

SMC Alive

SMC Alive is the young adult group of St. Michael's Cathedral parish in downtown Toronto with members between the ages of 26 and 39 years.

A Gift from the Blessed Sacrament

By Enza Rattenni



Prayer Gathering (Feb '10)

"You have been told, O man, what is good, and what the Lord requires of you: Only to do right and to love goodness, and to walk humbly with your God."

Micah 6:8

After my first prayer gathering in 2009, I was captured by its magnificence. I found a sense of Peace before the Blessed Sacrament that I didn't understand but wanted to be around always. I wanted to spend quality time with Jesus to discover this Peace on a more intimate level.

Over the months, I learned more and more how special that hour was and how it affected my life. Each prayer gathering brought a different verse to the prayer that was being written by Jesus and me. However with anything new, there is always a learning process.

There were hours where I felt He was so silent and far away. There were hours where I felt utterly desperate and insecure searching for His safety net. There were hours

I felt like I surrendered all my fears and anxieties but soon realized it isn't that simple no matter how much I wanted it. I never would have imagined that I would have felt disconnected from Him and disappointed.

As I wrestled with all these emotions (and still do) I realize how important it is to just listen to myself and acknowledge these emotions. I have come to discover that I am a person who feels with high intensity. The experience is not dissimilar to that of being on a rollercoaster.

We deepen our relationship with God through our **Prayer Gatherings**. On the first Fridays of the month, we spend one hour with our Lord in the Blessed Sacrament and in fellowship with one another at St. John's Chapel. The meetings are held monthly.

Would I change this about me? Not for one second. There are definite and long lasting scars and lows which can be terrifying. Living in this state is not easy and it always feels lonely however there is an intense Love that I cannot give up.

It was easy to assume that I was alone. I didn't think He was with me as He promised and yet this small and quiet voice kept reassuring me otherwise. This is

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what those hours before the Blessed Sacrament gave me; that constant reminder which, in essence, was Hope. Sometimes it was difficult to hear Hope but it was there.

It was because of Hope; His imprint on my heart, that I was able to recognize that to have an intimate relationship with Jesus is hard work.

I was able to observe myself and how I dealt with the hardships which in itself proved to be invaluable. It was by His Grace that I came to SMC Alive and now it is by His Grace that I come each month with courage to continue our prayer.

Mission Statement:

Centered in Christ, we are united in response to God's call to holiness, community and service. As members, we seek to deepen our relationship with God and our understanding of the Catholic faith to bear fruit in acts of love and service to each other, the parish and the community.

SMC Alive Members Corner

By Michelle D'Souza



Snapshots of SMC Alive Events



Faith Formation Meeting (June '10)
Photo by Peter Gorse



One of the teams at our Scavenger Hunt
Social (June '10)



Coordinators' Picnic (July '10)

Thanksgiving

By Racquel Sevilla

One of the interesting things I learned about SMC Alive this year was that the group has been around for around 30 years or so.

Fr. Chris uncovered this in his research about the group for the parish website.

I wondered about all the young adults, through whom God worked, that led and participated in the group and how they had been witnesses of Christ to each other and our parish community. Did they face the challenges we do? How did they integrate our faith into their lives? How did they contribute to the life of the parish and the community?

I was told, when I became a part of the group, that the young adult community at the Cathedral is a transitory one. I've seen people come and go but I've also seen people remain for years.

Regardless of how long they remain, I am thankful for their presence, for their response to Christ's call, for their sharing of their talents to the formation and development of SMC Alive and for their service and care of those in need.

When I came across the quote below in the spiritual classic by M. Eugene Boylan, *This Tremendous Lover*, everyone's role and contribution as a member of the Mystical Body of Christ resonated ever so strongly.

"It should not, then, matter to us at what particular part of that long chain of supernatural activity God places us, nor should we be disappointed when we see no fruit for our works. Every act that unites us to God is fruitful."

SMC Alive Prayer:

*O Glorious and Eternal God
You are the Source and
Centre of all that is
Grant us the eyes
to see You
In our everyday lives
The ears to hear You
So we can respond
to Your call
The mind to seek You and
know You
With the help of
Your Church
The mouth to proclaim You
With courage and truth
The heart to love You
In such abundance
That our hands
become instruments
of Your service
Through the intercession
of our Immaculate
Mother Mary
And our patron,
St. Michael the Archangel
Bless our young adult
community
So that we may be bearers
of Christ's love and peace
To each other, our families,
the parish and the
community.
Amen.*

Thank you...

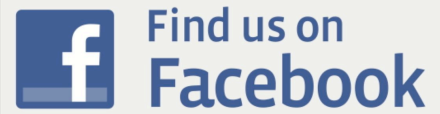
To everyone who joined us at the Dinner in the Garden fundraiser in support of the restoration of St. Michael's Cathedral on August 28, 2010 at Bairrada Churrasqueria.



A Dinner in the Garden Fundraiser (Aug '10)
Photo by Gadjó Sevilla

Stay Connected!

Join us on Facebook to stay in touch and be a part of our online community! Once you log in, just search for "SMC Alive".



All of SMC Alive's activities are planned, coordinated and implemented by young adults for young adults.

SMC Alive's Associate Pastor – Fr. Chris Cauchi
Lead Coordinator – Racquel Sevilla

Coordinators

- Prayer Gathering – Maria P, Mena, Jeager, Lucia Sandra, Stephanie
- Socials – Olivia, Tiago
- Faith Formation – Andrew, Esther, Garrett, Joseline, Julia
- Service – Fatima, Maria DS
- Communications – Racquel, Stephanie, Tessy
- Music – Tiago
- Special Events - Enza

Thank you to all our members who helped in one way or another and participated in our summer activities!

Interested in contributing to SMC Alive newsletters? Please email Racquel at: smcalive@stmichaelscathedral.com

SMC Alive Schedule: October - November 2010

Fri, Oct. 1	7:00 pm - 8:15 pm	Prayer Gathering: Holy Hour with Hymns from Taizè
Fri, Oct. 1	8:15 pm onwards	Social: Pints n' Pencils - Pub night / sketch your ideas for the SMC Alive logo <i>The Duke of Somerset, 655 Bay St.,</i> http://someset.thedukepubs.ca/
Sat, Oct. 16	12:30 pm - 4:00 pm	Service: Rekaï Centre Annual Fair Day / Hoedown - assisting the elderly <i>Rekaï Centre, 345 Sherbourne St.,</i> www.rekaicentre.com
Sun, Oct. 17	2:00 pm - 4:00 pm	Faith Formation Meeting: Do Catholics Worship Mary? Explore the Roots of Catholic Marian Devotion <i>Speaker: Jessy Pagliaroli (lecturer, St Michael's College, University of Toronto)</i>
Fri, Nov. 5	7:00 pm - 8:15 pm	Prayer Gathering: Holy Hour with Praise and Worship Songs
Fri, Nov. 5	8:15 pm onwards	Social: Salsa Dancing <i>Plaza Flamingo, 423 College St.,</i> www.plazaflamingo.com
Sun, Nov. 21	2:00 pm - 4:00 pm	Faith Formation Meeting: Faith and Reason: Contradictory or Complementary? <i>Speaker: Yiftach Fehige (philosopher of science & theologian, St. Michael's College, University of Toronto)</i>

If you are a young adult between the ages of 26 – 39 years, who shares in our mission and is interested and able to participate in our activities, please email smcalive@stmichaelscathedral.com to join the group. You will be added to our email list so you'll receive the latest detailed information on SMC Alive activities and event reminders.