



**Council 13049**  
**Council Meeting – 18 February 2021**  
**Good of The Order**  
**Lecturer's Reflection**



Brothers, here we are in February already, well into the winter months. As a result, I wanted to find out how the Food Banks are doing. I had occasion to speak with Cathy who is a volunteer at the Orleans-Cumberland Community Resource Centre Food Bank and she provided me with the stark realities of their current situation.

Right now, the Food Bank is seeing approximately 500 to 600 people per month coming for assistance. The majority of these are families and sadly approximately 47% of these are children. During the Christmas season these numbers swelled to 1000 people for the month of December. The primary reason for seeking assistance is because of loss of income with at least one of the parents having lost their job due to COVID. COVID has also impacted how the Food Bank assists their clientele, by only being able to provide hampers of food. As a result, the Food Bank shelves are being depleted.

This time of year is traditionally difficult for the Food Bank receiving donations. People are experiencing higher costs for utilities and bills associated with Christmas, etc. and therefore have less available money to donate. As a result, Food Banks rely on donations of food items from the public to help replenish their shelves. Cathy has provided me with a list of items that they recommend people consider for donating to help them in continuing to fill hampers for those in need.

I've also had the opportunity to correspond with Nicole Gaul from the Rockland Food Bank. They too have been affected by COVID to the point that they are not accepting food donations. They are welcoming cash donations from which they restock their shelves with provisions.

I encourage all brother Knights who can help to look at the list I have included on the Lecturer's Corner.

Items needed at this time by the OCCRC Food Bank:

- Salted crackers
- Unsalted crackers
- Tuna
- Canned salmon
- Peanut butter
- Tomato sauce
- Canned tomatoes
- Tomato paste
- Tooth paste

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Prayer for Canonization of Fr. Michael J. McGivney

God, our Father, protector of the poor and defender of the widow and orphan, you called your priest, Father Michael J. McGivney, to be an apostle of Christian family life and to lead the young to the generous service of their neighbor. Through the example of his life and virtue may we follow your Son, Jesus Christ, more closely, fulfilling his commandment of charity and building up his Body which is the Church.

Let the inspiration of your servant prompt us to greater confidence in your love so that we may continue his work of caring for the needy and the outcast. We humbly ask that you glorify your venerable servant Father Michael J. McGivney on earth according to the design of your holy will. Through his intercession, grant the favor I now present (*here make your request*). Through Christ our Lord. Amen.

(Our Father, Hail Mary, Glory be.)