOW!

In Asia more than 100 million people participated (101,106,845); in Africa more than 37 million people participated (37,848,412); in the Arab region more than 31 million people participated (31,394,459); in Europe more than 2 million people participated (2,102,121); in Latin America more than 200,000 people participated (229,371); in North America nearly 200,000 people

participated (191,535); and in Oceania more than 170,000 people participated (172,582).

"Stand Up is proven to be a growing global mobilization, as well as an ongoing grass roots movement from remote areas and cities in so many countries, both rich and poor," said Sylvia Borren, Co-chair of the Global Call to Action Against Poverty (GCAP). "These are the voices of young people, women and men demanding the eradication of poverty, and new answers to the food, economic and climate crises."

Currently 1 billion people around the world are hungry.

EDITOR'S NOTE – For more information on the global campaign, visit www.standagainstopoverty.org. For efforts in Canada, please visit www.makingpovertyhistory.ca.



Back to School Special

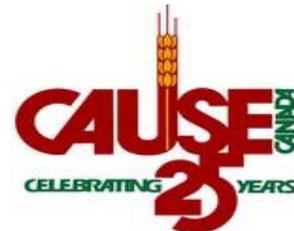
Access to formal education should be a right, but in the developing world it is often regarded as a privilege.

CAUSE Kids is an extraordinary child sponsorship program taking a holistic approach to helping children break free of poverty. Sponsors can share letters, send photos, and develop a unique relationship with kids in Sierra Leone, West Africa.

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PARISH OUTREACH UPDATE

Parishes throughout the Southern Alberta are tackling serious needs through their Outreach Programs. The following are but a few examples of recent outreach activities in some parishes. Communication with these parishes is encouraged in order to find out more, collaborate, and to support one another.

Holy Nativity (Calgary) – Outreach is a significant focus for the parish. Holy Nativity provides support to a number of community initiatives, including:

- Interfaith Food Bank
- Pregnancy Care Centre
- NeighbourLink
- Mustard Seed

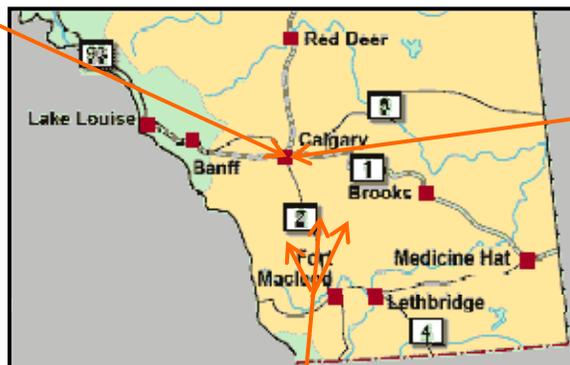
In addition, funding and resources are provided to:

- University of Lethbridge Chaplaincy
- Diocese of Athabasca
- College of Emmanuel & St. Chad
- Diocese of the Arctic
- Companion Diocese of the Windward Isles
- Diocese of Southern Malawi

We are currently exploring funding school tuitions for children in Nigeria. Also, our youth group collects food instead of candy on Halloween Night.

Share your light!

Please contact Living Matthew 25 in order to inspire and encourage others with the outreach activities in your parish.



Highwood Parish:

St. Aidan's (Pekisko) and **St. Thomas' (Dinton)** are very small rural points. The primary activities for these small congregations are gathering for worship, pastoral care and fellowship. However, being rural with a strong connection to the land, outreach focuses on the stewardship of creation. The congregation is blessed with individuals who have a profound commitment to safeguarding the watershed and the land.

St. Benedict's (High River) - The parish hall is used by various community groups such as Moms and Tots, Grief Support Group, and Guides and Sparks. Sunday School sponsors a child through Compassion Canada. Many parishioners are active volunteers in the community – e.g. Meals on Wheels and the Hospital Auxiliary. The parish is represented on the Spiritual Care Advisory Committee at the High River Hospital, providing direction to Chaplaincy and Grief Support at the Hospital. A collaborative effort has seen funding from the health care foundation increase from 12 hrs/wk to 20 - 40 hrs/wk, and is now getting ready to go the next step towards a CAPPE certified chaplain. On the first Sunday of the month, lay readers from St. Benedict's lead the worship at the Hospital.

St. George's (Calgary) – While having a number of outreach activities underway, St. George's has a few ongoing outreach projects of special note:

(1) Depot for the Calgary Interfaith Food Bank (www.calgaryfoodbank.com).

Tuesday and Thursday mornings 20 – 22 hampers are delivered to the church from CIFB. Some hampers are picked up directly by clients, with the remaining hampers being delivered under the auspices of NeighbourLink and CareConnect, agencies which assist families in need with food, furniture and other services. About 800 different families a year get their food through this service at St. George's.

(2) Re-Building in Grenada. Parishioners from St. George's are the original and continuing driving force in the rebuilding of churches, schools and homes in Grenada and other islands in our Companion Diocese of the Windward Isles. (History of the projects can be found on <http://members.shaw.ca/grenada/>.)

(3) Outreach by Unintentional Design. The parish erected a street-side sign with changeable type on both sides five years ago, which has been used to post inspirational messages every week. There are occasional event notices posted as well. We receive regular letters, emails and phone calls as well as direct verbal feedback thanking us for the messages. Many of those who thank us say that they drive out of their way each week to see what is being posted. And, too many of these say this is their only spiritual nourishment each week.

NORTHERN EXPOSURE

By Sean D. Krausert

Beautiful landscapes, mighty rushing rivers, and a few foxes framed the *Dirty Laundry* theatrical production's first jaunt to the great Canadian north as it imparted its message to appreciative audiences in Whitehorse and Dawson City, Yukon.

Dirty Laundry is an original theatrical production based upon a true story written and performed by Marilyn Avient. Engaging, poignant, and thought provoking – *Dirty Laundry* deals with mental health issues affecting hundreds of thousands of Canadians every day. The theatrical production invites the audience to witness an intimate struggle, and the human spirit's ultimate triumph, in a woman's heroic lifelong journey into, through, and out of severe depression and other psychological conditions. It is a true story.

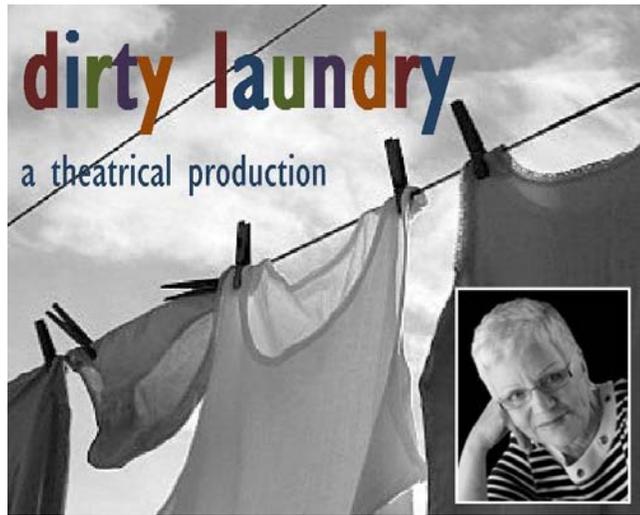
The 35,000 people living in the Yukon are predominantly there because they love it – the rugged wilderness, the frontier mentality, and unblemished fresh air. That said, there is a price to pay for living in a place situated so far north. The drastically varying amount of sunlight throughout the year results in a higher than normal incidence of depression and mental health issues in general.

So what is *normal*? For Canadians, *normal* is 1 in 5 people personally experiencing a mental illness in their lifetime. At any given time, 10.4% of the population are living in the depths of it. As a result, 500,000 Canadians are absent from work every day due to psychiatric problems. As of 2008, it is estimated that the total cost of mental illness to the Canadian economy in terms of health care and lost productivity is \$51,000,000,000 (\$51 billion)! "*Normal*" is a serious problem for our society, and it is even more so in the north.

It is in this rugged and SAD, yet beautiful, environment (. . . *SAD* stands for *Seasonal Affective Disorder*) that *Dirty Laundry* received standing ovations at every performance. Its message of hope to those, and their families, suffering from mental health issues had dramatic impact. Following every performance, people would seek out Marilyn and share how her story had helped them. A 65 year old woman tearfully revealed a lifetime of quiet suffering and, upon seeing the show, was encouraged to get the long overdue help that she needs. A middle aged man felt a sort of healing as the play spoke to elements in his life that he had long suppressed. And, many people were inspired to offer a thankful bear hug for the story they just had the privilege of sharing.

Dirty Laundry is on a mission to share its message with people all across Canada and beyond. Its goal is to entertain while sparking dialogue about mental health, and to destigmatize these all too *normal* conditions. That said, the production looks forward to one day being able to return to the incredible north and its wonderful people.

Sources include – Health Canada, *A Report on Mental Illness in Canada*, 2002; Insurance Journal 2003 as cited by the Government of Canada in *The Human Face of Mental Health*, September 2008; and Dewa CS et al, *A new population-based measure of the burden of mental illness in Canada*, *Chronic Diseases in Canada*, 2008.



Written & Performed by Marilyn Avient

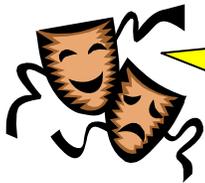
Judy's life was unravelling . . . she was on the verge of losing everything – her husband, her kids, her job. She wanted to die. But was this to be her destiny? No friggin' way!!

RECENT SHOWS

Sidney, BC Sept. 30 – Oct. 4 '09

Whitehorse, Yukon Oct. 9 – 10 '09

Dawson City, Yukon Oct. 13 '09



**PLEASE bring
Dirty Laundry to a
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For information about the production:

www.dirtylaundrytheatre.ca

If your group wants to bring *Dirty Laundry* to town, e-mail the Producer – producer@dirtylaundrytheatre.ca

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THE MOCCASINS IN THE CLOSET

Written by Michelle Nieviadomy, Edmonton Native Healing Centre

For the first part of my life, my journey took me as far from being “Cree” as I could possibly steer myself.

Nothing fosters an identity crisis like being uncomfortable in one’s own skin. I grew up as a Cree *iskwesit* (girl) in a predominantly white town, in the heart of bitterly cold Saskatchewan. I was different, and I knew it. And while my parents tried to embrace who I was, I tried to run far, far away from everything Indian in me.

It’s not that I wasn’t exposed to my Cree heritage. We would spend parts of summers at our cabin on White Bear Reserve, where I was steeped in reserve living. I vaguely remember the pow wows and sweat lodge ceremonies. Yet, though people all around me embraced these things, my ears and spirit were closed.

To me, being Cree meant being “drunken” and “poor”. Why would I want to be associated with these things? I continued on my journey, Cree-less.

Many moons passed by, until my journey found me at Providence College and Seminary in Manitoba. One of my professors, teaching us Canadian Aboriginal Issues, surprised and challenged me by veering repeatedly towards the topic of reserves, and the fairness of Aboriginal peoples having their own land. Something in this conversation stirred in me a feeling of injustice that I cannot explain. I had spent my maturing years stowing away anything remotely Indian, tucked out of sight. Now, a new compassion was burning in me. Somehow, during my time in that class, I began to be able to look at my people and not feel ashamed.

Fast forward a few years. I continued on with my education at King’s University College in Edmonton. It was here that my “moccasins” and the other trappings of my heritage would truly, proudly emerge. I learned about the history of my people, and I understood. My time at King’s changed the way I thought about Aboriginal people—but more importantly, it changed my self-perception. I knew now that I wanted to work with and “save” my people. (Oh yes, the Lord still had some tweaking and plucking to do within me!)

For the last paper in my last class at King’s, I chose to write on a hidden gem called the Edmonton Native Healing Centre. I never knew of this ministry until one of my professors pointed me in its direction. Little did I know what the Creator had in store for this *iskwesit*!

Now six years into my career at the Healing Centre, I have come to peace with who I am as a Cree woman. I find myself walking with other folks on their own healing journeys. I am blessed to be able to laugh, to cry, to struggle, to pray, to smudge, to dance, to sing, to serve, to love and to walk with my people.

I have realized it is not about “saving” the Indian, but about restoring and reconciling our walk and our journey with the One who created us, and to live just as He created us . . . and for me, that means living as a Cree.

**For more information re Edmonton Native Healing Centre
go to <http://nativehealingcentre.tripod.com/>**



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WHY LOOKING INTO

A WOMAN'S EYES IS CRITICAL

By Donna Tosky, Co-Founder of Inner Sync Systems Inc.

I remember just like yesterday the doctor slipping my baby girl into the cradle of my arm after she was born. Right from the beginning we spent most of our time together looking at each other's faces - gazing into one another's eyes.

It was a different story when my son was born. The difference I noticed between my children had me secretly harbour thoughts that the relationship between my son and I was fundamentally flawed. Compared to her, he looked at my eyes much less and was forever scanning the room, seemingly to put his attention beyond.

For many years I thought that maybe my son just didn't like me. Unfortunately, this was long before I learned this type of difference in behaviour is gender based.

One of the significant ways women/girls bond and build trust is by eye contact. It's been said that eye contact stimulates a woman to release the "cuddle chemical", called oxytocin, a hormone thought to be involved in the formation of trust. In women, its release in large amounts during labour and nursing facilitates bonding between mother and child.



Here is a little experiment for you men and women in relationship: If you're a man reading this, know that your woman can develop a sort of low-grade anxiety caused by lack of eye contact. This may look like a quiet desperation to get your attention when engaged in conversation with you.

Try this for the next week. Every time she speaks to you make an effort to stop what you're doing and make solid eye contact with her. Don't take your eyes off hers until she is finished talking. Guaranteed you'll notice something cool over there with her. She'll likely be more relaxed and feel more connected to you - always a good thing.

If you're a woman reading this ask your guy to read it too, and encourage him to try the experiment. You'll both see the amazing difference this simple practice makes.

EDITOR'S NOTE – Meeting the needs of the world is more than feeding the hungry and housing the homeless (although these are vital). It is also about meeting the spiritual and emotional needs of each other, and removing those barriers that may build up in relationships.

REACHING THE PNEUMONIA "TIPPING POINT"

DAKAR, 2 November 2009 (IRIN) - Health organizations have joined forces to launch the first World Pneumonia Day, urging governments, donors and civil society to act to prevent and treat the world's leading child killer.

Pneumonia kills over 4,000 children daily – more than measles, malaria and AIDS combined, says the UN Children's Fund (UNICEF). However, to date, stamping it out has not been a priority for policy-makers or donors, says the coalition of over 50 health organizations launching the pneumonia movement.

... "Nearly half of [pneumonia] deaths could be prevented with existing vaccines and the vast majority of cases could be treated with inexpensive antibiotics," Save the Children Board member and former US Senator Bill Frist said in a communiqué launching Global Pneumonia Day.

Read more . . . www.irinnews.org

Related Story:

10,000 FEWER CHILDREN DYING DAILY

DAKAR, 11 September 2009 (IRIN) - The number of children worldwide dying before age five dropped 28 percent between 1990 and 2008, according to the UN Children's Fund (UNICEF), or 10,000 fewer children are dying each day. UNICEF says while the trend is encouraging improvement is coming too slowly.

"This is good and bad news," said UNICEF spokesperson in West Africa Gaelle Bausson. "Drops continue and the trend is on the right track, but the number of children dying is still unacceptable and in some regions the rate of progress is very slow."

Last year 8.8 million under-five children died versus 12.5 million in 1990. . . . The biggest child killers globally are malaria, pneumonia and diarrhoea, according to UNICEF.

Read more . . . www.irinnews.org

More "Around the World" on p. 10 . . .



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An Editorial by Sean D. Krausert

“We cannot solve problems with the same kind of thinking that created them.”

Albert Einstein

All of us get stuck doing things the way we always have or the way that everyone else does them . . . “The way it’s always been.” So when there is a problem, too often we don’t challenge it but rather throw our hands in the air believing there is nothing we can do about it. “It’s just the way it is,” we tell ourselves and move on.

On an individual level, this might be always getting angry about something, being passive aggressive, or trying to always please others. Whatever the problematic behaviour, it often starts as a habit or solution developed at a very young age; and, while having worked for us in the past, no longer serves us well now. But, oh well, that’s “just the way I am”.

On an interpersonal level, this might be ‘keeping up with the Joneses’, doing things the way everybody else does, or sharing the latest gossip. Meanwhile, there are hungry people in the world, societal bad habits are propagated without a thought, and falsehoods spread like wild fire. But, really, “what can I possibly do about it”.

On a community level, this might be ‘looking after our own’, re-directing misfortune upon the external enemy, or out-of-control patriotism. We build walls along our borders and rationalize that those inside the artificial divide are more valuable than those on the outside. But, after all, “they can look after themselves”.

Of course, the result of this madness . . . and do not be mistaken, it is madness . . . is that we perpetuate a hurting world and then wonder why it is so? We must change our thinking.

The first step is acknowledging there is a problem. Awareness. We must recognize that (i) we can improve ourselves; (ii) the way things have always been done might no longer be the best for us; and (iii) we are part of a larger world in which we all have a responsibility to each other.

The second step sounds cliché, but nevertheless is true. Some know it as ‘loving thy neighbour as thyself’. Others prefer the more generic ‘do unto others as you would want done unto you’. And still others prefer the real practical advice of ‘walking a mile in another’s shoes’. Regardless of your preference, it *is* as simple as that in order to make the crucial paradigm shift needed to improve our world, and break the conformity that is baiting us to repeat our errors and to live with our problems.

In any situation, ask yourself “how would I like to be treated” or “what would I like to have done to me”. Then . . . do it! End the madness . . . challenge conformity . . . and let’s each do our part in creating a new and improved world.

EMPOWER WOMEN TO STEM GLOBAL HUNGER, SAY EXPERTS

NAIROBI, 15 October 2009 (IRIN) - Countries where women’s literacy rates and access to education are significantly worse than men’s tend to have higher levels of hunger, according to the International Food Policy Research Institute (IFPRI).

“Wherever women are not empowered you see high levels of hunger,” Suresh Babu, a senior research fellow with IFPRI, told IRIN.

The institute’s 2009 Global Hunger Index (GHI) calls for policy action on gender empowerment, social protection and governance to improve food security.

Read more . . . www.irinnews.org

UNICEF SOUNDS ALARM OVER NUMBER OF SOUTH ASIAN CHILDREN TRAPPED IN POVERTY

2 November 2009 – Some 300 million children in South Asia, or half of the region’s under-18 population, suffer from chronic levels of poverty, according to a new United Nations Children’s Fund (UNICEF) study presented today at the opening of a conference in Bangladesh.

To combat the enormous amount of poverty afflicting children, UNICEF urged leaders across the region to strengthen efforts tackling the lack of food, education, health, information, shelter, water and sanitation for the young, at the conference in the Bangladeshi capital, Dhaka.

. . . (UNICEF Regional Director for South Asia Daniel Toole) stressed that investing resources into good nutrition, primary health care, education and protection for children “will provide rich rewards in [the] future.”

Read more . . . www.un.org

HIKE IN AGRICULTURAL INVESTMENT NEEDED TO FEED WORLD’S SURGING POPULATION

8 October 2009 – Net investments of \$83 billion a year, a 50 per cent increase, must be made in agriculture in developing countries if there is to be enough food to feed over 9 billion people in 2050, according to a United Nations paper published today.

More than a third of this – \$29 billion – would be needed for the two countries with the largest populations, India and China. Regionally, sub-Saharan Africa would require about \$11 billion, Latin America and the Caribbean \$20 billion, the Near East and North Africa \$10 billion, South Asia \$20 billion and East Asia \$24 billion.

Read more . . . www.un.org

DID YOU KNOW . . . ?

The cities with the highest cost of living in the world:

- (1) Tokyo, Japan
- (2) Osaka, Japan
- (3) Moscow, Russia
- (4) Geneva, Switzerland
- (5) Hong Kong, Hong Hong
(highest Canadian city is
(85) Toronto)

Source: 2009 Cost of Living Survey from Mercer

Approx. 1,000,000 Canadian children live in poverty. Canada's child poverty rate is three times as high as Sweden, Norway, or Finland.

Source: www.makepovertyhistory.ca

Depression is ranked as the leading cause of disability worldwide and affects about 120 million people at any given time.

Source: World Health Organization

Life Expectancy at Birth . . .

HIGHEST – 84.36 years

Macau (administered by China, rest of China is 73.47 years)

LOWEST – 31.88 years

Swaziland, Africa

CANADA – 81.23 years

Source: CIA, [The World Factbook](#)

ENVIRONMENTAL FACTS, FIGURES, and FASCINATING STUFF

#1 – BRRR!! - Almost all of the energy used in putting clothes through the washing machine is for heating water. Only about 10% or less is used by the electric motor that runs the machine. Morale of the story . . . washing in cold water saves a lot of energy.

Environment Canada (<http://www.ec.gc.ca/EnviroZine/default.asp?lang=En&n=E6D433A4-1>)

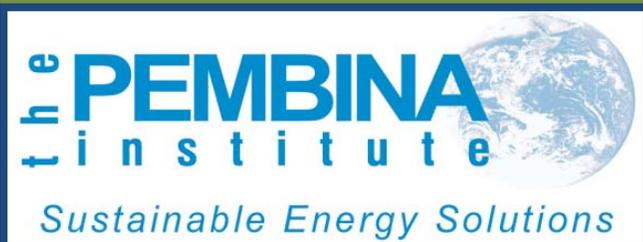
#2 – WHERE ARE THE ANIMALS? - More than a million species worldwide could be driven to extinction by 2050.

Time Magazine, Global Warming - Feeling the Heat, David Bjerklie, March 26, 2006
(<http://www.time.com/time/magazine/article/0,9171,1176986-2,00.html>)

#3 – ENVIRONMENT FRIENDLY WORKOUT - In an average season, a lawnmower with a typical 3.5 horsepower gas engine emits 48 kilograms of greenhouse gases and as much air pollution as a compact car driven for 550 kilometres. Manual push mowers burn calories but not the Ozone.

Environment Canada (<http://www.ec.gc.ca/EnviroZine/default.asp?lang=En&n=E6D433A4-1>)

Environmental Factoids provided by:



Together, WE can build a better
Canada for our children.
www.pembina.org

WINDOWS

An Editorial by Sean D. Krausert

“Daddy! Close the window!” These were definitely not the words I wanted to hear while driving down the highway without air-conditioning and engulfed in 40°C sweatiness.

During a recent family summer vacation, far too often my children asked me to roll-up the window. Passing a pig farm – “Daddy! Close the window! It’s too stinky!!” Listening to music – “Daddy! Close the window! It’s too noisy!!” And just about any time – “Daddy! Close the window! It’s too blowy!!” The battle waged endlessly. I persistently edged the windows downward to feel the breeze and connect with our surroundings; whereas my children sought the seclusion and safety of the window being up.

A few years back, I absolutely refused to close the window despite my life being in danger. I was in the backseat of an ol’beater in the busy streets of downtown Conakry, Guinea. Unfortunately, the car would not start, and the four of us in the vehicle had the windows wide open to fend off the West African heat. An impoverished boy about 10 years old appeared at my window. I knew he was starving due to his gaunt face, yellowed eyes, crooked teeth, and sickly gums. His face was less than 12 inches from my own, and he motioned to his mouth in an effort to ask for food. Painfully, I had nothing to give him at the time.

As we sat there, the engine still not responding, a large crowd gathered. The car was surrounded and began to lurch and sway as bodies leaned against it. Had the car not started at that very second, I expect that within moments we may have been pulled from the vehicle – the dire need of those around us being so immense. Yet, even though I had nothing for him, I was not going to shun the young boy. I could not close the window on a human being in need.

That night as I tried to sleep, I could not rid myself of the image of the boy’s face. I promised myself that I would be better prepared to help the next time a window of opportunity arose. And further, I pledged that I would not wait for an opportunity to come to me, but rather I would actively seek them out.

In Canada, we are fortunate to have many windows to the world and a great vantage point from which to look through them. Outside of our own personal experience, the best window through which we can view our world is the media and the internet. Say what you like about reporting ethics and sensationalism, but the fact remains that the media provides us with an incredible opportunity to see the needs of the world around us. The question is - will we close the window in the face of what we see or act upon it and extend a compassionate helping hand? It’s our choice.

By the end of our family road trip, I was able to convince my children that having the windows wide open was a good thing. Our car was blessed with the scents and sensations from the changing environments around us – just as our world is blessed by many cultures intermingling and helping one another.



The Mustard Seed is a non-profit Christian humanitarian organization that has been caring for Calgary's homeless for over 24 years.

Through its four ministry centres across Alberta, it cares for the essential needs of the less fortunate through food, clothing, and shelter provisions, along with education and employment programs, supported housing, health and wellness services, and personalized mentoring.

Providing hope for the future.

www.theseed.ca

Please visit our website to learn about volunteer opportunities and ways you can get involved in supporting Calgary’s homeless.

VOLUNTEERS & DONATIONS
Are Now Needed

The Mustard Seed Centre Street
102-11 Ave. SE Calgary, AB T2G 0X5
Main phone: (403) 269-1319
Email: info@theseed.ca

SALTS



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The Southern Alberta Land Trust Society (SALTS) is a locally-based, rancher-driven, non-profit organization with registered charity status, dedicated to preserving the ecological, productive, scenic and cultural values of Alberta's Eastern Slopes, prairie and foothill regions.

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- Contribute to SALTS
- Volunteer Your Help

www.salts-landtrust.org

(403) 282-7011

info@salts-landtrust.org

P.O. Box 45016 High River, AB T1V 1R7



READY . . . SET . . . MARK YOUR CALENDARS!!

NOVEMBER 2009

9 – *Tax Savings Seminar re Philanthropic Giving*. 7:30 PM. FREE! Provided by Mustard Seed in conjunction with The Family Office, a progressive multi-service wealth management firm in Calgary. For more information please contact (403) 269-1319 ext. 225.

17, 20-22 – *Marda Loop Justice Film Festival*. FREE ADMISSION! River Park Church Auditorium (3818-14A St. SW, Calgary) and Mount Royal University Stephen Leacock Theatre. For more information visit www.justicefilmfestival.ca.

20 & 21 – *Anglican Fellowship of Prayer Conference*. St. Peter's Anglican Church (Calgary). For more information visit www.calgary.anglican.ca.

28 & 29 – *Canmore Justice Film Festival*. FREE ADMISSION! Canmore Collegiate High School Auditorium (1800 – 8th Ave., Canmore). For more information visit www.justicefilmfestival.ca.

DECEMBER 2009

3 – *Shine-a-thon*. 6 AM – 8 PM. Listen to 88.8 Shine FM as it raises support for the Mustard Seed, which is entering its 25th year of service to Calgary's homeless. For more information visit www.theseed.ca.

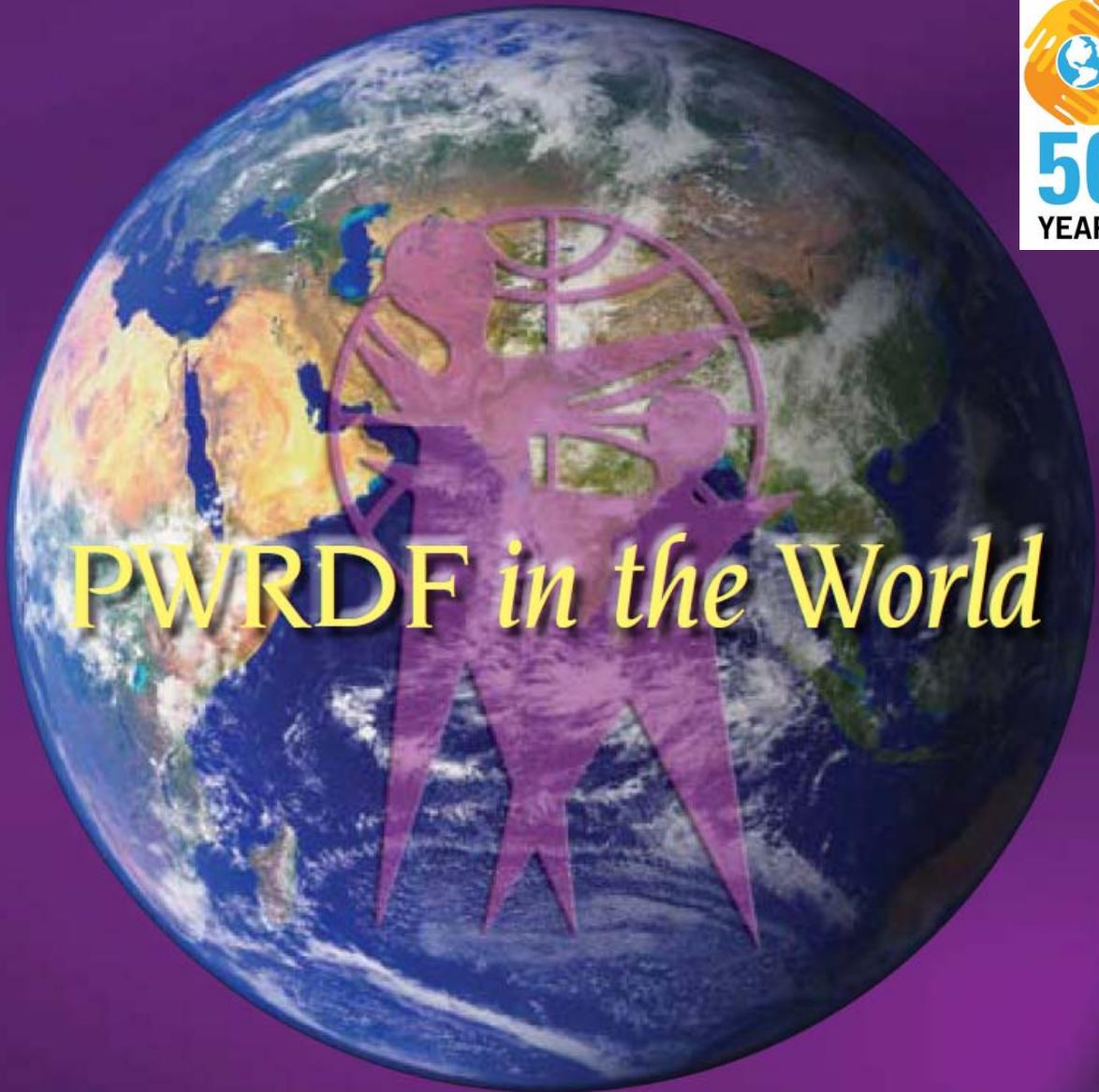
16 – *Music for a Winter Evening*. A concert to benefit the Mustard Seed Affordable Housing Project. Featuring Cantare Children's Choir and Foothills Brass Quintet. Tickets \$25 Adults, \$10 Students and Children. For more information contact (403) 269-1319 or visit www.ticketweb.ca.



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THE WEIRD & WONDERFUL WORLD OF *LIVING MATTHEW 25*

The Elixir

by Sean D. Krausert

Once upon a time when there was no time . . . the Earth endured the difficult celestial journey to the Great Sun – the source of all wisdom in the Universe. Burdened by man-made catastrophes, the Earth was in grave need of sage advice.

Over a hot cup of tea, the Earth poured out its pain to the Great Sun. A tale that included - increased poverty, marked by hunger and disease, as the divide between rich and poor widens; a century of war killing innocent civilians in unprecedented numbers; and resource depletion, habitat loss, and violence resulting in environmental damage and extinction of many species. The Earth was exhausted.

The Great Sun put down its cup of tea, stood, and busied itself preparing an elixir consisting of three ingredients.

The first part of the elixir is a healthy dose of “Be the change you most want to see in the world.” The Great Sun warned that this ingredient was extremely volatile – often used incorrectly. Repeatedly overlooked in its

application is that ends and means must be *consistent* in order to bring about true sustainable change. For example – true harmony and social justice can only be brought about through harmonious and just means, not through anger and retribution; similarly, peace can only be truly achieved through peaceful means, not by military action. The Earth took careful note of this warning, but wondered, “What if the change being sought was destructive?”

The Great Sun smiled. In order to prevent abuse of the first ingredient, the second ingredient acted as a stabilizer. Fortunately, many Faiths on Earth produce this ingredient en masse – Muslims, Jews, and Christians alike. The Christian form of the ingredient is “Love thy neighbour as thyself.” However, there is also a generic brand of the ingredient marketed as the Golden Rule – “Do unto others as you would have others do unto you.” The premise of this ingredient is that we tend to choose positive behaviour upon recognizing that our actions give implicit permission for others to take similar actions towards us. These two ingredients working together

promote positive change (i.e. change that one would want done to oneself). Yet, the Earth had one remaining concern, “What if some parts of the Earth take the elixir but others do not?”

The wise old sage confidently described the third and final component of the elixir – the preservative that would provide staying power against contravening forces. Creativity. This element, one of the most powerful tools known to Earth, is possessed by all humanity. Creativity fosters flight into space, medical breakthroughs, and stunning arts and sounds. Creativity allows injustice to be overcome without inciting hatred; harmony to be achieved even with one’s “enemy”; and violence to be defeated peacefully.

The Great Sun wrapped the elixir and gifted it upon the Earth with final advice that it must be taken diligently and without interruption. Feeling stronger already, the Earth returned home - a ray of hope beginning to shine into its reality.



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Matthew 25

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